

IJA eNewsletter editor: Don Lewis (email: lewis@juggle.org)

Renew at <http://www.juggle.org/renew>



What's Happening at the IJA ?

In This Issue:

Festival Registration
Board Nominations
Treasurer Needed!
Write-in Realities
Festival Awards

Video Archives Progress
Forum Moderation - Not
Competition Rules
Green Clubs!
Down Under Happenings
Sports Medicine

Juggle in the Jungle
Image and Opportunity
Juggle Camp
Jugglership Program
World Juggling Day

Regional Festivals:

New York
Victoria
Humboldt
RIT Rochester
JAQ Montreal
Isla Vista

IJA Festival 2008 - Lexington Kentucky July 14 - 20

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+.)

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

Board Nominations are open for Four Directors

<http://www.juggle.org/business/nominations.php>

Hey! We still need a treasurer/bookkeeper - Can I say it any plainer than that ?

If you can convince a computer to add and subtract, please contact Holly to see if you can be a part of the solution. treasurer@juggle.org

What happens if there are not enough nominations? *by Don Lewis*

There are four positions opening up on the the IJA's seven person Board this summer. Our ballot is structured so that there is a space for write-in votes in addition to the nominated candidates. Generally there are enough candidates to fill the open positions and they all get a reasonable number of votes. Once the ballots are counted, there are typically a few write-in votes for a random assortment of members and others. Some are added as a form of protest, and others are just a joke.

Things start to get interesting when there are not enough candidates to fill the positions. Write-in votes are perfectly valid so a member who has garnered two or three votes as the butt of someone's joke suddenly may have the right to a seat on the Board for two years. That might work out well, or not. Do you really want accidental Board members?

If none, or not enough write in candidates accept their election, only then can the Board appoint members to the Board.

Look around and see who you can convince to help set directions for the IJA. Among other things, the people you elect this time will be re-negotiating the magazine contract.

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>

Forum Moderation - NOT *by Don Lewis*

Part of the Board motion which restricted the Open Discussion Forum was a provision for moderators to provide some order. After a month of watching members test the limits of the policy, while vigorously resisting the concept of moderation, the Board has decided to abandon the attempt.

This does not mean that it is open season on the forum and that anything goes. As others have pointed out in the last couple of years, there are civil remedies which individuals can invoke that are beyond the control of the IJA. So to be clear, a post by a member on the forum does not necessarily represent the views of the IJA just because it is allowed to stand, challenged or un-challenged.

A message board in Quebec was recently ordered shut down by a judge of the superior court because some posters insisted on the right to post aggressively virulent criticism. Apparently that right is not absolute.

WWW.JUGGLE.ORG

Festival Awards *by Bob Neuman*

The Awards Committee is accepting nominations beginning Feb. 1, 2008 until March 21, 2008.

The 2008 IJA Awards Committee consists of Dave Finnigan, Jek Kelly, Bob Neuman (Chair), Steven Ragatz and Scott Seltzer.

We'd like to encourage members to nominate deserving people. All of the Awards are listed under the "History" portion of the website - along with a description of the awards and past winners.

Please note that the "Excellence in Education Award" is selected by a group of past recipients of that award and the "Founders Award" is decided upon at the annual festival.

You may make a nomination (and please - send more than just a name - it would be very helpful to nominate a person for a particular award and briefly explain why you believe they deserve it) to awards@juggle.org.

Thank you very much,

The 2008 Awards Committee

Video Archive Project

The IJA video archives consist of several boxes of VHS video tapes, DVDs, miniDVs and a handful of other formats. The IJA would like to convert the entire contents to a digital format. Tape tends to degrade over time. We do not want to lose any of this historical material. Duplication is easier in the digital world, so we will be able to have several copies geographically spread out to ensure that this valuable resource is never lost to accident.

John Satriano is proposing a mixed approach to this project. The miniDVs are already in digital format, and can be converted to DVD by members. The other formats would be converted professionally using high grade equipment to ensure the best possible quality. The estimated cost is about \$4000 as a one time cost.

Please contact John with comments and suggestions.
satriano@juggle.org

Discussion forum thread - see what others have said:
<http://www.juggle.org/forum/read.php?6,13750>

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.

Why Does He Keep Raving On About Green Clubs?

It's simple - they're good clubs. A point that everyone seems to miss is that they have a flexible handle that is as good as many professionally made clubs. Bad catches don't hurt nearly so much when the club has a soft handle, and beginners make lots of bad catches.

It never fails. I take a bin of Green Clubs to a festival for jugglers to try out and someone will pick up five and start juggling. Comments run like "a bit light - easy though", "the knob could be bigger", "the balance could be different" and on and on. But no-one mentions the handle. Good jugglers are used to using clubs with good handles and only notice if they're not good. When I point out that the handle is pretty darn good people are surprised that they didn't notice. It's a good handle, folks.

Make a set, and give them to the next potential club juggler that wants to practice with your clubs.

<http://www.juggle.org/howto/gcp.php>

What's Happening Down Under?

There is a great newsletter and website that will keep you up to date on all kinds of events in Australia and New Zealand. It is run by Alan Clay and features contemporary and performing arts - including juggling. Discover the website, and sign up for the newsletter.

<http://www.artmedia.com.au/>

Sports Medicine is Different *by Don Lewis*

You're injured, and the next thing you do after creatively exercising your vocabulary is visit your family doctor or emergency room to find out what you've done. Traditional medicine focuses on repair with a goal of a return to autonomous living. Sports medicine is a medical specialty whose goal is a return to high level performance. These medical specialists often work in close collaboration with physiotherapists and exercise specialists to get you back in the game as quickly and safely as possible.

This kind of medicine isn't just for elite athletes on high paying professional sports teams. Unlike the average family doctor, these experts see a lot of sports related injuries and know the best ways to fix them. They'll give you realistic advice on the treatment options and the kind of results you can expect.

Range of motion and strength are both primordial to jugglers so it is important to know what you can safely do both before and after treatment to preserve your flexibility and function. A good sports medicine team can guide you.

The magazine Physician and Sports Medicine seems to have stopped publication some years ago, but its website lives on. It was aimed at sports specialists and assumes a knowledge of medical terminology. You can consult articles and browse the annual indexes while the site still exists. The search feature on the site no longer works; you have to trudge through the annual indexes. Some of the material is now dated, but much is still interesting.

Remember that reading a few articles on the Internet is not a substitute for years of medical school and practice. Do ask questions, but try not to annoy your doctor by trying to teach from the internet.

Here are some interesting links:

When and Whom to Stretch -

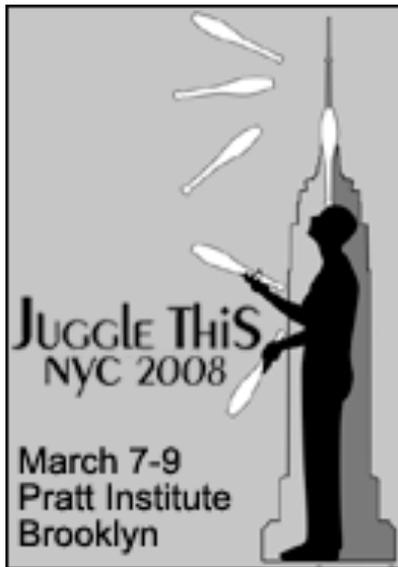
<http://www.physsportsmed.com/issues/2005/0305/shrier.htm>

Restoring optimal form and function

<http://www.physsportsmed.com/issues/2003/1203/frontera.htm>

Annual indexes to articles:

<http://www.physsportsmed.com/95index.htm>



<http://www.jugglenyc.com>

Other Upcoming Festivals:

JAQ Montréal Festival

May 2,3,4 2008

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

Isla Vista Juggler's Festival

May 2-4, 2008

UC Santa Barbara, Santa Barbara, California

<http://www.sbjuggle.org>



Victoria, British Columbia, Canada



"A World of Juggling"

March 14, 15, and 16, 2008

Humboldt State University
Arcata, CA

www.humboldt.edu/~jshsu/festival

JUGGLE IN THE JUNGLE MAY 6-11 by *Kim Laird*

Do you love to juggle? (I know, that was a silly question. Of course you do! Otherwise you wouldn't be an IJA member.) Do you love to visit beautiful, tropical locations? How would you like to be able to do both at once?! Experience six days of adventure and juggling in Veracruz, Mexico!

Adventure Juggling Festival, aka "Juggle in the Jungle", will take place May 6 through May 11, 2008. Join other jugglers and adventure enthusiasts as they travel to different exotic location each day to juggle and play. Highlights of this trip include juggle in the jungle, juggle in a Mexican Town Plaza, juggle at the waterfall from the movie *Apocalypto* (directed by Mel Gibson), and juggle on the beaches of the Gulf of Mexico. This is a tropical vacation and juggling fest combined. Who could ask for more!

Your host for the trip is Mike Vondruska. Mike has dedicated his life to juggling, teaching juggling, love of Mexico adventure travel, and thought it would be great to have a juggling festival that combined both. For those of you who don't know Mike, he is an IJA life member and past IJA board member. He served as festival workshop coordinator at the IJA fests for many years. Mike Vondruska is an IJA Excellence in Education Award recipient. He hosted the Spring Fling Juggling Festival in Illinois for 9 years, is director of the Illinois Juggling Institute, Inc., and since 1978 has taught over 1 million kids juggling skills in schools.

There is no reason the trip has to end on May 11. You can join Mike and others for the Post-Festival Adventure Trip. This is an extra 5 days at an exclusive mountain resort with spectacular views. You can mountain bike down 7,000 vertical feet of rocky road and experience exhilarating white water rafting on the Rio Pescados. Still not enough beauty and excitement for you? Then take a zip line ride high across a mountain river, relax in natural hot springs and visit ancient Meso-American ruins.

Adventure Juggling Festival, aka "Juggle in the Jungle", is limited to 50 people. Reservation lines open Saturday, March 1 at 12:01am. A detailed itinerary and cost information can be found online at www.discoververacruz.com/juggling.html.

**Image and Opportunity**, by *Don Lewis*

The IJA logo was created by Art Jennings at the association's inception in 1947 and it is still our official logo. It is fairly typical of the design style of its day. It wasn't until the 1960's that more flowing, stylized corporate logos became popular.

There are benefits to keeping the same logo for a long time. It indicates a certain consistency and durability of the brand. It also avoids the inevitable agonies that some groups go through trying to pick a new logo style.

I think that it is important that we keep our logo. If nothing else, keeping it honors our founders. Nothing keeps us from having more than one logo, however.

A member recently asked me why the IJA does not have more affinity products available such as polo shirts and caps. The answer was that there has never been much uptake when such products have been offered. Perhaps part of the reason for that answer is that we need an image that better lends itself to custom embroidery or printing and clearly states who we are. A few years ago we offered polo shirts with an embroidered IJA logo. When I wear mine, non-jugglers ask "what bowling league is that?".

In contemporary society people change hair color and style on a regular basis. Perhaps it is time for the IJA to get a bit more assertive with our image.

I regularly wear a shirt with the JAQ logo with the words "Les Jongleurs Associés du Québec" just below the logo. It has started any number of conversations in all kinds of places. If I hadn't been wearing my JAQ jacket one day I never would have found out that the cashier at the grocery store knew how to juggle and had no idea that a juggling club existed near her. Sometimes it is my JAQ briefcase at a trade show that sparks a comment. It is unusual to wear this stuff in a non-juggling environment without getting some interest, and I don't even have to juggle! T-shirts are nice, but sometimes it is nice to quietly assert an affiliation wearing something a bit more formal.

Is it time for the IJA to have an alternate style? Let the idea percolate in the back of your minds. What do you want the IJA to look like?

The picture beside was scanned from my fleece shelled jacket. Actual size 9 cm wide x 7 cm high. Spelling out the name is important!



Don't Get Caught Unprotected!

IJA Group Liability Insurance: only \$150/year

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' liability 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

Juggle Camp! by Kim Laird

The purpose of Juggle Camp is to introduce young, first-time IJA festival attendees to all that the IJA fest has to offer. Juggle Camp is open to all jugglers registered at the fest who are 17 or younger. Your first IJA fest can be overwhelming and confusing; Juggle Camp adds some structure to the festival day in order help young fest-goers get the most from the fest.

The "Juggle Camp Counselor" acts as a guide and mentor. This is someone familiar with the workings of the IJA fest and whom youngsters can approach comfortably in those first days when everything at the fest is so new to them.

Juggle Camp attendees meet with the Juggle Camp Counselor(s) for the first time on Monday at the beginning of the fest. This is a brief introduction where the youngsters are given information about the Juggle Camp Program and the fest in general. Inquire at the main IJA table about where to find the Camp Counselor.

From Tuesday through Saturday, Juggle Camp runs on the following daily schedule:

9am: Group check-in with "Juggle Camp Counselor(s)" to discuss workshops offered that day. Camp attendees select

at least one morning workshop and one afternoon workshop to attend. This meeting takes approximately 30 to 45 minutes.

3pm: Group check-in with "Juggle Camp Counselor(s)" to discuss the workshops attended, what was learned and what is being worked on. Again, this group meeting takes approximately 30 to 45 minutes.

When not in a workshop, "campers" are expected to spend time practicing and mingling in the gym. "Campers" keep a journal of tricks learned or attempted and of experiences each day.

Certificates will be presented to camp attendees at the end of the week to celebrate their accomplishments.

Disclaimer: Neither the IJA nor the Camp Counselor(s) assume responsibility for camp attendees. Juggle Camp is meant as a service to guide young newcomers through the fest. It is not meant to be a substitute for parental/guardian supervision.

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.

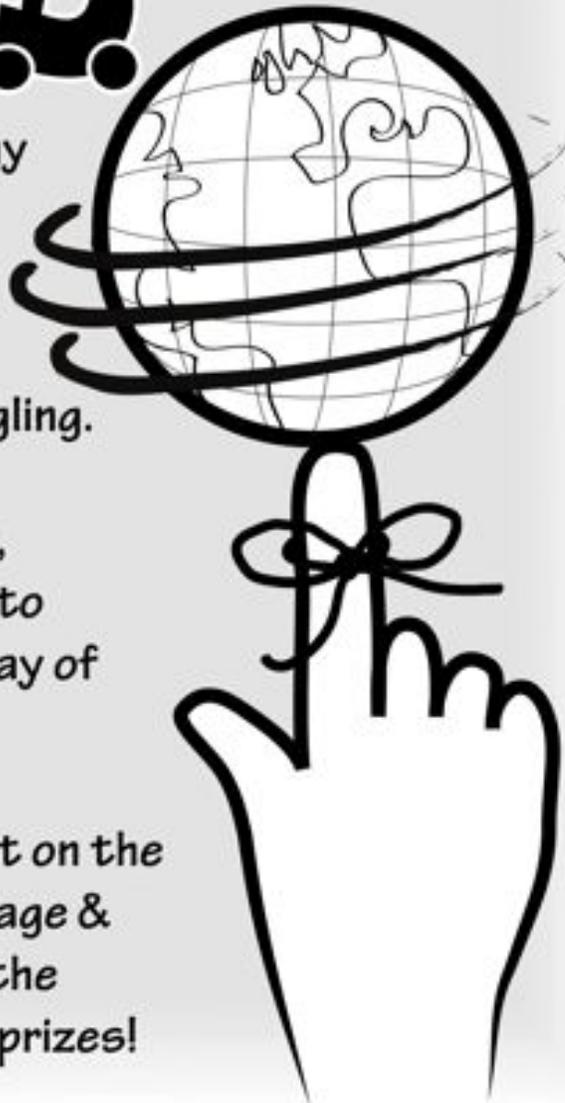
<http://www.juggle.org/forum/read.php?5,13491>

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

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