

IJA eNewsletter editor: Don Lewis (email: enews@juggle.org)Renew at <http://www.juggle.org/renew>

What's Happening at the IJA ?

Festival Registration is Open!

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

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Arcata, CA
Brooklyn, NY
St. Paul, MN
Rochester, NY
Santa Barbara, CA
Sparks, NV

Sparks, Nevada 2010: The Latest News on the IJA Festival

The 63rd Annual IJA festival is set for July 26 through August 1, 2010 in exciting Sparks, Nevada (next door to Reno). Start making your plans NOW for an incredible week of juggling, championships, shows and fun!

This year's very special guest will be **Kris Kremo**, who will amaze and delight us with his appearance in the *Cascade of Stars*. Kris will also teach a three-day Special Workshop entitled *3 Object Juggling*. Everyone can meet Kris when he hosts an open question/answer session on Saturday at noon. Also scheduled to appear in the *Cascade of Stars* show, directed by Keith Nelson, are Brad Weston, The Flash, Jochen Schell, and Jan Damm. Keith is still rounding out the show so check the IJA Festival web pages often for the most up-to-date information.

All IJA events are right under one roof at the John Ascuaga's Nugget with the exception of juggling and Renegade. The IJA will utilize Rose Ballroom A and B on the second floor of the Nugget as our gym area consisting of over 34,000-sq.ft of comfortable juggling space. Workshops will happen a very short distance down the hall from the gym in Pavilion Rooms A through E having a combined total of just under 25,000-sq. ft. The IJA has negotiated special festival rates at John Ascuaga's Nugget Hotel, which is only a short five-minute drive from the Reno-Tahoe International Airport. Four nights of shows and competitions will be staged at the intimate Showroom right in the Nugget.

The Midnight Renegade Shows are scheduled to take place at the Great Basin Brewery; a wonderful microbrewery located three short blocks from the Nugget. Great Basin is a comfortable, family-feeling pub with lots of room, great food, and a stage, lighting and sound all ready for our Renegade performers. Steven Dimon will direct this year's Renegade Shows. Catch him in the gym to sign up to perform.

Need transportation from the airport to the hotel? The Nugget provides a shuttle service from the Reno-Tahoe International Airport to the hotel and back. This is a free service provided seven days a week from 4:45am until midnight at quarter of and quarter after the hour for all guests registered at the Nugget.

By the way, it's not too early to make your hotel reservations NOW for Sparks 2010! Here is the link for the special IJA hotel rates, now online so you can book early:

John Ascuaga's Nugget Hotel online registration

<http://www.januggetsecure.com/jump/1222/>
Or you can call 800-648-1177 and mention group code "GJUGGLE".

There will be no printed festival brochure this year. To register for the 2010 IJA Festival in Sparks, Nevada, go online to: <http://www.juggle.org/festival> to begin your festival journey! You can register online or print out the registration form and mail it to the address given.

Questions, feedback or offers to volunteer? Please contact 2010 Festival Team Leader Kim Laird at festival2010@juggle.org.

Kris Kremo Special Workshop — 3 Object Juggling

Be one of the few who will be present for an amazing three-day workshop led by the incredible **Kris Kremo!**

His fast and flawless work with balls, cigar boxes and hats has left audiences incredulous around the world. His every move is perfection.

This special workshop is titled **3 Object Juggling** and will be held **1pm-3pm on Tuesday, Wednesday and Thursday.**

The workshop requires a separate \$150 fee. To attend, you must also be a registered juggler at the festival, with either Gym Admission for the days of the workshop or a festival Event Package.

Kris Kremo's plan for the workshop is to cover the idea of concept of an act, what it takes, needs, dedication, etc., and to spend:

- one day working with balls
- one day working with hats
- one day working with cigar boxes

Preregistration is required for the special workshop, and space is limited, so sign up early!

Kris will also be performing in Friday's *Cascade of Stars* and hosting an open question/answer session Saturday at noon.

Kristian Gaston Kremo, originally a Swiss citizen, was born in Paris into an internationally famous dynasty of artistes. He was trained by his father, Bela Kremo, a famous juggler himself. The Kremos presented a double act for six years beginning in 1970. The synchronized juggling of father and son transfixed audiences in variety theatres throughout Europe. Following that success, Kris began working as a solo juggler and immediately captured the attention of the public with his astounding manipulation of simple objects.

He has showcased his skills before the crowned heads of Europe including the Queen of England and Prince Philip and King Carl Gustav XVI of Sweden. He holds the record for the longest continuous appearance by a juggler in Las Vegas, where he performed his act for eleven years at The Stardust Hotel. Some of his awards include the Las Vegas Award as Best Performing Juggler, the Silver Clown Award at the Monte Carlo International Circus Festival, and the IJA's Award of Excellence. The Guinness Book of World Records notes his quadruple pirouette and catch of three cigar boxes as unique.

Kris Kremo performed at the LIDO de Paris on and off for 20 years and with the Swiss National Circus KNIE for five seasons.



Board Nominations For Summer 2010-

There are **four** positions to be filled this year, for a two year term. Nominations should be mailed to nominations@juggle.org.

If your local juggling club thinks the IJA should be doing more, then get one of your members on the Board and make things happen!

How do you want the IJA to evolve? Who do you think will be able to lead us in a good direction? Start thinking who you want to vote for, and begin convincing them that they should accept a nomination. Consider that the ideal candidate might just be staring back at you in the mirror.

Please consult the IJA nominations and elections web page for deadlines and procedures.

<http://www.juggle.org/business/nominations.php>

THE IJA NEEDS YOU

SHARE the LOVE of the IJA!

2010 MEMBERSHIP DRIVE**FEBRUARY 14 thru WJD**

How do you earn awards for getting someone to join?
Lucky new members will include your name on the membership form... SIMPLE!

Monthly prizes drawn on March 15, April 15, and May 15

**GRAND PRIZE: IJA 2010 FEST PACKAGE**

to be drawn in a live webcast on

WORLD JUGGLING DAY, June 19

The more people you get to join the more times your name goes in the hat!
Monthly prize winner names go back in the hat for the Grand Prize drawing.
For more information, prizes awarded or to check progress go to...

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

Vendor Discount Program News, by Thom Wall

The Vendor Discount Program is a new IJA benefit program designed to help out prop vendors as well as the IJA membership. As part of this program, vendors are offering IJA members an exclusive deal through their web stores at least three days per year. For more information regarding the Vendor Discount Program, please visit <http://juggle.org/business/misc/vendorspace.php> or email Thom Wall - wall@juggle.org

Vendor Discount Program Calendar 2010:

- March 1st - Brontosaurus Balls - \$1 off / ball
- June 10 - 20 - Flying Clipper - 15% off your entire order
- June 18 - 20 - Kendama.net - 15% off your order
- June 19 - Brontosaurus Balls - TBD
- June 19 - Sport Juggling Company - TBD
- June 19 - Shalom Blue - TBD
- November 10 - Sport Juggling Company - TBD

Brontosaurus Balls will be selling balls at a discounted rate on the 1st of March.
\$1 off per ball ordered!



<http://www.kendama.net>



<http://www.flyingclipper.com>



<http://shalomblue.com/home.html>



<http://www.sportjugglingco.com>



<http://www.littlewoodenclubs.com>



<http://brontosaurusballs.com/merchandise.html>

Do you have a new trick that you'd like to show off? Feel the need to help out aspiring jugglers? Well, here's the perfect opportunity! The IJA Youtube Video Tutorial Contest is in full swing! It's a contest aiming to enrich the online juggling community by encouraging jugglers to produce online educational materials. The contest runs until the end of March and is open to whatever skill you have to offer. There are huge prizes for the top eight tutorials, including IJA festival packages, complete runs of JUGGLE and Juggler's World backissues, and festival DVDs! Check out the rules and current entries at <http://www.juggle.org/youtubecompetition> and get filming!



Psy, the latest show from Les Sept Doits de la Main, is playing to sold out audiences in Montreal. The show starts from the idea that we all have little moments of crazyness in our lives, and runs away with that concept.

You can see some segments of the show in the online ads which you will find on the Tohu website.

There's juggling in this show!

<http://www.tohu.ca/en/activities/item.aspx?aid=336>

IJA Store News, by Kevin McBeth

The 2009 IJA Festival DVD has been added to the IJA store. Miss the festival? Didn't pre-order the IJA festival DVD? Pick up your copy today!

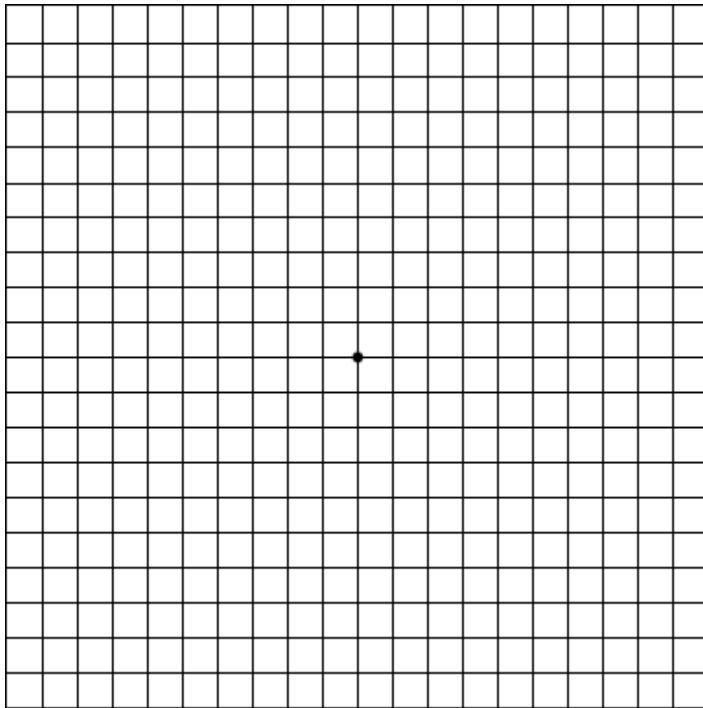
2009 IJA Festival DVD 2-pack: www.juggle.org

The membership price is \$30 (\$10 less than the non-membership price). Make sure you're signed in to your store account to get that price. If you're signed in to your store account and \$40 shows as the price, email store@juggle.org and we'll update your account to the show the membership prices.

Missing previous festival videos? The 2007 and 2008 IJA festival DVDs are still available!

2007 IJA Festival DVD 2-pack: www.juggle.org

2008 IJA Festival DVD 2-pack: www.juggle.org



Four Ball Tip, by Don Lewis

Are you trying to learn to juggle four balls and getting frustrated by collisions in the centre of your pattern? Relax, you are not alone. The three ball cascade trains you to throw across the centre. But four balls is juggled two in each hand, with no balls crossing to the other hand. Sure, there are advanced four ball patterns that do cross, but that isn't where to start. Two in one hand can be juggled in columns, or in a circular pattern. The easiest way is throwing from the inside and catching on the outside, sometimes called a fountain or rolling out shower. Using both hands, you can do this in synch, or asynch throws. Just remember that the balls stay on the same side, one two-ball pattern in each hand.

Now, what to do about that annoying tendency for the two patterns to meet and collide in the middle? Well, it is much like the three ball problem of throwing in front, which is solved by standing in front of a wall. To fix this, stand facing the edge of a door, with one hand on either side of the door. The balls from one side can't collide in the centre without hitting the door first. Now you just have to deal with rebounds off the door, but you'll quickly find that this way you can keep the pattern going long enough to stabilize it. Watch out for door knobs! Sometimes it can be easier to kneel in front of the door. That way the door knob is above you and out of the way, plus you are closer to any drops....

Pay attention to your Eyesight, by Don Lewis

Juggling is the kind of activity that you can keep doing as you age gracefully. But, on a recent visit to a retirement home, it was obvious that a lot of people wind up with vision problems that they never expected to have. A few jugglers manage to juggle a cascade with their eyes closed as a trick, but it isn't their first choice. It doesn't last too long, and they always open their eyes to find the drops.

We mostly take vision for granted unless there is a sudden change that is obvious. The brain is marvelously adaptive, and it can often compensate for some vision problems by ignoring input from one eye or the other without us being aware of it. We just see what we expect to see.

Conditions like macular degeneration, which destroys central vision, can literally start overnight with barely perceptible changes. Caught early, there are treatments available. The trouble is, most people have no idea they even have a problem when it starts, and when it becomes obvious the damage can't be reversed.

The chart to the left is called an Amsler Grid. To use it, you cover one eye and look at the centre of the chart from normal reading distance. All the lines should appear straight and unbroken, and you should see the dot at the centre. Check both eyes. You can find printable copies of the chart and instructions on the web. Print one out and place it where you'll see it every day; perhaps in the bathroom or by your mirror. How often do you check? How about every morning? It takes seconds, costs nothing, and just might save your sight. If you wake up one morning and part of the grid is missing or looks broken or twisted, get yourself to a competent eye doctor and get checked right away.

Don't depend just on a visual grid test which only tests one particular aspect of sight. Get your eyes checked regularly by a professional. By middle age, an annual checkup is reasonable. Even if there isn't anything wrong with your vision, isn't it nice to have that confirmed? It's also very helpful for your vision specialist to have a healthy baseline to refer to if you ever do develop a problem or sustain an injury.

There is no fixed age for vision problems to surface. Lots of people are diagnosed with problems that could have been successfully dealt with earlier intervention. Don't be one of them! Make sure you *can* keep your eyes on the ball...

Do your older friends a favor. Most people with age related macular degeneration have never heard of an Amsler Grid. Pass the word on.

What about Montreal ?

The Montreal Festival usually runs the first weekend of May. This year, the space which we have used in the past has become unavailable. We are trying to find an adequate space in which to run the festival, without much success so far. Stay tuned, we really want to have a festival this year!

Juggling Festivals

Illini Juggling & Unicycle Fest
March 5 - 7, 2010
Champaign, IL

10th Humboldt Festival
March 18 - 21, 2010
Arcata, CA
<http://humboldtjugglingsociety.org>

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

MONDO XXI
April 16 - 18, 2010
St. Paul, MN
<http://www.mondofest.org/>

33rd RIT Spring Juggle-In
April 16 - 18, 2010
Rochester, NY
<http://www.rit.edu/sg/jugglingclub/jugglein>

34th Isla Vista Jugglers Festival
April 23 - 25, 2010
Santa Barbara, CA
<http://www.sbjuggle.org/>

IJA 2010 Festival
July 26 - August 1, 2010
Sparks, NV
<http://www.ijafestival.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>