



Laughter Clubs Victoria Newsletter

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ABOUT LAUGHTER CLUBS VICTORIA INC (LCV)

Thousands of people have shared a laugh at a laughter session since LCV was incorporated in 2002. Hundreds of them have joined a laughter club; some have come along to see what it is all about and attended one, two or maybe three sessions. Others have become 'foundation' members of their clubs and regularly attend each week. Then there are many people who put their going along to Laughter Club as a 'must do' and only miss when it can't be avoided because of other commitments.

As with laughter clubs all around the world, community laughter clubs are offered free to everyone. Some places, there may be a fee to cover the hire of a venue such as a neighbourhood or community house. In some cases a donation tin may be placed out each week for anyone who would like to contribute to the expenses such as insurance cover or for the photocopying of posters promoting the club, etc, and this practice is acceptable.

Most clubs run their laughter session under a Laughter Leader who has given freely of their time, for half an hour, or up to an hour, and follow it up with coffee and a chat. It is wonderful to think we are part of a global movement that started back in 1995 with one club and today has over 5,000!

LAUGHTERNOON TEA – Saturday 17 November (this coming weekend)

This annual event is always very popular with both longstanding and new members attending. It is held at the Queen Victoria Gardens on St Kilda Road, Melbourne (Opposite the National Gallery behind the floral clock). The laughter starts at 3:00pm and is followed by everyone sharing the afternoon tea they have brought along. In other words bringing our own everything – food, drink, seating, suntan lotion, umbrellas (for rain or shine) and wear your best smile.

LEG IT for the Leukaemia Foundation – Sunday 18 November (this coming weekend)

Celebrate your own life or the strength and courage of an Australian with blood cancer by joining with the Leukaemia Foundation for a gentle walk, jog or run around Albert Park Lake next Sunday between 10:45am – 1:00pm. Be there early and join in the Warm Up Laughter Session led by our President.

mindbodyspiritFESTIVAL – 23,24,27 November (weekend after next)

Want to go to the [mindbodyspiritFESTIVAL](#) being held on [Friday 23, Saturday 24 and Sunday 25 November](#). Laughter Clubs Victoria Inc will run a laughter session from [12:00-12:30pm](#) each day on the main stage. If you are able to join in the fun and receive complimentary entry to the festival then ring Phillipa on 5221 4266.

CLUB NEWS

Maldon ***Change of time

9:30am

Saturday

Skate Park, Templeton Street, Maldon

Leader: Jenny 5479 8622

Waverley *** New Club

9:30am

Saturday

Waverley Community Learning Centre

5 Fleet Street, Mount Waverley

Leader: Peter 9807 6011

West Melbourne *** New Location/New Name

10:00am

Thursday

Corner of Hawke and Adderley Streets

West Melbourne

Leader: Jamie 9377 7161

West Melbourne has replaced what was known as Doutta Galla – Flemington. Jamie is the Laughter Leader for both West Melbourne and Moonee Ponds (formerly Doutta Galla – Moonee Ponds).

LAUGHTER LEADER TRAINING

Our last authorised and accredited Laughter Clubs Victoria Inc Laughter Yoga Leader Training Workshop for the year will be held on Saturday 8 December.

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, Phillipa on 0418 521265 or by emailing phillipa@laughterclubsvic.org

MEMBER CONTRIBUTION

Laughter Club Nunawading Leader Lois has passed on a poem. It was written for one of the members by the member's mother

Tell yourself you are happy
And you'll set your heart aglow
And reaching out for all it's worth
To try to make it so.

Just say a dozen times a day
I'm happy as a lark
And everyone who speaks to you
Will catch a happy spark.

Think happy thoughts, dream happy dreams
Say happy words and give a smile for all the world to see
That happiness makes life worthwhile
For you and for me.

DIARY DATES

Sat 17 November	Laughternoon Tea
Sun 18 November	LEG IT for the Leukaemia Foundation
23,24,25 November	mindbodyspiritFESTIVAL [Ring 5221 4266 to be part of the on stage team & receive a free entry ticket]
Sat 8 December	Laughter Yoga Leader Training Workshop

Live Life Laughing!

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