



THE PAKUBUWONO HOUSE INSIDE

RSM NOTE



Dear Residents,

Warmest Greetings from The Pakubuwono House!

Welcoming year of 2024 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

Regulation

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 / replacement 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 cooperate 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 Residents, 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 the event 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 several 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 inside or outside the fire stairs.

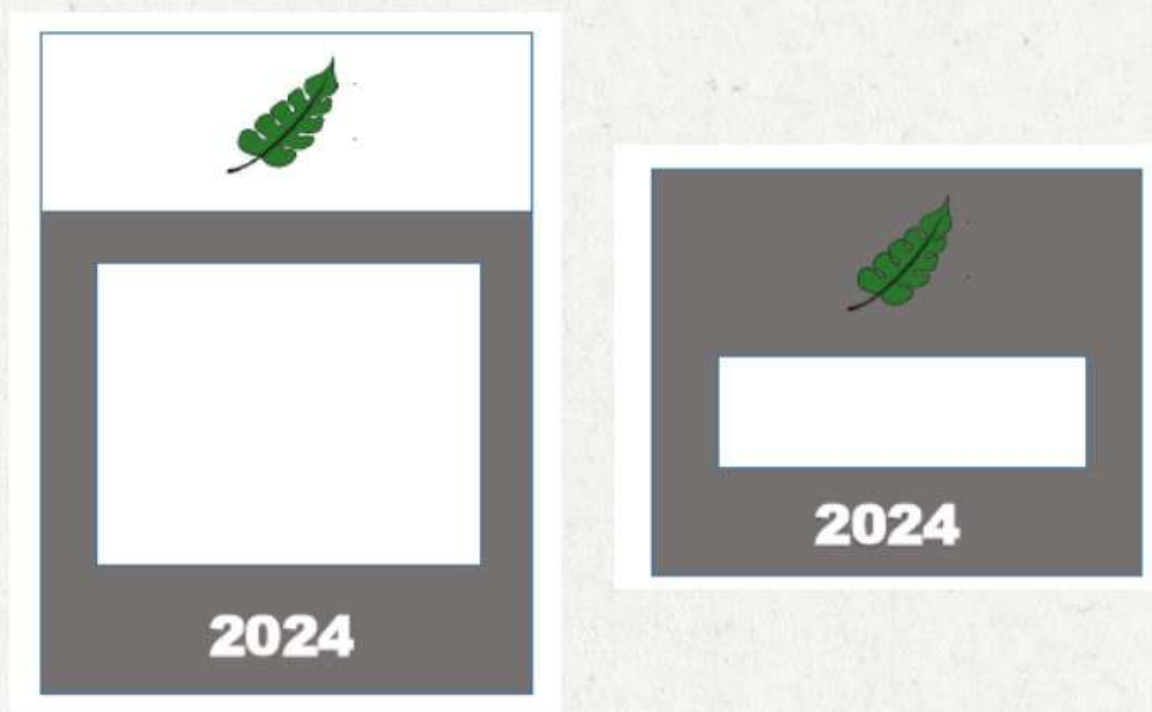
INFORMATION

PARKING STICKER 2024

We would like to send our gratitude to all Residents who already updated the parking sticker 2024. Please be remind to Resident who are not updating the parking sticker 2024 that we will be replacing all parking stickers with one-year validity starting January 2024. We kindly inform you that 2023 parking stickers is already invalid. 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.

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 2023 parking list.

Please submit the completed registration form including the required documents at TRO. 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. Please do not hesitate to contact TRO for further assistance.

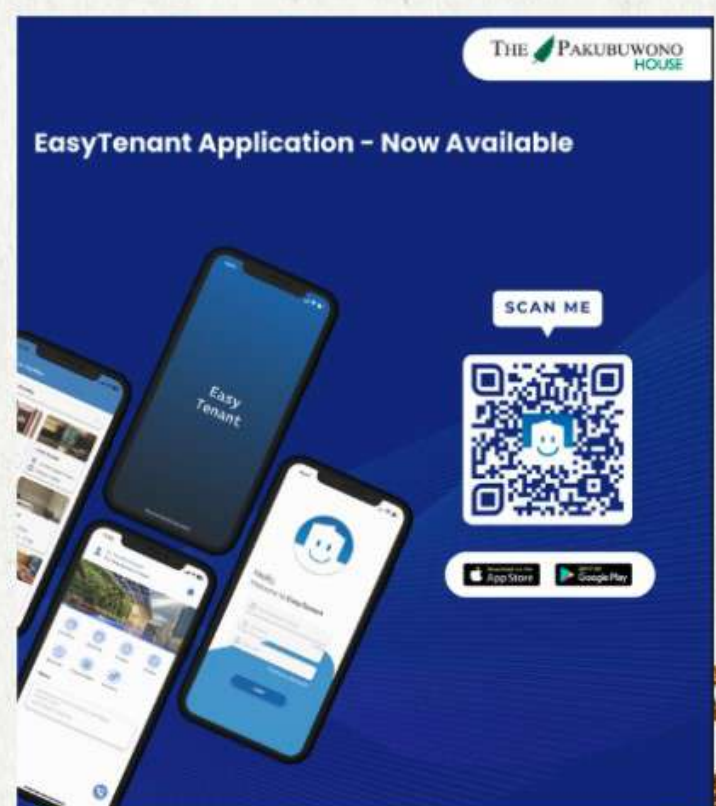


EASYTENANT APPLICATION

We are delighted to introduce our latest technology innovation called Easy Tenant apps. This apps provide Owners and/or Residents with information about billing, rules & regulations, facilities, home appliances and other manuals, as well as news and updates on the apartment premises. It can become a personal concierge at your fingertips where you can book facilities, request services, and many more.

This apps can be downloaded on your mobile device through Google Play Store for Android users or App Store for iOS users. If you have not receive the username & password please do not hesitate to contact TRO for further assistance.

We thank you for your great support and please give it a try!



INFORMATION

HOUSE CLEANING SERVICE

As part of continuous improvement of services for our Residents, please be informed that the pricing for House Cleaning Service effective on December 21st, 2023 as below:

| Housekeeping Services | ROSEWOOD | | TOHO | Notes | | |
|---|----------|-----------|------|-----------|-----------|-------------|
| * Regular Cleaning Daily 30 Times a Month | Rp | 2,700,000 | Rp | 7,250,000 | Per month | |
| * Regular Cleaning 4 Times a Month | Rp | 500,000 | Rp | 1,300,000 | Per month | |
| * Regular Cleaning 8 Times a Month | Rp | 900,000 | Rp | 2,150,000 | Per month | |
| * Regular Cleaning 12 Times a Month | Rp | 1,350,000 | Rp | 3,050,000 | Per month | |
| General Cleaning | Rp | 1,300,000 | Rp | 4,250,000 | Per visit | |
| Man Power Service | Rp | | | | 140,000 | Per mp/2 hr |

| | | | | | |
|--|----|---------|---------|---|---|
| Fit Out Waste Disposal | Rp | | 550,000 | per rit/pick up | |
| Pest Control - Full Treatment | Rp | 200,000 | Rp | 300,000 | Per visit (include monitoring for twice a week) |
| Cold Fogging (Unit Disinfectant) | Rp | 200,000 | Rp | 250,000 | Free charge 1x per month |
| Cold Fogging (Car/Item Disinfectant) | Rp | | 125,000 | | |
| Marble Floor Crystalization | Rp | | 70,000 | Per m2 | |
| Marble Wall Crystalization | Rp | | 90,000 | Per m2 | |
| Small Vanity Table Crystalization (2ND BR) | Rp | | 220,000 | Per pcs | |
| Large Vanity Table Crystalization (MBR) | Rp | | 330,000 | Per pcs | |
| Shampooing Sofa 1 Seater | Rp | | 70,000 | *Per pcs | |
| Shampooing Sofa 2 Seater | Rp | | 135,000 | | |
| Shampooing Sofa 3 Seater | Rp | | 200,000 | | |
| Shampooing Sofa 4 Seater | Rp | | 250,000 | | |
| Shampooing Twin / double Bed (size 120x200) | Rp | | 170,000 | *Man Power service fee (Rp. 140.000) will be applied for any process outside the Unit | |
| Shampooing Queen Bed (size 160x200) | Rp | | 220,000 | | |
| Shampooing King Bed (size 180x200) | Rp | | 250,000 | | |
| Shampooing Super King Bed (size 200x200) | Rp | | 275,000 | | |
| Shampooing Carpet (thick/thin) | Rp | | 40,000 | Per m2 (Do not made by silk/fur) | |
| Cubical Glass Polishing (Bathroom) | Rp | | 220,000 | Per pcs | |
| Set up Scaffolding (including installation and dismantling) | Rp | | 110,000 | Per unit / per day | |



INFORMATION

REMINDER: TO TURN OFF THE WATER TAP

We would like to remind all the Residents to always turn off the water tap on washing machine when it's not used and to check the water tap connection regularly.

This is a prevention for the leakage caused by the water tap on washing machine.

Please contact Tenant Relation Officer for any further information.

We thank you for your kindness cooperation and support regarding this matter.

Standar Hose for washing machine:



NOT Standar Hose for washing machine:



INFORMATION

FUNCTION ROOM PRICE

Please be informed the Function Room price. For any further question and reservation please contact Tenant Relation Officer.

Thank you for your kind attention and cooperation.



Price List Function Room 2024

| Function Room | Duration | Price (IDR) | 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 | 200,000 | |
| 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 | |

Note:
Additional karaoke set per event worth IDR 200,000
*terms and conditions applied

INFORMATION

PENALTY FEE

Please be informed the following Penalty Fees that are effective as at The Pakubuwono House and will be imposed per day/ incident.

For any further question and reservation please contact Tenant Relation Officer.

Thank you for your kind attention and cooperation.



LIST OF PENALTY FEE

| No | Category | Charges |
|----|--|------------------|
| 1 | Hanging laundry/light object at Balcony | IDR 1.000.000,- |
| 2 | Wrong Parking Slot | IDR 1.000.000,- |
| 3 | Pets inside the unit | IDR 1.000.000,- |
| 4 | Throwing anything out off Balcony | IDR 1.000.000,- |
| 5 | Throwing Chemical Liquid/Paint at Floor Drain unit caused Damage environment | IDR 10.000.000,- |
| 6 | Vandalism | IDR 5.000.000,- |
| 7 | Use of Fire Cracker | IDR 10.000.000,- |
| 8 | Vommitted at Public Area caused by intoxicated | IDR 500.000,- |
| 9 | Smoking along the corridors, inside passenger lift or other facility area | IDR 1.000.000,- |
| 10 | Damaged to a part or all parts of any particular lift | Vendor Quotation |
| 11 | Placed, left or kept any kind of private object in the lobby or corridors | IDR 500.000,- |
| 12 | Damaging landscape, plants, grass area and track | Vendor Quotation |
| 13 | Keep the Unit Door Open on purpose | IDR 1.000.000,- |
| 14 | Staff (driver, maid, baby sitter) using passanger lift for mobilization | IDR 1.000.000,- |
| 15 | Other sanctions as determined by the Building Management based on General Restrictions and Limitations | IDR 500.000,- |

INFORMATION

SOS SINGAPORE MEDEVAC

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THE BEST AIR AMBULANCE

Percayakan Kesehatan
Orang Yang Anda Cintai
Pada Kami

TUJUAN

DOMESTIK & INTERNASIONAL

SOLUSI TERPERCAYA UNTUK SEMUA
KEBUTUHAN EVAKUASI MEDIS ANDA

Lebih dari 10 tahun pengalaman kami dalam
Evakuasi Medis dengan Network Luas dan
Terpercaya bagi partner kami.



Air Ambulance / Ambulance Udara

Evakuasi Darurat Menggunakan
Ambulance Udara atau Air Ambulance
(Jet Pribadi)



Escort dengan Pesawat Komersil (Commercial)

Didampingi Tim Medis dan Perlengkapan
Sampai Tujuan dengan Pesawat
Komersial



On Call/Visit Doctor

Membantu anda dengan Dokter
Panggilan atau Datang ke Rumah.



Stretcher

Evakuasi Darurat Menggunakan Pesawat
Komersial (Booking 9-12 Seat)



Land Ambulance

Domestik dan Internasional

CALL US
NOW

0877 8267 1003
0813 1922 3407

ADDRESS

Menara Rajawali lantai 7 unit no 1
Jl Mega Kuningan Barat, Lingk. Mega
Kuningan No. 3 RW 02
Kec. Setiabudi, Jakarta Selatan 12950

www.sossingaporemedevac.com
nonasari@sossingaporemedevac.com

INFORMATION

INTERNET PROVIDER



INTERNET ULTRA SPEED, EXTRA GREGET LENGKAPNYA!

| | STAR VALUE | STAR PRO | STAR PREMIUM |
|--------------------------|--|--|--|
| IDEAL UNTUK 10 PERANGKAT | IDEAL UNTUK 20 PERANGKAT | IDEAL UNTUK 20 PERANGKAT | |
| RESEPTOR INTERNET | UP TO 250 Mbps | UP TO 300 Mbps | UP TO 500 Mbps |
| TV CHANNEL | 207 10 HD 108 SD 1 KK | 207 10 HD 108 SD 1 KK | 228 10 HD 108 SD 1 KK |
| ENTERTAINMENT | BONUS X ONDOPUR+ @ viu HD GO LIONSGATE FLUX | BONUS X ONDOPUR+ @ viu HD GO LIONSGATE FLUX | BONUS X ONDOPUR+ @ viu HD GO LIONSGATE FLUX |
| | Rp 975.000* /Bulan | Rp 1.798.500* /Bulan | Rp 3.106.500* /Bulan |
| | HARGA SETAHUN Rp 8.775.000 Harga Normal Rp 9.775.000 | HARGA SETAHUN Rp 15.975.000 Harga Normal Rp 17.575.000 | — |
| | CASHBACK Rp 50.000** | CASHBACK Rp 100.000** | CASHBACK Rp 200.000** |
| | UPGRADE ROUTER DUAL BAND | UPGRADE ROUTER DUAL BAND | UPGRADE ROUTER SUPER WIFI |


BONUS

CASHBACK HINGGA
Rp 2.4 JUTA

UPGRADE
PERANGKAT
ROUTER DUAL BAND/SUPER WIFI

BEBAS AKSES
SEMUA
TV CHANNEL
SELAMA 1 BULAN

CLOUD
STORAGE
20 GB
SELAMA 12 BULAN



INTERNET SUPER SATSET, SUPER LENGKAP TAYANGANNYA

| | JDY VALUE | JDY PRO | JDY PREMIUM |
|-----------------------------|--|--|--|
| IDEAL UNTUK 1 - 5 PERANGKAT | IDEAL UNTUK 1 - 8 PERANGKAT | IDEAL UNTUK 9 - 15 PERANGKAT | |
| RESEPTOR IN TUBES | UP TO 50 Mbps | UP TO 100 Mbps | UP TO 175 Mbps |
| TV CHANNEL | 84 10 HD 40 SD | 84 10 HD 40 SD | 184 10 HD 40 SD 1 KK |
| ENTERTAINMENT | X | X | X |
| | Rp 340.000* /Bulan | Rp 415.000* /Bulan | Rp 665.000* /Bulan |
| | HARGA SETAHUN Rp 3.075.000 Harga Normal Rp 3.655.000 | HARGA SETAHUN Rp 3.775.000 Harga Normal Rp 5.555.000 | HARGA SETAHUN Rp 5.975.000 Harga Normal Rp 8.207.000 |
| | CASHBACK Rp 15.000** | CASHBACK Rp 25.000** | CASHBACK Rp 35.000** |
| | SET TOP BOX HIGH DEFINITION | SET TOP BOX HIGH DEFINITION | SMARTBOX X1 4K |

BONUS

CASHBACK HINGGA
Rp 420 RIBU

BEBAS AKSES
SEMUA
TV CHANNEL
SELAMA 1 BULAN

CLOUD
STORAGE
20 GB
SELAMA 12 BULAN

INFORMATION

INTERNET PROVIDER



ABSOLUTELY UNLIMITED

Experience the new faster connection up to **1Gbps**

| | | | | |
|------------------------|------------------|--------------------------------|---|-----------------------|
| BEST SELLER | FIBER 100 | up to 100 Mbps Internet | Dens.TV+ Lite Vision+ Premium Sports | Rp. 429 ribu |
| BEST EXPERIENCE | FIBER 250 | up to 250 Mbps Internet | Dens.TV Android Box Dens.TV+ Premium Vision+ Premium Sports | Rp. 799 ribu |
| | FIBER 500 | up to 500 Mbps Internet | Dens.TV Android Box Dens.TV+ Premium Vision+ Premium Sports | Rp. 1.399 ribu |
| | FIBER 1G | up to 1Gbps Internet | Dens.TV Android Box Dens.TV+ Premium Vision+ Premium Sports | Rp. 3.999 ribu |

 100% Fiber-Optik

 Koneksi Internet Simetri 1:1

 Multi-Device Entertainment

Channel Dens.TV+ hanya dapat diakses melalui Dens.TV Android Box | Biaya instalasi Rp. 50.000 untuk setiap pemasangan rumah | Biaya instalasi Rp. 500.000 untuk pemasangan pertama berlaku di area tertentu | Harga paket belum termasuk PPN 11% | Harga paket belum termasuk biaya aktivasi untuk di akses kembali | Paket akan di hentikan akses di akses kembali | Paket hanya berlaku bagi pelanggan baru dan diberikan satu kali pakai selang-selingan | Channel Dens.TV+ dapat diakses melalui mobile

VISION



VISION PREMIUM SPORTS

Rp. **25.000**...

Dapat diakses dimana saja & kapan saja | Akses hingga 3 gawai melalui browser, aplikasi mobile dan aplikasi TV Android | 50+ Channel Premium berkualitas HD | 30+ channel FTA | 5 channel sport | V+ Originals | Download To Go | Catch up TV | Games | e-Book & Novel

DENS.TV



DENS.TV ANDROID BOX

Rp. **45.000**...

Android Box berkualitas HD | Dolby Digital Plus | Dukungan Video Kualitas 4K | 7+ channel in-house | 42+ Channel Lokal & Internasional | Video-On-Demand | Catch up TV | Social TV | Podcast

HOME ENTERTAINMENT



DENS.TV PREMIUM

Rp. **10.000**...

Dapat diakses dimana saja & kapan saja | Akses hingga 4 gawai melalui browser dan aplikasi mobile

ON DEMAND

Nikmati konten-konten pilihan favorit kamu :



Rp. **15.000**/bulan



Rp. **10.000**/bulan



Rp. **25.000**/bulan



Rp. **25.000**/bulan

Enhance Your Home Broadband Experience



Linksys EA8300

Rp. **1.500.000**



TP-LINK DECO M4

Rp. **1.400.000**



Linksys E9600

Rp. **699.000**



TP-LINK EN025-FE

Rp. **169.000**



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Activities At The Pakubuwono House

"ANNUAL FIRE & EVACUATION DRILL"

The Fire & Evacuation drill was happened on 15 December 2023. This activity allows 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.

Building Management always concerned about the safety of Residents and Staff. We continue this type of practice regularly.

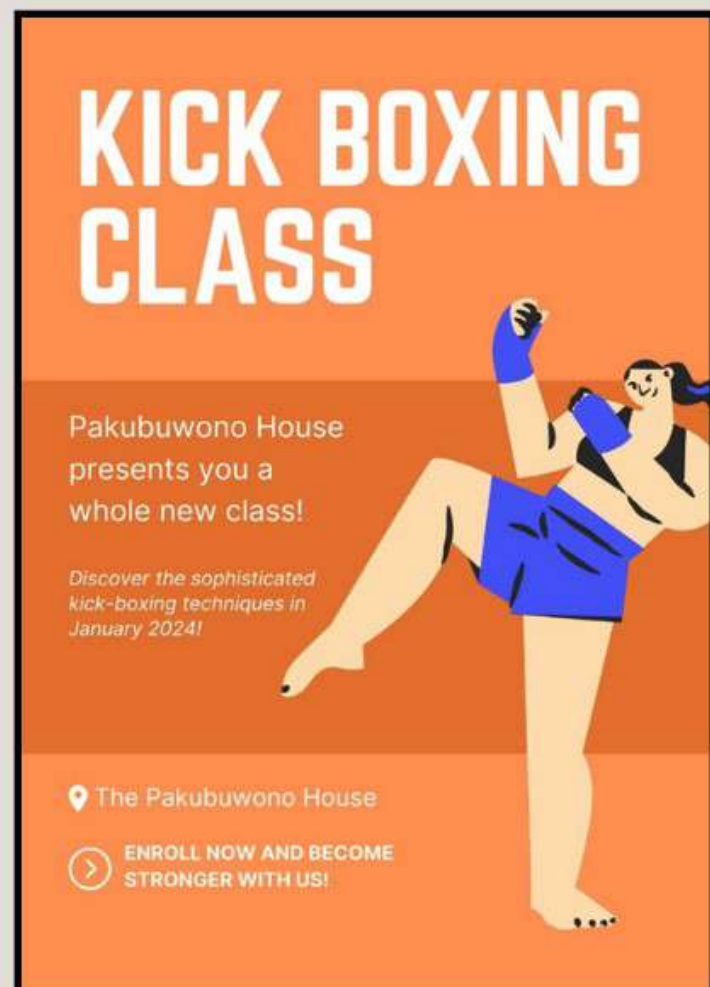


"KICK BOXING CLASS"

Ready to get sweat and energizing!
Welcoming our new class for FREE.
Discover the sophisticated kick boxing
technique on January 2024.

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

Sincerely,
Building Management



Activities At The Pakubuwono House

" TAEKWONDO CLASS FOR KIDS"

Please join our Taekwondo Class (FREE) for kids 3-6 years old on every Friday at 15:30 - 16:30 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,

Building Management



THE  PAKUBUWONO
HOUSE

 **TAEKWONDO
CLASS FOR KIDS**
3-6 YEARS OLD



**COME AND
JOIN US!**

**EVERY FRIDAY
16.00-17.00
AT AEROBIC ROOM**

***LIMITED PARTICIPANTS ONLY**
FOR REGISTRATION CONTACT TENANT RELATION OFFICER

TIPS & TRICKS

Tips to Rise and Shine for Morning Routine

Each morning that dawns offers a new opportunity to take charge of the day and make it yours. If you're a morning person, that is. Not a morning person? Well, suffice it to say that you probably don't sit up and stretch after waking naturally from a full night of refreshing sleep.

Instead, you might groan at your alarm and smack the snooze button a few times. When you finally drag yourself out from under your cozy duvet, you blearily wander from room to room, gulping coffee as you try to wake up, wondering how it could possibly be so late already. But even if you're a diehard night owl, you can learn to make your mornings more productive and refreshing.

These tips can help you get out of bed and face the day with a little more enthusiasm.

- Set your alarm for success

Shaking off that lingering morning grogginess, or sleep inertia, may be as simple as updating your old-fashioned buzzer alarm to a more melodic tone. Based on research on 2020 suggests waking up to a melodic alarm (pop song), rhythmic instrumental tune, or natural sounds like birdsong (may help wake you gently instead of jarring you abruptly from dreamland). Older research support this, nothing that preferred music can help reduce grogginess after napping. In other words, choosing an alarm tone you actually like may have the most benefit. So, take a few moments to evaluate your phone's alarm ringtone options and find your favorite cheerful melody. You'll thank yourself in the morning.

- Let the light in

Natural light is a major player in your morning routine, whether you realize it or not. Sunlight helps "wind up" your internal clock. Facing the bright light of day first thing in the morning can help your body realize it's time to wake up, leaving you more alert before you've even approached the coffee pot.

- Wash your face

Splashing some cool or lukewarm water on your face can refresh tired eyes and make for an invigorating wake up call. It may not be strictly necessary to give your face a full wash in the morning, especially if you do a multi-step skin care routine at night or have very dry or sensitive skin.

TIPS & TRICKS

- Eat a nutritious breakfast

Starting your day with a balanced, protein-packed breakfast doesn't just fill your empty stomach. It also energizes you and provides fuel for the day ahead. Breakfast isn't an absolute must, but it can give your morning a satisfying boost, especially if you opt for ingredients like whole grains, whole fruits and vegetables, and proteins like eggs or plain youghurt. And don't forget to stay hydrated. A balanced breakfast can also include coffee or green or black tea, along with a glass of plain water. Try taking a mindful moment or two savor your morning beverage of choice slowly instead of gulping it down as you rush to get ready.

- Move your body

Stretching in the morning can help ease tightness in your muscles and leave you feeling more limber and alert instead of tense and sluggish. Morning exercise may not feel quite as instinctive as that early morning stretch, but it offer benefits, too. Physical activity can increase blood flow throughout your brain and body, energizing you and improving cardiovascular health. Exercise in the morning may also boost important brain functions like decision making, working memory and attention.

- Tackle a few chores

Chores may not be all that exciting. But taking care of a few simple tasks in the morning can help you start your day with a sense of productivity, a feeling that can follow you into the day and jump start your motivation to handle other important responsibilities. Plus, you'll thank yourself later in the day. You may try to make your bed, wash your breakfast dishes, unload the dishwasher, toss in a load of laundry, etc.

- Meditate or journal

While meditation can offer benefits at any time of a day, starting a morning meditation practice can help you clear your mind, collect your thoughts, and set a mindful intention for the day ahead.

Many people find meditation particularly helpful for decreasing stress and easing feelings of anxiety. Meditation can boost self-kindness, so it can make a big difference if you often find that morning worries and frustrations set a negative tone for your day. Meditation doesn't work for everyone, so if you don't find it helpful, there's no need to force it.

TIPS & TRICKS

- Make a to do list

Jotting down essential tasks, returning overdue library books, revising your project outline, and picking up ingredients for dinner, first thing in the morning can help you keep track of everything you need to handle at home or at work. It serves another purpose, too, it helps you prioritize your responsibilities and gives you a clearer idea of what items are better suited for tomorrow's to do list, keeping your workload more manageable and reducing feelings of overwhelm. To do list come with a built in bonus. Writing down a tasks gives you a paper (or electronic) reminder, so you don't have to keep reminding yourself to take care of it.

- Do something you enjoy

You don't have to limit your morning routine to preparation and productivity. Setting aside some time for things you really, truly enjoy can help make mornings something to anticipate instead of dread. Certainly, practices like meditation, yoga, and journaling can eventually become enjoyable, even if you don't love them from start. Still, it's worth dedicating a portion of your morning to a hobby something you do purely for fun. For example: play a video game, read a book, etc.

- Connect with loved ones

When it comes to keeping in touch with friends and family, you have the best of intentions. By the end of the day, though you are generally so drained you can't bear the thought of a conversation, even with your nearest and dearest. All you want to do is unwind, alone, to the tune of silence. It's nothing to feel guilty about. Everyone needs alone time, after all, and not getting enough of it can leave you frustrated and burnt out. Making an effort to reach out in different ways, or at different times of day, could have a positive impact on your relationships. Starting your day with a phone call, cup of coffee, or morning walk with a loved one can boost feelings of connection and improve your mood.



TIPS & TRICKS

"MINT CHIA SEED LIMEADE"

Milk, tea, coffee, fruit smoothie, repeat. Are you bored with the same old drinks and same old flavors that you keep on ordering or making again and again? Well, it's time to be a little more adventurous at home and try out these unique drink recipes.

Start your day right with this fresh beverage. Stir up this invigorating lime concoction that is sweet, chilly, and a unique texture all in one glass. This recipe serves up to 8 people.

Ingredients:

- 6 cups water
- $\frac{1}{4}$ cup chia seeds
- $\frac{1}{3}$ cup freshly squeezed lime juices (2-4 limes)
- $\frac{1}{3}$ cup raw organic honey
- Handful mint leaves, about $\frac{1}{4}$ cup

Instructions:

- In a pitcher, add chia seeds to water. Stir and let sit for about an hour so the chia seeds can gel.
- Combine lime juice, honey and mint leaves in a blender until pureed.
- Once the chia seeds have gelled in the water, add in the lime honey mint mixture and stir to combine.
- Serve chilled, it is normal for the chia seeds and water to separate, so give it a quick stir before pouring and drinking.
- It can be stored in the fridge for 2-3 days.



Did you know?

“Kakizome: The First Writing of A Year”



Out with the old and in with the new. There are many celebrations going during the New Year's holiday. Besides that, the beginning of the year is a perfect time to decide what we want to accomplish for that year. Spend more time with your family? Learn a foreign language? Travel more? Advance in your career? Run a marathon?

New Year Resolution

Whatever it may be, there is proven evidence that if you write down your resolution on a piece of paper you're more likely to achieve that goal. Japanese people have known this phenomenon for a long time since they have a special custom of writing their New Year's resolution with a calligraphy brush on the 2nd of January. This tradition is known as Kakizome: the first writing of a year.

What is the importance of kakizome: then and now

In the distant past, Kakizome used to be practiced only among imperial household members. But thanks to temple schools and literary education, this tradition became popular among common people during the Edo period. Nowadays, Kakizome is a favored New Year activity among the young and old alike. In fact, it is an exciting that all can enjoy at the beginning of the year.

There is a phrase often used in the world of Japanese calligraphy: Sho Ha Hito Nari (calligraphy reveals personality). This notion is quite common among Japanese people and contributes to a strong emphasis on having beautiful handwriting.

Calligraphy is a mandatory subject in elementary school, where Japanese kids learn not only how to write letters beautifully, but also the correct writing posture and ways to hold and maintain brushes properly. Quite often, teachers assign kids to do Kakizome over the New Year holiday.

Did you know?

The practice of calligraphy is not in vain since there are many opportunities to show your handwriting skills. For example, many Japanese companies still require handwritten resumes from job applicants. Beautiful handwritten resumes almost always give a good impression, so job-hunters put great care in it. Of course, potential employers then scrutinize those same documents with equal zeal.

Some popular auspicious words such as: Hope, Peace, Dream, Journey, Happiness

The spirituality of kakizome

Kakizome was, and still is, a special ritual where people clear their mind and focus on expressing their determination using beautiful lettering. To prepare for Kakizome, one has to get a fresh watermelon, pour it into a square basin, grind charcoal gently until its fresh scent wafts into the air. After preparation, he or she dips the tip of the calligraphy brush into a pool of fresh ink then makes a steady stroke. The writer consciously considers every line, dot, stroke and stop, and the ritual becomes a form of meditation.

Even if you don't own a calligraphy brush, don't worry. That's because affordable calligraphy pens are available at any stationary store in Japan. Truly, anyone can join along and set themselves up for success by participating in kakizome.

When you finish your Kakizome, hang it on the wall. The bold strokes on a piece of pristine white paper might give you the determination and will to accomplish your New Year's resolution. Or perhaps it's just a beautiful piece of art to look at. Either way, it is a great piece of Japanese culture to keep with you.

A New Year marks a new beginning. Hope it brings you lots of joy and success.

Did you know?

“Global Family Day”



Celebrated every year on January 1, Global Family Day starts the new year with a positive message of unity to the world. Cultures and religions across the world may be different but, the truth is, all of mankind is a large family that can survive and succeed only if united. And yes, this is a goal that can be achieved – all that is required is spreading the message of peace and unity.

Global Family Day, also known as World Peace Day, is celebrated every year to promote the concept of harmony and unity in the world. Furthermore, it emphasizes the idea of the world as a global village in which we are all family, regardless of citizenship, borders, or race.

It all started in 1997 when the United Nations General Assembly launched the International Decade for the Culture of Peace and Non-Violence for the Children of the World as of the first day of the new millennium. Linda Grover was a key figure in promoting this in the U.S and other efforts to promote it included books such as “One Day in Peace – January 1, 2000.” This book revolved around the concept of a day in the future where there is only peace and no war.

However, this was just the beginning of a new peaceful world and, in 1999, all UN member states received an invitation to formally dedicate the first day of that particular year to develop strategies towards peacebuilding. Seeing the positive impact of the day, Global Family Day was declared an annual event by the UN in 2001.

Jakarta's Event
on January
2024



Jakarta's Event
on January

2024

NCT 127 3RD TOUR
THE UNITY

INDONESIA ARENA - SENAYAN
2024.01.13 (SAT) 7PM 2024.01.14 (SUN) 2PM
NEO CITY: JAKARTA

SM ENTERTAINMENT

DREAM MAKER ENTERTAINMENT LIMITED

DYANDRA GLOBAL ENTERTAINMENT

Jakarta's Event on January 2024



HSBC **BWF**
World Tour
Super 500

DAIHATSU

INDONESIA MASTERS 2024

Istora Senayan - Jakarta
23 - 28 Januari 2024

Light you up  **DAIHATSU**

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