

December 7th WRVS CafePaisley, Buddy Beat Drum Circle

It was a damp and windy winter night in Paisley for Buddy Beat's latest Drum Circle. Lesley was there first to open up the venue and Jess soon arrived too. Next up Jane and her Beloved Berlingo appeared. Not many people know this but The Berlingo was the victim of a hit and run and her door was badly damaged. Jane had no choice to put her into hospital for surgery, and thankfully she was well enough to return to her onerous duties.

Tom arrived just before 7 and was followed by Jeanette and Anne Ross. So, the Buddy Beat gang were-
Jeanette Allan, Jane Bentley, Tom Chalmers, Lesley King, Jess McMillan and Anne Ross.

We only had two visitors- Kenny from Ayrshire and brother-in-law to Jeanette and a lady called Catherine, who had seen us perform at The Nurses in Practise Conference at the SECC in March this year. But it's not the size of the party that matters- it's what you do in it that counts!

Jane began by showing Catherine and Kenny how to hold and play the djembe and before we knew it we launched into a 10 minute jam, with Jane telling them to watch the rest of us if they found themselves getting lost. Then we showed them how to stop and start and that was followed by three turns of migrating Echo and Response for each of us which went down very well and both Catherine and Kenny seemed to be enjoying themselves. Next we played a few games- Pass The Rhumble, and when there are only 8 of you in the group you sure have to be on your toes for when the nod comes your way and also an amended version of our Turnaround game but in this one you didn't hit two beats to reverse the flow, instead you turned and looked to the person on your left or right. Poor Jess got trapped for a while between Tom and Lesley, as did Catherine between Anne and Kenny. Next up Jane reintroduced a game fit only for December- anyone could think of a well known Christmas song and play it and the rest of the circle would have to guess it. Not as easy as it sounds, and Lesley was in her element although one of her choices left us hanging for what seemed like ages and we could have sat there until midnight letting Lesley drum away had Jane not intervened!

To close the first half we then played Jane's new game. Basically it revolves around a person shouting out such words as "Go!" and we all jam and then someone may then say "Freeze!" to which we all stop until someone else gives a new order. For want of a better name, we could call this Commando. Commands issued ranged from loud to soft, to play in the middle, to play on the edge, air drumming, shouting slogans, blowing air-kisses- the possibilities are endless! That was a great laugh. At one point Tom shouted "Freeze!" Jeanette laughed and said that Lesley, who Tom had just beaten to it, had "An F on her lips!" Oooh er!

Jane announced tea-break. Lesley had looked after us all once again by bringing along pop and biccies. We had a lovely chat and sit down for twenty minutes before it was time to get back to the action. First off, we were all given a hand chime and we jammed firstly with the drums and chiming as and when we felt like it and then after a while we ceased on the drums and just chimed and it was magical and fitted perfectly with this time of the year. So calming was it, that some of us looked to be drifting off. We should make a relaxation CD! Back to drumming and Jane suggested we could change to percussion if we wished and we jammed for 10 minutes. Next Jane got us to jam by making strange noises on our drums such as scraping or tapping the side and it was terrific how all the weird sounds merged into a great rhythm. Anne Ross stunned everyone by discovering that the rim of her own drum gave off this crisp almost clicky noise much akin to castanets. It's never dull at Buddy Beat!

Jane closed the workshop with a jam and afterwards Catherine and Kenny kindly helped to clear away the drums and chairs and Catherine said that she would make a note in her diary for the 1st Monday in February 2010 when we reconvene our night-time Drum Circle.

Another good event! Thanks to everyone who took part.

Words by Tom Chalmers