

IJA eNewsletter editor: Don Lewis (email: lewis@juggle.org)Renew at <http://www.juggle.org/renew>

What's Happening at the IJA ?

Happy Holidays from the IJA Board

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Have You Moved, or Gotten a New Email Address?

Remember, the only way to ensure that you don't miss a single issue of JUGGLE magazine is to give us your new address. The USPS will generally not forward JUGGLE magazine.

To update your mailing address, email, or phone, please send email to memberships@juggle.org or call 415-596-3307 or write to: IJA, PO Box 7307, Austin, TX 78713-7307 USA.

IJA 2007 Festival Video - Where is it ???

by Don Lewis

Although this video should have been no more difficult than any other video to produce, the path to production has not been easy.

At the beginning of the production process our replication company found a scratch on the master. When its replacement was apparently lost in shipping, a second replacement was sent. Of course they both arrived on the same day. Finally a physically acceptable master was in place.

Further delays were caused by the musical follies. The competition music policy that was put in place for this year's festival should have ensured that at least the music was trouble free. Not so, however. Consulting with our replicator, we had determined that we did not have adequate documentation of publishing rights for much of the music. We dubbed in far more replacement music than expected but when the master was submitted along with

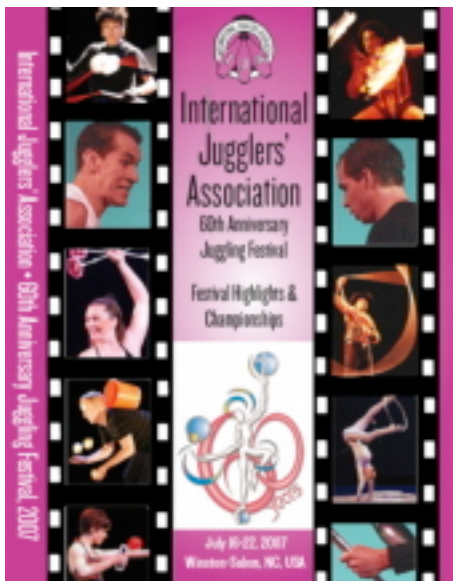
documentation for all the music, our replicator disallowed further tracks. It is clear that the RIAA has the industry running scared, and we are paying the price.

This back and forth process has consumed many weeks. We now believe that the reproduction facility has what they think is an acceptable master, and they are beginning the duplication process. If there are no further roadblocks, the DVDs should be going into the mail to you right about now.

Alan Plotkin and John Satriano have had a frustrating time getting this video into production. I appreciate their efforts.

Thanks guys.

We aren't yet at the point of producing silent movies, but I must admit the idea is becoming more attractive by the day. Other groups have given up producing DVDs altogether; not surprising after this experience.



Archive News by Sandy Brown

Remember the IJA Archives?

During the weekend of February 22-24, several IJA volunteers will meet in Las Vegas to categorize and digitally photograph the IJA Archives, which are located in the Stagewrite Publishing warehouse. This is a detailed project which has been on the back burner for a number of years and which is finally getting the boost it needs. As most of you may know, IJA member Ray Stern has spent countless hours scanning and formatting past Juggler's Worlds, IJA Newsletters, and other historic letters which are now available on our website. Eventually, archival photos of props from famous jugglers, costumes, and old letters will be added to the collection of publications now appearing on the website.

http://www.juggle.org/archives/jugmags/main_index.htm

If you are interested in helping the volunteers in Las Vegas, juggling together, and taking in some shows, please contact Sandy Brown: brown@iuaale.org.

Forum News by Don Lewis

The IJA Board expects that, in mid January 2008, access to most of the IJA forums will become restricted to IJA members. At that point, you will have to log in to the IJA forum in order to read or post messages there. Any IJA member who doesn't already have a forum password can get one by going to the IJA forum login page and following the directions there:

<http://www.juggle.org/forum/login>

This has benefits and drawbacks. I will regret losing some input from interested non-members. From a PR point of view, I think keeping the sometimes intense discussions that we seem to generate away from casual browsing can only be good. Does this mean that we're hiding things and keeping secrets? No, it means that we are trying to project a positive image to the world at large. Perhaps those members who have chosen not to participate in the totally open forum will feel more comfortable in this new environment.

New Stage Championships Rules by Chuck Hawley

The rules for Stage Championships have been changed. The system for judging as well as the criteria for judging has significantly changed. **All competitors are responsible for reading and understanding all rules before the competition.** In addition to approving the new rules at the December board meeting the board approved a new music policy and an increase in prize money for the Juniors competition. All the information is available at the Stage Championships page on the IJA website which can be viewed at:

<http://www.juggle.org/champs/StageChampionships.php>

This has been a collaborative effort from dozens of people within the IJA. I would like to thank all those who have contributed in this process. If anyone has any questions, please do not hesitate to contact me.

championships@juggle.org, 410 897-2469

WWW.JUGGLE.ORG

Videographers

Each year the IJA solicits bids for video projects. The most important of these is the summer festival DVD. The IJA is also considering projects such as JUGGLEVISION, a short promotional video, and making parts of our video heritage available on the IJA website. Interested videographers should contact the IJA Video Coordinator, Jeff Peden video@juggle.org

Finance News by Don Lewis

The latest financial statements are available in the member's section of the IJA website.

NetBank provided some useful services to the IJA, but they have been acquired by ING Direct which does not offer the same services, or indeed any service to non profits. Our modest deposit at NetBank is insured by FDIC and we are expecting a cheque for the balance from ING «any day now». At most this should be no more than an inconvenience, because Holly is working around the problem. It does show the merits of dealing with more than one bank.

Treasurer Needed! It also shows the merits of having a treasurer who is on top of things. However, Holly isn't going to be doing this forever. There have been a couple of inquiries about the position of treasurer, but no bites yet. Please contact Holly for information about the finance position. ijatreasurer@aol.com.

**Green Club Taped Handles** by Don Lewis

I've taken sample Green Clubs around to several festivals and one of the frequent questions is "where do you get the colored tape you used on the handles?". Much of it comes from the electrical section of the hardware store. Basic electrical tape is black and is used to identify the "hot" side of an electrical circuit. Other common colors are green used to identify ground wires and white for neutral. Red is used to identify the second hot wire in a divided primary circuit. You may also find blue and yellow which are often used in multi phase circuits. I've found that the cheap colored tape you can find in bargain stores tends to unravel and isn't much of a bargain for club handles. Apart from the standard colors used in electrical work, you can troll the internet to find other options. I needed pink once for a breast cancer benefit march. I found it and many more colors at <http://www.identitape.com>. They carry a wide range of colored tapes, some of which are popular with the hula-hoop crowd. They also have glitter tape, and assorted patterns as well as unusual tape products.

Homeopathic Medicine for Jugglers by Don Lewis

Doctor Samuel Hannemann began practicing medicine in Germany in 1780 and rapidly became disillusioned with the sometimes brutal and ineffective treatments available at the time. He noted that certain substances can produce symptoms in a healthy person similar to disease. Quinine can produce symptoms similar to malaria, for example, which fade away when you stop taking it. He discovered that by giving a sick patient a vastly diluted product that produces similar symptoms, the patient would recover from the disease. He called his system Homeopathy (homeo from the Greek meaning similar, and pathos meaning suffering). His definitive book on the method, the Organon of the Medical Art, is still in print.

Homeopathic remedies are developed by testing a substance on a healthy person and describing how their body reacts. All symptoms are noted. A *Materia Medica* is compilation of many remedies and their symptoms. A repertory, or synthesis, is like a reverse directory which groups all the symptoms together pointing back to the remedies. A homeopath seeks to find a remedy that most closely matches all the symptoms of a patient. Sometimes several remedies are used sequentially as some symptoms change or disappear. It is interesting to note that in the great flu epidemic of 1918, homeopathic doctors had a much higher cure rate than their allopathic colleagues. Homeopathy flourished in the 1800s but declined in the face of powerful lobbying by the AMA. Today it is enjoying a minor renaissance.

Hannemann developed a system of potentizing remedies which involved successive dilution and shaking (succussing). Today, remedies are made commercially. A substance, such as arnica, is harvested and mixed with a solvent such as water or alcohol to prepare a basic liquid called a mother tincture. This mother tincture is then diluted at a ratio of 1 to 100 parts and shaken hard giving the first centesimal dilution. The process is repeated giving progressive dilutions. The resultant liquid is used to impregnate lactose pellets which a patient dissolves under the tongue.

Chemists will tell you that after about the third serial 1:100 dilution there are essentially no molecules of the original substance left to be found. And yet homeopaths often prescribe dilutions of 30 and even 200 times. This "fact" that there is nothing there has regularly been used to debunk homeopathy as the work of charlatans that cannot possibly work. Recently, a group of material scientists was able to trace the signature of an original substance in even highly diluted remedies that couldn't possibly contain any molecules of the original substance according to conventional theory. This finally gives some scientific credence to what homeopaths have always known by observation. The actual mechanism by which homeopathic treatments work is not known. Some detractors say it is simply the placebo effect. Whatever the mechanism, if it triggers a healing response in the body the result is desirable. Typically, the remedies do not interact with allopathic medicines.

Why should jugglers be interested? There are a variety of remedies that are regularly prescribed for muscular aches and pains, and you deserve to know about them. Before going further I will state that ***I am not a medical professional.*** Homeopathic prescribing is highly individual and based on the whole patient. You need a homeopathic consultation to determine your constitutional type to know which remedies will work best for you. Just like regular medicine, he (or she) who treats themselves often has a fool for a patient. For strains and sprains R.I.C.E. (**Rest Ice Compression Elevation**) is still the starting point (see *April 2007 newsletter*). If you are injured, get a medical opinion. There are thousands of homeopathic remedies, but three are of particular interest to us:

Arnica (*leopards bane*) was used in folk medicine long before homeopathy came along. It is an anti-inflammatory agent and seems to promote tissue repair. You'll find it in lotions and gels for external use, as well as homeopathic pillules. Taken quickly after an injury it can have a dramatic effect in reducing swelling and bruising. It can also reduce cramping after over exertion. Do not apply it to broken skin, however.

Rhus Toxicodendron (*poison ivy*) is often prescribed for acute sprains, chronic arthritis, stiffness or neuralgia. It appears to have an affinity for joints and fibrous tissue such as ligaments.

Ruta Graveolens (*Rue*) is a remedy for connective tissue damage with stiffness and pain in muscles and tendons. Repetitive strain injuries fit well into this remedy's symptom profile.

Prescribing a homeopathic remedy is a complicated business, because while two people may have the same condition, the same remedy may not be right for both. This is where research proving the effectiveness of homeopathy often fails. Researchers are used to comparing a single drug to a placebo for a given condition. Homeopathy dictates that you cure the person, not the disease, and each person is different. This concept defeats traditional research protocols.

A full discussion of prescribing methods and potency selection is beyond the scope of this article. There are many self help books in print, often at your library. The remedies are generally available in pharmacies, natural food stores, and via the internet without prescription.

You can learn more from a variety of sources:

<http://www.nationalcenterforhomeopathy.org>

<http://www.minimum.com> sells almost every book ever published on homeopathy, and some other alternative therapies as well. While it may seem disconcerting, much of the early literature is still in print and considered valid.

References used in this article:

Homeopathy for Musculoskeletal Healing, Hershoff

The Homeopathic Treatment of Influenza, Perko

Encyclopedia of Homeopathy, Lockie

Handbook of *Materia Medica*, Allen

The Canadian Guide to Homeopathic Self Medication, Picard
Sports & Exercise Injuries, Subotnick



TURBO FEST
FESTIVAL DE JONGLERIE

4-5-6 JANVIER 2008
À L'ÉCOLE DE CIRQUE DE QUÉBEC
750, 2^e avenue, Québec, CANADA

- COMPÉTITIONS - JEUX - JONGLERIE 24H - CANTINE -
- ATELIERS - INVITÉS SPÉCIAUX - PRIX À GAGNER -

BRACELET 3 jours + spectacle : 30\$ (internet)
35\$ (à la porte)

Spectacle samedi 5 janvier
adulte : 10\$ / enfant : 5\$

Détails : myspace.com/turbo418

Partenaire principal

A rough translation of the poster:

Turbo Fest
Juggling Festival
January 4-5-6 2008
at the Quebec City Circus School
750 2nd ave, Québec Canada
Competitions - games - 24h juggling - food
Workshops - Special Guests - Prizes
Wristband 3 days + show \$30 (internet)
\$35 at the door
Show Saturday January 5th \$10 / \$5

Special Guests:

VOVA GALCHENKO!
JOËLLE HUGUENIN!
SHARPE BROTHERS!

You can reserve in advance over the internet at www.myspace.com/turbo418

Other Upcoming Festivals:

47th Annual MadFest

January (17), 18, 19, & 20, 2008
Madison, Wisconsin
MadFest Juggling Extravaganza
7PM January 19
Wisconsin Union Theater
<http://madjugglers.com/madfest/>

Austin Jugglefest XV

February 15-17, 2008
Special guests include:
Sean Blue,
Michael Karas,
Aaron Gregg
More info: juggler@place.org
<http://juggling.place.org/jugglefest>

RIT Spring Juggle In

31st year!
April 18, 19, 20 2008
The Campus of RIT
Questions email ritjuggle@gmail.com
Site info: <http://www.rit.edu/~jugwww/>
Club info: <http://www.ritjuggling.org>

JAQ Montréal Festival

May 2,3,4 2008

Join us for the 30th Annual Groundhog Day Jugglers Festival

Atlanta, Georgia Feb 1-3, 2008



Gym Hours: Friday, Feb 1 5 pm – 10 pm
Saturday, Feb 2 10 am – 10 pm
Sunday, Feb 3 11 am – 5 pm

Large recreation hall at the Yaarab Shrine Center
400 Ponce de Leon Ave, Atlanta, GA 30308
(from I-75/85 take Freedom Pkwy exit, go east
on the pkwy, then left on Ponce de Leon Ave)

- Open juggling all weekend in big gym with great floor and lighting
- Competition for the PHIL trophy on Saturday afternoon at 2 pm
- Late night cabaret on Saturday at Horizon Theater at 11 pm
- \$15 registration for weekend of juggling, raffle ticket and 2 shows

For more information see our web site at www.atlantajugglers.org or
call Jay Jones at (404) 288-7954 or email jay@juggler.net