THE PAKUBUWONO HOUSE



RSM NOTE

Dear Residents,

Warmest Greetings from The Pakubuwono House!

In this opportunity, we would like to give a very warm welcome for our new Residents and the gratitude for all Residents for the supports toward the Building Management during this time. In this regard, we would like to remind all the Residents with all the rules and restrictions inside the House Rules and Regulations.

Once again, we thank you for your continuous support and cooperation. Please do not hesitate to contact me and my team for any concerns. We will be more than happy to assist.

Sincerely,

Birgitta Adisty Resident Service Manager

"REGULATION"

10. Maintaining The Units

10.5 Visitors

10.5.1 All Visitors must register themselves at the concierge table. The Tenant Relations will then notify Resident via a videophone.

10.5.2 Residents must report any Visitor who stays more than 24 hour to the Building Management. Please contact Tenant Relations. 10.5.3 The Building Management has the right to refuse any Visitor to enter.

10.6 Parties and Events

10.6.1 Residents must inform the Building Management of such event at least 2 days (48 hours) prior to notice. Please contact Tenant Relations.

10.6.2 Residents, who have a party/event inside the Unit, will have limited number of Visitors allowed. The Building Management reserves the right to terminate a party/event and even forbade their Visitors to joing if deemed necessary.

10.6.3 Owners or Residents must accurately describe the activities for which facilities are being booked. The Building Management reserves the right to accept or decline the booking.

10.6.4 Residents must ensure that the Visitors attending the parties are acting in an orderly manner.

10.6.5 The Building Management has the full right





10.4 Maids, Drivers & Other Domestic Helpers 10.4.1 Residents must register all domestic helpers including nannies and drivers with the Building Management. Please contact Tenant Relations.

10.4.2 All domestic helpers including nannies, drivers are not allowed to be registered as Resident.

10.4.3 Residents must ensure that all domestic helpers including nannies, drivers are not allowed to receive Visitors in any of the Common Area.

10.4.4 All domestic helpers including nannies, drivers shall not be allowed to loiter in the Common Area, and shall confine themselves within the respective employer's Unit or the designated drivers' lounges.

10.4.5 All domestic helpers including nannies, drivers must always act in an orderly manner. Gambling, intoxication, drug dealing or stealing is strictly prohibited.

10.4.6 All domestic helpers including nannies, drivers are not permitted stay overnight in the drivers' lounge, praying room (musholla) or anywhere else in the Common Area.

10.4.7 Residents are responsible for the behavior and conduct of their employees. All domestic helpers including nannies, drivers must adhere to all the House Rules and Regulations.

10.4.8 All maids and nannies must wear nurse uniform for identification and security purposes while hanging around in the Common Area of the Pakubuwono House Complex. For further details, please contact Tenant Relations. 10.4.9 For security reasons, all domestic helpers including nannies, drivers are not permitted to use Resident's access cards at all times. The Building Management and the security officers reserve the right to conduct inspection if considered necessary. 10.4.10 The Building Management reserves the right to blacklist any domestic helpers whom have been proven with criminal acts, or have done any violation against the House Rules and Regulations if it deems necessary NOTE:

All cost of repair and/or replacement of the damage done by domestic helpers including nannies, drivers in the Common Area, both intentional and unintentional, will be automatically charged to the Resident concerned. to discontinue the party if it disturbs neighbor and causes complaints.

10.6.6 Residents may book private parties through Building Management for the following areas:

- Function Room
- Chef Room

Party bookings must be made at least 2 (two) days prior to the occasion, on a first served basis. Schedule of fees, terms and conditions and booking form may be obtained from the Building Management. Please contact Tenant Relations.

INFORMATION

VISITOR REGULATION FOR USING FACILITIES

In accordance with the easing health protocol Covid 19 in Jakarta area and also with the previous regulation adjustment in The Pakubuwono House, we are glad to inform you that effective on 25 April 2022 Visitors are admitted to use the gym facilities. Please find the terms and conditions below to be admit:

- 1. Visitors are had been vaccinated twice and required to present the certificate of COVID-19 vaccine from Peduli Lindungi Application.
- 2. Visitor who wants to use any of facilities will be charged IDR 100.000,- per person.
- 3. Visitor who intend to use the facilities must be accompanied by the respective Residents at all times.
- 4. Use of facilities by the Visitors shall be limited to a maximum of two Visitors per day.
- 5. Visitors must observe proper attire and footwear, decorum and respect, and shall strictly adhere to the Rules and Regulations on use of the common facilities.

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



New: Smart Locker PopBox

We would like to inform you, in order to increase the package delivery service, we provide the smart locker (PopBox) in Ground Floor area (close to ATM). The smart locker will available for 24 hours. Every package that arrived could be directly collected individually to the PopBox counter with the following steps:

- Users will get a "pick up code" notification via PopBox / Whatsapp application if the package already in the locker.
- 2. Select the AWB/Receipt number you want to collect on the "Your Transactions" menu at PopBox App
- 3. Select the "pick up" menu at the locker
- 4. Scan the pick up barcode
- 5. Open the door and take the package
- 6. Close the locker door and click "Done" on the monitor

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1 Pilih Create Account atau	2 Masukan Nomor Whatsapp dan	3 Masukan Kode Verifikasi	Isi Data Diri dengan Benar dan	5 Setelah Berhasil, Silakan Masuk

Please be informed that we will be carrying out a project for upgrading the Zen Garden area to Outdoor Children Playground. Please find the schedule as follows:

• Date : May 12 – August 31, 2022

During the process, we will close the Zen Garden area for temporary and we will do our best to minimize any disturbance. Please contact Tenant Relation for further information.

Thank you for your kind attention and cooperation. We apologize for any inconvenience.



New: Price for Function Room

Please be informed that there will be a new price for Function Room. For any further question and reservation please contact Tenant Relation Officer.

Thank you for your kind attention and cooperation.

Price List Function Room 2022

Function Room	Duration	Price	Promo*

Note: (for large dimensions packages which can not be put into PopBox, the pick up point remains in the Package Room operation hour)

To facilitate the pickup and delivery transaction, we urge to all resident to download and install the PoPBox application (PopBox - Box and Beyond). Follow the instructions below for account registration:

- 1. Select "create account"
- 2. Enter your Whatsapp number and Email
- 3. Enter the verification code
- 4. Fill in your personal data correctly and completely
- 5. Create a PopBox PIN
- 6. After that, please login with your account

For the complete procedure of PopBox lockers you may access through: <u>bit.ly/detailpopbox</u>

Thank you for your kind attention and cooperation, for any further question and assistant please contact Tenant Relation Officer.

Room Only	Per 4 hour	1,000,000	
Additional hour	Per 1 hour	100,000	
Room include facilities	Per 4 hour	2,000,000	1,000,000
Additional hour	Per 1 hour	200,0000	
Chef Room			
Room Only	Per 5 hour	2,000,000	
Additional hour	Per 1 hour	100,000	
Room include facilities	Per 5 hour	2,500,000	1,500,000
Additional hour	Per 1 hour	200,000	
BBQ Area			
Bbq area include facilities	Per 4 hour	1,500,000	1,000,000
Additional hour	Per 1 hour	200,000	
Deposit Event Fee		1,000,000	

" 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:



"Lojin Organic Store X The Pakubuwono House "

We would like to inform you that in a collaboration with LOJIN Organic Store, there will be a special 10% discount for all product only for all residents of The Pakubuwono House.

This is link for the detail menu https://www.lojin.co.id/menu/ . For purchase order please contact directly to 0822-3777-2800 in everyday at 08.00-16.00 and for the delivery order 3 times in a week on Monday, Wednesday and Friday.

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



"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

Nama/	THE PAKUBUWONO SPRING THE PAKUBUWONO
	Name*
No. KT	P/KITAS/KITAP/ID NO* :
Tangga	Lahir/ Date of Birth* : [tanggal/date) (bulan/month)(tahun/year)
Jenis K	elamin/ Gender* : Laki-Laki/Male Perempuan/Female
Apartn	ent ThePakubuwono* : View House
	Signature Spring
	Residence
Tower	/ Apartment Unit No.
	bile Phone*
Alamat	Email/Email Address* :
	(*) wajib diisi/mandatory to be filled in
Terms	& Conditions:
	Kananataan khurur lai baava watuk waashuul waxa Tha Dakukuwaas
4.	Keanggotaan khusus ini hanya untuk penghuni group The Pakubuwono. (This privilege membership is valid only for the Residents of The Pakubuwono Group)
	Satu unit hanya untuk satu kartu keanggotaan. (Each unit entitled of 1 (one) membership card).
3.	Keanggotaan ini dapat digunakan di semua toko Rezeki Fresh Market (The membership can be used in all the Rezeki Fresh Market outlet)
4.	Keuntungandiscount member (Privilege for discount membership):
	10% Sayuran (Vegetables), 5% Buah-Buahan (Fruits), 5% Daging & Hidangan Laut (Meat & Seafood)
	Keanggotaan berlaku untuk 2021 – 2023. (The membership is valid for 2021 – 2023) Formulir yang telah diisi dapat diserahkan kepada Bagian Kepenghunian di The Pakubuwono property
	Please submit registration form to your Found Relations Officer at your The Pokubawono Property) (Please submit registration form to your Found Relations Officer at your The Pokubawono Property) Keuntungan member ini tidak dapat dialihkan. (This privilege membership is non transferable)
Syarat	& ketentuan priviledge member baik berupa diskon, atau promo lainnya dapat berubah sewaktu-waktu kebijakan Rezeki Fresh market.
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(The te occord Denga diberik	rms & Conditions of the privilege, either if the form of discounts or other promotions, can change ot anytime ing to the policies of Rezeki Fresh Market). 1 menandatangani formulir pendaftaran privilege membership, saya mengakul bahwa seluruh data yang an dalam formulir ini adalah benar dan tepat yang dapat digunakan oleh Rezeki Fresh Market untuk
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(The te occord Denga diberik memb (By sig which	rms & Conditions of the privilege, either if the form of discounts or other promotions, can change at anytime ng to the policies of Rezeki Fresh Market). n menandatangani formulir pendaftaran privilege membership, saya mengakui bahwa seluruh data yang an dalam formulir ini adalah benar dan tepat yang dapat digunakan oleh Rezeki Fresh Market.

"Zumba Class "

Let's sweat together!

Please join our Zumba Class (for FREE) on every Thursday at 18:30 – 19:30. It will be held on Aerobic Room at 35th Floor.

Should you have any questions please do not hesitate to contact our Tenant Relation Officer at Ground Floor Lobby.





Page 3

INSIDE

Getting regular eye checkups is just one of many ways you can improve your eyesight and prevent injuries or illnesses that could harm your vision. Keep reading to learn other ways you can improve your vision.

Tips & Tricks

"10 Ways to Improve Your Eyesight"

1. Get enough key vitamins and minerals

Vitamin A,C, and E as well as the mineral zinc, contain antioxidants that can help prevent macular degeneration. It's a condition in which the macula – the part of the eye that controls central vision-deteriorates. Food sources of these important nutrients include a variety of colorful vegetables and fruits, such as: carrots, red peppers, broccoli, spinach, strawberries, sweet potato, citrus.

2. Don't forget the carotenoids

A few other nutrients are also keys to improve eyesight. Among them are lutein and zeaxanthin, which are carotenoids found in the retina. You can also find them in leafy green vegetables, broccoli, zucchini, and eggs.

3. Stay fit

Exercise and maintaining a healthy weight can help your eyes, not just your waistline. Type 2 diabetes, which is more common in people who are overweight or obese, can cause damage to the tiny blood vessels in the eyes. This condition is called diabetic retinopathy. Too much sugar circulating in your bloodstream injures the delicate walls of your arteries. Diabetic retinopathy causes the very small arteries in your retina-the light-sensitive back part of the eye- to leak blood and fluid into the eye, harming your vision. Getting your blood sugar levels checked regularly and staying fit and trim can lower your odds of developing type 2 diabetes and its many complications.

4. Manage chronic conditions

Diabetes isn't the only disease that can affect your vision. Other conditions such as high blood pressure and multiple sclerosis, can effect your eyesight. These conditions are linked to chronic inflammation, which can harm your health from head to toe.

5. Wear protective eyewear

Whether you're playing racquetball, working in your garage, or doing a science experiment in school, it's vital that you protect your eyes with appropriate eyewear.

6. That includes sunglasses

Sunglasses aren't just for looking cool. Wearing shades is one of the most important steps you can take when it comrs to improve your eyesight. You want sunglasses that block out 99 to 100 percent of UVA and UVB radiation from sunlight.

7. Follow the 20-20-20 rule

Your eyes work hard during the day and need a break now and then. The strain can be especially intense if you work at a computer for long stretches at a time. To ease the strain, follow 20-20-20 rule. That means every 20 minutes, you should stop staring at your computer and look at something 20 feet away for 20 seconds.

8. Quit smoking

Smoking is bad for your lungs and your heart, not to mention your hair, skin, teeth and just about every other body part. That includes your eyes too. Smoking dramatically raises your risk of developing cataracts and age-related macular degeneration.

9. Learn your family's eye health history

Some eye conditions are hereditary, so being aware of eye conditions that your parents or grandparents had can help you to take precautions. Hereditary conditions include glaucoma, retinal degeneration, age-related macular degeneration, optic atrophy.

10. Keep your hands and lenses clean

Your eyes are especially vulnerable to germs and infections. Even things that just iritate your eyes can affect your vision. For those reasons, you should always wash your hands before touching your eyes or handling your contact lenses. It's also super important to wash your hands and disinfect your contact lenses as instructed. You should also replace your contact lenses as advised by the manufacturer or your doctor. Germs in your contact lenses can lead to bacterial innfections of the eyes.



INSIDE

Popularized by Emily Mariko, a Japanese American Tiktoker, the Tiktok Salmon Rice Bowl is a rice bowl made from flaked salmon mixed with rice and soy sauce, topped with kewpie mayo, sriracha, and avocado. To enjoy it, just scoop up a bote of mixed rice with roasted seaweed and enjoy it with kimchi.

It's the combination of flaky salmon, fluffy rice, umami filled soy sauce, and creamy kewpie mayo that works so well. If you love Japanese rice balls or onigiri, this is like eating a deconstructed onigiri. The seaweed stays nice and crispy and you can change the flavor with each bite, adding kimchi or avocado.

Ingredients:

- 1/2 fillet salmon cooked, about 2 ounces
- 1 cup cooked rice
- 1 ice cube
- 1 tbsp soy sauce
- 1 tbsp mayo (kewpie)
- 1 tsp sriracha (optional)
- ¹/₂ avocado sliced or diced (optional)
- ¼ cup kimchi (optional)
- 1 package roasted seaweed snack

Ingredients Notes:

- Cooked salmon
 - Any leftover salmon is perfect for this. You can even used canned if you don't have a leftover salmon fillet.
- Rice
 - Cold rice straight from the fridge, don't worry, it will get nice and fluffy when you steam it up in the microwave.
- Ice cube
 - A single ice cube helps steam the rice and salmon. It won't melt completely, it will just add a bit of moisture.
- Soy sauce
 - Add soy sauce to taste, remember to get the good stuff.
- Mayo

You may use any kind of mayo, but preferrably Kewpie mayo.

- Sriracha
 - Optional but if you love spicy sushi, you may add more.
- Avocado

Perfectly ripe slices of avocado adds a nice creaminess.

- Roasted seaweed Roasted seaweed snacks are key.
- Kimchi

A bit of kimchi on the side adds acidity, crunch, flavor, and spice

Instructions:

- Use a fork to flake up your salmon fillet.
- Top your salmon with cold rice from the fridge and nestle in one ice cube.
- Cover with parchment paper and microwave for 1 to 1.5 minutes. Remove the parchment paper and any ice cube remaining.
- Add soy sauce to taste and mix everything up.
- Top with kewpir mayo, sriracha, and avocado slices.
- Enjoy with a side of kimchi and roasted seaweed, using the seaweed to tuck it around a bite of rice.



Recipe

"Tiktok Salmon Rice Bowl"

JULY 2022

INSIDE

Did U Know ?

"International Tiger Day"



International Tiger Day often called Global Tiger Day, is an annual celebration to raise awareness for tiger conservation, held annually on **29 July.** It was created in 2010 at the Saint Petersburg Tiger Summit in Russia. The summit that had been called in response to the shocking news that 97% of all wild tigers had disappeared in the last century, with only around 3000 left alive.

Tigers are on the brink of extinction and International Tiger Day aims to bring attention to this fact and try to halt their decline. Many factors have caused their numbers to fall, including habitat loss, climate change, hunting and poaching and Tiger Day aims to protect and expand their habitats and raise awareness of the need for conversation.

Many international organizations are involved in the day, including WWF, the IFAW and the Smithsonian Institute.

International Tiger Day has been created so that people around the world can raise awareness for tiger conservation. The aim of the day is to help promote a worldwide system whereby dedicated to protecting tigers and their natural habitats.

We can alo use this day to support tiger conservation issues and to raise awareness. After all, when more people are aware of something, they are going to be more inclined to help and that is why this day is so important.

There are a number of different issues that tigers all around the world face. There are a number of treats that are driving tigers close to extinction, and we can do our bit to make sure that we do not lose these incredible creatures. Some of the threats that tigers face include poaching and trafficking. This is having a monumental impact on the sub-populations of tigers, resulting in localized extinctions. We often see tiger skins being used in home décor.

Moreover, bones are used for medicines and tonics. This has seen illegal criminal syndicates get involved in the tiger trade in order to make huge profits. It really is a worrying industry. In fact, it is thought to be worth 10 billion dollars per annum in the United States alone. This is why we need to support charities and work hard to put an end to poach and the illegal trade of tiger parts.

While this represents the biggest threats to tigers, there are a number of other threats as well. This includes habitat loss. Throughout the world, tiger habitats have reduced because of access routes, human settlements, timber logging, plantations, and agriculture.

In fact, only around seven percent of the historical range of a tiger is still intact today. That is an incredibly small and worrying amount. This can increase the number of conflicts between tigers, as they roman about and try to locate new habitats. Not only this, but genetic diversity can reduce because it can cause there to be inbreeding in small populations.

"International Friendship Day"

Friendship Day is a day in several countries for celebrating friendship. It was initially promoted by the greeting cards' industry; evidence from social networking sites shows a revival of interest in the holiday that may have grown with the spread of the internet, particularly in India, Bangladesh, 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 honour of friends to have originated in the United States in 1935.

Friendship Day was first proposed in Paraguay in 1958 by Joyce Hall. It was a holiday involving the celebration of friendships through a global holiday. The original Date of Celebration was August 2nd, though it has since been moved to August 7th due to de-synchronization in the United States.



In honor of Friendship Day in 1998, Nane Annan, wife of UN Secretary-General Kofi Annan, named Winnie the Pooh as the world's Ambassador of Friendship at the United Nations. The event was co-sponsored by the UN Department of Public Information and Disney Enterprises, and was co-hosted by Kathy Lee Gifford.

The idea of a Global Friendship Day was first proposed on July 20th, 1958 by Dr. Ramon Artemio Bracho during a dinner with friends in Puerto Pinasco, a town on the River Paraguay about 200 miles north of Asuncion, Paraguay.

During said meeting, the World Friendship Crusade was born. The World Friendship Crusade is a foundation that promotes friendship and fellowship among all human beings, regardless of race, color or religion. Since then, **July 30**th as World Friendship Day and finally in 2011, the General Assembly of the United Nations decided to designate the 30th of July as the International Day of Friendship; and would proceed to invite all the Member States to observe the International Day of Friendship in accordance with the culture and customs of their local, national and regional communities, including through education and public awareness-raising activities.

INSIDE





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: (021) 2751 3800

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