



IJA eNewsletter

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Help Wanted - Treasurer

We are currently on the hunt for an awesome, amazing, fantastic volunteer IJA Treasurer. By awesome, amazing, fantastic - we don't mean that you need to know the ins and outs of the position (we have people willing to help you learn) - but rather that you will be awesome, amazing, fantastic for being willing to donate your time over the coming year and attend the festival in the capacity of Treasurer.

If you are interested in filling this position, or want more details as to what the role entails, please contact Kim Laird at: laird@juggle.org.

Juggling Festivals:

Portland, OR
Philadelphia, PA
Asheville, NC
St. Louis, MO
Baden, PA
Waidhofen, Austria
Quebec, QC, Canada
North Goa, India
Austin, TX
Bali, Indonesia

IJA Festival 2012
Winston-Salem, NC
July 16 - 22, 2012
Save the dates!

Paying It Forward With YEP, by Bob Neuman

I completed the YEP training workshops in Sparks, last year. I was "fired up" and wanted to start teaching some kids to juggle. But life gets in the way...and some of it was just plain old procrastination. Then I heard about Will Murray volunteering to teach juggling in Afghanistan last summer. I knew that if Will could do that, I certainly could do something.

I volunteered to teach juggling for a non-profit called Camp Cope (Google it if you want an in depth look at what they do). Briefly they have one day "camps" on military bases for military dependents (mostly aimed at the children but some workshops for spouses). The "camp counselors" are mostly therapists and school counselors. The camp's goal is to help the children cope with the transitions they are facing in response to the deployment and injuries sustained by their soldiers. They offer age appropriate therapeutic interventions in small groups of the children's peers.

Don't get it wrong though – the kids have fun too. But it was a "tough sell" to include a juggling segment. With the help of the YEP training and Erin Stephens sharing ideas with me, I was able to convince them that juggling would not just be fun but beneficial for these children. Last weekend I went to my first Camp Cope! It was held at Ft. Sam Houston (San Antonio, TX) in conjunction with Brook Army Medical Center.

I had already decided that the kids would need to be able to keep whatever props we used. It would encourage those that showed some real interest to practice once they got home. I bought those plastic, hollow "play balls" from Walmart (100 for \$10+). I simply cut them at the seam and inserted a funnel (I got a smaller one at a cooking store – the "change your car oil" ones are too large) and put in a few grams of sand (purchased from Toys R Us). I then used different colored electrical tape to seal (and make a stripe) on the ball. At first, I tried to hot glue them, but felt that younger children probably couldn't resist picking at it with the sandy results. I only had one ball leak all day! And the kids loved getting to take them home.

We arrived Friday afternoon to set up. The camp was held at a high school located on the base. Mostly this was lifting storage bins in and out of trucks while the counselors separated all the things they'd need the next day for their various activities. Luckily we also had plenty of military personnel that volunteered to help with the heavy work.

Camp started at 8:30AM Saturday morning. There were about 40 children ranging in age from 4 to 14. The children were separated into 8 groups. They are grouped by age and then into subgroups depending if their soldier is just deployed or returned and injured (the notations of "triple

amputee" really makes one aware of how much sacrifice is going on – by the soldier AND his family).

I was very nervous – I have never taught juggling to a group before and consider myself a very mediocre juggler. It really came together though. Without going into too much detail I'd like to share some of the things I learned.

The younger kids (4-7 yrs) are easy to please but I think I'll opt for scarves next time. They had very little success with the balls (and they are big for their hands). This did not diminish the fun that they had. Most could do 2 balls back and forth...and I made them all balloon animals.

I only had one "heckler." After I asked if anyone had ever seen a juggler, an 11 year old boy said, quite loudly, that juggling was "lame." I told him it was OK and he was entitled to his opinion, but to tell me how he felt after we were done. Luckily his attitude did not rub off on any of the others. He joined in and was quite determined to do well. I never put him on the spot afterwards but he did thank me and kept the balls.

I had two boys with casts on their arms that extended beyond the wrist...they practiced two in one hand all sorts of ways. I think they were happy to be included.

Only one boy insisted on doing a shower movement with 2 balls. Oh well....

The teens really enjoyed it, which surprised me. I thought they may have thought it would be "too young" for them. But they actually seemed to enjoy challenging one another to get "it" faster.

Most of the kids did not master the cascade (the class was just about 45mins – 1 hr). But there were a couple who did get it and a few others that were very close to it.

At the end of every class we did a "big toss up" which they really enjoyed (note to self – young boys will try and hit the ceiling – even in a 20 ft. foyer).

All of the campers loved the use of BLAR (something I heard from Poetic Motion Machine, I think, in Sparks – Bringing Love And Respect – hope I am crediting the right people and got "it right"...hey it was at Renegade). I taught the kids to say that when one would drop – in their best pirate voice. I also told the kids that it was a good thing to say whenever they made mistakes – don't get mad at yourself or others – just keep trying. As a side note, the professional counselors loved it too.

Erin Stephens gave me the line: (to paraphrase) if you ain't droppin' you ain't learnin'! I expanded on this saying that the same thing was true in most of life. Mistakes happen...just try not to repeat them. And that anytime they try something new or harder they are going have difficulties.

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I also related that I think juggling is like life – there is always something “up in the air.” You’re not juggling unless something is up in the air and you aren’t living if something isn’t it up in the air. I tried to relate it to the special circumstances in their lives – things that the children of civilians do not have to deal with. (Both of one child’s parents were deployed and he was living with his grandparents.)

I was pleasantly surprised by the enthusiasm of the military volunteers to learn to juggle. One Captain/Doctor had a solid cascade down. He was very pleased.

The Camp ended around 4PM (or 1600 in the military). I felt really good as the kids introduced their parents to the “ juggler” after a final assembly of all the campers. Then it was time to pack all of the things back into the bins for shipping to the next camp.

I have to say my experience at Camp Cope was very rewarding. They even asked me to go to the next two

camps (Ft. Riley, KS and Ft. Hood, TX). So, it is time to start filling and taping those plastic balls.

I want to thank Will Murray for being a great example, Kim Laird and Erin Stephens for their hard work with YEP and Erin’s advice on this particular opportunity, Kevin & Brandi Axtell for their advice on teaching younger children, Jek Kelly for his advice on creating a routine and everyone else involved with YEP.

Bob Neuman has been an IJA Board member and has served on the IJA awards committee.



Stagecraft Corner: The Worst Gig I Ever Did -or- The Stage Vomit by Brad Weston

This was way back, mind you. I had just graduated from Ringling Brothers Clown College. I was loaded with enthusiasm and chock full of skills, but I lacked what we shall refer to as wisdom. Well, let me tell you, I gained a little wisdom that day.

It was about 102 degrees fahrenheit, and humid. The kind of Chicago day that smart people stay home. The intelligencia go to the beach. I belonged to the ignorati. I was outside in a park trying to do my act at a company party. Now to make things worse, much much worse, the client had wanted a clown at this party. No problem, I thought. I was a recent graduate of Ringling Brothers and Barnum and Bailey Clown College.

Because clown college had made me a beautiful clown costume, I thought it would be no problem to give the client what they wanted. The only problem was that the clown suit that I had was what is referred to in the industry as an agent suit.

An agent suit is what, in the old days, would be reserved for wearing when on a trip to agent's offices. It looked spectacular, but the downside of the whole deal is that this particular suit was made of wool. Thick wool. And it was layered. It was hot.

I make it a policy, whenever I have control of where the audience will sit, that I get them into the shade. There are performers out there that put a priority on getting themselves into the shade, but it seems to me, I am being paid to suffer, and if the audience is not comfortable, they won't be able to laugh and enjoy the show.

I was performing at this particular company party at around 1:30 in the afternoon, and shade was scarce. The meager audience of corporate children were huddled under a tree, sipping on their cold drinks. I had no water.

Even though there were only about 16 kids, I felt it was my duty to go all out and give them the best show that I could.

Let me tell you, it got hot. Really hot inside that costume. I'm sure after about 6 or 7 minutes my skin started to glow a bright red. I felt my shirt go wet and my mouth go dry. I should have realized that something bad was going to happen when the hair started to stand up on my head underneath the dark wig that I was wearing. That's when the nausea kicked in. I should have known better, but I didn't. I kept performing.

It happened so suddenly that there was nothing I could do to stop it. My stomach gave a lurch, my eyes got glassy, and I threw up. It seemed like all of the contents of my stomach wanted out, right then, right there. I was in the

middle of the stage, trapped. Now I am a professional and I did what any professional would do. I clamped my lips down so hard that not a drop of that puke escaped my mouth. The only problem was, it completely filled my mouth. My cheeks were all puffed out with the stuff. It is a wonder that it didn't shoot out in a fine stream, a thin chunky geyser.

I panicked. I looked around. Like I said, I was in the middle of the stage. I noticed that about 30 feet away, and in full view of my audience, there was a garbage can. The thought of a fully made up clown puking into a waste receptacle in front of a group of somewhat innocent children was more than I could bare. I swallowed. It took three swallows to get the whole thing down. About halfway through the second swallow I almost lost it, but I persevered and got it down. I can hardly describe the feeling of pride I had at that moment.

That's when a precocious youngster, a sweet little girl in the shade, dressed in shorts and a light cotton t-shirt and sipping on a nice cold lemonade, yelled at the top of her precious little lungs, "Did you just throw up in your mouth?" God bless her. "No...I didn't," I said. "Yes you did. I just saw it." "I was only pretending to throw up in my mouth," I said. She looked pretty dubious, but what did she know. I was the expert at clowning, and if I said that clowns frequently pretend to throw up in their mouths and swallow, who was she to tell anyone any different.

The worst part of this whole ordeal is that I had another twenty minutes of show to perform. I hadn't even broken out the unicycle yet. And I had no water. And, being a greenhorn, I didn't take a break and get some water. I had the bitter taste of shame and humiliation in my mouth the rest of the show. It was sheer will power that that kept me from passing out. And after the show, I had to make balloon animals for all of the kids. Worse than that, I didn't even get a tip!

Lesson 1: Don't over-dress for an outdoor performance.

Lesson 2: Have your own water.

Lesson 3: If you are ill, take a short intermission.

Lesson 4: It is possible to swallow a mouthful of vomit on stage while dressed in a clown suit and get away with it.

Brad Weston is a juggler, writer, and stage vomiter from way back.

Check-out the writing contest at www.bradweston.com/wordpress

Feeding the Inner Juggler, by *Don Lewis*

Gather a bunch of hungry jugglers together, and the odds are there'll be at least one vegetarian in the group. It's a healthy option which is increasingly popular. Even older people who have had serious health problems frequently adopt a vegetarian diet because studies show that it can improve survival rates.

All this enthusiasm for what seems like a limited diet can leave omnivores like me a bit perplexed when it comes to serving things that everyone can enjoy. Many people have the impression that things vegetarian are inescapably bland and boring. Not so! The following paté recipe is popular even with my carnivore friends. I add enough chile paste (Sambal Oelek) to give a subtle after glow to the taste. The taste and texture work well with beer or wine. You can find nutritional yeast in the bulk food section of natural food stores. It has a mild, nutty, flavor.

Adapted from the book *Vegetarian Comfort Food* written by Jennifer Warren

Faux Gras (Veggie Paté)
Makes one 8 x10-inch pan

2 medium sweet potatoes, peeled and coarsely chopped (about 3 cups/750 mL)
1 cup unsalted sunflower seeds 250 mL
1/2 cup chopped walnuts 125 mL
1 medium onion, chopped
3 cloves garlic, coarsely chopped
10 mushrooms, coarsely chopped
1 cup vegetable or onion soup stock 250 mL
1/2 cup whole wheat flour 125 mL
2/3 cup nutritional yeast flakes 160 mL
1 Tbsp. olive oil 15 mL
1 tsp. each oregano and thyme 5 mL
1 tsp. salt 5 mL
1/2 tsp. pepper (or way more) 2.5 mL

Boil the sweet potatoes gently for 10-15 minutes, or until soft. Drain and set aside. In a food processor, grind the sunflower seeds and walnuts until they form a fine meal. Put into a large bowl.

Put the sweet potatoes, onion, garlic, and mushrooms into the food processor. Add about 1/2 cup (125 mL) of the stock and process on high speed until the vegetables form a smooth puree, about 3-4 minutes. If they're not blending smoothly, add a little more stock.

Add the puree to the nut meal in the large bowl. Mix in the flour, yeast, oil, oregano, thyme, salt, pepper, and remaining stock. Preheat the oven to 350F (175C). Turn the mixture into an oiled 8- x 10-inch (20- x 25-cm) dish, and spread evenly with a spatula. Sprinkle with a little nutritional yeast and thyme for garnish, if you like.

Bake for 60-75 minutes, or until the center feels crispy. Let cool thoroughly, preferably overnight. The paté will firm up as it cools.

You can substitute 1 tsp ground chile paste for the garlic for a "hotter" paté.

Do you have a favorite recipe for feeding hungry jugglers ? Please consider sharing it with your fellow jugglers. Send recipes to enews@juggle.org.



<http://www.youtube.com/watch?v=cFxDyq95TV0>

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.

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>

Juggling Festivals

Portland Juggling Festival
September 30 - October 2, 2011

Reed College

Portland, OR

<http://www.portlandjugglers.com>

Philly Fest

October 1 - 2, 2011

Philadelphia, PA

www.phillyjugglers.com

Smokey Mountain Juggling Festival

October 7 - 9, 2011

Asheville, NC

<http://fortyfingersjuggling.com/festival>

St. Louis Juggfest

October 21 - 23, 2011

St. Louis, MO

<http://npscj.tumblr.com/Juggfest>

Not Quite Pittsburgh Juggling Festival IV

November 4 - 5, 2011

Baden, PA

www.allinjest.com/jugglingfestclub.html

Juggling On Ice

January 5 - 8, 2012

Waidhofen, Austria

<http://www.juggling.at/>

TurboFest VI

January 6 - 8, 2012

Quebec City, QC

<http://www.turbo418.com>

5th Indian Juggling Convention

January 9 - 15, 2012

North Goa / Arambol, India

<http://www.injuco.org>

Austin Juggfest

February 24 - 26, 2012

Austin, TX, USA

<http://juggling.place.org/jfest2012/>

1st Indonesian Juggling Convention

April 2 - 6, 2012

Sunrise School, Bali, Indonesia

<http://www.injuco.org>



Best Catches is a feature of StreetJuggling.com. Chief editor **Nathan Wakefield** has graciously agreed to share this feature with IJA eNewsletter readers.

Best Catches is a sifter for the unplugged, the lazy, and the busy. It's a monthly roundup of the freshest juggling videos, forum topics, and blog posts – in short, it does a lot of work so you don't have to.

See the list of suggested videos, etc., below.

- :: Taylor Glenn has created a monster as she gets [Caught in the Dark](#).
- :: Tanner Alder jams with three balls in the [backyard](#).
- :: Alexander Brettell, Doreen Großmann, and Yuki Ueda do some interesting [Partner Juggling in Berlin](#).
- :: Teku Contact combines contact juggling and RDL props in [New Life](#).
- :: Todd Smith has just released version 2.0 of the [Assassin Club](#). The new model is lighter and more balanced than the original.
- :: Jarle Bergo, Roar and Sondre do some [juggling at the train station](#).
- :: Al ventures [Beyond the Car Park](#) in his latest video.
- :: Reuben unleashes some wicked three ball moves in his new [juggling video](#).
- :: Kendama NYC has released a [promotional video](#).
- :: An incredible video of a girl juggling five basketballs with her [feet and hands](#) recently made its way online.