



Laughter Clubs Victoria Newsletter

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THEY WHO LAUGH LAST ...

It is wonderful to hear the giggles and squeals of young children as they see the decorations displayed all around them, catch sight of a Santa, and chuckle with excitement at the thought of the festive season activities. This wonderful time of year can be a wearing for some, and others quite the opposite. They are the ones who smile when they see the children and greet others with a sparkle in anticipation of the joy the gifts they have bought will bring when they are unwrapped. We all know that a smile is the start of laughter, so greet everyone with a smile and encourage laughter to flow.

The compliments of the season go out to all the Laughter Clubs Victoria Inc laughter leaders, the members and visitors who attend each week to laugh themselves to better health while enjoying connecting with people and spreading cheerfulness to those around them. It is hoped that the New Year will bring joy and happiness to you and your families, and a life filled with laughter.

LOOKING BACK AND LOOKING FORWARD

Our last event the **Laughternoon Tea** was certainly a fun one that saw long standing and new laughter club members come together. The **LEG IT for the Leukaemia Foundation** event the next day was well received by the hundreds who were there and joined in a laughter session led by Bronwyn from Laughter Club Mitcham. Then the **mindbodyspiritFESTIVAL** saw a laughter session presented each day and thanks go to presenters Damian from Laughter Club St. Kilda and Phillipa from Laughter Club Geelong, as well as all the laughter club volunteers who came along and helped get the audience involved.

Sunday 6 January will be the start to our 'happenings' for 2008. Lois the leader from Laughter Club Nunawading will run the **Laughter Club Federation Square** laughter session at 11:00am. If you have visitors to Melbourne this would be a great way to introduce them to laughter yoga.

We have been invited to take part in **Australia Day Celebrations 2008** which will see us in the People's March and at the Alexandra Gardens on the day. More details elsewhere in the newsletter. For the fourth year in a row we will be involved in the **Sustainable Living Festival**, this time for three days.

CLUB NEWS

Checking the web or ringing our Secretary on 5221 4266 or 0418 521265 is advisable at this time of year if you are wanting to visit a club, to **make sure that there will be a laughter session**, as at this time of year some of the laughter clubs take a break.

Laughter Club in Surrey Hills

Joan [0400 078 135] wants people to know that over the summer she will be running Laughter sessions for 3 weeks in January on Monday and Tuesday evenings from 6.30-7pm at Surrey Hills Community Centre Cottage. (Monday 8, 15 & 22 Jan, Tuesday 9, 16 & 23 Jan)

and

Term 1 2008 she will be running a Laughter Club at Burwood Neighbourhood House at 1 Church Street Burwood on Tuesdays from 7-7.30pm.

(5 February - 18 March)

AUSTRALIA DAY CELEBRATIONS

Come and celebrate and march with laughter club members from all over Victoria and be part of the Australia Day Celebrations in Alexandra Park. You are invited to be part of the People's March that will follow a Flag Raising ceremony at 11:00am and move along Swanston Street to Alexandra Gardens.

The aim of the march is to encourage Victorians to come together to reflect on our community as a whole as well as the many facets that make up the community. We will also have a tent where we will be running laughter sessions throughout the day. There is a roster to be filled, and we are looking for people to give some time during the day to hand out laughter club information from the tent. Blocks of one to two hours are available and if you can volunteer to be part of the fun, it would be great to have you there.

We'd especially like to have a large group on the day, wearing their laughter T-shirts, and being part of the 2,500+ people expected to march on the day. If you are interested please contact President Bronwyn or Secretary Phillipa as soon as possible. Look for an Australia Day mail out early in the new year.

LAUGHTER LEADER TRAINING

Want to attend the next authorised and accredited Laughter Clubs Victoria Inc **Laughter Yoga Leader Training Workshop** on **Sunday 24 February** 2008?

It is for people wanting to

- ❖ Start a laughter club in their area,
- ❖ Start a laughter club at their workplace
- ❖ Laughter Leaders wanting to up-date/refresh their skills (special rate)

Bookings are now being taken. To obtain a registration form contact Bronwyn on 0421 335 197 or Phillipa on 0418 521265 or by emailing phillipa@laughterclubsvic.org

RITCHIES COMMUNITY BENEFIT CARD

Next time you shop at a Ritchies and then every time you are there, you can help raise funds for Laughter Clubs Victoria. Please register [our CB Number is 98724], get a card, and put our name on it, so that when you present it a percentage comes our way. To locate your nearest Ritchies store or to find out more about the fundraiser, ring 9784 2000 or check out their web site www.ritchies.com.au

DIARY DATES

Sun 6 Jan – Laughter Club Federation Square
Sat 26 Jan– Australia Day Celebrations 2008
Sun 17 Feb – Sustainable Living Festival
Sun 24 Feb Laughter Yoga Leader Training Workshop

*At this time of year when we all pass on greetings
for the various festive seasons
with good wishes for the new year,
I'd like to give you this thought -
A hug is a perfect gift, one size fits all,
and nobody cares if you exchange it.*

Laugh Lots!

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