

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

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



What's Happening at the IJA ?

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Festivals:

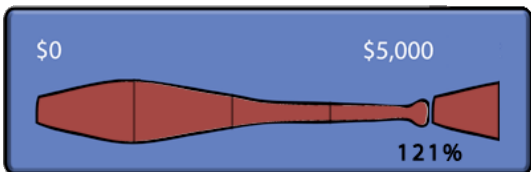
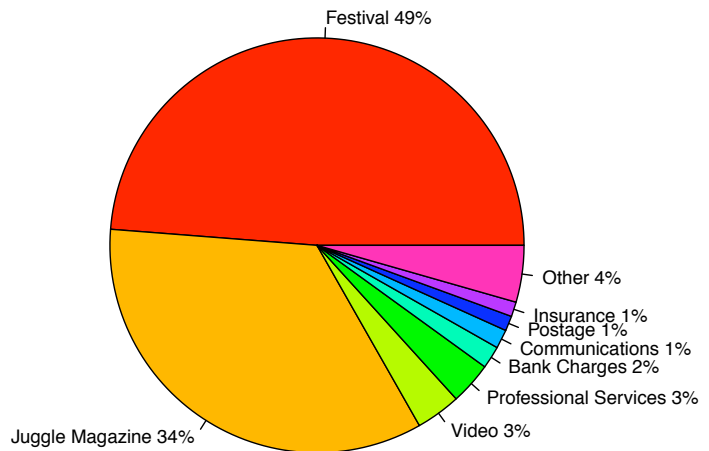
- Piracaia SP, Brazil
- Midland MI
- Sewickley, PA
- Van Nuys, CA
- Quebec City, QC
- Brooklyn, NY
- Sparks, NV

IJA Fall Fundraiser

The Fall Fundraiser is currently in full force and has already surpassed the goal of \$5000 by 21%. We're not stopping there. If you haven't participated yet, please consider making a donation. Why continue? Our membership income is down and many operating costs have increased. Every new donation counts towards keeping the IJA on a firm financial track.

Where does your money go in this fundraiser? All donations go into the General Fund. The pie-shaped graphic shows a breakdown of IJA expenses for 2008. Eighty-three percent of all expenses have gone towards the annual festival and JUGGLE magazine.

Where your money goes – 2008 IJA Expenses



If you love getting your 4 issues of JUGGLE or going to the annual IJA Festival, please donate today. It's not too late to get in on the Fall Fundraiser and feel good about your support of the IJA.

To make your tax-deductible gift to the IJA, choose one of the following:

- Donate through the online store at: <http://juggle.org/donate>
- Send a check to: IJA Fundraiser, 88 Long Plain Road, S. Deerfield, MA 01373
- Email Sandy Brown at fundraiser@juggle.org with your name and phone number, and she'll call you to process your credit card donation.

Juggling is good for your Brain

The mainstream news has been alive recently with reports out of the University of Oxford that learning to juggle causes changes in the white matter of the brain.

Wikipedia has definitions for both grey matter and white matter. White matter forms communication pathways through the brain while the grey matter processes the information.

Forty eight non jugglers were given MRI examinations, and then half of them took weekly juggling lessons for six weeks. They developed various levels of skill, but all could do at least a three ball cascade by the end.

All the subjects were scanned again. All of the juggling group showed changes in their white matter which suggests that the changes were associated with learning to juggle. The areas of the brain that were altered appeared to be those involved with grasping, visual tracking and arm movements.

Check out a brief version of the article that appears on the Nature Neuroscience website at:
<http://www.nature.com/neuro/index.html>



Board Meeting Recordings

The IJA Board holds a phone in Board meeting each month. The official minutes of those meetings are available in the business section of the IJA website. The live meetings are automatically recorded by the conference call system. The recordings are available on the IJA website, usually before the minutes are posted.

If you would like to listen to the IJA Board meetings, you can download the audio file and listen to it as a podcast on an MP3 player or directly on your computer.

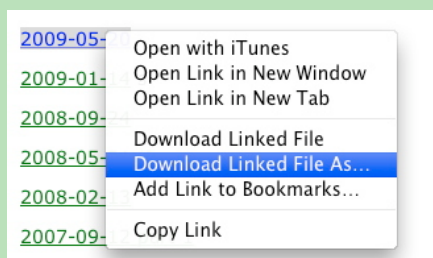
Go to the IJA website members section. Select Business, then Board Minutes. At the top of the Board Minutes section there is a link to the recordings.

<http://www.juggle.org/business/boardrecordings/>

If you click on a link, it will start playing in your browser. Right click on the link and you will be offered a choice of ways to download the file.

Now that you have downloaded the file onto your computer, you can burn a CD and listen to it on a CD player, or you can import it into an application like iTunes. The following instructions are for iTunes on a Mac.

Under the File menu, select Add to Library. Select the file and click open. Locate the newly added file in your music library and right click it to bring up the Get Info screen. In the Info tab, type "IJA BOARD MEETINGS" in the Album box. The dated file name appears under name, which you can edit if you wish. Switch to the Options tab and select Podcast in the Media Kind box. Click OK to close the Get Info window. You should now see the recording under the podcast section of Itunes. Sync with your iPod and listen anywhere.



Proprioception, What is it, by Don Lewis

When I was first learning how to juggle, many people commented on the need for good peripheral vision. Well, that helps, but proprioception is the thing that is really important.

The most commonly perceived human senses are sight, hearing, taste, touch, and smell. We're very conscious of these senses because they impact directly upon our awareness. There are other internal sensing mechanisms that we usually don't notice at a conscious level which regulate things like digestion, heart rate, and breathing.

And then there is proprioception. This is the sense that allows the brain to know where all your external body parts are at any given moment in time, and exactly what they are doing. It is the sense that allows you to put one foot in front of the other and walk without having to constantly watch your feet to see what they are doing once you have learned the movement.

The proprioceptive system has a variety of specialized receptors embedded in the muscles and tendons which monitor stretch, tension, and pressure. The muscle spindles communicate on neuron pathways about the speed and strength of muscle contractions. Other specialized receptors, like the golgi tendon organ, monitor tension at the interface between muscles, tendons, and joints. Ligaments and joints have their own specialized receptors.

If we had to pay conscious attention to all this information, we wouldn't have much time to juggle. The brain sorts it all out and lets us concentrate on intention. You can close your eyes and touch the tip of your finger to your nose fairly reliably because your brain knows where your nose is, and can reliably get your arm and hand to the right place.

The first few times that you do anything, it takes a fair amount of concentration as the proprioceptive system learns exactly what the movement feels like. As the movement becomes more familiar, it becomes automatic because the movement is processed at an unconscious level. That is why good jugglers are often able to make hero catches, apparently without being aware that they are doing it until it is done. The brain can process visual input and couple that to action without bothering the conscious mind until later.

Sometimes the conscious mind is so astonished at the feat that you are totally distracted after the fact and drop something else. It was an amazing catch, though.

Some people have to deal with a partial or total loss of proprioception as a result of an accident or illness. Usually this is temporary. While the brain and body are trying to reconnect the proprioceptive system, everything has to be done with visual and tactile feedback. Sometimes things like phantom pain or movement completely confuse a person with impaired proprioception.

Some theorists think that there is a neuromatrix, or map of the body, in the brain that processes all the proprioceptive information at a fairly low level and then makes it available to drive motor responses. Perhaps the very real phenomena of phantom pain and movement are a form of neural noise in the matrix.

Do you need great peripheral vision to juggle? Not really. As long as you see the object that you want to catch as it starts to fall, your brain will send your arm and hand out to the right place to catch it without your having to watch the catch. There have been several experiments done which severely limit the juggler's field of vision. As long as the top of the pattern is visible, even beginning jugglers can learn to catch and throw reliably. When the top of the pattern cannot be seen, the results are a lot less positive. Some jugglers might still be able to juggle like that, but they are probably the ones who can juggle blindfolded.

Kinesthesia is another term that is often used interchangeably with proprioception. No two texts seem to agree on the definition of these two terms, but generally it seems that proprioception includes a sense of balance from the inner ear. If your sense of balance is off due to an inner ear infection, you would still have full kinesthetic sense of muscle and limb position, but you would fall over without visual cues. Full proprioception lets you walk in the dark.

If you want more information about this subject, you'll find a lot on the web. Also look up the relatively new subject area of perceived exertion which straddles the border between body mechanics and psychology.

Insurance News for Performers/Clubs!

HRH is still offering insurance for jugglers who are performers as well as clubs with at least five IJA members on their roster.

There have been a few changes in their contact information recently. Please note the following changes:

1. Our main contact person is now Robert Pallini. His direct phone number is (610) 260-4360.
2. The toll free number for HRH is currently unavailable. They are hoping to have that fixed in the future.

Clubs...Just a reminder that you can be insured for your weekly meetings as well as your juggling festival under one policy!

New IJA Vendor Program, by Thom Wall

Hey, Vendors!

The IJA is launching a program to help out vendors in the juggling community, as well as to add value to jugglers' IJA membership! To read more about the Vendor Discount Program and what it can do for you, check out:

<http://juggle.org/business/misc/vendorspace.php>

RAH-RAH, ROCHESTER!**Rochester, Minnesota, chosen for 2011 IJA Festival**

The 64th Annual International Jugglers' Association festival will be held in the beautiful city of Rochester, Minnesota, **July 18-24, 2011!**

The IJA Board of Directors approved the site selection for the 2011 festival during the October Board meeting, giving jugglers plenty of time to make plans for the next TWO IJA festivals. After the 2010 festival in Sparks, Nevada, July 26 through August 1, 2010, the IJA festival will return to the midwest for the first time since the Davenport festival in 2005.

Jugglers can look forward to a wonderful festival venue in Rochester, with literally everything under one roof: immense spaces for juggling, shows, competitions, workshops and

Club Renegade, all inside the spacious and modern Mayo Civic Center; a selection of reasonably-priced, full-service hotels just steps away via skywalk or sidewalk; and more than 60 convenient food and beverage outlets in the downtown core, all anchored by the huge Mayo Clinic complex. Rochester has everything the IJA needs for a fabulous festival, and the city is working hard to make us feel very welcome when we come to town in 2011.

Mark your calendar now for the 2011 festival in Rochester, Minnesota!

Permanent Festival Sites, by Mike Sullivan

Elsewhere in this issue, you'll read that the IJA Board of Directors has approved Rochester, Minnesota, as the site of the IJA festival in 2011. That selection came as the result of over three years of pursuit of the IJA by the Rochester Convention and Visitors Bureau, three separate site inspections over two years by IJA volunteers, and a recommendation by yours truly that we accept as soon as possible the amazing terms offered to us by Rochester for the use of their spectacular facilities and city for our 2011 festival before the space and dates are taken by another group. Booking a week-long festival, with all of the elaborate needs that IJA has, just 21 months in advance, is cutting it very, very close indeed.

Having just spent the last year working as the festival director for the 2009 festival in Winston-Salem, and then being appointed by the IJA Board as the future festival site coordinator, I have been spending a lot of time thinking about what goes into making a good festival site for our needs. I'm also very aware now of the huge amount of time and effort that must go into finding, vetting and recommending a suitable city and venue for future festivals. In fact, I can say that there is **no shortage of cities** that **want** the IJA festival to come to town. But among those, there are scant few which actually **have what we need**, at an affordable price, for the dates we prefer, in a place that is fairly easy to get to from everywhere.

In fact, the IJA has fairly extreme requirements for our festival host venues, which border on the ridiculous when you look at them. Consider the items that make up a portion of our festival site Request for Proposal document that we send to potential future festival cities:

We want several hundred really cheap, nice, modern, clean, safe hotel rooms with free WiFi.

We want those hotel rooms to be across the street from a state-of-the-art, immense, clean, well-lit, high-ceilinged, carpeted convention hall with free WiFi that we can use exclusively on a 24/7 basis for a whole week, essentially for free.

We also want lots and lots of cheap and mid-priced restaurants within a short walk from both of the above.

We also need a fully-equipped, 1,200-seat proscenium-style live performance theater with 40' stage height, that no one else wants to use for a week so we can rent it for four nights in a row, and we don't want to pay hardly anything for that, either.

We also need free use of a running track for a day, and that needs to be within walking distance of everything else in downtown.

The hotels, the theater, the convention space and all the restaurants have to be in a clean, safe, walkable downtown area.

We want all this adjacent to or a free shuttle bus ride away from an international gateway hub airport, with hundreds of cheap non-stop flights on dozens of discount airlines to everywhere in the world, but we don't want to hear any airplane noise from our hotel rooms.

We want all this in a city that is equally close to everyone no matter where in the world they live, and whose climate is not too hot in mid-July.

And finally, we want all of the above at a ridiculously low price for the week so that we can sell five-day festival package plans for \$200 and make a profit

Oh, but the IJA won't sign a contract for any of this more than two years ahead of time.

In reality, there simply are no cities that offer all of that.

Any city that comes close to offering all those things has more convention business than they know what to do with, and they certainly don't need the IJA to come to town, because they are booked years in advance with the Housewares Show or the Hardware Show or the Consumer Electronics Show or the AMA convention or the Teamsters convention or any number of other gigantic, multi-million dollar shows and conventions.

That's why the IJA, in its present form, could never contemplate holding our festival in Orlando or Las Vegas or New York City or Boston or Chicago or Houston or Denver or LA or San Francisco or Seattle or Phoenix or any other big-time convention city. So, we and hundreds of other tiny non-profits and associations meet in cities like Rochester, MN, Winston-Salem, NC, Lexington, KY, and Davenport, IA. *Those* are the kinds of cities that have what we require, and which we can *afford*.

If they had any sense, the people at the Convention and Visitors Bureaus in the cities we evaluate for our festival would, after seeing our requirements, laugh out loud and hang up the phone on us. But thankfully and almost unbelievably, the IJA has now found **two** outstanding host cities, Winston-Salem and Rochester, MN, which seem custom-built for our festival, which we can **afford**, and which **actually want us**.

We know we can be successful in Winston-Salem, since our festivals there in 2007 and 2009 both delivered a strong profit margin to the IJA (as is **required** to keep the organization afloat), and which our IJA juggling family found to be safe, fun, comfortable and affordable cities for our festival. Every indication is that Rochester, Minnesota, will also be an excellent host city for our 2011 festival, with financial terms and facilities that are almost too good to be true. The IJA has

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seemingly hit the jackpot, twice. We have found two cities that can perfectly meet our ridiculous list of requirements, that we can afford, that want us to come to town, and that are fairly easy to reach by ground or air from anywhere in the world.

With that in mind, the IJA should seriously consider doing something in fact that many IJA members have considered in theory for many years: moving to a two-city, alternating-year system for our future festivals, starting in 2011 with Rochester, Minnesota. We'd return to Rochester in 2013, and we'd be in Winston-Salem for 2012 and 2014.

There are numerous advantages to the IJA if this system is adopted:

Both cities are willing and **eager** to extend offers to us now for dates well into the future, locking in favorable hotel room and facility rental rates, as well as our preferred dates for our mid-July festival.

Moving to the alternate-year/alternate city system lets IJA members, special guests and competitors make their plans well in advance, knowing when and where our festival will be held...much farther in advance than has been customary for the IJA in many years.

Locking in a great venue makes it a lot easier to recruit festival volunteers for each year, and most importantly, the festival director. Speaking as the immediate past festival director, I can say that the only reason I decided to give up my first year of retirement to work on the IJA festival was because I knew we'd be returning to Winston-Salem, a city and facilities where I knew it would be very easy to have a fun, successful, hassle-free festival.

It eliminates almost all of the financial uncertainty faced by the IJA Board and the festival director about the profit potential of the festival. We know the IJA can put on a profitable festival in Winston-Salem, since we've been able to do it twice in a row. Rochester, Minnesota, has all the makings of a potentially even more profitable venue, thanks to the extremely favorable terms we have been able to secure. This leads to better decision-making by all involved, from the Board right down to the festival director.

Jugglers who attend a festival in a city we've visited before have a lot less to worry about as well. I know that many of the jugglers at the 2009 festival in Winston-Salem had an even more carefree week this year, since they already knew from our 2007 festival where they could find the theater, the restaurants, the gym, the workshops, the Renegade space, and so on. Less hassle, more fun for everyone.

Very importantly, returning to a city means that there is no need for the IJA to "reinvent the wheel" every year and

have to train a new facility, new hotels, a new theater, a new airport, a new downtown merchant association, and so on, about the needs of our group, what our schedule is, how we like to work, what we can afford, etc. This results in much, much easier and better planning and execution of the thousands of moving parts that go into putting on a week-long festival for many hundreds of people from all over the world with essentially an all-volunteer staff. I can't emphasize strongly enough how big a difference it made in my work on the 2009 festival to have already in place so many contacts and resources already "trained" on what the IJA festival is all about, from the experience of our successful 2007 festival.

During the November 18th Board of Directors meeting, your IJA Board is going to vote on a motion that proposes the adoption of this two-city/alternate-year system, starting with Rochester, Minnesota, in 2011, Winston-Salem for 2012, and so on, through 2014. The Board wants to hear feedback from the members about this, pro or con, so they can make the decision with your input in mind. Note that nothing being proposed prevents future Boards from discontinuing this system after the 2014 contractual obligations with Winston-Salem have been met.

As you think about what kind of feedback to offer the Board on this idea, please consider these additional factors that underlie this proposal:

The IJA is dangerously short of volunteers. There is no assurance at all that the IJA will have any more luck in the future finding the necessary talented, dedicated, available volunteers to put together a first-rate festival than in the past few years, where many volunteer positions have been left vacant for months or years at a time. Moving to a predictable, profitable two-city system for our festivals may help encourage future festival directors and volunteers to pitch in.

It takes an incredible amount of time and effort to prospect for, find, evaluate and select a host city for our festival. Those volunteer weeks and months could easily be re-directed into more useful efforts, for which there is no shortage of need in the IJA.

IJA festivals held west of the Rocky Mountains are generally not well-attended or profitable for the IJA. A quick look at a map shows that the western United States and Canada is a vast, vast empty space that is largely uninhabited, aside from a dozen or so big cities separated by immense distances. Recent festivals in Reno, Portland, Rapid City, Primm and Las Vegas have shown that even IJA members who live in the west do not attend festivals held in the west in great numbers. In fact, most IJA members (over two-thirds) live east of the Mississippi River.

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Please think about all these items as you consider what feedback to give to your Board, and remember that what may be the most convenient or the most fun for you personally in a festival site might not align with the real-world needs of the IJA, either financially or operationally.

You can e-mail the IJA Board of Directors at board@juggle.org; if you'd like to include the IJA staff and officers in your message, send it to boardplus@juggle.org. And feel free to read and contribute on this subject on the IJA Forum at:

<http://www.juggle.org/forum/read.php?6,17303>

Respectfully,

Mike Sullivan

IJA Future Festival Site Coordinator

Festival Director, 2009

Membership Director 2003 - 2008

Get Involved !

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

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

Changes to the competition rules have made this job a lot more streamlined than it has been in the past. Video preliminaries mean that some of the work can be done from the comfort of your own home. The energy of the competitors is contagious, come catch the spirit!

Festival Director - Sparks, NV, 2010

Do you like to plan events? Are you an organized individual? Then the IJA needs YOU as our 2010 festival director. If you think you are the person for this position within the IJA and you are interested in planning the IJA festival in Sparks, NV, contact: board@juggle.org.

Volunteer Coordinator

Grease the wheels of progress by helping us attract volunteers and making sure they get everything they need to get the job done.

Store Distribution

Have you got some room in your basement? The IJA needs some extra space for new videos and merchandise. You would have to ship items at the Post Office from time to time as orders are processed at the IJA's online store.

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

IJA Store News, by Kevin McBeth

New Product:

2009 IJA Festival Big Toss Up Photo (\$10.00+shipping & handling) Limited edition 8" tall by 10" wide photograph of the Big Toss Up at the 2009 IJA Festival in Winston-Salem, NC. Only 100 were made. Includes photo folder cover.



Available online from www.juggle.org/store

New Store Software

The IJA has upgraded its online store from the old osCommerce software to new spiffy (but similar) Zen Cart software. Still secure, the Store has some new small niceties (both for users and for the store admins) and is more robust.

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

Midland Salvation Army
330 Waldo avenue
Midland MI

Friday November 6, 2009 6:00pm - 10:00pm
Saturday November 7, 2009 10:00am - 10:00pm

Workshops - Raffles - Games
Back by popular demand: Showtime starring you!
Bring your fun & stupid human tricks!
Juggling, performances, games and tricks,
Musical instruments, clogging shoes.
Hey, if you can't amaze us, amuse yourself!

Vendors Welcome.

Contact Julie Wright
989-835-8237
jewlsiyq@chartermi.net

We hope to see you there!
Donations will be accepted for
the Salvation Army!



Juggling Festivals

Brazilian Juggling & Circus Fest
October 29 - November 2, 2009
Piracaia - SP, Brasil
www.cbmcirco.com.br

Midland Juggling Festival
November 6 - 7, 2009
Midland, MI
<http://midlandjugglingclub.com>

Not Quite Pittsburgh Juggling Festival II
November 13 - 14, 2009
Sewickley, PA
www.allinjest.com/jugglingfestclub.html

Nomadic Juggling Festival
November 14 - 15, 2009
Van Nuys, CA
<http://sites.google.com/site/safetyinnumbers/nomadic-juggling-festival-2009>

Quebec City Turbo418 Festival
January 8 - 10, 2010
web site under construction

Juggle This
April 8 - 11, 2010
Brooklyn, NY
<http://www.jugglennyc.com>

IJA 2010 Festival
July 26 - August 1 2010
Sparks, NV

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>