

HUMOR CONNECTION



Association for Applied
& Therapeutic Humor



The Home for Humor & Laughter Professionals

June 2018

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The original email included an incorrect link in the book review. We've corrected the error and are sending the email again so you can enjoy the entire book review!

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



Beth Slazak, CHP
2018-2019 AATH President

June is here and school is out

When I was younger, June ushered in a long summer of play and exploration. There were eight of us who lived on my street and we went to different schools during the year, but once summer hit, we were together all the time. Some of the favorite activities that were engaged in with my friends were kick ball tournaments, that were held on the road if no cars were around, and bike parades, that showed the whole world (or the retired residents of Hewitt Avenue) the extent of our dress up box. Playtime started after breakfast until the streetlights came on. We laughed, we cried, we fought, we celebrated, and we learned through these activities.

As members of AATH, we promote health and wellness, and one path to that is through playful discovery, so get out there and play!!! Purposeful play is a safe way to engage in learning and enhancing healthy coping skills. Model this behavior for friends, family, and co-workers. Show everyone you meet, your playful attitude! And don't forget to laugh with them.

- Beth

Interested in Speaking at the 2019 Conference?

AATH welcomes your proposal submission for speaking at the 2019 AATH Conference, "Too Soon? The Timing of Humor." We invite experts from education, health care, research, business, faith communities, social services and government to contribute to the educational experiences offered at the conference. Proposals are encouraged that cover a wide diversity of subjects as they pertain to evidence-based information about current research and practical applications of humor and laughter.

Deadline to submit is July 15, 2018.



**Episode 20:
Dr. Margarita Gurri**



Sassy? YES! Saucy? YES! Seasoned? Absolutely! Those are the three adjectives I'd always use to describe this week's guest, Dr. Margarita Gurri. Whether you're looking for strategies on how to incorporate humor in the

workplace or the bedroom (or both...hopefully not simultaneously), Margarita has got the goods. We talk, very candidly, about her roots as a Cuban American and how humor has been an integral part of her life and her practice as a psychologist. Take a load off and listen in!

Dr. Margarita Gurri

**Episode 21:
JulieAnn Sullivan**



A funny CPA? It could be an oxymoron or it could be Julie Ann Sullivan...or both? This week I had the pleasure of talking with Julie Ann about her work in helping people practice gratitude and live healthier, more fulfilled lives.

We laughed a lot and I learned a lot. I think you'll get some strategies you can put into practice right away.

JulieAnn Sullivan

Welcome to our New Members!

- Mallori DeSalle**, Ellettsville, IN
- Carol Hintz**, Hutto, TX
- Nanciann Horvath**, Lake Forest, CA
- Karen Lang**, Ann Arbor, MI
- Chrioni Lenertz**, Oviedo, FL
- Marilyn Oestreicher**, Westport, CT
- Kate Stewart**, Rockford, IL
- Amira Choukair Tame**, West Bloomfield, MI
- Emily Vance**, Tucson, AZ

Member News

Barbara Grapstein was recently awarded the Ellis Island Medal of Honor! The Ellis Island Honors Society is presented annually to a select group of individuals whose accomplishments in their field and inspired service to our nation are cause for celebration. The Medal has been officially recognized

by both Houses of Congress as one of our nation's most prestigious awards and is annually memorialized in the Congressional Record.

The Ellis Island Medals of Honor embody the spirit of America in their salute to tolerance, brotherhood, diversity and patriotism. Honorees may be native-born or naturalized, but most importantly, they are individuals who have made it their mission to share their wealth of knowledge, indomitable courage, boundless compassion, unique talents and selfless generosity with those less fortunate. In addition to hosting their annual gala, EIHS remains dedicated to, and has raised significant funds for, the maintenance and restoration of Ellis Island.



Rev. Susan Sparks recently received the University of North Carolina's "Habey Award for the Arts" for her work with humor, healing, and spirituality. The award was given to her by comedian and alum Lewis Black. Susan has also been invited to write a nationally syndicated column with GateHouse Media which you can access here:

[Check it Out!](#)

Susan is also presenting in Lenox, MA on August 2-3, 2018.

[Learn More!](#)

Dorothy Pincus of LoL Holistic Yoga-LA was recently profiled in Voyage LA. As a singer, Dorothy has opened for the Dalai Lama and worked with Barry Manilow, Aretha Franklin and Tupac Shakur – to name just a few. But her personal story is much more nuanced.



[Check it Out!](#)



Are you ready for the summer? There are 98 days between Memorial Day and Labor Day...why not play a little? Join me in making this summer the Summer of Play! Sign up at www.laughbold.com and get a FREE play guide and a link to join our Facebook group! Life is short, PLAY HARD! - **Chip Lutz**

Joel Vorensky invites you to "Animated Laughter with Feelings!" on Sunday, June 24, 2018 from 2:40pm – 5:30pm at Catalyst Physical Therapy, 1333

Camino Del Rio S #103, Mission Valley, San Diego, 92108. Bring blankets or a thin mattress and dress comfortably.

[Learn More!](#)

Book Review

Now That's Funny! The Art and Craft of Writing Comedy

By Peter Desberg and Jeffrey Davis

Interestingly, there are two other current books extant with the same title of "Now That's Funny!" Thankfully, all of them have different subtitles. Peter Desberg, a clinical psychologist, and Jeffrey Davis, a screenwriter and playwright, are both professors at California universities. They both also are extraordinarily prolific authors and have numerous writing credits.

Their latest book is a unique approach to the subject of comedy writing. You should know that this book is neither a writing technique manual nor a joke book, and actually it is not really funny. Surprise! However, the book does provide readers valuable insights into the creative processes and the customary give and take in the job of comedy writing. It reveals how comedy writers think about, modify, self-correct, and ultimately develop comedic material, which, in turn, will be suitable for different media and acceptable to the ever-changing contemporary cultural values of American entertainment.

[Read More...](#)

Weekend Laughter Yoga USA Conference

If you plan to be in Orlando, FL in October, you won't want to miss "Sharing the Art & Heart of Laughter!" from Oct 26-28. You can also register for Advanced Training with Dr Kataria. Learn from the founder of the worldwide Laughter Yoga movement from Oct 24-26. Early Registration discount is valid now through July 15th- after that rates increase.

[Click for more info](#)

REMINDER: AATH is officially recognized as a 501c3 and has been vetted by UNITED WAY. If you or anyone you know makes donations through United Way, please consider designating a portion of your generous gift to AATH and please let others know of this opportunity.