

neighbourhood news

Keep an eye on this banner. Linwood College students are working on a creative new design for 2008.

'TIS THE SEASON TO BE JOLLY!

Getting ready for the Christmas holiday season is in full swing at Eastgate Shopping Centre. The tinsel is up, the band is playing and Santa is in da house.



For most of us this means holidays, a break from work and time to spend with family.

A quick survey of a few Eastgate shoppers showed most people looked forward to the holidays and loved the atmosphere and excitement of the season.

Sam Dunlay (11) just loves the thought of "being able to hang out at EB Games", while mum-of-three, Anne Rozwadowski, loves the sound of the Salvation Army Band which is making regular appearances in the centre until Christmas Eve. "The music makes everything so cheery. The kids love it," she says.



Naymay Homkrun (4) with Santa

Take the kids to visit Santa in his Toy Shop near the food court. In true Santa tradition he has a sack full of goodies to give away and don't miss the opportunity to have your photo taken with him. You won't get a chance for another year!

Eastgate centre manager Graeme Roberts says the centre has extended shopping hours to make life easier for its customers.

"We know there is always so much to do at this time of the year, so longer hours mean you can shop at leisure with less of a rush."

"We also know however, that this can be a hectic time," says Graeme, "so we've asked a couple of our specialist businesses to tell us what advice they have on keeping sane and happy over the holiday season." Have a look at the tips on Page 3.



Santa has lots of goodies to give away

Shopping Centre Hours

Mon & Tues: 9.00am-6.00pm
Wed, Thurs & Fri: 9.00am-8.00pm
Sat: 9.00am-6.00pm Sun: 10.00am-5.00pm



countdown

24 hours 7 days

transformation

8.30am-9pm 7 days

'PLUS another 65 great stores!' Christmas Trading Hours

Monday, 10 Dec	9.00am - 6.00pm
Tuesday, 11 Dec	9.00am - 6.00pm
Wednesday, 12 Dec	9.00am - 10.00pm
Thursday, 13 Dec	9.00am - 10.00pm
Friday, 14 Dec	9.00am - 10.00pm
Saturday, 15 Dec	9.00am - 7.00pm
Sunday, 16 Dec	9.00am - 7.00pm
Monday, 17 Dec	9.00am - 7.00pm
Tuesday, 18 Dec	9.00am - 10.00pm
Wednesday, 19 Dec	9.00am - 10.00pm
Thursday, 20 Dec	9.00am - 10.00pm
Friday, 21 Dec	9.00am - 10.00pm
Saturday, 22 Dec	9.00am - 10.00pm
Sunday, 23 Dec	9.00am - 7.00pm
Monday, 24 Dec	9.00am - 7.00pm
Tuesday, 25 Dec	CLOSED

BIG SALE BIG SALE BIG SALE

Wednesday, 26 Dec	9.00am - 6.00pm
Thursday, 27 Dec	9.00am - 6.00pm
Friday, 28 Dec	9.00am - 6.00pm
Saturday, 29 Dec	9.00am - 6.00pm
Sunday, 30 Dec	9.00am - 5.00pm
Monday, 31 Dec	9.00am - 5.00pm

Tuesday, 1 Jan	9.00am - 5.00pm
Wednesday, 2 Jan	9.00am - 5.00pm
Thursday, 3 Jan	9.00am - 6.00pm
Friday, 4 Jan	9.00am - 6.00pm
Saturday, 5 Jan	9.00am - 6.00pm
Sunday, 6 Jan	10.00am - 5.00pm

Coming up...

- ▶ Santa will be in-store until 24 December with lots of giveaways
- ▶ The Salvation Army Band will make regular appearances until 24 December
- ▶ Don't miss the Eastgate 'Big Sale' from 26 to 31 December
- ▶ Free kiddy car rides, 21 to 27 January
- ▶ Waitangi Day, 6 February
- ▶ Valentines Day, 14 February



Each issue of Eastgate's *Neighbourhood News* will feature a healthy and fun-to-cook recipe, supplied by the Canterbury District Health Board, for you to cut out and keep.

Hamburger Heaven!

Makes 8 large patties

Ingredients

- 500g lean minced beef
- 1 1/2 cups soft breadcrumbs
- 1/2 cup rolled oats
- 2 tbsp cold water
- 1 tsp minced garlic
- 1/4 cup chopped parsley
- 1 tsp dried basil OR 2 tbsp fresh basil
- 1/2 cup grated carrot
- 1 onion, finely chopped
- 1 egg
- 1 tsp garlic salt
- 1 tsp curry powder

1. Mix all ingredients together in a bowl.
2. Shape into hamburger patties.
3. Cook on the barbeque or in a non-stick frying pan.
4. Serve in toasted hamburger buns with your choice of salad fillings – as well as sliced tomato and lettuce also try fried eggs and pineapple rings.

This recipe also works well as meat balls (just smother with pasta sauce and bake in the oven or cook slowly in a frying pan on top of the stove) or you can even use it to make a delicious meat loaf!



Heaven in a bun!!

Store Review



AMAZON

► It's summer – that means sun, sea and surf. But you can't hit the beach without the latest summer threads and for that you need to head into Eastgate's newest shop, Amazon. The store is packed full of the hottest gear from the hottest labels.

If it's surfwear you are after there are some trendy and downright fantastic looks from the classic surf labels like Billabong, Rip Curl and Quiksilver. This season short flirty skirts and colourful dresses are the order of the day for the girls. Parachute inspired jackets featuring hoods, zips, drawstrings and pockets or grey sweats and layers of tank tops create the perfect sporty chic look. Finish it off with a pair of the hot selling Kustoms – forget functional footwear, these are cult fashion. "Keep your eye out for them – these shoes vanish off the shelves as soon as we unpack them", says Amazon store manager Josh MacDonald.

"If surfwear is not your thing, Amazon also has a range of skate brands which are back with a vengeance," says Josh. "When it comes to street wear look out for the new kit from top brands Element, Globe, Volcom and Lost."

Walkshorts and boardies are still the must have outfits for guys this season and Josh says the choice is wide.

When in-store don't forget to check out the great range of sunnies in the latest retro stylings, plus you'll be spoilt for choice if you are looking for caps, jewellery, watches, backpacks, or shoes.



Mati Bublil



Nina Nickolls

Faces of eastgate

Mati Bublil

How often do you visit Eastgate?
I'm here just about every second day.

What's your favourite store?
I love games so I always end up spending hours in EB Games.

What do you like most about Eastgate?
It's got so many different shops you don't need to go anywhere else.

Nina Nickolls

How often do you visit Eastgate?
I come here about twice a week.

What's your favourite store?
I just love Silvermoon and Michael Hill Jewellers

What do you like most about Eastgate?
This shopping centre is always so clean. It looks a nice place to come to and walk around.

Top Tips for surviving Christmas

It may be the season to be jolly but the holiday season can also bring its fair share of stress. Unsympathetic family members may not be supportive of your goal to lose weight and demand you have 'another' mince pie. It's also always hard to say no to your kids who insist their lives will be 'ruined' if they don't have this year's latest, must-have gadget.

Don't despair, there are some tips and tricks that can help you get through the silly season and come out with your sanity and smile intact.



How you can keep fit and healthy

When it comes to keeping fit and watching your weight, Kylee Cooper and Kate Calder from Configure Xpress have some good advice. Most importantly, they say don't be too hard on yourself. Here are their tips for beating the binging blues.

Tip 1. Just because you can't make it into the gym, don't stop doing some regular exercise - playing with the kids, going for a walk around one of the markets or having a game of mini-golf all count as exercise.

Tip 2. Create your own home gym - milk containers filled with water become dumbbells, add a skipping rope and hula hoop, then get the kids to join you in a spontaneous out door circuit.

Tip 3. Don't deny yourself a few treats and don't feel guilty - have that extra mince pie or piece of cake but add an extra five or ten minutes onto a walk the next day.

Tip 4. Keep drinking lots of water and make sure the fridge is full of healthy salad greens and lots of fruit to snack on.

Tip 5. Keep your goals in sight and practice giving yourself positive messages such as "nothing tastes as good as I am going to feel."

If you really do need to be at the gym to focus and get the job done, don't worry because Configure Xpress is open every day of the holiday period except Christmas day.



Kate and Kylee work out new routines for the clients

How you can avoid over - spending

We all carry such high expectations of the 'perfect' Christmas such as the family tearing into all their presents under the Christmas tree and a feast fit for royalty. But if the thought of having to spend the rest of next year paying off the presents you bought isn't very appealing, Adam Fisher, manager of Westpac Eastgate has some valuable tips.

Tip 1. Decide how much you want to spend on Christmas, withdraw the money in cash and just use that - when it's gone, it's gone.

Tip 2. Have a plan, make a list and stick to it.

Tip 3. Use Christmas as a good opportunity to teach kids about saving. If they get money for presents encourage them to put some away in a bank and match the amount they save.

Tip 4. Take the time now to plan ahead and set some realistic present expectations with family and friends.

Tip 5. Keep an eye open for the pre and post Christmas bargains. Eastgate retailers have some great deals on offer.

► Appearing on a poster in a high profile brand campaign was one thing Eastgate operations manager Mike Chick never thought would happen to him.

"Yep, everyone calls me 'Poster Boy' now, but it's all good. I had high hopes that it might be the start of a new career but I'm still waiting for Hollywood to ring!"

For the past ten years Mike has been responsible for ensuring Eastgate is kept clean and well-maintained. He oversees staff, maintenance and tradesmen and has led a team that has earned Eastgate a hat-trick of wins as New Zealand's best kept shopping centre.

"I really enjoy what I do. I like working with the public so this job means I get to meet a lot of people."

While Mike is still not sure how he got roped into being part of Eastgate's new branding campaign - "I'm sure I said no" - he thoroughly enjoyed the experience.

"I usually can't stand my photo taken but this was a lot of fun."



The King of clean!

Each issue this column will showcase the talents of Linwood College students



Jayden Borland and Karl Davis

Film making excellence

Year 13 media students, Jayden Borland and Karl Davis, took out the top prize at the Invision '07 Student Film Festival with their challenging and moving documentary about poverty.

The festival, held at Christ's College in early November, showcased the best short films, documentaries, advertisements and music videos from eight Christchurch secondary schools.

Jayden and Karl's entry, *Appreciate It*, showed how a developed society such as New Zealand needs to appreciate how fortunate it is compared to societies where people live in poverty.

Appreciate It won Best Documentary and the Green Light Award for best overall film. Before announcing the \$500 prize, presenter Warren Feeney said the film had "brought a tear to his eye".

The awards were judged by Richard Bell of the Christchurch Broadcasting School, John Christoffels from Canterbury University and Hammond Peek, Oscar winning sound mixer for *The Lord of the Rings* trilogy. The judges said *Appreciate It* was a clear winner.

Two other Year 13 media students, who entered films in the competition, both gained favourable reactions from the 200-plus audience. Liam Hall entered a documentary about discrimination towards single fathers, while Nat Ta'ase looked at community perceptions of Pasifika students.

Year 13 media teacher Lisa Heald says she encouraged the students to tackle "gutsy" subjects this year and is proud of their achievements.

Karl says the best part of making *Appreciate It* was seeing the piece come together during editing. "What started as a giant mess ended up as a working segment."

Karl is contemplating studying film at Canterbury University School of Fine Arts. Jayden plans to complete a Bachelor of Design at CPIT, with an eye to specialising in animation and one day hopes to work for Weta Digital.

By Sarla Donovan

A word from the Eastgate team

Welcome to the second issue of Eastgate's *Neighbourhood News*.

Thank you to everyone who passed on the fabulous feedback about our first edition, rest assured that we will be publishing it for a long time to come!

The Christmas rush is well and truly upon us. Many of you will have noticed the centre decorations have had a facelift this year which has helped add to Eastgate's festive spirit. Santa arrived on Saturday, 24 November and has been keeping the kids happy with loads of fun giveaways. Santa's little helpers, the gift-wrappers, are doing a great job wrapping hundreds of presents every day and the very talented Salvation Army Band is keeping shoppers entertained.

I would like to say a special congratulations to our maintenance and cleaning staff who work tirelessly to keep Eastgate looking immaculate for our customers. Thanks to their efforts Eastgate won the 'Best Kept Shopping Centre in New Zealand' for the third year in a row this year, beating shopping centres from all over the country.

Lastly, and most importantly, we wish you all a very safe and happy holiday season.

Ka kite ano



Sarah Girvan
Marketing Manager

Want to make sure you don't miss a single issue of Eastgate's *Neighbourhood News*?
Subscribe to our free publication by phoning 982-0800 or email: sg@eastgate.co.nz



The Judges with the winning dancers

DANCE SEARCH



Aron Mahika had all the moves

This year's Dance Search once again rocked Eastgate. The event is getting more and more popular with over 1,200 people watching the grand final after three days of hip hop, Irish, jazz, Latin and tap dancing.

A strong crowd favourite throughout the competition, Irish dancers Shannan Dilger and Taylor Hann took out first place, as well as the People's Choice award. The applause after their Lord of the Dance routine almost lifted the roof.

Aron Mahika impressed with his incredible break-dancing which earned him the second place spot. Other winners were Brian Dibnah and Yelena Gaghis for their perfectly choreographed Latin routine, and tap dancing maestro Hayden Withers who glammed up the stage in his funky pink suit.

Also tapping their way to the winners' podium were brother and sister duo Joshua and Shelyse Wadley (Shelyse also took out the 'cute as a button' award and her dancing skills would put a lot of older dancers to shame!).

The competition was hosted by Dancing with the Stars' Aaron Gilmore. It was judged by professional ballroom teacher and judge Colleen Murray, breakdancer and member of the Common Ground dance troupe, Eden Ang, and the owner of Salsa Fusion dance studio, Amanda High.



Dance Search rocked Eastgate!

CLEANEST SHOPPING CENTRE!



Certificate of clean!

It's official. Eastgate is the cleanest mall in New Zealand. For the third year in a row Eastgate has won the prestigious Kimberly-Clark Professional Golden Service Award for the Best Kept Shopping Centre in New Zealand. Eastgate contracts Spotless Services to keep the centre looking good, and centre manager Graeme Roberts says the company does an incredible job.

Spotless Services customer service manager, Yasantha Panagoda admits he was overwhelmed to win the award for the third time.

Eastgate operations manager Mike Chick, who oversees the cleaning and maintenance crews, says feedback from customers on how great Eastgate looks is really motivating. "We get lots of supportive and kind feedback, which makes our hard work worth it." So next time you pass one of the cleaning crew don't forget to congratulate them on a job well done.

WIN \$500!

Go in the draw to win \$500 of Eastgate gift vouchers.

Simply answer the very easy question, fill in your name, address and contact phone number in the spaces below. Cut out the voucher and drop it into the specially marked box at the Eastgate information kiosk. The closing date for entries is 5:00 pm on Friday, 21 December. We'll let you know on Christmas Eve if you are the lucky winner.



Which is New Zealand's best kept shopping centre? _____

Name: _____

Address: _____

Contact Phone number: _____

*Terms and Conditions apply. See information book for more details.