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

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IJA eNewsletter

Membership Dues Reduced to $29

Details on page 2

IJA Fest: Stage Championships Medalists
July 19 - 20, 2012

Individuals

Gold
Satoshi Eto

Silver
Thom Wall

Bronze
David Ferman

Teams

Gold
Daniel & Dominik

Silver
Institute of Jugglology

Bronze
Kikyo Brothers

Photos: Emory Kimbrough

Juniors

Gold
Kellin Quinn

Silver
Jack Denger

Bronze
Ashley Ellis

See the results of the Numbers, X-Juggling and the IJA games inside.

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Juggling Festivals:

Kansas City, MO
Wetzikon, Switzerland
Ganterschwil, Switzerland
North Lake Tahoe, NV
Collingwood, Australia
Bristol, UK
Portland, OR
Philadelphia, PA
Tokyo, Japan
Peñaflor, Chile
Durham, UK
Cleveland, OH
St. Louis, MO

Message from the IJA Board Chairman, *by Dave Pawson*

For those of you I haven't met (yet), allow me to introduce myself. I'm Dave Pawson, and I'll be your chairman of the board for the next year. This is sincerely an honor for me and makes for very exciting times. But as exciting as this is for me, there are a lot of things going on these days that should keep life interesting and exciting for our members as well. I intend to post here regularly to keep you all appraised of IJA goings-on, but in particular I wanted to introduce myself and shine a spotlight on some big happenings in the IJA these days.

For those of you who missed the Winston-Salem festival, it was truly a blast. Ask anyone who was there, and they'll likely agree. Kudos to festmeister Matt Hall, who did a masterful job keeping us all entertained for the week. In the midst of all the games, workshops, competitions, shows, and camaraderie, we did conduct some business, and at our general membership business meeting we made a few announcements that I think will be of interest to a great many of you.

Last year we made a difficult decision to stop production of a print magazine. We're very excited about how well eJuggle has stepped in to fill that void; we're producing more content than ever, in multiple languages, and with many types of material that were never available to us before in a printed medium. But at the same time we have been keenly aware that our members want more for their membership dollar. We have put a lot of thought into this problem, and we're finally ready to announce some significant changes that should paint a rosier picture for our loyal members who have stuck with us, our previous members who may have wandered away while we figured this out, and our potential new members who have been watching curiously from the sidelines.

First, the big one. In June, the board approved a reduction in our membership dues. If you want to improve the cost/benefit proposition for the IJA, there aren't many more straightforward ways to do so than to lower the cost. As of August 1st, IJA membership dues have changed as follows:

- Adult annual membership dues dropped from $40 to $29
- Youth annual membership dues dropped from $31 to $24
- Life membership dropped from $1500 to $1250
- Pricing for additional family members remains unchanged at $5 each for those 13 or older.

When we announced our membership price reduction at the fest, we mentioned that members who had prepaid for multiple years would have their memberships extended to effectively reduce prepaid full years of dues to the new rates. The math said we should extend such memberships by 4.5 months for each prepaid year that hadn't begun as of August 1, 2012. We decided to round that up to 5 extra months of membership per year as an extra thanks to those that have committed to multiple years. That's just how we roll.…

Second, we announced the return of a vendor discount program for our members. Details will follow and be posted here in the near future, but what this means is that our members will receive discounts on orders from a list of participating vendors. At this time, that list includes:

- Bodyhoops.com
- Brontosaurus Balls
- Dube'
- Gballz
- Juggling Fashion
- The Juggling School (lessons with Anthony Gatto)
- Malabares
- Neon Husky
- Pass the Props
- Sport Juggling Company (Sportco)
- Sweets Kendamas

Keep an eye out here for specifics on what discounts are being offered and how you can take advantage of them.

And last, but certainly not least… If you didn't already see the announcement, Wes Peden has produced a new video entitled "HEPTAD". Yes, **that** Wes Peden. **The** Wes Peden. HEPTAD was released on August 7th only on eJuggle as IJA member-only content! The release of a new Wes Peden video is usually cause for quite a stir in the juggling community. We're elated that Wes has chosen to support our organization by providing us with this exclusive video to share with you, our members.

We know that some of you have had trouble logging in to eJuggle to view members-only content. Please follow this link to resolve login problems: http://ezine.juggle.org/2012/08/05/getting-logged-into-ejuggle/ Your members-only content is a substantial membership benefit, and it bums us out that some of you have had trouble accessing it. We'll fix that.

That's all the sexy stuff. The boring, but incredibly important, point is this: we are a service organization. Our charter is to render assistance to fellow jugglers, and we take that seriously. Through programs like YEP, Props 2 U, World Juggling Day, the creation of tons of free content for all on eJuggle, and our annual Video Tutorial Contest, we're trying to make the world a better place for jugglers. And we think we're succeeding. But we couldn't do it without you, our members and volunteers. So thanks.

So $29. Vendor discounts. Wed Peden. Helping the juggling community at large. Members-only eJuggle content. Insurance for performers and teachers. Mentorship program. More benefits still to be announced in the coming months. And did I mention Wes Peden? It is indeed an exciting time to be involved with the IJA. We sure hope you agree.

Fire extinguishers are not circus toys, *by Don Lewis*

Late one night at the festival a couple of people were fooling around with a fire extinguisher in the convention center and shot it off. The resultant powder in the air set off the fire alarm which brought in the fire department as an instant response. It is gratifying to see that the fire department can get to us quickly, but we don't really want to give them an excuse to visit as other than jugglers.

The incident was recorded on security video and clearly two people were involved. Unfortunately, the video was not clear enough to identify the culprits definitively.

A lot of hours have been invested in trying to learn the truth of what went on. It's important because the IJA is liable for the cost of the false alarm and for recharging the extinguisher. That is just a total waste of everyone's money. It also affects our reputation in the convention facilities marketplace. It really doesn't matter if the extinguisher discharge was an unintentional byproduct of fooling around or a deliberate act. We are still responsible for the consequences.

The dry chemical used in extinguishers is considered toxic material and has to be disposed of using appropriate haz-mat techniques. That just adds to the cost of cleaning up. In order to continue to offer overnight juggling to those who wanted it, the IJA had to hire an on-site security guard, another unnecessary cost.

The actual cost of this incident to the IJA was $994. If those responsible wish to pay up, the IJA is willing to accept an apology along with payment of the costs, and the matter will not be publicly discussed. You can contact the IJA Board chair confidentially at pawson@juggle.org.

You have to understand that anyone caught misusing safety equipment can be subject to civil penalties that are beyond the control of the IJA. It is up to the police and fire departments to act when they have clear evidence. That didn't happen in this case, but it might have included a criminal record and hefty fines. If the fire department is answering your false alarm when a real fire breaks out, the costs could be staggering.

Don't screw around with safety gear, or let anyone else do so. Discovering that the fire extinguisher you *really* need is empty would be a horrible feeling.

IJA Fest 2012 - a brief perspective, *by Don Lewis*

Winston-Salem 2012 was a great festival. Not just a great festival under the circumstances. Not just a great festival given the constraints, not just a great festival in spite of the economy. It was just a darn fine festival, period. Matt Hall did a great job pulling it all together.

The attendance was disappointing, it was one of the smaller festivals in recent history. Perhaps that isn't too surprising when you consider that tourism is down all over. Once I returned home from the festival, I heard tales from my non juggling friends about resort ghost towns and previously popular campgrounds that were only partly full or closed altogether. It seems that this is one of the worst years for tourism in recent history.

In that context, the fact that we attracted jugglers from near and far suddenly seems very impressive. Those who chose to share at the Embassy Suites hotel got a rather good deal. You could have up to five people in a room (the couch pulled out into a bed too!). And each person got a full cooked breakfast every morning (including individually cooked omelets!), and two generously full drinks at the Manager's reception each evening. All that, plus underground passage to the festival and parking.

One of the conditions of many convention centers is that you have to spend a certain amount on catering. Usually, that means a banquet or some other event. By holding the popular Renegade shows on-site, the portable bar made up part of that requirement, as did a regular free snack offering through the day. And the snacks were good! Hot pretzels with cheese sauce, yogurt parfaits, muffins, chips, tea, coffee, juice, and other drinks. When the appointed snack times drew near, lineups started to form as the jugglers hung like vultures while the catering staff set out the food. It all just made the festival an even better bargain this year.

Compagnie EA EO led off the Cascade of Stars show with a full length spectacle. It was really a theatre piece with juggling, acrobatics and manipulation. The acting space was defined by a snap-together floor which was steadily decreased to constrain the acting space. The actors manipulated the audience through a full range of reactions and astonished us with their precise throws and unexpected changes of direction. It was a show to thrill and inspire jugglers.

It was also rather nice to have a free evening on the last day of the festival. You could dine leisurely with friends, and generally hang out in the juggling space. There was a DJ and bar in operation for those who wanted to dance or work with lighted props in a darkened room.

The fest even had a very handy mobile app to keep track of the wide range of workshops offered.

Winston-Salem 2012 was well worth the trip.

IJA Numbers Championships Results - July 2012

Individual Balls

1) Doug Sayers	9 balls, 47 catches
2) David Ferman	9 balls, 41 catches
3) Pavel Evsukevich	9 balls, 20 catches
4) Chris Hodge	8 balls, 24 catches

Individual Clubs

1) Jack Denger	7 clubs, 43 catches
2) David Ferman	7 clubs, 37 catches
3) Andrew Ruiz	7 clubs, 14 catches

Individual Rings

1) Pavel Evsukevich	9 rings, 23 catches
2) Dominik Harant	9 rings, 18 catches
3) Doug Sayers	8 rings, 38 catches
4) Sam Malcolm	DNQ (8 rings, 16 catches in prelims)

Individual Ball Bouncing

1) Doug Sayers	9 balls, 20 catches
2) John Jones	8 balls, 20 catches
3) Jim Koschella	8 balls, 17 catches

Ball Passing

1) Doug Sayers & Stefan Brancel	14 balls, 71 catches

Club Passing

1) Dominik Harant & Daniel Ledel	12 clubs, 79 catches (IJA record)
2) Doug Sayers & Stefan Brancel	12 clubs, 49 catches
3) Michael and Florian Canaval	10 clubs, 99 catches

Ring Passing

1) Doug Sayers & Stefan Brancel	13 rings, 59 catches (ties IJA record)
2) Dominik Harant & Daniel Ledel	13 rings, 52 catches
3) Chris Lovdal & Jack Levy	12 rings, 83 catches

Ball Bounce Passing

1) John Jones & Dave Critchfield	15 balls, 62 catches
2) Doug Sayers & Jared Davis	12 balls, 111 catches

Three-Person Club Passing

1) Dominik Harant, Daniel Ledel & Florian Canaval	16 clubs, 121 catches (IJA record)
2) Sean Carney, Stefan Brancel & Doug Sayers	15 clubs, 116 catches
3) Jack Levy, Michael Canaval & Brenden Ying	14 clubs, 106 catches

XJuggling Best Trick Contest

3 balls - Jack Levy
4/5 balls - Chris Hodge
6+ balls - Doug Sayers
3 clubs - Alferdo Zavala
4 clubs - Jack Levy
5+ clubs - Jack Denger
3 rings - Tom Gaasedelen
4/5 rings - Pavel Evsukevich
6+ rings - Pavel Evsukevich
Team - Jack Levy & Danny Gratzed

IJA Games Results - July 2012

IJA Games – Friday July 20, 2012

Least Throws with 3 Objects

Andrew Ruiz – 37 throws
Chris Hodge – 39 throws
Chris Dokler & Matthew Weaver – 40 throws

Club Passing Endurance (8 clubs or more)

Florian & Michale Canaval
Brenden Ying & Sean Carneu
Daniel Ledel & Dominik Harant

7 Ball Endurance

Doug Sayers
David Ferman
Jack Denger

1 Devil Stick Propeller Endurance

Dylan Waickman
Matt Hall
Paul Pompi

5 Ring Endurance

Doug Sayers
Alan Thompson
Jack Denger

Kendama – Moshi Kame Endurance

Anthony Attinello - 133
Adam Kapilow - 128

Cigar Box Takeouts Speed Race

Adam Kuchler - 93
Bill Coad - 63
Tony Steinbach - 62

5 Club Endurance

Daniel Ledel
Jack Levy
Jack Denger

1 Diabolo Infinite Suicide Endurance

Ted Joblin
Nathan Biggs-Penton
Austin Bruckner

5 Ball Endurance

Jack Denger
Jack Levy
Chris Hodge

IJA Games – Saturday, July 21, 2012

3 Ball Blind

David Ferman
Doug Sayers
Richard Kohut

Club Balance Endurance

Chris Hodge
Chuck Clark
Jimmy Robertson

3 Ball Simon Says

Michael Sikora
Jack Denger
John Witte

3 Club Simon Says

Dominik Harant
Lucian Fuller
Michael Sikora

Quarters Juggling

Alan Thompson - $47.05
Austin Smith
Aaron Novick

Handstand Endurance

Takashi Hagiwara
Chris Hodge
Chloe Hirschowitz

2 Diabolo Combat

Matt Hall
Eric Longequel
Andrew Ruiz

Huggling

Brian Daily & Nick Laffey
Joey Spicola & Reid Johnson
Sean Carney & Brenden Ying

Club Combat

Stefan Brancel
Sean Carney
Andrew Ruiz

Club Collect

Doug Sayers - 59
Kevin Axtell - 49
Adam Schwarzwald & Fran Favorini - 44

2011 IJA Fest DVD finally available in the IJA store

Rochester 2011
2-DVD set
Member Price: $30.00
IJA Store

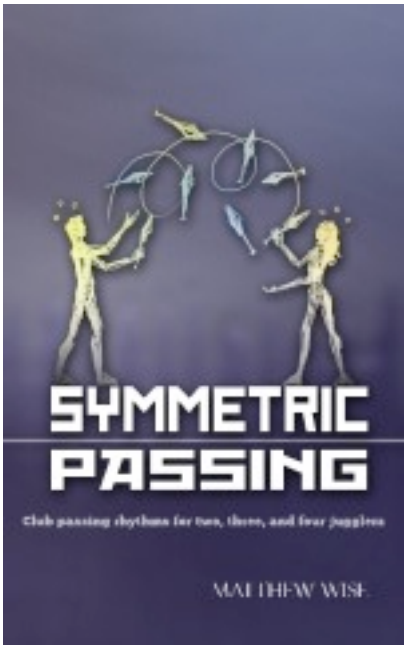
The 2011 Rochester IJA festival had its amazing moments. Now you can relive them with this two-DVD set. If you weren't at the festival, you can now see what all the fuss was about last summer.

Stefan Sing was the headline act of the Cascade of Stars. It was a heck of a lineup, including Francoise Rochais. Tony Pezzo won the Individuals Championships. David Ferman won Juniors. Ben Hestness and Stefan Brancel won Teams with their Titanic routine.

No one thought it would take this long to work out the production and distribution issues to make this video available. Finally, we have contracted for on-demand production and mailing services which means that from the moment you place your order in the IJA store, your DVD set will be automatically be produced and shipped within a couple of days. You won't have to wait for an IJA volunteer to package your order and find the time to go to the post office.

IJA DVDs are NTSC and region-free (will play in any region). They should play on all North American and Japanese DVD players, all computer DVD drives, and most recent European equipment. They may not work on some older European equipment which supports only PAL or SECAM. These DVDs are DVD-R format, which means the video is burned on a DVD-R disc, which should play in all but the oldest DVD players.

The price for members is $30. You have to log in to the store to see this price. Otherwise, you will see the non-member price of $40.00. If you haven't shopped at the IJA Store before or don't have an account with us, then sign up as a new customer and send an email to store@juggle.org to update your account status to "member".



Available at Amazon.com

Symmetric Passing:
Club passing rhythms for two, three, and four jugglers
Written by Matthew Wise

The back cover of the book says:

The ultimate reference for numbers club passing and interesting passing rhythms, *Symmetric Passing* turns you into the juggler who knows how all the rhythms work. This book is a great place to start for beginning club passers, with sections on five and six clubs for two jugglers. Experienced club passers will enjoy popular rhythms like WhyNot and Popcorn and over one hundred other passing rhythms. You don't need to learn any crazy juggling notations because every rhythm is broken down into specific instructions for each juggler. Don't worry, siteswaps and causal diagrams are still included, and there is a primer on each in case you want to use those notations. *Symmetric Passing* is the book you want to pull out the next time some one asks you, "Wanna pass?"

IJA member Matthew Wise is an avid juggler and club passer. He learned to juggle with the Vassar College Barefoot Monkeys and has since juggled with the University of Maryland Juggling Club, the Madison Area Jugglers, and the Princeton University Juggling Club.

July 2013: We're going to Bowling Green, Ohio, *by Don Lewis*

The IJA's site selection team has been looking for a college campus that can handle our festival, and Bowling Green State University seems to be ideal. They have first rate athletic facilities and very modern dorm rooms in several interesting configurations. You'll be able to set up a tent **on campus** for a nominal fee and have convenient access to showers and bathrooms. The shows and championships will be on campus in a modern theatre.

There will be an *optional* meal plan available in the cafeteria. Food is cooked in small batches, not left to congeal for hours on a steam table. The main caveat is that you are expected to eat what you put on your plate. You also have the option of eating in local restaurants that are within walking distance.

A frequent criticism of the IJA is that the festival would be larger if it were based on a camping model like the European festivals. But curiously, when camping has been offered at some of the IJA festivals, there haven't been many takers. Most of those campers would have come to the festival anyway.

One of the problems with offering camping at a convention-center based festival is that the cost of the facilities is based on the number of hotel room nights that are sold at the discounted convention price. If you can't meet the minimum number of room nights, the convention space starts to get very expensive.

At Bowling Green, we have no minimum room nights to meet because we are paying a set fee for the gym and theatre. There are plenty of private and semi-private dorm rooms available at a competitive price around $30 per person per night. And we can offer camping at a very modest cost.

So all of you folks who have said for years that you would love to attend an IJA festival if only there was cheap and convenient camping, make your plans to go to Bowling Green. If we don't get many campers when the offered conditions are nearly ideal like this, we won't be putting as much effort into offering it in future years.

Make sure all your friends tell all their friends that Bowling Green will be an affordable and accessible festival which is not to be missed!

A Bowling Green Trinket, *by Lloyd Timberlake*

Bowling Green, Ohio, the site of the IJA's 2013 festival, was built on the edge of the Great Black Swamp, which according to one historic account was "an oozing mass of water, mud, snakes, wolves, wildcats, biting flies, and clouds of gnats and mosquitoes. It was nearly big enough to cover the entire state of Connecticut." It was so hard to get through that when the State of Ohio and the Territory of Michigan tried to go to war over a strip of disputed land (the so-called Toledo War, 1835–36) the swamp halted the two sides' militias, and the "war" saw no casualties. Unfortunately, the swamp was drained in the 19th century and turned to farmland; so we cannot hold the joggling competition among the snakes and wildcats, adding new degrees of difficulty to an already challenging sport.

Get ready for the 66th annual IJA Fest! *by Kim Laird, 2013 Festival Director*

It's going to be a whirlwind week of juggling insanity! Bowling Green State University in Bowling Green, Ohio, is ready for the IJA with excitement already building. The IJA will be returning to a college campus for the first time in 16 years.

Fest-goers will have the option of rooming on campus in Falcon Heights. This dorm finished construction within the last year and is absolutely gorgeous. It is definitely not your old time dorm room! Those choosing the dorm option will be able to choose from two types of rooms: (1) a suite with 2 two-bed sleeping rooms, with two bathrooms and a seating area to share; or (2) a suite of 4 one-bed sleeping rooms, two bathrooms and a seating area. Another on campus housing option is camping. YES, camping! The maximum tent size is a 6-person tent. Pricing for both of these options is on a per person basis (not per room or per tent).

For those fest attendees wanting slightly better digs for the week there are several hotels in the area which have offered special rates to the IJA. I would suggest a car would be needed for reaching the hotels as they are all across a four-lane highway from the university.

Meals will be served on campus for those choosing to purchase meal cards at the soon-to-be-finished Oakes. Again, campus food is not anywhere near what I remember! There are food stations throughout the dining hall... pasta bar, salad bar, entrees, pizza for each lunch and dinner, even desserts and soft ice cream. Every meal includes vegetarian options as well as gluten-free options. If you don't register for the meal plan in advance, you can do so on-site. You can either order a card to cover the meals you wish to eat on campus (it takes an hour or two to receive the card) or simply pay with your debit card, paying a slightly higher price due to tax. Please try to order your meal cards with your registration to help the food service staff make sure they don't run out of their delectable morsels.

The Perry Field House will be our gym for the week. It's the size of four basketball courts surrounded by an eight-lane

continued on next page ...

Get ready for the 66th annual IJA Fest! *continued from previous page*

indoor track. Workshops will be held in the adjoining Turf Room which is a spacious indoor football/soccer field. In this space there will be plenty of room to spread out and the turf drinks up enough sound so one workshop will not interfere with the other, yet you will be able to clearly hear the workshop leader give instruction.

Championships and shows will be held in Kobacher Hall. With 830 permanent seats and the ability to max out at 980 the IJA will have plenty of room for the public to enjoy our talented performers and competitors. Depending on the hang of the lights, performers and competitors will have a 30' maximum height with which to work. This is a non-union house so we will need stage hands and ushers for each stage event. We will need volunteers to help with each show.

The downtown of Bowling Green and their local police force has already been very helpful in organizing a jugglers parade! The current plan is to parade from Perry Field House into the downtown, where we will then hold the busker competition. There will then be time for dinner downtown. From dinner we plan to move into the Cla-Zel, a magnificent turn of the century theater with gold leafed ceilings and so much charisma, for a late night show. This is the plan for parade day for now, but we have a long time ahead to plan so this might change slightly.

I am incredibly excited about the IJA's return to a college campus and camping! There are more activities and surprises coming. I have put together an awesome group of people to direct shows and run various events. I am thrilled to be working with these people and will introduce you to them over the coming months. Each month I will also have more news about the 66th IJA fest in the eNewsletter and eJuggle. Keep your eyes open... there will be a new registration window coming to you early!

Mobile Mini Circus for Children (MMCC) in video shot around the world, *by Martin Frost*

Here's an amazing conjunction. My wife, with whom I teach folkdancing, sent me this link to a video called Dancing (or Happy People Dancing on Planet Earth). It would be a fun watch even without the appearance of MMCC kids juggling in Kabul at 1:59.

http://apod.nasa.gov/apod/ap120710.html

What's particularly impressive is that that video was the "Astronomy Picture of the Day" (APOD) on July 10, 2012 -- a big exception from the amazing astronomical images that NASA posts each day!

Participate in an Online Juggling Survey!

Juggling has been shown to be effective in changing brain function and structure. In particular, the brain areas that show maximal changes post-training are those most affected in schizophrenia disorder. Therefore, juggling may prove to be a non-invasive way to re-train the brain in individuals with schizophrenia.

In order to test this, we first need to determine whether individual differences in brain structure and personality may predispose some people to be better at juggling. This survey investigates whether jugglers report experiences that are different from the general population.

Survey questions include:

Age, sex, handedness
Juggling preferences and ability
Personality and experiences

Participants may enter for a chance to win an iTunes gift card. At the end of the survey, 10 winners will be randomly selected from the pool of participants. Participation is anonymous and should take 10 to 15 minutes. A report of the results of this survey will appear in a later issue of the IJA newsletter.

Visit this site to complete the survey:
https://redcap.vanderbilt.edu/surveys/?s=94ULo5

For questions or comments, please email us at parklab.vanderbilt@gmail.com or call us at 615-322-3435.

NOTE: If you took this survey at the IJA festival in Winston-Salem, please do not take it again.

Meet The IJA Board

*The eNewsletter will include profiles of the new Board members so that you can learn a bit more about them and their hopes for the IJA. This month, meet **Scott Krause**, Board Member 2012-2014.*

I began juggling when I was 16. Two of my friends told me they were going to be in a Madrigal Feast show in school that year – with Juggling! I was competitive and was soon matching their tricks and more, graduating up to clubs before the Feast – a scant two months later.

I was brought into the larger juggling world when I went to university at UW-Madison. Thanks to the Madison Area Jugglers, I was exposed to some amazing people with amazing talents. The summer after my freshman year, the IJA came to Madison (2001), and I was hooked. I still have memories of playing field ball, meeting new friends, and seeing the diverse juggling skills from around the world.

In 2004, I left Madison with an extended family that went around the globe, made up of friendly jugglers. Between then and 2007, I met jugglers at the Japan Juggling Fest (JJF) in Tokyo, learned hats from a juggler in Sydney, and met up with a group of clowning jugglers in San Francisco. Then I moved to Ohio and got to juggle with my favorite passing partner and two local juggling groups. I left behind a lot of sad-faced 3-count passers when I left.

Since then, I've been juggling as much as I can. I've come to realize that the true gift of juggling is the friendships I've developed over the years. I ran for the board to make a positive difference in the IJA, and make sure juggling as I have known it is always around for others to enjoy.

I look forward to the next two years, where I hope to take on the position of treasurer. I also want to spend time increasing the membership by being more open to other juggling-related art forms. I look forward to my time on the board. If you want to find me, I'm that guy with the annoying jitter ring. J Hup!

Emory Kimbrough's 2012 Festival Photos are in the IJA Photo Gallery

About a hundred of the better photos, organized into albums, appear here: Emory's photos

Or, if that's too much of a juggling-photo overdose, you can see just the best-of-the-best - about twenty images - collected in a single smaller Favorite Photos gallery here:
Best 20 photos

The photos are, somewhat inconveniently, click to enlarge and then click again to enlarge even more. If that gets annoying, try the slide-show feature: look for an unlabeled right-arrow button just above where it says "Album Info." If you prefer, there's also a full-screen button that appears at the lower-right as the slide show starts, which gets you a cleaner background but doesn't affect the size of the slide-show photos.

If anyone wants web-sized or print-sized files of their photos, either for this year or previous years, please contact Emory at emoryk@hotmail.com

2012 IJA Regional Competitions - Chile and Brazil*, by Erin Stephens*

The IJA is excited to announce the 2012 IJA Regional Competitions (IRCs) being held this fall in Chile and Brazil!

The primary goal of the IRCs is to cultivate and enhance positive relationships between the IJA and the international juggling community. Another goal is to reward high-level juggling acts from around the world that are entertaining and marketable to a broad audience. And the final goal is to bring top international juggling talent to the annual IJA Festival.

We are excited to be partnering with two of the largest and most popular festivals in South America this October and November:

XIV Convención Chilena de Circo y Arte Callejero
14th Annual Chilean Convention of Circus and Street Art
October 8, 2012

14a Conveção Brasileira de Malabares a Circo
14th Annual Brazilian Convention of Juggling and Circus
November 14, 2012

The first place winner of each IRC will be flown to the 2013 IJA Festival -- dependent on secured funding -- with the opportunity to compete, perform, and teach workshops.

It is the hope of the IJA that these Regional Competitions will spread awareness of the IJA throughout Latin American countries while also building members' awareness of the impressive skill level of the South American juggling scene.

The first IRC was held in Mexico in 2011 and has been successful in spreading knowledge and excitement about the IJA throughout the country. The IJA has now partnered with "Malabares", the largest juggling store in Mexico, to offer a 10% discount to IJA members and create Spanish juggling tutorial videos for eJuggle. We are hoping similar connections will be made through the IRCs in South America.

As an IJA member, you will receive the benefit of seeing exclusive video coverage of the IRCs on eJuggle, as well as special members-only highlights videos of the winners. Also, keep an eye out for promotion of the IRC finalists on eJuggle and the IJA Facebook page, starting in late September.

Prelim videos are already rolling in, and we can't wait to see the artistic and technical skill level that turns out for these events.

Stay Tuned!

Interested in knowing more about the South American juggling scene? Check out the "Top 20 Most Popular Chilean Jugglers of 2011" video:
YouTube

Minor Juggling Aches and Pains, *by Don Lewis*

As the festival continued, morning discussions centered more and more around the theme "my muscles are so sore!" That's a side effect of a smaller festival - there's plenty of space to juggle, and you get to meet a lot of people through workshops and hanging out. You're much more likely to try new techniques with someone you met in a workshop when there's less of a crowd to get lost in. You juggle a LOT more.

Perhaps the most popular medication for muscle aches is ibuprofen. It is a generally effective pain suppressor and also has a wide range of potential side effects.

Homeopathic arnica is widely reported to be an effective way to reduce muscle pain from over use. Arnica, or wolf's bane, is a yellow leafed flower. It has been known as a folk remedy since at least the 12th century when Hildegard of Bingen wrote of it in her encyclopedia of plants. It is a poisonous plant which can cause severe reactions. Generally it is supplied as a topical gel and as a tincture for poultices. By no means should you ingest the tincture, or use the gel on broken skin. It is already starting to sound pretty chancy, isn't it?

Dr. Samuel Hahnemann, in the late 1700's, formalized a system of micro dilutions that is the basis for homeopathic treatment. Substances are so highly diluted using this method that there are generally none of the starting ingredient's molecules left in the the homeopathic remedy that you can buy at your local health food store. If there's nothing there, how can it possibly work? No-one seems to know, but a lot of people are convinced that it does work. A tube of the arnica granules costs less than $10, so it is pretty cheap to try. There are no known side effects from taking arnica homeopathically.

Some health food stores sell homeopathic remedies at fairly low dilution. The number on the vial tells you the number and type of dilution. 7CH means it is the seventh centesimal (or 1/100) dilution. You'll probably encounter 5, 7, 12, 15 and 30CH strengths available over the counter. As the numbers go up, the effect tends to get stronger and last longer. You shouldn't use dilutions in excess of 30 without professional advice. For the kind of muscle aches and bruises that jugglers get the 30CH strength is fine. Higher dilutions do exist, but they are generally used in treating physical trauma with supervision.

How do you use it? Homeopathic Arnica is supplied in tubes containing lactose granules that have been treated with the appropriately diluted arnica. You tip three to five granules into the container cap and then toss them under your tongue and let them dissolve. Do that as you go to bed and you'll likely ache a lot less in the morning. If it doesn't seem to be working, or did work but seems to be wearing off, then repeat the dose. It is best to avoid having strong tastes in your mouth such as mint or coffee since they can potentially antidote the remedy.

Curiously, the number of granules that you take at one time doesn't affect the dose. I know it sounds a bit crazy, and is totally unlike the chemical medication model. Some people think of homeopathy as a system of hints. It doesn't really matter if you whisper or yell, the hint is the same. I like the color analogy: a postage stamp, a billboard, and the sky can all be blue; one isn't more blue just because there's more of it.

You literally cannot poison yourself with a tube of homeopathic arnica. Quite recently a group of skeptics staged public "poisonings" by ingesting whole vials of granules and were indignant when nothing bad happened. Apparently they really wanted to be poisoned by their medications! The ones that took large doses of arnica when they had no pain to start with seemed outraged that they still had no pain. A rather weird way to reason. If they had continued to take the remedy in small does for a few weeks, they probably would have developed pain. That is called a homeopathic proving, which uses healthy volunteers to record symptoms caused by repeated use of a remedy. So the rule is only use the remedy when you need it, and stop using it when it has started working.

Homeopathic arnica has the most research available about its effectiveness. Some reports are negative and some are positive. Increasingly, there are reports that essentially state that they don't understand the mechanism, but there is a definite effect that exceeds placebo. You won't find tons of research, mainly because no drug company is going to get rich by micro diluting common flowers. There is a lot of conflicting research out there, so it can be hard to know what to believe.

If you're one of the lucky people whose body responds to homeopathic arnica, you have a choice about how you treat common muscle aches - chemically with possible side effects, or naturally.

I used to be a profound skeptic, and still am for some of the wilder claims made for homeopathy. But for basic treatment with well known remedies like arnica, I'm convinced that something is working for me.

If you have serious and recurring pain, go see your doctor. For minor muscle aches and bruises, consider homeopathic arnica.

Meta Analysis article

More meta analysis

Research links

Check out the new video by **Wes Peden,**
an IJA member eJuggle exclusive!

Latest Articles in eJuggle
eJuggle already has a lot of content — more than you would expect to find in a printed magazine. And you find new content more often. Here is a partial list of recently added content. Use the link to eJuggle to see new content, and log in to access content that is just available to IJA members. http://e.juggle.org

Juggler's Scoop – August 20th, 2012 Nathan Wakefield
Tutorial: Introduction to Synchronized Siteswap Mike
Be Funnier with Scotty Meltzer: How to Steal a Joke Scotty Meltzer
Tutorial de Vídeo en Español – 3 BBB con 3 Pelotas Erin Stephens
Tutorial: Introduction to Siteswap Mike
The Juggler Denies hermannism
Juggler's Scoop – August 8th, 2012 Nathan Wakefield
Support the IJA! Thom Wall
Wes Peden – HEPTAD Wes Peden
IJA Competicia Regional – Chile Erin Stephens
Getting logged into eJuggle Dave Pawson
Campeonatos Regionais Da IJA – Brasil Erin Stephens
We Don't Need No Stinkin' Medals hermannism
A Message from the Chair Dave Pawson
Notes and queries and a case full of clubs: Concepts Luke Wilson
Rubber, Glue and Whatnot hermannism
Juggler's Scoop – July 24th 2012 Nathan Wakefield
Juggling is Boring [Tales of The Juggler] hermannism
The Madcap Master….Ladies and Gentlemen…..Wood… Ted Baumhauer
Be Funnier with Scotty Meltzer: Thou Shalt Not Steal Scotty Meltzer
A Career of Creativity: Jay Gilligan Nathan Wakefield

This is a partial list, earlier articles omitted.... Get the full list at feed://ezine.juggle.org/feed/

arte LIVE Web, *by Don Lewis*

arte is a European arts channel primarily serving France and Germany. Many of the shows that they broadcast are available for viewing on the web for varying lengths of time. There is also an app for the iPad which can access the online content.

Music, theatre, opera, and dance are the main things featured, but from time to time there are circus themed shows as well. Earlier this year the entire Cirque du Demain show was available for several months. IJA members who follow Nathan Wakefield's Juggler's Scoop series in eJuggle got a chance to catch the show at home. Next year's edition will probably be rebroadcast as well, so keep an eye out for it.

Currently a show called Circa, by the Australian company of the same name, is available. There's no juggling, but the hand to hand manipulation is poetry to watch. In this case the video is essentially the same as the stage show; I've seen it live too.

Not surprisingly, the web site is in French or German. You don't really have to know either language to navigate. The search box at the top right of the page is a familiar green square with a white magnifying glass. The genre buttons along the top of the page are largely self explanatory; A la Une means one of a kind, Musiques du Monde is Worldbeat music.

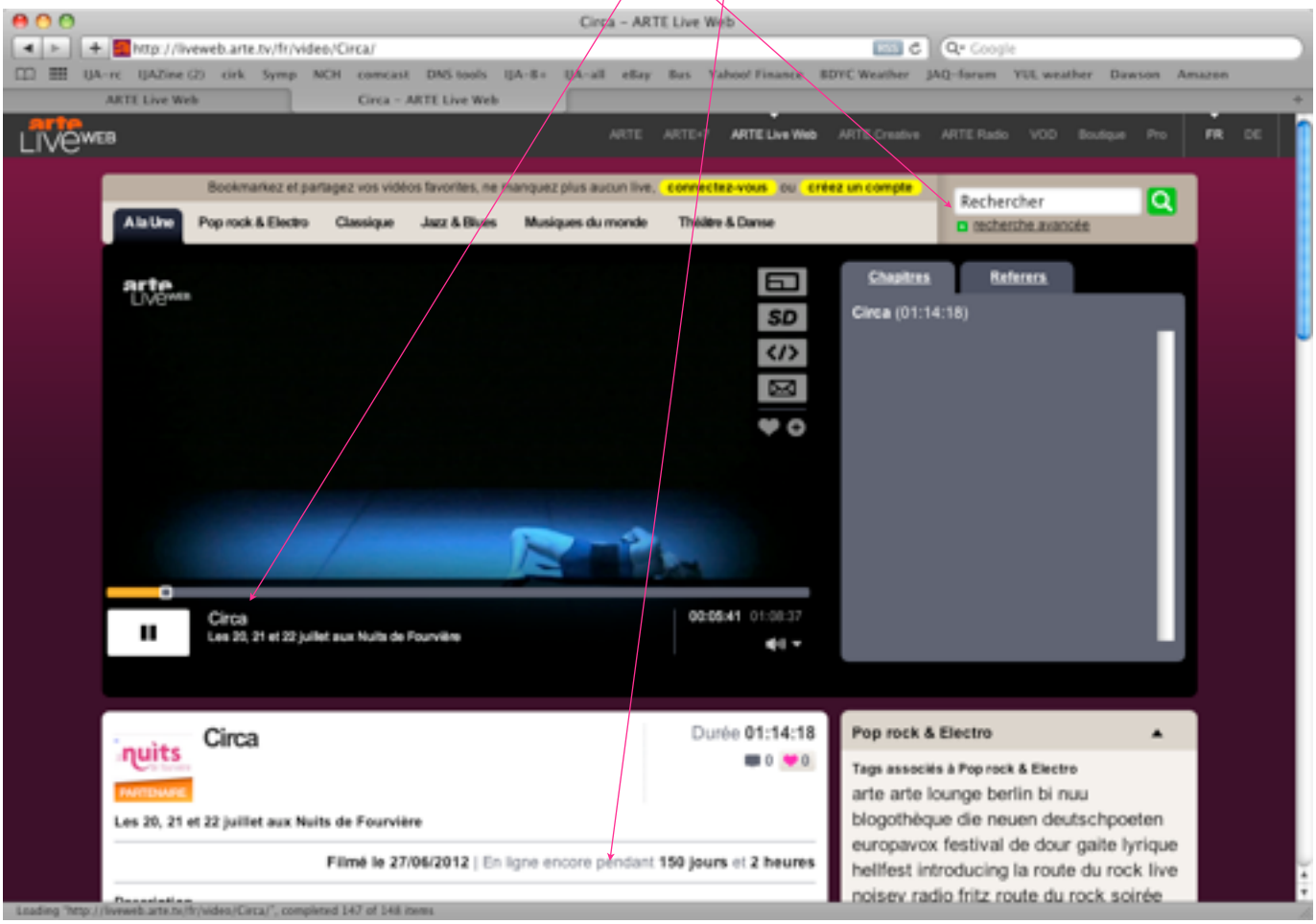
If you are a music fan, this is the place for you. ARTV covers many of the music festivals in Europe. Right now there are a lot of shows from the Hellfest heavy metal festival. Assorted jazz festivals are featured as well, There's a new version of the opera Carmen directed by Olivier Py set in a French music hall with a clever rotating set. If you're studying French, this show has the lyrics as subtitles so you can actually understand what they're singing.

Some shows are region limited and can't be shown outside a specific target area. In those cases you'll get a pop up message that starts «Désolé». Pick another show.

Generally there is a line that says when the event was filmed and how many days are left to watch it. «En ligne encore pendant 150 jours» means *on line for another 150 days.*

Here's your chance to see some interesting shows that may never tour in your area.

Note that to get the control bar shown in the video screen, you have to mouse over it. Unlike YouTube, the video stream is not easy to capture for later viewing. You have to watch it online.



http://liveweb.arte.tv/fr/video/Circa/

La Soirée, *Reviewed by Don Lewis*

There were lots of great shows at this third edition of Montreal Completement Cirque. This is the only one that I managed to get to since I had a few stops to make on my way to the IJA convention in Winston-Salem.

The show was in the Olympia show bar which usually features tables in front of the stage and a lively bar service. For this show, tables were installed on the stage, and a small circular stage about eight feet in diameter was set up in the spectator area with several rows of chairs surrounding it. Further back, there were more tables and seating. I bought my ticket late and had a choice of the balcony or the first row. So there I sat, knees a couple of feet from the stage, hoping that no-one would kick over my wine glass.

This cabaret style show from Great Britain specializes in outrageous acts performed on a tiny stage.

Consider le Gateaux Chocolat - a cross dressing, lycra loving, opera baritone who really can sing. He gets very personal with some of the spectators in his lavish diva costumes. The English Gents, Denis Lock and Hamish McCann, do a hand to hand acrobatic duo while maintaining proper british aplomb. They end their act revealing shorts in a British flag motif as well as their muscled torsos.

Nate Cooper provided some madcap juggling. He rolls onto the tiny stage wearing a top hat and tails and terrified those of us in the front row with his apparent total lack of control. You have to be really good to seem that wildly off balance and inches from disaster. He maintained the persona while juggling three balls and bouncing them off into the audience. Once he had "lost" the balls, he grabbed three juggling knives and juggled them in all directions. I was fascinated to see that even though he appeared totally out of control on the skates, and all over the tiny stage, his cascade with the knives was solidly under control. Just as well since I fully expected to have to catch one at any moment!

David O'Mer flew around the spectators on aerial straps. Those of us in the front rows were provided with plastic sheets because he drops into a bathtub filled with water and sprays water from his soaking jeans and bare torso as he does acrobatics while surging back into flight.

This was beginning to seem like an evening of mainly burlesque beefcake treats for the ladies - which they definitely appreciated. Then it was Ursula Martinez's turn to surprise everyone with her ability to make a small red scarf magically disappear. She began her act fully dressed in a business suit, and by the end of the act it was clear that she had nowhere to hide the scarf. You can check it out on youtube, although the link is not provided below.

There was also a hula hoop routine by Yulia Pykhtina. She kept various hoops going while executing assorted balances and keeping her costume firmly in place.

This was a full two hours of entertainment. Some of the acts were not in the program, and others did two turns. There was a generous intermission that allowed everyone to get up and refresh their drinks. The Olympia theatre was the designated festival headquarters, so you could stay and party into the night.

There were a lot of other great shows to be seen both in this festival and the Just for Laughs festival. It is really a challenge to leave Montreal during the summer festival season!

Le Gateau Chocolat - http://www.la-soiree.com/performers_LeGateauChocolat.asp
The English Gents - http://www.youtube.com/watch?v=98J0vpebt5w
Nate Cooper - http://www.youtube.com/watch?v=FNuLuBO-hVQ
David O'Mer - http://www.youtube.com/watch?v=Pyx2A6H2PwQ
Yulia Pykhtina - http://www.youtube.com/watch?v=39KSWXh1d58

More Festivals!

Check the world wide juggling event listings on the IJA Website at http://www.juggle.org/events.

Juggling Festivals

Kansas City Juggling Festival
August 31 - September 2, 2012
Rockhurst High School
Kansas City, MO
website

Swiss Juggling Convention
August 31 - September 2, 2012
Wetzikon, Switzerland
website

Ministry of Manipulation
August 31 - September 9, 2012
Ganterschwil, Switzerland
www.oskarmaus.ch

Lake Tahoe Flow Arts 2012
September 4 - 6, 2012
North Lake Tahoe, NV
website

Melbourne Juggling Festival 2012
September 21, 2012
Collingwood, Victoria, AUSTRALIA
website

Bristol The Number 1 Juggling Convention
September 22 - 30, 2012
Bristol, UK
Facebook

Portland Juggling Festival 2012
September 28 - 30, 2012
Portland, OR
http://www.portlandjugglers.org/

Philly Fest 2012
September 29 - 30, 2012
Philadelphia, PA
website

Japan Juggling Festival
October 6 - 8, 2012
Tokyo, Japan
http://www.juggling.jp/jjf/jjf2012/en/

Chilean Circus and Street Arts Convention (and IJA IRC)
October 18 - 21, 2012
Peñaflor, Chile
website

Durham Juggling Festival
October 19 - 21, 2012
Wolsingham, Co. Durham, UK
website

The Cleveland Circus
October 19 - 21, 2012
Cleveland, OH
Facebook

St. Louis Jugglefest
October 26 - 28, 2012
St. Louis, MO
http://wujuggling.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.

The 3rd International Ministry of Manipulation Workshop!!!!
Information provided by Mario Trescher

5 full days of classes with MoM crew and guests from 3 continents:

Ryan Mellors (CA)
Jeanine Ebnöther (CH)
Einhim Short (IRE)
Caleb Trott (AUS)
Laura Vogel (D).

For a change (and for easy and free accommodation) it will be happening in Switzerland this time. The (world) music freaks amongst us will be in heaven too, as our host, the OskarMaus Festival is also programming a mass of musicians. Yay. Bring musical instruments as well as juggling props.

MoM will be offering workshop blocks in the following techniques:
contact juggling – body rolling – ball and hoop isolations – club manipulation –
contact/double and acro staff – staff juggling – organic juggling –
body manipulation – multiple hoops – 8rings – stickball – windstyle –
partnering – cj and Alexander Technique – improvisation –
musicality for object manipulation – working on/building sequences/an act –
collaboration with live musician/group

This workshop is for whoever likes to go deeper in their manipulation, get fresh or unusual inputs, try new techniques (there will be gear to play with!) and exchange with other participants. If you are a keen observer but have never had a go, come along and you will be amazed.

Dates: Monday 3rd Sept – Friday 7th Sept 2012
Times: 9am – 1pm and 2pm – 6pm
(= 8hrs!!!! Yay!! Prepare for brain implosions and muscle ache, haha!)

Price: 450 CHF (roughly 370 Euros)

Big circus tent, hard and soft floor spaces, mirror wall, Open Stages daily, fire shows and concerts during the week, free play all day and night; market; MoM Variete on Sat 8th; music festival 8th and 9th Sept. (extra ticket).

Festival Website: www.oskarmaus.ch

As a MoM workshop participant you can choose the classes you want to follow every day and can put up your tent in the camping area. There is space for camper vans too. And the great thing is: the closely sited Swiss Juggling Convention will take place just the weekend before (Aug. 31st – Sept 2nd).

So get your mates together and come to beautiful Switzerland, the heart of Europe (am I being patriotic?!? It actually IS pretty here!). Spaces are limited. First come, first served. Should the financial factor be a problem get in touch with Jeanine.

For signing up and info contact:

jea9@ministryofmanipulation.com

or

workshops@oskarmaus.ch