

SPRING

UNION

news

VOLUME . 07
SPRING 2023

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Bonus
Vouchers
inside



Maneewan
Serenity Massage & Spa



Mav
Union Road Pharmacy



Nicole
Perri's Hairdressing

MELBOURNE ROYAL SHOW CELEBRATES 175 YEARS

Celebrating the rich history and vibrant atmosphere of the Melbourne Royal Show.

SURVIVING HAY FEVER TIPS AND REMEDIES

Union Road Pharmacy gives you all the tips for Spring allergies.

VRC CLUB AND THE COMMUNITY

Unveiling VRC's Community Impact: How the club is making a difference.

Where events come alive

Melbourne Showgrounds will come alive over the coming months, hosting a diverse range of events, including two popular music festivals and Victoria's largest and most iconic community event, the Melbourne Royal Show!



Ridin' Hearts Festival	5 November
Post Malone Tour	29 November

Event schedule subject to change. Visit melbourneshowgrounds.com for updates.

Subscribe to Melbourne Showgrounds' online newsletter at www.melbourneshowgrounds.com to receive information on upcoming events, promotions and have access to special offers, or call 03 9281 7444.

WELCOME BACK!



Union News is a community magazine that provides local information, stories, resources, events and business information for Union Road in Ascot Vale.

If you have any local community stories or information that you would like to share please email to unionroadtraders@unionroad.com.au there may be a possibility your article will be shared in our magazine.

JAESSEL MAGALLANES
Editor & Content Creator

SUZANNE BODLEY
Design & Layout Editor

What a chilly winter it has been, with flowers blooming we hope for more warmer days. Welcome to our Spring edition of Union News. This Spring Melbourne Royal Show celebrates 175 years and is inviting everyone to join in their celebration. Let's take a closer look at how the Victoria Racing Club has made a positive difference in their community while our local trader Nick introduces the history of the horse shoe plaques on Union Road. Sending warm wishes to all the fathers out there for a fantastic Father's Day! If you're in need of some gift ideas to make the day extra special, read on for some inspiration.

We recognise the Wurundjeri Woi-Wurrung people of the Kulin nation as the traditional custodians of the land on which Ascot Vale stands today. We recognise their enduring connection to the land, waters and culture. Paying our respects to their elders, past, present and future.

Thank you for your continued support and the support of our local businesses in our community.

jaesel
Editor & Union Road Precinct Manager

Local Event Update:



**MELBOURNE
ROYAL
SHOW 2023**

CELEBRATING
175
YEARS

**Celebrating 175 years
of Melbourne Royal at
the 2023 Melbourne
Royal Show.**

In 2023, Melbourne Royal proudly celebrates 175 years since the organisation was first formed in 1848 by a group of farmers known as the “Moonee Ponds Farmers Society” and soon after the Port Philip Farmers Society, who conducted ploughing matches to improve agriculture.

Moving into present day, Melbourne Royal has continued to host a number of historical events such as the popular Melbourne Royal Show.

This year, we look forward to celebrating this milestone at the 2023 Melbourne Royal Show, held at Melbourne Showgrounds from Thursday 21 September – Sunday 1 October 2023. The best of the best animals and exhibitors are set to flock to Melbourne in September to compete for the coveted blue ribbons and the honour of winning at the 2023 Melbourne Royal Show during Melbourne Royal’s 175th year.

Celebrate this milestone with us at the 2023 Melbourne Royal Show. With great family fun and farm experiences by day and the feast of fabulous food, spectacular entertainment and live music by night., you won’t want to miss out on the fun!



Tickets go on sale on 9 August 2023 from melbourneroyal.com.au

THE CLUB AND THE COMMUNITY

More than \$1 million was raised for charity during last year’s Melbourne Cup Carnival, a new milestone in the Victoria Racing Club’s long and proud history of supporting the community.



Pin & Win has been the VRC’s flagship charity endeavour since 1995 and has raised more than \$7.4 million for charities through the sale of Lexus Melbourne Cup souvenir pins, helping to change lives and support the community. It has supported the establishment of the Guide Dog training facility in Melbourne, Starlight Express rooms for 16,000 sick children and families, and provided over 1.5 million meals through SecondBite, amongst other achievements.

Last year Pin & Win raised \$493,000 for the club’s 2022-23 Pin & Win partner, the Australian Childhood Foundation, whose CEO Dr Joe Tucci said the 2022 Pin & Win campaign was one of the Foundation’s most successful fundraising events in its 35-year history.

For the first time last year, the Melbourne Cup Carnival also partnered with not-for-profit donation platform GIVIT to support people affected by devastating flooding across the country in late 2022, raising more than \$500,000.

The club was also active across summer and autumn raising funds for five different charities including The Royal Children’s Hospital’s Good Friday Appeal and launching the Subzero Arena in partnership with the Riding for the Disabled Association (pictured below).

Smaller things are continually being done to contribute to community. From donations of computers and furniture to local charities, staff volunteering at local organisations, donations of tickets and hospitality for charity fundraising efforts, donations of raceday florals to local hospitals, and support of organisations like Living Legends and Racing Hearts, the club is constantly at work and always happy to hear of ways that we can support local community and charity organisations.



To learn more visit www.vrc.com.au/community/community-programs/

FATHER'S DAY *Gift Ideas*

HOME TIMBER & HARDWARE

GO WHERE THE TRADIES GO

FROM MGM HOME HARDWARE UNION ROAD ASCOT VALE

HERE ARE SOME GREAT GIFT IDEAS FOR FATHERS DAY TO SUIT EVERYONE'S BUDGET, NAIL YOUR GIFT AND SAY THANKS TO DAD!



FOR THE BBQ DAD
Weber baby Q BBQ (Q1000)
from \$389

FOR THE GARDENING DAD
Gorilla Cart Collapsible Folding
Outdoor Utility Wagon \$149



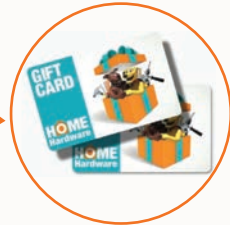
FOR THE HOME IMPROVEMENT DAD
Makita MT Series 450W 10mm
Keyed Chuck Drill - \$69

FOR THE CAMPER DAD
Deluxe Camping Chair \$39



FOR THE ORGANIZED DAD
Supercraft Toolbox Latch Metal
408mm - \$34.25

STUCK ON GIFTS
Grab a gift card so dad can
choose what he wants



Home Hardware is Australia's leading timber, hardware and building supplies store for tradesmen, builders and the serious DIYer. The team at Home Hardware Union Road are experienced and have in-depth knowledge for advice on projects inside or outside the home. We also offer a locksmith service with over 15 years of experience to the local area.

Start shopping for dad and visit their store on:

182-184 Union Rd, Ascot Vale VIC 3032 | Ph: 03 9370 1427 | www.homehardware.com.au

melbourne powered
FREE LOCK AND BIKE HELMET
with any E-bike purchase

132 Union Road, Ascot Vale
☎ (03) 9088 2153
melbournepowered.com.au

Produce this voucher to redeem in store. One voucher per customer. Not valid with other promotions and other offer/sales. Terms and conditions apply, this voucher expires 30/11/23



HOME TIMBER & HARDWARE
GO WHERE THE TRADIES GO
BUY ONE KEY GET ONE FREE
for the same or lesser value

MGM Home Timber & Hardware
182-184 Union Rd, Ascot Vale
☎ (03) 9370 1427
www.homehardware.com.au

Produce this voucher to redeem in store. One voucher per customer. Not valid with other promotions and other offer/sales. Terms and conditions apply, this voucher expires 30/11/23



Valoren
10% OFF STOREWIDE
Offer is available to all customers, excludes any existing storewide sale.

118 Union Road, Ascot Vale
instagram.com/valorenjewellery

Produce this voucher to redeem in store. One voucher per customer. Not valid with other promotions and other offer/sales. Terms and conditions apply, this voucher expires 30/11/23



Feeling Smooth.
FREE OBSERV SKIN ANALYSIS AND LED TREATMENT ALL SPRING
with a treatment and product plan customised to your skins needs and skin goals (valued at \$145)

106 Maribyrnong Rd, Moonee Ponds
☎ (03) 9646 4131
feelingsmooth.com.au

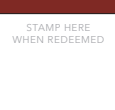
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SMILE HOTPOT
10% OFF YOUR NEXT PURCHASE
on presentation of this voucher

156 Union Road, Ascot Vale
☎ (03) 8488 6641

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Love Latte
10% OFF ANY PURCHASE

212 Union Rd, Ascot Vale
instagram.com/lovelatte212

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UNION ROAD PHARMACY
10% OFF ALL HAY FEVER MEDICATIONS

191 Union Rd, Ascot Vale
☎ 9000 4118
unionroadpharmacy.com.au

Produce this voucher to redeem in store. One voucher per customer. Not valid with other promotions and other offer/sales. Terms and conditions apply, this voucher expires 30/11/23



Pure Elements Body Care
10% OFF 1 HOUR REMEDIAL MASSAGE
Private health fund rebate is provided.

192 Union Road, Ascot Vale
☎ 0427 317 830
pureelementsbodycare.com.au

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MARIA APRILE

Dress Making & Clothing Alterations

5% OFF ANY ALTERATION SERVICE

148 Union Road, Ascot Vale
☎ (03) 9370 8469

STAMP HERE WHEN REDEEMED

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Routleys Cafe

ANY CAKE/PIE/SANDWICH WITH A SMALL COFFEE FOR \$2

220 Union Rd, Ascot Vale
☎ (03) 9370 6460

[instagram.com/routleyscafe_ascot_vale](https://www.instagram.com/routleyscafe_ascot_vale)

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10% OFF INTENSIVE FACIAL, HEATED STONE AND COMBINATION MASSAGE

127 Union Road, Ascot Vale
☎ (03) 9958 5769

[serenitymassageandspa.com.au](https://www.serenitymassageandspa.com.au)

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10% OFF YOUR NEXT PURCHASE IN STORE

242 Union Road, Ascot Vale
[youngwillow.com.au](https://www.youngwillow.com.au)

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Produce this voucher to redeem in store. One voucher per customer. Not valid with other promotions and other offer/sales. Terms and conditions apply, this voucher expires 30/11/23



10% OFF 1 FAMILY SIZED PIZZA

with Traditional Toppings
Pick up Only

221 Union Road, Ascot Vale
☎ (03) 9370 6666
[pizzaminded.com.au](https://www.pizzaminded.com.au)

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\$30 FOR 30 DAYS new members only

142 Union Road, Ascot Vale
☎ (03) 9326 2688
[paramounthfc.com.au](https://www.paramounthfc.com.au)

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Union Deli & Cafe

YOUR LOCAL DELI- SINCE 1948

10% OFF TAKEAWAY HOME MEALS

207 Union Rd, Ascot Vale
☎ 9370 4584

[instagram.com/uniondeli_cafe](https://www.instagram.com/uniondeli_cafe)

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10% OFF ANY PURCHASE

159 Union Road, Ascot Vale
☎ (03) 9372 7175

[instagram.com/safarimelbourne](https://www.instagram.com/safarimelbourne)

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Community News:



Wingate Avenue Children's Co-operative is your friendly local childcare co-op. We provide not-for-profit childcare services to families in Ascot Vale, Flemington and surrounding suburbs. We are located next door to the Wingate Avenue Community Centre in the heart of the community. Our philosophy is to nurture relationships with children, their families and the wider community. We foster care and respect for each other and the environment, with a curriculum dedicated to learning through play.

Recently, you may have seen us out in the community undertaking a range of fundraising activities. We held a face painting stall at the Flemington Farmer's Market at Ascot Vale Primary School, a sausage sizzle at Bunnings, as well as a sell-out trivia night. We send our heartfelt thanks to all of the Union Road traders who supported these activities with donations of food, drinks, and a variety of goodies for our silent auction.

Funds raised have gone towards refilling our sandpit, improvements to our native garden and outdoor play equipment, and forming a Cuppa Club support network for our families with very young children.

Our Centre is run by a small group of volunteer families who act as our Committee of Management. This management structure allows us to advocate and support our invaluable team of educators with above-award pay, flexible working hours and ongoing opportunities for professional and personal development. We are always on the lookout for new staff and encourage anyone interested in work or volunteering opportunities to get in touch.

If you would like to support Wingate Avenue Children's Co-op with donations for future fundraising efforts, please contact comwingateavecoop@gmail.com



CHRISTMAS ON UNION ROAD

SAVE THE DATE
Saturday 2nd December 2023

Please save the date for Saturday December 2 2023, we'll be holding Christmas festivities on Union Road. Keep up to date with Union Road on our socials and website for further information as the date gets closer. If you are a local group (local schools, dance/music schools, culture, community groups) in Ascot Vale who wants to participate in our Christmas festivities please email to: unionroadtraders@unionroad.com.au



THE ULTIMATE GUIDE TO SURVIVING HAY FEVER

Tips and Remedies

Hay fever, also known as allergic rhinitis, can be an unwelcome visitor during the spring and summer months. Itchy and watery eyes, sneezing, nasal congestion, and a runny nose can make it challenging to enjoy the great outdoors. But fear not! In this comprehensive guide, we will explore effective strategies and remedies to help you survive hay fever and enjoy the season to the fullest.

- 1 Understand the Triggers:** Understanding your triggers will allow you to take proactive measures to minimize exposure. Common triggers include pollen from grasses, trees, and weeds.
- 2 Create a Pollen-Free Zone:** Make your home a sanctuary from pollen by creating a pollen-free zone. Keep windows closed, especially during high pollen days. Regularly vacuum and dust surfaces to minimize allergen accumulation.
- 3 Practice Nasal Irrigation:** Nasal irrigation is an effective technique to flush out pollen and reduce nasal congestion. Use a saline solution. This simple practice can provide immediate relief and help clear mucus, reducing the severity of symptoms. If unsure about the appropriateness of the irrigation method, please speak to one of our pharmacists.



- 4 Antihistamine:** Histamine causes an allergic reaction with unpleasant symptoms including itchy, watering eyes, a running or blocked nose, sneezing and skin rashes. Antihistamine blocks the effects of a substance called histamine in your body.

Antihistamines come in various shapes and forms however there's not much evidence to suggest any antihistamine is better than any other at relieving allergy symptoms. Some people find certain types work well for them and others do not. You may need to try several types to find one that works for you. Locally acting antihistamines such as eye drop, or nasal sprays will work quicker in alleviating watery eye or runny nose respectively. If unsure about what antihistamine will be appropriate for you, please speak to one of our pharmacists.



- 5 Steroid nasal sprays:** Steroid nasal sprays, also called corticosteroid nasal sprays, are anti-inflammatory medicines that you spray into your nose. Steroid nasal sprays can be used as a long-term treatment or just when they're needed. However, the do take at least a week to take effect, hence for hay fever, it's best to use them from 1 to 2 weeks before you think your symptoms will start, as they can take a few days to work.



From experience, to achieve the best outcome it is best to couple an antihistamine with a steroid nasal spray. Using the steroid spray everyday as prophylaxis and using antihistamine during periods of hayfever flareups. By implementing these strategies and treatments, you can minimize the impact of hay fever on your daily life and enjoy the outdoors with fewer symptoms. Remember, everyone's hay fever experience is unique, so experiment with different methods and consult with healthcare professionals for personalized guidance.

At Union Road Pharmacy we will offer 10% off all hay fever medications to help you take control of your hay fever and make the most of this season. So, pop down and check out our newly renovated store!

UNION ROAD PHARMACY



UNION ROAD PHARMACY

KIDS COLOURING

Look at these beautiful flowers, have fun and colour them in!



Healthy & Youthful Skin by Feeling Smooth.

Including injectables into your skin journey: It's not about one instead of the other.. Skincare and skin enhancements such as anti-wrinkle and filler go hand in hand. Skincare will work on keeping your skin healthy and working younger, preventing the breakdown of collagen, preventing pigmentation, acne, dehydration, sensitivities etc. and keeping your complexion clear.

Injectables such as anti-wrinkle (Botox is one of the most commonly known) and filler, stop the muscle movement in the targeted area which prevents lines, and/or wrinkles from forming over time. A line and crease free complexion gives us a smooth, plump and youthful appearance.

So how do they work together?

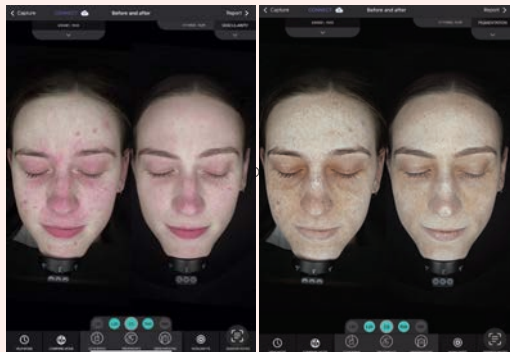
Skincare will enhance results and extend the life of your injectables. For example products such as retinol will boost the collagen benefits of fillers, while also being the top anti-aging ingredient for its resurfacing properties. Having healthier skin will mean less down-time between treatments, and quicker healing and repair. Daily SPF wear will protect your skin from the five signs of aging; pigmentation, dehydration, inflammation, glycation and collagen breakdown. Helping you achieve better and longer lasting results from your skin enhancements.

Injectables used in a preventative way stop dynamic lines (lines we get from facial movement/expression) from settling into static lines (lines that are present even when your face is at rest). The best time to start is in your 20-30's for prevention, ceasing the wrinkle from forming in the first place.

Which is better?

For myself, I love a bit of anti-wrinkle a couple of times a year and strongly feel 'each to their own'. But if I had to choose between these two, nothing would replace my daily cleanse, serum, moisturise and SPF. Healthy skin is always going to be more 'youthful' than a skin that's impaired and relying on injectables to keep it appearing young.

Investing in your skin with a simple and consistent home care routine, while doing maintenance treatments (peels, IPL, Dermapen etc.) and injectables throughout the year will have you achieving the best results for your skin. Together they are the answer for healthy and youthful skin. If you see celebrities and other figures in the public eye, I promise you they are doing a combination of both skincare, treatments and injectables to achieve their youthful glow. You can get a good result without the other, but focusing on both will always be better long-term on your anti-aging journey.



FREE OBSERV SKIN ANALYSIS AND LED TREATMENT ALL SPRING
with a treatment and product plan customised to your skins needs and skin goals (valued at \$145)

UNION ROAD HORSE SHOE PLAQUES

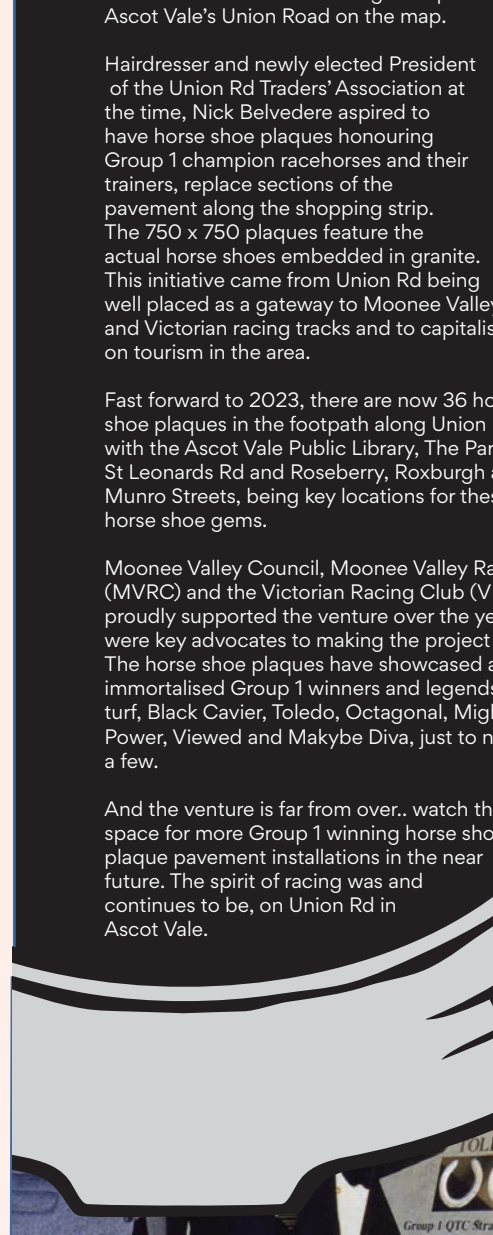
23 years ago, an idea modelled on Hollywood's Sunset Boulevard was envisaged to put Ascot Vale's Union Road on the map.

Hairdresser and newly elected President of the Union Rd Traders' Association at the time, Nick Belvedere aspired to have horse shoe plaques honouring Group 1 champion racehorses and their trainers, replace sections of the pavement along the shopping strip. The 750 x 750 plaques feature the actual horse shoes embedded in granite. This initiative came from Union Rd being well placed as a gateway to Moonee Valley and Victorian racing tracks and to capitalise on tourism in the area.

Fast forward to 2023, there are now 36 horse shoe plaques in the footpath along Union Rd with the Ascot Vale Public Library, The Parade, St Leonards Rd and Roseberry, Roxburgh and Munro Streets, being key locations for these horse shoe gems.

Moonee Valley Council, Moonee Valley Racing Club (MVRC) and the Victorian Racing Club (VRC) have proudly supported the venture over the years and were key advocates to making the project successful. The horse shoe plaques have showcased and immortalised Group 1 winners and legends of the turf, Black Caviar, Toledo, Octagonal, Might and Power, Viewed and Makybe Diva, just to name a few.

And the venture is far from over.. watch this space for more Group 1 winning horse shoe plaque pavement installations in the near future. The spirit of racing was and continues to be, on Union Rd in Ascot Vale.



RECIPE

Prosciutto and Pear Bruschetta

Spring has sprung! As the wonderful flowers bloom and we're over from the winter slumber it's time to embrace the joys of entertaining guests. Whether you have friends and family gathering at your place or you're heading to a house party, you'll want an easy yet tasty dish that will have everyone talking about flavours.



STEPS:

Slice your baguette bread and slice them diagonally.

Preheat your grill pan over on medium heat. Lightly brush the Bruschetta with olive oil on both sides and place in the pan. Flip the bread after it appears lightly brown around 4 minutes. Place bread on your board. Spread butter on the top side of the bruschetta bread. Peel a garlic clove and rub it gently on to the top side of the bread,

Thinly slice your pears and brush over with olive oil on both sides.

Using the same pan lightly grill your sliced pears on medium heat until it's soft then turn over to the other side.

Now it's time to put your bruschetta together.

Spread the top side of the bread with goats cheese to your desired amount. Place prosciutto slices on top for each bread. Add your sliced pears. Drizzle with honey over each bread. Sprinkle pepper and rocket leaves on top. It's so easy, now it's ready to serve!

INGREDIENTS:

- Baguette
- Goats Cheese
- Rocket leaves
- Garlic clove
- Prosciutto
- Honey
- Pear
- Butter
- Pepper

SEPT Events

16 Sept **SOFITEL GIRLS DAY OUT**
Flemington Racecourse

21 Sept - 1 Oct **THE MELBOURNE ROYAL SHOW 2023**
Melbourne Showgrounds

OCT Events

7 Oct **TAB TURNBULL STAKES DAY**
Flemington Racecourse

20 - 22 Oct **JUNIPALOOZA MELBOURNE**
Melbourne Showgrounds

NOV Events

4 Nov **PENFOLDS VICTORIA DERBY DAY**
Flemington Racecourse

5 Nov **RIDIN' HEARTS FESTIVAL 2023**
Melbourne Showgrounds

7 Nov **LEXUS MELBOURNE CUP DAY**
Flemington Racecourse

9 Nov **KENNEDY OAKS DAY**
Flemington Racecourse

11 Nov **TAB CHAMPIONS STAKES DAY**
Flemington Racecourse

18 - 19 Nov **LOCAL MAKERS MARKET**
Sat 18th Nov 2023, 10:00 am - Sun 19th Nov 2023, 5:00 pm
www.localmakersmarket.com.au

30 Nov **POST MALONE CONCERT**
Melbourne Showgrounds



For more information on these events, visit the corresponding website:

- <https://www.unionroad.com.au>
- <https://humanitix.com/au>
- <https://mvcc.vic.gov.au/>
- <https://www.melbourneshowgrounds.com/>

- <https://www.vrc.com.au/>
- <https://www.mvlegends.com.au/whats-on-details>
- <https://www.melbourneroyal.com.au/>



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