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issue 08
2021



Sushi Hub Opens 100th Store

Kintsugi

Veins of gold

Green Tea

Matcha made in heaven

Kawaii

The Culture of Cute

Tokyo Olympics

Let the Games begin

Sushi Hub on Japanese TV

nova Kate, Tim & Joel



turn up the

feel good!

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

Celebration time! In a milestone achievement Sushi Hub has opened its 100th Sushi Hub store despite the trials and tribulations of the past twelve months of COVID-19 uncertainty.

And Japan will have cause to celebrate too when the rescheduled Tokyo Olympics, the Games of the XXXII Olympiad, get under way 23 July - 8 August 2021. If we thought Sydney 2000 Olympics set the benchmark as the Green Games, they pale in comparison to Japan's environmentally sustainable efforts. From renewable energy usage, clothes and uniforms made from recycled plastic to recycled gold, silver and bronze medals made from electronic components, we take a peek at what to expect. Even the official mascots *Miraitowa* and *Someity* are special in their own way - as well as raising the bar in the mascot cuteness stakes.

And nobody does cute like Japan. There is even a word for this culture of cute - *kawaii*. It is everywhere in Japan, permeating every aspect of Japanese life. Banks, government departments, construction sites and even commercial airlines use *kawaii* imagery to increase their appeal. We take a look at how it began and who are the major players of *kawaii* cutedom.

We get on the Japanese green tea wagon and look at what makes it so special; from how it's grown and made, to the rituals of the tea ceremony, the alchemy of matcha and its health benefits. Integral to Japanese culture and history, green tea is the most popular beverage in the country, even having a whole day dedicated to its celebration.

And with all that drinking of green tea you'd expect a high rate of broken tea sets. Well, the Japanese have that sorted too. We take you on a journey of *kintsugi*, the centuries-old Japanese art of repairing broken pottery. The *kintsugi* technique actually beautifies the break, and draws attention to the mend with a seam of gold. *Kintsugi* repaired pottery can be found in museums and galleries as valuable antiques and cultural treasures.

またね Mata ne
See you.

The Hubster

The Hubster

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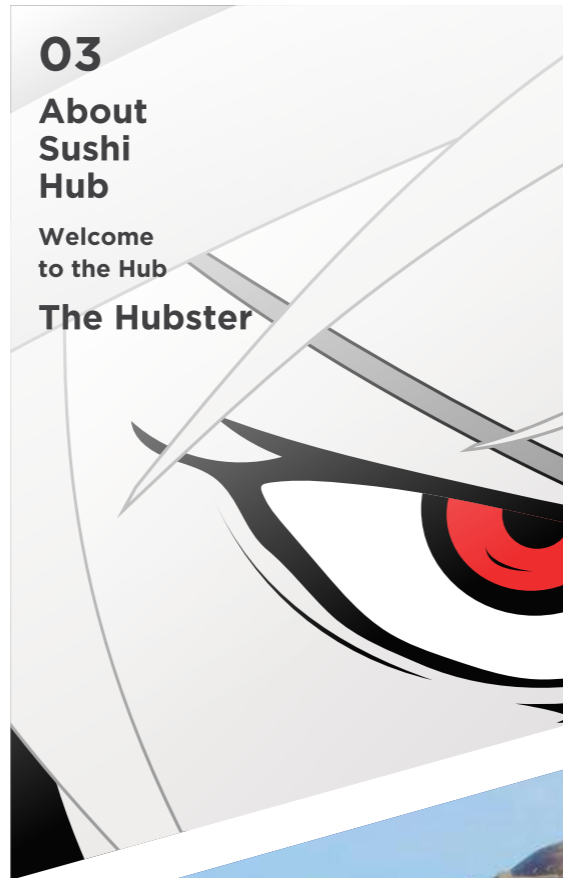
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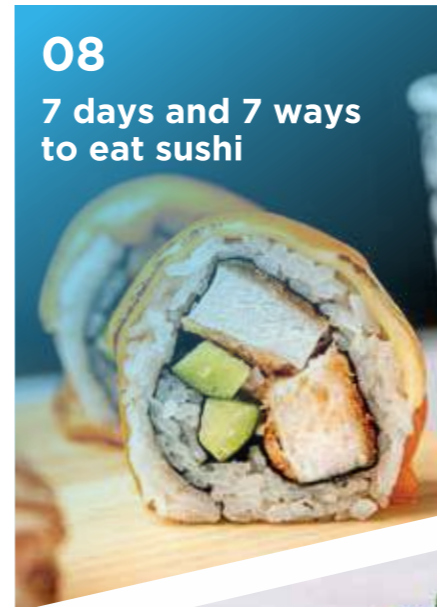
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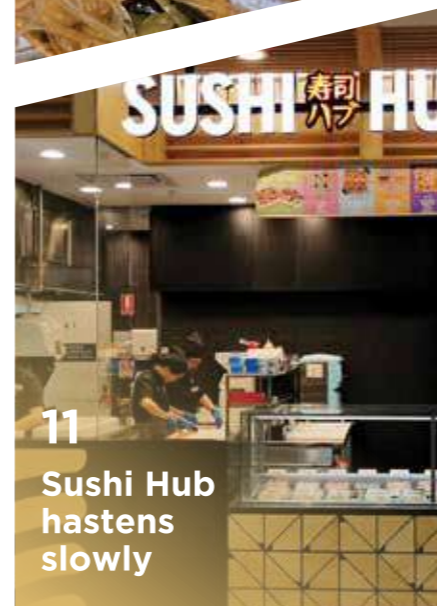
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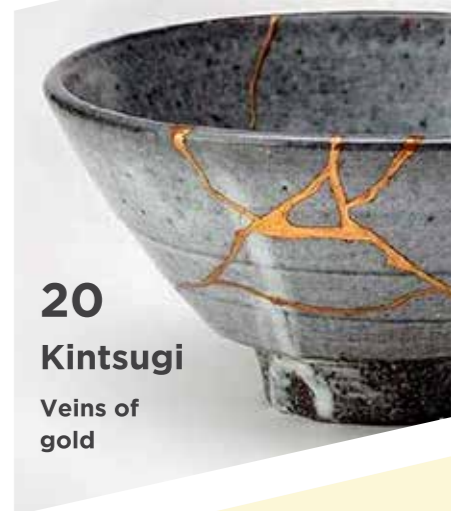
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Games



tokyo olympics

Let the *games begin*

Last year the global COVID pandemic caused the 2020 Tokyo Olympics to be postponed. The ensuing uncertainty of the effects of the pandemic has seen a rollercoaster ride of on-again, off-again predictions for a rescheduled Olympic Games. In January this year Japan's Prime Minister, Yoshihide Suga, promised "hope and courage" to the world with the announcement of a rescheduled date for the Games of the XXXII Olympiad: 23 July to 8 August 2021. The Tokyo Games motto, "united by emotion", emphasises the power of sport to bring together people from diverse backgrounds to connect and celebrate through their emotions.



Japanese athlete uniforms



These Games will see the introduction of new and additional competitions including 3x3 basketball, freestyle BMX and Madison cycling. In addition, karate, sport climbing, surfing and skateboarding will make their Olympic debuts and baseball and softball will return. There are expected to be 339 events in 33 sports (50 disciplines) with hopefully 206 nations and more than 11,000 athletes competing.

When Tokyo held the Summer Olympic Games in 1964, all the world was watching as it was the first Olympics ever to be staged in Asia. Although this year's Games will be the fourth Games Japan has hosted, including the 1972 Winter Games in Sapporo and the 1998 Winter Games in Nagano, the world again will be watching these Olympics with anticipation. While it will still be called the 2020 Olympics, Tokyo's second summer Olympics will be held without international spectators because of COVID precautions.



Tokyo 2020 Olympic torch design



Recycled Olympic medals



Recycled mobile phones



Tokyo 2020 Olympics uniform

Some 40 tonnes of recycled plastic collected from both Japanese households and the ocean have been manufactured into 100 winners' podiums. And even the 5,000 gold, silver and bronze winner medals have been produced from recycled small electronic devices such as used mobile phones (6.2 million of them) from all over Japan.

Environmentally Sustainable

Sydney 2000 Olympics set a benchmark for environmentally sustainable 'Green Games', but Tokyo 2020 Olympics has taken that initiative a step further. According to organisers, the 2020 Games will be "the most innovative ever organised".

In pursuing its sustainable Olympics goal, the Tokyo 2020 Olympics is aiming to use only renewable energy to power all electronics in the venues, athletes' village and media centres as well as using fuel cell vehicles and public transport.

Sportswear brand and Olympic Partner Asics introduced its 'Asics Reborn Project' to recycle used clothing to make the official uniforms for Japan's Olympic and Paralympic teams. Olympic Partner Coca Cola is responsible for producing the Olympic torchbearers' uniforms partially from recycled plastic bottles. Staff and volunteer uniforms will also include sustainable elements, as well as recycled polyester and materials derived from plants.



Olly, Syd and Millie



Tokyo Olympics Mascots *Miraitowa* & *Someity*

Olympic Mascots

The Sydney 2000 Olympics had three mascots, Olly, Syd and Millie (kookaburra, platypus and echidna). The Summer Tokyo Olympics has *Miraitowa* and *Someity*.

The name *Miraitowa* is derived from the combination of the Japanese words *mirai* (future) and *towa* (eternity). The name was chosen to promote the notion of a future full of eternal hope. The name *Someity* comes from *someiyoshino* (a popular variety of cherry blossom) and the phrase "so mighty". *Someity* can show enormous mental and physical strength representing Paralympic athletes who overcome adversity. Both characters live in the digital world and have various superpowers such as teleportation. The mascots' checkered design was inspired by the official Tokyo 2020 logo.

7 days and 7 ways to eat sushi

day 1 BEAT THE MONDAY BLUES

Don't let post-weekend blues or gloomy weather put a dampener on the beginning of your week. Kick start your Monday with some fresh and delicious sushi. Give yourself a taste treat and even help stimulate your serotonin levels with Sushi Hub Nigiri. These delectable morsels of sushi rice are topped with salmon, spicy crab sticks, fried ebi or chicken and avocado. With little mouth bomb treats like these - any Monday will look good.



day 3 HAPPY HUMP DAY

We have the perfect solution to help you to climb that proverbial hump day hill to get through a tough week. Reward yourself with a Salmon Deluxe Box. This box is packed with fresh Salmon Nigiri, Salmon Mini Roll and Salmon Dragon. Salmon is loaded with healthy benefits. It's rich in omega-3 fatty acid which may support a healthy heart; it's a great source of protein; it's high in B Vitamins; a good source of potassium to control blood pressure - and the list goes on.....



HANG IN THERE!!!

HALFWAY THROUGH THE WEEK!

day 2 MEAT FREE TUESDAY

At Sushi Hub we have vegetarian sushi that will deliciously tempt you to skip eating meat for a day. Try our Vegetarian Maki Roll filled with yellow pickled radish, avocado, carrots and tofu pastry or Mixed Mushroom Inari, a tofu pocket filled with sushi rice and topped with marinated mixed mushrooms. And our Teriyaki Tofu Maki Roll is both sweet and savoury all in one. All three vegetarian products are also gluten free. Why not make it simple. Grab a Vegetarian Box and sample a bit of everything.



day 4 CHICKEN TODAY

Sushi is not all about raw fish and seafood, in fact Sushi Hub's menu has over 80% cooked items. And it's not all seafood either, Teriyaki Chicken and Crispy Chicken feature in our Maki Roll, Salad and Nigiri. Our responsibly sourced free range chicken breast fillets are free of antibiotics with no added hormones or growth promotants.



day 6 PARTY DAY

Let the party begin! You can pre-book online for any one of our 5 different party platters for you to collect at your convenience. Our Mini Maki Roll Platter is suitable for adults or kids parties. With a whopping 100 pieces of assorted bite size mini rolls, your kids and their friends will love you. Check out the Salmon Lover's Platter and the Chicken Lover's Platter. There's a platter suitable for everyone. With 100 stores located in NSW, VIC, QLD, SA, WA, ACT and NT, there's bound to be a store near you.



day 5 DATE NIGHT

While Sushi Hub sushi lovers are mostly familiar with our takeaway products, in most capital cities, we also have Sushi Go-Round dine-in restaurants within our takeaway stores. Here, colour-coded plates of sushi are placed on a rotating conveyor belt which moves past every seat. The final bill is based on the number and type of plates of sushi consumed. Great fun and perfect after a long working week. Bring a date - or friends and family. Dine with us at one of these venues and we'll take care of the cooking and cleaning for you. With over 80 products on offer our Sushi Go-Round Sushi Hub stores are ideal for all occasions. To find your nearest one visit our website <https://www.sushihub.com.au/sushi-go-round-restaurants.html>



day 7

INDULGE YOUR DAY

When it comes to the crunch to end your busy week you can't go past indulging yourself with a well-deserved lunch or dinner of sushi. Especially a deep fried crumbly Prawn Katsu or the Crispy Chicken and Avocado Maki Roll. Or maybe a crunchy Fried Ebi or Fried Crab Leg Nigiri topped off with your favourite drink.



Sushi Hub features on **tv** in Japan

Sushi Hub's culinary excellence and creativity has caught the eye of popular Japanese TV variety show, *Sekai Fushigi Hakken* (Discovering Wonders of the World).

A story on Sushi Hub's style of delicious *inari* product will feature in an episode that looks at "How Japanese sushi has grown in popularity around the world". The show will visit traditional sushi shops in Japan and compare them with interesting sushi venues elsewhere in the world.

Inari is a traditional Japanese sushi that means deep fried tofu skin pockets (*aburaage*) filled with sushi rice. But it is Sushi Hub's introduction of interesting toppings, which are uncommon in Japan, that have caught the show's attention. In addition to traditional plain *inari*, Sushi Hub has many popular *inari* toppings such as tempura veggie, baby octopus, jellyfish salad, tuna salad, scallop salad.

If you haven't already tried some of these combinations, then treat yourself and experience for yourself what has got Japanese TV so excited.



Sushi Hub **hastens** *Slowly*



In the famous fable of the "The Hare and the Tortoise" it is said that the tortoise "with a prudent wisdom hastens slowly". A similar version of the motto "make haste slowly" was the favourite saying of ancient Rome's Emperor Augustus - and so it is with Sushi Hub and its management team.

COVID19 impacted Sushi Hub as a business in 2020. It temporarily closed stores in capital city CBD areas but it still continued to judiciously open new stores in less affected areas.

Sushi Hub's prudent and methodical growth plans have provided jobs for many of its devoted staff. It has also created work opportunities for new staff who have lost their jobs from other employment. Between June 2020 and March 2021, nineteen new stores were opened to achieve the milestone of 100 Sushi Hub stores now operating nationwide.



JANUARY
Deepwater Plaza
in Woy Woy NSW



NOVEMBER
Watergarden
Shopping Centre
in VIC
Caddens Corner
in NSW



SEPTEMBER
Westfield
Fountain Gate
in VIC
Australia Fair
in Gold Coast QLD
Elizabeth City Centre
in SA



JULY
Westfield Burwood
in NSW

MARCH
Edmondson Square
in NSW
Strathpie Centre in
QLD
Hallett Cove
in SA



DECEMBER
Chatswood Chase
in NSW
Greenway South.Point
in ACT



OCTOBER
Westfield Innaloo
in WA
Westfield Garden City
in QLD
M City
in Clayton QLD



AUGUST
Lake Joondalup
Shopping City
in WA



JUNE
Eastern Creek Quarter
in NSW
Eastwood in NSW
89 St Georges Terrace
in WA



Sushi-charged party at children's hospital

Sydney Children's Hospital, Randwick holds an annual themed party that sees the wards decorated and dress-ups for nursing staff, doctors, children and parents. Sushi Hub was privileged to cater for the latest party, donating 300 packs of individually portioned sushi rolls.

Fifteen hospital wards and departments were transformed into "Magical Kingdoms" including some wards appearing like scenes from "Frozen". Mickey Mouse delivered medication to the young patients, Sebastian the Lobster helped take their temperatures and Super Mario made appearances at children's physiotherapy sessions.



How to roll like a pro

Want to make your own sushi? You can now purchase our Sushi Starter Kit to rock and roll at home.

Our Sushi Starter Kit contains all the elements you will need to make your own maki or mini rolls and you can add your own favourite choice of fresh ingredients. The kit also contains a flyer with simple step-by-step instructions on how to roll your own sushi so you can enjoy authentic maki or mini rolls at home. It's such a fun and delicious activity for parents and kids.



1 Fold the seaweed in half and tear it into 2 pieces. Place 1 piece of the seaweed shiny side down on the bamboo mat. Tip: Cover the bamboo mat with cling wrap before use.



2 Grab a handful of rice and use your fingers to spread evenly over the seaweed, keeping about 1cm at the far end of the sheet free from rice.



3 Place the fillings for your choice on top of the rice.



4 Move the seaweed to the edge of the bamboo mat. Lift the front of the bamboo mat closest to you with both your thumbs, hold down the ingredients with your other fingers.



5 Begin to roll the sheet half way and squeeze gently, lift up the mat and continue to roll the other half. Apply a gentle squeeze to join the edges of the seaweed.



6 The rolls can be eaten whole or sliced with a sharp knife. Tip: Wet your knife before use.



Kawaii Monster Cafe

From dress ups to adorable characters like Hello Kitty, Pikachu from Pokémon, or Totoro, you know *kawaii* when you see it. It is a cultural phenomenon that takes many different forms.

The word is derived from *kawayushi* meaning shy, embarrassed, pathetic, vulnerable, lovable and small. *Kawaii* is more than just "cute". The word *kawaii* refers to a feeling of love, care, and protectiveness. It signifies the sweetness and innocence of small children and baby animals.

Japan's culture of cute materialised in the late 1960s. Female students, pressured to conform to societal norms, turned to the comfort of childlike behaviour known as *burikko* or "a woman who acts (and dresses) like a child".

In the late 1970s teenagers developed *marui-ji*, a new style of rounded handwriting embellished with childish faces, hearts and stars. By the 1980s, it became main stream, appearing in comics, magazines, and on packaging.

Perhaps the most enduring symbol of *kawaii* culture is the lovable character Hello Kitty, who was born in the 1970s and refreshed in the 1990s to include products appealing to a wider, older audience.



Hello Kitty

Recognising the appeal of *kawaii*; banks, government departments and even commercial airlines started using *kawaii* mascots to increase their appeal with not only the youth market, but also with thirty somethings.

The top spot in the *kawaii* universe is dominated by Pokémon, a franchise that began in 1996 as Pocket Monsters: Red and Green, video games created for the original Nintendo Game Boy. Pokémon has since become the highest-grossing media franchise of all time.



kawaii

The culture of *cute*

In downtown Tokyo, it's not unusual to see young women strolling down the street wearing short ruffled dresses, with bonnets, and parasols. Or to hear a giggling chorus of "kawaiiiii!" *Kawaii* is Japan's culture of cute.



Kawaii street style

かわい LULU!

The Pokémon favourite is Pikachu, a yellow creature with puffy cheeks, pointed ears and a tail like a lightning bolt. Fans also love Eevee, Charmander, Squirtle, Bulbasaur and Emolga.

Thanks to J-Pop Princess Kyary Pamyu Pamyu, the *kawaii* aesthetic has spread far beyond her homeland. Japan's best-known singer, model, and blogger released her debut single "Pon Pon Pon" in 2011, along with a music video that instantly became a viral hit. Within a few years it had more than 100 million views on YouTube. Pamyu Pamyu, with

her big round eyes and doll-like appearance, ascended to mega stardom and became a universal symbol for *kawaii*.



Kyary Pamyu Pamyu

POKÉMON



Popular Pokémon character Pikachu

Kawaii permeates every aspect of Japanese life. Supermarket shelves are groaning with *kawaii* packaging for sweets, water bottles, phone covers and instant noodles. Construction zones and man hole covers have gone *kawaii*. Traffic barriers all over Japan have been made to

appear more adorable, depicting cute animal figures including pink bunnies, elephants, giraffes, frogs and...Hello Kitty. Hello Kitty is even the face of one of the new *shinkansen* bullet trains.

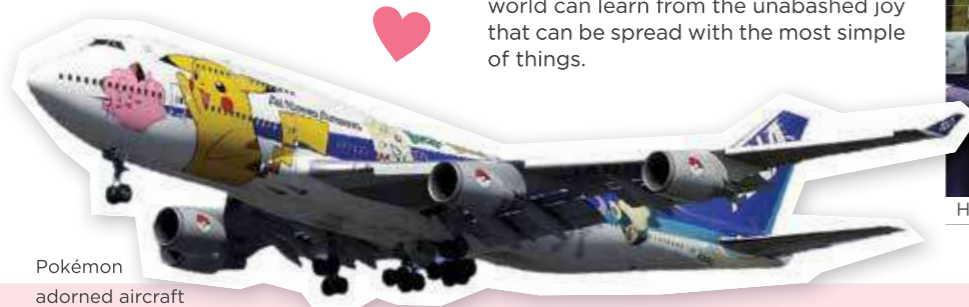
The culture of *kawaii* in Japan is everywhere. Perhaps the rest of the world can learn from the unabashed joy that can be spread with the most simple of things.



Hello Kitty shinkansen bullet train



Hello Kitty shinkansen bullet train interior



Pokémon adorned aircraft

Hello Kitty

The lovable character Hello Kitty represents everything *kawaii*. Created in 1974 by Yuko Shimizu for the Japanese company Sanrio, the little white cat with the bow and no mouth, has become a global phenomenon with franchises

including clothing, toys, games, books, manga, anime series, theme parks, and even a commercial passenger jet. In May 2008, Japan named Hello Kitty the ambassador of Japanese tourism in both China and Hong Kong (where the character is exceptionally popular), making her the first fictional character to be appointed to the role. And in Bangkok, police use her as a disciplinary tool, by issuing pink Hello Kitty armbands to embarrass officers who misbehave. The humiliation! Hello Kitty's street cred was amped up in 2006, when Fender guitars created the Hello Kitty Stratocaster. And in 2013, Canadian singer Avril Lavigne penned the song Hello Kitty for her self-titled album.



green tea

a matcha made in *heaven*

Fuji mountains and green tea plantation, Shizuoka, Japan by tawatchai07 freepic.com

In Japan there is a saying: “A bath refreshes the body – tea refreshes the mind”. And the Japanese know a thing or two about both.

Green tea is the most popular beverage in Japan. Its popularity has been centuries in the making, from humble zen Buddhist monks to fierce samurai warriors, they have all played a part.

Green tea is such an integral part of Japanese culture and history that there is even a whole day dedicated to its celebration. Green Tea Day (*Ryokucha No Hi*) is held on the 88th day after the first day of spring, usually 2 May. Traditionally this is the perfect day, weatherwise, to commence harvesting the tea leaves.

Wind the clock back 1200 years to when green tea was introduced to Japan from China by two Buddhist monks. Then centuries later, Japan's famous Zen master priest, Eisai, wrote the book, *KissaYojoki*, that is believed to be the oldest book on specialty tea. In it he describes the health benefits tea has on the mind and body, how it revitalises the heart and reduces indigestion. He also describes the tea plants' appearance, their different flowers and leaves and how to process the leaves for drinking. His influence saw the famous tea ceremony become popular among zen monks and even samurai warriors.

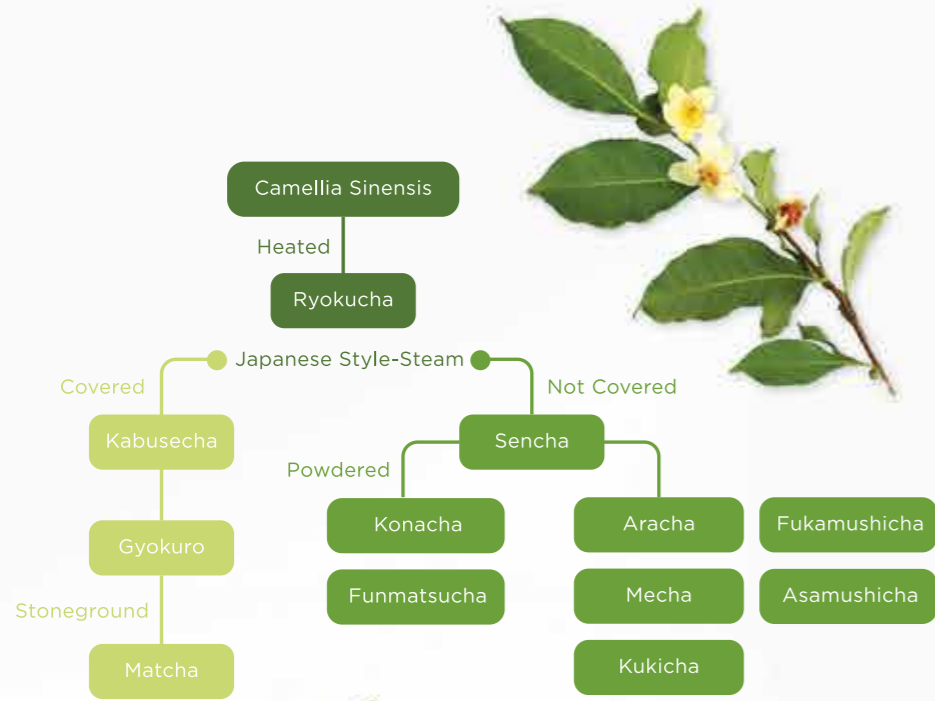
By the end of the 16th century tea drinking became widespread throughout Japan, especially among cultured and privileged society. Green tea production continued to increase to the extent that tea drinking eventually became available to Japan's general population.



Iced matcha latte green tea

Green tea a matcha made in heaven

Japanese Green Tea Production



What is green tea?

Green tea and black tea both come from the same tea plant species, *Camellia sinensis*, a shrub that grows in drier and cooler climates, tolerating low temperatures and thriving in mountainous regions. But it is the unique processing of the leaves after harvesting that is responsible for the distinctive taste and colour of Japanese green tea.

To make Japanese green tea the leaves are harvested by hand and heated by steaming. Steaming is part of the *Uji* method developed in the 16th century in Uji, near Kyoto. This method involves 10 steps, including twisting, shaping and drying, that prevent oxidation, maintain the green colour and retain the flavours.

The various Japanese green teas that are available are the result of where the plants are grown, the particular cultivar, how they're cultivated and the climate conditions of the region.

There are two principle types of Japanese green tea, *gyokuro* and *sencha*. *Gyokuro* is considered one of the best quality teas, and *sencha*, is the common "everyday" Japanese green tea. *Gyokuro* tea is grown under shade curtains called *kanreisha*, rather than in direct sun like *sencha*. The leaves are kept out of the sun for between two and four weeks, causing the caffeine and the amino acid, L-theanine, to increase in the leaves, resulting in a sweeter, darker green tea.



Geisha tea ceremony

Traditionally the ceremony takes three to four hours with one host and up to five guests. It is held in a tea room with *tatami* mats on the floor and a low entrance so guests bow to enter. The room will have an alcove (*tokonoma*) with a scroll or flowers. The head guest enters the room and sits near the alcove. The other guests follow and sit in a kneeling (*seiza*) position on the *tatami* floor and bow again.

The host then prepares the tea in front of the guests. There is a ceremonial 'cleaning' of some of the elements which includes the tea whisk (*chasen*), tea container for the powdered tea (*natsume*), tea scoop (*chashaku*), tea bowl, sweets container or plate, and the kettle and brazier.

The tea bowl is placed, front to the guest, on the mat in front of the guest. The guest picks it up with their right hand and places it on their left palm. They turn it clockwise with their right hand so its front is facing away. In a few sips they drink the tea and return the cup to the mat, bow and express gratitude. When finished, the guest turns the bowl so that the front faces the host. The tea ceremony finishes when the host washes and puts away the tea utensils.

Tea ceremony

A traditional Japanese tea ceremony celebrates harmony and the transience of life. It focusses guests' attention on simplicity and appreciation of the moment at hand. It has been described as meditation in motion. Today's tea ceremony (*chanoyu* - Way of Tea) is attributed to Sen no Rikyu (1522 -1591) who built over 40 teahouses (*chashitsu*). He evolved the leisure pastime of tea drinking into a formalised ritual that embodies deeper zen philosophies. The very essence of the ceremony embraces the four principles of: harmony, respect, purity and tranquillity. Most of the physical ceremonial elements are his influence.

There are three pillars of etiquette in a tea ceremony:

Posture - sitting gracefully with a straight back.

Position - the exact position of the tea utensils as they are placed and utilised.

Timing - keeping an even, unhurried tempo to the proceedings

Protocols are defined right down to exact hand movements of the tea master and guests throughout the ceremony.



Tea ceremony 1888

Matcha

Matcha is made from stone ground *gyokuro* tea leaves. It is higher in caffeine than green tea, because the whole leaf is ingested, not just the liquid derived from brewed leaves. For example, a standard 237ml cup of *matcha* made with four teaspoons of powder delivers some 280mg of caffeine, about half as strong as coffee in the same cup size. Whereas the same size cup of leaf green tea would weigh-in at around 35mg of caffeine. As *matcha* can have a grassy and sometimes bitter taste, it is often served with milk and a sweetener making it popular in smoothies, desserts and baked sweets. As a warm drink it is usually measured with a bamboo spoon (*chashaku*), into a heated tea bowl (*chawan*) with 70°C hot water added and whisked with a special bamboo whisk (*chasen*) until it is smooth with a frothy green head.



Health and well being

Green tea is full of antioxidants that some studies indicate can have positive effects on the body including improved brain function, lower risk of cancer, cholesterol, blood sugar and type 2 diabetes. Green tea has high levels of polyphenol antioxidants, including a catechin called EGCG. These antioxidants can have various beneficial effects on health. Its inherent combination of L-theanine and caffeine has been reported as improving brain function and potentially reducing the risk of Alzheimer's and Parkinson's. Some observational studies have indicated that green tea drinkers are at a lower risk of developing various types of cancer.



kintsugi

veins of *gold*

Kintsugi is the centuries old Japanese art of repairing broken pottery. The word translates as “golden joinery”, because instead of gluing the broken ceramic pieces together as unobtrusively as possible, the *kintsugi* technique actually beautifies the break, and draws attention to the mend with a seam of gold.



In issue four of HUB magazine we explored *wabi-sabi*, the Japanese philosophy of seeing beauty in imperfection. The golden world of *kintsugi* celebrates the modest, humble and flawed and highlights it. It also embraces *mottainai*, the ingrained cultural conviction of regret over wasting or squandering something, opposed to today's 'use and dispose' mentality.

The *kintsugi* process began in the late 15th century when Japanese shogun, Ashikaga Yoshimasa, sent a cracked, prized celadon glazed *chawan* (tea bowl) to China to be repaired. But he was not happy with the resulting traditional Chinese repairs that used clumsy metal staples. So he handed his bowl to Japanese craftsmen of the day for a more aesthetic solution to the repair. And *kintsugi* was born. With the rise of the popularity of tea drinking and with it the increase in tea bowl mishaps *kintsugi* became a common process by the 17th century.

Traditionally, *kintsugi* uses *urushi*, a Japanese lacquer made from tree sap. For some 9,000 years, this material has been used by Japanese lacquer masters as a glue, putty or paint. The *kintsugi* process then finishes the *urushi* repair with powdered gold, silver or platinum. Gold is traditionally preferred as it is also food safe and doesn't tarnish.

Usually items of sentimental value undergo the process and they become unique pieces after they have been “repaired”. The technique revitalises the original object with a new one-off look, giving it a second life.

Kintsugi is often seen as a metaphor for life where nothing is ever truly broken. The restored ceramic becomes a symbol of fragility, strength and beauty. Many believe that the meditative practice of *kintsugi* teaches resilience and helps practitioners put together fragments or broken parts of themselves and to never give up on life.

Examples of *kintsugi* repaired pottery can be found in museums and galleries as valuable antiques and cultural treasures.



Different *kintsugi* joins

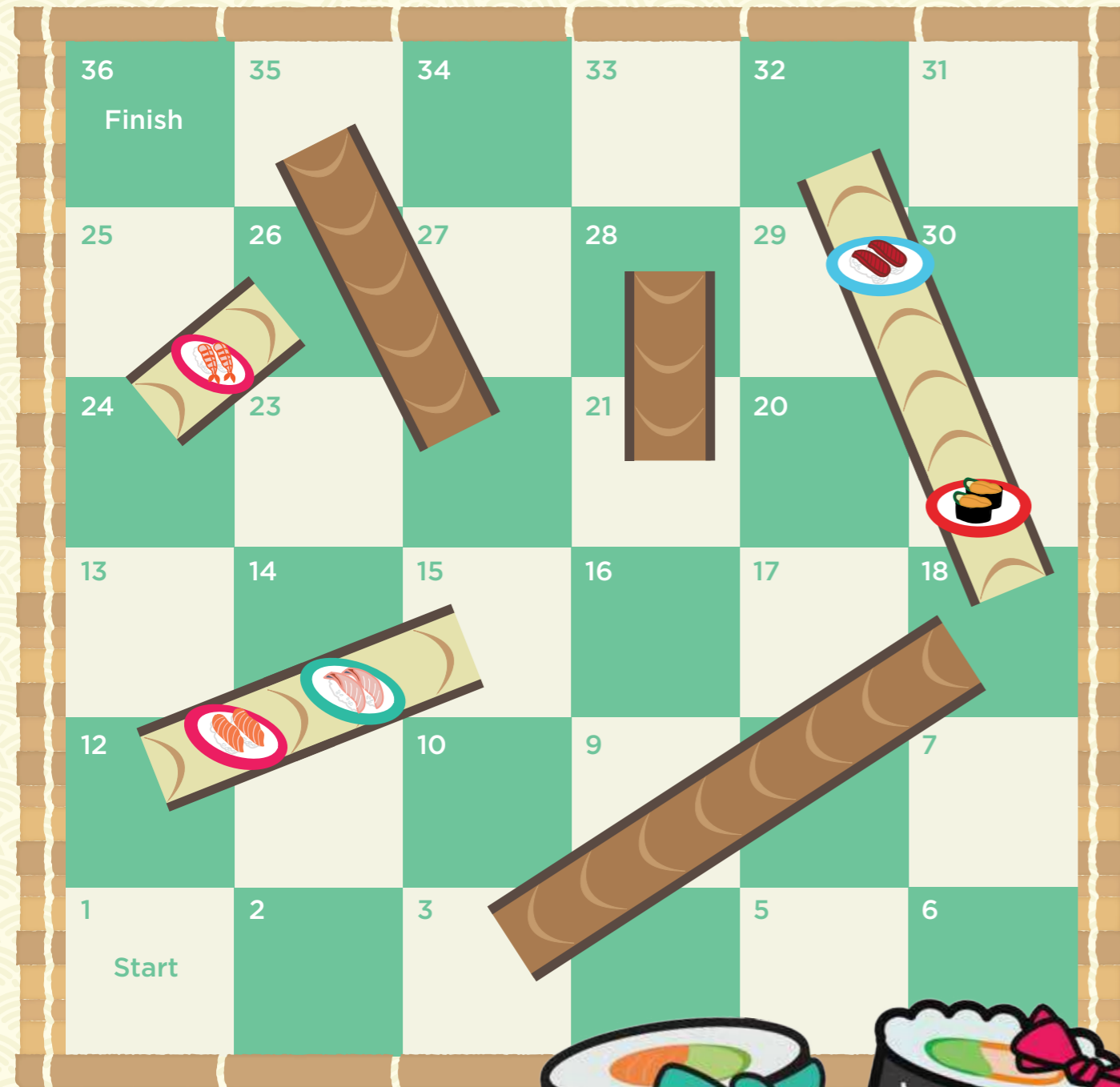
Crack - the use of gold dust and resin or lacquer to attach broken pieces with minimal overlap or fill-in from missing pieces, resulting in shimmering gold veins that have become the hallmark of *kintsugi*.

Piece method - where a ceramic fragment is replaced entirely with gold or gold/lacquer compound.

Joint-call method - where a similarly shaped but non-matching fragment from another broken object is used to replace a missing piece to create a patchwork effect.



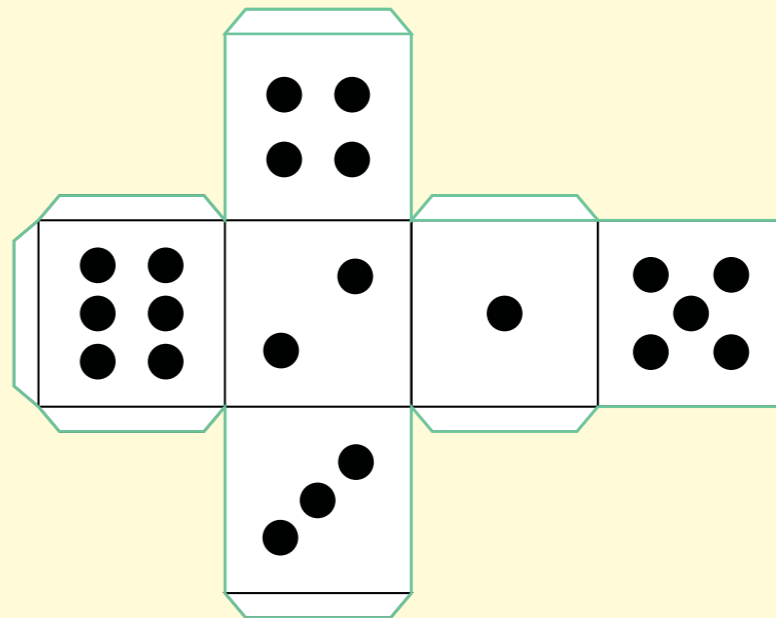
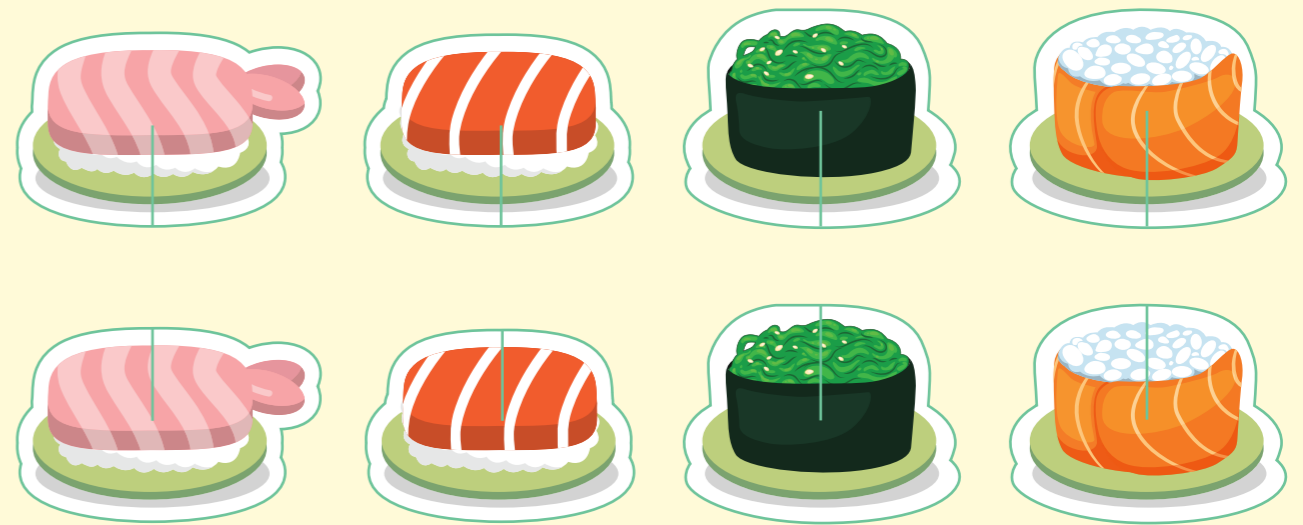
Let's play sushi go round



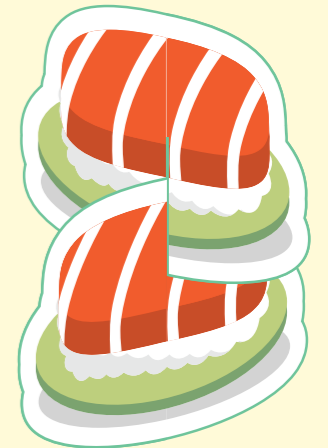
Roll the dice. When you reach the belt, either go up or down.



Follow the lines and cut the dice and tokens out.



How to make the token.



SUSHI HUB

so fresh.
so good.
so eat now.

NSW

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

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

VIC

Airport West - Westfield
Broadmeadows
Shopping Centre
Cheltenham - Southland 1
Cheltenham - Southland 2
Chirnside Park
Shopping Centre
City - 26 Elizabeth St
City - 475 Elizabeth St
City - 55 Swanston Street

City - Bourke Place
City - Galleria
City - QV
Clayton - M City
Cranbourne Park
Shopping Centre
(Coming Soon)
Doncaster - Westfield
Greensborough Plaza
Hawthorn
Lilydale Marketplace
Maribyrnong - Highpoint
Mulgrave - Waverley
Gardens
Narre Warren - Westfield
Fountain Gate
Pacific Werribee
Plenty Valley - Westfield
Preston - Northland
Richmond -
Victoria Gardens
Ringwood - Eastland
Taylors Lakes -
Watergardens Town
Centre
Wantirna South -
Westfield Knox

QLD

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

Upper Mount Gravatt -
Westfield Garden City

ACT

Belconnen - Westfield
Greenway - South.Point
Shopping Centre

SA

City - 1-3 Rundle Mall
(Coming Soon)
City - Rundle Square
Elizabeth City Centre
Glenside - Burnside Village
Golden Grove - The Grove
Hallett Cove
Shopping Centre
Ingle Farm Shopping Centre
Noarlunga - Colonnades

WA

Cannington -
Westfield Carousel
City - 89 St Georges Terrace
City - 96 William Street
Innaloo - Westfield
Lakeside Joondalup
Shopping City
Midland Gate Shopping
Centre

NT

Casuarina Square
Yarrowonga - Gateway
Shopping Centre