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# IJA eNewsletter

## September 2015

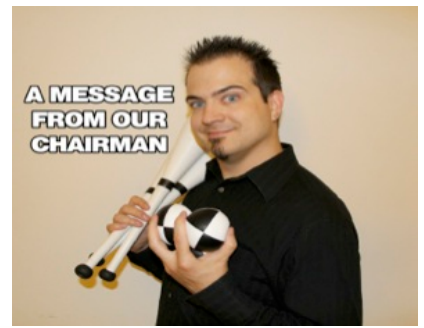
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## Chair's message, by Nathan Wakefield

Occasionally, people ask me, "Why should I join the IJA?" This is a very reasonable question, given that many people associate the IJA with our [annual festival](#) and our [free online content](#). But just what do people get out of joining the IJA these days? Well, I'm happy to talk about some of the great perks of becoming an IJA member.



Our members-only IJA [video library](#) continues to expand with more and more content. After an editing delay, we are pleased to finally have our full 2013 festival video being released in installments on eJuggle for IJA members. Our 2014 video is currently being edited and we hope to have that online soon as well. Additionally, we will be offering Nathan-Biggs Penton's new juggling film "Red" in the coming weeks to our members only library. Very cool!

If you perform in any capacity, whether it be as a full-time professional or as a part-time hobbyist, you may be interested to know that IJA members are eligible to join our new [Performer's Liability Insurance](#) policy. We were caught off guard recently when our previous policy changed and we had to explore different options. After working with our client advocate for months to obtain the most affordable plan with the best coverage for our membership, our new policy is now live! Not only does it match our previous policy's terms, but we have even managed to streamline the sign up process, allowing people to join the IJA, sign up for insurance coverage, and receive coverage certificates immediately with no wait time.

IJA members also receive some great discounts. Our [Vendor Discount Program](#) has a variety of discounts available to IJA members from a multitude of diverse partnering vendors. Members also get discounts on official IJA merchandise from the IJA store, on items such as T-shirts, DVDs and magazines.

The International Jugglers' Association is a volunteer-run organization. By [joining](#), you are also helping to keep our operations going and supporting some of our year-round programs, such as our [IJA Regional Competitions](#) and our [Youth Juggling Academy](#).

Do you have a membership idea or something you would like to see the IJA offer its members? Feel free to [drop us a line](#). We're always open to hear about how we can better render assistance to fellow jugglers.

# Performer's Liability Insurance available for US-based IJA members, *by Don Lewis*

The IJA is once again offering Performer's Liability Insurance to members living in the US, still for as little as \$150 per year.

We previously offered liability insurance to US IJA members, but the policy was offered through another group. In an unpleasant surprise to the IJA, the requirements for the insurance suddenly changed to require IJA members to become members of the other group in order to be eligible for the liability insurance.

Now the IJA's insurance broker, Dale Wittick, has arranged for the IJA to have its own group policy. This is a much better situation.

The new policy is offered at two levels of protection per claim: one or two million dollars, with a two million dollar annual limit per insured. Insurance certificates are issued quickly via email when you pay for the policy. Full details are available on the IJA website at <http://ym.juggle.org/?LiabilityInsurance>.

Although you can juggle fire under this policy, you have to do it outside. This is a condition that makes the policy affordable, as all insurers are extremely risk averse to fire used inside any structure.

The Board would like to thank members for their patience while this new insurance product was developed by our insurance broker.

## 2016 IJA Festival in El Paso, Texas, July 25-31

Save the dates for the 69th Annual IJA Festival, in El Paso, Texas, July 25-31, 2016. Preliminary festival information is available at <http://www.juggle.org/festival>, with more details to come.



# 2016 Championships: Big prize money, April 1 entry deadline

There's going to be a lot more prize money given out to the Championships medalists at the 2016 IJA fest in El Paso, thanks to generous support from anonymous donors iiWii and Unna Med. Over **\$35,000** will be on the line! That includes **\$10,000** for the IJA Individuals gold medalist and **\$10,000** for the winning IJA Team!

*Start working on your routine now!* The **deadline** for entering the Championships, including submitting a video of your full act, is **April 1, 2016**. That's a bit earlier than in the past, so don't let it sneak up on you.

**2016**

## **HUGE PRIZE MONEY INCREASE in El Paso for Championships!**

### **Individuals:**

**1st: \$10,000**

**2nd: \$4,000**

**3rd: \$2,000**

### **Teams:**

**1st: \$10,000**

**2nd: \$4,000**

**3rd: \$2,000**

### **Juniors:**

**1st: \$2,000**

**2nd: \$800**

**3rd: \$400**



**Courtesy of our generous anonymous donors  
iiWii and Unna Med**

**Free fest brunch Tuesday - Saturday thanks to iiWii**

# An Aging Theme, *by Don Lewis*

No one likes to think about aging, except perhaps for a four year old desperate to be five. It is something that we all have to endure, while extracting as much pleasure and satisfaction from life as possible.

Jugglers are lucky; we've found a sport or passion that seems to be age resistant. The "silver" jugglers can enjoy the innocent glee of juggling just as much as their younger counterparts - perhaps more!

I don't think of myself as young. My Mother is over 90 and lives in a large seniors residence. I spend several weeks a year visiting her. Her fellow residents are convinced that I am young, which is an interesting perspective. Many of them are fascinated by the idea that I juggle and get to attend juggling festivals.

Looking around the residence, it is pretty obvious that the people who have been active all their lives are aging more comfortably than those who have led sedentary lives. Accidental falls result in concussions and fractured hips. Those that recover best are the ones who started out with some strength and agility.

So - what to do, besides juggling, to age gracefully?

There isn't much point in obsessing about your health. A popular truism in medicine today is "if you think you are healthy, you haven't had enough tests". On the other hand, modern medicine does muster an impressive arsenal of diagnostic wisdom. If you are concerned about changes in your body, then get a diagnosis so you know what you're working with. You can then consider alternative therapies if you need to.

There are simple things that you can do to avoid problems. Stretching and warm-ups get more important as you get older and less flexible. Professional dancers and other types of athletes spend more time warming up than they do performing. They train a bit beyond their needs so that they can easily absorb any unsuspected surprises. Remember the last time you jumped and caught an impossible club pass ... and then felt stiff for a week? Stretch and warm up!

Blind juggling is a short lived trick of great proprioception. If you lose your eyesight you are not going to be doing a whole lot of juggling. Pretty rare, you say. Look around a seniors residence and check out how many people have some sort of vision problem. A particularly insidious problem is macular degeneration. You can develop this problem and not really even know it because the brain is so good at compensating for the symptoms.

There are different kinds of macular degeneration, with different treatment options. The key is to get treated very quickly. A few days of unperceived vision loss rapidly becomes a permanent loss. Fortunately, there is an easy test for this that you can do every day with no effort at all. Just look at an Amsler grid. It is like a piece of graph paper. Look at it with each eye separately. If you see wavy lines or blank spots, go to your local ER immediately and complain loudly. Don't wait a few weeks for your favorite specialist, there are treatments that can partially reverse the process if you catch it fast enough. It can develop overnight, but you won't notice because the brain uses the other eye to compensate. Download and print an Amsler grid. There are lots of them on the Internet. And Use It - Every Day!

# 2013 Fest DVD 2-Pack available from the new IJA Store

The 2013 IJA Festival DVD 2-Pack is available for purchase, from the new IJA Store. The price is \$30 for members (\$40 for non-members). To get the member price, sign in at [ym.juggle.org](http://ym.juggle.org). Once you are signed in, go to:

[ym.juggle.org/store/ListProducts.aspx?catid=449785](http://ym.juggle.org/store/ListProducts.aspx?catid=449785)

We have DVDs for sale from the IJA fests in: 2007, 2008, 2009, 2011, 2012 and 2013. Each year includes two DVDs and roughly two hours of video.



# Venue change for Not Quite Pittsburgh Juggling Festival, *by Madelyn Dinnerstein*

Because of circumstances beyond the control of the Leave It to Beaver Valley Jugglers, the location of the upcoming Not Quite Pittsburgh Juggling Festival VIII has been changed.

The dates are the same -- Nov. 6, 7 and 8 -- but the location is new. If you picked up a flier in Quebec City about the festival, it has the OLD location on it.

The new location is Monsignor Farri Hall in the Pastoral Center at St. John the Baptist Catholic Church, 1501 Virginia Ave., Monaca, PA 15061.

The building is a closed school. Google Maps still has the location listed as "St. John the Baptist School," so if you search for that, it will be easier to find it online.

This is a great location with about five hotels minutes away and loads of restaurants. It is about 27 miles from downtown Pittsburgh, a 45-minute drive.

We had to drag our feet a bit until we had things squared away with the location and discussed changing the date, so now, we are going full speed ahead and are looking for workshop leaders, show acts and an emcee. Please email Kathy Doult at [dkdoutt@comcast.net](mailto:dkdoutt@comcast.net) if you are interested.

Please visit the Facebook Event Page <https://www.facebook.com/events/838285846224629/> or the website <http://allinjest.com/jugglingfestclub.html> for updated information as the fest draws closer.

Also, this year, there will be T-shirts that will be available only by ordering them online *before* the festival. A picture of the tentative design is below. It has something cool on the back, too!





# eJuggle.

The official publication of the  
International Jugglers' Association.

## Latest articles in eJuggle

[Juggler's Scoop - September 26th, 2015](#) by Nathan Wakefield

[Assumptions in vanilla siteswap — paths to new patterns](#) by Hans Nickmans

["Drop Everything" podcast with host Dan Holzman: interview with Steve Langley](#) by Daniel Holzman

[2013 IJA Festival Video Part one: Benefit Show, Juggling, Youth Showcase and More!](#) by Nathan Wakefield

[6 Reasons why every juggler should go to Berlin](#) by Daniel Simu

[Dream Tricks Challenge # 2](#) by David Cain

[IJA Festivals — A Survey of Long Time Attendees](#) by Scott A Cain

[IJA Tricks of the Month September 2015 Nicaragua by: Cesar Amaruc](#) by Jorge Vilchis

[ArtAndClub](#) by Melanie Möhrl

[A Message from the Chairman, August, 2015](#) by Nathan Wakefield

[Juggler's Scoop - September 6th, 2015](#) by Nathan Wakefield

[Unanswered Juggling History Questions: Part 2](#) by David Cain

[2015 IJA Festival Joins Circus in Quebec City](#) by Cindy Marvell

[IJA Tricks of the Month Colombia September 2015 By: Santi Durango And Juan Gomez](#) by Jorge Vilchis

[Call For Marketing Bids](#) by Erin Stephens

[Unanswered Juggling History Questions: Part 1](#) by David Cain



# Upcoming Juggling Festivals

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

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.

## **Kansas City Juggling Festival**

October 2 - 4, 2015

Kansas City, MO

[kansascityjugglingclub.com/fest/2015/index.html](http://kansascityjugglingclub.com/fest/2015/index.html)

## **Philly Fest 2015**

October 3 - 4, 2015

Philadelphia, PA

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

## **St. Louis JuggleFest 2015**

October 9 - 11, 2015

St. Louis, MO

<https://www.facebook.com/events/661138894020652/>

## **Japan Juggling Festival 2015**

October 10 - 12, 2015

Fukushima, Japan

[www.juggling.jp/jjf/jjf2015/en/index.html](http://www.juggling.jp/jjf/jjf2015/en/index.html)

## **5-3-1 Festival of New Juggling in Helsinki**

October 16 - 18, 2015

Helsinki, Finland

[www.531festival.com](http://www.531festival.com)

## **Not Quite Pittsburgh Juggling Festival VIII**

Nov 6 - 8, 2015

Monaca, PA

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

## **Grassroots Juggling Festival**

Nov 6 - 8, 2015

Ottumwa, IA

[www.facebook.com/events/487400444731285](https://www.facebook.com/events/487400444731285)