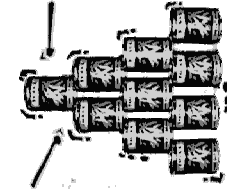


BATTLE OF THE CANS



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“Shake, rattle and roll against hunger. Together, we’ll make the message loud and clear.”

Your team will use food items of any kind to create a percussive theatrical show from five to ten minutes. This may be the noisiest and most entertaining challenge against hunger that Niagara Falls has ever heard!

CONSTRUCTION

Form a team of at least two people. Then collect food items which will create the most interesting sounds. You'll probably want to use a variety of different food containers and products to increase the variety and originality of your performance. Containers can be full or partially empty to create a variety of different sounds and tones. You will definitely want to practice your performance. We recommend **at least** two rehearsals at your home church before coming to Glengate.

- ✓ It will boost enthusiasm
- ✓ It will build your teams creativity
- ✓ It will help you come up with a well thought out, entertaining and original performance

Children to adults any age are encouraged to take part in your team. You can use food items in a percussive way to accompany sung music, or just come out with a full on "CAN JAM" and really get the audience hearts pumping!

Percussion is proven to raise the heart rate and get your feet moving and help lift your spirit. If you are participating or simply listening-dancing this is a great way to get your community involved in something easy and fun!

BE CREATIVE! HAVE FUN!

For more information on this event, please contact Jim by phone at 905.295.4231.

Please register by contacting the registrar at 905.295.4231 by March 30, 2009.

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