



JUGHEADS

JOURNAL

Monthly news of JUGHEADS Youth Juggling Company, LLC • Edina, Minnesota • September 2015

Open Doors, Eager Hearts

New location, same mission in our 22nd year

Welcome back to another year of JUGHEADS (JH)! Our rhythm of programming starts after Labor Day and goes through summer camps and/or the IJA Festival. Membership in a club(s) is what defines a "Jughead" -- committing to an entire school year and participating in our annual "Juggle Jam" production in May.

This newsletter is the monthly means of keeping straight all of our news items, calendar reminders, community notes, and other ways of reflecting and strengthening this unique company with juggling as the tool and changed lives as the mission. Daily club meetings and occasional group emails also disseminate timely info., and our website is chock-full of current and archived info. and commentary. **Paul Arneberg** writes this newsletter; below is his signature glimpse into a few annual member demographics.

2015-'16 JUGHEADS Company Stats At-a-Glance

2nd Graders:	1	8th Graders:	18
3rd Graders:	4	Freshmen:	7
4th Graders:	14	Sophomores:	11
5th Graders:	14	Juniors:	9
6th Graders:	12	Seniors:	10
7th Graders:	17	[Total Grads since '06: 71]	

Total Current Jughead Members in a Weekly Club: 117

Returning Jugheads: 102; **Rookie Jugheads:** 15

Avg. Jughead's Grade in School (2nd-12th): 7.41st

Avg. Jughead's Year in the Company (1-10): 4.01st

Jughead Boys: 72 (61.5%); **Jughead Girls:** 45 (38.5%)

Sets of Siblings: 22 (incl. three families with *three kids* in JH!)

Edina Public Schools: 61 (52.1%); **Non-E.P.S.:** 56 (47.9%)

Cities of Residence: 18 (Apple Valley, Bloomington, Chaska, Crystal, Eagan, Eden Prairie, Edina, Excelsior, Hopkins, Mpls., Minnetonka, Minnetrista, Plymouth, Ramsey, Richfield, St. Louis Pk., Savage, and Woodbury)

Coaches & Specialists

Adult help for higher-level clubs

Since 1997, Paul has hired JH specialists at various times, and since 2007, we've had Jughead grads serve as a weekly coaches, focusing on the higher-level clubs. As coaches have gone on to other endeavors, some positions have been left unfilled in order to further empower our Student Leadership Team and adjust to enrollment fluctuations. Nonetheless, whether as a mainstay (such as Elite Club leadership) or strategically assigned specialists, our adult leaders bring expertise and life maturity while supplementing the vision and goals

of the SLT and club captains. In short, this year is a pull-back from a more constant presence of coaches while maintaining the professional consultation to sharpen every season through their involvement. Our 2015-'16 adult leaders are: **Director Paul Arneberg** (leading every club, with a facilitator role for UC captains & specialists); **Specialist Betsy Gaasedelen** (2nd year, focused on Adv. & Fri. choreography starting mid-fall); **Coach Tom Gaasedelen, JH Class of '13** (1st year in Elite Club plus subbing for Paul); **Parent Volunteer Peter Hedberg** (10th year parent volunteer helping on site once a week); **Specialist Chris Lovdal, JH Class of '11** (4th year, focused on fall UC nights and possible subbing); and **Specialist Jon O'Connor** (11th year, focused on UC in Jan.-March). Adult leaders' bios are on our website; please thank them for their work with your kids!

European-like IJA had silver lining

Quebec City adventure yielded many accolades

Our 20th adventure to the 68th Festival of the International Jugglers' Association (IJA) was held July 19-26 in Quebec City, Quebec. Selected highlights of precious medals & memories:

- 1) **21 Jugheads** and six full-time chaperones flew into Quebec and spent the first full day on a hiking tour of Montmorency Falls and had a scenic group lunch;
- 2) **Sam K. & Chris V.** earned silver in an exciting Volley Club tournament;
- 3) we represented well in the Numbers Championships, with **Reid J. & Sam K.** taking home the silver in both Ball Passing (12 balls, 49 total catches) and Ring Passing (11 rings, 45 catches), while **Chris V.** earned bronze in Ball Bouncing (8 balls, 23 catches);
- 4) nine Jugheads and two parents earned Juggling medals: **Nick D., Cole D., Peter H., Riga M., Maddie R., Max S., Laura S., Chris V., Daniel V., and "Master Peter" H. & mom Alda M.;**
- 5) our **Ultimate Club** was awarded the Teams Championships silver, and **Daniel V.** won the Juniors bronze (see the long email to our group list on 8/3/15);
- 6) many Jugheads fared well in the IJA Games;
- 7) our chaperones made this trip possible: **Peter Hedberg; Dave & Michelle Thompson; John & Susie Van Hoomissen;** Director **Paul Arneberg;** and Researcher/Organizer **Wendy Arneberg.**

NOTE: We're not attending IJA as a group in 2016, but we plan to return July 9-16, 2017 when the IJA will be in Cedar Rapids, IA.



Welcome Notes & Bulletin Board

• **Welcome to 15 rookie Jugheads!**

MONDAY REC.: **Mia R.** (5th); **Austin S.** (3rd).

THURSDAY REC.: **Jared A.** (9th); **Eli B.** (3rd); **Aedan E.**



(6th); **Eli E.** (4th); **Jo-Isaac E.** (2nd); **Danny K.** (4th); **Maya N.** (3rd); **Elliot P.** (3rd); **Ty T.** (5th).
FRIDAY REC.: **Allegra N.** (4th); **Serena N.** (4th); **Kayla P.** (8th); **Parker W.** (7th).

- **GAMES WEEK:** Each fall kicks off with several IJA-like games with individual goodie prizes *plus* points toward overall gift cards in each club: 1st Place each game=5 pts., 2nd=3 pts, 3rd=1 pt. Overall Games Week winners were: **Julia B.** (Mon. Rec., 17 pts.); **Cole D.** (Elite, 22 pts.); **Noah H.** (Adv., 9 pts.); **Luke M.** (Thur. Rec., 23 pts.); **Nathan D. & Kayla M.** (Fri. Rec., 13 pts. ea.). Well done!
- **Congrats to four Ultimate Club rookies!** Sophomores: **Skip Nelson, Luca Pascale**; Seniors: **Carolyn Liddle, Andy Opp.**
- The attached **School Release Day Camps form** follows several days for Edina Public Schools: **Oct. 15-16; Nov. 23-25; Jan. 18* & 25***. Register at least one business day before each camp. **"Mega Camps" end at 5 pm and may be cancelled if fewer than 10 register.*
- **Ultimate Club Banquet:** 10/10. Look for emailed invitations.
- **The JUGHEADS Store:** We're *not* organizing an order for customized "JugWear" apparel this fall, but we *do* have a selection of Juggle Jammies and other branded items in stock. Our newest item: **JH Nalgene water bottles** with our logo and the saying "Toss Up Drink Up" for \$20 (incl. tax). We also carry a year-round selection of juggling props ("JugWare"): colored beanbags, weighted Powerballs, silicone bounce balls, Absolute Rings, and Beard Clubs.

Paul's Platform: "Mom, 30 Years Later"

9/22/15 marks 30 years since my mom, **Audrey Mae (Bollmann) Arneberg**, lost her battle with leukemia at age 51. This was life-changing for me (her baby) and clan-changing for our extended family (she was the main social catalyst), but her earthly legacy lives on in unique ways. As a follow-up to my Juggle Jam 17 tribute to my mom, whose personality inspired me to create so many aspects of this company's founding and heart, I thought it fitting to share this poem written by family friend **Lynn Kerst** within hours of Mom's death and read at her funeral, where the church choir sang and three priests officiated. Mom had five kids, eight siblings, 48 nieces & nephews, and was married to my dad, **Ron Arneberg**, for 29 years.

A Tribute to Audrey

My best friend's mom, full of joy and surprise

Light through the kitchen window lit up her twinkling blue eyes.

She'd sing songs and hymns in her rich alto voice

While going about her work as a mother—full-time, by choice.

What a vibrant sense of humor—a joy to be around

Laughter ringing through the house was a familiar sound.

To the church and community she was very active.

A Christian, an Optimist, she had so much to give.

Vivid memories flash by:

Blowing bubbles with gum called Bap.

Holding a baby on her lap.

Pepperoni spaghetti simmering on the stove.

Watching her Little League sons catch pop flies in their gloves.

For Girl Scout activities she'd readily volunteer,

Always adding so much extra fun and cheer.

Setting up her portable lawn chair for games, parades, the beach.

So involved with her children—to encourage, to love, to teach.

Winner of "Foto Funnies" and "Dialing For Dollars Letter Game"—

Calling "Is there an 'N' as in 'Norbert'?" brought her fame.

Bridge player, Bowler, loved to take trips

Her fridge and bulletin board were covered with newspaper clips.

Through illness and trials she had courage and strength like no other,

Even knitted a blanket from her hospital bed for her brother.

On the last day of summer, she lived her last day.

Like the season, we'll miss her brightness, warmth & cheerfulness in every way.

Audrey Arneberg—relative, friend, devoted mother and wife,

We are all so fortunate who shared a part of her short and precious life.

Audrey Arneberg, 1933-1985

The minute she died, Mom's last words to me were, "I love you, Paul. You're a good boy, and stay that way." By Jesus' grace, I continue to pass on my mom's love, example and charge by making a career out of helping to shape youth *not* my own, but rather loaned to me for a moment in time to be developed...for good.

Developing Youth Through Juggling Since 1994,

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