



Annual Conference 2017

Orlando, Florida



Do you know someone who should be an AATH Member? Look for details in the June Humor Connection about a special introductory Membership special we'll be offering in July!



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This complimentary Humor Connection newsletter is one of the many ways that AATH fulfills our mission to study, practice and promote healthy humor. You can join our efforts by joining AATH at www.aath.org

Letter from the President

Being President of this organization is not only a great honor, it is just so much fun. This month some of the bantering has been about having a "full plate." The puns have been hilarious. As you know, we are a volunteer-driven organization with enthusiastic volunteers engaged in every aspect of our programs. Our AATH Humor Academy program directors, advisors and education liaison with Portland State University are all volunteers.

In that vein, we have decided that each month we will highlight a different volunteer, as well as one of our AATH Certified Humor Professional (CHP) graduates. This month we salute Barbara Miller who was instrumental in the founding of the AATH Humor Academy and is our liaison with Portland State University in providing graduate credit for the AATH Humor Academy program. We also highlight Linda MacNeal, an AATH Certified Humor Professional (CHP) from the 2013 graduating class. We thank all of the AATH volunteers who continue to put the fun into mission to study, practice and promote healthy humor. One of the benefits of joining AATH is the opportunity to be a volunteer in this incredible organization.

With humergy,
Mary Kay Morrison
AATH President



heal the whole person,
improve quality of life and
restore hope.

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AATH Volunteer Spotlight

Barbara N. Miller, DEd. is a professor in the education department at Portland State University and is founder and curriculum director of [Educational Explorations](#). She is recognized internationally for speaking on various current topics relevant to the educational field. Barbara does a variety of workshops on humor in the classroom and brain-based learning.

Barbara collaborated with Karyn Buxman and Mary Kay Morrison in 2010 to create the AATH Humor Academy and has been instrumental in providing graduate credit for this innovative AATH education program. We are also grateful for the scholarship that Barbara has established for AATH members. Thank you Barbara for all you do!



Barbara Miller with past AATH President, Karyn Buxman

Local AATH Chapters Formed

Start a local chapter of AATH in your region! Heidi Hanna is the chair of the first-ever Regional AATH Chapter in Southern California. They have hosted several meetings with great attendance. Heidi is happy to share start-up information with you if you are interested in forming a chapter in your neck of the woods. The establishment of regional chapters for AATH (Association for Applied and Therapeutic Humor) is an important way to further our outreach, fulfill our mission and provide benefits to our members as part of our international organization. For more information contact Kathy

Book Review



The Enthusiasm - Laffter Connection: A Guide for Gaining Positive Life Skills

(Reviewed by Diane Roosth)

Bob "Hubba Jubba" Moss leads by example demonstrating the importance of research, theory, and education about humor in education. *The Enthusiasm - Laffter Connection*, our author's first book, describes his pioneering approach to use enthusiasm and laffter for success and wellness in life. His premise is that "Enthusiasm is a learnable skill, but very few programs exist for the specific purpose of teaching how to do so." He discusses the "anatomy of hearty laffter" (what it looks and sounds like), and his ideas on how to put more of laffter into your daily life. He shares how his experiences as an educator demonstrated his ideas.

Our author shares how "the curricula of his UC San Diego physical education classes" in the 1970's "continue to have an impact on his work today." In the forward by Dr. Jack Douglass, Retired, University of California San Diego, Vice Chancellor, Researcher and Faculty Member, we learn how our author used the "concept of mental imagery

or Michele in our management office at 815-708-6587.

Get your [local chapter form here](#).

Save the Date!

Our AATH 2017 conference, Humor: The Power and Purpose of Play! will be held on April 27-30th in Orlando, Florida. Conference Chair **Sporty King**, says that speaker proposal applications are online now. Go to [this link](#) to submit your proposal. You can contact Sporty for more details (contact info is in our AATH membership directory). We are very excited that we will be at the [Holiday Inn Orlando-Disney Springs](#) (formerly Downtown Disney). Thanks to Cynthia Keeler for making the arrangement for this terrific venue.

First Ever Humor Academy Award

Shirley Trout received the first ever Humor Academy *Making A Difference Award* at the 2016 AATH conference in Mesa. Shirley is Past President of AATH serving from 2002-2004. Her contributions included policy development-many of these are still part of what we use today. She also assisted with the ethics document, which is an integral component of our AATH policy manual.

Shirley has served in several capacities in Humor Academy and she is a 2015 HA third year grad earning the CHP (Certified Humor Professional) designation. Her Level II project was the EVATEC Model for Transforming Higher Education Teaching: Developing a Web Based Brochure. Congratulations Shirley!

to his tennis class syllabus, creating a scientific reach." He allowed students to gain "personal experience with academic theory seldom available in their scientific and mathematics classes."

Hubba Jubba talks about his theory of "Five Tips for Instant Enthusiasm." These include: "use one-to-1 eye contact; give a firm handshake; say your name proudly; create a hero signature and laff more." He has "ten actions related to the learning of enthusiasm skills," and shares how this approach has evolved to become the "major passion impacting his current teaching." He reinforces the importance of how to use laffer appropriately, "never to ridicule or degrade another person". He shares his ideas, including how to create a laffer collage of "Best Laffs by Friends" and "Best Laffs by Celebrities." He tells readers how he uses his song and his laffer flash cards to initiate hearty and healthy laffer.

Bob is someone I want to meet. His experience is humbling. Born and raised and educated in San Diego, he was in the United States Marine Corps in the early 1960's. His work experience includes: Faculty Emeritus for the University of California San Diego Department of Physical Education; Retired Teacher, Coach & Counselor, San Diego Unified School District; and Adjunct Faculty, University of Arkansas Pine Bluff until he retired in 2010. His "outside of the box" approach, using the "Classroom as the Library," benefited students, teachers and sports programs elevating the discipline of athletic and umpire performance with academic rigor.

Teaching his Psychology of Sports Officiating course early in his career, our author used "visualization (pretend practice) drills" to empower students with "accelerated officiating skills in just a few weeks' time." Mr. Moss shares how over a twenty year period, "his class participants earned more than \$3.5 million in officiating



Meet Our Certified Humor Professionals: CHP

Linda MacNeal, CHP
Project title: "Bounce! Going from Funky to Flourishing"

Although Linda calls herself a former serious person, and provides her master's in Japanese linguistics, creation of computer manuals and work for IBM as proof, she always had humor in her. That proof includes graduating from the Ringling Brothers Barnum & Bailey Clown College, teaching clowning at the NUC College New School and hula dancing at the NYC Museum of Natural History. But for all of the century, her focus has been on being a Certified Laughter Leader, keynote speaker, team building facilitator and icebreaker games innovator. Linda helps people drop their social facade in favor of good ol' fashioned FUN! Linda has served as AATH Board Secretary and as "dean of students" for the AATH Humor Academy. She has coordinated the AATH conference bookstore for many years.



Member News

Our very own **Susan Sparks** is quoted in [this article](#).

fees," and many financed their college tuitions through year round officiating work.

Hubba Jubba turned his creativity, skill, and research on enthusiasm and laffter into a lifetime career. He has mentored many, taught umpires and sports team members. As an educator, coach in the United States and other countries, speaker and author, he is someone with rich lifetime experiences I hope to hear more about in the future.

Members who would like their book to be considered for an upcoming Humor Connection book review, should contact info@aath.org. Please use Book Review Submission in the subject line.

DONATIONS TO AATH ARE TAX DEDUCTIBLE: Thank you for your continued support of AATH!

You can write a check to AATH and send to the office or you can:

1. **[AATH 2017 CONFERENCE SPONSORSHIP](#):** There are many ways that you can be a sponsor for our AATH conference for as little as \$50.
2. **SCHOLARSHIP DONATION:** You can designate your gift to the William Fry, Patty Wooten or Ed Dunkelblau scholarship fund.

To make a tax-deductible gift to AATH, you may send check donations to the AATH office at:
220 East State St., Floor G
Rockford, IL 61104

MEMBER ASSISTANCE: If you need help with renewing your membership, or if you forget your member website log-in information, reach out to Michele St. Clair and her team at **815-708-6587**.

Congratulations to **Guy Girard** who will be traveling with Patch Adams for the 2016 Russia Tour.

Marlene Chertok (R) welcomes new member **Sandy Lutz** at the 2016 conference.



A huge thanks to our 2016 Conference Chair and co-chairs: Jae Pierce Baba, Brenda Elsagher and Beth Slazak.

SEND YOUR MEMBER NEWS:
info@aath.org

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