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issue 04
2019



Happy Birthday Sushi Hub

Japan's New Emperor

Japanese Inventions
that changed the world

Nori
that black stuff wrapped around sushi



Meet Sushi Hub's
Cute Mascots

A Sushi Hub
Owner's Story

Halloween
in Japan and Australia

Fun times on the way
See you at our next Kids Workshop for your chance to win a Sushi Hub activity book.



About Sushi Hub

Sushi Hub is all about serving fresh, top quality sushi to its customers. To consistently ensure the best quality for its whole range, Sushi Hub predominantly sources its ingredients locally, with fresh ingredients delivered daily. This care and attention to detail all begins in the kitchen, where all Sushi Hub chefs undergo a minimum of twelve months training in the art of sushi making.

Sushi Hub knows that to give the best to its customers it has to have the most committed staff and retain them. It does this by endeavouring to provide both the best work environment and staff coaching programs. It encourages younger staff, with essential support and mentoring as they are seen to be central to the successful future of the business.

Passionate about its love of classic sushi, Sushi Hub has created an inspirational menu that is fresh and full of flavour that includes: Maki Roll, Sushi Box, Sashimi & Salad, Inari, Nigiri and Sushi Platters. The popular Sushi Hub signature dishes such as: Fresh Tasmanian Salmon Roll; Crispy Free Range Chicken Roll and Tuna Salad Roll appeal to the eyes as well as the palate. For sushi lovers who are looking for a low GI and high fibre option, brown rice alternatives are available on request at selected stores.



ようこそ Youkoso

It's a great time to celebrate. It's spring, Sushi Hub is having another birthday, Japan has welcomed a new emperor on its Chrysanthemum Throne and of course there is Halloween.

In this issue, we look at the heritage of Emperor Naruhito's ancient monarchy and reveal how he holidayed with an Australian family at the beach in Victoria as a young prince.

And as we celebrate, let's raise a glass to the long list of Japanese inventions that changed the world. Everything from the automatic rice cooker and super fast trains to instant noodles and the camera phone - things that we take for granted for helping make a perfect world.

We meet Andy Chen. From being a Sushi Hub kitchen hand with no English, to becoming an owner of eight Sushi Hub stores in nine years.

Then there's "the black stuff wrapped around sushi". *Nori*, or *Porphyra* seaweed, is that essential ingredient found in a sushi chef's box of tricks. We look at how it began, how it is made and how it almost disappeared.

It may be our birthday, but read on to find out how you get the goodies. And to help you celebrate, we introduce some new products to be found at your favourite Sushi Hub store.

またね Mata ne
See you.

The Hubster

The Hubster

in this issue

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so fresh
so good
so eat now

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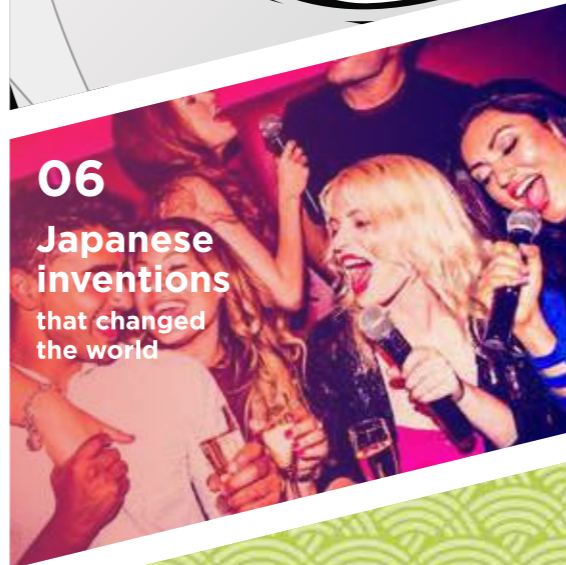
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Japanese inventions that changed the world

For decades Japan pioneered the technology sector and invented some of the world's most memorable and useful devices. Many of these inventions and other seemingly mundane domestic creations were the forerunners of everyday items we take for granted today.



Electric rice cooker

Mitsubishi Electric is attributed with the invention of the first electric rice cooker in 1945. But this basic model didn't have an automatic cut-off mechanism and required someone to watch it to ensure the rice didn't catch and burn. It wasn't until the end of 1956 that the Toshiba Corporation produced the first commercially successful automatic electric rice cooker.

Instant ramen

Instant ramen noodles were developed by Momofuku Ando in Osaka in 1958. In 1971 he invented the Cup Noodle, the first instant ramen to be served in a cup. Then in 2005 he invented Space Ramen, an instant ramen that could be eaten in the weightless environment of space. In celebration of the rise of these culinary inventions, there is The Cupnoodles Museum in Osaka.



Karaoke

Karaoke is a Japanese word derived from the words *kara* ("empty") and *oke* (short for "orchestra"). The world's first karaoke machine, the Juke-8, was built by Japanese inventor and musician Daisuke Inoue in Kobe in 1971. As a musician, Inoue was frequently asked to provide recordings of his performances so that people could sing along. Seeing a commercial opportunity, he made a tape recorder-like machine that played songs for a 100-yen coin each. Early karaoke machines used 8-track cartridges and cassette tapes, with printed lyric sheets. (But it is Filipino inventor Roberto del Rosario who actually holds the patent, following his development of the Karaoke Sing-Along System in 1975.)

QR code



The QR code system (Quick Response Code) was invented in 1994 by Denso Wave, a subsidiary of the Toyota Group. Its purpose was to allow high-speed component scanning to track vehicles during manufacturing. By including a "second dimension", the QR code allowed more data to be encoded without increasing the size of existing barcodes. It was the Finnish telecommunications company Nokia, that first implemented a QR Code scanner into mobile phones. Other phone manufacturers followed, which increased the technology's momentum to be adopted by a range of industries that could use the platform to better inform and educate their customers about products.



Camera phone

The Kyocera Corporation released the world's first mobile colour videophone that doubled as a camera phone for still photos in 1999. Although similar in size to other mobile phones, the VP-210 VisualPhone had a large camera lens and colour screen - and could take 20 photos and transmit them by e-mail. Technical challenges that were resolved included: fitting the "camera module" inside the phone at a time when electronic components were still large - and increasing the image transmission rate at a time when data speeds were slow.



Emoji

The father of the emoji was Shigetaka Kurita, an employee of mobile phone operator NTT DoCoMo. He saw that text based digital communication didn't allow people to communicate emotions. His solution was the emoji, derived from the Japanese words "e" meaning "picture" and "moji" meaning "character". To appease the Japanese obsession with images, he took his inspiration from graphics used in weather forecasts. In 1999 Kurita created the first 180 emoji and in 2015, Oxford Dictionaries named the Face with Tears of Joy emoji the "Word of the Year".



Bullet train

Japan was the first country to build dedicated railway lines for high-speed travel. It opened the world's first high-speed rail line between Tokyo and Osaka in time for the 1964 Olympics. Before the Hikari No.1 Bullet Train was launched in October 1964, train travel between Japan's two largest cities, Tokyo and Osaka, would take almost a day. But the world's first bullet train, with its top speed of 210 kph, reduced the journey to 4 hours. Further technological developments in subsequent years, has reduced that trip to just 2.25 hours.

1971

Walkman

In 1979 Sony Corporation introduced the world's first mobile stereo music listening device in the shape of a portable cassette player. The Sony Walkman TPS-L2, was a blue and silver, hand held unit with chunky buttons, headphones and a leather case that weighed just under 400 grams. This iPod of the 80's helped cassette tapes outsell vinyl for the first time in history and changed how people experienced music.



1979

1984

Sudoku

The name Sudoku from the Japanese *Su* ("number") and *Doku* ("single") is short for the Japanese phrase *Sūji wa dokushin ni kagiru*, meaning: "the digits are limited to one occurrence". It first appeared in Japan in 1984 and became highly popular, especially with commuters. Japanese enjoy doing puzzles during their lengthy train and bus travels. Number style puzzles like Sudoku, are the perfect solution with over 600,000 Sudoku magazines sold each month (where crosswords are unsuccessful because of the nature of the Japanese language and its characters.) While the concept has its roots in ancient number puzzles it originated in Switzerland and then developed as "Number Place" in America before coming to Japan to become the globally recognised, Sudoku.



1957

Pocket calculator

Before the smart phone with its calculator app there was the pocket calculator. Invented by Casio in 1957, the electronic calculator was originally a desk top model that you plugged into a power source. It shrunk to be convenient, battery-powered and pocket-sized and became the saviour of students - and any profession that had to calculate figures.



1958

1945

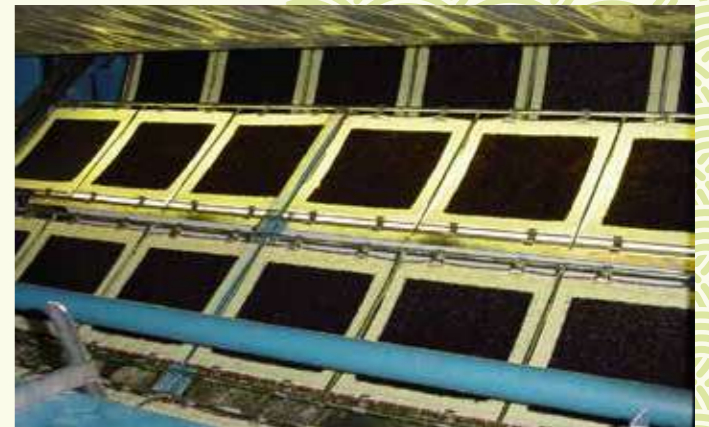
nori

that black stuff wrapped around *sushi*

Nori is the Japanese name for dried edible sheets of *Porphyra* seaweed that has been cultivated and processed in Japan's coastal waters for centuries.

As early as 987AD, *nori* had been recorded as a commonly eaten food in Japan when it was ground up and eaten as a paste. But in the mid 18th century a simple paper making technique was applied to the seaweed to produce sheets of dry *nori* to provide the perfect preservation method. This process saw a slurry of chopped seaweed and water being spread evenly onto a framed bamboo mat where it drained and dried out into thin sheets.

Originally the seaweed was collected off coastal rocks, but fishermen noticed it flourished around the poles that they'd driven into the shallows to hold their nets. They duplicated this process and a simple form of *nori* cultivation was born.



Producing sheets of *nori*

Nori cultivation and harvesting today

Nori spores are "sewn" in oyster shells, and cultivated on land. Then when the water temperature drops to 23°C or lower in autumn, the spores begin to sprout from the shells. *Nori* spores are then attached to nets and taken out to sea so they can "take root". Between October to March the *nori* is cultivated and harvested. Harvesting often occurs at night when the plant's cells are dormant - rather than during the day when they are absorbing the sunlight. This better ensures that the full complexity of the *nori* flavour is preserved.

Harvesting occurs in the sea after 40 to 50 days and lasts around five months at 10-15 day intervals. Both manual and machine harvesting methods are used. The procedure sees the selection of the wet *nori*; washing it in seawater; then in freshwater; cutting; softening; flaking it; dehydrating it; drying; grading; and packing.

The sheets of *nori* bought in stores and at Sushi Hub have been crisped over heat to bring out the mellow toasted flavour, and are called *yakinori* ("*yaki*" in this case means "toasted").



Nutrition

Nori contains vitamin A, vitamin C, riboflavin, and folate as well as niacin, iron, zinc and iodine. One sheet of *nori* wrapped around a sushi roll contains only around 54 kilojoules.

Storing nori

Nori can lose its flavour if exposed to moisture or humidity. It is recommended to store it in a re-sealable bag in the refrigerator where temperature and humidity is controlled.



Growing and harvesting *nori* seaweed



Despite being an integral part of the Japanese diet, the *nori* industry almost ceased after World War II. Japan was desperately trying to increase its food production for a starving population - and traditional *nori* cultivation methods were simply not efficient enough. But it was saved by the 1949 work of a British scientist, Kathleen Baker. She had been researching the plant which also grew along the Welsh coast where it too was harvested for food. Japanese scientists successfully applied her work on artificial methods of seeding the *nori* spores and cultivating the plant. Kathleen Baker was dubbed the "Mother of the Sea" and the saviour of the Japanese *nori* industry.

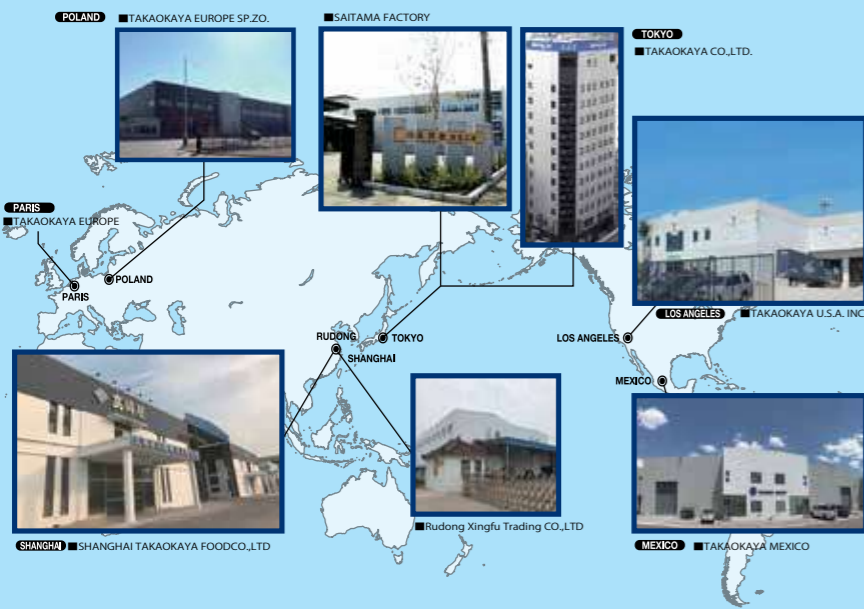


THE NORI COMPANY

Takaokaya was established in 1890 and has been contributing to a healthy diet for consumers by supplying NORI. "We would contribute to the consumers all over the world through Koufuku Nori" This is our philosophy.

Eating traditional Japanese food, NORI brings health. And happiness to dining tables all over the world.

We would contribute to the consumers all over the world through Koufuku Nori.



GLOBAL NETWORK

Our "earth wide" operations enable us to develop an international market for NORI. Especially in China, TAKAOKAYA was the first company to cultivate NORI in the country on a commercial scale.

Currently we are the one of the biggest firm that is involved from cultivation to the final processing and distribution.

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A Sushi Hub *owner's* story

From Sushi Hub kitchen hand eleven years ago to owning eight franchisee Sushi Hub stores.



Andy Chen

After graduating with a business degree in China, Andy Chen came to Australia with no work experience and very little English. Armed with a tenacity and commitment to work he started as a kitchen hand at Sushi Hub's Cabramatta store on his third day in the country.

He was trained under a chef with extensive experience in sushi making, having worked in Japan for more than 16 years. It took Andy 12 months to learn how to wash, cook and mix rice with a wooden spatula before rice cooking automation was introduced in Sushi Hub stores in 2014. And initially it took him nearly 30 minutes to debone one salmon where the experienced chef took only 3-5 minutes depending on the size of the fish. In the early days, he cut his hands frequently in the process - and held the record of wearing 10 band-aids on 8 different fingers.

When he was required to help front-of-house serve customers, his difficulty with speaking and understanding English made for a challenging experience. He remembers two words that he learnt very quickly were: "Good Day" and "Pardon".

He began working between the Cabramatta and Campbelltown stores clocking up multiple shifts to work almost 90 hours a week.

In 2012, after four years of working hands-on in all areas of the business, Andy had saved enough money to open his first Sushi Hub store in Westfield, Hornsby.

When he first opened, his finances were fully stretched and he couldn't afford to hire staff. So he invited his sister-in-law to help work front-of-house to sell sushi and his father to help in the back kitchen.

With the Hornsby store running successfully, he opened a second store in Castle Hill in December 2013, which is currently Sushi Hub's top franchisee store. Then in August 2014, he opened a third store in Penrith followed by a fourth in Plumpton in April 2015 and a fifth store later that year in Baulkham Hills — and then a sixth in January 2017 in Cranebrook.

With a vision to grow his franchisee business further, he invited two staff members Jack Zhao and Allen Gao to join him as business partners.

Andy has now divided his business duties into three areas with each partner focussing on key roles for greater efficiency to grow the business faster. The team opened a seventh store in Parramatta in June 2017 and their eighth store in Tweed Heads in March this year.

The team works well together. Andy focuses on business development, leasing and finance, while Jack looks after store maintenance, business planning and administration. Allen is responsible for HR issues and staff training.

Their goal is to open more Sushi Hub stores. The Sushi Hub brand can only grow in the hands of these dedicated entrepreneurs.

L to R Allen Gao, Andy Chen and Jack Zhao





happy birthday

SUSHI 寿司 HUB

Sushi Hub is celebrating its birthday month of October with special celebration Scratchies, with over 100,000 prizes to be won nationally. Any purchase over \$12 will receive a Scratchie for an instant win. The more you buy, the more chances you have to win.



buy and save

Help reduce the amount of single use plastic packaging by purchasing one of these reusable Sushi Hub lunch boxes. Why not collect the set? Shop for sushi using your Sushi Hub lunch box and receive a 10% discount on your purchase (until 31 Dec 2019). The more you use the sushi box, the more you save, and the more you help save the planet.



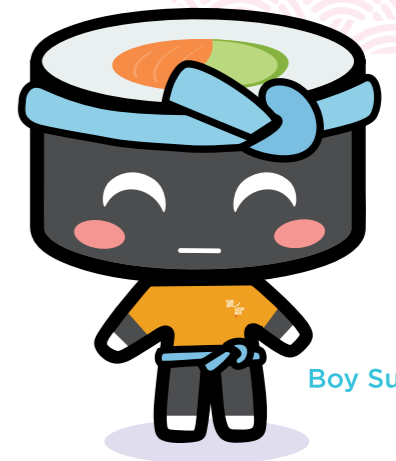
Is a sushi roll a boy or a girl?

Does that sound like a silly question? Not really!

Introducing Sushi Hub's new mascots. These two friendly characters don't have names yet and we'd love Sushi Hub customers to help pick their names. Using the QR code here you can vote for your favourite names from the list. They already have their own individual birthday and star sign, have developed their own personality, favourite colours and hobbies. They just need your help with a name.



Girl Sushi



Boy Sushi

Birthday	23 June
Star	Cancer
Character	Gentle and shy
Favourite colour	Pink
Hobbies	Cooking and playing hide and seek

Birthday	14 December
Star	Sagittarius
Character	Curious and energetic
Favourite colour	Yellow
Hobbies	Travelling and surfing



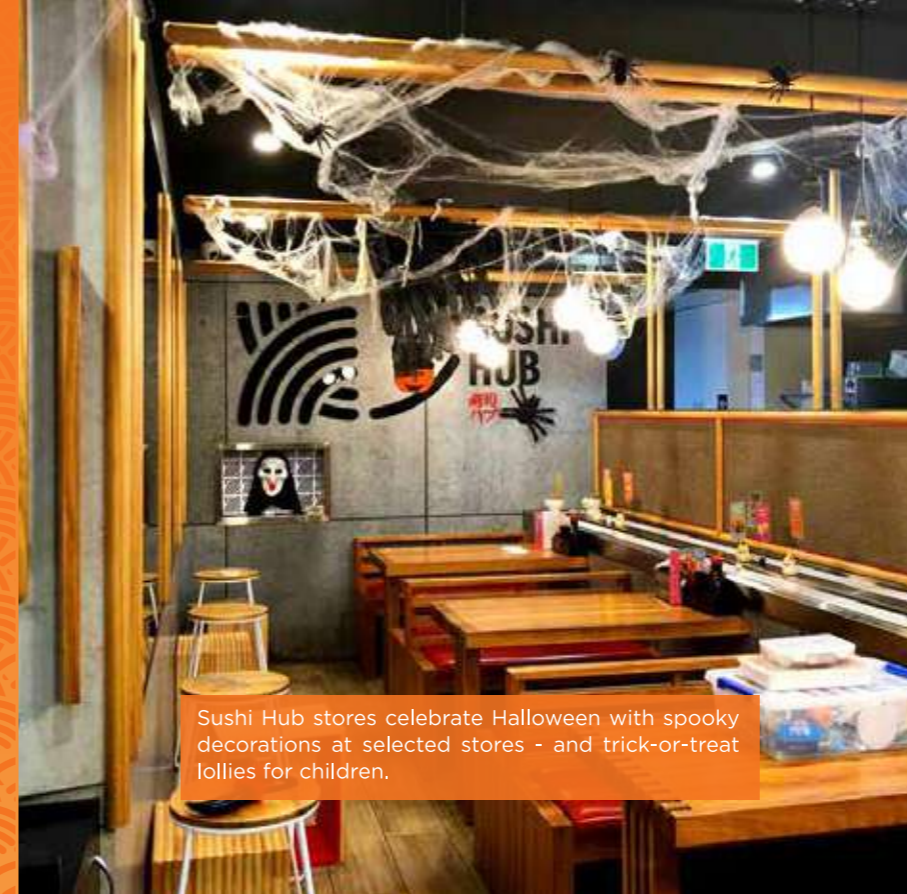
meet and greet

Don't forget to attend the Sushi Hub Kids Workshop in participating shopping centres during September school holidays (check shopping centre websites for details). You could have the chance to meet our mascots and receive a special surprise.



trick or treat

Halloween is mostly celebrated in the Western world with some traditions varying between countries. While the USA has taken Halloween to the pinnacle of commercialism to be the second most mercantile festival after Christmas; Australia and Japan have adopted it in their own special way.



Sushi Hub stores celebrate Halloween with spooky decorations at selected stores - and trick-or-treat lollies for children.



Halloween's origins come from the pagan festival of Samhain held on the night of 31 October by the ancient Celtic people of Europe. The Christian religion later named it All Hallows' Eve - the night before All Hallows' Day. The word Halloween is an abbreviation of "All Hallows' Eve" before the feast of All Hallows (or All Saints) on 1 November.



Despite the criticism of embracing excessive American influences, Halloween is well established in Australia. But it doesn't follow the American model. Australia has become fixated with blood and ghouls, where in America it is more of a fantasy dress-up night depicting anything from horror characters to celebrities and cartoon characters. And when it comes to trick-or-treating Australians don't have the established door-knocking culture of America. Instead they have developed a Halloween etiquette system where houses clearly indicate their willingness to participate, such as welcoming balloons or decorated letterboxes. If there's no welcome signal - don't come knocking. In the US the whole family dresses up and hits the streets of the neighbourhood. In Australia it is invariably the children who ghoulishly dress up, but the parents accompany their bloodthirsty children and actively socialise with other parents to make it a giant community event - albeit in scary fun.



Courtesy Cobden & Hayson



In Japan, Halloween (*Harowin* ハロウィン) celebrations are like nowhere else. Once only celebrated at Tokyo Disneyland and among foreign residents, the festive costumed potential of Halloween fits perfectly into the Japanese *matsuri* and public role-playing culture. Japan is the kingdom of cosplay. People love to dress up, so it is little surprise that Halloween is celebrated by costumed young adults and older people rather than children. And they celebrate for days beforehand. Shibuya's Halloween street party on and around Tokyo's famous chaotic Shibuya street crossing has grown in a few years to now boast around one million people frocked up and partying-on. Tokyo's clubbing area of Roppongi is packed for the Halloween period with emphasis on night-life and bar-hopping. Sanrio Puroland, an indoor theme park in Tama New Town, Tokyo (and the home of Hello Kitty), celebrates with ghosts and goblins at night. And in Tokyo Disneyland there are ghostly rides and scary versions of Disney characters, while in Osaka, Universal Studios Japan, does a similar eerie after dark transformation. With their love of "characters", Japanese generally celebrate Halloween with costumes that are fun rather than scary as they have their own ghostly spirit traditions with the likes of Obon Festival in August. To trick-or-treat is normally an organised community or businesses event that is held in a nominated place. Knocking on stranger's doors flies in the face of Japanese restrained culture of privacy and respect. Instead, children go to allocated points to collect treats, or to collect stamps to exchange for candy later on in what is known as a "stamp rally", a common cultural practice.

Japanese Film Festival 2019



日本映画祭

Photo by Victor Caringal

Canberra	16-20 OCT
Brisbane	23-27 OCT
Perth	30 OCT - 3 NOV
Sydney	14-24 NOV
Melbourne	21 NOV - 1 DEC

japanesefilmfestival.net
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JAPAN FOUNDATION
BRINGING JAPAN TO YOU

Stops
press

Sushi Hub has introduced five new party platters. Always mindful of its customer's needs and wants, the Sushi Hub culinary team has come up with some delicious new platter choices that will suit everyone's taste. These party pleasers come in new, specially designed, custom-made platter boxes. Continually focused on reducing plastic container usage, these chic containers feature a biodegradable cardboard base and lid with a window to display the tempting array of sushi.

*Available 1st November 2019



\$42 Mini Maki Roll Platter (100 pcs) suitable for large crowds.

Contains: cucumber roll, teriyaki chicken roll, cooked prawn roll, lobster salad roll, tuna salad roll, crab stick roll, fresh salmon roll - and tamago.



\$48 Grilled Seafood Platter (28 pcs)

Contains: grilled salmon nigiri, grilled scallop nigiri, spicy tempura prawn dragon roll, fried ebi nigiri - and crab leg nigiri.



\$46 Inside Out Maki Roll (72 pcs)

Contains: five types of roll, tuna salad and cucumber, teriyaki chicken cucumber roll, lobster salad avocado roll, prawn and avocado roll - and fresh salmon mini roll.



\$48 Salmon Lover's Platter (44 pcs)

An all-salmon platter that includes salmon and avocado maki roll, nigiri - and sashimi.



\$38 Chicken Lover's Platter (54 pcs) suitable for people who don't eat seafood.

Contains: teriyaki chicken avocado roll, teriyaki chicken cucumber roll, crispy chicken avocado roll, crispy chicken cucumber roll - and chicken avocado nigiri.

Dawn of a *new* era

令和

Japan has a new emperor and with it a new era. On 1 May 2019 Emperor Naruhito became the 126th emperor of Japan, in line from the first emperor. It is an imperial line that can be traced back more than 2,600 years, making it the world's oldest continuing hereditary monarchy (the Emperor of Japan is the only head of state in the world with the title "Emperor").

Emperor Naruhito acceded the Chrysanthemum Throne (the imperial throne of Japan), following the abdication of his 85 year old father, Emperor Akihito, on 30 April. It is the first time in 217 years that a Japanese emperor has abdicated, making way for his son. Historically, being the Emperor of Japan has been more of a ceremonial, symbolic role rather than an imperial ruler. While they have reigned, emperors have not run the country. Over the centuries, Japan has primarily been governed by military governments.

His formal enthronement will occur on 22 October 2019, attended by dignitaries from Japan and around the world. This ancient ceremony will see three sacred treasures of Japan given to the emperor. They represent three primary virtues and comprise: *Kusanagi*, a sword symbolising valour; an eight-sided *Yata no Kagami* mirror, representing wisdom; and the *Yasakani no Magatama* jewel for benevolence.

Emperor Naruhito's reign will become Japan's new imperial era of *Reiwa*, interpreted as Beautiful Harmony. It will replace his father's era of *Heisei* (Achieving Peace). Japan is the only country in the world that still uses the system of "era" names called *gengo*, although the western Gregorian calendar system is also used. For example: Emperor Akihito's *Heisei* era began in 1989 - when he ascended the throne. This year, 2019, would be "*Heisei 31*", marking 31 years of the emperor's reign. Era names like *Reiwa* are widely used in government and business documents as well as on calendars and in newspapers, magazines and books. So there has been a flurry of activity to upgrade computer software and official paperwork, while stamp companies have been busily making correction seals for already printed documents. Meanwhile the Japan Mint expects the new *Reiwa* coins should be in circulation in October.

Reiwa breaks with tradition to be the first era name to have been inspired by Japanese, instead of Chinese, classical literature. The *Reiwa* characters are from an 8th century Japanese poem about plum blossoms and were chosen to illustrate the opportunity for all Japanese people to "bloom beautifully as if after a long winter".



Emperor Naruhito

The new 59 year old emperor is a modern, multilingual, viola playing, environmentalist who studied at Oxford University. He says he hopes to emulate his father's personal touch to: "share the joys and sorrows of the people," and to bring "a fresh breeze" to the Chrysanthemum Throne.



Emperor Jimmu - first emperor of Japan



Emperor Hirohito 1928 enthronement



Emperor Akihito enthronement 1990. (Ministry of Foreign Affairs of Japan)

The Australian Connection

In 1974, the 14 year old Prince Naruhito came to Melbourne for a "homestay". He spent five days staying in a beachside fibro holiday home in Point Lonsdale near Geelong. He played tennis, rode bikes, hiked and played board games and music. He even had a discreet game of golf, a sport that was considered a "bourgeois American pastime" at the time - and something that would have displeased his grandfather, Emperor Hirohito.



The young Prince Naruhito in Australia (National Archives of Australia)

Emperors of Japan

- Emperors ruled in Japan until the 11th century, then ruling was passed to government officials, then shoguns. The emperor was spiritual head and chief Shinto priest - the bridge between the gods and mortals.
- Although he did not rule, he was regarded as custodian of the land and shoguns were nominally appointed by him. The emperor was regarded as so sacred that his feet should not touch the ground, so was carried everywhere within the palace. Only courtiers of a certain high rank could be in his presence.
- Emperors reigned in Kyoto until 1868. After this time the *Meiji* emperor came to live in Edo (Tokyo) after the last shogun abdicated.
- With the *Meiji* emperor the monarchy became more in line with western 19th century monarchs. The *Meiji* emperor was now depicted similarly to European kings, in military uniforms rather than traditional dress. He was considered a god, descended from a goddess. By this time, women could no longer become empresses.
- The biggest change occurred in 1945 when the *Showa* emperor renounced being divine. He is now a symbol of the unity of the nation. He is a constitutional monarch but is not the head of state, according to the current constitution.

Queen Elizabeth II became the first British monarch to reach a Sapphire Jubilee (65th Anniversary) in 2017 and is the longest reigning British monarch. She celebrated her 93rd birthday on 21 April 2019 and is the world's longest-reigning living monarch.

The Asia Pacific region has a quarter of the world's 29 remaining monarchies: Bhutan, Brunei, Cambodia, Japan, Malaysia, Thailand, Tonga.



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Three great golf tournaments and a host of brilliant social events for players, pros, partners and even families. It's a five day celebration of grassroots golf.

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spot 8 differences



sudoku



				8		2
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				2	5	
			9			3
				6		
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	3		6			
4	8			5		

Our customers



Jenny Jang

Sushi Hub, Melbourne.

I am Korean and am used to having sushi in my country. I think the quality of the food is really good at Sushi Hub in Melbourne. The stores are very clean and all the staff are really kind. The first time I came to Sushi Hub, I just walked in and gave it a try. Now I come here every month.

I usually take a seat at the sushi carousel in my local Sushi Hub, but sometimes I buy take-away. I like all kinds of sushi and I always have miso soup - and the salads are really good as well. I would recommend Sushi Hub's sushi-go-round to my friends but the take-away is also great. It's so very convenient whenever I feel I'd like to eat something fresh and healthy. There is a lot of junk food around but I like the healthy food at Sushi Hub.

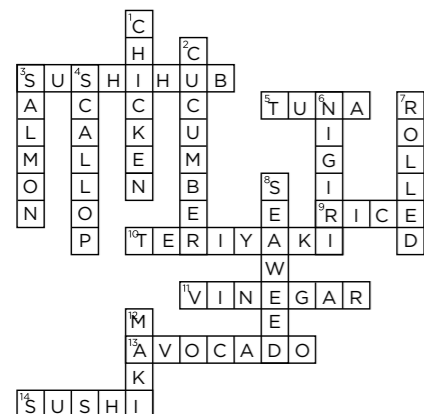
Glen

Sushi Hub, Chifley Tower

From the first day I visited Sushi Hub in Chifley Tower I had a sense that the food was fresh and high quality. Over the years I've frequented many sushi stores around the city but Sushi Hub really stands out. On my first visit I bought some tofu rolls as I was looking for something light and healthy to last the rest of the day. Good tofu rolls are rare to see but Sushi Hub caters for vegetarian and vegan. There are many flavours and textures to choose from and all are healthy. Every product has been well thought out with the size of their rolls being generous, tasty and filling. It is difficult to pick a favourite, but I really enjoy the tofu, the salmon with brown rice and the katsu prawn. I now visit Sushi Hub every day with at least 95% of my lunches being purchased there. The staff really complements the experience. The Chifley Plaza team is extremely impressive and calm under pressure. They are always so busy but they never fail to give me a friendly smile, even when I've been unwell they ask how I am feeling despite the chaos of lunchtime business. I feel like I am given 5 star service every day. It is these little things that count - I couldn't imagine buying sushi from any other establishment.



Answers from last issue #3



Answers
Sudoku



Answers
Spot 8 differences



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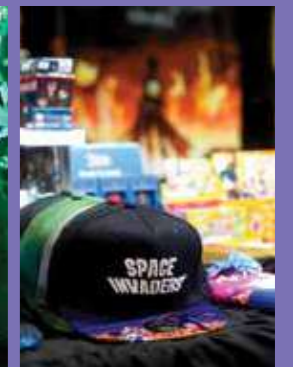
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SUSHI 寿司 **HUB** 

so fresh.
so good
so eat now

NSW

Balmain
Bankstown Central
Bass Hill Plaza
Bateau Bay Square
Baulkham Hills - Stockland
Blacktown - Westpoint
Brookvale - Warringah Mall
Cabramatta
Campbelltown Mall
Campbelltown - Macarthur Square
Castle Hill - Castle Towers
Casula Mall
City - 275 Kent Street
(Coming Soon)
City - 631 George Street
City - 815 George Street
Central
City - QVB
City - Chifley Plaza
City - The Galleries Town Hall
City - Wintergarden
City - World Square
Chatswood
Cranebrook Village
Fairfield - Neeta City
East Maitland - Stockland
Green Hills
Edmondson Park -
Edmondson Square
(Coming Soon)
Hornsby - Westfield

Hurstville - Westfield
Kotara - Westfield
Lake Haven Shopping Centre
Liverpool - Westfield
Mt Annan Marketplace
Narellan Town Centre
Parramatta - Westfield
Penrith - Westfield
Plumpton Marketplace
Richmond Marketplace
Top Ryde City Centre
Tuggerah - Westfield
Tweed Head South -
Tweed City
Wetherill Park - Stockland
South Eastern Creek -
Eastern Creek Quarter
(Coming Soon)
Sylvania - Southgate
Warrawong Plaza

VIC

Airport West - Westfield
Broadmeadows Shopping
Centre
Cheltenham - Southland
Chirnside Park Shopping
Centre
City - 26 Elizabeth St
City - 475 Elizabeth St
City - Bourke Place
City - Galleria

City - QV

City - 55 Swanston Street
Clayton - M City
(Coming Soon)
Doncaster - Westfield
(Coming Soon)
Greensborough Plaza
Hawthorn
Hawthorn East (Coming Soon)
Lilydale Marketplace
Maribyrnong - Highpoint
Mill Park - Plenty Valley
Mulgrave - Waverley Gardens
Narre Warren - Westfield
Fountain Gate
(Coming Soon)
Preston - Northland
Richmond - Victoria Gardens
Ringwood - Eastland
Werribee - Pacific Werribee
Wantirna South -
Westfield Knox
(Coming Soon)

QLD

Browns Plains - Grand Plaza
Chermside - Westfield
City - Albert Street
City - Post Office Square
Hope Island Marketplace
Mitchelton - Brookside
North Lakes - Westfield

ACT

Belconnen - Westfield

WA

Cannington - Westfield
Carousel
City - 96 William Street
Midland Gate

NT

Casuarina Square

SA

City - Rundle Mall
(Coming Soon)
Golden Grove - The Grove
Ingle Farm Shopping Centre
(Coming Soon)
Noarlunga - Colonnades