

## Scotia Club Open Day 16.4.09



Hit that perfect beat!

## The Buddy Beat:-

- ✓ Jane Bentley
- ✓ Tom Chalmers
- ✓ Anne Dowie
- ✓ Frances Nisbet
- ✓ Christine Robertson
- ✓ Anne Ross



*The Famous 5*

Yesterday afternoon saw The Buddy Beat take to the road on their latest adventure. Today's performance/workshop was to be held in Bridgeton in Glasgow at the Scotia Club, a place for people with mental health problems and financed by G.A.M.H.

Buddy Beater Frances is a member there and she has long told her friends about The Buddy Beat and as they were having an open day, they were keen to see us in action.

Before that we met as normal in the Paisley Arts Centre. Buddy Beat member Christine only found out about this event in the morning and after we worked out our performance piece, she raced home to change, promising us that she would try her best to meet us there.

Jane was accompanied in her Tardis-like Berlingo van by Frances but Tom got the short straw and chauffeured Anne D and Anne R. We left shortly after noon and the drive there was fine but when we got to the area where the venue was, we drove about aimlessly. Frances had mentioned a “big red building” but it seemed as though the locals had heard we were coming and decided to paint half the buildings several shades of red just to confuse us, but we then spotted Jane and Frances so we knew we had arrived.



*“Whaurs the grub, hen?”*

Frances took us in with a promise of lunch as it was not the drums but our tummies that were beginning to rumble! But there was no room at the inn, for the dining room was packed. We waited a short while before Frances found us a table and we were treated to home made soup and sandwiches, and we were ably served by our waitress Frances. After a leisurely lunch we thought we had better get cracking before everyone decided to go home and quickly unpacked our gear and set up. Just at that time, we were pleased to see that Christine had been true to her word and had arrived, making us 6 in total.

Jane started us off with our short piece and that got everyone’s attention and they began to drift in. There were around 15 interested people including a 7

year old boy and Jane had enough drums for everyone. The audience seemed really up for it and very quickly we were all jamming together. Jane then got us to stop and start in unison, switching play between this half and that half of the group, and as this went so well, Jane started an echo and response game. She beat out four examples before passing to Anne Ross who then made her own sound which the group copied. We moved around the circle and everyone made their own beat without any problems.



*Christine- our own Indiana Jones*



*Jane grabbing forty winks between beats*

Next, Jane encouraged everyone to listen to the general beat but pick out specific beats from someone across the circle and try to have a conversation which seemed to go down well.



*Multitasking Anne R - Concentrating and smiling at the same time.*

After 20 drum-filled minutes, some of the participating audience felt their hands a tad sore and Jane then switched to the Boomwhackers. As there were just over 20 of us, there was enough for everyone to have 2 each and very quickly the room was filled with the lovely whistling of the tubes. It's great to see peoples' reaction to group drumming and then also when they hear the surprising sound from Boomwhackers.



*Anne D clearly having a naughty thought.*



*“Right, who nicked my Norman Wisdom hat?”*

After ten minutes of that, Jane closed off with five minutes of jamming and towards the end announced that we were to try and find a way to finish in thirty seconds. The group seemed to take that cue but the beat then sped like a runaway train and came to a thunderous halt after fifteen seconds!

Everyone seemed to enjoy themselves and we received some lovely compliments such as “that was fantastic” and “that was brilliant”. We packed our drums away and then Frances could see that we were parched and she led us back to the dining room where we wet our whistles. Oh, and ate cakes too.



Here are some of our willing audience. The chap sitting on the desk is Iain who made soup for everyone. He brought along his home-made shaker and seemed to lap everything up.

It was a splendid day out for us all and we all enjoyed it and it just went to show that you don't necessarily need a large audience to make an event work. I have never seen a workshop like this where everyone seemed to “get into it” so quickly.

“Numpty of the Day” was Tom for leaving his camera behind but thank to texts and calls to Frances and Jane, it was put away safely and he travelled back there the following day to gratefully retrieve it, where he once again met Iain, who was still beaming about the day before!

Strangest conversation of the day was a three-way one between Tom Anne D and Jane. We were talking about our own funerals and Anne D wants to book The Buddy Beat for her send off. We have to form a line and give her a massive rumble and she says that she will raise her hand and count us down from four to finish it! Tom then stated that he wants The Buddy Beat to form a procession walking down the central aisle, in a slow fashion beating a single beat until they get to the top of the pews and then they can burst into life, just like a traditional New Orleans send off! Jane said that when it is her turn she will rap on the wood above her and hold an “echo and response” session. Oh, how we giggled!

And Hats Off! to our Christine who jumped on board with very little notice and made her way to Bridgeton on her very ownsome.

Lastly, regulars to The Buddy Beat will know that The Two Anne’s banter back and forth, niggling at each other as to who is the youngest. Anne D told us over lunch that she was turning over a new leaf and everything became a little bit sugary in a “The Waltons” kind of way. Thankfully, as we all became nauseous over the course of the afternoon, Anne D turned back into her old self and normal service was resumed!

