



IJA eNewsletter

IJA Festival

July 20 - 26, 2015

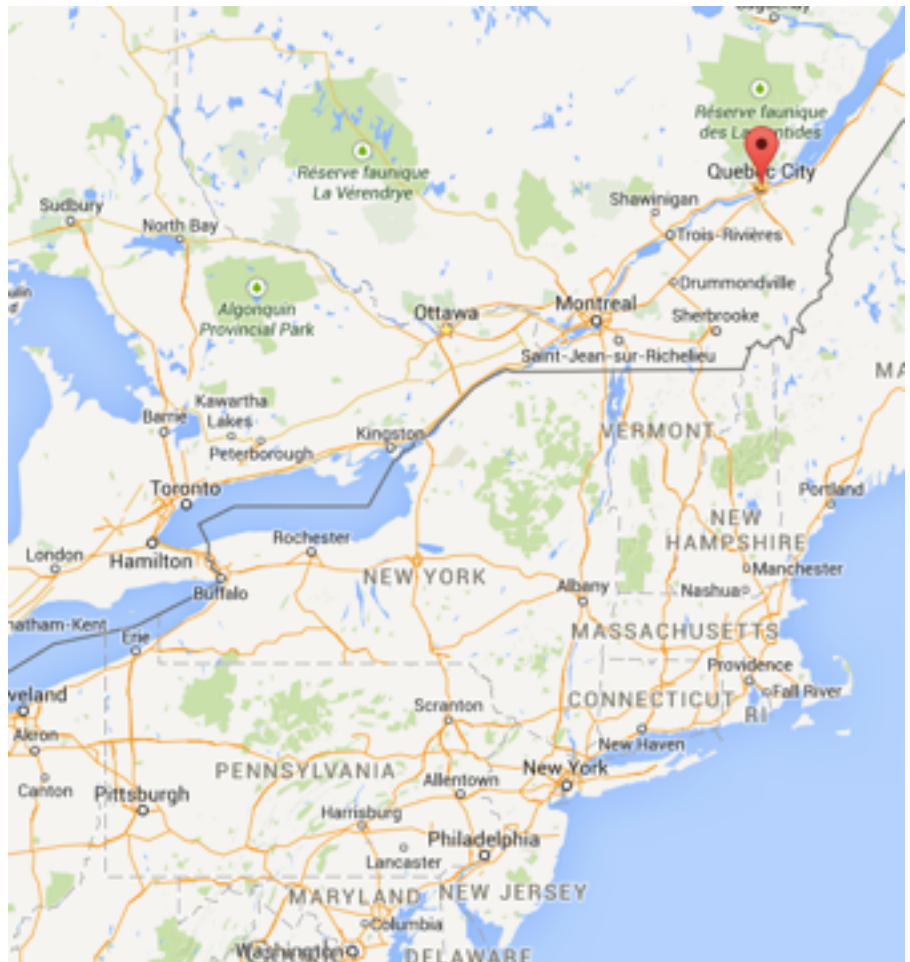
Quebec City, Quebec, Canada

Contents:

Where in the world is Quebec City?
 Chairman's Message
 Festival Update
 Champs Music Policy Reversed
 Video Editor Wanted
 Road Signs in Quebec are Simple
 Remembering Steve Rahn
 Groundhog Day Fest Review
 How To Build a Simple Prop Stand
 Donations
 Juggling and Vision
[The Devil Stick Video, by Wes Peden and Tony Pezzo!](#)
 What's New at eJuggle
 Coming Soon to eJuggle...
 Juggling Festivals

Juggling Festivals:

Clareville, New Zealand
 Lehighton, PA
 Heerlen, Netherlands
 Arcata, CA
 Dublin, Ireland
 Barnsley, S Yorkshire, UK
 Linköping, Sweden
 Gan Hashlosha, Israel
 Fayetteville, AR
 São Paulo, Brazil
 Santa Cruz, CA
 Nancy, France
 Oudenbosch, Netherlands
 Copenhagen, Denmark
 Lincoln, NE
 World Juggling Day Everywhere
 St. Petersburg, Russia
 Lincolnshire, UK
 Eugene, OR
 Quebec City, Quebec, Canada (IJA)
 Bruneck, South Tyrol, Italy (EJC)
 Philadelphia, PA



Quebec City is about 270 kilometers northeast of Montreal. The airport code for Jean Lesage International Airport in Quebec City is **YQB**. Driving time to Quebec City from Montreal is usually less than three hours.

<https://goo.gl/maps/VZPvg>

Chairman's Message, by Nathan Wakefield



Some of you that follow online juggling videos may have noticed news of a rather interesting new video making waves online: The Devil Stick Video by Wes Peden and Tony Pezzo. Like many people, when I first heard of this video, I wondered if it was some sort of joke, or at the very least an ironic title to what was no doubt an amazing toss juggling video. Well, I can assure you that this is, in fact, the real deal; a bona-fide devil sticking video made by two of the most charismatic young jugglers on the scene today. Peden and Pezzo attack the prop with their highly technical and creative break-down-walls signature style that they are known for. The result is an innovative and unique look at the devil stick, all packaged in an entertaining and well edited video. Did I mention that right now the video is free to watch for IJA members? Check it out!

On the subject of video, there is an area I would like to address; that being our 2015 Music Policy for the Stage Championships. This policy was implemented last Fall, and the gist of the new policy was that all competitors had to use either royalty-free music or that they had a license to use in video.

This policy is no more. We received feedback from members stating their dissatisfaction with the new policy, so the board voted to rescind the new policy and revert back to our previous policy, which does not restrict competitors so strictly on their musical selections. You spoke, and we listened!

Our reasoning behind the policy that is now rescinded was simple: it would allow us to leave all routines' audio intact for the DVD release, as well as allow us to post and promote the routines online, exactly as they were recorded. As much as we would love to do this in any event, the fact of the matter is that we are unable to do anything with videos that contain audio tracks that we do not have the video rights to. This is not organizational policy, rather it is a matter of copyright law. We very much acknowledge that much of a juggling performance is the live element, and we do not want to limit creative output.

With our previous music policy now reinstated, royalty-free music and music we are licensed to use in video will be left intact in the festival videos. All other music will be either silenced or overdubbed in the videos. In any event, competitors can use what music they see fit and do not have to feel inhibited by musical limitations.

Speaking of the IJA festival, things are heating up! We've got a couple new special guests lined up! Club juggling phenom Svetlana Zueva is going to be at the festival. Zueva was scheduled to be at our festival in Bowling Green, OH, in 2013, but was prevented from attending at the last minute due to logistic issues, so we are thrilled to finally have her in 2015! In the realm of diversity, we also have the two person staff manipulation and antipodism group Solstix confirmed for the festival! This adds to an already jam-packed line up of performers, with even more on the way!

We have plenty of more news coming up, expect lots of great announcements in the coming months! In particular, we expect to open fest registration around April 1.

Juggle on,
Nathan Wakefield
IJA Chairman

2015 IJA Festival Quebec City, Quebec, Canada July 20 - 26, 2015

Registration opens in early April



[IJA Festival Video Preview](#)

Are you looking for detailed festival news? In recent years we have sometimes made festival announcements before Christmas and had multi-tiered prices to encourage early registration.

The reality has been that we didn't get that many early registrations. It seems that most of you really like to wait before registering.

This year, we are in the midst of an ambitious web re-design project using a professional Association

Management System. The plan is that this system will support the festival web pages and the registration process, and it will be integrated with the membership database to make registration easier than ever.

Volunteers are working hard to make all this happen. We expect to go live in early April, in plenty of time to register for the July IJA fest. Look for details in next month's eNewsletter.

Stage Championships Music Policy Reverts To Previous Version

The announced change to this year's IJA Stage Championships music policy has been reversed based on feedback from members. The text of the rule we've gone back to is as follows:

If you are entering any IJA competition with an act set to music, you must make sure that the IJA has a legal right to use that music in your live performance. You

are no longer required to provide the legal right to use your music on our videos, however if you don't have those rights the IJA will dub over your act with different music on the video.

By entering any IJA competition you agree that the IJA has (live) performance rights for all of your music.

Video Editor Wanted

The IJA is looking for a video editor to compile the festival video this summer.

We film each festival and make the video available to members. Most recently, we have been publishing the festival video on eJuggle as a member benefit. It is also published on DVD for those who want it that way, and for non-members who want to buy a copy.

Volunteers film the festival events. The job of the video editor is to condense the raw video footage into a video portrait of the festival. One important aspect is that any background music used must be royalty free; the IJA does not have the resources to try to manage music rights for copyrighted music.

If you are interested in this paid position, please contact [Nathan Wakefield](#).

Road Signs in Quebec are Simple, by Don Lewis

Road signs and traffic signals in the province of Quebec are no more difficult to understand than anywhere else. It is true that the text is usually in French, but the vast majority are internationally recognized pictograms that will seem familiar to you.

Probably the biggest difference you will encounter is the ubiquitous STOP sign. In Quebec the word **STOP** is replaced by the word **ARRET** on the familiar red octagon. It still means stop in any language.

Probably the first sign you will see as you cross the border informs you that Canada uses the metric system. You don't need to understand the metric system to drive safely. Speed limits are easily converted. For example, 60 MPH converts to 100 KM/H, or kilometers per hour. Your car may have metric conversion built in. Your GPS certainly does. The highway speed limit is generally 100 km/h.

The color of signs follows an international standard. Green signs are informational. Yellow signs are warnings. Red signs are obligations, such as stop, yield, and do-not-enter. Orange signs indicate construction areas.

You can't turn right at a red light in major cities. In smaller towns it is generally permitted, although signs may prohibit it at specific intersections.

Traffic lights feature the familiar red, green, and yellow lights. In some cases a green arrow, or a flashing green light indicates priority for a left turn. You will rarely encounter a traffic light which is a vertical white bar. This is a signal reserved for buses, which allows them to proceed while all other traffic is stopped.

Some lanes are reserved for buses and taxis during rush hour. The hours of restriction will be posted on a white sign above the lane.

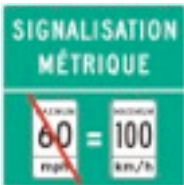
Quebec has reciprocal agreements with virtually all the US states, so any traffic violations that you accumulate will almost certainly follow you home. Fines are doubled in construction zones. If you have a radar detector, leave it at home. The fine for having a radar detector in your car, even if you don't use it, is \$1000 plus immediate confiscation.

I have heard from others that Quebec drivers are aggressive. My experience is that that is true of virtually any city. Local drivers know where they are going and are impatient to get there. Drive safely, avoid rush hour, and you are unlikely to have difficulties driving in Canada.

Your car must be insured to drive in Canada. Most insurance policies cover international trips for recreation. In the unlikely event that you are stopped, police will ask to see your driver's license, car registration and insurance card.

There are two main routes to Quebec City from Montreal. Highway 40 follows the north shore of the St. Laurent river via Trois Rivières. Highway 20 takes a south shore route via Drummondville. Most travelers will find highway 20 more convenient. Highway 30 allows you to completely bypass the traffic around Montreal and connect to highway 20 on the way to Quebec City.

In a later article, I'll deal with parking signs and how to interpret them.



One of the first signs you'll see entering Canada. Signs are in the metric system. This one equates 60 mph with 100 km/h.



Prepare to STOP. When the lights are flashing, an upcoming traffic light is about to turn red



Reserved lane for bus or taxi. In some cases the lane is reserved only during rush hour. The restricted hours are posted on the sign.



This sign indicates a zone where speed and red light compliance are monitored by camera.



The STOP sign will usually show the word ARRET



Do NOT enter



YIELD In this case, to traffic in a roundabout



Be Visible, turn on your lights. This sign is usually at the entrance to a tunnel.



Rough pavement ahead, usually during resurfacing projects.



Directional highway signs. The yellow band at the bottom means that the right lane MUST exit.

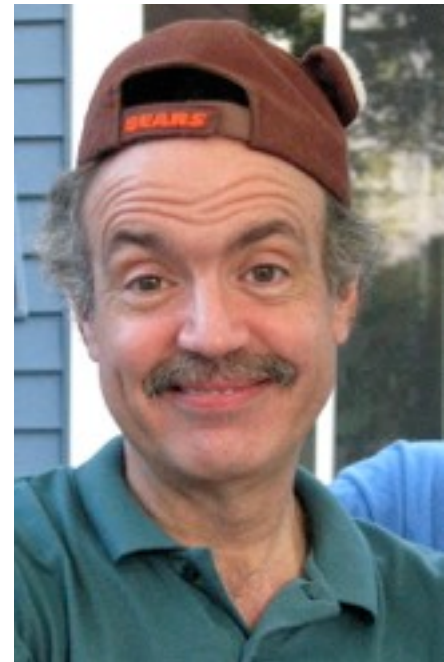
Remembering Steve Rahn, *by Chuck Spreitzer*

A good friend of the juggling community passed away February 25th after suffering a stroke a few days prior. Steve Rahn was someone who made everyone feel comfortable, and truly had more friends than acquaintances. I first met Steve when I stopped by the Up for Grabs Juggling Club in Aurora, Illinois, in February of 1988. We instantly became good friends, and that July I attended my first IJA Festival in Denver, traveling & rooming with Steve and having a great time. It felt like I had known him all my life.

Steve was totally unassuming and never had an unkind word to say. There was no better proponent for juggling and the IJA. He inspired countless people to learn to juggle, and he pushed those who could do something reasonably well to make it more complex and difficult!

Steve was always behind the scenes at the IJA Festivals, but could be seen giving a workshop, tallying votes for the board elections, helping at the registration table, recording the business meetings, and of course chatting with friends about juggling and music. Steve played trumpet in a local jazz "Big Band" and also participated in a community band playing mostly trumpet, but routinely filled in on French Horn and Baritone. For years he played in the IJA band at the festival public show.

Juggling lost a great ambassador, and for the folks who were lucky enough to know Steve, we lost a wonderful friend and kind soul. He will be dearly missed.



Steve was such a low profile guy who never sought any recognition. A lot of fest attendees never knew all that he did. Years ago, he even went to Las Vegas with a group (below) led by Sandy Brown, to work on the IJA archives...at his own expense! -- Bob Neuman



While I was on the IJA Board, Steve regularly sent in well reasoned suggestions and helpful feedback on developing situations. Juggling excited Steve, and he delighted in sharing his enthusiasm. He was patience personified when teaching. I'll miss those quiet conversations that started off by "The IJA really should look into this..." Steve liked to see things done right, and was always happy to lend a hand to make the IJA better. -- Don Lewis



2015 Groundhog Day Atlanta Jugglers' Festival, by Charles Shapiro

One hundred seventy-six registered jugglers and six vendors attended the 2015 Groundhog Day Jugglers Festival, held in the Yaraab Shrine Center on Ponce de Leon Avenue, about 2.4 kilometers east of Peachtree Street in downtown Atlanta. Friday afternoon saw a rush of jugglers into the large tiled space, with many groups passing clubs or trading tricks in the big room.

Saturday morning featured the juggling games, ably hosted by Spencer Schwab. Kyle Brown won the legendary 3-ball Simon Says. Brown also took home the money in the quarter-juggling contest. Perennial favorite David Ferman took the 5-ball endurance contest. The 7-club doubles passing endurance contest partners were chosen by birthday, so twin brothers Scott and David Cain easily won it.

Local juggler Rachel Stern beat two others by mere seconds in the club crown race. David Cain also took honors in the blind juggling contest. Jimmy Robertson once again triumphed in the club balance after a hard-fought contest. Oliver and Sebastian took honors in the huggling contest. Props to Shivella Schwab for collecting the winners names.

Nine acts competed for the coveted Groundhog trophies this year, with Andy Ford as master of ceremonies and judges Michala Minahan, Steve Slanam, and Steve Joaquin. Bruce and Emily Brenizer provided stage managing services. Winners were: David Cain, Middletown, OH, (Most Special) with a polished 3-trick act; Circus Harmony, St Louis, MO, (Most Breathtaking) with a large

and disciplined group act; and 40 Fingers and a Missing Tooth, Asheville, NC, (Most Jawdropping) with a nice display of dance moves and club passing.

Other highlights included an act incorporating mime by Benjamin Domask, Minneapolis, MN, and Chase Martin, Charlotte, NC, with some nice rola-bola/bounce work. David Ferman once again demonstrated his prowess by winning both the impromptu 7-ball and 5-club endurance contests held while the judges deliberated.

The Late Night Cabaret, MCed by Brandon Ross and Nicole Hamilton, included 11 acts. Highlights included Dan Garrett with some novel magic tricks, David Cain's toss to head balance with miso soup bowls, David Ferman's very technical set featuring 5-, 7- and 8-ball juggling, and some unpolished but interesting acrobatics from Circus Harmony.

Toni Shifalo awarded Hal Baird an actual Mouse award this year, to compensate for the plaque he didn't get the first time around. Joyce Howard presented Richard Kennison (Circus Harmony coach) with a painting of a groundhog in recognition of his coaching no less than 14 Groundhog winners.

This year also featured several interesting workshops, including a mime/character workshop by Benjamin Domask, a "zaps" (1/2-turn club pass) workshop by Christian Kastner and a presentation workshop by Richard Kennison.

The weekend ended at Panahar restaurant, where 21 intrepid jugglers ate delicious Indian food, drank beer and told lies about how great they were.



2015 Phil winners.

From the left, Circus Harmony - Most Breathtaking,
David Cain - Most Special,
Forty Fingers & a Missing Tooth - Most Jawdropping



Joyce Howard presented a groundhog portrait that she created to Richard Kennison to recognize that Richard has coached 14 Phil winners to date at the annual Groundhog Day Festival in Atlanta.

An Easy Way to Make a Prop Stand, by Bob Neuman

I recently made a prop stand for one of my students who is juggling in his school's talent show. I am starting a new YJA group at a local high school and this would be great exposure.

This is a very BASIC prop stand that's cheap, easy to make, and durable. I am not handy. In the past, most of my handyman efforts have resulted in me having to wear band aids for a week or more. So I tend to go for a low skill approach.

First you get a tall, kitchen garbage can – plastic (hard to drill holes in metal). Make sure that it has a flat bottom with some sort of “lip” around the edge (most do, this raises the bottom of the garbage can off of the floor at the edges).

Next, and very importantly, turn the garbage can upside down on a level floor and make sure the top (now resting on the floor, upside down) is straight. This ensures that the garbage can will be steady when used upside down. I was very surprised that many of the garbage cans have slightly curved top sides (this, of course makes for a very wobbly, rocky prop stand).

Next buy about 6 feet of PVC pipe. I went with ½ inch, but it comes in different sizes. You find it in a hardware type store near plumbing and in-ground lawn sprinklers. But remember the size, because the other components/connectors will have to be the same size.

To make the pictured prop stand I needed the following:

- a tape measure or ruler
- 2 T connectors
- 4 90-degree-bend elbows with matching ends (same diameter)
- 4 90-degree street elbows, where one end is slightly smaller (the size of the PVC pipe). You can tell if this is correct by picking up two of these and inserting the smaller end of one into the wider of the other – if it fits you are in business (if not, it never hurts to ask for help)
- 1 connector that is shaped somewhat like a coat hook (45 degree elbow)
- 2 endcaps. A note here – all of the connectors will be ½ inch also...this may be a bit confusing because the ½ inch PVC pipe fits into the connectors (they are measuring the inside circumference of the connectors).

A word of caution. Try everything, fit wise, at the store. Most of these parts are in bins and people misplace them all the time.

I used an electric drill to drill a hole into each side of the garbage can. There are two types of bits that you can use (spade bit or hole saw). The spade bit worked quite easily for me.

Because the garbage can is plastic and rather soft, go slowly and have a good grip on the can. The holes on the opposite sides of the can should match up but all four should NOT



match up. Two pipes will go in and across the can, so one has to be a bit lower. The height you make these is an individual preference. You certainly want them high enough so that hanging props (rings or clubs) do not rest on the floor.

Next cut the PVC pipe (they sell a special, easy to use tool, or just saw it, the end does not have to be very smooth, (they will all be covered). A finer-toothed saw will work better than one used to cut wood.

Cut two lengths of pipe – long enough so that there are a few inches of pipe sticking out from each end (remember, the two pipes cross on another inside the can).

The ring holder (coat-hook-like connector) goes on one end of the pipe that run through the narrow part of the can (I think the rings being there is a good visual, But to each their own). On the opposite end of the rings just attach an endcap (although you can modify this end to hold a hat or anything else).

The club holders go on the pipe that goes through the largest part of the can (the narrower sides). First attach a T connector to each side. Then attach the 90-degree connector with the reduced end into it (one on each end of the T so that it sort of looks like a U or horizontal goal post).

Next cut four more lengths of PVC pipe. The length is determined by how many clubs you want to hang. You will also need to cut two much smaller pieces of PVC pipe (the approximate width of the U that was formed near the can by connecting the T and the 90-degree connectors).

Place the longer pieces (all the same length) into the U/goal post end. Then place the last two 90-degree connectors (two on each side) that have the same diameter opening on each end. Finally insert the two smallest PVC lengths in between the 90 degree connectors at the very end – furthest away from the garbage can. You should be able to drop your club into this space and the wide part of the club will rest on it. If you prefer to have your clubs hanging by the knob, simply make the PVC holder you create smaller and leave off the small lengths of PVC pipe at the very end.

You can glue the PVC pipes together (special glue that goes inside the connection. I have found, if they are pressed

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...*An Easy Way to Make a Prop Stand* continued from previous page

together tightly at the connection I do not need glue. AND you can easily fold up the "arms" that act as club holders.

When the act is over, if you do not have stage hands who clean up after the act, simply fold the arms, flip the garbage can so that the opening is now on the top and toss all props into the garbage can and take it off stage with you.



Hole saw and spade bit

You can decorate the can, and the bottom of the can, when upside down, works well to hold balls or beanbag because of the slight lip at the edge.



Prop stand with folded arms. These joints are NOT glued.

Donations, by Don Lewis

The IJA has 501(c)(3) status as a non-profit organization in the USA. Simply put, you can make a donation to the IJA and get a tax deduction.

The IJA has benefitted from donations for various projects over its history. The IJA does not regularly publish a list of donors. Most donations are made using the IJA's on-line store. Some donors have arranged to use pseudonyms to allow them to actively manage their donations while remaining anonymous.

Unlike many non-profit organizations, the IJA does not support an infrastructure that actively seeks donations on a regular basis. Your donation goes entirely to IJA programs, not fundraising staff.

Non-profits generally put a lot of energy into encouraging people to include a contribution to an endowment fund in their wills. Colleges and universities, for example, often have large endowment funds that aid in funding scholarships and their regular activities during lean periods. Students benefit during their tenure and often give back later in their lives or as part of their succession planning.

At the urging of a specific donor, the IJA does have a long term endowment fund. The main donation in the fund will mature in about fifteen years and the income will then be available to support future programs. This kind of contribution will help to ensure that the IJA can continue to "be of service to juggling" beyond direct services to members.

A surprising number of people do not have a will. They would often be shocked to discover what happens to their estates once the government takes over. Even if local law requires disbursement to the immediate family, it does not always happen that way after governments and their professionals charge management fees. It can also tie up your estate for years while fees whittle away whatever you have left.

Even a simple hand written will can solve a lot of problems for your heirs. As your estate gets more complex, it makes sense to get professional help. Giving most of your money to an uncaring government through simple inattention is something that infuriates most people once they understand what might happen. It is easy to avoid, even with something as simple as a do-it-yourself document found on the Internet. You can start with that, and then consult professionals later if you need to.

Your estate benefits from tax deductions just like you do when you file your income taxes. Because of the tax deduction, you get more bang for your buck when you give.

At this point, many readers will think I'm shilling for major donations for the IJA. I'm not, really. Large donations are always nice to get, but endowments typically grow from a lot of small donations. If the IJA has been important to you in some way, you can celebrate that fact as a small part of your estate planning, or as part of your annual tax planning strategy.

Donations can be general or can be directed to specific activities. The IJA has a fund to support the archival material that we have collected over the years. Some donations are specifically directed to educational programs. From time to time we have received donations which facilitate bringing young jugglers to the IJA festival. More than once, someone has essentially said "I had a darn fine time at this festival, and I think it was worth more than I had to pay to be here. Here is my donation. Thanks."

Donations of any size can be made through the IJA Store at:

<http://www.juggle.org/store/index.php?cPath=5>

The IJA appreciates all donations.

Juggling and Vision, by Marybetts Sinclair

"You can help your child's vision by selecting toys which are not only fun but good for visual development at the same time. Any toy that revolves, jumps, rolls, or spins is good for visual mobility. When eyes and minds are kept in motion while playing games, this relieves the stare and strain that causes imperfect sight." *From Better Vision Now, by Clara Hackett*

Human eyes are primarily designed to detect motion, and for distance vision in natural light. During most of human history, humans have used their eyes to look far away, much more than we do today. Early hunters needed keen, responsive vision to find and pursue their prey and to escape from predators, while early farmers spent most of the day out of doors and had to watch the weather and the horizon. Their vision was better than that of modern humans. Here in America, more and more young people have become nearsighted over the last 40 years, until now nearly one-third of children between the ages of 7 and 17 are wearing glasses, and in Asia rates are higher still. (1) Studies from around the world, however, consistently find that less than 3% of people that farm or hunt for their survival, are near-sighted.

The lens of the eye is completely relaxed when looking 20 or more feet away.

Other factors sometimes mentioned as causes of nearsightedness are genetics (nearsightedness being inherited), less time spent outside in natural light and emotional stress. But according to Daniel Lieberman, a paleoanthropologist and the author of *The Story of the Human Body*, the most common culprit is close work: intent focusing for long periods of time on nearby images such as words on a page or screen, or handwork such as sewing. Not only people who live in small spaces that restrict their ability to look far away, such as submariners, but also many primates kept in small cages are also more likely to become myopic.

It has been known for over one hundred years that people with more education have higher rates of nearsightedness. Before the advent of TV's and computers, a child who was reading longer story books before fourth grade was more likely to become myopic.

Now, enter the modern child. If the child has been a healthy preschooler, he has most likely been in and out of doors all day long, his activities have been varied, and he has used his sight for distance as well as near point. But before long, a good portion of his time is being spent looking at items up close, such as books, cell phone, computer and video screens and his use of distance sight is limited. The average American child now spends an estimated four hours per day looking at various screens. While computer screens are 14-24 inches away, tablets and cell phones are held even closer.

In these cases, people are not only keeping their focus almost exclusively at a near point, but also using their central vision almost exclusively, rarely their peripheral vision. In addition, blinking, which serves to lubricate the eyes, slows down a great deal. Computer users tend to blink very little and stare straight ahead, not using their peripheral vision. (In addition, the greater the glare, smaller the font size and poorer the resolution, the more likely it is that the person will strain to see, which also contributes to neck and shoulder tension.) If you are looking significantly downward, which a great many people do when they text or work on a computer, the neck can be under a lot of strain. Orthopedic surgeon Kenneth Hansraj has calculated that when you look straight ahead, you are supporting about 10 pounds of weight with your neck muscles. But the farther forward you lean your head, the greater the work on your neck muscles to keep your head from falling forward: if you tilt your head 15 degrees forward, the neck muscles are working as hard as if your head weighs 27 pounds. At 45 degrees, its equivalent to 50 pounds. Dr. Hansraj worries that this extra work may lead to early wear and tear and even degeneration of the cervical spine. (2) Bodyworkers see individuals with extreme and chronic neck and shoulder tension, for which physical therapies can give only the most temporary help.

The more time that is spent looking at close-up objects without a break, the more tired and sluggish your focusing system gets. Dynamic and relaxed movement may be replaced by a tendency to a frozen unblinking stare. Eye fatigue and headaches can result too. These are the classic symptoms of Computer Vision Syndrome (CVS) which has been a major problem with prolonged computer use over the past couple decades. (3) This excessive strain can lead the visual system to a myopic shift, and this will eventually cause the child to need glasses for distant viewing more quickly.

But is spending so much time on near work the whole problem? Dr. Lieberman has pointed out that the bigger problem may actually be what the person is not doing during that time: prolonged close work may create a situation with "a lack of sufficiently intense and varied visual stimulation during childhood and adolescence". In plain English, prolonged close work means that when children are spending many hours looking at a screen or a book, they are working hard to focus close-up and they are not moving the eyes very much, not using their peripheral vision, not shifting their focus from near to far, and not learning to regard the world in all its largeness.

Eye muscles can become stiff and learn to "think small." Myopic eyes may become so unused to distance that they lose interest in seeing far, allowing the world to close in about them. Chronic tension in the muscles that move the eyeballs and change the shape of the lens of the eye is no fun, causing eyestrain and discomfort along with a lack of aliveness.

Continued on next page...

...*Juggling and Vision*, continued from previous page

JUGGLING IS A FUN WAY TO COUNTERACT THESE DYNAMICS!

We now play games, view videos, email, text, Facebook and Twitter, take photos and overall keep up with society on our computers and hand held mobile phones. Tablets, which are also held at a closer distance to the eyes than computer screens, are fast becoming our books and daily newspapers. Americans are not likely to change these habits anytime soon. (Today's children and adults also need to take regular visual rest breaks from using the computer: Kevin Geiger, optometrist and specialist in computer vision, recommends 2 minutes of looking far away after every 15 minutes at the computer.)(4)

Again, its maybe not so much what kids are doing with their eyes while these activities are going on, as what they are not doing with their eyes. When you play outside, your eyes are "taking action" as they adjust to different intensities of light, respond to varied colors and shapes, look near and far, and fast and slow, use both central and peripheral vision, and stretch your eyeball muscles to their full ability; these movements are not going to happen while sitting and doing close work. Old fashioned children's games included a lot of eye movement -- when jumping rope and playing jacks and marbles and games involving running, catching or kicking balls, the eyes had to constantly follow moving objects.

Natural vision improvement teachers believe that frozen, myopic eyes must be taught again to think far, to be interested in the "out there" which is the first step in freeing them of strain.....

So here's where juggling can come in!

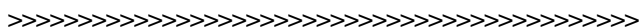
Juggling and other activities with moving objects have much to offer in the way of developing vision and relieving the stress of close work. Perhaps this is why they are recommended by optometrists who work with kids and adults to improve visual function, by occupational therapists who work with people with vision problems, and by teachers of natural vision improvement. PE teachers also use ball games to improve eye-hand co-ordination and grace of movement. Sport optometrist Michael Peters, the author of *See to Play: the Eyes of Elite Athletes*, uses many juggling and ball-tossing exercises to improve eye focusing, eye movement and eye muscle strength, to activate peripheral vision, and to increase eye-hand-body co-ordination. Balls may be thrown back and forth from hands, bounced, hung from the ceiling and swung, or actually juggled to teach the eyes to move freely and fully. Interestingly, experienced jugglers recommend that the juggler does not look at the balls or other juggling props, but instead, look softly straight ahead at roughly the height of the top of the juggling pattern; amazingly, the central vision sees whats directly ahead while the peripheral vision registers objects way out, and gauges stray catches. This truly activates peripheral vision. Optometrist Peters relates a number of stories of great athletes whose success also depended upon using this type of seeing while playing. Each tends to place their

gaze in the middle of the action and pay attention to the things going on all around them -- including expert chess masters, NFL Super Bowl champion Torry Holt, basketball player Michael Jordan and Hockey Hall of Famer Ron Francis.

Two different studies have found that juggling actually activates an area of the brain which is responsible for receiving and processing information about moving objects. In this special area, neurons sensitive to motion are activated by moving objects and can calculate how fast an object is moving, what direction it is moving, and how far away it is. When researchers did brain scans before and after people learned to juggle, the above-mentioned areas had actually grown bigger! A matched control group that did not learn to juggle, had no growth in this area.(5)

And playing with balls is fun! According to Janet Goodrich, PhD, a vision improvement teacher, "Balls are attractive to eyes. Their roundness, unpredictability and free flowing movements irresistibly beckon interest and induce eye motion." Goodrich recommends all ball games to call forth "flickery, faster-than-you-can-think-about-it eye movements".(5)

So what better way to activate your brain, get your head up, unkink your neck, and activate your eyes than by having some fun juggling?



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eJuggle

The official publication of the International Jugglers' Association.

The Devil Stick Video by Wes Peden and Tony Pezzo is “30 minutes of brilliance by two of the most creative and technical jugglers around.”
-- Scott Seltzer



Available exclusively to IJA members at eJuggle!

Latest Articles in eJuggle <http://ezine.juggle.org>

[The Devil Stick Video by Wes Peden and Tony Pezzo](#)

Is 20 hand sticks and one devil stick the new back crosses? Why does no one mix devil sticks with rings or balls or clubs? Why aren't hand sticks 4 times as long and why aren't there rolls of toilet paper unraveling on the ends of devil sticks???? None of these questions are hypothetical. This is the first devil stick video to ever be made by two Extreme Juggling competition winners! We guarantee that you will be surprised at least a bunch of times! You'll never look at a money suit the same way again!

[IJA Tricks of The Month February 2015 Brazil By: Lucas Adverse](#)

Lucas Adverse is a Brazilian juggler who lives in Canada and has been juggling for 2 years and 3 months. The track used in the video is Oh Wonder – Body Gold (Louis The Child Remix). Special thanks to Jorge Vilchis. Lucas Adverse es un malabarista Brasileño que vive en Canada, el malabarea desde hace [...]

[TRIXIE: A Juggling Legend Spinning Through History](#)

Trixie is one of the most beloved juggling icons of the 20th Century. Martha Firschke was born on June 14, 1920 in Budapest, Hungary into a circus family. Her father, Oscar Firschke, was a German juggler, animal trainer, perch pole balancer, and horseback rider. As a juggler, he performed impressive routines with up to seven [...]

[AmaLuna Review](#)

Cirque du Soleil scores another winner with AmaLuna. This show is continuing its successful tour. It has played New York and Miami, is now in Houston, and will next play Europe. The star of the show is Viktor Kee, world class juggler from Priluki, Ukraine. Viktor studied under Alex Gruzin and in the Kiev circus [...]

[Juggler's Scoop – February 8th, 2015](#)

Juggler's Scoop is a bi-weekly collection of the latest juggling videos and news bits from around the web. Here's the latest scoop! - Luke Burrage has announced the results of the Top 40 Jugglers of 2014. - The Passing Zone have unveiled a sharp new piece. - Brian Koenig has set a new world record [...]

[IJA Tricks of The Month February Chile 2015 By: Jeair Burboa](#)

Jeair Burboa is a circus-theater actor, clown, and juggler from southern Chile. Thanks to the strong artistic influence of his father, he began his theater career at age of 8. He has been in the "Top 20 best Chilean jugglers" for two consecutive years and he was a finalist in the IJA regional competition (IRC). [...]

[Juggling Robots And Machines – A Video Survey](#)

Juggling robots and machines have been around for approximately 40 years. They've become more complex over the years, moving from relatively simple machines to humanoid robots with sensors to give them feedback. Let's take a look at the progression and variety of these creations. Bounce Juggling Machines The original juggling robot / machine was created [...]

Continued... **Latest Articles in eJuggle** <http://ezine.juggle.org>

[“Drop Everything” podcast with host Dan Holzman: interview with Avner The Eccentric](#)

“Drop Everything” podcast # 11 Hosted by Dan Holzman. Avner The Eccentric tells stories from his amazing life and career. From sharing the Broadway stage with The Flying Karamazov Brothers to starring in the hit movie “Jewel of The Nile,” this New Vaudeville legend has done it all. 59 minutes. Downloadable mp3 file (81 MB)

[Interview with Bobby Jule](#)

Bobby Jule was born Joe Pegnato in 1924 in New Castle, Pennsylvania (USA). He is now a spry and active 90 year old who looks closer to 70. He was one of the breakout juggling stars from the USA in the 1940s and enjoyed a forty year performing career. A trick that he invented in [...]

[Message from the Chairman, January, 2015](#)

A new year is upon us! January is often the time when resolutions take shape and time is spent planning the year ahead. Do you have any juggling goals for 2015? Learn some new patterns? Pick up a new prop, perhaps? Maybe attend a festival you've always wanted to go to. In any event, the [...]

[Ladies Malabaristas VI](#)

Thanks to a Facebook group called “Ladies Malabares,” the IJA has collaborated to create a video series featuring lady jugglers from around the world. This is number 6 of an ongoing series. If you are a lady juggler and would like to contribute to a future video, send footage to: solsticiodelmar@gmail.com. Editing By: Brenda Corso [...]

[Polynesian Juggling Goddesses of Tonga](#)

Hey, jugglers and historians. There is an entire country of women jugglers in an Asian-Pacific island group called the Kingdom of Tonga. There are 176 islands where everyone speaks English, all women juggle, and men wouldn't dare. I'm on my way Feb. 1, 2015 to Tonga to visit some [...]

[Obituary: Edoardo Raspini](#)

The juggling community has lost one of its living legends, Edoardo Raspini, who passed away on January 11th, 2015, just shy of his 87th birthday. Edoardo Raspini was born January 19th, 1928 to a circus family from the Tuscan area of Italy. His family was best known for their act on freestanding ladders, although his [...]

[Juggler's Scoop – January 22nd, 2015](#)

Juggler's Scoop is a bi-weekly collection of the latest juggling videos and news bits from around the web. Here's the latest scoop! - Kevin Axtell does some three club spinning and demonstrates to the viewer how him and his friends do. - Michael Karas juggles his way through his 2014 performance statistics. - Drex profiles [...]

[John McPeak: A Serendipitous Adventure](#)

Several months ago, writer / historian David Cain approached John McPeak about being interviewed for eJuggle. David sent John around a dozen questions. These questions framed the autobiographical narrative that John responded with. David also digitized a video of one of John's television appearances for this article. Photos are courtesy of David Cain and John [...]

[Ollie Young – An Early Juggling Innovator](#)

Ollie Young (1875 – 1946) was born Oliver R. Young in Columbus, Ohio (USA) to John and Madeline Young. He was a member of a large pioneer family and had at least three brothers and three sisters. As a boy, he worked as a courier for the Columbus Dispatch newspaper and would often deliver messages [...]

[IJA Tricks of The Month Chile January 2015 By: Diego Rojas](#)

Diego Rojas is a juggler from Santiago, Chile. He's been practicing clubs for about 3 years. This video was recorded in places that he practices in different districts of the city. Diego Rojas es un malabarista de Santiago, Chile, él lleva aproximadamente 3 años practicando clavos. El video se grabó por distintas comunas de [...]

[“Drop Everything” podcast with host Dan Holzman: interview with Françoise Rochais](#)

Drop everything podcast #10 Hosted by Dan Holzman. The amazing French juggler Françoise Rochais shares stories about her amazing juggling career. Her start at age 5, what it's like to train in Chinese and Russian circus schools, her juggling journal, and much much more. 59 minutes. Downloadable mp3 file (81 MB)

Coming Soon to eJuggle, by Scott Seltzer

In March, 2015, we are looking forward to publishing the following content on eJuggle:

Message from the IJA Chairman

2014 Mexico IJA Regional Competition Video (Members Only)

Salerno, The Inventive Gentleman Juggler by David Cain

Bounce Juggling With Rings And Clubs by David Cain

Juggling On Skates by Scott Cain

Three IJA Tricks of the Month videos

Twice/month Juggler's Scoop current events articles by Nathan Wakefield

"Drop Everything Podcast with James Bustar by Dan Holzman

The IJA Challenge (with prizes) by Richard Kohut

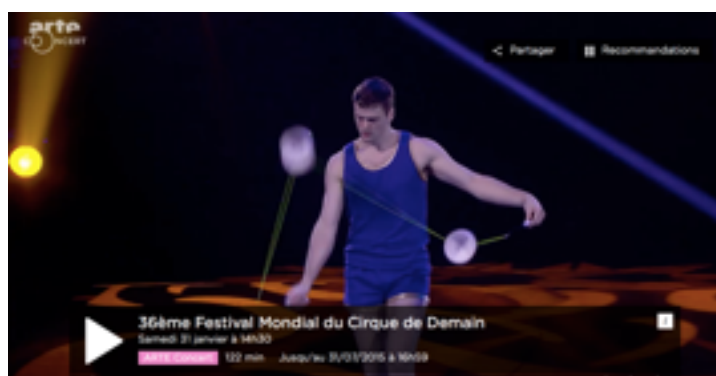
"Be Funnier with Scotty Meltzer" (Members Only)

And more...

36th Festival Mondial du Cirque du Demain

The first part of this competition, featuring the "A" group of performers is available on the Internet at ARTE.TV. Among other acts, see Jacob Sharpe representing the USA with three diabolos. The video is about two hours long and features the perennial MC, Calixte de Nigremont and his inimitable style. See also Dmitry Ikin's ball routine about ninety minutes into the show. This show is all about the best of new circus acts. It should be available online until July.

<http://concert.arte.tv/fr/36eme-festival-mondial-du-cirque-de-demain>



Juggling Festivals

For a list of even more festivals, check the worldwide juggling event listings on our website at: www.juggle.org/events.

23rd New Zealand Juggling Festival 2015

February 26 - March 1, 2015

Clareville, New Zealand

www.nzja.org.nz

Pocono Juggle/Circus Arts Fest

March 6 - 8, 2015

Lehighton, PA

poconojugglecircusartsfest.WebStarts.com

Winter Juggling Convention 2015

March 13 - 15, 2015

Heerlen, Netherlands

[website](#)

15th Annual Humboldt Juggling Festival

Mar 19 - 22, 2015

Humboldt State University, Arcata, CA

www.humboldtjugglingsociety.org

Dublin Juggling Festival

March 20 - 22, 2015

Dublin, Ireland

[facebook](#)

British Juggling Convention 2015

March 27 - April 2, 2015

Barnsley, S Yorkshire, UK

www.bjc2015.co.uk

Swedish Juggling Convention 2015

Apr 2 - 6, 2015

Linköping, Sweden

www.facebook.com/events/304420059759254

Israeli Juggling Convention

Apr 5 - 10, 2015

Gan Hashlosha, Israel

ijc.co.il

2015 Northwest Arkansas Juggling Festival

Apr 10 - 12, 2015

Fayetteville, AR

www.facebook.com/events/324536784409978

3rd Praiana Juggling Convention

Apr 17 - 21, 2015

São Paulo, Brazil

www.convencaopraiana.blogspot.com.br

2015 UC Santa Cruz Juggling Convention

Apr 24 - 26, 2015

UCSC, Santa Cruz, CA

www.facebook.com/events/697037177077009

Bibasse Convention 2015

May 13 - 17, 2015

Nancy, France

www.mjc3maisons.fr/bibasse.php

Dutch Juggling Convention

May 14 - 17, 2015

Oudenbosch, Netherlands

www.njf2015.nl

Nordic Juggling Convention 2015

May 22 - 25, 2015

Copenhagen, Denmark

www.facebook.com/events/656110361124145

Flatland Juggling Festival

June 5 - 7, 2015

Lincoln, NE

www.underthecouch.com/flatland

World Juggling Day 2015

June 20, 2015

Everywhere

www.juggle.org/wjd

Second Russian Juggling Convention

St. Petersburg, Russia

June 21 - 27, 2015

rujc.ru

JuggLINCOLNvention 2015

July 3 - 6, 2015

Lincolnshire, UK

www.jugglincolnvention.co.uk

Eugene Juggling Convention

July 17 - 19, 2015

Eugene, OR

www.facebook.com/events/1452436025015727

68th Annual IJA Juggling Festival 2015

July 20 - 26, 2015

Quebec City, Quebec, Canada

www.juggle.org/ija/festival

38th European Juggling Convention

August 1 - 9, 2015

Bruneck, South Tyrol, Italy

www.ejc2015.org

Philly Fest 2015

October 3 - 4, 2015

Philadelphia, PA

www.phillyjugglers.com

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.