

Edited by Jon Relf November 2000

# MBMSIL BEBE

I thought we agreed to abolish this old fashioned medium & concentrate on the club's website:

### http://www.twjc.co.uk

Oh, that was just me, okay.

Unless I write things down & give them out on a sheet of paper no one knows (let alone remembers) what is going on in the world of TWJC. Guess I'm the only one who cares about the trees.

If you do happen to have anything for inclusion in a future newsletter (& most probably the website too), a story, photo, tips for putting up shelves, election campaign strategies etc. please give them to me & I'll make it available to everyone.

## Jon

## So what is going on?

Pay attention, important dates are in bold.

Some of you may have noticed that Mr Sean Gandini has been coming down & teaching us loads of stuff. He will be joining us for another four weeks. There will also be meetings with Sean at the Camden Centre on 27-11-00 & 4-12-00 (both Mondays, & Festival performers only). There are two dress rehearsals for the festival on Sunday 17<sup>th</sup> December

10am to 5pm at the Tunbridge Wells Girls Grammar School (I'm there) & Friday 29<sup>th</sup> December 10.30am to 5.30pm at the Camden Centre. The workshops are preparing us for our spot in the Winter Street Festival, which is on over four days from the 27<sup>th</sup> to the 30<sup>th</sup> of December. We are performing on the last day.

Side note - Just so we know: Thing 1 = Little, big (step to the left & back) little, little, little stop (whilst stepping right) spin & transfer behind the back.

Thing 2b = juggle, then swing arm down while turning, then little big (half turn under the big) carry on juggling.

The Christmas party will be held on the 19<sup>th</sup> December. So you've got plenty of time to prepare an act & get your fancy dress sorted out. You can perform absolutely anything you like & we have no guidelines for quality either (What would we do then?).

The Camden Centre will be shut on the 26<sup>th</sup> of December so no club. We recommence on the 2<sup>nd</sup> of January 2001.

The 14<sup>th</sup> British Juggling Convention (YAY!) will be held in Cardiff & is on the 19<sup>th</sup> to 22<sup>nd</sup> of April, book holiday now & look for pre-reg details soon.

### **Charidy Firewalk**

Time for an article I think. On the 18<sup>th</sup> of October Dave L., Helen, Pete, Kevin & I all signed up for the firewalk being held at the Land Registry Office in Hawkenbury, Tunbridge Wells under the instruction & supervision of Blaze. The event was in aid of the Hospice in the Weald, who provide care & support for the terminally ill, their families & the bereaved. Pete & Kevin were veterans from the previous year but the rest of us didn't know any better.

My first doubt came into my head when we were all invited to start our preparation for the walk. The training was great; all of my concerns were dispelled within about ten minutes. We were briefly told how it was physically possible, then for the rest of the two hours we went through a series of exercises to put us into a positive mental state. Most of which focused on the concept that we can adjust our mental state by changing our posture & what we do. The most striking example was the 'I'm weak, I'm useless & I'm worthless' exercise, which really has to be experienced to be believed.

We all marched out fully prepared to the cheers of the crowd & got in line. By the time I was outside & looking at the embers no one was going to stop me walking. Us jugglers among the group dipped & lit our torches then watched everyone march easily over the red mass of embers to the sound of the Prodigy's Firestarter.

Walking over was a superb feeling, I could feel the heat around my arms but my feet could only sense a change in

texture going from concrete to something not quite solid. It was only when I was at the end that I could feel any change in temperature under my soles. I looked over my shoulder & saw what I just walked over, after I had done it I just felt immortal, I felt like I could have walked twice that distance. I immediately wanted to do it again, & if you get the opportunity to do it I highly recommend you jump at the chance.

We all looked quite silly on the Meridian Tonight News. Photos will be coming soon. All the participants received a certificate to prove that they had done the walk. There it is at the bottom of the page, the text reads:

This is to certify that Jonathan Relf has overcome their limiting beliefs & mastered the courage to fearlessly walk over red hot coals burning at over 1200 degrees Fahrenheit.

"Courage is not the absence of fear but the ability to operate in spite of fear"



Louis Theroux for President.