

RSM NOTE

Dear Residents,

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 76th 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 during this pandemic.

We wish you happy and health!

Sincerely,

Birgitta Adisty
Resident Service Manager

“REGULATION”

General By-Laws For The Use of The Club

Fitness Equipment

- As a courtesy to others, Residents should keep clean and wipe dry the equipment after using it.
- All free weights should be placed back in their appropriate racks after use.
- Residents are expected to treat the equipment with care and should report any damages to the attendant in charge.

Children

- Are 15 (fifteen) years of age or less.
- For safety reasons, Residents must ensure that the children are accompanied and supervised by an adult at all times

Prohibition

- Children must be accompanied by an adult when using the facilities.
- Children are not allowed inside the fitness area.
- Sandals, slippers, high-heeled or swimming gear will not be allowed in the fitness area.
- No smoking, food, beverages, drugs or alcohol is allowed.
- The Building Management has the right to remove any intoxicated person from the Club. No illegal activities are permitted.
- Domestic helpers including nannies, drivers are not allowed to use the common facilities.

Fitness Area

- Children must be accompanied by an adult to enter the fitness area and changing rooms.
- Residents are required to bring access cards to gain access to the The Club facilities.
- Only Residents are permitted to use access cards, which is non-transferable. Violation of this condition gives the Building Management the right to suspend their access cards to the facilities.
- Resident who have not engaged in regular exercises are required to get medical permissions.
- Residents are not allowed to bring their own personal trainers.
- Only fitness trainers appointed by The Club are allowed to conduct classes and training in The Club.

Aerobic, Yoga, and Pilates Room

- Proper attire, footwear and equipment are required in aerobic, yoga, and pilates room.
- Smoking, food, beverages, drugs or alcohols are not allowed in aerobic, yoga, and pilates room.

Pool

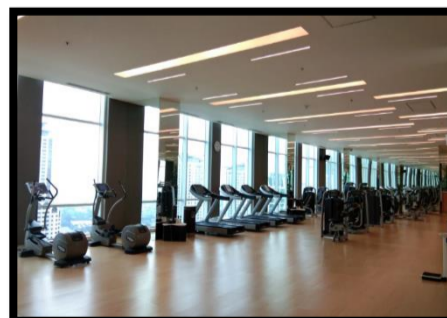
- Swimming Pool hours: 06:00 to 23:00.
- Shower facilities should be used prior to enter the pool.
- Pool users must be in swimming gears.
- When leaving the pool area, the pool users must dry themselves.
- Children are the responsibility of their parents & guardians.
- Ladies are kindly requested to remove their make up before entering the pool.
- For safety reasons, glass containers are not allowed in or around the pool.
- Music may only be listened to through proper headsets.
- Residents swim at their own risk.
- The safety ring buoys are used for emergency only.
- Lifeguards are not provided.
- Bicycles, rollerblades, and skateboards are strictly not allowed along the pool area.

Changing Rooms

- Smoking, food, beverages, drugs or alcohol are not allowed in the changing rooms.
- Nudity is not allowed inside the changing rooms including in the sauna room.
- Showers are intended only for those who just completed their exercise/swim. Building Management has the right to refuse entry if deemed necessary.

Sauna Room

- All persons use the sauna rooms at their own risk.
- Those with medical condition such as abnormal blood pressure, heart disease, and respiratory problem should avoid exposure to high heat and humidity associated with the use of this facility; we recommend that you consult your physician before using the sauna room.
- Residents who use the sauna rooms, are required to shower before entering.
- Allow yourself to cool down for at least 5 minutes after exercise before entering the sauna rooms.
- Smoking, food, beverages, drugs or alcohol are not allowed in the sauna rooms.



INFORMATION

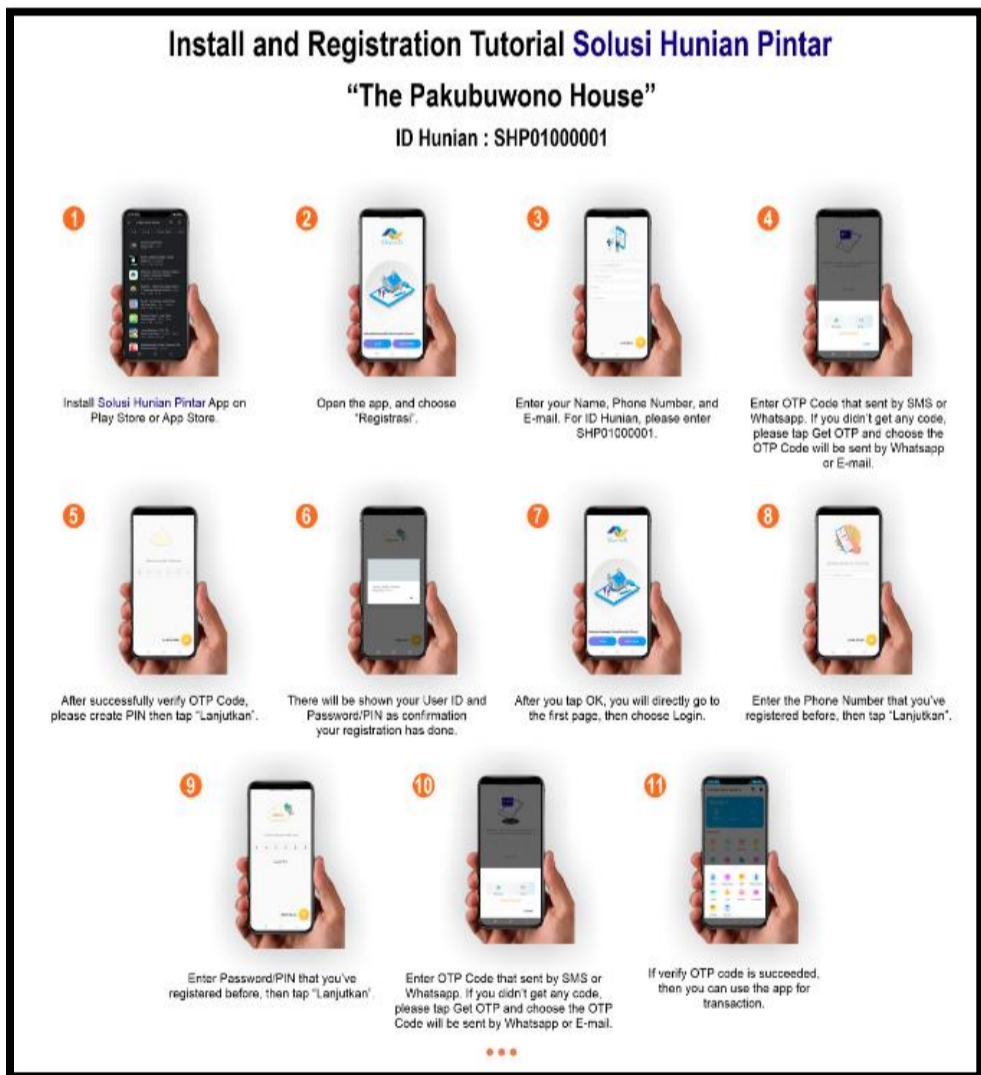
E-residence Application

“New: E-residence Application”

In order to improve the facility and service, we would like to inform you that we are now publishing the new mobile application that can be downloaded at Play Store or App Store for handling an invoice payment and also for reporting any defects inside or outside the Unit. Please follow the steps below to access the application:

1. Install “Solusi Hunian Pintar” App on Play Store or App Store.
2. Open the app and choose “Registrasi”.
3. Enter your Name, Phone Number, and E-mail. For ID Hunian, please enter: **SHP01000001**.
4. Enter OTP Code that sent by SMS or Whatsapp. If you didn't get any code, please tap Get OTP and choose the OTP Code will be sent by Whatsapp or E-mail.
5. After successfully verify OTP Code, please create PIN then tap “Lanjutkan”.
6. There will be shown your User ID and Password/PIN as confirmation your registration has done.
7. After you tap **OK**, you will directly go to the first page, then choose **Login**.
8. Enter the **Phone Number** that you've registered before, then tap “Lanjutkan”.
9. Enter **Password/PIN** that you've registered before, then tap “Lanjutkan”.
10. Enter **OTP Code** that sent by SMS or Whatsapp. If you didn't get any code, please tap **Get OTP** and choose the OTP Code will be sent by Whatsapp or E-mail.
11. If verify OTP code is succeeded, then you can use the app for transaction.

This application is keep updating and developing. We do apologize if you find any difficulties during the process. Please do not hesitate to contact Tenant Relation Officer for any further information and questions.



Gently Reminder Of Covid-19 Provisions

We would like to remind our Residents, especially those who just recently moved to The Pakubuwono House that there are following restrictions must be adhered during this Covid-19 period:

1. During work, all lived-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.
2. For Tenant's Visitor, they can only go to the respective Tenant's Unit. Other facilities and public areas are still prohibited.
3. Indoor Children Playground and Indoor Pool is open for reservation only.
4. 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 use the facilities.
5. Chef room and function room remain closed.
6. Personal trainers are still not allowed to enter.

We thank you to 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.

Thank you for your understanding and cooperation. Stay Safe & Stay Healthy!



“Fruit Market”

THE PAKUBUWONO HOUSE

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

“Clean & Tidy Partnership Program”

Clean n' tidy
AUTO DETAILING



SHOW RESIDENT PARKING STICKER



THE PAKUBUWONO Signature THE PAKUBUWONO HOUSE

THE PAKUBUWONO Residence THE PAKUBUWONO View

THE PAKUBUWONO SPRING THE PAKUBUWONO MENTENG

GET 25% CARWASH 20% DETAILING & COATING

“Raffles Christian School”

RAFFLES CHRISTIAN SCHOOL
To Learn, To Lead, To Love
Pondok Indah Campus

ONLINE FUN-FILLED ACTIVITIES

For kids aged 2-5 years old

FREE

JOIN THE ADVENTURES:

- MUSIC & MOVEMENT
- STORY TIME
- CREATIVE ART
- DISCOVERY TIME

21 AUGUST AT 9AM

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felicja@raffles-international.org
pi.raffles-international.org



Cambridge Assessment International Education Cambridge International School | JISMO | HSK Chinese Proficiency Test

Tips & Trick

“5 Coping Tips for Quatantining at Home”

Many people across the world are staying at home to help prevent the spread of the coronavirus. This is incredibly important in helping to prevent the spread. With it brings changes, anxieties and uncertainties to our daily lives. There are a few key things you can do to help keep your days on track while spending them at home.

1. **Create a schedule.**

A schedule can be very helpful during this uncertain time. Many parents are finding themselves working with children at home. If this is the case for you, time management is the key. Work to develop a schedule that works for you and your family. Wake up around the same time each day, get dressed and eat breakfast as you normally would. Keeping things as consistent as you can will help things seem more normal while you are stuck at home

2. **Move your body**

Exercise releases endorphins, or “feel-good” hormones. You may be lacking motivation and be crunched on time to complete your regular workout routine. With added stress, self-care is so very important. Make it a priority to commit 30 minutes to yourself each day. If your movements needs to include your children, make it fun! Do a yoga as a family, have a dance party in the living room or have race around your yard.

3. **Control what you can control**

Everyone is anxious and on edge. Ease your anxiety by controlling what you are able to. Stay home unless absolutely necessary to go out. By staying home even when you are feeling well, you are helping to prevent the spread of the virus. You can be a carrier of the virus even if you do not display symptoms.

4. **Connect virtually**

Now is a great time to take advantage of all the great technology we have at our fingertips. FaceTime, Skype, texting, calling, etc. Check in with family and friends regularly to help alleviate social isolation. It is especially important to check in with the elderly and those who live alone.

5. **Consider the positives**

This is an uncertain time for everyone, however it is important to consider the positives. Take this as a time to slow down and remember what is important. Spending more time with those you live with and less time soent dealing with busy day-to-day hustle and bustle. If you are unsure what to do with extra time on your jands consider taking up a new hobby or trying something new. Bake, journal, read or catch up on your favorite Netflix series.



“Boost Immunity with Traditional Drinks Recipe”

In the midst of this pandemic, endurance is one thing we can rely on. With a strong immune the body will fight viruses and other bad things. There are many ways you can do to increase endurance, one of which is by consuming traditional drinks.

Indonesia is a country is rich in spices, so not difficult anyway to make traditional drinks that can boost immunity. Let’s try to create some recipes of traditional drinks to boost the immune system.

Wedang Jahe

Ingredients:

- 1 liter of water
- 10 segments of roasted ginger
- 1 cm cinamon
- 5 lemongrass stalks
- 3 pandan leaves
- 200 gr sugar
- 5 cardamoms

How to make:

1. Mix water, roasted ginger, cinnamon, lemongrass, pandan leaves and cardamom in a saucepan. Then boil it until boiling.
2. Add the sliced of brown sugar into the wedang sauce.
3. Cook on medium heat. Cover the pot for a quick boil.
4. Wait until the wedang gravy is reduces by a quarter or half.
5. If it’s done, remove the wedang then strain and discard the pulp.
6. Serve while still hot.



Spice Drink

Ingredients:

- 1 liter of water
- 2 sticks of cinnamon
- 2 stalks lemongrass (crushed)
- 5 cm ginger (crushed)
- 4 pieces of star anise
- 5 grains of cardamom
- 3-4 tbsp honey
- 1-2 limes
- Himalayan salt

How to make:

1. Put the water in the pot.
2. Add cinamon, lemongrass, ginger, star anise and cardamom. Boil until boiling.
3. Turn off the heat, add a pinch of himalayan salt.
4. Wait until it cools down a bit, then add the lime juice.
5. Add 3 tablespoons of honey.
6. Mix it well.
7. Spicy drink is ready to served.

**Sour Turmeric Drink**

Ingredients:

- 600 ml water
- 100 grams of brown sugar
- 20 gr tamarind
- 8 large size tumeric

How to make:

1. Peel the skin from the turmeric, then grate or blend it using a little water. Squeeze until the water is completely gone.
2. Then boil the turmeric juice, sugar, and tamarind until it boils.
3. After that, turn off the stove. Wait until it cools down.
4. Strain into a glass.
5. Sour turmeric is ready to serve!

**Activities at Pakubuwono House****Free Zumba Class**

**There is no Zumba Class
until further notice**

Did you know ?

“Independence Day of Indonesia”



Independence Day (Indonesia: Hari Kemerdekaan, colloquially known as Tujuhbelasan, “the Seventeenth”) is a national holiday in Indonesia commemorating the anniversary of the Indonesia’s Proclamation of Independence on **17 August** 1945. It was made a national holiday by then-President Sukarno in 1953. Ceremonies and festive event are held throughout the country to celebrate this national day, including flag hoistings, local games and neighbourhood competitions, patriotic and cultural parades. Discounts are offered by participating shopping centres or business. On this day, all Indonesian national televisions broadcast the National Independence Day Ceremony live from Merdeka Palace in Jakarta. Televisions also often air Indonesian patriotic songs, nationalistic-themed films, advertisements, and talkshows.

A national formal flag hoisting ceremony is held at the Merdeka Palace in Jakarta, hosted by the current Indonesian President to reenact the declaration of independence proclaimed by Sukarno in 1945, held in 10.00 am, and is broadcast nationwide on radio and television. Certain distinguished guests and VVIPs are invited to attend, including ambassadors and diplomatic guests, former Indonesian presidents, vice presidents and ministers, prominent figures in Indonesian politics, the economy and business, cultural figures including artists and celebrities, and veterans. The declaration is read on this day in public by a representative of the legislative branch. A national flag lowering ceremony is held later on the afternoon at the grounds of the palace. Other than the national ceremony held in Merdeka Palace, the similar flag hoisting ceremonies are also held in government institutions of all levels, public and private sector offices, and schools. Regional flag raising ceremonies are held in provincial capitals and key cities, and are also televised.



“World Humanitarian Day”

World Humanitarian Day is an international day dedicated to recognize humanitarian personnel and those who have lost their lives working for humanitarian causes. It was designated by the United Nations General Assembly as part of a Swedish-sponsored GA Resolution A/63/L.49 on the Strengthening of the Coordination of Emergency Assistance of the United Nations, and set as **19 August**. It marks the day on which the then Special Representative of the Secretary-General to Iraq, Sergio Vieira de Mello and 21 of his colleagues were killed in the bombing of the UN Headquarters in Baghdad.



The designation of 19 August as World Humanitarian Day is the outcome of the relentless efforts of the Sergio Vieira de Mello Foundation and his family working closely with the Ambassadors of France, Switzerland, Japan, and Brazil in both Geneva and New York table and steer the draft Resolution through General Assembly. The Foundation conveyed its deep gratitude to the United Nations General Assembly and all Member States for the worthy gesture of recognition that has ensured that the tragic loss of Vieira de Mello and his 21 colleagues and all humanitarian personnel who have made the ultimate sacrifices in relieving the suffering of victims of humanitarian crises have not been in vain.

The Sergio Vieira de Mello Foundation is committed to working closely with all Governments the United Nations, International Organizations and Non-Governmental Organizations to give the World Humanitarian Day a meaningful observance every year. The UN Office for the Coordination of Humanitarian Affairs is leading efforts to plan and guide the observance of the Day that will be commemorated world wide by Governments, the United Nations and International Humanitarian Organizations and NGOs.

World Humanitarian Day was commemorated for the first time on 19 August 2009. Subsequent years have focused on a particular theme. In 2010, the focus was on the actual work and achievements of humanitarian workers in the field with the theme, “We are Humanitarian Workers.” The 2011 campaign, “People Helping People” was about inspiring the spirit of aid work in everyone. The 2012 campaign, “I Was Here” was about making your mark by doing something good, somewhere, for someone else. The campaign had a social reach of more than 1 billion people around the world. It was supported by the American singer Beyonce, whose music video for the song “I Was Here” has been viewed more than 50 million times.

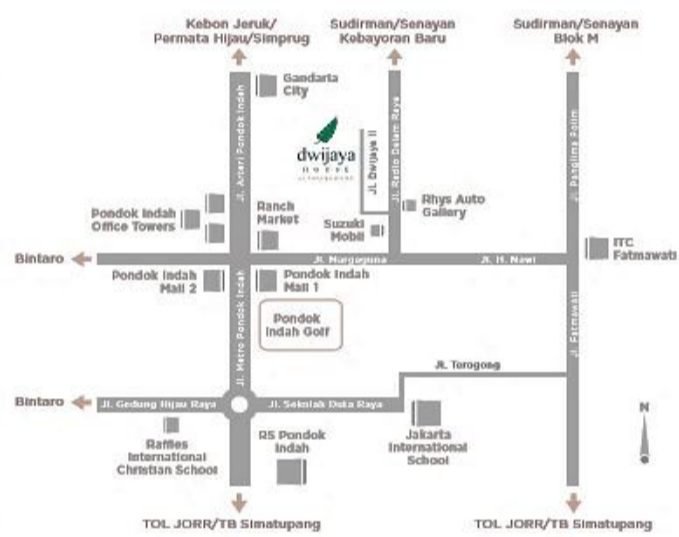


FULLY-FURNISHED UNITS AVAILABLE FOR LEASE

SINCE APRIL 2016
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LOCATION



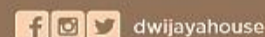
FACILITIES & AMENITIES

- 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

For more information & inquiry:

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