

Character Community



E-News



A Town of Richmond Hill initiative.

A Town of Richmond Hill Character Community monthly e-letter

December is Humour

I will share a sense of humour and fun that is respectful of my colleagues and customers.

December 2008

Town of Richmond Hill Character Community Organizations

- The Amici Centre
- Arts Richmond Hill Inc.
- Between Friends
- Catholic Community Services of York Region
- Community Living York South
- The Curtain Club Theatre
- Girl Guides of Canada York South Div.
- Helpmate Community Information
- Hill House Hospice
- Ja'fari Islamic Housing
- Learning Disabilities Association of York Region
- Lions Club of Richmond Hill
- Music to Care for Your Life
- Opera York
- Optimist Club of Richmond Hill
- Region Of York Recreationists (ROYR)
- Richmond Hill Aquatic Club
- Richmond Hill Canoe Club
- Richmond Hill Chamber of Commerce
- Richmond Hill Community Church
- Richmond Hill Community Food Bank
- Richmond Hill Community Soccer Association
- Richmond Hill Community Sports Council
- Richmond Hill Lawn Tennis Club
- Richmond Hill Rams Hockey Club
- Richmond Hill Social & Bocce Club
- Richmond Hill Training Centre
- Richmond Hill Winter Carnival
- Royal Canadian Legion Branch #375
- Spiritual Assembly of the Bahai's of Richmond Hill
- St. Matthew's United Church Health Cabinet
- Stroke Recovery Network
- Top o' the Hill Co-operative Nursery School
- Volunteer Association of York Central Hospital
- Wilderness Lifeskills of Youth Inc.
- York Region Support Group of Parents of ADHD Kids

Benefits of Humour

Do you remember the last time you laughed so hard your cheeks and stomach hurt? During that moment of utter enjoyment your body was being flooded with positive energy that filled your core from cell to cell. A good laugh can have a similar feeling to a vigorous workout at the gym, or the indulgence of an incredible chocolate dessert – all of which are quite enjoyable and have many benefits of their own. A great laugh, however, heals you from the inside out.

To laugh with such unfiltered passion stimulates you mentally, emotionally, physically and spiritually. You feel positively rejuvenated, light, powerful, joyful and at peace with yourself. Along with these great feelings, come many benefits:

Physically

- Improved respiration and circulation
- Oxygenates the blood
- Lowers blood pressure
- Heart beats stronger
- Stimulates the nervous system
- Boosts the immune system
- Healing chemicals are released

Mentally

- Powerful stress reducer
- Encourages adaptability
- Creativity is boosted
- Increases productivity
- Enhances mental flexibility

Emotionally

- Courage to deal with adverse situations
- Boosts playfulness and spontaneity
- Builds morale
- Relationship builder

Spiritually

- Positive energy is surging through every cell of your body
- More open communication to the spirit world



Wanna hear a joke?

An American was going for a job interview in the Scottish countryside and on the way out he asked a local farmer for directions:

"Excuse me dude, could you possibly tell me the quickest way to London?"

The farmer said: "You driving or walking, lad?"

The American replied: "Driving."

The farmer nodded, saying:

"Yup, definitely the quickest way"

If laughing has so many benefits – why not be proactive with your health and laugh more? Make a point to laugh everyday. Laugh at yourself when you put on two different socks, or wear your shirt inside out or forget to zip yourself up, rent a comedy, go to a Second City improv show, or find a website that can email you a daily joke. Share a joke with others. You can help others to heal with humour.

Source: www.123oie.com

The Many Benefits of Humour

by: S. Frederick

Over the last ten years, we have witnessed a change in attitudes towards humour. It was not too long ago when humour was considered "not appropriate" or "silly nonsense". Today humour has become a topic that is studied and welcomed throughout society. Many professions and organizations have come to appreciate and acknowledge the power of humour and its benefits. Humour is one of the most powerful tools to heal, create rapport, reduce tension, build bonds, persuade others, deflect criticism, remove barriers, reduce burnout, bolster trust, boost morale, elevate self-esteem, create motivation, manage conflict, sustain positive attitudes, reduce stress, stimulate creativity, and trigger memory. The exciting thing is the list of benefits grow almost daily as we continue to research and study this topic!



Source: www.mrbob.ca

Have you heard this one?



A frog goes into a bank and approaches the teller. He can see from her nameplate that the teller's name is Patricia Whack. So he says, "Ms. Whack, I'd like to get a loan to buy a boat and go on a long vacation."

Patti looks at the frog in disbelief and asks how much he wants to borrow. The frog says \$30,000. The teller asks his name and the frog says that his name is Kermit Jagger and that it's okay, he knows the bank manager. Patti explains that \$30,000 is a substantial amount of money and that he will need to secure some collateral against the loan. She asks him if he has anything that he can use as collateral. The frog says, "Sure. I have this," and he produces a tiny pink porcelain elephant, about half an inch tall. It's bright pink and perfectly formed.

Very confused, Patti explains that she'll have to consult with the manager, and disappears into a back office. She finds the manager and reports, "There's a frog called Kermit Jagger out there who claims to know you, and he wants to borrow \$30,000. And he wants to use this as collateral." She holds up the tiny pink elephant. "I mean, what the heck is this?" So the bank manager looks back at her and says: "It's a knickknack, Patti Whack. Give the frog a loan. His old man's a Rolling Stone."

Humour Quotes



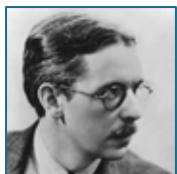
"Life is tough, and if you have the ability to laugh at it you have the ability to enjoy it."
~ Salma Hayek



"Humour is also a way of saying something serious."
~ T.S. Eliot



"I hope life isn't a big joke ... because I don't get it."
~ Unknown



"Humour is a serious thing. I like to think of it as one of our greatest earliest natural resources, which must be preserved at all cost."
~ James Thurber

Next Month's Attribute:
January is Optimism



Mayor Barrow Gets Down At Character Community Day

On Tuesday, October 28, the Town held its 4th annual Character Community Day where the Mayor and Council presented certificates and character packages to our new organizations, honoured our Richmond Hill Character Award Nominees for 2008, and presented certificates to our existing five year Character Organizations. Not only that, Mayor Dave Barrow also got down and danced with local performer Errol Lee and his dance crew at centre court at Hillcrest Mall.

Character Community E-News is a monthly e-mail newsletter to share information about upcoming events within our organization and beyond. If you would like to contribute upcoming Character Community event information, story ideas or photos, please forward it to the Editor, Michelle Lipkus, at mlipkus@richmondhill.ca.