



# Laughter Clubs Victoria Inc Newsletter

Issue 69

January 2010

## Diary Dates:

- Aust Day March  
Tue 26 /1
- Laughter Club Federation Square  
Sun 7/2
- Sustainable Living Festival  
Sat 27/2
- Laughter Leader Training Day  
Sun 28/2
- World Laughter Day  
Sun 2/5

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## 2010 Australia Day People's March

Calling all good laughers who want to have **fun** on **Australia Day!!!**

You are invited to join other Laughter Club members, their families and friends on **Tuesday 26 January** to be part of the Australia Day Peoples March.

Marchers gather between **9:30-10:00am** at the cnr of Swanston and Bourke Streets Melbourne.. The march then goes along Swanston Street, turns into Linlithgow Avenue and goes into **Kings Domain Gardens** -

near Sidney Myer Music Bowl (**New venue**)

We will have a stand there and as with the past few



**Laughter Clubs Victoria Inc's Stall at the 2009 Australia Day Peoples**

years, and anyone who can **give an hour or more** to be on the stand would be great.

On the day we hand out information about LCVi and we have a **laughter session** for everyone there to join in.

If you are **happy to go on the roster**, or be part of the march, or involved in both, **contact Phillipa** or send through an email (see back of newsletter for contact details) with the time you are able to do so.

**Numbers for the march are needed** so please make contact ASAP

**LCVi t-shirts** can be bought or borrowed for the day.

## Editor's Expression

Happy New Year and welcome to the new look LCVi Newsletter.

The new year is a good time to make plans for the next twelve months, and especially for those of us who want to live our life with lots of laughter.

When filling in your diary make a note of the events that LCVi are invited to participate in, and write them in so you can be part of them (see Diary Dates)

Consider how you can put more laughter into your life, which might include ...

\*Marking out your laughter club day in your diary

\*Taking a friend to LC Fed Square on the 1st Sunday of the month

\* Hanging out with people who make you laugh

\*Watching DVDs or movies that make you laugh.

# Club News

## Warrandyte : 2:00pm Tuesday

There has been a **change to the venue** for Laughter Club Warrandyte. Please contact Leader Karin [0403 852 662] for further information

## Hobart: 9:00 am Saturday

Leader Annette [0410 944 328] reports that they usually have about 17 people each week.

She sent through their Laughter Club chant for everyone to enjoy—"We are happy, healthy and free to laugh; I am healthy and free to laugh; Laughing Long; Laughing Strong; Laughing Loud; Laughing Proud".

## Ferntree Gully: 10:30am 2nd, 4th and 5th Saturday

If we had an annual award for the club receiving the most media in Melbourne this club wins for 2010. Congratulations Leader Lynette [9763 5475] for spreading the news about laughter clubs.



Some of the first Laughter Club Federation Square laughers - 2007

*Laughter Club Federation Square is unique as it is run by LCVi Laughter Club Leaders .*

## Laughter Club Federation Square

Thank you to the amazing Kym Goodman from Myrtleford for leading our first Laughter Club Federation Square session for 2010.

Recently returned from the Australasian Laughter Yoga Conference, Kym led a group of 26 laughers in the latest laughs from around the

world. The Fed Square laughter group is growing steadily with many people becoming regulars.

Thank you also to the wonderful Rosemary from Laughter Club Hampton who has not missed a Fed Square session since it started over 18 months ago!

Laughter Club Fed Square group meets at 11am on the first Sunday of every month.

All laughter club leaders are welcome to join the roster to run this unique laughter group.

Contact Phillipa to reserve the month of your choice.

## New Global Laughter Network

LCVi President Bronwyn reports:

The Global Laughter Network Face book fan page is dedicated to providing daily updates to links, articles, comments and stories

about laughter around the globe with contributions being shared by laughter fans in every corner of the planet.

Join us on Face book. We are easy to find, just open face book and type Global Laughter Network in the Face

book search bar, once our page has loaded click on 'become a fan', and the world of laughter is yours.

Even Doctor Madan Kataria, the Founder of the worldwide laughter movement is a fan!

Laughter Leader Training Workshop Attendees August 2009



# 90 Years Young



**Margeret (with the silver hair) and some laughter club friends**

Margaret from Laughter Club Geelong celebrated her 90th birthday at the regular Saturday (9:00am) laughter session held at Geelong .

She has been a member for many years and her very happy hearty laugh ‘infects’ everybody who is any where near her.

“I can always laugh at things but laughing with other people is best. It makes you feel good” says Margaret .

A long standing member of the club , until recently she used to walk the 2 kms from her home to join in the fun.

Editor’s Note: If you have a member of your club who has achieved a milestone , it would be terrific to receive a picture, or even a few words that we can publish to let others know about it

**When we bring sunshine into the life of others, we are warmed by it ourselves**

## Laughter Leader Training Workshop

*I live in Mornington and I would love to go to a laughter club in the area.*

*I live in the Doncaster area and I'd like a laughter club I can walk to.*

*We are a group of students who live around Footscray and we want to know if there is a laughter club we can join during the week?*

**WANTED:** People who would like to **train to be a laughter** leader of a community club that is open to the public to attend, especially if you can help in response to the requests above.

The next **Laughter Leader Training Workshop** will be 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, **contact either Bronwyn 0421 335 197 on or Phillipa 0418 521265** , to organise for a flyer and registration to be sent out. Upon receipt of payment a place will be reserved for you.

## LCVi T-Shirts

We love our LCVi T-shirts which are a lovely shade of purple with yellow lettering.

And they certainly have the WOW Factor when we take the stage at events like the Australia Day People’s March and the Sustainable Living Festival. The T-shirts

are available in a range of sizes (look for the order form on line at [www.laughterclubsvic.org](http://www.laughterclubsvic.org) ) and cost \$25 plus postage and handling.

Who can wear one of the T-shirts? Anybody who wants to help promote laughter in

the community can buy and wear one!

With our logo on the front of the T-shirt and our web address on the back it is a fantastic promotional tool for LCVi and the laughter movement in general.





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**LAUGHTER CLUBS  
are FREE and FUN**



## Laugh of the Month

Climbing a rope. Start down low with a deep laugh and as you climb the rope go through each laughter range until it is a high laugh, and then a silent laugh. Climb down the rope doing the reverse and repeat a couple of times.

(Thanks to Annette from Laughter Club Hobart)

## Thoughts for the Month

Laugh and let go. And remind yourself that this very moment is the only one you know you have for sure.

Laugh out loud in the car, particularly if it embarrasses your children.

A laugh is the shortest distance between two people.

(Thanks to Carol from Mordialloc for sending these through)

## Benefits of Laughter

Research has been undertaken over many years, and there is scientific evidence that laughter is definitely the best medicine.

Laughter has the power to improve the physical, mental, emotional and spiritual health of individuals.

A good starting point to learn more about laughter can be found by visiting the site [www.laughteryoga.org](http://www.laughteryoga.org)

Regular members at laughter clubs, and those who go along from time to time will also



**Attendees at the November 2009 Laughter Leader Training Workshop**

agree with the following statements ...

**Laughter is** therapeutic; fun; free, and universal

**Laughter can** raise energy levels, release negative emotions, strengthen friendship bonds, and foster a sense of belonging

**Laughter lowers** your heart rate; your blood pressure; your inhibitions, and production of stress hormones.

**Laughter improves** the immune system activity; the healing process, and coping mechanisms.

**Laughter** is a celebration of the human spirit!

**\*Get Started Australia – Web Design and Development \*\*Federation Square \*Rutland Merchandise**

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