

AUTUMN

UNION

news

VOLUME . 09
AUTUMN 2024

10
Bonus
Vouchers
inside



Kate
Australia Post



Anthony
Melbourne Powered



Lisa
Smile Hot Pot

A SPECIAL MILESTON

Simply Stunnin' celebrates
25 years in business.

COMMUNITY HIGHLIGHT

Insights from local
regular George

CHRISTMAS 2023

A Festive look into last
years Christmas Event.

Where events come alive

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



Victorian Careers & Employment Expo	14 - 16 March
Supanova Comic Con & Gaming	6 - 7 April
The Pet Show	13 - 14 April
FutureAg Expo	17 - 19 April
MotorEx	4 - 5 May

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
Union Road Precinct Manager

SUZANNE BODLEY
Design & Layout Editor

Hello and a happy new year to you!

I hope you had a joyous Christmas break with family and friends and a great Summer break. Here we are in 2024, ready for what's to come this Autumn. Most of our Union Road Traders are now open and operating as normal and we always appreciate and welcome your support to our local traders. We welcome the new traders who have settled on Union Road, but sadly wish all the best for the ones that have to go.

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 to the community, who came to our 2023 Christmas on Union Road event. With the pouring rain, we still continued to go ahead and amazingly still had plenty of people showing up. Thanks to the participating traders, suppliers, community groups and sponsors who made it an enjoyable experience.

We have an upcoming Easter event this Autumn on Union Road and we hope to see you there!

Jaesel

Editor & Union Road Precinct Manager

Local Event Update:

Christmas 2023

Melbourne's Unpredictable Summer Weather Couldn't Dampen Union Road's Christmas Cheer!

Last year, despite the nature of Melbourne's summer weather, our community came together for our beloved annual Christmas event on Union Road, spreading warmth and joy even under colder and rainy skies. The downpour didn't deter the spirits of our resilient locals, who turned out to celebrate the festive season on Union Road. Thank you to all who came and attended!

The air was filled with the aroma of sizzling barbecues, courtesy of Ascot Vale Meat and Poultry who collaborated with fellow trader Bakers Delight to provide a delicious bbq treat for the community.

This year, we witnessed even greater community involvement, with the Ascot Vale Panthers proudly displaying their merchandise and organising exciting footy activities for the kids. Adding to the Christmas season, the talented students from Ascot Vale Primary School delighted us with warm hearted musical performances.

A special thank you goes out to the Ascot Vale Fire Station for Santa's grand entrance, spreading joy to kids of all ages, and to the Flemington Police for taking the time to mingle with our community.

With Santa, and his friends making merry on Union Road, children and families were treated to an array of delightful entertainment. And in a surprising turn of events, the Grinch himself indulged in a well-deserved massage courtesy of Serenity Massage and Spa!

Our local traders truly outdid themselves this year, adding to the festive spirit with their enthusiastic participation. From beauty gifts by Lisa Melina to lucky dips by Spoilt Gifts, creative craft sessions by Paint with Me, and taste tests of the latest probiotic products at Union Road Pharmacy, there was something for everyone to enjoy.

It was great to hear from the locals how they always look forward to our Christmas event.

Despite the weather's unpredictability, our community's spirit shone brighter than ever, making our 2023 Union Road Christmas event a truly unforgettable and heartwarming experience for all who attended.

The Union Road Traders Association organised this fantastic event, and we extend our thanks to our supporters, including the MVCC and Seddon Bendigo Bank.







Union Rd Easter Scavenger Hunt



BROUGHT TO YOU BY THE
UNION ROAD TRADERS ASSOCIATION

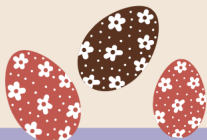
Saturday March 23
10am - 2pm

HUNT FOR THE HIDDEN EGGS AT PARTICIPATING UNION ROAD STORES TO CRACK THE CLUES FOR A SHOT AT EGG-CELLENT EASTER PRIZES.

BRING ALONG YOUR EASTER BASKETS TO COLLECT SOME CHOCOLATE EGGS WHILE THEY LAST!



COLLECT YOUR ANSWER SHEET IN FRONT OF MISTER NICE GUYS BAKESHOP ON UNION RD, ASCOT VALE



Easter Bunny Visit *Chocolate Eggs* Free BBQ* Pizza Tastings* Mini Donuts & Sausage Roll Giveaway* Library Story Time *Ascot Vale Progress Kinder Stall* For more details visit unionroad.com.au

melbourne
powered

FREE HELMET AND BIKE LOCK

with any electric bike purchased. RRP \$150

132 Union Road, Ascot Vale
☎ (03) 9088 2153
melbournepowered.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 31/05/24



10% OFF STOREWIDE

Offer is available to all customers,
excludes any existing storewide sale.

118 Union Road, Ascot Vale
[instagram.com/valorenjewellery](https://www.instagram.com/valorenjewellery)

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conditions apply, this voucher expires 31/05/24

Love Latte

10% OFF ANY PURCHASE

212 Union Rd, Ascot Vale
[instagram.com/lovelatte212](https://www.instagram.com/lovelatte212)

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conditions apply, this voucher expires 31/05/24



10% OFF 1 FAMILY SIZED PIZZA

with Traditional Toppings
only, pick up only

221 Union Road, Ascot Vale
☎ (03) 9370 6666
pizzaminded.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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UNION ROAD PHARMACY

20% OFF ALL GENERIC ANTIHISTAMINES AND 10% OFF OFF ALL COLD AND FLU

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

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conditions apply, this voucher expires 31/05/24



**10% OFF
ANY PURCHASE**

159 Union Road, Ascot Vale
☎ (03) 9372 7175
[instagram.com/safarimelbourne](https://www.instagram.com/safarimelbourne)

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**75-MINUTE SPECIAL
FOR ONLY \$110!**

Includes 60 min massage and 15 min of foot reflexology or express facial. Valued up to \$150+

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

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WHEN REDEEMED

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10% OFF MEALS

113 Maribyrnong Road, Ascot Vale
www.sing.au

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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

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 31/05/24



Community News:



**An Ascot Vale Wander
Presented by Eat Drink Westside
20 March**

Get ready for a tasty experience as the Melbourne Food and Wine Festival brings you Ascot Vale Wander, a fantastic event on Union Road proudly presented by Eat Drink Westside. It's great to see our traders participate at this foodie event.

Ascot Vale participating restaurants/bar:
The Vale Bar and Eatery
Sing Foods
Union Wine Store

<https://www.melbournefoodandwine.com.au/events/an-ascot-vale-wander/>

MEET THE *New Traders*



Discover a delightful array of cocktails, beers, wines, and mocktails at our newly opened bar and eatery on Union Road. Experience the culinary journey we've crafted with a modern twist, offering delicious shared plates that bring people together. With options catering to families and a cozy courtyard to unwind, we invite you to join us for an experience where you can eat, drink, and enjoy to your heart's content.

Find them on:
162 Union Road, Ascot Vale VIC 3032

**melbourne
powered**

HAS EXPANDED!



Remember our jam-packed store? Well, we needed more space to keep things rolling (pun intended!), so we've opened a brand new showroom just 69 metres away! This gorgeous space is full of natural light, hanging plants, and of course, the hottest e-bikes around. Plus, we'll even whip you up a delicious coffee while you're there! Come see us at our new showroom and be ready to take your e-bike adventures to the next level!

132 Union Road (Store)
106 Union Road (Showroom)
Ascot Vale VIC 3032

Saying Goodbye

As a community, we bid farewell with a heavy heart to two cherished establishments that have been pillars of Union Road for years. These businesses have been steadfast companions, serving generations of our community with dedication and warmth. Their departure marks the end of an era, but we hold onto cherished memories and gratitude for the invaluable contributions they've made over the years. As they embark on new journeys, we extend our heartfelt wishes for success and fulfilment in their next chapter.

READY 2 ROCK

HOSPITALITY UNIFORMS



Welcome to the newly opened hospitality uniform boutique on Union Road, where we specialize in providing top-notch attire for the hospitality industry. Explore our extensive collection of chef uniforms tailored for both men and women in a wide range of sizes, along with an array of stylish aprons to suit your needs. Visit us today and discover the difference in quality and comfort with our premium hospitality uniforms.

Find them on:
124 Union Road, Ascot Vale VIC 3032

**GRANDPA
JOE**



Under new management

Grandpa Joe Cafe has entered a new chapter under fresh management! Step into their newly revamped space and join them in extending a warm welcome to our new owners. Here's to a delightful journey ahead on Union Road!

197 Union Road, Ascot Vale VIC 3032

Community Highlight:

GEORGE

On a radiant day graced with the warmth of the sun, we had the pleasure of catching up with George, a familiar face to many, and a person with a cheerful smile.

As he leisurely made his way through the heart of our beloved Union Road Shopping precinct, it was evident that Joe was not alone in his appreciation for the Union Road community.

Among the many residents who call this area home is George, a cherished member of the neighborhood. Living near Union Road, George often visits its many shops and services. When asked why he loves the area so much, George's excitement was obvious.

"It's the camaraderie," George affirmed, emphasizing the sense of connection and belonging that permeates the atmosphere. For him, Union Road is more than just a shopping destination; it's a place where friendships are nurtured and stories are shared.

George enjoys stopping by Simply Stunning salon to chat with the owner, Abbey, and have enjoyable conversations.

For George, his favorite place to shop is Happy Apple, a popular store on Union Road known for its wide variety of quality products including fresh fruit and vegetable produce.

As seen through the experiences of George, Union Road is more than just a street for just passing through. It's a place where he can take a stroll to enjoy meeting new faces and maintaining friendships in the community.



Kid's activity

Can you find
the 10 eggs?



Yes....
you are
Simply
Stunnin'!

Celebrates
**25 YEARS IN
BUSINESS**

I never would have imagined owning a small business for 25 years in my life. Looking back, I feel a mix of emotions - a sense of age, humility and pride in having established and maintained the salon for such a long time. Running a small business definitely comes with its challenges, but I am grateful for all the experiences it has brought me.

The Salon first started on Mt. Alexander Rd, North Essendon above Bob Reid's gun shop. I acquired the salon for \$860, which covered a month's rent as the previous owners had not paid. The new lease agreement with Bob was sealed with a simple handshake. Six years later, I made the decision to return to Ascot Vale, where I had spent my entire life. I have been on Union Road for the past 19 years.


Over the span of 25 years, I have witnessed various hair trends come and go. Staying up to date with the latest trends through education has not only prevented me from becoming stagnant as a sole trader but has also fueled my confidence and passion for the industry. I was fortunate in my apprenticeship to learn the traditional techniques of dressing hair, allowing me to still perform perms, sets and blow waves.

Though I enjoy all aspects of hairdressing, including balayage, cutting and perming, I have developed a particular fondness for wedding styling. I received recognition in recent years for my bridal hair and makeup skills, including being a runner-up in greater Melbourne for the best bridal hair and makeup. These awards, such as Wedding Diaries Editor's Choice and being recognized as one of the top 10 in Australia for bridal hair and makeup by the Australian Wedding Industry Awards and APAC Insider Awards, are truly humbling.

Beyond the accolades the past 25 years have been a labor of love. I have poured my blood, sweat and tears into my business. I can't recall a moment when I was not putting in the hours, taking on multiple roles from cleaner to social marketing manager, accounts department, barista, HR and of course senior stylist/owner.

In my spare time I give back to the community, providing haircuts at Footscray Mall for reaching out to the inner west on Monday nights. I also lead two teams for Hair Aid, offering haircuts at Matt's place in Chelsea and the Altona Salvation Army.

Running a small business in Australia for 25 years has been a privilege. I've had incredible opportunities in the hairdressing world and amazing support from my parents. However, the salon's success belongs to you. My amazing clients who some of you I have grown up with and known for 25 years. My salon family. I'm grateful for the journey thus far.



I HOPE TO SEE
YOU IN THE
SALON SOON!

You can find me at:

Simply Stunnin' Hair and Beauty

Shop 3 93-95 Union Road

9370 - 2770

www.simplystunnin.com.au



SKIN CLINICS

U Do You!

SAY NO TO STRESS OR URGE INCONTINENCE

U SKIN CLINICS IS pleased to welcome into their clinic THE PELVIC FLAW a group that specializes in pelvic floor strengthening and reducing incontinence and helping restore intimate functions in men and women.

Our pelvic floor often deteriorates as we age like all the muscles in our body. It may be exacerbated by pregnancy, childbirth, hormonal changes due to menopause or just aging. This can lead to decreased sexual feeling and incontinence from just being a small drop when you sneeze to having to wear all day pads.

A whopping 37 per cent of females suffer from urinary incontinence and bladder leakage. More than half are under the age of 50, and one in three women that have given birth will experience it.

Now we have an easy solution, and you don't have to live with it any longer. 6 sessions fully clothed on the Emsella chair over 3 weeks, and you'll have a pelvic floor of steel. The chair works by stimulating the pelvic floor muscle and each session is equivalent to 11000 pelvic floor exercises. 95 percent of women notice significant improvement. Don't wait, suffer no longer book a session with one of our registered nurses today to discuss your options.



PATIENT SATISFACTION*



REMAIN FULLY CLOTHED



NON-INVASIVE



*HFEM Technology Can Improve Quality of Life of Incontinent Patients, Berenholz J, MD, Sims T, MD, Botros G, MD, Individual results may vary.

To celebrate we are offering the first ten people who mention this article

Six sessions for \$999

Normally \$1800

Reviews:

EMSELLA

“The treatment has been life-altering. After trying other pelvic floor training strategies over the years, she said this is the first treatment where she’s seen results. Following my sessions, I became fully continent - no leaking for the first time in my life! I was able to control my bladder as I walked to the toilet and didn’t have to stress about leaking as I unbuttoned my pants.”

EMSELLA®

CLINICALLY PROVEN

A breakthrough treatment for incontinence & confidence. No pain or downtime. A world-leading treatment strengthening & tightening pelvic floor muscles.





INGREDIENTS:

- 2 Tbsp olive oil
- 4 Cups vegetable or chicken stock
- 2 Diced brown onion
- 2 Cups of cooked pumpkin
- 3 Garlic cloves
- 2 Potatoes diced into chunks
- Salt and pepper to season
- Optional: Thickened cream

RECIPE

Pumpkin and Potato Soup

Go back to basics and try this easy pumpkin soup recipe to warm you during the Autumn cooler months.

INSTRUCTIONS:

- Line a large baking tray with baking paper.
- Preheat oven to 190 c fan forced
- Dice 3 cups of pumpkin cubes and add any spice of your choice. Roast them in the oven till tender.
- Chop 2-3 brown onions and 3 large cloves.
- Sautè them in a pot over low-medium heat with some olive oil and butter.
- Add the roasted pumpkin to the pot, and saute for a few minutes.
- Add in your stock and potato chunks and bring this to a boil. Cook till potatoes are tender and soft. Turn the heat down and simmer for 20 minutes more.
- Allow the soup to cool a bit. Blend the contents of your pot in a blender till smooth and add salt and pepper to your taste. Take care when blending hot contents in a blender.

Optional: When serving the soup, add thickened cream to swirl on top of the soup.

MAR '24 Events

Victorian
careers & EMPLOYMENT expo
TERTIARY ▶ SKILLS ▶ TRAINING ▶ JOBS

14
16
Mar VICTORIAN CAREERS & EMPLOYMENT EXPO
Melbourne Showgrounds



20
Mar ASCOT VALE WANDER MELBOURNE FOOD AND WINE FESTIVAL



23
Mar UNION ROAD EASTER SCAVENGER HUNT



29
Mar GOOD FRIDAY



30
Mar EASTER SATURDAY



30
Mar TAB AUSTRALIAN CUP DAY
Flemington Racecourse



31
Mar EASTER SUNDAY



APR '24 Events



1
APR EASTER MONDAY



6
7
Apr SUPANOVA COMIC CON & GAMING
Melbourne Showgrounds



13
14
Apr THE PET SHOW
Melbourne Showgrounds



17
19
Apr FUTURE AG EXPO
Melbourne Showgrounds



25
Apr ANZAC DAY RACE
Flemington Racecourse

MAY '24 Events



4
5
May MOTOREX 2024
Melbourne Showgrounds



16
18
May VICTORIAN CAREERS SHOW 2024
Melbourne Showgrounds



18
May ANDREW RAMSDEN RACE DAY
Flemington Racecourse

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

Ascot Vale, 3032

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