



What's Happening at the IJA ?

Happy New Year from the IJA Board

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IJA Festival 2008 - Lexington Kentucky

The 61st Annual IJA Juggling Festival will be held July 14-20, 2008, in Lexington, Kentucky, in the large, well-lit, climate-controlled juggling space of the Lexington Convention Center (with free wireless Internet). Specially invited guests include:

* **Performers from Ecole de Cirque de Quebec (Quebec Circus School)**

* **Niels Duinker**

* **Casey Boehmer**

* **More to come...**

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* **Youth Group Discount:** Event Packages are available through June 1 for only \$79 each to groups of 10 or more youths attending with a chaperone and registered together. For details, contact festival director Richard Kennison at festival2008@juggle.org.

Early Bird: Register by April 1 and pay only \$159 for an Adult Event Package or \$89 for a Youth-Senior Event Package. (Youth-Senior packages are for ages 11-17 and 65+.)

Advanced: Register April 2 through June 15 and pay \$189/Adult or \$109/Youth-Senior.

Last Minute: Register after June 15 and pay \$229/Adult or \$139/Youth-Senior.

Full fest information (including online registration, hotel info, a room/ride-sharing forum and more) is available at: <http://www.juggle.org/festival>

Throw a Juggling Video Party! *by Steve Rahn*

For those of you who have received your DVD of the IJA 2007 Festival and have a group of juggling friends or belong to a club or an IJA Affiliate, I'd like to recommend that you consider hosting a video night to play the IJA's latest DVD video for them.

There are many jugglers out there, some IJA members and some not, who have never been to a week long IJA Festival. To them I say 'What the heck are you waiting for?'. I've been to many of them in the last 20 some years and it is ALWAYS my favorite week of the year in any year I get to go. And in my opinion, they have been steadily improving with more activities and workshops and competitions. As one of the two major benefits of being a member in the IJA, the annual IJA Festival stands strong with many talented volunteers willing to teach workshops, display their skills in competitions and shows and organizers working to see that you get the most out of your attendance. To me, those IJA members who can make it to the festival in any given year are benefiting more from their membership than those who don't go.

Hopefully getting a glimpse of what our festivals are like, by viewing this latest DVD, will encourage more jugglers to join with us and enjoy this year's upcoming festival in Lexington, Kentucky July 14th -20th.

Logging in to the IJA Forums

Access to the online IJA Open Discussion forum is now available only to IJA members. To read or post, you first have to log in to the forums. 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>

Get on Board! *by Don Lewis*

There are four out of seven positions to fill on the IJA Board of Directors this summer. Please consider getting nominated. The IJA can only thrive if a wide variety of interests are represented on the Board, and that means you. Board terms run for two years. There is typically one meeting per month by telephone and regular contact by e-mail. Check out the nominations web page at <http://www.juggle.org/business/nominations.php>

Sure, it is easy to toss this off thinking that someone else will do it, or that there is bound to be someone better qualified. Nobody knows better than you what you want to get out of the IJA. If you can't step up, then find someone that you can support and encourage them to get nominated.

WWW.JUGGLE.ORG

Missing in Action?

We have had reports of padded DVD mailers damaged in the mail and arriving without their contents. Anytime we mail anything to a large group of members, there are usually a few items that go astray. The DVDs have been in the mail for a few weeks. Members in Canada and the USA should have received their copies by now. If you have not yet received yours, please contact Sandy Brown. Be sure to include your current mailing address. distributor@juggle.org

Archives Survey Trek, February 21-24

A group of IJA members, led by Sandy Brown, are going to inspect the IJA archives. The project is to prepare an initial survey of the contents and to scan whatever can be done during the weekend. This will begin the digitizing of our archives and form the basis for a plan for the future. If you are interested in joining the team, please contact Sandy Brown@juggle.org.

Reality - The Finance Issue, *by Don Lewis*

I have been trying to interest you all in finding a replacement for Holly Greeley as our treasurer for some months now. I recently asked Holly what the going rate would be to pay a bookkeeper to look after the basic drudgery. Answer? About \$10,000 per year. That is more than 300 memberships! Or about \$10 per paid membership. Yikes on steroids! We can't not do the accounting - that way lies chaos. Start dusting off the suggestions folks. This NEEDS a solution.

Please don't think for a minute that our other volunteer positions are any less valuable. If we had to pay the going rate for web services, workshops, festival planning, and so on none of us would be able to afford it. Those of you who know how to manage non-profit finances should brainstorm with Holly to find ways to spread the load and make this job realistic for several members.

Videographers

Each year the IJA solicits bids for IJA video projects. We are looking for a videographer for this year's summer festival. Contact us if you are interested.

Ray Stern did a huge job getting all the back issues of our magazines online. He would like to add links to video clips that go with the articles where we have them. We need some volunteer expertise in setting up a method where that can happen.

Video inquires and suggestions go to Jeff Peden, video@juggle.org

Stage Championships and Individual Prop Competitions

Significant changes have been made to the competitions this year.

The Championships judging system and criteria have changed. The goal of the IJA Stage Championships is to reward a stage-performed juggling act that is entertaining to a broad audience. The method of scoring and the criteria on which an act is judged have changed significantly. Juniors prize money has been approximately doubled. All competitors are responsible for understanding all rules and procedures before the competition (for full details, see <http://www.juggle.org/stagechampionships>). In particular note the rules changes below.

Championships routines must be submitted on six DVDs by June 9. To enter the Championships, you must submit six copies of a DVD showing your act (actual costume, music and routine). The video on DVD must be from a single continuous shot of your act, with no editing at all. The top acts will be selected for the stage finals in each category.

Copyright music is allowed in IJA Championships and Individual Prop Competition but may be overdubbed on IJA DVDs. Competitors may use any music for which the IJA or the competitor has procured live performance rights. If a competitor cannot procure adequate publishing rights, music will be replaced with royalty free music on the DVD (for complete info, see <http://www.juggle.org/musicpolicy>). If you don't want your music/sound to be overdubbed on the DVDs, you may want to use royalty free music in your competition routine.

You can contact Championships Director Chuck Hawley at championships@juggle.org.

Green Club Social Dynamics, by Don Lewis

The Turbo fest in Quebec City was pretty close for me so I arrived with a full blue recycling box of Green Clubs and some printed plans. I met a couple of IJA members who have seen me raving on about these clubs in every issue of the newsletter. When they actually tried them and felt just how good the flex handle is, along with the adjustable balance and recycling theme they said "OK now I get it, these are great. I'm going to make some".

Most of us don't mind lending our clubs to someone trying to learn, if it is only an hour and within eyeshot. Green clubs mean that you can actually put a decent set of clubs in someone's hands - to keep. Even with all new materials a set of three costs less than \$10 to make. Who cares if you don't get them back.

After the public show at Turbo fest, a group of circus professionals were having a beer and staring with incredulity at the Green Clubs. They laughingly tried them out and rapidly realized that there wasn't anything they couldn't do with them. And they tried at lot! The critique? The knob is lame. Well, if you get to the point that you appreciate custom moulded handle knobs, then it is time for real clubs!

Actually, you can improve on a chair leg tip for a knob for some uses. Many hobby and woodworking stores sell small wooden balls. Use a drill press, vice, and Forstner drill bit to make a hole in the ball the same diameter as the dowel, about half the depth of the ball. Glue or screw the ball on, et voila - a very good swinging club. *Note: DO NOT attempt to hold the ball between your fingers when drilling it. The ball won't cooperate and you will discover your fingers trying to grasp a wickedly sharp, rapidly spinning drill bit.*

**You're Never Too Old to Learn to Juggle, by Don Lewis**

I recently stumbled across an interesting piece of research done by two German researchers. They took a large sample of people of all ages who had never juggled and taught them how. The report is titled «Motor plasticity in a juggling task in older adults-a developmental study». It was printed in the journal Age & Aging July 2006. Here is an excerpt from the abstract:

RESULTS: older adults showed a clear improvement in juggling performance after instruction and after six training sessions. On average, they reached performances

comparable with those of children aged between 10 and 14 years, and with those of younger adults aged between 30 and 59 years. Only youths and younger adults aged between 15 and 29 years showed significantly higher performances at baseline, after instruction and after training. CONCLUSIONS: older adults exhibit high reserve capacity, that is, a potential for learning 'new' motor skills.

See the full article at <http://ageing.oxfordjournals.org/cgi/reprint/35/4/422> It is quite readable. Clearly the phrase "Oh, I could never learn to do that" is unacceptable at any age.

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

Other Upcoming Festivals:

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

<http://www.jaq.qc.ca>



Austin, Texas

Austin Jugglefest XV

February 15-17, 2008

Special guests include:

Sean Blue,

Michael Karas,

Aaron Gregg

More info: juggler@place.org

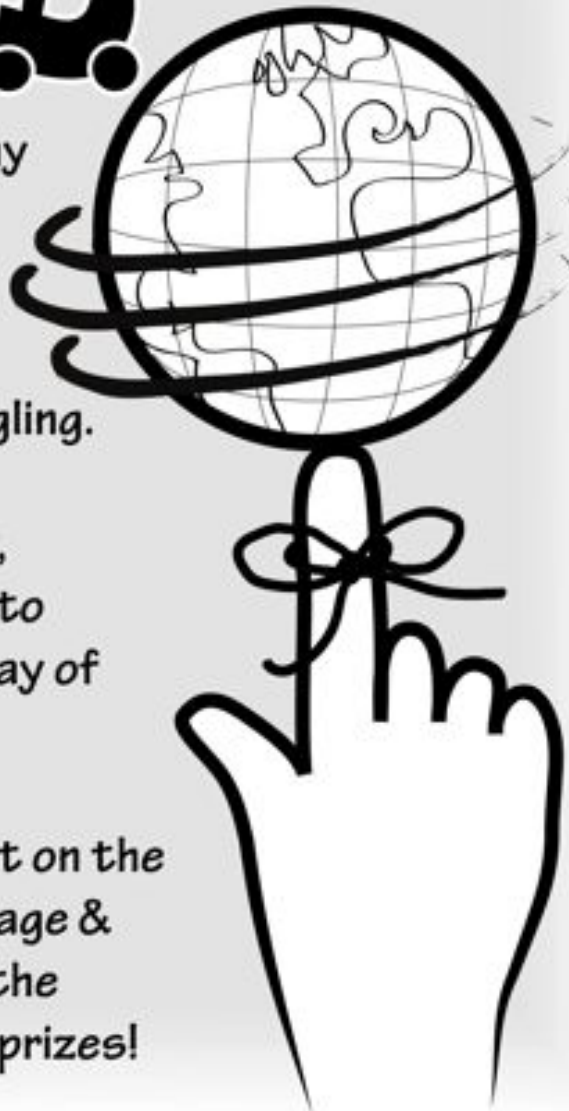
<http://juggling.place.org/jugglefest>

A Reminder to **REMEMBER**
W.J.D. **JUNE 14, 2008**
World Juggling Day

Expose
the world to the
excitement of Juggling.

Gather your family,
friends, & jugglers to
share June 14, a day of
Juggling Fun.

Register your event on the
IJA Registration page &
you can win one of the
dozens of valuable prizes!



Start thinking about it!
What Will You Do For World Juggling Day?
June 14th, 2008

Barry Rapoport
Dean Wicklund

Co-ordinators
wj@juggle.org

Don't Get Caught Unprotected!

It's that time of year when many other insurance policies are coming up for renewal. Other IJA members still don't have any kind of protection! Take this opportunity to get insured.

HRH is providing IJA members and affiliate clubs with jugglers' insurance and fest coverage. Insurance...It's not just for performers anymore.

For more information about the IJA insurance policy go to...
<http://www.juggle.org/insurance.php>

For the policy application go directly to...
<http://einsurance.hrh.com> then click on JUGGLERS
 OR

Call Dale Whittick, Jr. at 610-260-4342 or 1-800-HRH-4700

Youth Jugglership Program by Kim Laird

An IJA Youth Jugglership Program is now available! Do you know a young person age 17 or under (at the time of this year's fest) who has never attended an IJA fest before, would like to, but money is a problem? Now the IJA has a

plan in place to provide these young people with assistance for attending the fest. Those awarded a Jugglership will receive a fest package and a one year membership. Look on the IJA website or email youthjugglerships@juggle.org for more information and the application.

Le Plus Grand Cabaret du Monde, By Don Lewis

It means the biggest Cabaret in the world. It is a television show that originates in Paris, and is rebroadcast around the world on cable and satellite station TV5. The show airs about six times a year during the winter months, and repeats through the summer. It runs for about two and a half hours.

Patrick Sebastian is the host of this variety show which follows a constant formula. At the front of a large audience, the host sits with a table of show business personalities whom he interviews briefly about their current projects. Meanwhile acts are being set up on stage, and then presented between interviews. M. Sebastian scours the planet to find the best variety acts from the world of circus and magic. There are nearly always one or more jugglers.

Many jugglers well known to the IJA have presented on this stage, such as Emile Carey and Patrick Leonard. Perhaps more than anyone in Europe, the host of this superb show has welcomed a long list of jugglers to his stage and presented them to the world. A real service to jugglers!

TV5 is actually a consortium of French language television broadcasters showcasing the best each has to offer. Even if you don't understand a word of french, a show like this one is pure pleasure to watch. It may already be part of your cable package; if it is don't miss it. In the USA TV5 is distributed by the Dish network and some cable companies. *Parental note: At the start of the show the host is escorted on stage by traditional Parisian showgirls dressed in feathers and not much else. Apart from that first minute, the rest of the show is fully costumed.*

Feedback by Don Lewis

The article on homeopathy in the December issue generated more comment than all previous issues combined. It even spawned a thread on rec.juggling. I don't want to turn this newsletter into an endless debate on medical issues. But from time to time there will be articles that may be of interest to some members, and you just have to make up your own minds.

Comments generally centered around the widely held certainty that homeopathy is a scientifically impossible fraud. Some deplored inclusion of anything not related to juggling in the newsletter.

The medical literature and the web are full of learned articles that "prove" all of the alternative therapies loosely known as complementary medicine are ineffective when studied in large randomized trials.

At best, the alternative modalities thrive on anecdotal evidence alone; individual stories of patients who appear to have had beneficial results. Are the results due to hysteria, faith, circumstance, coincidence, self hypnosis, or something that we don't understand? Who knows?

One thing is certain though. Modern medicine has a huge wealth of expertise and experience. You ignore it at your

peril. As I mentioned in the original article, if you have a medical concern, *then get a competent medical diagnosis and treatment plan before you look at alternatives.* There's no profit in seeking out alternative therapy for heartburn if you're really having angina. Know what you're dealing with - it's your body.

I have a science background and find the "science" of homeopathy as implausible as anyone could wish. I tried it more to placate a friend than with any expectation that it would work. But now I'm caught with the fact that in my case it has been particularly effective and continues to be. Why? I have no idea. The body seems convinced even if the mind is still somewhat skeptical.

The PBS series Frontline has dealt with alternative therapies and a couple of interesting interviews are available on the web. The first, with Marcia Angell is highly dismissive. The second, with Andrew Weil is a bit more open to exploration.

<http://www.pbs.org/wgbh/pages/frontline/shows/altmed/interviews/angell.html>

<http://www.pbs.org/wgbh/pages/frontline/shows/altmed/interviews/weil.html>

To those of you that want more juggling specific articles in this newsletter, get out your quills and start writing!

Opinion, by Craig Zupke

As some others have pointed out on rec.juggling, a big concern that many have about things like homeopathy is that their popularity may cause harm by inducing some to avoid treatment that would actually be beneficial. In the case of a cold or muscle aches, not getting "real" treatment is not a big deal, but in the case of serious illness (like cancer), it can be life threatening. While this is part of my issue with homeopathy, another thing that bugs me is that I think the acceptance and promotion of pseudoscience degrades the collective intelligence of society and makes it more difficult to address problems rationally.

NCCAM has funded a handful of homeopathy studies that have been completed, but not much published except by Iris

Bell. Even she has written about the lack of homeopathic studies showing positive results, but instead of doubting their efficacy she argues that researchers need to use different endpoints to measure the impact of homeopathic treatment.

If you are studying a disease which has quantifiable endpoints that have proved useful in evaluating traditional medical treatment, why wouldn't those same measures be useful for evaluating the effectiveness of homeopathy? There are many ways that the reality of homeopathy could be definitively demonstrated and I'm sure lots of people have tried. The fact that 200 years of experience and testing hasn't given rise to an abundance of compelling evidence speaks volumes to me about the likelihood that it is just not true.

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.

More Members, Please!

The following page has a copy of the membership form that is available on the IJA website. Please print out a couple of copies and keep them in your prop bag to hand out to prospective members. Take them to the gym and make them available. As the saying goes, "They won't get on the train without a ticket". Here's a ticket to help them climb aboard.

International Jugglers' Association Membership Form

Please print clearly. You may also join or renew online at <http://www.juggle.org>

Member Information	
NAME	MAILING ADDRESS
CITY	STATE/PROVINCE ZIP CODE/POSTAL CODE
COUNTRY	TELEPHONE NUMBER
E-MAIL ADDRESS	BIRTH YEAR

Annual Dues
<input type="checkbox"/> \$30 Adult: United States / Canada / International
<input type="checkbox"/> \$23 Youth: 17 or younger – birth year required above. Note: Youth Members are not eligible to add Family Members below.

Life Membership
<input type="checkbox"/> \$1,500 Any Age

Dues for additional family members at the same address		
Dues are \$5 for each additional family member 13 or older – check the \$5 box. Family members 12 or younger are free – list names, but do not check the box. All family members except the first one below must be 22 or younger . Family members do not receive a separate copy of IJA publications.		
<input type="checkbox"/> \$5	Name: _____	Birth Year: _____
<input type="checkbox"/> \$5	Name: _____	Birth Year: _____
<input type="checkbox"/> \$5	Name: _____	Birth Year: _____
<input type="checkbox"/> \$5	Name: _____	Birth Year: _____

If paying with check or money order, mail this form with your payment to:
IJA, PO Box 7307, Austin, TX 78713-7307, USA.

If paying by credit card, complete the credit card information below and then mail, or **fax** this form to **1-302-397-2345**.

Credit Card Payment Information		
<input type="checkbox"/> Visa <input type="checkbox"/> MasterCard	CARD NUMBER	
CARDHOLDER SIGNATURE	EXPIRATION DATE (MM / YY)	SECURITY CODE (SEE BELOW)
NAME AS IT APPEARS ON CARD	BILLING ADDRESS (IF DIFFERENT FROM ABOVE)	
CITY, STATE/PROVINCE	ZIP/POSTAL CODE, COUNTRY	

The Security Code is a 3 digit number printed (not raised) on a Visa or MasterCard in the signature panel on the **back** of the card. It is the last 3 digits **after** the credit card number. Sometimes only the last 4 digits of your credit card number will be printed before the code instead of the entire credit card number. Supplying this code helps the IJA process your charge more efficiently.