



Laughter Clubs Victoria Inc

Newsletter

Issue 70

February 2010

Diary Dates:

- Sustainable Living Festival Sat **21/2**
- Laughter Leader Training Day Sun 28/2
- Laughter Club Federation Square Sun 7/3
- Laughter Club Federation Square Sun 4 April
- World Laughter Day Sun 2/5

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Sustainable Living Festival—**21 Feb**

The third Sunday in February—the **21st**—is when a laughter session will be run at Federation Square as part of the Sustainable Living Festival.

The public are welcome to join in and gain the immediate benefits of fun filled laughter.

Laughter Clubs Victoria members have been sharing laughter at this event for several years.

People who have never participated in a laughter session before are always drawn to the cheerful and happy sounds.

Editor's Expression

“Yes. I've heard about the laughter clubs”, is what I hear when I tell people that I am a laughter leader.

It is wonderful that the sound of laughter is a regular event in parks, neighbourhood centres, and at community events.



Sunday
21st February
Midday
Till 12:50pm

On Sunday **21st** February there will be heaps of fun things to do at the very

Invitations for Laughter clubs to be part of festivals and expos, particularly ones that are run for the community, happen with great regularity.

Laughter Club Leaders volunteer their time to run the clubs. It is so exciting to think that as a result of

popular festival.

The laughter session will run from 12:00-12:50pm in the Leisure Dome at Federation Square.

The Leisure Dome is easy to find. Walk along the river promenade away from Swanston Street, and head for Exhibition Street at the far end of all the displays and activities. Move past the art play area, and walk straight ahead.

Allow time either side of the laughter session to try some of the activities on offer.

their preparedness to do so, laughter is spreading all over Victoria at a very rapid rate.

The 'members' who attend each laughter club session are also contributing to their own wellbeing as well as that of the general public. Well done to all.

Club News



Happy Laughters
Celebrating
Australia Day
2009

*World
Laughter Day
Sunday 2 May
will see a
crowd gather
in Sydney for a
Guinness Book
of Records
attempt for
the largest
celebration by
a group of
laughters*

Laughter
Leader
Training
Workshop
Attendees
all smiles
at the end
of the day



Cobden: 12 noon—Sundays during school term *** **New Listing**

Location—Cobden Football Oval. Laughter Leader **Donna Dwyer 0438 985 323** says ‘all welcome. Bring kids with bike or ball, or tennis or cricket gear, there is plenty of space. Bring a picnic lunch for after’.

Camperdown: 11:00am Sunday *** **New Listing**

Location—Queens Park, near the train station. **Laughter Leader Donna Dwyer 0438 985 323**. Ed Note: Since undertaking her Laughter Leader Training, Donna who is always busy on her farm, still finds the time for laughter after milking her herd of 300 cows!

Ferntree Gully: 10:30am 2nd, 4th and 5th **Sunday** *** Amendment

Leader Lynette [9763 5475] suggested if you weren’t sure which Sunday it was you can give her a call. Ed Note: Good idea to check with a laughter leader if it is the first time you are visiting any club. See Club Locations on the web site.

Laughter Leader Training Workshop

Thanks to the media, in particular the press, we are seeing lots of articles appear about laughter, and how good it is for us.

This means that there are more people than ever before looking for a laughter club.

If you are looking for a club to start in your area then why not consider starting a club yourself?

Attend the Laughter Leader Training Workshop being held on **Sunday 28 February** in Altona.

If you would like to attend the full day program, which is the first step in obtaining a certificate as a Laughter Leader then contact either Bronwyn 0421 335 197 or Phillipa 0418 521 265

to organise for a flyer and **registration form** to be sent out.

Laughter Leaders who have been running a club for some time are encouraged to do a

‘refresher’ workshop

so that they have the latest laughs and laughter news to share with their clubs.

Laugh of the Month

Lotus Laugh

A circle is formed and everybody joins hands. The group slowly moves towards the centre, everybody smiling, and there is lots of eye contact as people share a quiet gentle giggling laugh while trying to touch hands with the people opposite them. Everybody moves move back outwards so that their arms are extended fully and they are supported by holding hands, and the laughter gets louder and louder.

The group moves in towards the centre again, and this time eye contact is made with different people, before the circle moves out for a hearty laugh. This is repeated a third time and the group laughs long and loud.

Children laugh soooo much



Children laugh hundreds of times a day

Young children up to the starting school age laugh with less inhibitions than older children, more often, and more easily.

School grounds are filled with hearty laughter as the children laugh openly and always without feeling any self consciousness.

Adults can take a lesson from this, and are strongly encouraged when they are at a laughter club to let their inner child out.

Incorporating playfulness into laughter club allows people to relax and enjoy the moment. And of course this gives way to the spirit of laughter.

Mixing with young children you will be surrounded by constant giggles as they are going about their lives.

Being with them allows you to be a big kid too!

**Remember
yesterday,
dream
about
tomorrow,
but live
for today!**

World Laughter Day—Sunday 2/5

On **World Laughter Day** everyone is encouraged to laugh as one and Laughter Clubs Victoria Inc will celebrate on Sunday **2 May** starting at **11:00am** at **Federation Square**.

Several clubs in Victoria's western district will be celebrating in **Port Fairy** starting at **11:00am and finishing at 3:00pm**. After their laughter session they will be having lunch, and their agenda includes a laughter class, laughter therapy, laughter meditation and healing music session. For further details email Julie Hart on laughwithjulie@yahoo.com.au

People able to travel to **Sydney** might like to be part of an attempt to get into the **Guinness Book of Records** for the **largest crowd gathered in the world to celebrate World Laughter Day**. Laughter Yoga Australia are partnering with the Sydney Comedy Festival for the challenge. Further information can be found at www.laughteryoga-australia.org

Spreading laughter into the community

You'll have read elsewhere in an LCV Newsletter that all our laughter leaders give freely of their time.

There are many requests for them to run a free laughter session in the community, and they are often found at festivals, fetes, carnivals,

expos, health forums, and wellbeing days, to name a few of the events.

Pictured at right is Carolyn, the Laughter Club Eltham Leader [9438 3123] at an event in Mornington.

Ed Note. Carolyn is sure

that from the interest expressed on the day there will be a laughter club start in the area as soon as someone has come forward to be trained.

A big thank to all our laughter leaders for spreading the laughter message.





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LAUGHTER CLUBS
are FREE and FUN



Thought for the Month

—Laughter is the glue that holds us together—

Dates for your Diary

Sat 21 February : midday

Sustainable Living Festival—Federation square

Sun 2 May : 11:00am

World Laughter Day—Federation Square

World Laughter Day—Sydney & Port Fairy

Fri 11, Sat 12, Sun 13 June

Mindbodyspirit FESTIVAL

Fri 23, Sat 24, Sun 25 July

Vital Health Expo

Laughter ...

Laughter triggers the release of endorphins by the brain.

These work on the endocrine system and adrenal glands to enhance the body's immune system



Laughter has a positive effect on the cardiovascular and respiratory system



Laughter acts as a powerful antidote to depression as well as anxiety



Laughter Club members sharing a laugh outdoors on a hot day

Laughter creates bonds between people and nourishes us

Laughter has no language, knows no boundaries, does not discriminate between caste, creed and colour



Laughter ...

Connects people

Lights up your life

Turns difficulties into opportunities

Makes your heart smile

Fosters happiness

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