



Laughter Clubs Victoria Newsletter

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WELCOME

To those people receiving this newsletter for the first time, and there are a few of you this edition, a warm welcome. Over the last six months you've come on board from various activities such as the Australia Day March, the Sustainable Living Festival, at Federation Square, World Laughter Day and our Laughter Leader Workshops.

We'd love to hear about your experiences when you go to a laughter club, what you felt like the very first time even, or why you have kept going back. If you want to let people know what is so special about the laughter club you attend, then email it to info@laughterclubsvic.org anytime.

LAUGHTER CLUBS VIC INC ON SHOW

Complimentary tickets to the mindbodyspiritFESTIVAL

As with previous years LCVi will be showcased over the long-weekend in **June (Fri 5, Sat 6, Sun 7, Mon 8)** at 1:00pm each day on the main stage at the **mindbodyspiritFESTIVAL**.

It is held at the Melbourne Exhibition Centre (known to many as Jeff's Shed) in South Melbourne and you can be part of it. If you'd like to do so and gain a complimentary pass to go into the mindbodyspiritFESTIVAL, then call Phillipa on 0418 521265 or email phillipa@laughterclubsvic.org

The fast-moving half hour interacting with the audience, when we wear our colorful LCVi purple and yellow T-shirts, is fun filled and always popular with the crowds.

LAUGHTER CLUB NEWS

Hamilton **** New Listing***

9:30am Saturday

Maryknoll Centre, Clarnedon Street, Hamilton

(Enter Driveway from Lonsdale Street)

Leader: Rhonda - 5572 5286

Alphington: Ceased. Leader Gilliana - 0400 7373 can still be found running Fitzroy North and Northcote

Bendigo: See separate article

Moonee Ponds: 1:30pm Wednesday is the new time

Warrandyte: Leader Karin new contact 0403 852 662

LCVi MILESTONES

3 May – Laughter Club Federation Square celebrated three years of presenting a laughter session on the first Sunday of every month (Federation Square are major supporters of Laughter Clubs VIC Inc)

19 May - LC Mitcham Leader and LCVi President Bronwyn celebrated a significant birthday (no ages mentioned her because a lady never tells her age – but you can ask her)

4 June – LC Eltham Leader Carolyn celebrates becoming a Laughter leader five years ago

13 June – Laughter Club Geelong (the first in Victoria) celebrate seven years of putting laughter into the community – and never having missed a Saturday morning!

LCVi LOCATIONS

The only official list for laughter clubs that come under the LCVi umbrella are listed on our web site, and is updated as changes are notified.

Recommendation: You contact the leader of the club you select to ensure they are running on the day you wish to attend – especially if you are visiting the club for the first time.

Millie O'Nair The Australian Laughter Family has lost one of its colourful members with the passing of Millie in Byron Bay at the beginning of May. She shared laughs with many of our Laughter Leaders from Victoria who attended retreats and conferences, and will always be remembered for her warm, friendly manner that made everyone pleased to see her.

WORLD LAUGHTER DAY

We celebrated in style at Federation Square on the main stage in perfect weather for laughers – sunny a blue sky and a slight breeze for when we got hot as we shared the laughter.

Comments from participants afterwards indicated that Phillipa, who has been organising the World Laughter Day since founding LCVi, and led the session from the stage, had given us a perfect mix of laughs on the day.

World Laughter Day is always the first Sunday in May and next year plans are underway to make it even bigger and better.

LAUGHTER LEADER TRAINING

Laughter Clubs VIC Inc is about to get a raft of new clubs as a result of our most recent training day. We had someone travel from Myrtleford, people from the Mornington Peninsula (Frankston is definitely being considered), and around Melbourne.

Learning from two Certified Laughter Yoga Teachers who both run a community Laughter Club means the trainees are well prepared to start a club, as attested by the following comment ...

The benefits of laughter are obvious but learning to enable others to both enjoy and embrace laughter gave me enormous pleasure, and to now have the opportunity of introducing others to such a fun and good healthy practice fills me with enthusiasm, and a desire to start a community laughter club in the very near future. Paul Newhouse – Naturopath.

Look at the new laughs created on the day →



Laughter Leader Training Workshop – 24 May 2009 - Melbourne

SIX SIMPLE RULES TO BE HAPPY:

1. Free your heart from hatred
2. Free your mind from worries
3. Live simply
4. Give more
5. Expect less
6. Laugh Lots

LAUGHS FOR THE MONTH

Beaver Laugh: Put your hands together in the 'prayer' position and point your fingers away from you. Move around like you are drilling through the ground. Move your hands upwards toward the sky and leap around and laugh as you dig your way up into the open air. – Julie -

Balloon blowing with pump: Put your pretend balloon on the end of the balloon blowing pump and pump up the balloon as you laugh. You forget to hold on to the balloon and you need to chase it when it comes off the pump and shoots around the room. – Kym -

Multi-dog walking: You have 6 dogs on separate leads and you move around the space as you try to keep them under your control. (Don't forget to pick up their messes!) - Lindsay-

Concert Laugh: Give your best standing ovation. – Ingrid -

LC BENDIGO

An activities night was held to raise funds for their annual insurance coverage. Brendan secured a number of prizes for the night and the younger club members (read 5 & 13 year olds) were excited to win them.

Most weeks they have 25 laughers in the park at 8:30am. One of their members Joan has had a hip replacement and they are sending lots of laughs her way for a speedy recovery.

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