

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

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## What's Happening at the IJA ?

# WE'RE PASSING THE HAT



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### Festivals:

Portland OR  
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New tricks, old tricks, JUGGLE magazine, the archives, late-night Renegade, life-long friends, and being part of the JUGGLING COMMUNITY . . . these are just some of the reasons to donate to the International Jugglers' Association.

Through the end of October, the IJA is hosting a Fall Fundraiser.  
Here are some of the ways to donate:

- Send a check donation to: IJA Fundraiser, 88 Long Plain Road, S. Deerfield, MA 01373. Make payable to The IJA.
- Send your donation through the online store: <http://www.juggle.org/donate> (PayPal or major credit card options are available.)
- More information at [www.juggle.org](http://www.juggle.org) or email [fundraiser@juggle.org](mailto:fundraiser@juggle.org)

If we don't support the IJA, the future of juggling will be in the hands of the America's Got Talent judges.



## GIVE 'TIL IT FEELS GOOD

**Festival Photos**, by Joyce Howard

Emory Kimbrough quietly took thousands of photos at the festival in Winston-Salem. He then sorted, cropped, captioned and tweaked his best ones and put them in the IJA gallery. He came up with some extraordinary shots!

Andy Swan circulated around the gym and also took over a thousand photos at the festival. He transferred his photos to my laptop before we left NC. I sorted, cropped and uploaded them along with a few of my photos. Andy captured lots of fun!

Take a look at:

[http://juggle.org/gallery2/main.php?g2\\_itemId=15322](http://juggle.org/gallery2/main.php?g2_itemId=15322)

and enjoy the festival memories.

MANY THANKS to Emory and Andy for documenting this year's festival and sharing their photos with us. Well done, guys.

And many thanks to Mike and Marilyn and all the other volunteers who made this year's festival a huge success!

Emory did a great job of putting names to all his photos. I didn't know many of the names for people in Andy's photos, so please email me or post here any names or corrections for the photo captions. Thanks.

If any others who took photos at the festival would like to upload them here or share a link to their photos elsewhere online, please email me and I'll make it happen.

**Is Tennis Better than Juggling?**

A recent edition of Physician and Sports Medicine has a free article on the web that suggests that tennis is the best all around exercise. It runs for about 14 printed pages extolling endless virtues. If you search around the sport literature, you can find articles that make the same claim for a number of other sports such as cross country skiing and jogging.

Juggling is pretty good exercise too. Perhaps not as aerobic as tennis, but not as injury prone either.

You closet writers out there should exercise your creative talents so we can develop a bank of positive articles on juggling to point to. If we want juggling to grow and prosper, we all need the tools to sell it to potential new jugglers.

A direct link to the article does not work, so navigate to: <http://www.physsportsmed.com> then select the tennis article from the list of free access articles on the lower part of the page.

**Injuries - , by Don Lewis**

A couple of queries have recently arrived from jugglers wondering what to do about their various aches and pains that seem to be related to their passion for juggling.

The most obvious advice is not to get injured in the first place. That may seem blindingly obvious, but how many jugglers actually take a few minutes to stretch and warm up before jumping into an extended practice session? You wouldn't expect to assault the weight room in the gym right off the street without consequences. Juggling involves less weight, but the repetitions without a break are huge. Develop a warm up routine and use it!

The fact that we are repeating the same motion over and over again means that jugglers are particularly at risk of developing repetitive strain injuries (RSI). That can involve assorted types of tendonitis, micro tears in ligaments and muscles, joint capsule irritations, and structural problems like carpal tunnel and shoulder impingement.

How do you tell if your problem is serious? You don't, unless you're a sports medicine specialist. A lot of problems can be cured quickly if you catch them early so it is very much in your interest to get a professional evaluation. Your first stop should be to see a physiotherapist or a certified athletic trainer. These professionals are used to working with athletes who demand performance from their bodies with as little down time as possible. You think you're not an athlete? Think again. If you juggle a three ball cascade to the point where it hurts, you are definitely using at least some of your muscles like an athlete.

If you're a student, your school may have an athletic therapy clinic that you can access even if you aren't on a team. If you work for a large company, you may find that there is an ergonomics specialist on staff who can refer you to a performance specialist. Ask around, see where other sports enthusiasts, like tennis addicts, go for treatment. Your family doctor is another potential source of referral, although you may just get a prescription for rest and anti-inflammatory pills. Don't settle for that - you really want to see someone who deals with muscles, joints, and performance.

Expect to spend an hour with a therapist for an initial evaluation. They'll evaluate your specific problem and go on

to check out all the surrounding areas as well. Everything is connected, like the old nursery rhyme says, so your problem may actually originate somewhere else that doesn't hurt at all. They'll also check out muscle size and strength to measure potential atrophy or unbalanced development. Even your posture will be scrutinized. Be sure to take your juggling props with you so that they can see exactly what movements you are making, and with what objects and timing. Professionals understand regular sports, but they usually have to see juggling to understand exactly how you're using your muscles.

Once the evaluation part is over, the treatment part begins. You might get referred to other specialists for imaging or metabolic studies if needed for a complex diagnosis. More likely you'll get various heat or cold treatment, specific muscle massage, possibly ultrasonic treatment to break up internal adhesions, TENS for specific types of pain, and/or other treatment modalities. You should also expect to be shown specific stretches and exercises that will protect your injury and prevent it from recurring. If you need compression bandages and regular ice therapy, you'll find out exactly how to apply them for maximum benefit. Write down the instructions before you leave, and go through the stretching routine at least once under supervision to be certain you're doing it in perfect alignment. You may get a suggestion for regular massage of the affected muscles. That can sometimes be difficult one handed, so you might consider taking a friend along to see how its done.

In the meantime, consider everything else you're doing in your life. Hours spent in front of a poorly aligned screen, keyboard, and chair are not going to do your back, neck, wrists, and arms any favors. Perhaps you've been working with some kind of vibrating tool like a sander, or gripping a gaming console. I have a log splitter that requires me to press a button with one hand and pull a lever with the other one. That's great for ensuring that both hands remain attached to my body, but continuously pressing that button, even lightly, is ergonomically terrible. It is a good excuse to take a quick juggling break regularly. And that is probably the best prescription; change what you do regularly. Give your muscles a chance to rest, or work differently.

### Insurance News for Performers/Clubs!

HRH is still offering insurance for jugglers who are performers as well as clubs with at least five IJA members on their roster.

There have been a few changes in their contact information recently. Please note the following changes:

1. Our main contact person is now Robert Pallini. His direct phone number is (610) 260-4360.
2. The toll free number for HRH is currently unavailable. They are hoping to have that fixed in the future.

**Clubs**...Just a reminder that you can be insured for your weekly meetings as well as your juggling festival under one policy!

### Something Missing ?

**You forgot to put your name on all your stuff, and its gone!**

**Or, you didn't check your prop bag before leaving the festival and there is strange stuff in it.**

**Whatever you are missing might be in the IJA festival Lost and Found Box. And whatever you have found that isn't yours should be in the box too.**

**Send an email to [lostandfound@juggle.org](mailto:lostandfound@juggle.org) to see if your things have been found or to report orphaned objects.**

### The following information was submitted by Maria Ryan, Casting - America's Got Talent

**America's Got Talent** is about to kick off Season 5 and now's your time to shine!

NBC's hit show is on the search for America's **brightest, biggest, funniest, craziest**, and most amazing talents this land has to offer!

**What are we looking for??** Singers, dancers, animals, hip hoppers, step teams, drummers, magicians, pirates, puppets, hula dancers, flame throwers and everything in between! Show us what you've got.

Open auditions are being held in Chicago, New York City, New Jersey, and Philadelphia in October.

You know you've got what it takes, so hop online to [WWW.AGTAuditions.com](http://WWW.AGTAuditions.com) today and pre-register for your audition!

These are only a few stops on our journey this season, so get out there and show how talented you are!

No matter where you are there's an audition site near you!

#### Chicago

Oct 17-18

#### Philadelphia

Oct 25-26

#### New Jersey

Date TBA

#### New York

Oct 31-Nov 1

Being next summer's million dollar winner starts with an audition! If you or someone you know may be interested in coming out to audition make sure they pre-register!

*Juggling in Heaven, by Sheri Miller (Matt's Mom)*

Our beautiful and son, Matt Miller, went home with God on August 16, 2009. He fought colon cancer for 20 months but ultimately lost his battle when all treatments failed. He was the inspiration for and co-founder of our store, Incredible Flying Objects, in Winchester, VA.

Juggling was Matt's passion from the time he learned to juggle from his father, Mark. Mark had taught himself to juggle with the book Juggling for the Complete Klutz and was fairly skilled when he went to Matt's 9<sup>th</sup> grade gym class to share his skills by teaching a basic juggling class. Matt learned the 3 ball cascade quickly and he was hooked!! He quickly surpassed his Dad skill-wise. From that day forward, there wasn't much time that you didn't see Matt with 3 of something in his hands practicing.

He juggled practically every day of his life after that. Even when he had rough periods in his life, he always used juggling as a way to bring himself back to life. We used to take him to The Juggling Capital in Washington, DC and spend the whole day there learning new skills. He became known as "the juggler" at school. He and his best friend, John, learned to pass clubs and would stand outside the school and amaze everyone with their skills. They did talent shows and taught many of their friends to juggle.

Matt improved his skills and learned new juggling props with the use of books and videos. He idolized the famous jugglers, especially Anthony Gatto.

Over the years he progressed to being able to juggle 7 balls and John and he were passing 9 clubs. He was excellent with the diabolo and devil stick as well as clubs and rings.

In October of 2006 we decided to open our store as a way for Matt to showcase his talents and to pass on his knowledge to others. His passion for juggling was infectious. Customers came back time after time just to see Matt juggle or learn something from him. He was a patient teacher and mentored many beginning jugglers, some to competition level.

Our store is located on an Old Town walking mall. Matt led a juggling club on Saturdays and they would juggle outside and entertain whoever happened by. (It was also great advertising for the store!)

In 2007 Matt and John were able to attend the IJA convention in Winston-Salem, NC. It was a dream come true for him to meet so many famous jugglers! He had already begun to have symptoms of his disease but it was one of the best times of his life.

After he was diagnosed with colon cancer and while undergoing chemotherapy treatments every two weeks, Matt would take his juggling balls and put on mini-shows for the nurses and other patients. Everyone loved it!!

Earlier this year we attended Cirque du Soleil's Kooza show in DC and arranged for Matt to meet Anthony Gatto (he stars as the juggler for the show). Anthony was so gracious and kind and took us all backstage and visited with us for some time. Matt was even able to pass clubs with Anthony, another dream for him.

I know Matt is juggling in Heaven and teaching the angels to juggle. We miss him so much, but his spirit is alive in our hearts and our store and his talents and passion for juggling live on in his students.

You can see a tribute video to Matt from Anthony Gatto and well wishes from many who loved him on our website at [www.ifozone.com](http://www.ifozone.com). Thank you to all in the juggling community!!



## Get Involved !

***The following volunteer positions are open. Help keep the IJA moving forward by helping your fellow jugglers.***

### IJA Video Coordinator

Do you like the videos the IJA has produced? Help keep them coming by taking charge of video production. You don't have to stand behind the camera, or do the video editing yourself. You will solicit bids for parts of the project, and oversee the duplication and initial distribution by a professional duplicator. You'll also have access to previous video volunteers for experienced advice.

### Championships Director

Changes to the competition rules have made this job a lot more streamlined than it has been in the past. Video preliminaries mean that some of the work can be done from the comfort of your own home. The energy of the competitors is contagious, come catch the spirit!

### Festival Director - Sparks, NV, 2010

Do you like to plan events? Are you an organized individual? Then the IJA needs YOU as our 2010 festival director. If you think you are the person for this position within the IJA and you are interested in planning the IJA festival in Sparks, NV, contact: [board@juggle.org](mailto:board@juggle.org).

### Volunteer Coordinator

Grease the wheels of progress by helping us attract volunteers and making sure they get everything they need to get the job done.

### Store Distribution

Have you got some room in your basement? The IJA needs some extra space for new videos and merchandise. You would have to ship items at the Post Office from time to time as orders are processed at the IJA's online store.

***You want to help, but it just seems like too much? Consider getting your local juggling club to take on a project as a group effort and spread the load. As long as there is a group leader for each project we're open to creative solutions.***

***Do you want more information about any of these positions? Send an e-mail to [volunteers@juggle.org](mailto:volunteers@juggle.org)***

### IJA Store News, by Kevin McBeth

#### New Product:

2009 IJA Festival Big Toss Up Photo (\$10.00+shipping & handling) Limited edition 8" tall by 10" wide photograph of the Big Toss Up at the 2009 IJA Festival in Winston-Salem, NC. Only 100 were made. Includes photo folder cover.



Available online from [www.juggle.org/store](http://www.juggle.org/store)

#### New Store Software

The IJA has upgraded its online store from the old osCommerce software to new spiffy (but similar) Zen Cart software. Still secure, the Store has some new small niceties (both for users and for the store admins) and is more robust.

<http://www.juggle.org/store>



### Juggling Festivals

**Portland Juggling Festival**  
September 25 - 27, 2009  
Portland, OR

<http://www.portlandjugglers.org>

**Philly Fest**  
October 3 - 4, 2009  
Philadelphia, PA

[www.phillyjugglers.com](http://www.phillyjugglers.com)

**St. Louis Jugglefest**  
October 23 - 25, 2009  
St. Louis, MO

<http://www.wujuggling.com>

**Brazilian Juggling & Circus Fest**  
October 29 - November 2, 2009  
Piracaia - SP, Brasil

[www.cbmcirco.com.br](http://www.cbmcirco.com.br)

**Midland Juggling Festival**  
November 6 - 7, 2009  
Midland, MI

<http://midlandjugglingclub.com>

**Not Quite Pittsburgh Juggling Festival II**

November 13 - 14, 2009  
Sewickley, PA

[www.allinjest.com/jugglingfestclub.html](http://www.allinjest.com/jugglingfestclub.html)

Midland Salvation Army  
330 Waldo avenue  
Midland MI

Friday November 6, 2009 6:00pm - 10:00pm  
Saturday November 7, 2009 10:00am - 10:00pm

Workshops - Raffles - Games  
Back by popular demand: Showtime staring you!  
Bring your fun & stupid human tricks!  
Juggling, performances, games and tricks,  
Musical instruments, clogging shoes.  
Hey, if you can't amaze us, amuse yourself!

Vendors Welcome.

Contact Julie Wright  
989-835-8237  
[jewlsiyq@chartermi.net](mailto:jewlsiyq@chartermi.net)

We hope to see you there!  
Donations will be accepted for  
the Salvation Army!



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](mailto: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.

#### More Festivals!

Check the world wide juggling event listings on the IJA Website at  
<http://www.juggle.org/events>.

The information on that page is updated daily thanks to an XML feed from the International Juggling DataBase. You can submit your own event to the list where it will be reviewed by an editor before being added.  
<http://www.jugglingdb.com/events/submit.php>