

*The Buddy Beat @
Lochwinnoch ROAR*



10th April 2014

Buddy Beat travelled a few miles to the Lochwinnoch ROAR (Reaching Older Adults Renfrewshire), our 3rd ROAR engagement after recent trips to the Houston & Ralston clubs. It was a rare lovely day and we were looking forward to the workshop.



The venue was the McKillop Institute on Main Street.

The Buddy Beat were-

- *Dr Jane Bentley*
- *Tom Chalmers*
- *Anne Dowie*
- *Frances Nesbit*
- *Carolyn Richardson*
- *Christine Robertson*

This was Carolyn's Buddy Beat performance debut, and it is always good for our regular giggers to have one of our members come along, help us out and join in the fun.





Can you guess Frances' favourite colour?

A circle of chairs was quickly set up and Jane introduced Buddy Beat before we played together by way of a demonstration. We blasted along, stopped and started on a count of four and ended with a resounding single beat. During this, one gentleman was clearly infected by the beat and he joined in with a tambourine style shaker. This was well received by the dozen ROAR members watching. Jane then demonstrated the various percussion instruments, raising a laugh when she placed a pineapple shaker on her head, pretending to be Carmen Miranda! Christine then told the circle how to get the best out of the djembe drums before Jane gave the word for everyone to get armed. Now we were ready!

Jane took us straight into a jam and we were impressed by the rhythm, the ROAR ladies and gentlemen were clearly listening to one another. We coasted along and the room was bursting with beats. Jane counted us out and we ended in unison. A band already!

Next up and everyone got their chance to shine. Jane began by playing a short rhythm before passing the floor to another person who then played a little before picking someone else. This always raises smiles.



A chance to change instrument saw a few do so, able assisted by Frances. Jane then played some short rhythms of her own and we all repeated these, even coping with the raising complexity. Anne then took over and delivered half a dozen good rhythms of her own, with Tom and Christine taking over from her and doing likewise.

Time was running out and Jane started us off playing together. After a while, we split into two groups, playing at Jane's command. Then it was a chance for just the drums, before percussion took centre stage. Coming all back in, Jane took the volume down and down and then slowly brought it back up. Everyone looked happy and relaxed and the circle was working as one. Jane brought it all to a satisfactory ending with a terrific rumble.

Jane thanked everyone for staying the course and congratulated the circle on keeping together. One gentleman asked out loud- "When are you coming back?" Need we say more?

That was a lovely workshop and we created some excellent sounds. In our 3 ROAR visits of late, we have reached out to almost 70 people; putting a smile on their faces and sending them home with a skip in their step. And that makes us feel good too!

Words and pictures by Tom Chalmers

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