

# **RSM NOTE**

Dear Residents,

Warmest Greetings from The Pakubuwono House!

Welcoming year of 2022 as a fresh start. A time for a new beginning and new spirit 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.

We wish you happy and health!

Sincerely,

Birgitta Adisty

Resident Service Manager

### 1. Safety and Security

### 1.2 Keys

The Building Management will not hold any key for the Units. In case of loss of keys, please contact Tenant Relations. The Building Management is authorized to force open the door using emergency tools without prior permission from Owner or Resident in case of an emergency indication such as fire, smoke, flooding, strong odors and other life threatening emergency conditions. The repair / replace,emt costs of the broken parts of the door because of this condition will be charge automatically to the respective Owner or Residents.

### 1.3 Emergencies

In case of an emergency, please contact Tenant Relations immediately. In case of government authority's visit to the property such as police or other government agencies supported by a proper warrant or such other similar documents, the concerned Resident is highly encourages to fully coopera based on the requirements of the warrant or summon which has to be executed by the relevant authority.

The Building Management shall not be responsible for any damages or losses inflicted to the Resident's Unit as it relates to the execution of the warrant by the government authority in so long as it is properly supported by an official warrant or summon issued by the relevant government authority.

## 1.4 Alarm and Fire Fighting Systems

Each Unit except Townhouse is provided with a sprinkler system and smoke detectors, which are connected to the central fire alarm system. Any modification or concealment of any fire detection and fire fighting equipment by the Residents is strictly prohibited. If the operation of the main fire alarm and fire fighting systems is hampered in any way by unauthorized modification of changes or any tampering to such equipment caused by the Resident

# "REGULATION"

the Building Management shall charged the Residents all costs resulting from such damages, tampering and the like. Security staff as authorized by the Building Management will verify directly to the affected Unit for any fire alarm activated as indicated in the Master Control Fire Alarm system.

### 1.5 Fire Extinguishers

Residents must at all times keep at least one tank of 3 kg fire extinguisher in their respective Unit and must be responsible for keeping the fire extinguisher in good work condition. Fire extinguishers are to be used only in emergencies. In theevent of fire or If you detect smoke or discover a fire, please contact Tenant Relations immediately and activate the alarm provided for at the hose reel panels at the corridor. Two 3 kg dry chemical are provided at the corridor and severak 5 kg dry chemical are provided along parking areas for Townhouse Units.

### 1.6 Fire Stairs

Fire stairs are to be used for emergency evacuation only. No blocking of the access door or storing of any item insede or outside the fire stairs.



# SELF VACCINATION STATUS REPORT

In conjunction with the vaccination program run by Government, we would like to ask the support from all Residents to inform our Tenant Relation Officer regarding the vaccination status of yourself, family and staff. We will report this information to the Housing and Settlement Area Office regarding the update number of person that been vaccinated in Jakarta area. We would like to send our gratitude for all Tenant that had been report this matter to Tenant Relation.

Thank you very much for your kind attention and support.



# **INFORMATION**

# 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:

- 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. Indoor Children Playground and Indoor Pool is open for reservation only.
- 3. 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.
- 4. 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!



### **PARKING STICKER 2022 FOR VEHICLES**

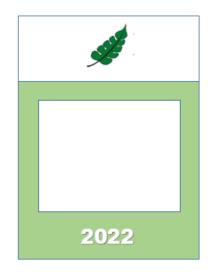
Please be informed that we will be replacing all parking stickers with one-year validity starting January 2022. We kindly inform you that current 2021 parking stickers will soon to be invalid at the end of this year. These changes are part of the security and safety system enhancements. Valid access to the parking area is only given to current Tenants and Owners of The Pakubuwono House. Please be remind if the valid sticker has not been installed, the security team will do the 3 points checking on your vehicle when entering The Pakubuwono House.

In this regards, we will carry out an annual registration process of all vehicles of the Residents/Owners currently reside at The Pakubuwono House. All you need to do is fill in the registration form that is available at TRO Ground Floor Lobby, and give us the copy of vehicle licenses of those that have not been registered on 2021 parking list.

Please submit the completed registration form including the required documents at TRO by the latest on December 25, 2021. We will only issue new parking stickers, if all submitted application forms have met the requirements. The number of maximum free stickers issued will be based on the number of entitlement parking slots per each type of Unit. Extra sticker for additional vehicles will be chargeable at IDR 30,000 (thirty thousand rupiah) each.

We thank you for your support and cooperation.

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





# **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".
- 9. Enter Password/PIN that you've registered before, then tap "Lanjutkan".
- 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.



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### " THE PAKUBUWONO HOUSE X HAMERA LAB"

As part of our effort to maximize the service and facilities, we, in collaboration with Hamera Laboratories, are providing the Home Service Covid-19 Testing only for Tenant at Pakubuwono Group. These service will available for everyday (Monday -Sunday) from 08:00 - 16:00. For registration please directly contact our Tenant Relation Officer at Ground Floor Lobby. Please find the price list below for your references:



# "Rezeki Privilege Membership Program"

We are excited to announce that all of the Pakubuwono Apartments under The Pakubuwono Property Development (The Pakubuwono Residence, The Pakubuwono View, The Pakubuwono House, The Pakubuwono Spring) in a collaboration with REZEKI Fresh Market are launching "PRIVILEGE MEMBERSHIP" for all residents of The Pakubuwono.

This program provides extra discounts special for Resident of The Pakubuwono who shop at all Rezeki Fresh Market outlets.

Please register yourself by filling in the Privilege Membership registreation that will be available at our Tenant Relation Officer.

Thank you for always supporting us, should you have any questions please do not hesitate to contact our Tenant Relation Officer at Ground Floor Lobby.

Sincerely, **Building Management** 



# "Clean & Tidy Partnership Program"



"Fresh Fruit"



New Year's resolution ideas can be simple and positive, such as paying it forward, engaging in self-care, practicing daily gratityde, and decluttering. And they needn't necessarily be activity-based; goals can range from those that inspire happiness to the professional, highly personal, and everything in between.

Here are the resolutions that you can engage in this upcoming year to promote your healthiest self. Plus, they'll inspire you to live your best life while looking forward to year ahead. By choosing to complete one (or more) of these intentions, you're officially well on your way to furthering your own happiness and fulfillment



New Year's Resolution Ideas

### 1. Make Time for Self-Care

If you feel like have tons of commitments that aren't always for you, carve out some solid 'me' time in the year ahead by trying a new hobby or resurrecting an old one-such as cooking, making art or reading a good book.

### 2. Create Your Dream Career

Even if you're not looking for a new job right now, it's still wise to keep sharp in case you see a posting that interests you. Revisit your LinkedIn profile and give a fresh update, edit and add skills to your resume, network, subscribe to job alerts and create an online folder where everything job-related is kept in one place. This will keep your professional standing in good health now, and be well prepared to nail any job application and interview.

### 3. Make New Friend

Okay, we admit that it's not always easy to make new friends (especially in times like these), but there's no reason to stop trying. Join a new Facebook group for a group you're interested in, or volunteer your time to an organization in need – others may also be trying to meet new people, too, which can alleviate some of the pressure.

### 4. Better Your Budgeting

While coming up with budget isn't necessarily the most fun thing to do (unless you're a numbers person), not knowing where your cash has gone and being unable to cover your monthly expenses is even less so. Budgeting for social gatherings and incidentals (unexpexted dinners out, new clothes, a locksmith's visit) means you won't have to change old habits too much.

### 5. Live Happily

Many people spend a good portion of their lives saying, "I'll be happy when..." Don't wait to be, or get, happy. Instead, keep healthy habits, focus on staying positive, and let go of too stringent or unattainable ambitions while acknowledging there may still be achievable goals you'd like to attain during the upcoming year.

### 6. Catch Up With Family

Take time to appreciate loved ones via simple phone or Zoom call. Check in those close to you, especially older relatives, if only to say you love them and are grateful for their presence in your life. Not only will it make a sister's, granparents', or cousin's day, strong family ties contribute to happiness and physical health.

### 7. Try a New Look

A fun way to start off the year is trying out something different, right? Play with a new hair color, style or cut, as well as new ideas for your personal style.

### 8. Stop Procrastiating

Mark Twain had it right when he opined, "Never put off until tomorrow what you can do today." Begin by taking a few minutes to make a list of the things you were goind to do tomorrow-and yes, do at least one of those things today. Start imagining how you'll feel if you actually tackled all the stuff you've been putting off. Make a New Year's resolution to stop procastinating, whether it's vowing to have those conversations you've been avoiding, doing laundry on a more regular basis, or clearing your email inbox.

### 9. Practice Gratitude

All successful people practice gratitude to feel healthier, happier, and more at peace with themselver-and they do so daily. Fostering gratitude means writing down a few things you're thankful for and why. You could also begin your days by vocalizing what you're grateful for or meditate on your gratitudes in silence. Cultivating this habit in the new year can even help you sleep better and be kinder to others.

## 10. Live Productively

There are only 24 hours in a day, so spend the new year maximizing the number of things you're able to get done: Work on developing your time management skills, research productivity hacks and apps, and turn off that phone.



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With every passing year, the number of people suffering from vision problems is increasing exponentially due to different reasons that range from loss of flexibility of distance vision to aging vision. While the culprit is partly aging, a major reason is modern, sedebtaru lifestyle. Constant working on computers, binge-watching TV series, use of fluorescent lighting, air conditioning, and lack of exercising-all of these habits exert additional strain on your eyes and cause blurry vision. So break your poor vision habits and start exercising for overall health because that will not only help you stay fit but also keep a number of eye diseases away.

# Tips & Tricks

Simple Eye Relaxation Exercise to Improve your Vision

Whether you want to prevent your eyesight from getting worse or don't want to wear glasses in near future, following these 6 eye exercises will dramatically improve your vision:

### 1. Blink your eyes more often

Continued exposure to the TV screen and prolonged use of computer lead to dry eyes and dry eyes cause headaches, eye strain and blurry vision. When the eyes are abosorbed in the screen, the blink rate drops 20bpm to 6-8 bpm. So the next time you feel the strain, start blinking and it will lubricate the eyes while refreshing your brain to process new visual data more efficiently.

### 2. Palm for relaxed vision

This is highly effective eye relaxation technique that you can use every time your eyes feel tired and worn. All you need to do is cup your hands over the socket of your eyes to create gentle pressure. Keep your eyes closed and stare into dark space while staying focused on the distance. Hold the pressure till you see all the residual tones fade to black. This exercise will work to reset your vision, lubricate your eyes and allow your eyes to rest and relax. Do this exercise for at least 30 seconds and relieve the stress around your eyes.

### 3. Trace an eight

This eye exercise will increase the flexibility of your eye muscles and improve your vision. Visualize a gigantic 8 almost 10 feet away from you and turn it on its side. Now sketch it with your eyes slowly for a few minutes – first clockwise and then anticlockwise. Be perseverant with this and it will help maintain clear vision.

### 4. Roll your eyes

Roll your eyes to the right and then slowly shift your gaze to the left. Keep doing the same thing but in opposite directions. Then move your gaze in different directions by looking from right to left and then up and down. You can also draw geometric figures with your gaze. Repeat the process for five to ten times.

## 5. Follow the 20-20-20 rule

To keep your eyes from getting tired at work, take a 20-second break every 20 minutes and focus on something that is located at least 20 feet away from you. This exercise helps prevent digital eye strain and eye damage in the long run.

# 6. Focus on objects near and far

People with glasses often get lethargic at gazing and this is a major reason they fail to maintain healthy vision. To do this exercise you need to take off your glasses and hold one of your thumbs close up and the other at your arm's length. Start by focusing on your thumb held close up, followed by the one that's at your arm's length, then focus on something that is sitting across the room and finally on an object that is really far away like across the road. While you do this exercise make sure, all the four points are situated along the same line of sight so the change in focus in subtle. Spend 2 seconds on every object and try to obtain a clear image of every item.

Doing these eye exercises for several minutes every day will strengthen your eye muscles and improve your vision naturally but the best way to be really sure that your eyes stay healthy, is to visit an ophthalmologist regularly.



# **ACTIVITIES AT THE PAKUBUWONO HOUSE**

### FIRE DRILL

Fire drill allow staff to practice evacuation procedures in a simulated situation to ensure they are fully aware of how to safely exit the building. The more familiar staff are with fire drill procedures, the higher the chance that staff remains safe and well during an emergency. We just did the annual fire drill on Thursday,  $23^{rd}$  December 2021. We continue this type of practice regularly.











To : All Residents

Subject: Function Room and Chef Room are Available for Reservation

Dear Residents,

In accordance with the Covid 19 level in Jakarta area which already decreased to PPKM level 3 and also with the previous regulation adjustment in The Pakubuwono House, we are glad to inform you that effective on 15 October 2021, Function Room and Chef Room will be available for reservation. Please find the procedure of making the reservation with the terms and conditions when using the Function Room and Chef Room below:

- Booking should be made to Tenant Relation Officer at least 3 days before the event, with a first come first serve basis.
- Function Room and Chef Room rental are include tables, chairs and sound system. No rental fee
  will be charged for Tenant and/or lived-in Owner. Residents will only pay the utility fee charged
  IDR 1.000.000 for Function Room and IDR 1.500.000 for Chef Room (This term is only valid 1 time
  per year for every Residents who wants to use Function Room and Chef Room).
- 3. The maximum capacity for using the Function Room is 30 persons and Chef Room is 15 persons.
- 4. The maximum capacity of using the Visitor Parking area is 4 slots during the event.
- Residents are required to submit the event's list participant to Building Management at least 1 day before the event.
- 6. Guest who come and not on the list are not allowed to join the event.
- Guest are admitted to enter the premise by showing certificate of COVID-19 vaccine from Peduli
  Lindungi Apps and for those who have not been vaccinated yet, must show proof of negative test
  (Antigen/PCR) no more than 7 (seven) days from the test result issued.
- The event layout should be guided by the health protocol from Government which has a minimum distance about 1 meter.
- 9. Guest are prohibited to use other Facilities during the event.
- Residents are responsible for the health protocol of the participants and keep everything in order during the event.
- Building Management reserves the right to suspend this privilege to anybody violating the policies as herein adopted and/or as detailed in the House Rules and Regulations.
- Building Management reserves the right to change the regulation, terms and condition in accordance with the latest update situation.

We are looking forward of your participants through this matter. Thank you for your kind attention and cooperation.

Sincerely,

**Building Management** 



Kepada : Seluruh Penghuni

Hal : Pelatih Kebugaran/Pelatih Olah Raga Diijinkan Masuk Area Pusat Kebugaran

Dengan hormat,

Dengan telah ditetapkannya PPKM level 2 Covid 19 di wilayah DKI Jakarta dan penyesuaian peraturan sebelumnya di The Pakubuwono House, kami informasikan bahwa efektif per tanggal 1 November 2021, pelatih kebugaran ataupun pelatih olah raga dijjinkan masuk area pusat kebugaran dengan ketentuan sebagai berikut:

- Pelatih kebugaran/pelatih olah raga sudah melakukan vaksin Covid-19 sebanyak 2 kali dan dapat memperlihatkan Serifikat Vaksin dari aplikasi Peduli Lindungi.
- Pelatih kebugaran/pelatih olah raga wajib menunjukkan hasil swab antigen/PCR negative oleh instansi yang dikeluarkan maksimal satu hari sebelum kedatangan pada kunjungan pertama nya. Dan untuk berikutnya, wajib melaporkan swab antigen/PCR nya setiap bulannya kepada Club Attendant yang bertugas.
- Jumlah pelatih kebugaran/pelatih olah raga maksimal adalah 2 orang pada area kebugaran di waktu bersamaan. Dengan total kapasitas pengguna fasilitas kebugaran adalah 5 orang pengguna + 2 orang pelatih

Demikian pemberitahuan ini kami sampaikan, apabila ada pertanyaan lebih lanjut, mohon hubungi bagian Tenant Relation. Atas perhatian dan kerjasamanya kami ucapkan terima kasih.

Hormat kami,

Badan Pengelola

Dear Residents

In accordance with the Covid 19 level in Jakarta area which already decreased to PPKM level 2 and also with the previous regulation adjustment in The Pakubuwono House, we are glad to inform you that effective on 1 November 2021, coach or personal trainer are admitted to use the gym facilities. Please find the terms and conditions below to be admit:

- Coach/personal trainer are had been vaccinated twice and required to present the certificate of COVID-19 vaccine from Peduli Lindungi Application.
- Coach/personal trainer are required to present the proof of negative test (Antigen/PCR) no more than 1
  day from the test result issued for the first visit.
- And required to present the proof of negative test (Antigen/PCR) every month to the Club Attendant in the future.

  3. The maximum numbers of coach/personal trainer in the gym area are 2 persons at the same time. With the

For any further questions please do not hesitate to contact Tenant Relation. Thank you for your kind attention and

total maximum capacity is 5 gym users + 2 coaches.

Sincerely,

Building Management

INSIDE JANUARY 2022

# Did U Know?

# "New Year's Traditions from Cultures Around the World"

### **HAPPY NEW YEAR 2022!**

Whether you're ringing in New Year's Eve from some exciting foreign country or at home with family and friends, you probably have a New Year's tradition or two. Common traditions throughout the United States include singing "Auld Lang Syne" to greet the New Year, and eating black-eyed peas for good luck.

Around the world, cultures welcome the chance of the calendar with uniqe New Year's traditions of their own. Here are some New Year's traditions around the world:

### Spain

In Spain, it is customary to eat 12 grapes-one at each stroke of the clock at midnight on New Year's Eve. Each grape represents good luck for one month of the coming year. In bigger cities like Madrid and Barcelona, people gather in main squares to eat their grapes together and pass around bottles of cava.

### Colombia

In hopes of a travel-filled new year, residents of Colombia carry empty suitcases around the block. That's one New Year's tradition we can get behind.

### Denmark

Residents of Denmark greet the New Year by throwing old plates and glasses against the doors of family and friends to banish bad spirits. They also stand on chairs and jump off of them together at midnight to "leap" into January in hopes of good luck.

### Finland

In Finland, people predict the coming year by casting molten tin into a container of water, then interperting shape the metal takes after hardening. A heart or ring means a wedding, while a ship predicts travel and a pig declares there will be plenty of food.

### Panama

To drive off evil spirits for a fresh New Year's start, it is tradition to burn effigies (munenos) of well-known people such as television characters and political figure in Panama. The effigies are meant to represent the old year.

### Scotland

During Scotland's New Year's Eve celebration of Hogmanay, "first-footing" is practiced across the country. The first person who crosses a threshold of a home in the New Year should carry a gift for luck. Scots also hold bonfire ceremonies where people parade while swinging giant fireballs on poles, supposedly symbols of the sun, to purify the coming year.

### Philippines

You'll find round shapes all over the Philippines on New Year's Eve as representatives of coins to symbolize prosperity in the coming year. Many families display piles of fruit on thei dining tables and some eat exactly 12 rounf fruits (grapes being the most common) at midnight. Many also wear polkadots for luck.

# Brazil

In Brazil, as well as other Central and South America countries like Ecuador, Bolivia, and Venezuela, it is thought to bel ucky to wear special underwear on New Year's Eve. The most popular colors are red, thought to bring love in the New Year, and yellow thought to bring money.

### Greece

An onion is traditionally hung on the frontdoor of homes on New Year's Eve in Greece as a symbol of rebirth in the New Year. On New Year's Day, parents wake their children by tapping them on the head with the onion.



# "One-Million Tree Day"

Every 10 January, the world community, including Indonesia, commemorates 'One-Million Tree Day'. In Indonesia, the government, private sector and various organizations take part in commemorating this important day. On the day, a large number of trees are planted simultaneously. In Indonesia, the first movement was planned by Presiden Soeharto on 10 January 1993 to raise our awareness in creating the better environment.

The commemoration of the one-million tree day by planting trees is very important, considering the number of trees in the world including in Indonesia has decreased dramatically. Minister of Environment and Forestry, Siti Nurbaya affirmed that based on the results of a survey in 2013, arounf 24.3 million hectares of forests is caused by many factores, such as forest fires, illegal logging, the paper industry, new land clearing and other factores.



The Indonesian government through the Ministry of Environment and Forestry has made various efforts to improve the condition of the forest. Take for examples, there are construction of multipurpose forests, urban forests, mangrove rehabilitation, and the implementation of the 25-tree-planting movement that was launched by President Joko Widodo on August 2, 2017, involving students, scouts, personnel of Indonesian Armed Forces-TNI, National Police-Polri, and other mass organizations.

President Joko Widodo expressed his concern about tree planting activities in the commemoration of the one-million tree day as a ceremonial activity. His concern is very appropriate, because so far, many trees have been planted but there is no follow-up. The tree planting activities have spent a lot of budget, but the results are not worth the costs incurred.

Thus, the commemoration of the One-Million Tree Day is a momentum to raise awareness that the planting plant is not enough, there must be a follow-up by caring for the planted trees and ensuring that the tree can grow well.

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