

SPRING

UNION

news

VOLUME. 08
SUMMER 2023



Troy
Wealth Bridge Finance



Anne
Union Deli



Charlie
Mane Hair Salon

MELBOURNE ROYAL SHOW 2023

Melbourne Royal Show
Reflects on the Success and
Highlights of the Event

UNION ROAD'S EASY GUIDE TO GIFT-GIVING

Simplify gift shopping with
our helpful gift guide.

WHO IS BEGOOD STUDIO?

Meet BeGood Studio
guiding you to
Men's Hairstyles

Where events come alive

Melbourne Showgrounds will come alive over the coming Summer months, hosting a diverse range of events from exhibitions and trade shows to festivals and celebrations.



Special Children's Christmas Party (private event)	9 December
The Oddities & Curiosities Expo 2023	16-17 December
Juicy Fest	12 January
Melbourne Wedding & Bride Summer Expo	14 January
Now and Again Festival	3 February
Victorian Caravan, Camping & Touring Super Show	21-25 February

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.

Happy Summer to everyone! Welcome to the Summer edition of Union News.

We've got an exciting start to December as the Union Road Traders Association have planned a wonderful Christmas event held on Union Road. Please keep Saturday the 2nd of December free so you can partake in the fun Christmas celebrations. I hear Santa might even make an appearance. In this edition, we have a letter cut out for kids to send to Santa! Simply insert the stamp on the provided area and write down your wishlist and all the things you want to send to Santa. Make sure to drop your letters early in our Santa Mailbox on Union Road.

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.

I wish everyone a safe and wonderful time over the holiday season.

Jaesel

Editor & Union Road Precinct Manager

JAESSEL MAGALLANES
Editor & Content Creator

SUZANNE BODLEY
Design & Layout Editor

Local Event Update:



Let's celebrate Christmas cheer together.
Come and enjoy the family friendly Christmas fun!

SATURDAY
DECEMBER **02** **9:30AM -**
1:30PM

UNION ROAD, ASCOT VALE

PET PHOTOGRAPHY - RIDES - BALLOONS
COMMUNITY PERFORMANCES - FACE PAINTING
CRAFT - SANTA AND MORE!

BROUGHT TO YOU BY THE UNION
ROAD TRADERS ASSOCIATION
FOR MORE DETAILS PLEASE VISIT
UNIONROAD.COM.AU



Community News:

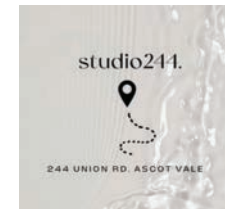
LAUNCH OF THE **MELBOURNE SHOW** ON UNION ROAD



Union Road was in the show spirit with an inviting event to usher in the first day of the Melbourne Royal Show. Showbags were handed out to children, entertainers weaved their magic with kids and shopkeepers, and a part of the street heard the delightful melodies of live music.

New Traders ON UNION ROAD

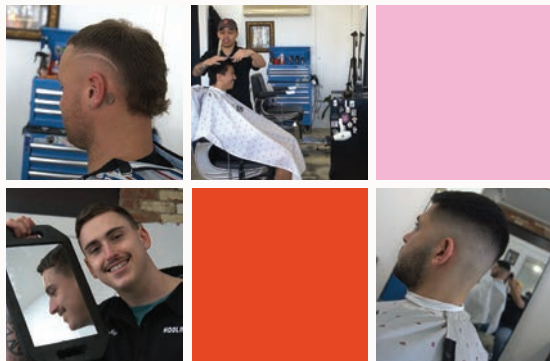
*Have you checked out these
new traders who recently
opened on Union Road?*



Studio 244
244 Union Road
Ascot Vale



**Ascot Vale
Meat & Poultry**
193 Union Road
Ascot Vale



Hello Union Road, Don here from the former Neighbourhood Hooligans Ascot Vale.

I say former because we are now known as **BeGood Studio**. Now I know what you're thinking, "why in his right mind would he change the name"? "It was such a cool name, and everyone knows you as the Hooligans". Well, you're right but after these long four years I have realized something, and it's that, the business is not the name or brand, it's the people that come into the shop day by day and week by week that create the vibe and culture.

Now, you also might be thinking why "**BeGood Studio**"? Well, that's even easier, as people, we're all trying to do good or be good in one way or another, so I wanted to highlight that by reimagining the shop into a space where we can come together, share thoughts and ideas, and have a good Ol 'chat over a fresh trim.

So, since we're on the topic about fresh trims. Why don't we talk about some new summer looks you can give a try. Like the French crop, the classic comb over, the low maintenance buzz cut and oh yes, everybody's favourite, the mullet.

The French crop, also known as the Caesar or crop fringe is a newer style to grace the heads of our clients, it's low maintenance yet still stylish which explains it's growing popularity and will not be going away anytime soon. We

know you can't go wrong with the classics; the comb over has been a staple in the barbershop for a long time and will continue to be due to it pretty much suiting any hair type out there.

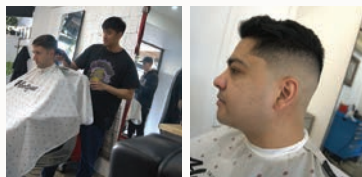
You just can't beat the timeless silhouette of the short back and sides with a longer top brushed over. The buzz cut, I know we've all had our fair share of regret after a botched buzz, but these days a clipper on top coupled with a clean fade and tidy hair line has started to make its appearance and I'm seeing a lot of satisfied customers.

And last but not least, the mullet. Now, I know what you might think, "but mullets are gross", and you may be right, but these days there's been a sense of class to today's mullets. A softer and less aggressive fade on the sides that blend seamlessly into a gorgeous back mane, gives it a certain type of elegance.

Now if any of these hairstyles intrinsically speak to you or your simply interested in just switching things up, be sure to make an appointment and we'll sort you out. I would like to thank you for your on going support these past four years, we will not be where we are without you, our clients. It has been an amazing journey as the Hooligans, and I can't wait to see what the future holds as BeGood Studio.

Be safe. Be well. **Be Good.**

Donny Sotero



melbourne powered

BONUS \$250 STORE CREDIT
with any electric bike purchased.

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 29/02/24



10% OFF 1 FAMILY SIZED PIZZA
with Traditional Toppings
Pick up Only

221 Union Road, Ascot Vale
☎ (03) 9370 6666
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



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UNION ROAD PHARMACY
10% DISCOUNT ON ALL ITEMS
excluding prescription products.

191 Union Rd, Ascot Vale
☎ 9000 4118
unionroadpharmacy.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



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 29/02/24

Love Latte

10% OFF ANY PURCHASE



212 Union Rd, Ascot Vale
instagram.com/lovelatte212



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Routleys Cafe

**PURCHASE ANY CAKE,
ENJOY A COFFEE FOR JUST \$2**

220 Union Rd, Ascot Vale
☎ (03) 9370 6460
[instagram.com/routleyscafe_ascot_vale](https://www.instagram.com/routleyscafe_ascot_vale)

STAMP HERE
WHEN REDEEMED

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 29/02/24



10% OFF MEALS

113 Maribyrnong Road, Ascot Vale
www.sinq.au

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WHEN REDEEMED

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 29/02/24

GRANDPA JOE

10% OFF MEALS

197 Union Road, Ascot Vale

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WHEN REDEEMED

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**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

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WHEN REDEEMED

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 29/02/24



**20% OFF FACIAL
OR 20% OFF
90 MINS MASSAGE**

10/127 Union Road, Ascot Vale
☎ (03) 9958 5769
serenitymassageandspa.com.au

STAMP HERE
WHEN REDEEMED

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 29/02/24

SMILE HOTPOT

**10% OFF YOUR
NEXT PURCHASE**
on presentation of this voucher

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

STAMP HERE
WHEN REDEEMED

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 29/02/24

Traders Gift Guide



Spoilt Gifts

They have a large range of Christmas gifts for anyone and have great Christmas themed presents as well. You wouldn't have trouble finding KK gifts in here.

2/200 Union Rd, Ascot Vale



Maple Photography

Capture the lasting memories with Maple Photography Studio. Gift your families with wonderful unforgettable family photos that will be treasured. Embrace the festive spirit this holiday season with Christmas-themed and family studio photos.

113 Union Rd, Ascot Vale



Union Deli Treats: Catering

Catering is a wonderful gift to elevate your Christmas celebrations, allowing you to savour delicious food without the stress of cooking. This holiday season, let Union Deli provide you with their exceptional catering service to make your Christmas festivities even more memorable.

207 Union Rd, Ascot Vale



Hair Voucher - Mane Salon

Transform your loved one's look this holiday season with the gift of a hair makeover by our skilled hairdresser from Mane hairdressing. With expertise in both men's and women's haircuts, they'll enjoy a tailored experience that boosts their confidence and style and Mane is a wonderful and friendly hairdresser to brighten your day!

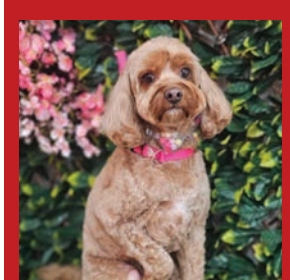
126 Union Rd, Ascot Vale



Dinner Voucher - Scoozi

Indulge in the heartwarming flavors of the holiday season at Scoozi Italian restaurant. With a delicious menu from Italian traditions, a voucher from Scoozi is great for any family and friends who want to dine out. It is also the perfect place to gather and celebrate Christmas festivities with your loved ones

136 Union Rd, Ascot Vale



Dog Grooming - La Casa De Pooch

Give your furry friend the gift of pampering this Christmas season at our featured dog grooming haven. Not only will they receive top-notch grooming services, but you can also discover a range of premium dog products including shampoos and stylish accessories that make for ideal holiday presents

125 Union Rd, Ascot Vale



STICK YOUR STAMP HERE

Please send your Santa Mail before DEC 1st 2023

TO: SANTA
NORTH POLE 9999

FROM:

YOUR ADDRESS:

Four horizontal lines for writing an address.

Why you don't necessarily need a gym, but should consider it

In recent years, the fitness landscape has evolved dramatically. Gone are the days when hitting the gym was the only way to stay fit and healthy. Today, people have more options than ever to pursue their fitness goals, and many are discovering that they don't necessarily need to train at a gym. However, before we dive into the alternatives, let's explore the benefits of why you should still consider the gym.

Benefits of Training at the Gym

- 1. Access to Equipment:** Gyms offer a wide range of exercise equipment that can be hard to replicate at home. From dumbbells and barbells to cardio machines and cable pulleys, a gym provides a comprehensive array of tools to target different muscle groups and fitness goals.
- 2. Professional Guidance:** Certified trainers with years of experience have a great understanding of how to make training sessions more relevant and structured. Trainers help to correct your form, and provide valuable advice. Their expertise ensures you're performing exercises safely and effectively, reducing the risk of injury.
- 3. Motivation and Community:** The gym environment can be incredibly motivating. Being surrounded by like-minded individuals striving for their fitness goals can boost your determination and commitment. At Paramount we have grown into a more like a family than a business and many long standing friendships have been developed through working alongside others with similar commonalities. Paramount offers group classes that provide both structure and camaraderie.
- 4. Consistency and Routine:** Going to the gym can help establish a consistent workout routine. The act of physically going to a dedicated fitness space can help you stick to your fitness goals.
- 5. Variety of Workouts:** Gyms often offer a variety of workout options, from strength training to cardio, yoga, and more. This variety can help you explore different fitness disciplines and keep your workouts interesting.

Alternatives to the Gym

- 1. Home Workouts:** Home workouts have gained popularity, especially during the COVID-19 pandemic. With minimal equipment like resistance bands, yoga mats, and bodyweight exercises, you can create effective workouts at home. There are countless online resources, including workout apps and YouTube channels, offering guided home workout routines.
- 2. Outdoor Activities:** Nature provides an excellent setting for fitness. Activities like running, hiking, cycling, or even playing sports in local parks can be highly effective workouts. The fresh air and natural surroundings can also reduce stress and boost mental well-being.
- 3. Virtual Classes:** Many fitness studios and trainers offer virtual classes that you can join from the comfort of your home. These classes range from yoga and Pilates to high-intensity interval training (HIIT), providing flexibility in your workout schedule.

- 4. Bodyweight Exercises:** Exercises that rely solely on your body weight, such as push-ups, squats, and planks, can be done anywhere. They are a fantastic option for building strength and endurance without any equipment.

In conclusion, while training at a gym offers numerous benefits, it's not the only path to fitness. The key is finding an approach that aligns with your goals, preferences, and lifestyle. Whether you choose to work out at a gym, at home, in nature, or through virtual classes, the most important thing is to stay active and consistent in your pursuit of a healthy lifestyle. Ultimately, the best fitness routine is the one that you can stick with and enjoy.



Photo by Mark Avellino



DRINK RECIPE

WATERMELON SPLASH

Let's get hydrated for the Summer with this non alcoholic drink recipe.

INSTRUCTIONS:

- Cut the watermelon into small pieces, making sure there are no seeds, and put them in a blender.
- Squeeze the limes to get fresh lime juice and add it to the blender with the watermelon.
- Put 2-3 spoonfuls of honey for a bit of sweetness. You can adjust the amount based on how sweet you like it and how sweet the watermelon is. Blend everything together until it's smooth.
- Pour the blended watermelon through a strainer into a pitcher to remove any bits of fruit or seeds. You can use a spatula to push out all the liquid.
- Add a cup of cold water to the pitcher and stir it in. Other alternatives can be soda water or lemonade.
- Fill your glasses with ice cubes, then pour the watermelon mix over the ice.
- If you want, you can make it look fancy by adding some mint leaves or a slice of strawberry or watermelon.

INGREDIENTS:

- 4 cups fresh watermelon, seeded and cubed
- 1/4 cup fresh lime juice (about 2-3 limes)
- 2-3 tablespoons honey or agave nectar (adjust to taste)
- 1 cup cold water
- Ice cubes
- Mint leaves or watermelon slices for garnish (optional)

Enjoy your watermelon drink right away! It's a great way to stay cool in the summer, and everyone can enjoy it.

DEC '23 Events

1 Dec GOOD THINGS FESTIVAL
Flemington Racecourse

2 Dec CHRISTMAS ON UNION ROAD
Union Road - 9.30am - 1.30pm

9 Dec CAROLS IN QUEENS PARK
Queens Park

16 Dec MELBOURNE ODDITIES & CURIOSITIES EXPO 2023
Melbourne Showgrounds

20 Dec RESIMAX GROUP RACING RACE DAY
Flemington Racecourse

25 Dec CHRISTMAS DAY

26 Dec BOXING DAY



JAN '24 Events

1 Jan NEW YEARS DAY RACE DAY
Flemington Racecourse

12 Jan JUICY FEST
Melbourne Showgrounds

13 Jan VRC STANDISH HANDICAP RACE DAY
Flemington Racecourse

14 Jan WEDDING & BRIDE SUMMER EXPO
Melbourne Showgrounds

20 Jan VRC SUMMER FUN RACE DAY
Flemington Racecourse

FEB '24 Events

3 Feb NOW & AGAIN FESTIVAL
Melbourne Showgrounds

17 Feb BLACK CAVIAR LIGHTNING RACE DAY
Flemington Racecourse

21 Feb VICTORIAN CARAVAN, CAMPING & TOURING SUPERSHOW
Melbourne Showgrounds

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

<https://www.nowandagain.com.au/>

<https://10times.com/caravan-camping-tourism>

<https://www.melbourneshowgrounds.com/whats-on/events/>

<https://www.vrc.com.au/>

<https://mvcc.vic.gov.au/>



"Come and discover a hidden treasure of Melbourne."

Union Road

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