



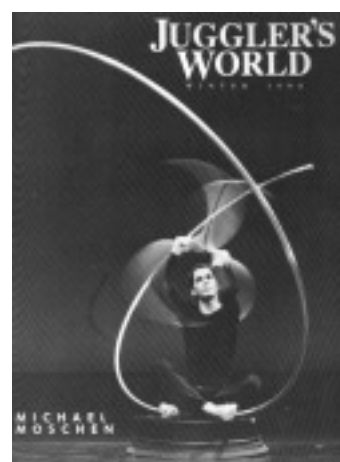
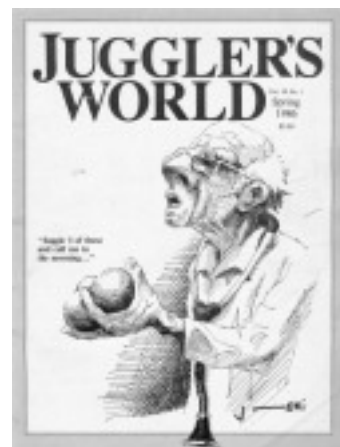
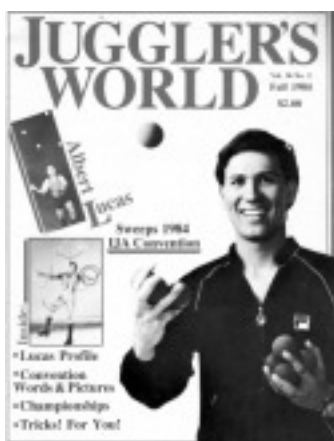
IJA eNewsletter

The IJA has a Past, Present, and Future. A lot of the past is preserved and available online thanks to the volunteer efforts of Ray Stern. Check out our online collection of IJA publications, from the early newsletters to the last editions of Juggler's World:

<http://www.juggle.org/history/archives/jugmags/index.php>

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Juggling Festivals:

Baden, PA
 Bruxelles, Belgium
 Milton Keynes, UK
 Leeds, UK
 Waidhofen, Austria
 Quebec, QC, Canada
 Seattle, WA
 North Goa, India
 Atlanta, GA
 St. Paul, MN
 Austin, TX
 Bath, UK
 Bali, Indonesia

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

IJA eZine, by *Erin Stephens*

Big change is coming to the IJA, and it's going to be good!

An IJA eZine is in the works and projected to "Go-Live" on January 1, 2012. The goal of the eZine will be to create an interactive online publication which will provide high quality articles, columns, reviews, images and videos. This will allow us to improve the resources the IJA provides to its members and the juggling community at large. The introduction of this new online publication will allow us to continue to provide the high quality IJA content you've come to expect, but at a considerably lower cost than the printed magazine. This project is being spearheaded by an eZine team including Scott Seltzer, David Landowne, Dave Pawson, and Erin Stephens.

There are many advantages to producing an online publication, rather than a printed one. Here are a few of the primary benefits:

- The eZine team plans to include many of the same writers from JUGGLE, so the quality of the content will be as high as before.
- Multimedia content can be provided including videos, photos, games, recordings, animations, juggling simulators, and other interactive capabilities.
- Content will be released on an ongoing basis, rather than 4 times per year. This steady stream of content will be beneficial for many reasons, especially in regards to the announcement of current events (festivals, performances, etc.)
- Content can easily be translated for the benefit of jugglers around the world.
- Through the eZine, the IJA will be able to render assistance to all jugglers – not only members – by offering some content freely to all.
- Members will have access to premium and exclusive content.
- An online archive will allow people to utilize search options, including the ability to access logical groupings such as by author, category, name of the column, prop, etc.
- There are no space limitations – as long as the quality remains high, the amount of content has room to expand.
- The ability to comment on articles will make it a more interactive experience, and allow readers to add other thoughts and perspectives to a topic.
- An online eZine is a much more environmentally sound form of publication.

We are currently on the lookout for eZine team volunteers and quality content contributors. If you are interested in either of these roles, please email us at: ezine@juggle.org.

The IJA is excited about the vast potential of this new eZine, and the extensive benefits it will bring to members and the juggling community as a whole. We hope members will join in this enthusiasm as we move forward into the future of the organization.

Cabotinage, reviewed by Don Lewis

The show Cabotinage came to Montreal recently. It was produced in a circus tent on the grounds of La Tohu, rather than in the cavern like main facility. The tent can hold about two hundred spectators gathered around the stage with chairs grouped around small tables. A bar provided an interesting selection of things to drink during the show.

The tent is circular. A curtain runs around the side wall to provide some 'backstage' space, and a more intimate ambiance. The stage itself was interesting. It was circular with ramps leading off in four cardinal directions. Only one of the ramps went all the way to the wall of the tent. There was room to walk around the others. Seating was right up to the edge of the stage. No-one was far away from the action. I sat on one of the bar stools that ringed the outer edge of the tent, and still felt close to the action.

Prior to the start of the show, some of the artists were greeting guests at the door, serving drinks, helping people to choose seats. Others were casually setting up the stage and having various degrees of histrionics. Cabotinage is a French word that translates to histrionics in English.

This is cabaret style circus dreamed up by Noémie Gervais and Alain Boudreau, a hand to hand team that won a silver medal at Cirque de Demain in 2002. They have traveled the world with top circuses and dreamed of having their own tent. They bought a tent in Belgium and settled in Les Isles de la Madeleine. They invited some of their friends from the National Circus School of Montreal to join them. Other friends from France, Charlotte Saliou and Grégory Lackovic, joined them as presenters. Members of Cirque Alfonse round out the cast. It is really a family effort. Between acts, the artists are often looking after their well behaved children.

When I saw the stage, I wasn't expecting much juggling. What could they do on that small a stage with the public so

close? Quite a lot as it turned out. You don't really have to do difficult tricks to impress the average cabaret audience but their tricks were impressive for the space. A 2-count box using the ramps and throwing across the center worked well. They milked the knock a cigarette from the mouth trick to good effect. Four people juggling clubs in a pair of very stable shoulder stands was pretty spectacular viewed from underneath. As a juggling finale, they surprised me by doing a three person shoulder stand with the top girl passing with the remaining juggler on stage. Her head was brushing the top of the tent!. When you are up that high in a balance, all the throws have to be perfect. They kept it going long enough to prove perfection and then dismounted cleanly. I wonder if non jugglers could ever understand how difficult that really is?

But that is not all. Underneath the successful clowning these are serious circus artists at the top of their game. We saw aerial silks, impressive hand to hand balancing, a Cyr wheel that used every inch of the small stage, an aerial strap duo, high speed circular roller skating. And that was just the first half. At the intermission, everyone who bought a drink at the bar got a free bingo sheet. It was another joke, since when the bingo was played out all the cards were the same so the tent rang to cries of BINGO!

For each parody there was a matching amazing act. The hapless magician actually managed to separate a girl in three boxes and re-assemble her correctly, but in a new dress. Pretty amazing. This was a full two hour show, and even during the intermission the artists were hanging out, chatting with the audience. I had a great time. Check out the video extracts on [Vimeo](http://vimeo.com/20946341).

Their website has some great photos. Perhaps you can persuade them to visit your area...

<http://vaguedecirque.com>



<http://vimeo.com/20946341>

Stagecraft Corner: Don't Screw Up by Brad Weston

Here is a tip for new performers that will dramatically improve their success on stage. This simple technique is what separates amateurs from professionals. One little thing makes the difference between success and failure. Here it is: Don't screw up!

The biggest mistake I see amateur jugglers make the most often is to attempt tricks that they can not do regularly in practice. If you have not mastered something, then it has no place on stage.

In performance you have so many factors working against you: there are lights in your eyes, you have people watching, you may be tired and/or have sweaty hands. You may not have the same ceiling height as you do in your practice space. The ceiling color might be distracting or blend in with your props making them difficult to see. There could be wind blowing. You may feel time pressures that don't exist when you practice.

Most importantly of all, you need to be able to pay attention to the audience while you are on stage doing your thing. You need to have attention to spare. The only way to be able to work the audience is to hold your relationship with them as the most important thing that is going on. Ultimately, they don't really care how many

pirouettes you do, or the number of objects that you can keep in the air. They want to get to know you. It is not the intensity of the trick that they want, it's you. If you leave them emotionally, then they will withdraw from you.

But, if you drop too much, they will feel sorry for you. They will turn away. You could be doing 5 club back-crosses, drop once, and have them thinking that you are a lousy juggler. Or you could perform a simple, yet drop-less, three ball routine to a Beatles medley and they will pass your Youtube video around to all of their friends.

I am not saying that continuous improvement and awesome tricks are unimportant. On the contrary, it is the truly difficult stuff that seems miraculous and can transport your audiences to places they have never been. I just want to point out that after a couple of drops it doesn't matter how great you are, an uneducated audience will never know.

Brad Weston is a writer, juggler, and variety performance generalist from way back. For more information about him and other articles, check out his blog at <http://www.bradweston.com/wordpress>

Wet Gets Viral, by Don Lewis

The TurboFest team in Quebec City have a recipe for a successful promotional video: take a talented hula hoop expert, add a water park fountain and a sunny day, and suddenly you have over 85,000 hits.

IJA members will probably remember that Jade Dussault performed on the IJA stage in Lexington Kentucky as part of the Quebec Circus School's showcase.

Viewers might be forgiven for momentarily forgetting that TurboFest is in January, and almost certainly surrounded by snow. Go anyway.



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

Here's a beautiful, impressive and popular 3-club video of Lauge Benjaminsen.



<http://www.youtube.com/watch?v=BiC51tqEmME>

Boulder YEP Pod, by Bekah Smith

What happens when you combine 14 hyper kids, a big circus studio, and a giant tub of random props? A little bit of juggling, a moderate amount of chaos, and a ton of smiles.

The Boulder YEP pod got off to an exciting start in September, thanks to generous support from local grants, IJA funding, and Props2U donations. The class boasts 11 students between the ages of 8 and 13, in addition to three 17 to 18 year-old student teachers. The class happens once a week at the Boulder Circus Center, which is an inspiring venue for a group of new young jugglers. The Boulder pod has also been visiting local schools with classes and assemblies, and 36 students learned to

unicycle and spin a diabolo at the most recent 3-week class.

We were lucky enough to start off with some students who could already do tricks with unicycles, diabolos, rola bolas, flower sticks and more. Our curriculum is based around juggling as a core skill, and each student also chooses specialty props to major in. Each class has been sprinkled with new tricks and new personal bests, including 15 catches of 3 balls, spinning a hula hoop and spinning poi at the same time, and riding over a teeter-totter on a unicycle. At the time of this article, our first YouTube video is still in the editing stages, so look for it online soon!

Feeding the Inner Juggler, by Don Lewis

Last month I suggested a recipe that you can serve to just about any juggler. It even fit the narrow food profile of dedicated vegans. There is another group of people that seems to be growing larger, and they really don't have much choice about what they can eat. Gluten intolerance is a digestive disorder that makes you feel terrible if you consume even small amounts of wheat products. You can't use ANY regular flour when cooking for these folks.

The gluten in flour is what holds bread and cakes together. Without it, you might as well be baking crumbs. Fortunately, there are non-wheat flours and binders that you can use to produce very tasty treats that everyone can greedily consume. The glue that holds the ingredients together is usually xanthan gum which is a commercial food additive used as a thickener or binder. Sometimes you don't even need an extra binder if there is enough fiber in the ingredients.

Such is the case with the following recipe for chocolate cake. Quinoa is a grain-like plant that originated in South America. It is loaded with healthy fiber and amino acids. As recently as a few years ago, quinoa was only found as a curiosity in some health food stores. Today, many large grocery stores carry it as a regular product. You might wonder why you would consider this recipe if there are no gluten challenged people around you? It is easy to make and it tastes great. That's enough reason for me. *The italicized comments in the recipe were added by me. -dgl*

For information about gluten free cooking, consider the cookbooks written by Bette Hagman - The Gluten-Free Gourmet

Moist Chocolate Cake *adapted from the book Quinoa 365*

2/3 cup (160 ml) white or golden quinoa
 1 1/3 cups (330 ml) water
 1/3 cup (80 ml) milk
 4 large eggs
 1 tsp (5 ml) pure vanilla extract
 3/4 cup (185 ml) butter, melted & cooled
 1 1/2 cups (375 ml) white or cane sugar
 1 cup (250 ml) unsweetened cocoa powder
 1 1/2 tsp (7.5 ml) baking powder
 1/2 tsp (2 ml) baking soda
 1/2 tsp (2 ml) salt

Bring the quinoa and water to a boil in a medium saucepan. Cover, reduce to a simmer and cook for 10 minutes. Turn off the heat and leave the covered saucepan on the burner for another 10 minutes. Fluff with a fork, and allow the quinoa to cool. *(If some water isn't absorbed, don't worry. As long as the quinoa is soft, its fine.)*

Preheat the oven to 350F (180C). Lightly grease two 8 inch (20 cm) round or square cake pans. Line the bottoms of the pans with parchment paper. *(If you're using a non-stick pan you can omit the parchment paper if you like - just spray the pan. I use parchment paper and run it up two sides of a square pan. That gives you a handle to lift out the cake, and a head start on wrapping it up if it isn't immediately consumed.)*

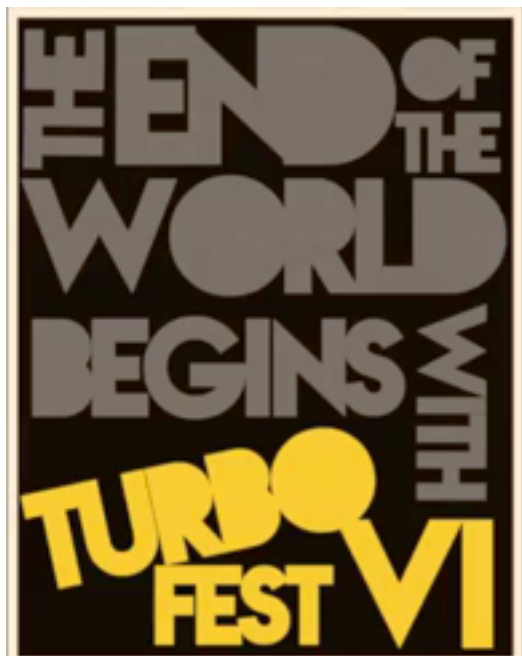
Combine the milk, eggs, and vanilla in a blender or food processor. Add 2 cups (500 ml) of cooked quinoa and the butter and continue to blend until smooth. *(If you don't get it smooth, the quinoa will make the cake a bit crunchy. The taste will be fine, but the texture might be a bit disconcerting for a cake.)*

Whisk together the sugar, cocoa, baking powder, baking soda, and salt in a medium bowl. Add the contents of the blender and mix well. *(Adding the mixed dry ingredients to the batter in a food processor and using the machine to mix works too.)*

Divide the batter between the two pans and bake on the centre oven rack for 40 - 45 minutes or until a knife inserted in the centre comes out clean. Remove the cake from the oven and cool completely in the pan before serving. Frost if desired.

Store in a sealed container in the refrigerator for up to a week, or freeze for up to a month.

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.turbo418.com>

Juggling Festivals

Not Quite Pittsburgh Juggling Festival IV

November 4 - 5, 2011

Baden, PA

[website](#)

25th Brussels Juggling Convention

November 4 - 6, 2011

Tour&Taxis, rue Picard 11, 1000
Bruxelles, Belgium

[website](#)

MKJC2 - Milton Keynes Juggling Convention 2

November 12, 2011

Milton Keynes, United Kingdom

<http://www.mkjc.co.uk>

Leeds Juggling Convention

December 3, 2011

St Mary's Catholic Comprehensive
School, Bradford Rd, Menston
Leeds, United Kingdom

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>

2012 Seattle Juggling Festival

January 12 - 15, 2012

Seattle Center

Seattle, WA

[website](#)

5th Indian Juggling Convention

January 9 - 15, 2012

North Goa / Arambol, India

<http://www.injuco.org>

Groundhog Day Jugglers Festival

February 3 - 5, 2012

Atlanta, GA

[website](#)

MONDO JuggleFest XXIII

February 17 - 19, 2012

Concordia University

St. Paul, MN

<http://www.mondofest.org/festival>

Austin Jugglefest

February 24 - 26, 2012

Austin, TX

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

Bath UpChuck 2012

February 25, 2012

University of Bath

Bath, United Kingdom

<http://www.bathupchuck.co.uk>

1st Indonesian Juggling Convention

April 2 - 6, 2012

Sunrise School, Bali, Indonesia

<http://www.injuco.org>

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>



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.

- :: Things get wild as Jason Lu goes into [6 Balls Overkill](#) then has some fun with [mini Gballz](#).
- :: Japanese culture gets juggle-fied in [Japanese Daily Life](#).
- :: The Shoebox Tour has posted a collection of performance clips from their [2011 Iceland tour](#).
- :: Jordan Moir shows off some practice footage and it's [Not Bad for a Footbagger](#).
- :: Some very good spin variations are demonstrated in the new video [360 juggling](#).
- :: Reuben unleashes some crazy three ball action to "[Danse Macabre](#)".
- :: Ori Roth gets psychedelic in [GRED](#).
- :: Coming soon to NYC, the Michael Karas and Jen Slaw throw-matic comedy '[Perfect Catch](#)'.
- :: Lauge Benjaminsen gets down in [Dubstep Juggling](#).
- :: A [new juggling vlog](#) has just popped up. This one promises to add a new juggling video every day for a year starting October 12th.
- :: Club Motion Juggling awakens [The Green Dragon](#).
- :: The WJF has released a video covering their [7 Club Incentive Program](#) from WJF 7.
- :: Tanner Alder gets creative in [A New Prop is Coming](#).
- :: Team Shreddie Crunch delivers [A Small Portion of Shreddies](#).
- :: Josh Turner gets technical as he contemplates [db or not db?](#)
- :: Ouka has a new [ringarts manipulation video](#) out.
- :: Pavel Evsukevich has some highlights up from a [Cirque du Soleil Jam session](#) with other performers in Moscow.
- :: Azo makes some drinks and demonstrates some interesting [flair bartending moves](#) that he has been working on.
- :: Jordan Moir has released his latest juggling/footbag video, [2Xtreme Hands & Feet](#).