

THE PAKUBUWONO HOUSE

# INSIDE



## RSM NOTE

*Warmest Greetings from The Pakubuwono House!*

Month of August is a historic month for Indonesian citizen. This is the month which Indonesian gained their independence. On the 75th year's anniversary, we wish to have a more spirit of unity, mutual cooperation, and strong culture, which bring us to achieve the sovereignty and uphold the National principle.

The spirit of independence is really needed during this difficult time. We need to bring ourselves back and our feet up against the world global challenge.

We also thanked for every Residents continuous support as we all start to move toward to the New Normal activity.

We wish you happy and health!

Sincerely,

Birgitta Adisty  
Residence Service Manager

## REGULATION & RULES

### 10. Maintaining The Units

#### 10.1 Noise Disturbance



10.1.1 Residents must refrain from any noisy activity or boisterous acts that would disturb the peace and quiet of other Residents.

10.1.2 Radio, television and/or any other source of noise or music not exceed normal sound levels at any time. Band instruments are not permitted to be played at all times.

10.1.3 Residents must ensure that their Visitors/drivers do not announce their arrival by blowing of the horn on their vehicle.

#### 10.2 Odor Control

10.2.1 Residents must keep their Units free from offensive/disturbing odors which originate from odors of cooking and waste bins.

10.2.2 The use of chemicals which produces unpleasant odors or poisonous gases is strictly prohibited.

#### 10.3 Pets



Residents are not allowed to bring/have and/or allow anyone to bring animals/pets of any kind into the Units or anywhere in the Common Area. The Building Management will have the right to confiscate and dispose of any unauthorized pet found inside the Complex as it deems necessary.



# INFORMATION

GRAB & GO

THE  PAKUBUWONO  
HOUSE

Get Our MilkLife Products at Ground Floor  
Vending Machine (beside ATM)



**Milk  
Life**

**Glass of  
Goodness**

**The Milk of Life**

 [milklife.id](https://www.milklife.id) [www.milklife.id](https://www.milklife.id)

The advertisement features a young girl with brown hair and a pink sweater, looking thoughtfully to the right. Several glowing lightbulb icons and question marks are scattered around her head, symbolizing ideas and choices. In the foreground, three cans of MilkLife are displayed: a blue can labeled 'mami', a green can labeled 'lemon', and a brown can labeled 'chocolate'. The background is a soft-focus indoor setting.

## SEROLOGY TEST

As part of our effort to minimize the spread of covid-19 virus in our premises we, in collaboration with Omni Hospital, carried out rapid test for all employees of The Pakubuwono House, including employees from the vendors that are working under Building Management which is scheduled on **Thursday, 30th July 2020 at Building Management's Meeting Room at Basement.**



**We are gladly to inform you that the all employees of The Pakubuwono House (include CK's staff) result test are non-reactive. We thanked for all your support and cooperation.**

## HOUSE CLEANING SERVICE

We offer affordable detailed, professional house cleaning services that allow you to enjoy your home without lifting a finger !

Housekeeping Services	Rosewood	Town House
General Cleaning	IDR 1,150,000	IDR 3,850,000
Regular Cleaning Daily 30 times a month	IDR 2,450,000	IDR 6,550,000
Regular Cleaning Daily 4 times a month	IDR 450,000	IDR 1,150,000
Regular Cleaning Daily 8 times a month	IDR 800,000	IDR 1,950,000
Regular Cleaning Daily 12 times a month	IDR 1,200,000	IDR 2,750,000

**Booking in advance is highly recommended, for further assistance and information please contact our Tenant Relation Officer.**



## ACTIVITIES AT THE PAKUBUWONO HOUSE

### FREE ZUMBA CLASS

There is no Zumba Class until further notice

### New Normal Phase: 1



Dear Residents and Unit Owners,

***Warmest Greetings from The Pakubuwono House!***

As we all move toward “New Normal”, starting on July 1, 2020, Building Management will start allowing showing unit and fit out work with some restrictions applied.

#### Showing Unit Restrictions are:

1. Maximum 3 (three) people including the sales agent(s) in each showing.
2. Must inform management 2 (two) days in advance.
3. Showing by appointments are limited to 3 (three) slot per day.
4. Only 1 (one) visit per day for each sales agent.

#### Fit Out Restrictions are:

1. Only 4 (four) workers and 1 (one) coordinator can be allowed inside the unit at one time.
2. All registered workers have to pass chargeable Rapid Test that will be executed by management’s medical personnel. If the result is reactive, the related person prohibited to enter the area.
3. Hand sanitizer should always be made available during the fit-out time.
4. Disinfectant spray has to be performed every day before leaving the premise.

At this early phase only these two activities will be allowed, other conditions remaining unchanged as announced earlier. Building Management will continue coordinate with the Board of Tenancy Association (PPRS) to loosen up others procedures gradually with some restrictions still applied.

If you have any questions, please call TRO at Ground Floor. Thank you for your understanding and cooperation. Stay Safe & Stay Healthy!

Best regards,

**Building Management**



FULLY-FURNISHED UNITS AVAILABLE FOR LEASE

SINCE APRIL 2016  
Open Plan, 1-Bedroom, 2-Bedroom



### FACILITIES & AMENITIES


Indoor Swimming Pool • Fitness Center • Relaxation Sauna  
Children Playground • BBQ Area • Rooftop Garden • Laundry  
High Speed Wireless Internet Access • TV Cable/Satellite  
24-Hrs Receptionist • 24-Hrs Security  
CCTV System • Housekeeping Service • 1 Carpark per Unit  
Full Generator Backup • No Smoking Environment

### LOCATION



For more information & Inquiry:  
**(021) 2751 3800**

Jl. Dwijaya II No. 7, Kebayoran Baru  
Jakarta Selatan 12140, Indonesia  
E : [Inquiry@dwijayahouse.com](mailto:Inquiry@dwijayahouse.com)  
W : [www.dwijayahouse.com](http://www.dwijayahouse.com)

 [dwijayahouse](https://www.dwijayahouse.com)

# TIPS & TRICK

## *“Create Your Own Face Mask”*

Learning how to make a face mask not have been at the top of your creative wish list before pandemic. But, with masks becoming mandatory in more places, it is a skill many will want to acquire. Though face masks are now more widely available, the disposable kind can end up being quite expensive, plus it's hard to find one that you don't mind wearing, so it makes sense to make one and put your own slant on it.

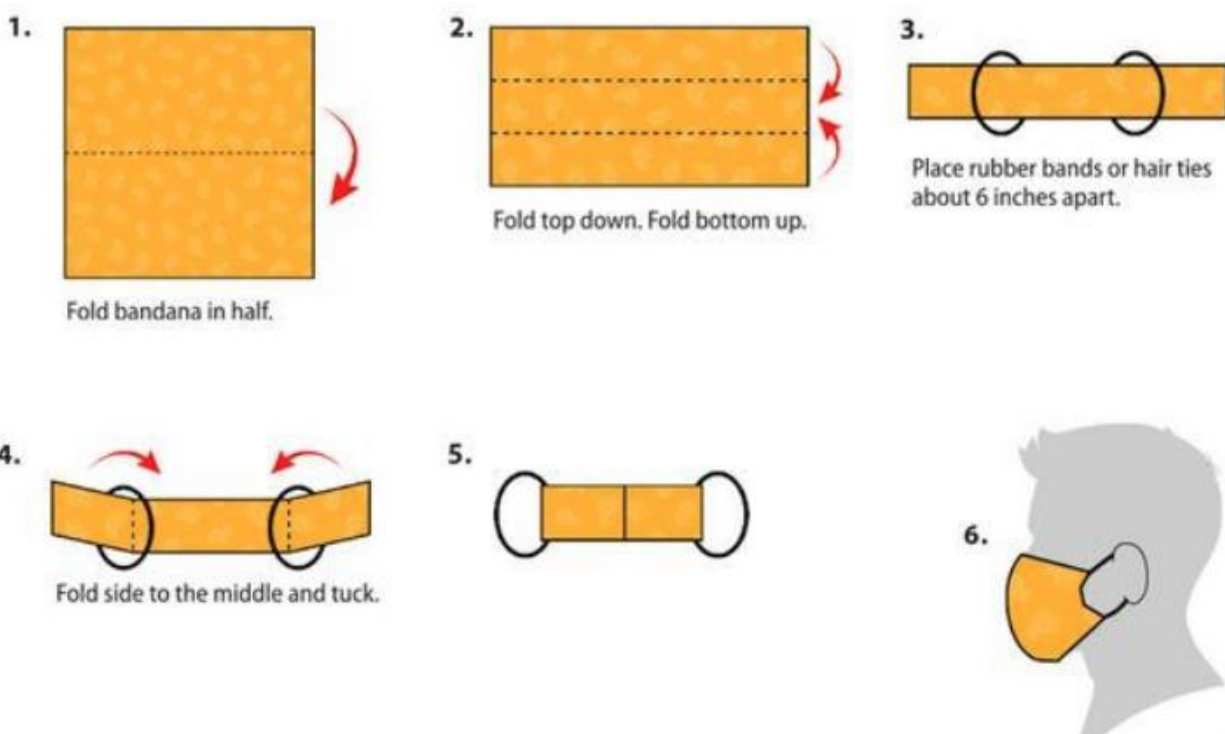
Before we get into the instructions of making a face mask, first, consider whether or not you need one at all. The official advice on this differs across the globe, but the general consensus is that wearing a homemade face mask will not help protect you from contracting Covid-19. However, it can help protect others from you passing on any germs that you may be carrying, which may be particularly useful if you are asymptomatic and don't realise you are carrying the virus. Note that the face masks we're talking about here are not medical-grade face masks, and we wouldn't advise you to attempt making your own versions of PPE: leave that to the professionals. With all of that in mind, here are the ways to make your own face mask:

### Bandana-style face mask

You will need:

- A bandana or scarf
- 2 elastic or rubber bands or hair ties
- A coffee filter, paper towel or kitchen roll (optional)

The easiest method for making your own face mask involves folding a bandana or a scarf. Note that you need to choose the right bandana or scarf. Hold it up to the light to see how much you can see through it. The less you can see, the better; if the material is too thin then your face mask won't be as effective. Folding your bandana in half, then folding it again twice-lengthways from both the top and the bottom. At this point, you can also add a square piece of coffee filter, paper towel or kitchen roll to your mask-which you can change. Then, place your rubber bands or hair ties around your strip of material, and fold the material in towards the middle, tucking the ends into each other if possible.

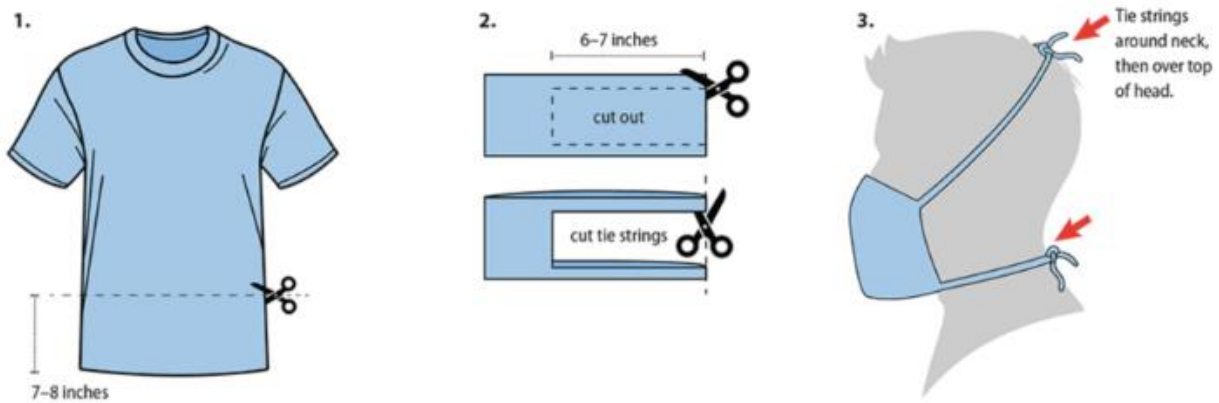


## T-shirt style face mask

You will need:

- A T-shirt
- Scissors
- Coffee filter or paper towel (optional)

If you have a T-shirt that you don't mind cutting up, then you can easily and quickly make a face mask from it. Note that you don't want to be using really old T-shirts if they have holes in them or are worn through. Ideally, your T-shirt should be 100 percent cotton and as opaque as possible. To start, simply cut the bottom off your T-shirt. The height of the amount of material you need should be the length from the top of your nose to underneath your chin (around 7-8 inches or 17-20cm). It's best to get the measuring tape out if you're unsure, and cut bigger than you think you need so you can trim the excess later. You then need to cut into your T-shirt around 6-7 inches (15-17 cm) to make the ties for your face mask, making a sort of elongated c-shape. Next, cut your ties so that you can retie them around your head. Adjust until you get a snug fit around your nose and chin. If you like, you can add a coffee filter or paper towel to your face mask, and secure it with a safety pin.





## *“Making Classic Smoothies at Home”*

These smoothies below is classic because they are great flavor and health combos that please everyone and you will find a favorite combo among these recipes. Before we dig into the recipes, there are the “smoothie rules” that you need to know:

### **1. Use a good blender**

It’s worth the cash not to have to chew your smoothie, but no need to take out a second mortgage on your house to make some smoothies.

### **2. Use your (unsweetened) milk of choice**

You can use coconut milk, cow’s milk, almond milk for smoothie. Use whatever milk you like in your smoothies-you can’t go wrong. Unless it sticks to unsweetened and unflavoured versions. That gives you the most control of the smoothie.

### **3. Sweeten to taste**

All of these smotthies here use frozen banana as a base, and bananas vary in sweetness. The recommendation is to blend up your smoothies without any added sweetener, then taste. Add in honey or maple syrup to taste. Another great natural option for sweetening: pitted Medjool dates.

### **4. Stock the freezer for easy smoothies**

You may stock the banana in the freezer for making smoothie. Banana adds a lot od creaminess, sweetness and nutrition. You can peel them, break them into chunks, and then freeze them flat on a cookie sheet. When solid, move it to a ziptop freezer bag.

### **5. Use your creativity for mix-ins**

The smoothie recipe below are plain, no chia, hemp, protein powder conoctions. But if you want to expand your smoothie horizons, go for it! Toss in chia seeds or protein powder or hemp seeds or flex or whatever else makes your heart happy.



### Classic Green Smoothie



To make it, blend together :

- 1 frozen banana
- 1 cup greens (baby spinach, destemmed kale, collards, chard, etc)
- 1 cup unsweetened milk (nut, soy, animal)
- Honey or maple syrup, to taste

### Orange Dreamsicle Smoothie



To make it, blend together:

- 1 frozen banana
- 1 orange, peeled or 2 clementines, peeled
- ½ cup plain Greek yogurt
- ½ teaspoon vanilla extract
- 1 cup unsweetened milk (nut, soy, animal)
- Honey or maple syrup, to taste

### Chocolate Peanut Butter Smoothie



To make it, blend together :

- 1 frozen banana
- 1 cup unsweetened milk (nut, soy, animal)
- 1 tablespoon natural peanut butter
- 1-3 teaspoons unsweetened cocoa powder
- Honey or maple syrup, to taste

### Pina Colada Smoothie



To make it, blend together:

- 2 frozen bananas
- 1 cup pineapple chunks (canned or fresh)
- 1 cup coconut milk (from the can)
- Honey or maple syrup, to taste

### Strawberry Banana Smoothie



To make it, blend together:

- 1 frozen banana
- 1 cup strong-brewed coffee
- 1 tablespoon unsweetened cocoa powder
- ½ cup plain Greek yogurt
- Honey or maple syrup, to taste

### Mixed Berry Smoothie



To make it, blend together:

- 1 frozen banana
- ½ cup frozen strawberries
- 1 cup unsweetened milk (nut, soy, animal)
- ½ cup plain Greek yogurt
- Honey or maple syrup, to taste

### Mocha Smoothie



To make it, blend together:

- 1 frozen banana
- 1 cup frozen mixed berries
- 1 cup unsweetened milk (nut, soy, animal)
- ½ cup plain Greek yogurt
- Honey or maple syrup, to taste



# DID YOU KNOW ?

## International Friendship Day

Friendship Day (also International Friendship Day or Friend's Day) is a day in several countries for celebrating friendship. It was first proposed in 1958 in Paraguay as the "International Friendship Day". It was initially promoted by the greeting cards' industry, evidence from social networking sites shows revival of interest in the holiday that may have grown with the spread of the internet, particularly in India, Bangladesh, and Malaysia. Mobile phones, digital communication and social media have contributed to popularize the custom.

Those who promote the holiday in South Asia attribute the tradition of dedicating a day in the honor of friends to have originated in the United States in 1935 but it actually dates back to 1919. The exchange of Friendship Day gifts like flowers, cards and wrist bands is a popular tradition on this occasion.

Friendship Day celebrations occur on different dates in different countries. The first World Friendship Day was proposed for 30 July in 1958, by the World Friendship Crusade. On 27 April 2011 the General Assembly of the United Nations declared 30 July as official International Friendship Day. However, some countries, including India, celebrate Friendship Day on the first Sunday of August.



## Indonesian Scout Movement

Gerakan Pramuka Indonesia (Indonesian Scout Movement) is the national Scouting organization of Indonesia. Scouting was founded in the Dutch East Indies in 1912, and Indonesia became a member of the World Organization of the Scout Movement (WOSM) in 1953. Its membership is compulsory for students. Each year August 14 is celebrated as Pramuka Day to honor the organization's first public parade.

With the 2013 Indonesian Education Curriculum in effect, it is compulsory for all Indonesian students to join the scout movement as scouting is officially one of the study units in the curriculum. This contributes to the movement's recognition as the world's largest.

The name Pramuka was derived from the acronym of "Praja muda karena" meaning "young people willing to work". The Indonesia Scout Movement incorporates both boys and girls. It is an educational movement through scouting activities, the education being directed toward a new, just peaceful and prosperous Indonesian community based on the national ideology. Activities of the boys and girls conducted separately from one another. They have joint activities whenever possible and necessary. Management of the Scout Movement is carried out by the National Headquarters.

Education for young members is carried out through activities to achieve General Skill Requirements and Special Skill Requirements towards achieving Garuda Scout. To achieve the goals of scouting, activities are carried out on the group and national level. Routine activities are focused on the development of character, patriotism, physical fitness, skill and intelligence of the Scouts themselves which are very important for their future life. Activities of the special troops are organized in order to develop specific personal interest and talent and enable them to serve the community with the knowledge, ability and skill they have learned.

The Scouts take an active part in community development service projects. They take an active part in combating illiteracy and they also participate in the drive to improve health and nutrition in the community, especially children under five years of age.



# THE PAKUBUWONO HOUSE

### Sales & Leasing Office

Jl. Bumi No.15, Kebayoran Baru  
Jakarta Selatan 12120  
T +6221 725 9988  
[inquiry@pakubuwono6.com](mailto:inquiry@pakubuwono6.com)  
[www.pakubuwono6.com](http://www.pakubuwono6.com)

### Building Management

Jl. Pakubuwono VI No. 70, Kebayoran  
Baru, Jakarta Selatan 12120  
T +6221 2277 7000  
[bm@pakubuwonohouse.com](mailto:bm@pakubuwonohouse.com)  
[www.pakubuwonohouse.com](http://www.pakubuwonohouse.com)