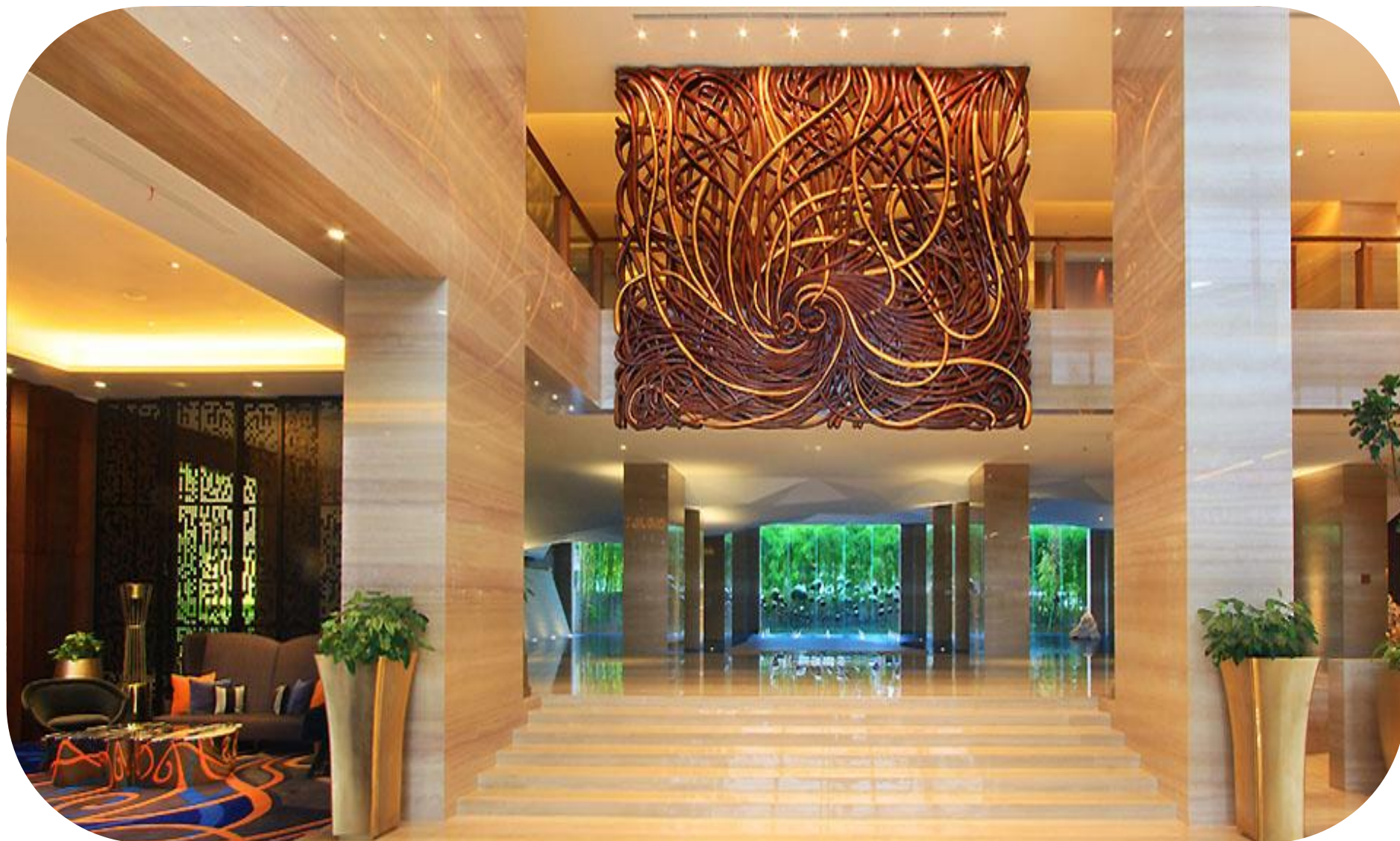
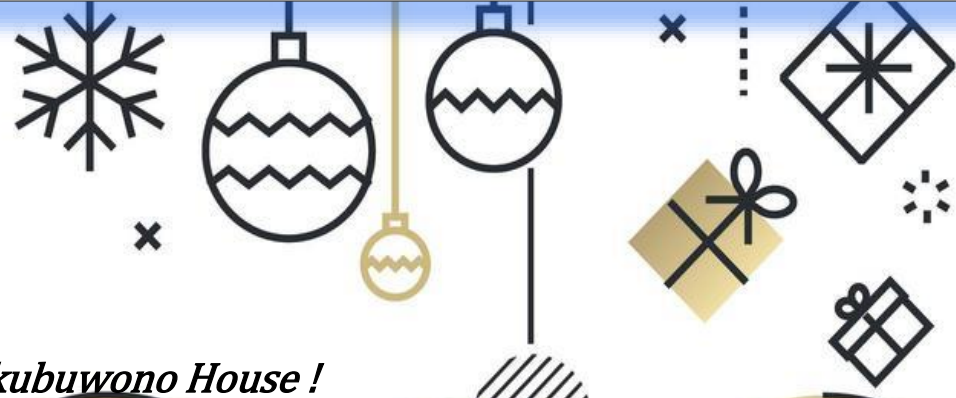


January 2021

THE PAKUBUWONO HOUSE INSIDE



RSM NOTE



**HAPPY & SUCCESSFUL
NEW YEAR**

Dear Residents,

Warmest Greetings from The Pakubuwono House !

Welcoming year of 2021 as a fresh start. A time for a new beginnings and new spirits also come with a time of reflection. The New Year has brought another chance for us to set the things right and to open up the new chapter in our lives.

We thank you for your all support and cooperation during the past. We are looking forward for upcoming togetherness in the next period.

Stay safe and stay healthy!

Sincerely,

Birgitta Adisty
Resident Service Manager

REGULATION

6. THE USE OF LOBBIES AND CORRIDORS

6.1 Lobbies and corridors are to be kept clean at all times. Food and beverages shall not be allowed at the lobbies and corridors.

6.2 Littering is not allowed.

6.3 Furniture, bicycles, and any kind of private objects are not allowed to be placed, left, or kept in the lobbies and corridors.

6.4 Bicycles, rollerblades and skateboards are not allowed to roam around the lobbies and corridors.

7. STORAGE

The Building Management provides 5 (five) storages in each residential floor available for rent, on a first come first served basis. For availability, rules, and charges, please contact Tenant Relations.

Residents are not allowed to store or leave any objects whatsoever in the Common Area other than their own Units.

If any particular object is left or stored outside their Unit, the Building Management will issue a warning letter to Resident concerned. Thereafter, if that particular object is still left in the Common Area, the Building Management will remove that particular object at the expense of Resident concerned.

Any confiscated item shall be subject to a storage fee as determined by the Building Management for a maximum of 14 days safekeeping period after which the object shall be discarded without any prior notice to the Resident. Discarding of that particular object will be charged to Resident concerned.



INFORMATION

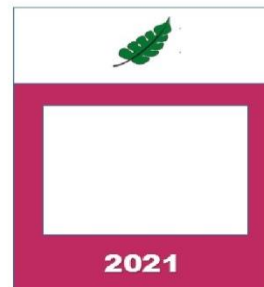
“Start to Use your New Parking Sticker 2021 for Cars & Motorcycle”

Please be informed that we are now replacing all parking stickers with one year validity starting on January 2021. We kindly inform you that 2020 parking stickers is already invalid since the end of 2020. These changes are part of the security and safety system enhancements. Valid access to the parking area is only given to current Tenants and Owners of The Pakubuwono House.

Gently reminder as it is stated in the house rule 3.1:

3.1.4 All vehicles must be registered with the Building Management for the issuance of parking stickers which shall be renewable yearly at the beginning of each year. Re-registration of vehicles and drivers will be required prior to issuance of new parking stickers. The sticker must be placed on the bottom right hand corner of the windshield of the vehicle

3.1.5 The vehicle number should be the same number as the sticker on the bottom right hand corner of the windshield.



Car's Sticker



Motorcycle's Sticker

For any further assistance and information please contact our Tenant Relation Officer

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 www.milklife.id



FRESH FRUIT MARKET

We hereby announce that there will be a pre-order
system

ここでは、予約注文システムがあることをお知らせします

for any kind of high quality fruit varieties

品種の種類の高品質の果

(Orange, Sunkist, Lemon, Apple, Pear, Mango, Avocado,
etc)

(オレンジ、サンキスト、レモン、梨、りんご、マンゴー、アボ
カド など)

Which will be delivered on every

Monday/Wednesday/Saturday from 11am-5pm

(それは11時ごろから5時午後まで毎週月曜日/水曜日/土曜日に
配信されます)

Open order the latest one day before delivery

At 4pm

予約は配達の前日の午後4時まで営業しています

Order Number: WA/Mobile: 0816-1882-934 & 0815-
6530-008

注文番号: WA/電話: 0816-1882-934 & 0815-6530-008

ACTIVITIES AT THE PAKUBUWONO HOUSE

FREE ZUMBA CLASS

There is no Zumba Class until further notice

New Normal Transition



Dear All Residents,

Starting on October 22, 2020, live-out maid and tenant's visitor will be given a green light to re-enter Pakubuwono House complex, also two drivers are allowed to be back in operation per Unit. However, the following restrictions must be adhered:

1. During work, all live-out maid can only be inside the unit. They are not allowed to be in all public areas except the route to the unit through the service lift. Please fill the statement letter at TRO counter.
2. For tenant's visitor, they can only go to the respective tenant's unit. Other facilities and public areas are still prohibited.

Threats of fines and entry prohibition will be imposed for those who violate the above restrictions.

We would like to also remind our tenants, especially those who just recently moved to The Pakubuwono House that the following provisions still in effect at the moment until further notice:

1. Indoor Children Playground is open for reservation only.
2. Limitation on a number of users allowed in each of the facilities at one time is still enforced, as well as a reservation is still needed prior to using the facilities.
3. Chef room and function room remain closed.
4. Personal trainers are still not allowed to enter.

We thank you all residents who have been very cooperative in dealing with the applicable provisions we set. We ask your continuation support and participation in preventing the spread of Covid-19 in The Pakubuwono House by always wearing masks, maintaining social distancing, and washing hands frequently. Rest assured we will always apply self-disinfecting coating on all frequent touched surface consistently such as lift buttons and door handles. Spraying of disinfectants is also carried out throughout the complex every single day.

If you have any questions, please contact out Tenant Relation Officer. 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

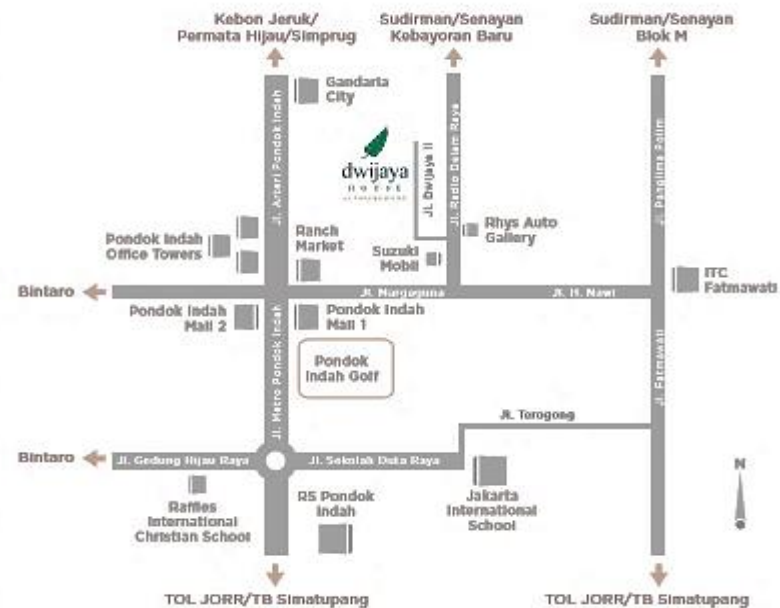




FACILITIES & AMENITIES

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:

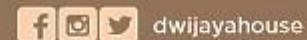
(021) 2751 3800

Jl. Dwijaya II No. 7, Kebayoran Baru

Jakarta Selatan 12140, Indonesia

E : Inquiry@dwijayahouse.com

W : www.dwijayahouse.com



TIPS & TRICK

“How to Prevent Bugs and Pests in Any Area of Your Home”

Let's face it, nobody wants to have pests in their home. Whether it's insects, rodents, or anything else they are not a pretty sight to see. Learn how you can prevent them from entering your home altogether with these pest control tips.

Kitchen

- **Limit where you eat**

Make a rule that eating is only done in the kitchen and dining areas. The fewer areas that have been exposed to crumbs and food residue, the less risk of an invasion you'll have.

- **Clean the floor daily**

Whether you choose to sweep or vacuum, clean the floor daily. Food and residue need to be removed quickly so that bugs won't be attracted to the mess. Missing a day is just enough to attract some unwanted visitors to an unintended feast.

- **Tackle spills quickly**

Just as your messy floor can become an invitation to pests, spilled areas throughout the kitchen can beckon to bugs. Be sure to move furniture and appliances to be sure all the residue of spill has been cleaned.

- **Wash dishes**

Waiting to wash dishes is not a great idea. Even soaking dishes can be an attraction for bugs if they are left for an extended period of time. When dishes are washed, be sure to drain any dishwater and wipe down the sink.

- **Clear the drain**

Be sure that any slow-moving drains are cleared and cleaned. Many bugs come indoors searching for water. Be sure to repair any leaky sinks and drains in your home.

Pantries

- **Wipe down bottles**

After a bottle or jar has been used, be sure to wipe down the outside of the bottle and the lid. Residue on your honey, syrup, oil and peanut butter containers can be a big attraction to bugs.

- **Store food properly**

Bugs can get into all but the most tightly sealed packaging. Be sure to store items in the pantry in containers that properly seal. Consider removing many of your dry goods like sugars, flours and bulk mixes in airtight containers. Even more frequently used items like cereal, pasta, and pet foods should be in containers that are fully resealable.

- **Watch out for fruits and vegetables**

Of course, fresh fruits and vegetables are great for our nutrition, but they can be a pain in the pantry if they are anywhere near spoiling. Use or throw out fruits and vegetables that are past their prime. Those ripe fresh foods will attract ants, fruit flies, and many other pests.

Clothes Closets

- **Clean clothes before storing**

Clothes that are dirty will attract bugs. So before throwing all the coats into the back of your closet, take time to have them dry cleaned or washed before being stored. Storing clothes in properly sealed containers will also go a long way towards preventing an infestation.

Garbage Bins and Areas

- **Clean out the recyclables**

Be sure to rinse out the plastics, glass and metal containers that are being recycled.

- **Clean garbage containers**

Washing down the insides and outsides of your trash and recycling containers is a monthly job. We recommend having a separate toilet brush that works well at cleaning the hard to reach areas of the trash cans.

- **Put a lid on your trash**

Lids on trash will keep bugs out, keep smells in, and keep infestations away. Choose bins and buckets with lids when shopping for garbage and recycling containers.



RECIPES

"Making Fudgy Cocoa Brownies"

This brownies recipe will don't need to melt chocolate or chocolate chips with butter together to make brownies, and you don't need two separate bowls. Just one bowl and 5 minutes bringing it all together to make the best brownies you've ever eaten. Below is the few tips for these cocoa brownies to stay fudgy-licious:

1. Hot melted butter creates the crackly tops
2. Whisk your butter and sugar really well
3. Beat in your eggs for a good minute. This step is crucial for that crackly top
4. Do not over beat your batter once the flour and cocoa powder are added. That creared air in the batter which will gve you cake-like textured brownies.
5. Try to not over bake them (suggested to bake for 21:30 minutes). You can go a littler bit over if you like them set a bit more.
6. Bake the brownies on the top shelf in the oven.

Ingredients:

- ½ cup unsalted butter, melted and hot
- 1 table spoon cooking oil (olive oil or coconut oil are fine)
- 1 1/8 cup superfine sugar (caster sugar or white granulated sugar; regular white can be used if you can't find caster sugar. For even fudgier brownies, use half white and half light brown sugar)
- 2 large eggs
- 2 teaspoons pure vanilla extract
- ½ cup all purpose (or plain) flour
- ½ cup unsweetened cocoa powder
- ¼ teaspoon salt

Instructions

1. Preheat oven to 350°F (175°C).
2. Lightly grease ab 8-inch square baking pan with cooking oil spray. Line it with parchment paper (or baking paper); set aside.
3. Combine hot melted butter, oil and sugar together in a medium-sized bowl. Whisk well for about a minute. Add the egress and vanilla; beat until lighter in colour (another minute)
4. Sift in flour, cocoa powder and salt. Gently fold the dry ingredients into the wet ingredients until just combined (do not over beat as doing so well affect the texture of your brownies).

5. Pour batter into prepared pan, smoothing the top out evenly. (Optional: top with chocolate chunks or chocolate chips).
6. Bake for 20-25 minutes, or until the centre of the brownies in the pan no longer jiggles and is just set to the touch (the brownies will keep baking in the hot pan after out of the oven). If testing with a toothpick, the toothpick should come out dirty fudge-textured brownies.
7. Remove and allow to cool to room temperature before slicing into 16 brownies.

Optional add ins:

Crushed walnuts, peanuts, almonds, pecans, chocolate chips, peanut butter chips, chocolate chunks, dried fruit (cranberries, raisins, etc).



DID YOU KNOW ?

“Healthy Foods for Immune Booster”

Feeding your body with a certain foods may help your immune system strong. If you’re looking for ways to prevent colds, flu, and other infections, your first step should be a visit to your local grocery store. Plan your meals to include these powerful immune system boosters below.

1. Citrus fruits

Most people turn straight to vitamin C after they’ve caught a cold. That’s because it helps build up your immune system. Vitamin C is thought to increase the production of white blood cells, which are key to fighting infections. Almost all citrus fruits are high in vitamin C. with such a variety to choose from, it’s easy to add a squeeze of this vitamin to any meal. Popular citrus fruits include: grapefruit, oranges, tangerines, lemons, limes. Because your body doesn’t produce or store it, you need daily vitamin C for continued health. The recommended daily amount for most adult is: 75mg for women and 90 mg for men. If you opt for supplements, avoid taking more than 2.000 mg a day. Also keep in mind that while vitamin C might help you recover from a cold quicker, there’s no evidence yet that it’s effective against Covid-19.

2. Broccoli

Broccoli is supercharged with vitamins and minerals. Packed with vitamins A, C, and E as well as fiber and many other antioxidants, broccoli is one of the healthiest vegetables you can put on your plate. The key to keeping its power intact is to cook it as little as possible-or better yet not at all. Research has shown that steaming is the best way to keep more nutrients in the food.

3. Garlic

Garlic is found in almost every cuisine in the world. It adds a little zing to food and it’s a must have for your health. Early civilizations recognized its value in fighting infections. Garlic may also slow down hardening of the arteries, and there’s a weak evidence that it helps lower blood pressure. Garlic’s immune-boosting properties seem to come from a heavy concentration of sulfur-containing compounds, such as allicin.

4. Ginger

Ginger is another ingredient many turn to after getting sick. Ginger may help decrease inflammation, which can help reduce a sore throat and inflammatory illnesses. Ginger may help with nausea as well. While it’s used in many sweet desserts, ginger packs some heat in the form of gingerol, a relative of capsaicin. Ginger may also decrease chronic pain and might even possess cholesterol lowering properties.

5. Spinach

Spinach made our list not just because it's rich in vitamin C. It's also packed with numerous antioxidants and beta carotene, which may both increase the infection-fighting ability of our immune systems. Similar to broccoli, spinach is healthiest when it's cooked as little as possible so that it retains its nutrients. However, light cooking makes it easier to absorb the vitamin A and allows other nutrients to be released from oxalic acid, an anti-nutrient.

6. Yogurt

Look for yogurts that have the phrase "live and active cultures" printed on the label, like Greek yogurt. These cultures may stimulate your immune system to help fight diseases. Try to get plain yogurts rather than the kind that are flavored and loaded with sugar. You can sweeten plain yogurt yourself with healthy fruits and a drizzle of honey instead. Yogurt can also be a great source of vitamin D. Vitamin D helps regulate the immune system and is thought to boost our body's natural defenses against diseases.

7. Sunflower seeds

Sunflower seeds are full of nutrients, including phosphorous, magnesium, and vitamins B-6 and E. Vitamin E is important in regulating and maintaining immune system function. Other foods with high amounts of vitamin E include avocados and dark leafy greens. Sunflower seeds are also incredibly high in selenium. Just 1 ounce contains nearly half the selenium that the average adult needs daily. A variety of studies, mostly performed on animals, have looked at its potential to combat viral infections such as swine flu.

8. Green tea

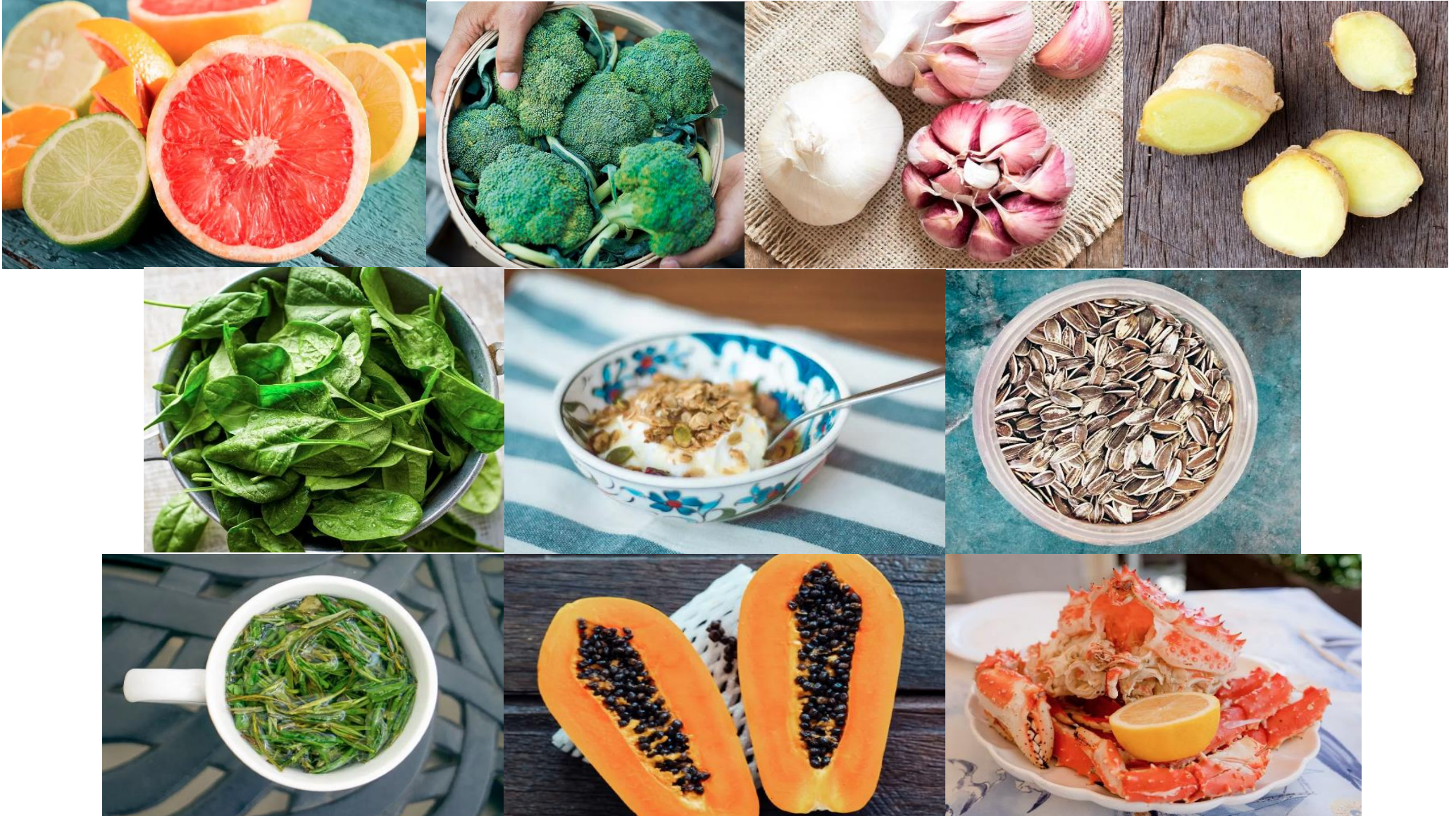
Both green and black teas are packed with flavonoids, a type of antioxidant. Where green tea really excels is in its levels of epigallocatechin gallate (EGCG), another powerful antioxidant. In studies EGCG has been shown to enhance immune function. Green tea is also a good source of the amino acid L-theanine. L-theanine may aid in the production of germ-fighting compounds in your T-cells.

9. Papaya

Papaya is another fruit loaded with vitamin C. You can find double the daily recommended amount of vitamin C in a single medium fruit. Papayas also have a digestive enzyme called papain that has anti-inflammatory effects. Papayas have decent amounts of potassium, magnesium, and folate, all of which are beneficial to your overall health.

10. Shellfish

Shellfish isn't what jumps to mind for many who are trying to boost their immune system, but some types of shellfish are packed with zinc. Zinc doesn't get as much attention as many other vitamins and minerals, but our bodies need it so that our immune cells can function as intended.



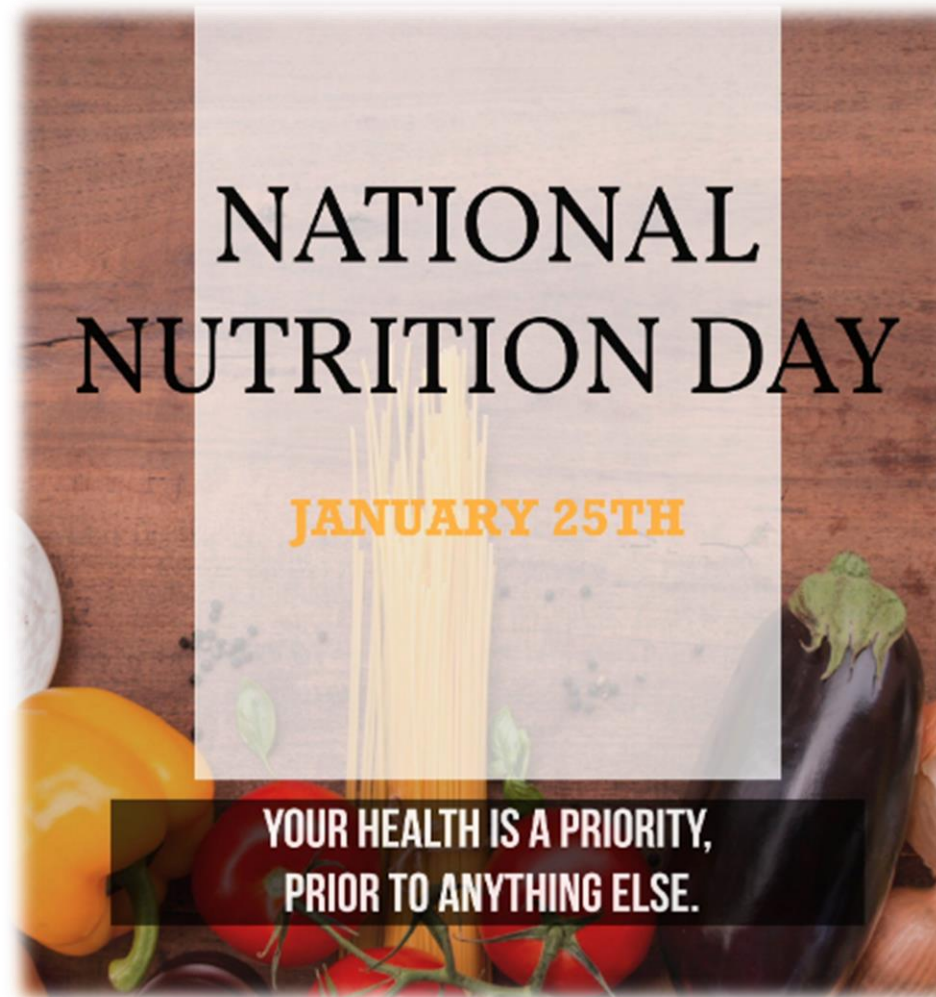
National Nutrition Day

National Nutrition Day (HGN) was held to commemorate the commencement of the recruitment of Indonesian nutrition workers with the establishment of the on January 25, 1951. has continued to develop rapidly Indonesia. Then it was agreed commemorated as Indonesian

National Nutrition Day was first Institute (LMR) in the mid-1960s, Directorate of Community now. The big theme of HGN in the “Building Nutrition towards

The HGN commemoration is an raising awareness and increasing parties to jointly build nutrition healthy nation through balanced production, so that it can of the RPJMN in the health sector.

The direction of health future will be more focused on efforts through the Healthy focused on 4 priority programs, reduction of maternal and infant especially stunting, reducing the and non-communicable diseases, approach and the Healthy Living (GERMAS) as a strategy for changing family and community behavior, especially in the introduction of disease risks



School of Nutritionists by LMR Since then nutrition education in many universities in that **January 25** will be National Nutrition Day.

held by the People's Food then continued by the Nutrition from the 1970s until 2015-2019 RPJMN era us Achieving Healthy Nation.”

important momentum in commitment from various towards an accomplished nutrition and sustainable food contribute to the achievement

development policy in the preventive and promotive Indonesia program which is namely, accelerating the mortality, improving nutrition, prevalence of communicable implemented through family Community Movement

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