

A Publication of the Texas Clown Association

Joey Journal



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TCAboard

PRESIDENT

Cinde "Boopsie the Clown" Sanders
214-796-8122
3316 Northaven Road
Dallas, TX 75229
magiccinde@hotmail.com

VICE PRESIDENT

Randy "Fiddle Sticks" Payne
281-636-6127
1409 O'day Lot 82
Pearland, TX 77581
cactusballoons@yahoo.com

SECRETARY

Margaret "Maggie" Clauder
817-265-5696
916 Wayland Dr.
Arlington, TX 76012
funnybusiness@yahoo.com

TREASURER

Roberta "Squiggles" Hawes
832-630-2155
919 Chantilly Lane
Houston, TX 77018
rhawes55@comcast.net

Sgt. At Arms

Ellis "Captain Amash" DePrima
936-252-6928
14860 Whitehorse In
Willis, TX 77378
ecdeprima@yahoo.com

Past President

Patsy "Glitterbug" McMillan
713-410-3698
20806 Durand Oak Court
Cypress, TX 77433
mcglitterbug99@gmail.com

Purpose of TCA

1. To promote, preserve, and improve the profession of clowning.
- 2 To provide the opportunity to study the art, history, and philosophy of clowning.
3. To educate its members and the general public in the wholesome and clean entertainment that is provided by the profession of clowning.
4. To provide news to the members of all clown events in the state of Texas.

AREA DIRECTORS

North Central

Breanda "Flower" Marshall (817) 319-3247
7128 Oldham PL, North Richland Hills, TX 76180
flowertc@flash.net

North East

William "Wee-Bo" Beaty - (972)824-9614
625 Hallvale Dr., Ft. Worth, TX 76108
beatywilliam@ymail.com

Panhandle/West

Linda "Greenie" Green - (432) 689-9579
4204 Dawn Circle
Midland, TX 79707
greeniethelclown@hotmail.com

South/Central

Kim "Tutti Frutti" Grice - (210) 827-5766
106 Tallow Trail - San Antonio TX 78256
kimotha78@gmail.com

South East

Pam "Touche" Blacklock - (713) 240-3623
4202 Namora Lane, Houston, TX 77080
touchecca@gmail.com

THE JOEY JOURNAL

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Central membership mailing location: Send all membership questions, dues, renewals, reinstatements, address changes and applications to TCA, Inc., P.O. Box 820, Hurst, Texas 76053.



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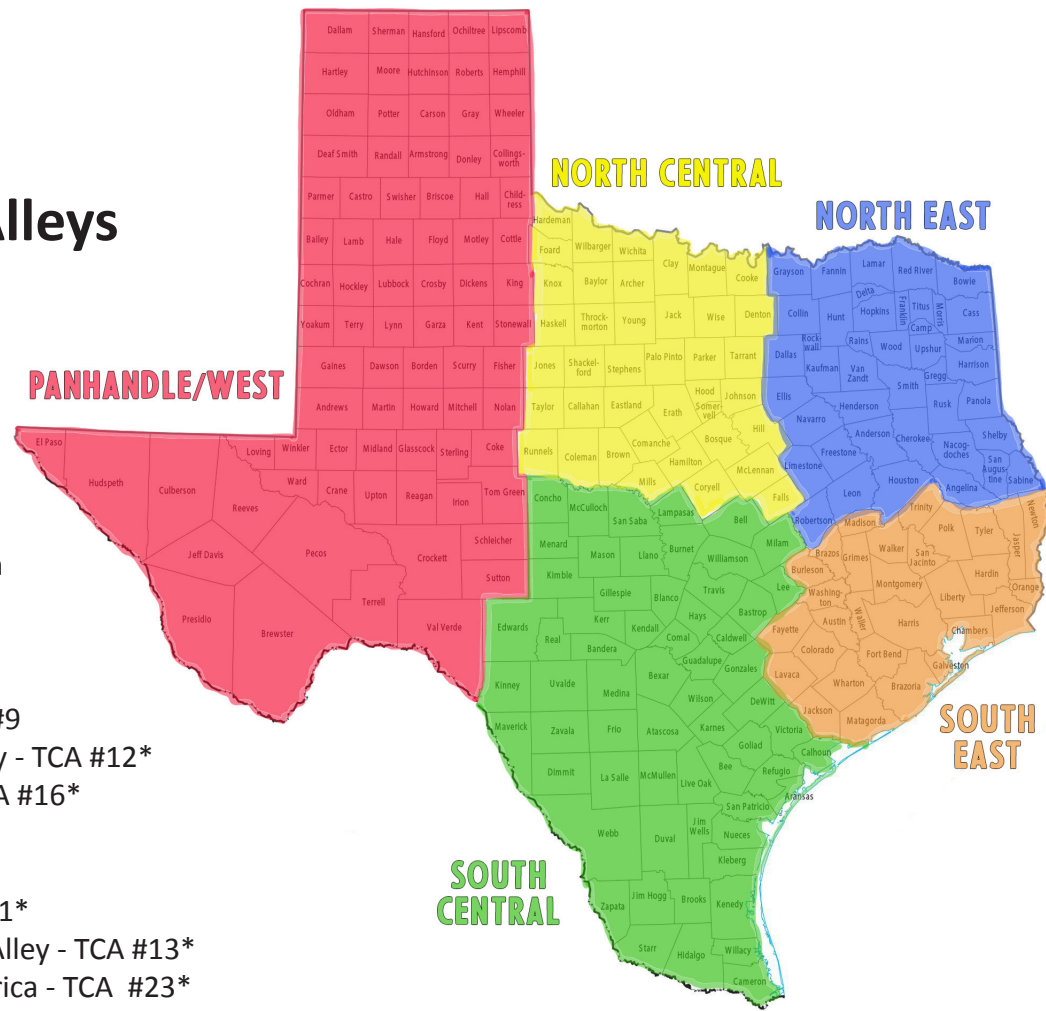
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Be sure to check out the TCA website
www.texasclownassociation.com

**The members only password is:
TCA24**

Be sure to connect to our official TCA facebook page - you can find the link on our website. Follow us and stay current with what is going on with.

TCA Clown Alleys



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Oops Alley - TCA #2

North Central Region
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*Inactive Alleys

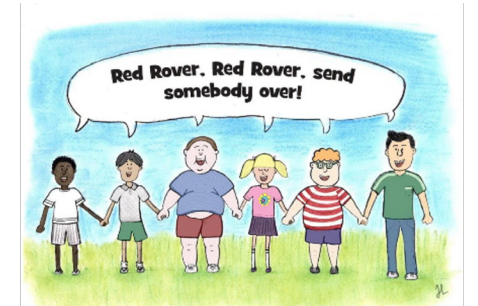


From the Circus Tent of the Red Nose in Charge

Red Rover, Red Roverc Can BOOPSIIE Come Over?

by Cinde "Boopsie" Sanders
2024/2025 TCA President

Do you remember playing Red Rover as a kid? You and your friends form two lines, facing each other about ten yards apart, holding hands. Then, one person would run out and chant, "Red Rover, Red Rover, can [your name] come over?" That person would race toward the line, trying to break through the linked hands. If they succeeded, they joined the line, and the game would begin again. It was such a simple, fun game, but it taught us so many important lessons about teamwork and personal growth.



A True Magician is...

- Respectful
- Prepared
- Enthusiastic
- Confident
- Humble
- Creative
- Authentic
- Giving

Many character traits were experienced in that one little FUN exercise. (Note: These character traits are the references of the Discover Magic Program. Check it out at www.discovermagic.com)

Respectful – You had to ask permission to join the group, and the line had to accept the person once they broke through.

Prepared – Everyone knew the rules and worked together to hold the line, ensuring success.

Enthusiastic – Players approached the game with energy and a positive attitude, ready to take on the challenge.

Confident – Even when faced with obstacles, you had to believe in yourself

and take the chance to join the group.

Humble – You encouraged others to try their best, even if you were stronger or faster

Creative – You used strategy, whether as a runner looking for the weak spot in the line or as a member holding hands tighter for better grip.

Authentic – You gave your best without boasting or belittling others.

Giving – You may have even loosened your grip to help someone who was struggling.

By inviting BOOPSIE into the line, we're offering a space for a new friend to join. Let's apply that same spirit of inclusiveness to our local Clown Alleys and the Regional Texas Clown Association. If each of us brings just one new member, we can grow our alleys in leaps and bounds!

How to Grow Your Alley:

When seeking new members, it's important to set them up for success. Not everyone is cut out to be a clown, but we can still share the love and joy of clowning with others. One principle I live by is **Always Be Sharing (ABS)**. Talk about your clowning experience in your everyday life. Share your passion—it's contagious!

There's a four-step process to build a membership funnel:

1. **Capture:** Look for creative, outgoing individuals (or anyone with a nice smile!) in your circle. Share what clowning means to you and invite them to visit your alley. No pressure, just an open invitation to have fun!
2. **Nurture:** Once they visit, make sure they feel accepted and appreciated. Include them in the group and follow up with a phone call or email to let them know you're glad they came.
3. **Convert:** As they show interest, continue inviting them to events. Consider offering incentives, mentorships, or buddy systems to keep them engaged and encourage their involvement.
4. **Partner:** Once they're on board, embrace them as part of the team. Make them feel like they truly belong and contribute to the group.

Ideas to Engage Members:

- **Host a "Bring a Friend" Day:** Encourage current members to invite a friend to see what clowning all is about.
- **Family Fun Day:** Invite family and friends for a fun, relaxed event that showcases the joy of clowning.
- **Find a Convenient Meeting Spot:** Try to find a time and place that works for everyone. I know it can be tricky, but making the effort to



include everyone is key!

- **Educational & Fun Events:** Offer activities that are both fun and informative, so members feel like they're gaining new skills and knowledge.
- **Promote social media:** Encourage members to join your email list, follow your website, and engage on social media. This helps spread the word and creates a sense of community.
- **Show Appreciation:** A simple "thank you" can go a long way. Acknowledge and celebrate members' contributions—whether in newsletters or at meetings.
- **Recruitment Tools:** Provide business cards for members to hand out to potential new members or for fundraising.
- **Reconnect with Former Members:** Reach out to those who may have drifted away and invite them back.
- **Socialize Outside of Meetings:** Organize informal gatherings like coffee meetups, a play, or a movie night to bond outside of the usual events.
- **Support Each Other's Performances:** Go watch your fellow clowns perform publicly to show support and solidarity.
- **Offer Mentorship:** Share your experience and offer guidance to newer members.

These are just a few ideas to help grow and strengthen your alley. Feel free to add your own, and let's work together to keep the membership strong and vibrant!

The Editor's Keyboard

by Greg "Zoots" Stanford

Greetings from the keyboard of the editor. Thanks to those that submitted articles for this issue. We are always looking for articles and pictures from our TCA members and love to read and see what you are doing. The next issue will come out just before the Christmas holiday which is just a few short weeks away, so we would love to see what you are doing in December. Do you have a tricks or routine that you are changing for Christmas or New Years? How about writing it up and letting us learn from your ideas? Are you or your alley serving or entertaining this season? Drop us a write up and some fun pictures.

Check out Kathy Keaton's idea for a reoccurring articles, "Just Ask" in the next article. We'd love to see you participate!



"JUST ASK"

by Kathy "Piccolo" Keaton
2024/2025 TCA Educational Director

Hello clown friends. Our Joey Journal is shrinking and lacking contributors. The Joey Journal is such an easy way for TEXAS Clowns to share what we have learned and for others to learn what we share. We have an amazing editor that puts it together beautifully!! No other State has their own convention and their own member publication. If course not – we are TEXAS and we are sharing and caring clowns. We should be proud!!!

So . . . I am proposing to begin a monthly article answering your questions. I will try my best to find the answer from the most knowledgeable clowns I know. I am willing to do the work – if you take the time to ask.

When I first began clowning, 45 years ago, there was very little available to connect clowns with each other and what they were doing. We only had our experiences and didn't know what others were doing, how they did it and if it worked or not. Learning from experience is great, but takes time Today there are tons of resources to learn from some of the best clowns and not only in Texas.

I hope to share the resources that have helped me grow and connect with amazing clowns outside of Texas and I hope to answer your questions about clowning that you may have no matter how new or how long you have been clowning.

The truth is you don't know . . . what you don't know. If you want, you can continue to grow and learn. What do YOU want to know about clowning?? All you have to do is:

"JUST ASK" kathykeaton2119@gmail.com

Kathy Keaton has been clowning for over forty- seven years. She's performed for a gazillion birthday parties, school programs, malls, special needs camps, grief work with Hospice, singing telegrams, restaurants, community events, as well as cancer patients, survivors, caregivers, tons of support groups, hospitals, staff, family members. She doesn't do balloons or paint faces and done very little stage work, she can't walk on stilts, do prat falls and her singing is questionable.

Kathy is part of Oops Alley in far West Texas with about 200 miles in between alley members. They somehow pull it together to always bring TCA fun skits, paradability and sharing with others when they can.

TCA BOARD MEETING



Your TCA Board and several guests met Friday, November 15, 2024, in Arlington for a regular Board meeting. After spending a couple of hours working through the agenda, several enjoyed some fun at a local axe throwing establishment. #all my axes live in Texas

Clowning in Sierra Leone

by Kim "Tutti Frutti" Grice

2024/2025 TCA South Central Area Director

I had the opportunity to be part of a medical mission team that traveled to Sierra Leone, Africa in October. This country is on the west coast of Africa and is one of the poorest in the world. It is the size of New Jersey with a population of about 9 million. The average life expectancy is 59 years and the number one cause of death is malaria.

They do not have clowns in Sierra Leone and the children did not know what one is! There is not a word for it in their native language. They have many cultural and religious festivals where they wear costumes and paint their body, including "white face". Some of these organizations are "secret" societies and are feared, so I was asked not to wear too much make up. I colored my lower lip, put on cheeks, and my nose. I did not wear a wig, but a headband that has hair and a clown hat. I did a clown show for the children at a Christian school, ages 4-18. I explained what a clown is, and then did some simple magic and story telling that involved getting children up to assist me. At times, an interpreter helped me as English is spoken there, but not their first language. My clown was well received and the children were great participants! None were fearful of me either.



What's on the TUBE?

Check out this fun circus skit from the Magic of Circus youtube channel.

<https://www.youtube.com/watch?v=e8ZXGVui6n8>



Want to play the Ukelele? Check out this first lesson in a free 10 lesson class from Andy Guitar. You'll learn 3 easy chords to play six different songs in just the first lesson.



https://www.youtube.com/watch?v=5bTE5fbxDsc&list=PL-RYb_OMw7Ge2KE0P_



Happy New Year!! Time To...

by Kathy "Piccolo" Keaton
2024/2025 TCA Educational Director

Time to do what? That's up to you. My annual goals, changes, wishes aren't set in stone. They are usually ways I would like to improve personally and make me a better person and clown. The one thing I do want to do (and NEVER do) is so simple. I want to carry totes in my car for groceries, yet every year I continue to bring those crummy plastic bags home.

As clowns we are always looking for a cuter costume, new shoes, new ideas for face painting and balloon twisting. This year, why not set some educational goals for yourself to help you grow as a clown?? Maybe add a little yuke or a new magic trick to our skills. E-mail me if you don't know how to find resources. My wish for you this year is to learn a little more about the value and benefits of the laughter you share with others. What caring clowns have to offer is much more than how we look or our entertainment skills. Beneath all of that of course, is your heart of gold. How about including how and why laughter truly is good medicine! When I began clowning, I had no idea of all of the different types of clowns there were. I thought all clowns were the same and that they were just for kids. In those days, hospitals were thrilled to have a clown show up and visit patients. Over and over, I saw for myself the power of humor on those who were ill and how it changed their attitude and changed the atmosphere in the room. I didn't understand how and why it worked.

Even when I began to seriously study the health benefits of humor and laughter there were very few books and not much information. Today you can find studies on nearly every illness and how humor and laughter can help. Although many hospitals are still reluctant to include clowns, some pretty big hospitals do use humor as a part of the medical treatment like, The Mayo Clinic and Cancer Treatment Centers of America. We fall under "alternative medicine" category along with music and pet therapy also often offered in hospitals and nursing homes.

The good news is there is scientific proof now that by adding laughter and humor to traditional medical care it does a lot of great things for our mind and body that can help with the healing process. By knowing just how and why humor and laughter helps, we can become more professional with our hospital and healthcare work. By sharing what we know to be true (whether in or out of our clown character) it makes us more confident, gives us more credibility and improves the value of the caring clown for others.

Dr. Lee Burk from Loma Linda University is one of the leading pioneers in humor studies. For over three decades he has devoted his time to discovering how laughter affects our brains and our bodies. It is truly very interesting to see how our minds and thoughts can help or hinder our recovery from stress, illness, change or challenge. It doesn't always mean we will never be sick or can avoid unexpected challenges or death but it does mean we can be happier and healthier by choosing an optimistic attitude and looking for the humor in spite of . . .

If you are a caring clown working in a hospital, in a nursing home, with cancer patients or Alzheimer's patients, google humor along with your topic and see what you can learn this year that will make you a more confident and professional clown in the area of healthcare!! Here are just a few of the hundreds of things Dr. Burk has studied and proven about the use of humor and the value of laughter. Remember, humor and laughter are not the same. Humor is an attitude, the way we look at and perceive the world and what is going on around us. Laughter is the physical response to humor. It begins a positive chemical reaction in our brain that affects every cell and organ in our body. That's pretty powerful medicine! According to research and studies, laughter therapy provides physical benefits, such as helping to:

- Boost the immune system and circulatory system (Raises your T. Cells and helps fight against flu, cold and infections, very important to the elderly)
- Enhance oxygen intake (forces clean air into our lungs and opens the blood vessels letting blood flow more freely to our heart and other organs)
- Stimulate the heart and lungs
- Relax muscles throughout the body
- Trigger the release of endorphins (the body's natural painkillers)
- Ease digestion/soothes stomach aches
- Relieve pain
- Balance blood pressure
- Improve mental functions (i.e., alertness, memory, creativity)

Laughter therapy may also help to:

- Improve overall attitude
- Reduce stress/tension (stress is an epidemic and the cause of many of our illnesses)
- Promote relaxation
- Improve sleep
- Enhance quality of life
- Strengthen social bonds and relationships

As caring clowns and students of laughter as good medicine we can be better by knowing the power of that which we distribute freely. Maybe something to think about as we try to improve our clown image this year.

On another subject – If people question you about scary clowns . . . WE are even scared of those imposters and did you know, more people are scared of belly buttons than clowns. Look it up! Have a GREAT YEAR full of fun and laughter!

Re-print from WCA
kathykeaton2119@gmail.com



The Joey Journal



Pitts '10

The Texas Clown Association

March - April 2010

from the 2010 March/April issue. Editor Kay Quittner

CARD VANISH HANDKERCHIEF ILLUSION

Effect:

A card is seen to be lifted from the pile, along with a handkerchief. The card then suddenly vanishes into thin air!!!

You Will Need

- An ordinary deck of cards
- Handkerchief with a hem
- Toothpick
- Scissors

Preparation

Take a toothpick and match it up against the end of one of the cards.

Now take the scissors and cut the toothpick so it's the same as the width of the card.

Push the toothpick into the hem of the handkerchief. Making sure that it won't fall out.

Performance

Take the deck of cards and spread them out in a pile on the table in front of the audience.

Bring out your handkerchief and let the audience know that you are going to make a playing card vanish right in front of their eyes!!!

Now place the handkerchief on top of the pile of cards, making sure that the part of the handkerchief containing the toothpick is underneath the rest of the handkerchief.

Keep a relaxed manner and don't make it obvious that you are laying out the handkerchief in any certain way.



Picture 1

Now using one hand, grab the corner of the handkerchief with the toothpick hidden in the hem between your thumb and first finger. Lift up the handkerchief about 50 cm (about a foot and a half), then give the handkerchief a quick shake. Show the audience both sides of the hanky, who will see that the card (imaginary) has vanished in thin air!





Area Alley Reports

North East Area Report by William "Wee-Bo" Beaty

Memory makers Alley Report by Heather Shaw

Our next meeting is this Friday Nov 15th, 6:00PM at Wendy's in Sulphur Springs. There we are going to have our elections for officers. Kim and Terry are currently in Sulfur Springs, which is great news! For months Terry was in rehab at Baylor due to health issues related to recovering from liver transplant (genetically caused, not due to alcohol consumption). The fall parade in October was done by me and Nancy Silver in Sulphur Springs. We hope to do the Christmas parade in Sulfur Springs early December.

December 6th is the parade, the following Monday the 9th, the sulfur Springs Alley has been invited to the Christmas party in Tyler hosted by the Tyler magic group and I believe the Tyler clown alley will also be attending. That is also when Sulphur Springs Alley will have our monthly meeting, which is not normally at that time. Also, the Sunday before Halloween we helped the Lake Fork Baptist Church with their trunk or treat. Darris did his train, Nancy and I twisted balloons.

Rosey Nose Alley Report by Shannon Greene

We need prayers for Jane Wilson and I. Rosy Nose has been doing prison and nursing home programs as well as small events at churches and schools. East Texas Magic Club and Memory Makers Alley's will join us for the "Magic of Christmas" party.

DFW Clowns "R" Us Alley Report by Rudie Rosales

Our Alley is thrilled to share our excitement about supporting both the Texas Clown Association (TCA) and the World Clown Association (WCA) conventions next year. In 2025, these two remarkable conventions that will take place right here in the Dallas-Fort Worth area. Also we are honored to be invited by the WCA committee to assist in various capacities, from doing a workshop, sharing small group performances to hosting a meet-and-greet event. As you know these conventions present an incredible opportunity for our Alley to connect with clowns across Texas and around the world here in our local area in 2025, while proudly showcasing the vibrant clowning spirit of the Lone Star State.

Now this December is shaping up to be a month full of meaningful outreach and celebrations. On December 5, we'll spread holiday cheer at the City of Denison's 90th Annual Christmas Parade. Later, on December 9, we'll bring joy to patients at the Pauline Allen Gill Center for Cancer and Blood Disorders, followed by the Sickle Cell Program's Children's Holiday Celebration at Children's Health on December 16. Amid these festive events, we've also focused on strengthening our digital presence. Our refreshed website, dfwclownsrus.com, now features a modern design with up-to-date content, and our active Facebook page that keeps members engaged with news, outreach opportunities, and special programs.

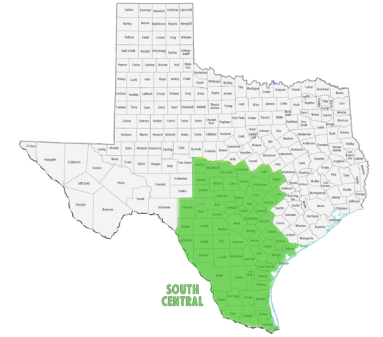
This cannot go without saying that our monthly meetings at the Georgia Farrow Recreation Center in Irving continue to be a cornerstone of our success. The open mic sessions have become an invaluable platform for clowns, both new and experienced, to perform and share their talents with a supportive audience. The glass-walled venue draws curiosity from passersby, often sparking interest in our Alley. Additionally, we've launched a lead team texting channel for streamlined communications, created bilingual



resources to connect to our Spanish-speaking communities, and are finalizing our push cards featuring our mission, values, and contact information with a big QR code. These efforts are strengthening our community and positioning us for the future and exciting and inclusive modern clowning community.

South Central Area Report - by Kim "Tutti Frutti" Grice

Not much news to report from this area! The Jolly Joeys have kept busy this fall with gigs for fall festivals, nursing homes, and churches. They will elect a new board at the November meeting. As always, they are trying to find ways to increase the membership, which has sadly, dwindled since the Pandemic. They plan to offer a clown school in the spring to boost the numbers.



South East Area Report by Pam "Touche" Blacklock

Cheerful Clown Alley #166
We want to take this opportunity to thank everyone again for your support and your volunteering that helped make the TCA 2024 Convention a huge success! We could not have done it without each one of you! The last count of attendees to convention was 64.



Our Charity of Choice was the Center for Pursuit. We were able to donate \$1000.00 to this great organization. The Reynolds Company (our 2024 printing sponsor) also made a \$4000.00 donation to the Center. One of our members, Abi "Knitwit" Franklin is an employee of Reynolds.

September 2024 – CCA membership had a bubble release for four of our recently deceased members. Their names were; "Fritz", "Benzo", "Pogo" and "Mimi". Friends and family members shared stories of each about their unique skill and clown styles. We then returned inside to continue the rest of our meeting. Sunshine and Rain – Donna "Sweetie" Mathews fell and is now in an assisted living while she undergoes PT. She is in great spirits.

Gig Report- CCA had 5 gigs by 14 clowns using 46.75 clown hours. Year to date: 32 gigs.

Cricket's Corner Food Pantry – As of August 2024 CCA has donate 918 pounds of non-perishable food since its inception! CCA also received a donation from Mary Peck for \$1500.00. Mary was the person in charge of this food pantry where we donate the food. She passed away and had wanted to leave something for the organization that donated so much to the food pantry.

Presentation – Jessica Brown from Station Theater outlined the basis for Improv. She showed us how to



take chances. The primary step is "Saying Yes plus And." Do not negate what your partner is saying. Use Active Listening.

October 2024- Membership Reported that CCA currently has 86 members.

V.P. Report - Jean "Kit Cat" Pirtle presented to the Alley a Halloween fun show and tell. November will be about CCA Board Elections and in December we will have our Annual Pot Luck Supper.

We are also planning our annual Awards Banquet coming up in January of 2025.

Joe "Blades" and Linda "Shotzie" are already working on Clown School for next year with a few changes to come!

Details coming soon....



presented by the
Cowtown Clown Alley

