

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

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What's Happening at the IJA ?

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Danny Tomaro promotes juggling in a *big* way. This monster club is 12 feet long and was built on a light wooden frame. No one can miss the Oregon Juggling Club with this eye catching display.

What are *you* doing to promote awareness of juggling??



IJA Festival 2009: Mark Your Calendars!

Mark your calendars: the 62nd annual IJA Juggling Festival will be held from July 13-19, 2009!

The 2009 IJA festival will be returning to the site of the 2007 festival, beautiful downtown Winston-Salem, NC, featuring two very well-appointed official convention hotels adjacent to the spacious and modern 70,000-sq. ft. Benton Convention Center. Once again, all the competitions and the Cascade of Stars show will be held in the fabulous Stevens Center Theater just two blocks from the hotels and convention center.

2009 Festival Director Mike Sullivan and 2009 Assistant Festival Director John Satriano are already hard at work on

many details of the 2009 festival, with the expert assistance of many other dedicated IJA volunteers. Dan Holzman has signed on to direct the Cascade of Stars show, so you can look forward to another amazing night of world-class acts to cap the week, just like the sensational Cascade of Stars show in 2007 featuring the electrifying "Get The Shoe" duo.

Watch for updates on the 2009 festival in every IJA Newsletter for the coming year. And if you'd like to offer your help or expertise to the volunteer team that will make Winston-Salem 2009 happen, please contact Mike at festival2009@juggle.org

Missing Something ? by Kim Laird

Did you leave a prop behind at the fest in Lexington? A number of items were left behind in the gym. I would love to make sure these orphans get back to their rightful parents. If you are missing equipment, please email laird@juggle.org with a description of your missing items. If they are here with the other orphans they will gladly be mailed back to you.

Meet The IJA Board

The newsletter will include a profile of the Board members each month so that you can know a bit more about them and their hopes for the IJA. This month, meet Chuck Hawley, Board Chairman 2008-2009.

I have been juggling since I was 16. My first IJA festival was in 1996 in Rapid City, SD and was given to me as a high school graduation gift by my mother. During the summers between 1998 and 2000 I performed in an environmentally themed kids show at Hersheypark. 30 shows a week gave me a lot of opportunity to practice with some other great jugglers as well as to perform in front of others. It was also at Hershey that I met Janelle, one of my supervisors that would later become my wife. In December of 2001 my old juggling partner from high school, Anthony Shave, and I got together and decided to try the IJA teams competition. We competed in 2002 and 2004 as Perpetual Motion. Although we didn't place in either competition, practicing and competing is one of my most treasured experiences.

Since I had no formal juggling training, most of my juggling education came from other jugglers I had met at clubs, local



festivals, and IJA festivals. I felt it was time to give back and so in 2006 I became the recording secretary of the IJA. After sitting in on many meetings I decided to run for the board and in 2007 I was elected. In addition to running for the board I was also the workshop coordinator for the past two festivals. I also had the opportunity work with many other people to rewrite the stage competition rules and at the

festival director's request I took on the role of championships director.

The past year has been very busy with IJA business but it has also been incredibly rewarding to see projects move forward, meet lot of new people, and to be part of an organization that promotes juggling. I never thought giving back would be so much fun.

Currently I live in Annapolis, Maryland and work downtown as an architect in a small firm in. Janelle has taken over as recording secretary and can be seen with me at most juggling festivals.... usually supervising me.

Green Club News by Don Lewis

There were lots of Green Clubs at the IJA festival, in addition to the dozen that I brought. Some were very skillfully decorated with holographic tape, and others were cleverly painted. I heard quite a few stories about groups that had used the Green Clubs as a school or community recycling project. Those who attended the Green Club workshop went away with the realization of just how easy they are to make. Thanks for promoting the Green Club Project!

Festival Sore Feet by Don Lewis

Each year the convention centre floors seem to get a bit harder. Maybe I just spend more time standing. Or perhaps it has something to do with being a member of the silver haired juggler set. Whatever it is, tired, sore feet can really be an unwanted distraction.

Shoes that are just plain worn out don't offer much support or cushioning, even though they may feel totally comfortable. Some running shoes are made for running on hard surfaces, and that can help. But unless you're at the jogging track, you probably are not actually running.

I've tried two different types of shoe that have been more comfortable than regular shoes. First, I've tried light hiking shoes made for hard rock terrain. These are a bit stiffer than a regular running shoe, with lots more support. Second, my favorite convention shoes are a pair of industrial steel toe shoes. These shoes are designed for standing around on factory floors all day. They come in a variety of styles, including ones that look like regular running shoes. You know the instinct to kick that falling juggling knife away from you? - perhaps unobtrusive steel toes aren't such a bad idea.

I saw jugglers at the festival on various styles of shoes with springs either visible or concealed. Brands like Spira and Z-Coil seemed to be putting smiles on their owners faces.

Runner's World features Jogging

A recent issue of Runner's World magazine had a timely article about jogging. Brief profiles of several IJA members were included, as well as a mention of the IJA's annual jogging competition. You can still see a version of the article on the magazine's web site. Thanks to Len Furman for mentioning it at Lexington.

<http://www.runnersworld.com/article/0,7120,s6-243-297--12770-0,00.html>

Volunteers Coordinator

For some years we've had a volunteers coordinator position listed on the web site, with no-one's name beside it. Laura Kaseman has volunteered to put her name beside that position this year. If there is something you would really like to do with the IJA, please let Laura know. Perhaps you can get discounts for the IJA or its members, or have a specialized trade that could help the IJA. Let Laura know. volunteers@juggle.org

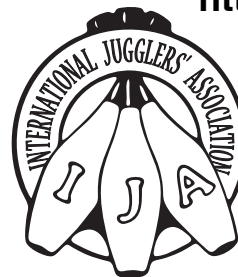
Another option is to treat yourself to new insoles for your favorite shoes. Insoles tend to wear out faster than the shoe's tread, so you can reasonably expect to replace them a couple of times during the life of a shoe. These are available in a bewildering variety of styles, materials, and prices. Gel inserts are seductively comfortable, but apparently they don't pass airport security anymore. New insoles can cost from \$10 up to \$50, but considering that your feet are in regular use, that might well be worth it. If your shoes are not too far gone, this can be a big comfort boost.

For those who want an absolutely perfect foot environment, custom orthotics are available. These are individually moulded for *your* feet. At one time they were only available by prescription, but now you can find do-it-yourself kits on the market. Unless you really know what you're doing, it is probably best to get these fitted by a professional.

If your feet are more than just tired and sore, then go consult a professional and find out why. The foot is a complex structure. Strains, sprains, and tendonitis won't thank you for continued abuse.

The quest for the perfect festival shoe marches on.

<http://www.juggle.org>



Rendering Assistance to Jugglers since 1947

- Membership Information
- Annual Festival
- JUGGLE Magazine
- Festival DVDs
- World Juggling Day
- Training workshops
- Championships

The IJA card is an inexpensive and effective way to promote the IJA. The IJA website has a pdf file so you can print a full page of them on your home printer. Print out a sheet, and hand them out. Keep a few in your prop bag.

http://www.juggle.org/resources/ija_business_card.pdf



**St Louis Jugglefest
2008**

October 17th - 19th
@ WashU in St Louis
www.wujuggling.com

This year's show features::
Jen Slaw!
Tony Pezzo!
Kevin Axtell!
Maryanne Edmundson!
the National Prestigious Society of
Collegiate Jugglers!
...and others to be announced soon!
<http://www.wujuggling.com>

**Portland Juggling Festival
September 26,27,28**

Reed College Sports Center
3203 SE Woodstock Blvd.
Portland, OR 97202

The Portland Juggling Festival is the largest regional juggling festival in the United States, with jugglers from around the world and down the street joining together to share their knowledge and show their skills. We have performers, hobby jugglers, and beginners joining together for two and a half days of throwing. Expect a big show Saturday evening, workshops for beginning, intermediate, and advanced jugglers, and vendors of every variety of juggling prop.

<http://www.portlandjugglers.com>



Juggling Festivals

**Portland Juggling Festival,
September 26,27,28**

<http://www.portlandjugglers.com>

PhillyFest, PA October 4-5, 2008

<http://www.phillyjugglers.com>

**Berkeley, CA October 10-12
4th Berkeley Juggling & Unicycle
Festival**

<http://berkeleyjuggling.org>

St. Louis, October 17-19, 2008

<http://www.wujuggling.com>

**Not Quite Pittsburgh Juggling
Festival**

November 7-8, 2008

<http://fun.freesitenow.com/jugglingfest/>

Having a Juggling Festival? List it here!

If you're organizing a juggling festival (or if you simply know of a juggling fest) and you want to advertise it in the IJA eNewsletter, just drop a note to eNewsletter editor Don Lewis enews@juggle.org. Such listings are free.

The eNewsletter generally comes out near the end of each month. Your festival can be listed for a few months, and you don't have to be an IJA affiliate to have a fest listed. Hey, jugglers want to know about juggling fests. Help them out and get more jugglers to your fest at the same time.

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