



Laughter Clubs Victoria Newsletter

Issue Number 57 August 2008

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AUGUST ABSOLUTELY AWASH WITH LAUGHTER

This month you have two special chances to chuckle and chortle with laughter. Over the weekend of the Australasian laughter conference you can laugh with the Guru of Giggling and other like minded people (See details elsewhere in this newsletter). Or like the saying "Give a person a fish and feed them for a day; teach a person how to fish and feed them for life", you can attend the next community laughter clubs leader training this month (details below).

CLUB NEWS

Moonee Ponds: 12:30pm Wednesday

Thanks go to Leader Jamie and the regular Moonee Ponds attendees plus the staff of the local Dousta Galla community centre who got into the spirit of things in a big way when filming was done for a segment on the ABC show 'Can we Help You?' As a result of it going to air we have put more laughter into the community and the added bonus is the people who have rang/emailed President Bronwyn and Secretary Phillipa, and attended clubs.

Federation Square: 11:00am 1st Sunday every month

Each month a leader of one of our community laughter clubs leads the half hour laughter yoga session. Unlike all the other community clubs who come under the umbrella of Laughter Clubs Victoria Inc, the management of Federation Square supports this Club. There is an allotted space for us, signage, a table to put out our promotional materials, and they provide a microphone/speaker.

Sophie from South Bank recently said to me "This is so excellent, I'm going to put it in my diary and come along every month".

Federation Square gives us an opportunity to showcase what we do in the centre of Melbourne with a passing parade. We have a number of regulars who attend, leaders, members who travel from as far as Mildura, and the public who like to participate. [Ed. Note: Thinking out loud, it would be beaut to have at least a few members from each of our listed clubs come along every month. Imagine a great crowd joining in after seeing how much fun we have. The more the merrier.]

LAUGHTER YOGA LEADER TRAINING WORKSHOP...

Our next authorised and accredited Laughter Clubs Victoria Inc **Laughter Yoga Leader Training Workshop** will be happening on **Sunday 17 August** between 9:30am – 5:00pm in Brighton.

This is the workshop for people of all ages and abilities wanting to put more laughter into their lives; lighten up their workplaces; and into the community.

If you want to become a Laughter Leader then you need to attend a full day training and continue your training when you co-lead a laughter session at one of our listed laughter clubs. So if you want to

- ❖ Start a laughter club in your area
- ❖ Start a laughter club at your workplace
- ❖ Have a fun enjoyable learning day just for you

Secure your place in the workshop by contacting Bronwyn on 0421 335197 or Phillipa on 0418 521265 or email info@laughterclubsvic.org

Amongst attendees to have participated over the years at the workshops there have been nurses, teachers, stay at home mums and dads, diversional therapists, Laughter Leaders wanting to up-date/refresh their skills, life coaches, naturopaths, aged care staff, community house co-ordinators, psychologists and people wanting to gain the benefits of laughter, to name a few.

LAUGHTER CONFERENCE | 23-24 AUGUST 2008 | VENUE: GOYRA RETREAT, LYSTERFIELD

It's now only days away from the **3rd Annual Australasian Laughter Conference**. So if you want to be part of the fun from **10:00am on Saturday to 4:00pm on Sunday** and meet and share a laugh with the founder of the worldwide laughter movement **Dr Madan Kataria, Sebastian Gentry** from The American School of Laughteryoga, and join laughter lovers from all over the world at Lysterfield, at the foothills of the Dandenong in Melbourne, **send an email, pick up the phone – just book now**. Contact organiser Merv Neal at mervneal@maurant.com.au or 9696 5884

ANNUAL GENERAL MEETING

As Laughter Clubs Victoria Inc is an incorporated organisation we are required to have a committee of management and meet four times a year. If you would like to have in put as to how Laughter Clubs Victoria Inc upholds their mission of promoting laughter and laughter clubs around Victoria, please read the following formal notice -

The Annual General Meeting of Laughter Clubs Victoria Inc will be held on Sunday 14 September 2008 commencing at 2:00pm, at Federation Square in the Federation Square Management Centre. The business of the AGM will be
to confirm the minutes of the previous annual general meeting
to receive reports from the president, secretary and treasurer
to elect a president, secretary, treasurer and members of the committee
to conduct any business of which notice has been given to the Secretary in writing seven days prior to the meeting

All committee positions are declared vacant at our AGM and the committee positions include: President, Vice President, Secretary, Treasurer and General Committee. If you'd like to know more then contact President Bronwyn 0421 335197 or Secretary Phillipa 0418 521265

If you would like to join the committee or obtain an 'Application for Membership of the Committee of Management (Appendix 1)' please contact the Secretary, Laughter Clubs Victoria Inc on 5221 4266 or 0418 521265, or email info@laughterclubsvic.org

LAUGHTER RESEARCH STUDY

Josie Penna the Laughter Club Williamstown Leader is currently conducting research into the effects of laughter yoga on mental and emotional health as part of a study for her psychology thesis. She is currently seeking interested people to participate in the study either as a participant in a group, as a facilitator assisting in running a group, or to assist with dissemination of questionnaires. Participants will need to be available for 30mins twice a week for 4 weeks, with questionnaires to be completed at two weeks follow up. If you would like to be part of this exciting research, to indicate your availability please contact Josie by email on josiepenna@netspace.net.au (See attached flier)

THOUGHT FOR THE MONTH

Belinda of Richmond made contact to say that she has personally found over the past few months, since attending laughter club regularly, that the study showing **laughter burns calories** is proving to be true in her case. [Ed. note: Coffee and a chat at some of the clubs after their laughter yoga session might negate some of this thinking!]

<p style="text-align: center;">LAUGH FOR THE MONTH</p> <p>Olympic Games: Australia is leading on the last lap as the runners take the final turn around the oval. You are in the crowd jumping up and down and cheering; you are very nervous so you have a giggling laugh; as the winning line is crossed you are laughing and celebrating with high fives with everybody around you. As the gold medal is collected you laugh to the tune of Advance Australia Fair.</p>	<p>May your life be full of ... Troubles that only last seconds Giggles that last minutes Chuckles that last hours Laughs that last days Smiles that last weeks Happiness that lasts months Friendships that last years But most of all - love that lasts a lifetime.</p>
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Laugh Lots!

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