



Laughter Clubs Victoria Newsletter

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LAUGHTER IS THE 'GLUE' THAT HOLDS US TOGETHER ...

Laughter is definitely of the utmost importance when you strive to achieve a good work/life balance. Studies carried out around the world all identify laughter as the 'glue' that holds us together.

As can be seen when a child falls over, there is a sequence of events that follows. It happens in a matter of seconds and starts with a huge intake of breath while the little one looks around for anybody who is bigger or older. Once they lock eyes with them the chin starts to quiver, and then depending on the action of that person, they either cry (a sad voice saying "oh, poor baby") or laugh (bright happy voice saying "what a duffer you fell over").

People choose to attend laughter clubs and by sharing a laugh each week they make a decision as to how they can move into the next seven days. The giggles and guffaws, often rounded off by having coffee and a chat with the group straight afterwards, is said by many laughers to be what holds them together to get through their busy lives.

LAUGHTER CLUBS VICTORIA Inc ON SHOW

The Breakfast Show with Racy on CH.31 at 7:35am every Friday morning is where you can see Laughter Clubs Victoria members putting the fun into Friday. Tune in to see different laughs each week led by Laughter Club Leaders that were filmed at Laughter Club Federation Square.

Also watch the **CH.7 show Go For Your Life** screened at 5:30pm each Saturday. A segment will be shown either the last Saturday in October or the first Saturday in November with a story line about laughter clubs. You will see the foreshore at St. Kilda where we gathered, a number of laughs and several people interviewed.

A big thank you to all the leaders and members who attending the taping for the shows, and gave of their time for the filming. The hours it took to get the footage for a few minutes of a segment on TV was fun filled and it is sure to prove worthwhile as the general public learns about laughter, and clubs gain new members.

LCV COMMITTEE

At the recent AGM Bronwyn Roberts was elected President for a second term, Phillipa Challis accepted to continue in the position of Secretary and Trevor Field took on the role as Treasurer. Other members elected were Ros Ben-Moshe, Ronda Field, Debbie Peters, Rhonda Pickett and Damian Tonso.

Laughter Clubs Victoria Inc is a not-for-profit incorporated body run by its volunteer committee of management, and meets four times a year. If you have any ideas to help grow LCV, suggestions or comments you would like to bring forward, talk with any one of the committee. Contact details can be found on www.laughterclubsvic.org

CLUB NEWS

Ferntree Gully The new location for what was formerly Laughter Club Boronia is Ferntree Gully Community Centre, 1010 Burwood Hwy, Ferntree Gully [Melways Ref 74 B5].

They have had a name change to Laughter Club Ferntree Gully, which services laughter lovers from the foothills of the Dandenongs. Laughter Leader Lynne (9763 5475) writes, 'Our new venue has a running creek behind where we laugh, and many beautiful treed places to choose from behind the Ferntree Gully Library, where we can get together to share in laughter. I love being a laughter leader, especially having a fun role-playing and experiencing joy. One laughter subject often rolls into another and another and the people who come along enjoy this newer format of finding ways to experience joy, allowing the laughter to come naturally. It is terrific the way each person contributes to the session, bring something of their own personality to it. Three local papers are very supportive of the idea of laughing for health and wellbeing and ran excellent articles with full colour pictures, and this always brings new people into the club'.

Bundoora Sarah is relocating to the UK for a year and sadly advises that Bundoora will be in recess until someone else comes forward to run the club. Thank you for your efforts Sarah and good luck in the UK

Maidstone Peta has reluctantly had to place the Maidstone club in recess due to her workload not permitting her the time to run the club. A regular attendee at the West Brunswick club, she intends to share a laugh as often, and is hopeful of running a club again in the future.

St. Kilda - Evening Due to work commitments the St Kilda Evening club is in limbo. Damian (0410 798 667) would like to hear from anyone who is available and willing to be involved as an anchor person to help by co-leading on the Wednesday so it can start again. Or talk to Damian when he runs Laughter Club St.Kilda on Saturday at 10:00am.

Clubs are updated regularly on www.laughterclubsvic.org and it is recommended you check with the leader before you attend for the first time, to ensure the date time and place are still the same as listed.

LAUGHTER LEADER TRAINING

If you would like to have more involvement in a club, or want a club near you and there isn't one in your area, this is your invitation to start one yourself. Community laughter clubs are run by people who have completed one of the LCV authorised Laughter Leader Workshops, and co-led a minimum of three laughter club sessions with a current LCV leader, and undertaken to follow the Laughter Clubs Victoria Inc Code of Ethics.

Sounds interesting to you? Then attending our next workshop on Sunday 28 October at the Neighbourhood House in Kew, is the way to go if you would like to run a community laughter club, or run one in your workplace, organisation or association. Registrations are being taken and registration forms are now available by contacting Bronwyn on 0421 335 197, Phillipa on 0418 521265 or emailing phillipa@laughterclubsvic.org

LAUGH FOR THE MONTH

Crying Laugh: Begin with the face that would suggest despondency, and then work from sadness to happiness. The idea is to reinforce that we have a choice in our reactions, or we can let happiness pervade, over sadness or anger.

MEMBER CONTRIBUTION

Thanks to Riva from Laughter Club South Yarra for the following poem and song [Ed. Note: I love to receive items that can be included in our newsletter. Please email me direct or pass them to your laughter leader]

**"Laughter is a spice of life, use it
with all other ingredients"**

Laughter is the place to be
It fills you up with so much glee
Your days without it are not complete
Everything else it can beat

In the park with laughing faces
Hammer and thongs we go our paces
My body says thanks so much
For the greatest adrenaline rush

Home you go and do it more
Life is so much less a chore

So crease your face with a laughter grin
Then let down, down deep within
My lungs say thanks a lot
That lovely sound has really hit the spot

A laughing song

The sun is laughing in the sky
The wind laughs as she rushes by
A Jacky laughs, laughs in the old gum tree
Did you hear someone else? That was me!

DIARY DATES

Sun 28 October LCV Laughter Leader Training Workshop
Sat 17 November Lafternoon Tea
23,24,25 November MindBodySpiritFESTIVAL [Ring 5221 4266 to be part of the on stage team & receive a free entry ticket]

Live Life Laughing!

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