

Musicians of all abilities converge on Waitaki Boys'

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Musicians from around the country are camping out at Waitaki Boys' High School. Seventy-five musicians of various ages and skill levels have attended the annual Waitaki Summer Music Camp, which will culminate in a concert tomorrow night.

Camp secretary Kris Claman said the camp was unique, as it did not select attendees based on skill level.

Instead, anyone could apply, and would be selected on a first-come, first-served basis.

The campers had come from a wide variety of places, ranging from Auckland to Invercargill.

The focus of the camp was on orchestral music, she said.

Rhiannon Thomas, 17, said the camp offered a different style of play for many Oamaru musicians, as there were not many bands in the town.

She had been playing the violin for more than seven years, but not being able to practise in a band meant she and many others were "worse by default".

The first few days of the camp



Practising clarinet together at the annual Waitaki Summer Music Camp are (from left) Jenny Bartley, of Christchurch, Rachel Ingham, of Palmerston North, Stephen Wildboar, of Palmerston North, Jenny Tubb, of Christchurch, and Brenda Hall, of Timaru. PHOTO: WYATT RYDER

had been a "steep learning curve", but it was rewarding. "It's quite a lot of fun."

Flautist Hazel Agnew said it could be intimidating playing alongside professionals, but

most were very willing to offer advice and help out. The annual concert is on at

the Waitaki Boys' High School auditorium at 7.30pm tomorrow.

Reasons why you should give a JOT

BELATED Happy New Year from Ann Brown and Ruth Davison, the co-creators of JOT Waitaki Sustainability Group.

Most of you will not know us, but we launched the group last year, based on the idea that we all know we should try to live more sustainably — but it all seems too hard, and what does it mean in reality?

Well, at the simplest level, it means to live within our means, using resources carefully and wasting less. However, we are constantly being told the world is doomed, so what's the point?

Well, if we all work together, we really can make a difference. As Max Lucado has said, "no-one can do everything, but everyone can do something". We like to describe ourselves as idealistic realists who feel that if we all do something, we really can make a difference. Many of the world's resources are finite, so if we use less, surely they will last for longer. Quite simple, really!

Within our group, we hold monthly



JUST ONE THING
ANN & RUTH

meetings where we pick a waste sustainability theme. We have looked at waste connected with food, textiles, gardens and waste free gift giving. We talk about why we should give a "JOT" in these areas and look at some of the scary facts about how wasteful as a country we are. When everyone is feeling a bit overwhelmed, we talk about the positive solutions we can all take — Just One Thing at a time, hence our name.

So, what are some of those scary facts?

FOOD WASTE

New Zealand homes throw away 157,398 tonnes of food per year. That costs the average household \$644 a year and it is

enough to feed the whole of Dunedin for nearly three years. (<https://lovefoodhatewaste.co.nz/food-waste/what-we-waste/>)

TEXTILE WASTE

Of all the textiles manufactured each year globally:

- ★ 12% are lost during manufacturing in the form of cutting and production waste,
 - ★ 75% are sent to landfill by consumers,
 - ★ 12% are put back in the system through donating or recycling,
 - ★ 1% are regenerated into new fibre for new clothes
- (<https://www.oneplanet.nz/households/textiles/>)

GARDEN WASTE

In New Zealand, 40% of household waste is compostable materials in the form of food waste, garden materials, food contaminated paper, tissues and hand towels. Why not use these resources to help improve your garden and grow some veggies? (<https://www.oneplanet.nz/households/home-composting/>)

So where do we start? Well, that's simpler than you may think. If we start with the simple mantra "rethink, reduce, refuse, reuse and finally, recycle", it is amazing what you can achieve.

If we rethink and see everything as a precious resource rather than something just as a throwaway commodity, suddenly our mindset has changed. We waste less if we realise that if we just throw something away, it does not just disappear but can often do damage to the Earth as it decomposes — or does not.

To reduce what we consume is as simple as buying less each time we go to the supermarket or using up our leftovers, rather than throwing them away. If we ask ourselves "can I borrow, rent or do without something?" we suddenly find we are buying less.

This seems alien in our consumerist world, but if we refuse to buy that two-for-one offer when we know it's unlikely to get used, or say no to that gift you are

given at a conference when we do not really need yet another pen, it feels surprisingly good.

If we reuse a resource before we discard it, suddenly we cut down on our waste massively. For example, it is estimated that New Zealanders go through 295 million single use coffee cups every year. If we use a reusable keep-cup instead, the reduced waste is enormous. (<https://www.pmcas.ac.nz/2019/11/06/saying-no-to-single-use-coffee-cups/>)

To recycle does not just mean throwing our cans and glass into the recycle bin. It can be recycling your clothes via the excellent op shops in Oamaru or your grass clippings as a living mulch under your hedges. Trust us, it does work!

There are many more ways to reduce our impact on this world and we affectionately call them the 50 zillion Rs. Once you get going, it becomes slightly obsessive, working out yet another R you can add to the list to lessen the waste we create.

My favourite is re-imagine. As we start our journey into 2024, will one of your resolutions be to reimagine your lives, our community and country with less waste by tackling Just One Thing at a time?

I gave up on normal resolutions of losing weight, being nice to everyone and running 10km every week years ago! Somehow the goal of working together towards a better future for our tamariki and mokopuna seems much more worthwhile.

If you feel powerless that your individual efforts will make no difference, I will finish with one of our favourite quotes from Marie Anne Bonneau, who is the Zero Waste Chef.

"We do not need a few people doing zero waste perfectly, we need millions doing it imperfectly".

We hope you will feel inspired to join us all on our more sustainable journey, one step at a time. Until next month's column, go well and keep JOTing.

If you are interested in learning more about JOT Waitaki, look at our Facebook page, Just One Thing Waitaki, or email us at jotwaitaki@outlook.com so we can keep you informed about our meetings and events.

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