AUGUST 2022



# **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 77th 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 wish you happy and health!

Sincerely,

**Birgitta Adisty** 

# 10. Maintaining The Units

### 10.7 Behavior

10.7.1 Residents must take the appropriate actions to ensure that their Visitors do not disturb the peace and quiet of other Residents.

10.7.2 Residents are not allowed to conduct any illegal activites of any kind i.e, gambling, drugs, etc., in the Unit or in the Common Area.

10.7.3 Residents must supervise their children at all times. Children are the responsibility of their parents and shall not be permitted to:

- Damage/break any property that is part of the Common Area and Common Property of The Pakubuwono House.
- Cause excessive noise or disturbing the peace and quiet of other Residents.

10.7.4 Residents mus not allow their children to play in the lifts, stairs or fire emergency exits.

10.7.5 Penalty fees and all costs will apply for any proven violation or reckless vandalism to the facilities and properties in the Common Area. The penalty fees will increase in line with the financial value of damage inflicted upon the facilities and properties. The Building Management reserves the right to inform the lawful authorities as well.

# 10.8 Change of Owner

Owner must notify the Building Management in writing in the event of change of ownership no later than 7 calendar days after the legal transfer occurs. For further details, please contact the Tenant Relations.

# 10.9 Resident Vacation Leave

Vacation leave forms are provided at the Tenant Relations

# "REGULATION"

## 11. Moving In / Out

11.1 Movements of incoming & outgoing goods may be performed from Monday to Friday (9:00 AM to 04:00 PM. For further details, please contact Tenant Relations.

11.2 Moving out Residents will need a clearance report to be obtained from the Building Management. Failure to do so, Residents will not able to take out any belongings from their Units.

11.3 Written notice of move in or move out must be received by the Building Management at least 2 days (48 hours) before the proposed move in or move out date.

# 12. Unit Renovations

structural additions, alterations, improvements, relocations, or any other work in the Unit shall be permitted without approval by the Management. Prior to commencement of any work in the Unit, the Unit Owner must submit the supporting renovation plans and fulfill all requirements specified in the OWNER FIT-OUT GUIDELINE issued by the imposed by the Building Management. Any addition, alteration, improvement, relocation and other such changes to the Unit must be carried the adjoining Unit and/or other structures in the building. Such approvakm however, will not relieve the Residents of any responsibility or liability for any damage or injury to person. The Residents will, at their own expense, prepare building plans and specifications for such alterations and/or additions, and will obtain a building permit before commencing work on the Unit. Work to be done in the Unit must not cause damage to and must not exceed the electrical capacity of the Unit, must not obstruct nor alter the fire sprinkler system and must comply with pertinent government rules and regulations. Residents who undertake any repair or refurbishing must inform the Building Management

so that the movement of workers in and out of The Pakubuwono House can be monitored and controlled.

12.1 Residents may not paint, decorate or change the exterior decoration and adornments of the building. Any change, addition or deletion of any part of the exterior of the Unit is not allowed.

12.2 Unit shall not be subdivided into smaller Units nor shall such be partitioned either judicially or extra judicially among the co-Owners thereof except by sale of the entire Unit and distribution of the proceeds. 12.3 Residents are not allowed to change the existing lockset of their main and back doors. They may, however, add a second lockset with the same color as the existing one and peephole/eyehole.

12.4 The color of the exterior side of the main and back doors must be maintained to preserve the uniformity of those doors of all Units. The installation of aluminium screen doors, iron grills and the like outside of the Unit is strictly prohibited.

12.5 Any renovation work must strictly adhere to the Owner Fit-Out Guideline, which needs to be obtained by any contractor prior to commencement of any work in the Unit. Renovation work is allowed from Monday to Friday between 9:00 AM to 4:00 PM. No renovation work will be allowed during weekends or public holidays to avoid disturbance to other Residents.

12.6 For further details, please contact Tenant Relations.

# NOTE:

The Building Management shall not be responsible for any damage to Units caused by any renovation work done by contractors in other Units, which may occur later on.



AUGUST 2022 INSIDE

# **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:

- 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.



# **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:

- 1. 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

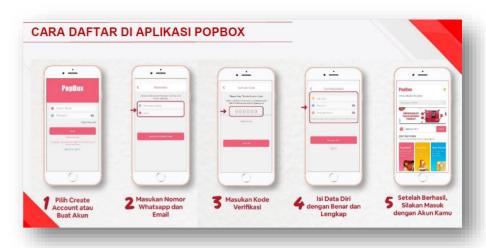
Note: (for large dimensions packages which can not be put into PopBox, the pick up point remains in the Package Room operation hour)

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: <a href="mailto:bit.ly/detailpopbox">bit.ly/detailpopbox</a>

Thank you for your kind attention and



## ZEN GARDEN CLOSED FOR TEMPORARY

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

# **Price List Function Room 2022**

Function Room	Duration	Price	Promo*
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	

INSIDE AUGUST 2022

# "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 refe<u>rences:</u>



# "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



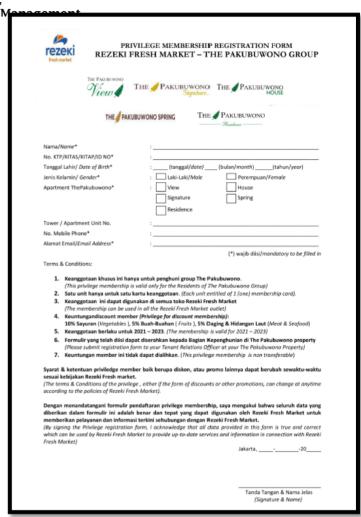
# "Rezeki Privilege Membership Program"

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 M** 



# "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.

Sincerely,

Please join our
FREE class !!

ZUMBA CLASS

sweat together

on Every Thursday
Starting 2nd June 2022
1830 - 1830
At GYMNASIUM 35th Floor
Join Now

For Further Information
Please Contact Tenant Relation Officer

AUGUST 2022 INSIDE

Many factors can interfere with a good night's sleep, from work stress and family responsibilities to illness. It's no wonder that quality sleep is sometimes elusive. You might not be able to control the factors that interfere with your sleep. However, you can adopt habits that encourage better sleep. Start with these simple tips.



"6 Steps to Get Better Sleep"

## 1. Stick to a sleep schedule

Set aside no more than eight hours for sleep. The recommended amount of sleep for a healthy adult is at least seven hours. Most people don't need more than eight hours in bed to be well rested. Go to bed and get up at the same time every day, including weekends. Being consistent reinforces your body's sleepwake cycle.

If you don't fall asleep within about 20 minutes of going to bed, leave your bedroom and do something relaxing. Read or listen to soothing music. Go back to bed when you're tired. Repeat as needed, but continues to maintain your sleep schedule and wake-up time.

- 2. Pay attention to what you eat and drink
  - Don't go to bed hungry or stuffed. In Particular, avoid heavy or large meals within a couple of hours of bedtime. Discomfort might keep you up. Nicotine, caffeine and alcohol deserve caution too. The stimulating effects of niccotine and caffeine take hours to wear off and can interfere with sleep. And even though alcohol might make you feel sleepy at first, it can disrupt sleep later in the night.
- 3. Create a restful environment
  - Keep your room cool, dark and quiet. Exposure to light in the evenings might make it more challenging to fall asleep. Avoid prolonged used of light-emitting screens just before bedtime. Consider using room-darkening shades, earplungs, a fan or other devices to create an environment that suits your needs. Doing calming activities before bedtime, such as taking a bath or using relaxation techniques, might promote better sleep.
- 4. Limit daytime naps
  - Long daytime naps can interfere with nighttime sleep. Limit naps to no more than one hour and avoid napping late in the day. However, if you work nights, you might need to nap late in the day before work to help make up your sleep debt.
- 5. Include physical activity in your daily routine.
- Regular physical activity can promote better sleep. However, avoid being active too close to bedtime. Spending time outside everyday might be helpful too.
- 6. Manage worries
  - Try to resolve your worries or concerns before bedtime. Jot down what's on your mind and then set it aside for tomorrow. Stress management might help. Start with the basics, such as getting organized, setting priorities and delegating tasks. Meditation also can ease anxiety.



INSIDE AUGUST 2022

The immune system consists of organs, calls, tissues, and proteins. Together, these carry out bodily processes that fight pathogens, which are the viruses, bacteria, and foreign bodies that cause infection or disease. When the immune system comes into contact with a pathogen, it triggers an immune response. The immune system releases antibodies, which attach to antigens on the pathogens and kill them. Incorporating specific foods into the diet may strengthen a person's immune response. Here on to discover foods that boost the immune system.

# Recipe

"Best Food for Boosting Immune System"

### 1. Blueberries

Blueberries contain a type of flavonoid called anthocyanin, which has antioxidant properties that can help boost a person's immune system. Researchers found that people who ate foods rich in flabonoids were less likely to get an upper respiratory tract infection, or common cold, than those who did not.

### 2. Dark Chocolate

Dark chocolate contains an antioxidant called theobromine, which may help to boost immune system by protecting the body's cells from free radicals. Free radicals are molecules that the body produces when it breaks down food or comes into contact with pollutants. Free radicals can damage the body's cells and may contribute to disease. Despite its potential benefits, dark chocolate is high in calories and saturated fat, so it is imporatnt to eat it in moderation.

## 3. Tumeric

Tumeric is a yellow spice that many people use in cooking. It is also present in some alternative medicines. Consuming turmeric may improve a person's immune response. This is due to the qualities of curcumin, a compound in turmeric.

### 4. Oily Fish

Salmon, tuna, pilchards, and other oily fish are a rich source of omega-3 fatty acids.

### 5. Broccoli

Broccoli is another source of vitamin C. It also contains potent antioxidants, such as sulforaphane. For these reasons, it is a hood choice of vegetable to eat regularly to support immunr system health.

### 6. Sweet Potatoes

Sweet potatoes are rich in beta carotene, a type of antioxidant that gives the skin of potatoes its orange color. Beta carotene is a source of vitamin A. It helps to make skin healthy and may even provide some protection against skin damage from ultraviolet rays.

### 7. Spinach

Spinach may boost the immune system, as it contains many essential nutrients and antioxidants, including: flavonoids, carotenoids, vitamin C and E.

### 8. Ginger

According to a review, ginger has anti-inflammatory and antioxidative properties and is likely to offer health benefits.

#### 9. Garlic

Garlic is a common home remedy for the prevention of colds and other illness. One review looked at whether taking garlic supplements containing allicin reduced the risk of getting a cold.

### 10. Green Tea

Green tea contains only a small amount of caffeine, so people can enjoy it as an alternative to black tea or coffee. Drinking it may also strengthen the immune system. As with blueberries, green tea contains flavonoidsm which may reduce the risk of cold.

### 11. Kefir

Kefir is a fermented drink that contains live cultures of bacteria that are beneficial for health. Initial research suggests that drinking kefir may boost the immune system. Regular consumption of kefir can help with:

- Fighting bacteria
- Reducing inflammation
- Increasing antioxidant activity

# 12. Sunflower Seeds

Sunflower seeds can make a tasty addition to salads or breakfast bowls. They are rich source of vitamin E, an antioxidant.

# 13. Almonds

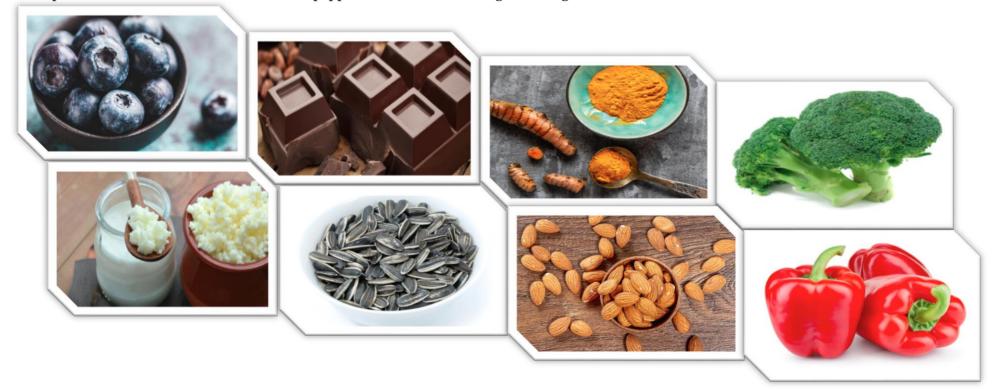
Almonds are another excellent source of vitamin E. They also contain manganese, magnesium and fiber.

# 14. Oranges or Kiwi

Oranges and kiwis are an excellent source of vitamin C, which is the vitamin that many people turn to when they feel a cold developing. The vitamin C may reduce the duration of common cold symptoms and improve the function of the human immune system.

# 15. Red Bell Pepper

For people trying to avoid the sugar in fruitm red bell peppers are an excellent alternative source of vitamin C. Stir-frying and roasting both preserve the nutrient content of red bell peppers better than steaming or boiling.



AUGUST 2022 INSIDE

# Did U Know ?

# "World Photography Day"



World Photography Day also known as World Photo Day is an international celebration focus on photography and its history, that takes place on 19th August every year. On August 19, 1839 the French government purchased patent of the daguerreotype process, the first photography process, and released it to the world for free. In honor of this, World Photography Day is celebrated on August 19.

Currently, World Photography Day aims to inspire photographers around the world to share their own photos with the simple goal of sharing their world with the world.

The idea of a day for photography was first suggested by Indian photographer O.P. Sharma in 1988. As he says in an interview: "... in various publications that documented the history of photography, I came across this date: 19 August 1839. It was recorded as the date on which then French government announced the invention of the 'Daguerreotype' process of photography as a 'free gift to the world'."

Sharma set up about propagating the idea of celebrating World Photography Day within the photography community in India and abroad. The first observance of the day wa in 1991, by the Indian International Photographic Council, founded by Sharma himself. Subsequently, Sharma was able to persuade the Photographic Society of America and the Royal Photographic Society of Great Britain to join in. The request was accepted with the support of others and the day has been celebrated globally since 1991.

World Photography Day is celebrated every year on August 19 as a day to commemorate the importance of cameras and photography in our lives. This day is celebrated by people who love photography, from amateur to professional photographers. Currently, World Photography Day aims to inspire photographers around the world to share their own photos with the simple goal of sharing their world with the world. World Photo Day hosted its first global online gallery on August 19, 2010.

Now, other than exibiting own photos, many, including photography organizations and camera companies are celebrating World Photography Day by conducting events and competetions in photography.

# "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 2<sup>nd</sup>, though it has since been moved to August 7<sup>th</sup> 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 20<sup>th</sup>, 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**<sup>th</sup> as World Friendship Day and finally in 2011, the General Assembly of the United Nations decided to designate the 30<sup>th</sup> of July as the International Day of Friendship; and would proceed to invite all the Member States to obeserve 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 AUGUST 2022





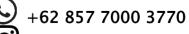
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