



What's Happening at the IJA ?

The Early Bird registration deadline for the 2007 IJA festival is almost here!

Register soon, because prices go up significantly after April 25 (not April 1 as it says in the printed brochure in the Spring JUGGLE). For information on the IJA festival July 16-22 in Winston-Salem, NC, see:

www.juggle.org/festival

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Have You Moved, or Gotten a New Email Address?

Remember, the only way to ensure that you don't miss a single issue of JUGGLE magazine is to give us your new address. The USPS will generally not forward JUGGLE magazine.

To update your mailing address, email, or phone, please send email to memberships@juggle.org or call 415-596-3307 or write to: IJA, PO Box 7307, Austin, TX 78713-7307 USA.

World Juggling Day



Preorder your World Juggling Day T-Shirt today!

The IJA is happy to present the 2007 WJD t-shirt. The front will feature the 2007 WJD logo, the back will have some of the World's exotic juggling destinations and the IJA logo will be on the sleeve.

These shirts are pre-shrunk 100% cotton, Gildan, 9 oz tees and are available in child's small and large and adult small, medium, large XL and XXL. White with black imprint.

These shirts are preorder only.

Processed orders will be shipped out around May 27 and no orders will be accepted after May 15.

Any size is only \$15.00 plus shipping

3 free WJD stickers with every shirt !!

To place your order, please visit www.juggle.org/store

Last Day To Order Is May 15



National Volunteer Recognition Month...by *Kim Laird*

Volunteers. They work hard while expecting very little (if anything) in return. Volunteers have families and regular jobs. They have other interests besides the organization to which they donate their time. Even with all of these other things on their plate, volunteers give of themselves through their time and talents.

In the United States, April is National Volunteer Recognition month so it is appropriate to take this opportunity to thank our IJA volunteers. Thank you for the hours that you unselfishly give to the IJA. It takes a lot to keep this organization running and thanks to your contributions of your time and talents the IJA is running smoothly.

If you do not know the IJA volunteers who keep this organization running on a daily basis, please take a minute or two to look at the list online at www.juggle.org/contacts. If you are so inclined, send these volunteers an email to say, "Thank you!"

To contribute your time and talents to the IJA and be one of our special volunteers, email board@juggle.org with areas you feel you could provide some assistance.

Marketing the IJA... by *Don Lewis*

Have you noticed that the roster has been getting slightly shorter every year? Each year we talk about it and the IJA keeps trying to evolve to do something about it. We have mostly relied on word of mouth marketing, without ever developing a coordinated long term plan.

The first place to look for marketing expertise is our own members. So start thinking about how we might develop a formal plan and join the marketing discussions on the forum.

What kind of things should we be doing to raise awareness of the IJA and make it seem appropriate to people who are not currently members? Some suggestions that have been made are the following:

- make the festival even cheaper to attend
- create handout cards for members to give to new jugglers
- some kind of a contest giveaway at Halloween
- create special videos that members can buy cheaply to use as prizes or donate to libraries
- advertise to feminists with a "Take Back the GYM!" theme
- decouple JUGGLE, creating a cheaper IJA membership

I'm sure you can come up with many more ideas. Even crazy ideas are worth suggesting because you just never know when two totally unrelated madcap concepts will collide and spawn one truly great idea. Post your thoughts on the forum. or send them to me or any other Board member.

<http://www.juggle.org/forum/list.php?6>

Tendinitis : Prevention and Cure for Jugglers by *Véronique Provencher, RN, Diaboloïste!*

What do typists, pianists, and jugglers have in common? The three have a high risk of tendinitis, usually caused by repetitive movement without the muscular structure to support the effort. The tendon is the cord that attaches the muscle to the bone. A ligament (very similar to a tendon), connects two bones.

Tendinitis is an inflammation of a muscle's tendon. It causes micro tears in the tendon, which if not treated, can lead to a complete separation in an extreme case.

Tendinitis can be avoided by varying muscular activities, and by following a conditioning regimen specific to your sport.

A juggler can often spend several hours repeating the same movement, juggling three clubs for example. The arm is always repeating the same motion. It catches a club on the outside and throws it from the inside in an constantly repeating pattern. You have to vary the way the muscle is used. So in a training session, you might do clubs, diabolo, balls, and mix in some dance or capoeira. If you can't vary the object, then vary the tricks. Above all, make sure your muscular development is sufficient to avoid injury.

Specific physical conditioning should reinforce the muscles supporting the targeted activity. Juggling is composed of small movements that are rapid and precise, repeated for hours at a time. Contrast the endurance of juggling with weight lifting where the effort is explosive, forceful and sustained for a short period of time. Conditioning has to be focused on rapid movements, endurance, posture stabilization (abdominal and dorsal), and reinforcing the muscles opposing those used in juggling (scapula, triceps).

An example of an exercise specific for juggling: take two weights and rapidly move your arms as if you were juggling three or five balls (don't throw the weights!). Do three series of forty repetitions.

When you have tendinitis, ice is your friend. Apply ice for ten minutes every hour on the affected region, using a wet cloth to protect your skin. Anti-inflammatory drugs are useful (usually Advil - ibuprofen, or Aleve - naproxen) to help speed healing. You shouldn't train while taking medication, because you can aggravate an injury while the pain signals are suppressed by the drug. Take a break from juggling if it is painful. It is important for recovery to gently stretch the affected region and reinforce it. Identify the motion that caused the problem, and build up the supporting muscles.

Green Club Project French Version by Don Lewis

The popular Green Club Project plans are now available in French thanks to the translation efforts of Monique Campeau Roy, a member of Les Jongleurs Associés du Québec. Look for [Le Projet Quille Vert](#) in the How-to-Juggle section of the IJA website. Thanks Monique!

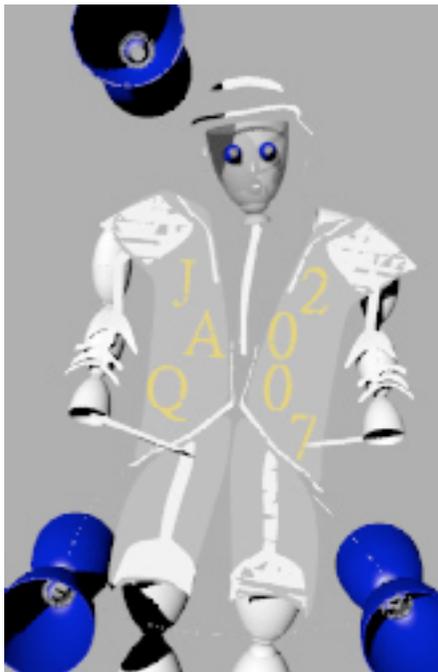
The Green Club Project solves the hardest part of teaching someone to juggle clubs - having good clubs to practice with. Make a set and you'll be surprised at how many compliments you'll get for brilliant recycling acumen. Expert jugglers try these clubs and are amazed at how good they are. You will be too.

30th RIT SPRING JUGGLE-IN

April 27 - 29 2007

<http://www.rit.edu/~jugwww/>

Featuring : Norbi & Viktor Gyllenberg with Peter Åberg



**Les Jongleurs Associés du Québec (the Quebec Juggling Association)
Invites you to the 15th Quebec Juggling Festival at Montreal
May 4, 5, 6**

Special Guest: Priam (of Mad French Posse fame)

www.jaq.qc.ca

Come visit Montreal this spring and Juggle! The festival is held at Lucien Pagé school at 8200 St. Laurent Blvd. This is a huge school near a Metro station (subway) where there will be three large gyms available for juggling. At night, one of the gyms transforms into crash space while the party rolls on in one of the other gyms. There will be an informal snack bar set up right in the gym serving sandwiches and drinks. Friday night features an outdoor fire jam (we provide the fuel), and an open stage. Saturday features workshops all day and the Gala Public Show in the evening. Pierre Duhaime produced a great show last year, and he is looking mighty pleased about the way this year's show is shaping up! Sunday morning, while most jugglers are starting off slowly, some of us will be up early to offer workshops to school groups as part of the festival's junior program. Bring your unicycle and join in a game of unicycle basketball, or try your hand at volley-juggle. There are lots of other games and contests too. You don't need to speak French to have a great time at this festival. Join us for an exciting weekend. For more information, consult the web site or contact don@dglewis.qc.ca

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Reading Jugglers Clubs June Jugglefest

The 16th Annual June Jugglefest is almost here! Mark June 2 on your calendars now for this intimate one day juggling event. Run by the Reading Jugglers' Club, this fest happens on the beautiful campus of Kutztown University in Kutztown, PA. Just look for the flying objects on Alumni Plaza to find us.

Kutztown, PA is only a little over an hour from Philadelphia, just over 2 hours from Baltimore, and just under 2 hours from New York City. Why not come out and juggle with us for the day? There's plenty of juggling and camaraderie to be had. Watch out for the horse and buggies! You'll be in the heart of the scenic Amish country.

The fest begins at noon and runs until 5pm. We then take a dinner break. The public show is from 7 to 9pm in Schaeffer Auditorium directly adjacent to the day's juggling area. All events are free and open to the public. For more information or if you'd like to perform in the show contact Jim Stilianos by email at papoustili@aol.com or call 610-406-2251

www.bouldercircuscenter.com

2007
BOULDER
JUGGLING
FESTIVAL
JUNE 15-17

CIRCUS ARTS
COMPETITION &
PUBLIC SHOW
Sat. June 16 @ 7 pm
Boulder High School

A poster for the 2007 Boulder Juggling Festival. It features a stylized, abstract figure of a juggler in the center, rendered in a pattern of orange and white stripes. The figure is juggling three balls. The background is a dark red color. Text is arranged around the figure, including the website address at the top, the event name and dates in large letters, and details about the circus arts competition and public show at the bottom.

Announcing the 3rd Annual Boulder Juggling Festival Hosted by the Boulder Circus Center June 15 - 17

Experience the joy of juggling at one of the foremost circus training facilities in the U.S.!

2 studios open all day, high ceilings, bouncy floors, nature activities in the nearby Rocky Mountains! Registration \$5/day.

www.bouldercircuscenter.com

How IJA Festival Competitors Can Obtain Necessary Permission If Using Copyrighted Music...by Kim Laird

The IJA has established that beginning this year, 2007, all competitors must use royalty free music or have obtained written permission to use the copyrighted music in their performance:

Should a competitor elect to use a copyright recording, they must provide written evidence that they have obtained both performance and synchronization rights from the owner of the copyright to use that recording in IJA competitions and videos.

The information below is being provided to assist our competitors in knowing the proper procedure for gaining artist permission to use a certain piece of music for their performance if they so choose. This information comes from www.copyrightkids.org/permissioninformation.htm. The Copyright Kids website also contains information about researching copyright ownership for music, with addresses of record companies and music publishers as well as provides sample permission letters for you to use in drafting your letter to the copyright owners once you have identified them.

"Obtaining permission to use music is sometimes a little more confusing than obtaining permission to use other types of copyrighted works, because there are two different rights in any piece of recorded music: the rights to the song itself, which is what can be written on sheet music, and the rights to the particular recording. The songwriter(s) owns the rights to the song itself, but generally grants those rights to a "music publisher" to administer the rights. A particular recording of the song (what's on the CD) is generally owned by the record company that released the CD. If you want to use a recording of a song, you have to get permission from both the music publisher (to use the song itself) and the record company (to use the recording). Sometimes, people choose to make their

own recording of a song. If this is what you want to do, then the only permission you would need to obtain is permission to use the song, which you would obtain from the music publisher(s). Also please be aware that songs can be owned by more than one music publisher. You need to obtain permission from all of the publishers who own copyrights in a song in order to use that song."

"The easiest way to find the contact information for a music publisher is through ASCAP, BMI and SESAC. These organizations are called "performing rights societies;" their web site addresses are www.ascap.com, www.bmi.com and www.sesac.com. All songwriters and music publishers have to belong to one of these organizations, but membership is exclusive so each songwriter can be a member of only one of these organizations. If you go to the ASCAP site and you don't find the title you are looking for, chances are the song is represented by either BMI or SESAC. Also some songs are written by more than one songwriter, one of who may be with ASCAP and another with BMI and/or SESAC. Unfortunately, the performing rights societies will only give out the publisher information for the writers they represent. Therefore, if you want to use a song written by writers from different societies, you will need to go to each society's web site to find all of the publisher information. The label on the CD or cassette often indicates which performing rights society represents the writer of a particular song."

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For more detailed information, addresses and sample permission request letters go to the website www.copyrightkids.org/permissioninformation.htm.