

IJA eNewsletter editor: Don Lewis (email: enews@juggle.org)

Renew at <http://www.juggle.org/renew>



What's Happening at the IJA ?

In This Issue:

Festival News
Festival Volunteers
Festival Workshops
Be Visible
Travel Tips

Festival Feet
IJA Elections
IJA Roster
Get Involved !
Donate Miles
Regional Festivals

Festivals:

IJA 2009 NC
Springdale AK
Portland OR
Philadelphia PA

WINSTON-SALEM 2009: JUST DAYS AWAY!!

Start packing, everybody!

Before you know it, we'll all be heading to Winston-Salem, North Carolina for the 62nd Annual IJA Festival! Everything is in place for a great week of fun and excitement -- now make sure you're there to take it all in!

First of all, remember that **advance discounted registration for this year's festival ENDS ON JUNE 30!** After June 30, you will not be able to register online, by mail or fax -- you'll have to register on-site, and pay full price for everything.

SO PLEASE, hurry and get your advance discounted registration in NOW! And registering in advance, before June 30, is the **ONLY** way to reserve and pay for discounted airport shuttle van rides, the quickest and most inexpensive way to get from GSO airport to downtown Winston-Salem.

Registering online is the fastest way to make sure you're all set for a full week of fun, so log on to the IJA e-store now and take care of everything so you're ready to go:

<http://www.juggle.org/store/index.php/cPath/52>

HURRY! THE ADVANCE DISCOUNT REGISTRATION DEADLINE IS JUNE 30!

FESTIVAL WAIVERS

Before you leave home for Winston-Salem, make sure you download, print out, sign and **BRING WITH YOU** your festival waiver form. It will be required for admission to the gym! Download the waiver from the IJA Web site at:

<http://www.juggle.org/waiver>

Jugglers 17 and under who are attending the fest without their parent/guardian **MUST** bring to the fest a waiver already signed by a parent/guardian.

WORKSHOP SCHEDULE NOW ONLINE

2009 Workshops Director Matt Hall is working night and day on a HUGE number of workshop sessions for the festival, and he has more than 50 already booked and scheduled! Check out this online calendar of workshops now at the IJA site, and subscribe to the calendar in Outlook or iCal to keep up-to-date on all the new additions and changes!

<http://www.juggle.org/festival/2009/2009workshops.php>

Links at the top of that page will let you subscribe to the calendar, download it to your computer, or grab a PDF-format summary of some of the workshops as of June 11. Keep an eye on that page for all the latest into on workshops at this year's festival!

AWESOME FESTIVAL T-SHIRTS!

Be sure to bring a few extra bucks along to Winston-Salem this year so you can stock up on this year's festival t-shirt! It features an incredibly original design by IJA member Alan Alovus, the winner of our festival t-shirt design competition, and we'll have his amazing artwork on three different colors of t-shirts in both men's and ladies styles!

Any size festival t-shirt is just \$15 when you order them with your advance festival registration **BEFORE JUNE 30!** After June 30, you'll take your chances on availability of this year's great t-shirt, and XXL and larger sizes will be \$18 on-site at the fest. We're **SURE TO SELL OUT THIS YEAR**, once everyone sees what a great design Alan has produced for this year's shirt!

TUESDAY EVENTS: JOGGLING & IJA ELECTIONS

There are events happening on TUESDAY, July 14 of festival week that you should be aware of so you can make plans not to miss them: juggling competition (9:00 AM Tuesday morning!) and the *IJA Annual Business Meeting and Election*, starting at 3:00 PM.

This year's *Juggling Competition* will be held at Hanes Park Track, located at 1406 Northwest Blvd. in Winston-Salem, starting bright and early at 9:00 AM Tuesday. A \$10 entry fee, payable at the track on the morning of the meet, covers as many races as each entrant cares to run.

Gold, silver, and bronze awards will be made separately for men and women in four divisions: Youth (age 12 and under); Intermediate (age 13-under 17); Open (open to any age, mandatory for ages 18-39); Masters (age 40 plus). For more information, call Juggling Director Bill Giduz at 704-609-1077.

Then at 3:00 PM on Tuesday, the IJA will hold its annual business meeting and board of directors election. Be in the gym at 3:00 when the voting booth opens, and be sure to vote and attend the business meeting, which begins at 4:00 PM in the North Main Hall, Section A. Voting continues until 30 minutes after the adjournment of the business meeting.

SEE YOU IN A FEW DAYS!

Remember, the gym opens for free juggling on Monday, July 13, about 10:00 AM! We'll see you then, and be ready to enjoy *a fabulous week of juggling, competitions, shows and FUN!*

Sincerely,
 Mike Sullivan
 2009 Festival Director Volunteer
festival2009@juggle.org

Festival Volunteers

Volunteers wanted for Security Positions: Door Checkers for the Main Juggling Room, Ushers for events, etc. Please sign up with Dina at the desk just inside the Main Juggling Room. Thank you for your time. -Adria

Festival Workshops! See the preliminary workshop schedule at <http://www.juggle.org/festival/2009/2009workshops.php>

Time	Title	Leader	Room	Level
Tuesday				
10 am	Youth Showcase meeting	Pam Hamilton, Paul Arneberg	B	General
10 am	1 Diabolo Excalibur	Matt Hall	C	Beg
10 am	Ring Tricks	Scott Sorenson	F	Beg/Int
11 am	Club Passing Patterns	Chuck Fernald	G	Int/Adv
11 am	Siteswaps 101	Chase Martin	C	Beg
12 pm	Cigar Boxes	Sean Haddow Bill Coad	B	Beg/Int
12 pm	Club Traps	Jeremiah Johnson Kevin Axtell	F	Int
1 pm	Factory Variations Part 1 (3 Balls)	Matt Hall	C	Beg
1 pm	3 Club Tricks (part 1)	Don Lewis	G	Beg
2 pm	Right/Left hand passing patterns	Martin Frost SJRI	B	Int
2 pm	1 Devil Stick Tricks	Markus Furtner	F	Int
3 pm	Beginning Hat manipulation	JD Ellison	C	Beg
3 pm	3-4-5 Ball Bounce Tricks	Christian Kloc Jack Kalvan	Downstairs	Int
3 pm	Yo-Yo: Old Skool	Dean Wicklund	G	Beg
4 pm	Kendama	Sean Haddow Joe Dean	B	Beg/Int

Workshop News by Matt Hall

Hi everyone! The current Workshop schedule is looking good! You can find it at:

http://www.google.com/calendar/embed?src=jugglesensei%40gmail.com&ctz=America/Los_Angeles

Once you're on the site, remember to go to July, and switch to Agenda view for details. You can also view versions of the schedule at the IJA Website, but they may be slightly older versions than the Google Calendar version. I am still hoping some more folks will step forward and lead workshops in any and all areas! Let's fill in those gaps on the schedule with more basic workshops or even more specialized, esoteric ones--MORE WORKSHOPS! =>

NOTE TO ALL CURRENT WORKSHOP LEADERS: PLEASE SEND ME A TWO-THREE SENTENCE BLURB ABOUT YOUR WORKSHOP(S) TO PUT IN THE FINAL WORKSHOP HANDBOOK. PLEASE SEND IT AS SOON AS POSSIBLE TO JUGGLE_SENSEI@HOTMAIL.COM OR YOU CAN CALL IT IN AT 650-279-5334. ALSO, PLEASE KEEP WORKING ON THOSE HANDOUTS. MY IDEAL WOULD BE TO TAKE ALL THE WORKSHOP HANDOUTS AND PUT THEM ON A CD-ROM FOR ANYONE. PLEASE HELP MAKE THIS DREAM A REALITY!

Matt Hall

Silver Creek High School

Thunderously Hip Japanese Program

<http://scweb.esuhdsd.org/programs/jp>

Juggle Sensei

<http://scweb.esuhdsd.org/programs/jugglesensei>

Kendama Open by Matt Hall

One last reminder for all you kendama players. The First Annual North American Kendama Open (NAKO) is coming!!! Start practicing those tricks. You have two ways to demonstrate your kendama skills:

Best Trick Challenge

The Best Trick Challenge is a five-minute jam where each player tries to pull off the best trick he or she can do. If a trick is missed, just go back to the end of the line and try it again. Audience applause determines the winner.

Speed Trick Challenge

The Speed Trick Challenge will be run as a knockout competition. Two players at a time will go head-to-head to try to complete 10 tricks in the fastest time possible. The faster of the two players will go through to the next round.

The tricks for the Speed Trick Challenge are:

Japanese name / English name (Clarification)

1. Oozara / Big cup
2. Kozara / Small cup
3. Chuuzara / Base cup
4. Rousoku / Candlestick
5. Swinging Oozara (String must remain taut until ball is above the level of the ken)
6. Tsubame Kaeshi / Orbit (Oozara>Orbit>Ozara)
7. Tomeken / Pull-up-in
8. Kajiya / Tap Back (Oozara>tap ball with ken>Oozara)
9. Hikouki / Aeroplane
10. Moshikame for 10 catches (Starting with Oozara or Kozara - player's choice)

See the following link for a video of the full challenge as completed by current BKO Champ, Mark.

<http://juggling.tv/video/1574/british-kendama-association-speed-trick-challenge>

To view all the kendama fun at the 2008 European Kendama Open, check out:

<http://juggling.tv/video/1404/european-kendama-open>

Be Visible !

Every juggler has their own sense of style. Walk into the gym and you certainly don't see a room full of clones!

When it comes to your juggling props, it is a different matter. Those new props you bought probably look just like someone else's. With a thousand clubs lying around on the gym floor, how can you be sure which are yours? **Put your name on your stuff!** The lost and found box does not magically know who things belong to.

Then there was the time that some very little kid spent a delightful afternoon putting stuff in prop bags, that he had taken out of other bags. Check your bag occasionally to make sure that only your things are in it; don't wait until you get home. It is pretty unusual that anything goes permanently missing, but there is always a box of leftovers at the end of the festival that are totally anonymous.

Do yourself a favor and use an address sticker or a permanent marker to identify your stuff. Jackets, sweaters, shoes, and anything else you might be tempted to remove are also good candidates for your name.

Be Nice to Your Feet!

You're going to be spending a whole week on your feet juggling. There is a carpet on the floor, but even so, the floor is pretty hard. Check out the August 2008 eNewsletter for some suggestions about shoes and insoles to make life more comfortable

If your feet are tired and aching at the end of the day, you might not sleep as well as you would like. Take a few minutes for a foot massage before going to bed. A tube of Arnica gel is very helpful for reducing swelling and discomfort. You can generally find Arnica ointments and gels in health food stores and pharmacies. Arnica is also available as an oral homeopathic remedy which is very effective for swelling and bruising.

I wish I had known about Arnica the year I caught a club with my face and spent the whole festival with a black eye! I know some people are deeply suspicious of homeopathy, but I also know from personal experience and study that Arnica is a wonderfully effective homeopathic remedy for physical trauma.

Travel Tips by *Don Lewis*

The airlines have discovered that passengers will actually pay extra to check their bags. The more bags you check, the happier they are. You can avoid some extra charges by packing carefully. Perhaps you can fold your prop bag and put it and your props in another bag with your clothes. If you are traveling in a group, you can consolidate all the props in one bag and check that. Airport security screeners are usually not familiar with juggling props, so put your props in checked luggage to avoid arguments. Balls seem to be OK for carry-on, but the screeners were confused by my illuminated balls on one trip (they passed after I took one apart to show the batteries).

If you are traveling from outside the USA, carry a print out of your festival registration or the festival brochure with you. The border service always asks why you are visiting and where you are going and it is an easy way to offer confirmation if they ask for details. They also look for a US street address or hotel name at your destination. As of this year, all travelers need a passport or approved "smart" ID to cross the US border.

Are you worried about catching the dreaded flu if you travel? Don't be worried, be smart. Your chances of catching the flu at a juggling festival are probably about the same as if you spent an afternoon shopping at your local mall. You can do a lot to reduce the risk of catching the flu. The most effective thing you can do is wash your hands. Don't rub your eyes, and keep your fingers out of your nose. A small bottle of hand sanitizer gel in your prop bag is also a good idea, if you actually use it.

Airplanes and air conditioned cars tend to be a very dry environment which can be irritating to the sinuses. Dry irritated mucus membranes can't do their job of filtering out irritants, so viruses have an easier time jumping in. Drink lots of water! You can't carry water through a security checkpoint, but you can usually buy a bottle before you get to the gate. Staying hydrated is important.

Another very effective trick is to travel with a small spray bottle of nasal lubricant. This is like moisturizer for your nose. Don't confuse this with decongestant sprays; those just dry you up. It isn't saline rinse either. It also isn't an anti-cold preparation like Zicam. It goes by trade names such as Rhinaris, and usually has some form of glycol or essential oil as an ingredient. An occasional spray in each nostril does the trick. To get the maximum effect, block one nostril, breathe in deeply through the other while giving one spray, and then breath out through your mouth. Repeat on the other side.

Beware of nasal sprays containing zinc compounds; they are reputed to permanently damage your sense of smell.

A popular and effective anti flu remedy goes by the name Oscillococinum. It is well known in parts of Europe, and increasingly available in North America. In Quebec, it is a staple in drug stores, but you may find it in natural food stores if your local drug store hasn't heard of it yet. Typically, you take it at the first sign of flu symptoms, but some professionals recommend a single dose once a month during flu season as a preventative.

Watch for your Summer JUGGLE magazine

The address label on the summer issue of JUGGLE has your **seven digit access code** on the mailing label. You will need this code to vote by mail. There is a printed ballot in the magazine and instructions on where to mail it.

Save the mailing label on the Summer issue of JUGGLE

If you did not receive JUGGLE magazine, you can still vote using the ballot to the right.

1. Contact memberships@juggle.org to get your seven digit access code.
2. Fill out the ballot, fold it twice, place it by itself in an envelope and seal the envelope. Do not sign the ballot. If you write in a nominee you must also check the box next to that name.
3. On the front of the sealed envelope containing your ballot: (a) write "Ballot Enclosed"; (b) sign your name; (c) print your name; (d) print your address; (e) print your new seven digit access code.
4. If more than one person in your family is voting, each one should repeat steps 1 and 2 above using a different envelope.
5. Place the envelope(s) in another envelope and mail to:

**Visit Winston-Salem
Attn: IJA Elections
200 Brookstown Avenue,
Winston-Salem, NC 27101**

6. Only those mail-in ballots received by 3:00 p.m. on July 14, 2009 will be counted.

2009 IJA Mail-in Ballot

Vote for a maximum of Three Candidates

- Kim Laird
- Kevin McBeth
- Scott Slesnick
- Thom Wall

Please mark an X beside any write-in vote

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IJA jn2009



The **IJA Roster** is published three times a year for the benefit of members. Download your copy by visiting the Roster section of the IJA business forums on the IJA website. The Roster is available in two formats: US letter, and European A4.

Get Involved !

The following volunteer positions are open. Help keep the IJA moving forward by helping your fellow jugglers.

IJA Recording Secretary

- ★ Attend monthly Board of Directors meetings through a conference call and record accurate minutes from the meeting.
- ★ Attend the IJA Annual Meeting at the IJA Festival and record meeting minutes for that meeting and meetings throughout the week. (Temporary replacement is an option if the secretary is unable to attend the festival)
- ★ Compile meeting minutes and distribute to the Webmaster, Board Members, and Officers in a timely fashion.
- ★ Type and send any official correspondence for the IJA.
- ★ Average time commitment is 3-4 hours per month, plus 4-8 hours at the festival.

IJA Online Store Manager

You can be anywhere and do this job. Scott Seltzer proved that by doing it from Israel. The store manager updates product descriptions. The IJA store uses OSCommerce software, but you don't need to be a computer expert to add products and update prices.

IJA Video Coordinator

Do you like the videos the IJA has produced? Help keep them coming by taking charge of video production. You don't have to stand behind the camera, or do the video editing yourself. You will solicit bids for parts of the project, and oversee the duplication and initial distribution by a professional duplicator. You'll also have access to previous video volunteers for experienced advice.

Championships Director

Learn the ropes in Winston-Salem by assisting Chuck Hawley with the 2009 championships. You'll be well prepared to take charge of the entire process at the 2010 festival.

Festival Director - Reno 2010

Are you a great host? How about hosting the best juggling party of the year? There are always enthusiastic volunteers to help out so you don't have to do everything yourself. Get involved now, and see how Mike Sullivan makes producing Winston-Salem 2009 look easy and professional.

You want to help, but it just seems like too much? Consider getting your local juggling club to take on a project as a group effort and spread the load. As long as there is a group leader for each project we're open to creative solutions.

Do you want more information about any of these positions? Send an e-mail to volunteers@juggle.org and Volunteer Coordinator Laura Kaseman will make sure your questions get answered.

DONATE YOUR MILES TO THE IJA!

Do you have some airline Frequent Flyer miles you would be willing to donate to the IJA to help bring more world-class performers to the festival in Winston-Salem in July?

A donation of your miles can help the IJA pack every show with superb talent, and could bring someone in that we otherwise would not be able to budget for.

If you have miles and you'd like to donate them to the IJA (and get a big THANK-YOU from your fellow jugglers and the organization!), please contact 2009 Festival Director Mike Sullivan at festival2009@juggle.org.



BOULDER JUGGLING FESTIVAL
JUNE 19-21, 2009

Public Show and Competition
 Friday, June 19

with
Pre-Festival
 4 Day Juggling Intensive Workshop
'The Art of Juggling'

with Michael Menes
 and Peter Davison

JUNE 15-18

Workshop Fee \$325*
 REGISTER BEFORE MAY 1st AND SAVE \$25!
 (*meals not included • housing assistance available)
 www.BoulderCircusCenter.com
 tel. 303-444-8110



Hosted by the Boulder Circus Center
 in Boulder, Colorado

BCC



September 4-6, 2009
 Davidson College, Davidson N.C.

Hurricane Hugo Juggling Festival

And the Saturday night Vaudeville Extravaganza,
 Hosted by The Great Fettucini!
 Call 704-609-1077 or gliduz@bellsouth.net
<http://web.mac.com/fettucinibrothers/iWeb/Hugo/HOME.html>

Juggling Festivals

Fifth Annual Boulder Juggling Festival

June 19 - 21, 2009
<http://www.bouldercircuscenter.com>

IJA

Winston Salem North Carolina
 July 13 - 19, 2009
<http://www.juggle.org/festival>

Jones Center Jugglefest
 Springdale, Arkansas
 August 21 - 23, 2009

Hurricane Hugo Juggling Festival
 September 4 - 6, 2009
 Davidson NC

Portland Juggling Festival
 September 25 - 27, 2009
<http://www.portlandjugglers.org>

Philly Fest
 October 3 - 4, 2009
 Philadelphia, PA, USA
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.

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>