



THE BUDDY BEAT

@

HOUSTON ROAR



MARCH 19TH 2014

With spring finally in the air, Buddy Beat hit the road, having been booked by our friends at ROAR- Reaching Older Adults in Renfrewshire. ROAR has 12 clubs in the area - see www.roar-renfrewshire.org. The ROAR clubs meet once a week and the members have a healthy two course lunch and a health or wellbeing activity of some sort is also included.

One of Buddy Beat's 2013 highlights was our ROAR tour in the autumn, when we visited six of the ROAR groups in Renfrewshire, having a great time with many of the members. We met plenty of characters, had many a giggle and received lovely feedback from group members and staff alike.

And so ROAR Houston, one of our Tour 2013 venues, asked that we come along again and host a musical workshop. How could we refuse?

The venue was the hall of the Houston and Killellan Parish Church.



The Buddy Beat faithful, small in number but big in enthusiasm, were-

- Dr Jane Bentley
- Tom Chalmers
- Anne Dowie
- Christine Robertson

We were joined by 15 ladies, all eager and full of chatter as they selected either a drum or percussion instrument, all ably demonstrated by Jane. Jane then introduced Buddy Beat and welcomed back the faces that had joined our circle last year and also to the ladies who were trying their hand for the first time.



Christine instructed the ladies on how to play the drums, showing that a beat in the centre produces a deeper sound than the shriller edge. Christine then explained how the drums have different skins and therefore different tones and she asked the ladies to demonstrate this on their own drums in turn.

Over to Tom and he got everyone to play together for the first time, building the music up one by one. Once this was chomping along rather brightly, Tom stopped and started the circle on a count of four. This was repeated several times, with the length of the pauses decreasing in turn. Tom asked Christine and Anne to take over and then a couple of the ladies took control before we brought this to an end with a lovely rumble.





Jane instigated a Copy Cat segment and the ROAR ladies lapped the rhythms up, and you could see the happy faces around the circle. Anne took over and proceeded with a selection of her own rhythms which the ladies hungrily hoovered up.

Next up we had everyone playing together before Jane alternated between the drums and the half a dozen ladies with shakers. With five minutes remaining some of the ladies had to leave as their bus had arrived and we ended with a reduced but still eager contingent playing together and we ended on a bustling rumble!



The ROAR ladies had clearly enjoyed themselves and as they left one summed it up perfectly: “That was lovely- I really enjoyed that.”

It was good for Buddy Beat to be back in the community, doing what we do best and we all had a great time.



Words by Tom Chalmers
Photos by Tom and Jane

