

autumn  
09

# eastgate | neighbourhood news

## Energy for life

Where can you get a health check, cooking lessons, supermarket tours and grocery budget advice, kids soccer, netball and rugby workshops, yummy giveaways and kids entertainment all in one place for FREE these school holidays?.....Eastgate Shopping Centre!

Eastgate, together with The Canterbury District Health Board (CDHB) and Christchurch City Council, is holding the Energise 09 Health & Wellbeing expo on Thursday 16 and Friday 17 April.

Eastgate Marketing Manager Sarah Girvan says Energise 09 will show families how easy it is to make little changes in lifestyle, that in the long term will make big differences in their lives.

"There is a lot of information on health out there, and it often seems conflicting," says Sarah. "It's hard to know what works and what doesn't. The experts on hand at Energise 09 will have the latest advice and tips on what really does work."

Energise 09 is bigger and better than ever with stalls from organisations such as Sports Canterbury, National Heart Foundation, Bone Health and the Cancer Society, plus exciting cooking demonstrations, free entertainment, a range of health checks, fitness challenges and supermarket tours.

"There'll be a heap of free stuff and things for the kids to do including making their own lunch and taking part in sports workshops. For parents hungry for information sign up for the supermarket tour, take advantage of the free health check-ups and then boogie along to some of NZ's top hip hop, salsa, ballroom and break-dancing performers.

There's an old saying that goes, 'what you learn having fun you never forget', and these two days are all about fun says Sarah.

### **There's something for everyone at Energise 09 >**

- Free dietary, fitness and exercise advice
- Cooking demonstrations
- Get a Warrant of Fitness health check
- Live onstage entertainment
- Kids sports workshops
- Supermarket tours
- Lunchbox tricks and tips
- Gardening in containers
- Easy menu planning advice
- Get up close to the Colossal Colon

All events will take place around Eastgate's main forecourt with regular displays and performances on-stage.

09  
**energise**  
HEALTH & WELLBEING  
FOR THE WHOLE FAMILY



countdown

**Canterbury**  
District Health Board  
Te Poari Hauora o Waitaha

## coming up >>>

Friday 10th April to Monday 13th April - EASTER

Monday 13th April to Friday 24th April – School holidays

Thursday 16th and Friday 17th April– Energise 09 Health & Wellbeing Expo from 11.00am to 3.00pm daily

Tuesday 21st to Thursday 23rd April – Ronald McDonald Fun & Games Show, at 11.30am and 1.00pm daily

Saturday 2nd May – Circo Arts CPIT Roaming Entertainment, from 10.00am to 4.00pm

### Easter Shopping Hours:

Good Friday 10 April: Closed / Saturday 11 April: 9am – 6pm / Easter Sunday 12 April: Closed  
Easter Monday 13 April: 10am – 5pm

# store review >

## countdown

### Inspiring healthy eating choices

Countdown Eastgate is getting in behind the move to healthier lifestyles. During Energise 09, the supermarket will be offering packs of food complete with a recipe to help show people how affordable healthy eating really is.

Store manager, Jeremy Samuels, says Countdown Eastgate has been inspired by the CDHB to help raise awareness that eating nutritious meals is not as expensive as people think.

"The CDHB demonstration kitchens have three recipes they will be showing people how to make – sausage casserole (see recipe alongside), teriyaki beef stir-fry, pork, broccoli and almond stir-fry. We are putting together all the ingredients for each meal into packs complete with the recipe. We're making it easy for people so that once they've seen how simple the dish is to make, they will be able to re-create it at home for their families."

Countdown is committed to keeping green and Countdown Eastgate does it bit by recycling all cardboard and plastic wrap. "We are focused on cutting down waste as much as possible," says Jeremy. Countdown Head Office in Auckland has also made changes in its car fleet across all stores reducing emissions by 30 percent, and is trialling a new state-of-the-art efficient refrigeration system at its newest store in Fraser Cove in Wellington.

Jeremy says all 200 staff at Countdown Eastgate supported the store's EarthHour initiatives and were encouraged to ask shoppers with only a few purchases if they wanted a plastic bag. He says Countdown's green eco bags are often on special for only \$1.

Countdown Eastgate supports local producers as much as possible. "All our suppliers have to meet the Woolworth's Quality Assurance programme that ensures our customers are only buying quality products," says Jeremy.

**Countdown Eastgate is open seven days a week between 6.00am and 12:00 midnight.**



When it comes to a quick, easy and healthy meal, a sausage casserole can't be beaten. You can taste it at the CDHB's Energise 09 expo stall, buy the ingredients pack at Countdown and whip it up at home. The family will be impressed and well-fed.

## Sausage Casserole

**Serves 4**  
**Time to make: 40 minutes**

**500g lean sausages**  
**2 teaspoons olive oil**  
**1 chopped onion**  
**2 cloves crushed garlic**  
**2 sliced carrots**  
**1 chopped red pepper**  
**400g can crushed tomatoes**  
**400g can chilli beans or chilli baked beans**  
**2 tablespoons tomato sauce**  
**2 cups frozen green beans**

### Method

1. Prick and boil sausages for about 5 minutes until cooked. Drain and allow to cool for a few minutes.
2. Slice into pieces about 1.5-2cm thick and dry-fry in a non-stick frying pan until browned on both sides. Set aside.
3. Add onion and garlic to pan, cook on medium heat for a few minutes, add carrots and pepper and stir-fry for another 2 minutes.
4. Add crushed tomatoes and chilli beans and simmer for about 10 minutes, or until carrots are soft. Add green beans and heat for a further 5 minutes.
5. Serve with rice or mashed potato

Tip: Vary the vegetables. While this recipe uses carrots, red pepper and green beans, any vegetables will do; kumara, pumpkin, celery, leek and courgette all work well. Remember, quantity and variety are the key words here.

Tip: This recipe freezes well. Double the quantity and freeze half for another night.

Tip: Boil sausages before use. By pricking and boiling the sausages before you use them, you are allowing some of the fat to melt out into the boiling liquid.



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# faces of Eastgate >

## What do you think of Eastgate Shopping Centre...

### Jack Wilkanson (left) and Kyle Cain (both 14)

**How often do you visit Eastgate?** About twice a week.

**What's your favourite store?** We love EB Games.

**What do you like about the centre?** There is a good range to choose from, you have lots of options.



### Wedzerai Matsheza

**How often do you visit Eastgate?** A couple of times a week.

**What's your favourite store?** I shop here for my children so I love JK Kids, also I often visit the Warehouse to buy music videos and CDs.

**What do you like about the centre?** It's really convenient to where I live and there is a wide selection.



### Casey Archbald

**How often do you visit Eastgate?** I come here a few times a week.

**What's your favourite store?** I love Amazon.

**What do you like about the centre?** I have two kids and live nearby so it's really easy to pop-over if I need something.



## Get money wise the Westpac way

**Taking charge of your finances is the best thing you can do in tough economic times and the friendly team at Westpac have some tips on how to get started.**

Tracy McPhedran, branch manager of Westpac's Eastgate branch, says getting advice is the first step. Whether it's transferring a credit card balance from another bank or consolidating a debt into one manageable loan there are a range of borrowing solutions that can be tailored to your needs.

Consolidating your debt into one loan has many advantages; namely just one organisation to deal with and one regular payment to make. Commonly asked questions include:

### Q. Can I take a "loan holiday" if I lose my job or if my financial circumstances change?

A. If your income is reduced, for example if you have a break between jobs, you can extend out the loan to the maximum term to reduce payments. When you're back on your feet financially you can increase your repayments again so you pay off the loan faster and pay less interest in the long term.

### Q. Can I make extra payments if I get a bit of extra cash or a bonus at work?

A. Yes, there are no early repayment penalties on a Westpac personal loan, so extra payments like these will help reduce your debt faster. You can make extra payments by using



Photo caption: Tracy McPhedran (seated right), Branch Manager of Westpac's Eastgate branch with her team of bankers – (seated from left) Janine Merrett, Christine Allen, Wiesje Eagleton, Nicole Ferguson, (middle row) Nick Kakoi, Gardenia Paulo, Gayle Downie, Marlene Dobson, Sandra Lakin, (back row) Nathan Beale, Chris Wallace, Dave Lee.

Online Banking or Phone Banking, or by simply calling into any Westpac branch.

### Q. Once I've paid some money off, can I take it out again if I need it for an emergency?

A. With a Westpac personal loan, you can apply for the additional funds you require, and with a credit card, you can draw up to your available credit limit. Some people find this useful to help bridge the gap if they have urgent expenses like a medical emergency or essential car repairs.

*Westpac's current lending criteria apply to all applications and transfers. A standard establishment fee of \$250 applies to personal loans. Other fees may apply. Terms and conditions apply to Westpac products and services, for further details please refer to [www.westpac.co.nz](http://www.westpac.co.nz) or visit your nearest Westpac branch. Westpac New Zealand Limited.*

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# eastgate | a word from the eastgate team >

## MANAGEMENT MESSAGE

Well as you can see we've hit the ground running in 2009, there is an action packed holiday program planned for the April School Holidays, with Energise 09 Health & Wellbeing Expo and the Ronald McDonald Fun & Games Shows.

I personally have really enjoyed working closely with the Canterbury District Health Board (CDHB) and Christchurch City Council to put together Energise 09, and I am sure anyone who comes along will get a lot out of it. Rather than purely providing entertainment we wanted to provide the community with an event that adds value and has a positive impact on your lives.

In February Eastgate's shoppers were awarded with a very special plaque from Ronald McDonald House. This plaque reflects the overwhelming generosity of your donations to the Ronald McDonald Wishing Well. I personally had the privilege of visiting the house and seeing first hand how much of a difference your donations make – so keep them coming!

Lastly, this month we are sending out our first 'Eastgate Update' email, a more regular electronic version of this newsletter – so if you would like to receive it simply fill in the online subscription form on the website [www.eastgate.co.nz](http://www.eastgate.co.nz). As well as info on the latest community news you'll get information on the best monthly deals and promotions available at Eastgate stores.

Ka kite ano

Sarah Girvan  
Marketing Manager

## Mixing it up for good

Tagging, bullying and bad attitudes in Linwood Park are being dealt a blow by youth workers. Remix, the 24/7YouthWork Trust, has targeted the area as a great spot to start working with youth after school and encourage pride in the local community.

The trust spent a year raising funding to buy a van and now have youth worker Matt Stevenson at the park playing sport, providing music and role modelling positive ways to have fun.

Matt says the response has been great and "reports of bullying and tagging are down." The new Remix van was cranking out sounds at LYFE 09 and a team of volunteers helped set up and then clean up after the event.

Look out for Matt and the van at Linwood Park – he'll be there for the next few weeks before taking a break for winter, but come summer he and the Remix van will be back.



## LYFE 09 a big hit

**Dance band Bang! Bang! Eche! set the tone for an unforgettable LYFE 09 festival in March.**

enthusiasts and the talented youth basketball players gave the Canterbury Cougars a jump for their money.

Fresh from a hugely successful overseas tour, the band wowed crowds with their unique Kiwi punk sound before handing the stage over to the talented Kapa Haka group, Te Ahikaaroa. The highlight of the day was the appearance of the Rugby League World Cup and there were plenty of aspiring league players, of all ages, who lined up to get their photo taken with the silverware.

It was all on with hula hooping, uni-cycle riding, ice skating, ten pin bowling, Oxford Speedway cars, hair braiding, tree climbing, soap and stone carving.

LYFE 09, which was organised by local community organisations and funded by the Hagley and Ferrymead Community Board, showcased and celebrated the talents and achievements of Linwood youth. Check out [www.lyfe.co.nz](http://www.lyfe.co.nz) for coverage of the event and start thinking of ideas for LYFE '10.

The Cheapskates demo and skating competition were big draw cards for skating

## WIN WITH EASTGATE

Let us have your feedback on the Eastgate Neighbourhood News newsletter and you'll go into the lucky prize draw. Tell us what you like, what you don't like and what you'd like to read about and you'll be in to win one of four \$50 Eastgate vouchers.

What section of the newsletter do you like reading the most?

What stories would you like to see more of?

What stories would you like to see less of?

Do you cut out and keep the recipe?

Would you like to see more competitions?

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

Contact Phone number: \_\_\_\_\_

Tick this box if you would NOT like to receive any information or promotional offers from Eastgate Shopping Centre.



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