

LEIGH RAG

August 2021

Leigh Rag is supported by the Leigh Community and compiled and edited by Helen Parkes
22 Harbour View Rd Ph 021484432
Please submit contributions **before the 15th** of each month.

Email to leighragnz@gmail.com

Please Note: The Editor of the RAG does not take any responsibility for the contents of items supplied.

Newsletter for Leigh, Matheson Bay, Whangateau, Pakiri

Sponsored by Leigh Community Club,

View the Leigh Rag online

www.leighbythesea.co.nz/news-events



DAFFODIL DAY AUGUST 27TH

Fundraising Event

On behalf of the Cancer Society

Friday 27th August

Come along to a great morning tea
at 38 Barrier View, Leigh.

There will be prizes, coffee, tea and cake
so bring a friend, a donation and see you
there at 10.00am. Juliet and helpers

WHANGATEAU HALL

The Whangateau Hall and Reserve management committee is looking for new members. We meet 4 times a year. If you are passionate about the hall and reserve grounds and want to have a say in how they are managed,
email whangateauhallbookings@gmail.com for more information.



PEST FREE LEIGH

There are now 240 Pest Free Leigh rat traps out in the community. Around 100 rats were caught in each of the months, April, May and June, taking our grand total to 452. As I type, the July results are being tallied. **We are now at 499 rats and counting.** On average that's just over two rats per trap. The next rat recorded will be number 500 and something of a milestone. To celebrate, the **Leigh Bar** has generously offered a \$50 voucher to the person catching rat number 500. The lucky winner will be announced soon!

To measure the success of our efforts we will be monitoring using tracking tunnels. Ink cards loaded with a tasty smudge of peanut butter will be placed in the tunnels. The inky footprints of rodents and other visitors will give an indication of the numbers and types of pests that we need to target.

The Pest Free Leigh Street Coordinators met for an enjoyable evening in late July. With 80% of all reported results coming through our street coordinators, they are the driving force behind our project. There are still a few gaps to fill (e.g. Matheson Bay Road, Hillside Crescent, Ferndale Avenue, and more), so if interested please get in touch!

Around 50-60% of trappers are reporting trapping results monthly. These reports form the basis of the project, informing us where to focus our efforts. We appreciate hearing from all trappers; even the "zero heroes". Every trap that is baited and set contributes. Results can go to your street coordinator, or for those without a coordinator please send them to pestfreeleigh@gmail.com. Keep up the good work!



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to keep you and others safe.



Breaking News as we go to publish. Auckland is going to Level 4 lockdown from 11.59pm on the 17th August, as is Coromandel, The rest of the country will be in Level 4 for 3 days. Please note that the dates and times published in this edition are subject to change because of this situation. Please check dates and time with those hosting events.

queries

For COVID-19 health advice and information,
contact the Healthline team
(for free) on [0800 358 5453](tel:08003585453)

For other COVID-19-related queries, email
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LEIGH TENNIS CLUB

The last couple of months have been typical wintry weather; cold, wet and windy. Despite this we have a few hardy souls who hit the courts on Sunday afternoon for some friendly fire. As the weather warms up in September and October, we hope this will encourage some more players onto the courts. Our Club day is Sunday at 3pm when daylight saving commences, then we will aim at playing one evening during the week as well. We are also keen to have an alternative playing time on Thursday mornings from 9.30 am. If you are keen to play at this time can you contact Liz Jones, Ph 021 0721 101 so we can assess playing numbers. The Club's Annual General Meeting is on **Sunday 22 August at 3pm** at the Leigh Bowling Club. The club is in good heart and most of the current committee will continue in office for the ensuing year. Come along to the meeting to hear about the Club's performance and projects we have for next year. We welcome any suggestions you might have to bring members together for a hit on the courts.

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David@coastalpainters.nz

LEIGH RAG

ADVERTISEMENT RATES

Deadline 10th of month

Standard size adverts

\$20 each or \$80 for 11 issues
(Larger ads priced as required)

Email leighragnz@gmail.com

Phone Helen Parkes Editor
021484432

What's on at the Leigh hall:

Regular bookings:

Monday: Waste Free Leigh Sewing 9.30 - 11.30am

Tuesday: Yoga with Marion 9.30 - 11.00am

Nia class with Amara 5.30 - 6.30pm

Wednesday: Yoga with Kaye 6.00 - 7.00pm

Thursday: Spinning Sun dancing 9.15 - 10.15am

Tap dancing 10.30 - 11.00am

Waste Free Leigh Sewing 9.30 - 11.30am

Friday: Nia class with Amara 10.00 - 11.00am

Saturday: Yoga with Kaye 9.00 - 10.00am

Getting to know RATS

Rats have food preference

Which means it can take time for them to get a taste for your lure.

Many researchers have explored this topic. In this study, rats were fed wheat flour only for five weeks. Then they were offered wheat flour or an alternative, wholemeal flour. At first, they ate the wheat flour and little to no wholemeal flour, but after a few days, they had changed their preference largely to wholemeal. Researchers repeated this experiment many times, and what they found was the time it took for food preference to change varied.

In some cases, preference was delayed by a long period of fluctuation where rats sampled both food sources before showing a clear preference. In one example, the delay was 22 days before preference was evident, while in another, it was 21 days. In other cases, preference developed within a day. The key takeaway here is rats will sample new foods offered to them (like your lure), but it can take time for their preference to change. This is why it may take a while to have success with a new trap and lure.

Rats reproduce at an alarming rate

Rats produce a new litter of up to 22 rats around eight times a year, and it only takes females five weeks to start breeding! This makes it difficult to eradicate your rat problem even if you've done your research. Although a single trap might take care of one rat, getting the whole rat family requires more. This is especially true if you empty and reset your traps infrequently. Common advice is to use dozens of snap traps for your rat problem. You need to manually empty and reset them to ensure they're ready to catch the next rat. The aim of the game is to reduce your rat population faster than it increases; an automatic solution that's constantly ready for action helps you do this.

Excerpt from :-

<https://goodnature.co.nz/blogs/news/reasons-rats-are-hard-to-trap?>

Link provided by Liz Jones in support of Pest Free Leigh



Open Daily from 10am

June & July weekdays last admission 3pm gates close 4pm

Weekends & holidays last admission 4pm gates close 5pm

Adult \$20 - schoolchildren \$10 – preschooler - no charge - family pass \$50

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MATHESON BAY NEWS

The annual winter pot luck dinner was well attended and as usual a wonderful array of food was provided. It was a fun night and it was great to meet the newer residents in the bay.

We are so fortunate to have such a lovely venue as the Leigh Hall which has everything on hand and is so well cared for. The small room is ideal for functions like the pot luck and was cosy and intimate. Thank you to Lynn Mellsopp and many others for ensuring a great night. A lovely painting by local artist Mary Jordan was raffled and raised over \$100 to be given this year to the Leigh Pre-School.

There has been no shortage of water lately and we had a deluge recently with over 70mm in 12 hours. Few of the drains could cope and there was much debris and gravel shifted. The Kohuroa stream had come up to such a height as to come over the path at the top end and the sea was muddied well out past the island. Since then it has rained most days, but with lovely mornings much to the joy of the many swimmers braving the 14deg water (some without wet or dry suits!).

Road markings have been completed at the northern end parking area and it is now very clear where you can and can't park. The grass seed around the new bollards had a tough start and what didn't get washed out in the deluge recently, was snapped up by the sparrows, but there are signs of some growth. All in all, the area is looking good

Louise van Campfort

FOR ALL EMERGENCIES

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leighragnz@gmail.com

The Tamaki Makaurau Zero
Waste Award event held
July 29 acknowledged Helen
Parkes of Waste Free Leigh

for her efforts in
growing the
movement.
Congratulations
go to all our
sewing team.



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Waste Free Leigh

The Leigh Waste Minimisation
sewing group meets

Thursdays and Mondays
9.30 am to 11.30 am.

Meeting at the Cumberland Street
rooms, Leigh Hall.

WHANGATEAU HALL

Music and Events at Whangateau Hall

Mon 30th August. Folk Club night with Helen Dorothy and Plot. Doors open at 6:45pm for a 7pm start. Floor singers first half, email to request a spot, or claim one at the door. \$10. No pre-booking required.

Fri 10th September. Good Habits in concert. Award winning UK alternative-folk duo featuring cello and accordion. \$15. Doors open at 7pm for a 7:30pm start. No pre-booking required.

Sun 26th September. Folk Club night with We Mavericks. Original wild folk, entertaining stories and incredible energy. Doors open at 6:45pm for a 7pm start. Floor singers first half, email to request a spot, or claim one at the door. \$15. No pre-booking required

Mon 27th September. Folk Club Night Second half special guest: Pete and the Skiffy Rivets. Americana, bluegrass, swing, folk. Email Jenine to request a first half floor spot. Floor spots are 2 songs or 8 minutes maximum. 7:00pm. \$10.

Sat 2nd October. Gumboot Tango in concert. Four piece folk band from Taranaki specialising in kiwi music. 7:30pm. \$15.

Jenine Abarbanel 021 428 568



Waste Free Leigh

Recycling collection receptacles are
at the Leigh Hall
Cumberland Street car park.

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Leigh Church Services

All denominations and visitors are most welcome to join with us each

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There is a prayer meeting every
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Children's Ministry enquiries

Ph : Janette 422 6204



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LEIGH COMMUNITY PATROL GROUP

On Sunday 15th August we had a fantastic turnout of interested locals to our second meeting which was held at the Leigh Bowling Club. This followed the first meeting held at the Leigh Hall on the 25th July which was also very well attended.

We further discussed how this group will look and operate and then those who wanted to be a part of this group filled out joining forms to become members.

Part of this process is a police vetting procedure which will take several weeks.

Once we get all these forms cleared, we will organise an initial meeting of the 'Leigh Community Patrol' group and start forming a structure and look at equipping ourselves so we can get underway before summer.

The NZ Police are fully on board with this set up.

The Community Patrols of NZ are fully supportive also.

A large number of our community, being Whangateau through to Pakiri, are on board also.

If you were not able to attend today and want to be part of this group, please email your request to leigh@cpnz.org.nz and we will send you the forms and discuss how you can join up.

If you have any questions about being a member, or what we are setting up, please call Kevin 021422651. If you would like to support this financially, or know of a contact that may help us fund a patrol vehicle and set up an office etc, please let us know as local support will be most welcome.

Further information will follow in due course but this is growing and will be a part of our community soon.

Kevin Lawton



Leigh School

Kia ora. Coming up soon is our school wide Waste-Not, Want-Not Market. We've all been taking recycled goods and repurposing things from home and making some brilliant creations that we will sell at the market. It will be open to the public if you want to come along and support our eco venture.

There will be all sorts of goodies for sale from tee shirt bags, seedlings, candles, exciting things in glass jars etc etc.

The date of the market is Thursday the 26th of August, please ring the school or look at the school Facebook page to find out the exact timing. Please bring some cash on the day!

Thanks for your support.

What's Going on around here?

If you have an event coming up, send an email to leighragnz@gmail.com and it can be included in this monthly notification

<i>What Date</i>	<i>What is it</i>	<i>When</i>	<i>How much</i>	<i>Where</i>
Sat Aug 21	Matakana Wedding Fair	9am to 3pm		2 Alnwick St Warkworth
Sun Aug 22	Leigh tennis Club AGM	3pm		Leigh Bowling Club
Fri Aug 27	Daffodil Day Morning tea	10am	Donation	38 Barrier view Rd
Fri Aug 27	8 show - Works by 8 local artists	6.30pm		The Foundation Gallery
Sun Sep 5	Leigh Community Club meeting	4pm		Leigh Bowling Club
Sun Sep 5	Father's Day	All day		Your place
Sat Oct 2	School holidays begin			
Fri Oct 15	Kowhai singers	TBC		Leigh Hall

Helpful Contacts

For all emergencies dial 111 and ask for police, ambulance or fire

Auckland Council 09 301 0101 toll free

Auckland Transport: public transport enquiries 0800 103 080

Healthline 0800 611 116 for 24-hour medical services

Graffiti Coordinator – Lionel Anderson 021 795 306 call or txt with location of graffiti

Lifeline Helpline Call 0800 543 354

Northlink Health enquiries for Home Help Ph 0800 425 999

North Shore Hospital Emergency Care 0800 809 342

Orca Hotline Call 0800 733 6722 to report orca sightings.

Police Non Emergency Dial 105 theft, vandalism, shoplifting, lost property, stolen cars, drugs etc. or 0800 105 105

Warkworth Police Station 09 425 8109 8am-4pm Mon - Fri

Shorecare Accident & Medical: 24/7, Sovereign House, Smales Farm

Takapuna National Poison Centre: 24 hrs advice 0800 764 766

Reporting Community Problems and Safety issues.

We notice complaints on local social media about local issues, that can be dealt with by going direct to the **Auckland City Council** who have a range of ways for you to report a problem They cover Maintenance of public facilities or spaces, Transport parking and roads, Environment and Marine pollution, Illegal rubbish dumping, Graffiti, noise pollution, wandering dogs and marine vessel incidents. These can all be reported online at <https://www.aucklandcouncil.govt.nz/report-problem/Pages/report-a-problem.aspx> or you can phone 09 301 0101 Hotline 24 hours, 7 days

For Illegal fishing ncc@mpi.govt.nz ph: **0800 4 POACHER** (0800 47 62 24)

Report a road incident or unsafe driver – *555 and Roadwatch

<https://www.police.govt.nz/advice/driving-and-road-safety/report-road-incident-unsafe-driver>

No matter where you are in NZ, 111 is the number to call to report a water rescue to Police.

COVID-19 vaccines

Covid 19 Vaccines are available to anyone over 40 from August 18, and those over 30 from the 25th August.

From Sept 1 anyone aged 16 and over can book a vaccine.

Once it's your turn, you can be vaccinated at any time — there's no cut off.

The plan is that everyone over 16 will be able to be vaccinated by the end of the year .

You can book online through

<https://bookmyvaccine.covid19.health.nz/>

You can book over the phone by calling the COVID Vaccination Healthline on [0800 28 29 26](tel:0800282926).

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Community Directory

Forest & Bird Coast Care Group - a community initiative to restore reserves and bush areas through monthly weeding and planting bees - Neil Sutherland 422 6001

Leigh Badminton Club - Anyone interested in re-starting this club call Dennis Humphrey 422 6625

Leigh Bowling Club - to foster fellowship and the game of bowls. New members welcome. President Biscuit McLean 027 590 4829 or Secretary Glen Walker 4226486

Leigh Business Community - meets 3rd Wednesday of month - Jan Scott 422 6681
LeighbytheseaNZ@gmail.com or www.leighbythesea.co.nz

Leigh Cards 500 - 1pm - 3.30pm Tuesday, Leigh Bowling Club, all welcome, \$3.00

Leigh Cemetery Trust - Secretary Diti Hill-Dene 027 2777 594

Leigh Church - Church Hall bookings please Phone (09) 425 8054

Leigh Community Club - meets quarterly, Anzac Day Service, Interesting speakers, council communication, care of walkways, beaches and more.
leighcommunityclub@gmail.com President Guy Parkes 021352588

Leigh Community Preschool - 422 6516 www.leighpreschool.co.nz

Leigh Girl Guides, Brownies & Pippins - Fay Bradnam 021 0279 0161

Leigh Hall - Bookings / enquiries phone Lynn Mellsopp 027 2868 625 or email leighhallauckland@gmail.com

Leigh Harbour Valley Society - 422 6880 www.leighharbourvalleysociety.org.nz

Leigh Library - 'The Cottage' opposite Leigh Store Tue 2-6pm, Wed 2-4pm, Thur 11am -1pm Sat 9am -1pm. Librarian Tracey Lawton 021 825 818 / 422 6944

Leigh Penguin Project 0211671524 or email leighpenguins@gmail.com

Leigh School - 422 6031 www.leigh.school.nz

Leigh Tennis Club - leightennisinc@gmail.com

Leigh Walking Group - meets Mondays at 9.30am for interesting walks throughout the Rodney, Kaipara and Auckland regions. Valda Paddison paddis@xtra.co.nz

Leigh Women's Bowling Club - meet Tues, Oct -April, for friendly bowls. New members very welcome. Bev Cassidy 4226599

Matheson Bay Neighbourhood Assn - via committee on mathesonbayassn@gmail.com

Pakiri Community Landcare Group - Frankie 021 688 997 or nick@nickmolloy.co.nz

Pakiri Tennis Club Contact Linda Taylor (Secretary) on 021 242 7459

Pest Free Leigh pestfreeleigh@gmail.com; www.facebook.com/groups/pestfreeleigh

Plunket meet 1st Monday of month Leigh Church Hall Contact Adele 0272901915

Rodney Rams Secretary Amy Weller 021 138 1407 rodneyrans@outlook.com

Tawharanui Open Sanctuary Society Inc. (TOSSI) - www.tossi.org.nz Secretary Karyn Hoksbergen 09 585 1315 email secretary@tossi.org.nz

Whangateau Acoustic Music & Social Club - www.whangateau.co.nz

Whangateau Neighbourhood Support - Sharyn Carew sharyncarew@vodafone.co.nz

Whangateau Residents & Ratepayers Assn - meets 7.30pm, 2nd Tuesday of month at Whangateau Hall. Audrey Sharp 422 6209 or Hugh McKergow 422 6219

JUSTICES OF THE PEACE & CELEBRANTS

JP - Fay Bradnam 422 6038

JP - Jon Everest 021 354 708

FACEBOOK

Leigh Community Club - www.facebook.com/Leighcomm/

Love Leigh - www.facebook.com/groups/LoveLeigh/

Leigh by the Sea - www.facebook.com/pages/Leighbythesea/251994924849626

Leigh Historical Photographs NZ - www.facebook.com/groups/739949979454558

If your club or group does not appear, please advise the editor.



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LEIGH COMMUNITY CLUB

With a welcome break in the winter weather, Steve Mantle and his team of fellow community volunteers completed the second stage laying the walkway on the paper road between Cumberland St and Harbour View Rd.

Steve Paddison carted metal both to his home and then loaded and carted to the site as well as helping with the grade up. Bunnings helped with the supply of the grid sheets, Ross Garrick, Deen Hall, Dave Shapleski, Peter Hardie, George Knightly, and Steve Mantle laid and graded the grid. Juliet Mantle provided the morning tea.

While Rochford Landscape had their digger on site the team helped Errol Allbon re-erect a long fallen headstone at the Leigh Cemetery.

The headstone project was instigated and managed by Errol including liaising with the family, cementing the headstone and organizing the lift team with Steve.

The headstone is of the diver E. G. Harper, killed diving on the Elingamite, A big thank you to Errol for taking this project on.

The last project for the month was to supply and lay a new earth platform for the picnic table at the end of Harbour View Rd. Deen Hall provided the clean fill, Rochford Landscape flattened it off and next step is to add topsoil and grass seed

A big thanks to Steve and his project skills in continuing to help maintain our much loved coastal walkway along with his willing band of volunteers that make it happen. *Guy Parkes*



Photo of volunteers and Judee Hall



LITTLE BLUE PENGUINS – KORORĀ

What's going on during the night around Leigh? Trail cameras are a good way to learn that while we are sleeping there is a lot of activity in the area. Possums begin to roam in the dark, rats do too and they are all looking for food. Keep your traps baited and ready to catch those night critters.

Penguins are also active during the night. They come ashore, make nests, feed their young and then usually head off again to sea before daylight.

Recently a Leigh resident heard strange noises under the house and was sure it wasn't rats. A trail camera, placed under the house overnight, soon identified the night visitors – little blue penguins or kororā. They used to nest under quite a few other local houses but do tend to be very noisy and very smelly. If you think you might have penguins under your house, please let us know.

Many thanks for recent donations towards our penguin project. The bank account name is Forest & Bird Society Warkworth and use 'penguins' in the reference - account number 38-9020-0129881-00. For more info or to volunteer, please contact us on leighpenguins@gmail.com



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Leigh Hall

Hall bookings keep rolling in. It is great to know it is being used. Recent parties and dinners have been held with great success. Continuous improvements are happening, some are not visible but still make a difference to hall users.

Three small rooms on the lower level are currently used as a base for local community projects. We feel this is good use of these spaces. One will soon be available for private hire as well as small community meetings.

The committee would like to thank you all for keeping an eye on the hall. If a window or door is left open, cans are blowing out of the can cage, gutters overflowing or lights left on, please keep letting us know on facebook LoveLeigh or get a message to us. We really appreciate knowing of any maintenance, safety or security issues.

Lynn. Ph 0272868625 leighhallauckland@gmail.com

NOMINATE A LOCAL GOOD SORT

The Leigh Community Church has run the Good Sorts column since 2013. Many fantastic locals have been the Good Sort of the month over the years but there are others out there who also deserve the award. If you know someone like this who has not yet been nominated, please write in a few words their good deed or thoughtfulness, including their name, address and phone number and drop it into the Leigh General Store in an envelope marked "Good Sort" or email the Editor at LeighRagNZ@gmail.com.

The person considered most deserving will receive home baking courtesy of Leigh Community Church.



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Leigh Volunteer Fire Brigade

Things picked up somewhat this month with a total of 13 incidents; first response medicals in Leigh (5) and Whangateau (2), a motor vehicle accident in Matakana, a rescue in Leigh and false alarms in Tawharanui (2), Pakiri and Omaha.

The brigade continues to grow with 4 new recruits joining up to commence their firefighter training. Welcome to Steph Roberts, Amy Lynn, Campbell Aley and Lukas Joblin who are getting involved with training alongside the rest of the crew. It typically takes a minimum of 12 months to complete the volunteer recruit firefighter training. All the best to our new recruits.

Ongoing training continued this month with most of the crew taking part. It was great to have St John Clinical Support out to Leigh to deliver training on-station to keep medical skills up-to-date and to learn any changes to existing clinical procedures. A large variety of skills are always covered during these sessions and participating crew members all found it very beneficial.

In recent weeks there have been several local medical emergencies where Leigh First Response has not been called to the incident. As we have said previously, it is at the discretion of St John what resources are used to respond to an incident, based on the information they receive from the 111 call.

There are also times when ambulance resources are in short supply due to other emergencies elsewhere, but we are currently in discussions with St John's area management on how to improve this. However as a Volunteer Fire Brigade, we are restricted to working within the MOU (Memorandum of Understanding) between FENZ and St John and we can only respond when they call us based on certain criteria. In order to support our local community, there is an emergency siren activation switch mounted on the front of the fire station between the two engine bay doors. If you have a **critical life-threatening situation that requires an immediate response** and you are

not getting an appropriate response from calling 111 and asking for an ambulance, then you can use this switch to activate the station siren which will alert our crew to respond. NOTE: this is for absolutely critical emergencies only and not a substitute to calling 111. You will not get an ambulance any quicker but our first responders can assist in any way we can.

More information can be found online at <https://fireandemergency.nz/at-home/winter-fire-safety/>.

Paul Smith / Brigade co-secretary



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Junior Fire fighters - Sponsors Needed

Leigh Volunteer Fire Brigade has been successfully running the Junior Fire fighter programme for primary school aged children in our local community for almost 2 years. We are looking for sponsors to assist with running the programme. If you are a local business or individual and are keen to assist with this existing initiative please contact Tony Enderby on 021 025 19299

THIS MONTH'S WINTER FIRE SAFETY MESSAGE

When using portable LPG gas heaters:

- Check to see the gas hose is in good condition and doesn't show any signs of damage or wear.
- If the heater does not light straight away, turn it off and then try again. Don't let the gas build up before trying to relight it.
- Always have fresh air coming into rooms where a gas heater is in use.
- Have your heater serviced every 12 months.

More information can be found online at <https://fireandemergency.nz/at-home/winter-fire-safety/>

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LEIGH VOLUNTEER LIBRARY

Situated in The Cottage opp General Store

OPEN: Tuesday 2pm-6pm

Wednesday 2pm-4pm

Thursday 11am-1pm Saturday 9am-1pm

Kia Ora

Recent donations to commemorate the library's 150th anniversary include finalists in the prestigious 2021 Ockham NZ Book Awards – Len Bell's large format *Marti Friedlander: Portraits of the Artists*, 250+ powerful photo-portraits from across the wide NZ artistic spectrum; *Nothing to See*, a 'gripping, weird, funny, close to the bone' novel by Pip Adam, and *Bug Week*, short stories by Airini Beautrais, a 'talented, often acerbic, writer' (and eventual premier award winner).

Leigh Library can arrange book, audio book, jigsaw delivery and collection services for Leigh, Ti Point, Whangateau and Pakiri residents who have become housebound due to illness, surgery or injury.

If you, or somebody you know, is in this situation, please contact Wendy Brown 422-6202 / 0274 859 997.

Jenny Stewart (for Tracey)

LEIGH TENNIS CLUB INC

Annual General Meeting
Sunday 22 August at
3pm at Leigh Bowling
Club,
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THURSDAY – SUNDAY 9AM – LATE

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Local News

Do you Have Something to Say?

This is your platform.

Any items of interest for the Area from Whangateau to Pakiri can be published in the Leigh Rag, at the editors discretion. We are often looking for interesting local information, events, sporting results or items of local interest.

Please send dates for the calendar or items of up to 100 words for consideration to leighragnz@gmail.com. Any items should be in Word or plain text .

Letters to the Editor are also welcome. As are photographs in jpg format.

KEEP YOUR KIDS AND PETS SAFE

Many local residents have been notified that Auckland Council are extending the Tamahunga area Possum Control to cover the area East of Rodney Road to the sea, (except for the built up areas of Leigh and Matheson Bay). This includes Goat Island, both sides of Leigh Harbour, all of Ti Point and Whangateau East of Ashton Road.

Commencing Mid July through to end of November.

Please be aware that kids and pets touching dead animals that may have been poisoned could potentially be affected. Any queries please contact council

09 3010101 Ashley White

SIGNAGE WILL BE PLACED WHEN THIS STARTS. IN EACH AREA



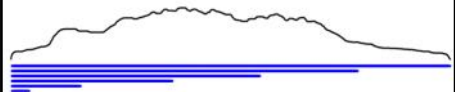
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Leigh Business Community

The Osteopaths

I trained as an Osteopath over 20 years ago in London. I moved to Leigh in 2008, commuting to work in Auckland 3 days a week. Then I set up a clinic room at my home in Matheson Bay and began offering treatment.

Mostly by word of mouth my practice grew and now I focus full time up in the area I love. I have Joss Moore working with me offering treatment at three locations Leigh, Matakana and Algies Bay.

The most common questions we get asked is what is Osteopathy and what do you treat?

To become an Osteopath we complete 5 year masters degree in which we learn the anatomy and physiology of the body. By understanding how the healthy body should function we are able to detect where there is dysfunction, which is the cause of pain, restricted movement, fatigue, poor sleep or reduced overall good health.

We use a variety of techniques such as soft tissue massage, joint manipulation and gentle cranial Osteopathy to help realign the parts of the body that aren't functioning to their optimum and restore them to healthy function.

People often assume Osteopaths only treat backs but we can apply these techniques to any part of the body. Cranial osteopathy is a gentle effective treatment that is great post trauma. Patients are often surprised how injuries sustained years before can be the cause of dysfunction later in life. It is very effective to assist in healing post-surgery and is great with babies and the elderly who may not cope with manual therapy.

If you would like to make an appointment or read more about osteopathy you can find us at theosteopaths.co.nz or call 4226522 to make an appointment. Ross Payn and Joss Moore.

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THE LEIGH COMMUNITY CLUB

100 Club RAFFLE

Results

1st Prize #55

2nd Prize #52

3rd Prize #96

Congratulations to our winners Rod
Keir, Jo Brooks and MD

Next Draw is Friday August 27 5pm
Leigh Bowling Club



GOOD SORTS

This month our GOOD SORT is **Kaye Mueller**, nominated by Alaina who writes 'Kaye has swimfluenced many in our community and deserves acknowledgment for the energy she's put out there. In our community there are those that have daily connection to the sea, but many that look at the sea, who used to swim, life has happened, and they are not confident anymore. **Kaye** has clearly encouraged many in our community. To see the Leigh Swimmers Group go from just a handful a few years ago to a large pod, and now little sub-pods of their own forming, is really cool. Thanks for spreading your joy **Kaye** and encouraging others to find joy in swimming again too. It's a special thing that's happening around Leigh'. The *Leigh Community Church* agree and have home-baking coming your way.
Photo: Kay Receiving her good sorts award at the "swimmers dinner" held at Leigh central



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