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CAPITAL PLACE NEWSLETTER

The Official Newsletter of Capital Place Jakarta

CHINESE NEW YEAR CELEBRATION WITH CAPITAL PLACE



Welcoming the Wood Dragon Year, Capital Place Management celebrates Chinese New Year with lion dance performances and distributing oranges to tenants.

We would like to thank all tenants who have participated and enlivened the Capital Place Chinese New Year Celebration on 5 February 2024.

May the Year of the Dragon be filled with abundance of good fortune, boundless happiness and prosperity.

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Ramadan Kareem



The holy month of the Ramadan is the ninth month of the Muslim calendar and one of the most sacred times for Muslims. It is the month in which it is believed that the Holy Qur'an was sent down from heaven as a guidance for Muslim, a declaration of direction and a means of salvation.

As we recognize and practice the true meaning of Ramadhan, it is an opportunity for us to contemplate our thoughts, our actions and our values which makes the Holy Month the most precious in the calendar, where we forgive and seek forgiveness through fasting and praying.

On the occasion of the Holy Month, Capital Place Management wish you Happy Ramadan. May your heart be filled with courage and generosity that will bring you closer to the victory.

Happy Ramadhan Fasting!

TIPS FOR HEALTHY RAMADAN FASTING

Fasting during the month of Ramadan is as much a mental exercise as it is a physical one. Although we may differ in how we prepare our minds and bodies, here are some tips that can help Muslims adjust to the daily fast:



1. STAY HYDRATED

Try drinking fluid several times throughout the night, even if you aren't feeling too thirsty—thirst is a signal that your body is already dehydrated. Choose fluids that don't contain caffeine, because caffeinated drinks can be dehydrating. Remember, breaking your fast at iftar (the evening meal after sunset) with water not only is traditional, it ensures that you get the best source of hydration into your body before becoming distracted with food.

But, be careful and don't go overboard with drinking too much at one time. Try to drink a few gallons all at once can dilute your body's electrolytes, inducing a potentially fatal condition called water intoxication.

2. VARIETY IS THE SPICE OF LIFE

Eat a variety of foods during the evening. Now, more than ever, your body needs good nourishment to compensate for the stress of fasting. Whole grains, vegetables, fruits, lean protein, healthy fat (fat from plants, like olive oil and nuts)—all of these are important to give your body all the nutrients it needs.



3. PORTION SIZE IS IMPORTANT

It takes the body about 20 minutes to register that it's had enough to eat. So don't go overboard with eating during iftar. Eating mindfully and listening for when your hunger is actually satisfied puts less stress on your body and gives you more energy than eating huge amounts at one time.

TIPS FOR HEALTHY **RAMADAN** FASTING

4. KEEP MOVING

Though fasting can be physically exhausting, try not to be completely sedentary. If you typically work out during the morning, see how your body feels if you switch exercise to the evening after breaking your fast. Strenuous exercise is not a good idea during the day because you can quickly become dehydrated. Take small or short easy walks (to classes or doing errands) or a few stretches can go a long way in keeping your energy up during the day.



5. A FEW SECRETS TO A SUCCESSFUL SEHRI (PRE-SUNRISE MEAL)

Together, the components of a balanced meal help your blood sugar remain most stable, which gives you good energy. Some of the elements to include in your sehri:

- Whole grains—sources include whole grain cereal, whole grain bread, brown rice and oatmeal.
- Fresh fruits and vegetables—check out the produce section for dozens of ideas!
- Protein—sources include milk, yogurt, eggs, nuts.
- Healthy fat—sources are nuts and olives.

Try these easy combinations in addition to drinking water during sehri:

- Oatmeal made with low-fat milk and topped with fruit and nuts.
- A bowl of whole-grain cereal and low-fat milk, topped with fruit and nuts.
- A piece of whole-grain toast, a boiled egg and a piece of fruit.
- A peanut butter sandwich on whole grain bread and a glass of low-fat milk.

6. FIND WHAT WORKS FOR YOU

Depending on your sleeping schedule, you may want to experiment with how often and when you eat to keep your energy up. Which brings me to a (somewhat obvious) point...



7. TRUST HOW YOUR BODY FEELS

Every person is individual and may feel best with different ways of eating. If you're having trouble with fasting and these tips don't work for you, talk with a dietitian or other healthcare provider to get more specific advice based on your situation*. And last, but not least...

8. CELEBRATE!

This is the most joyous month of the year! Enjoy meals with others, exercise good will and be patient with your body and with others.



Source: https://voi.id/en/lifestyle/30461#google_vignette

6 MOST POPULAR INDONESIA IFTAR MENUS

Wherever you go in this fasting month, throughout the archipelago, you'll definitely find these delicious foods that make you impatient to try the mouth-watering dishes after a long fasting day. Check out the 6 popular Indonesia iftar menus and keep up your fasting spirit by having them on the table for your break-fasting time!



KOLAK

They say iftar starts well with sweet foods. Apart from the syrup advertisement that we often see on Indonesian TV commercials, kolak is a type of food that often indicates the arrival of Ramadan. When you hear the word "kolak", surely the first thing that comes to mind is Ramadan, right?

In Indonesia, this coconut milk-based dessert has many variations. However, in almost all regions of Indonesia, bananas have always been a mainstay in creating a delicious taste of kolak. Nevertheless, you can also vary your favorite kolak filling with jackfruit or cassava for a different taste!



ES PISANG IJO (CHILLED GREEN BANANA)

Not only in Ramadan but chilled green banana or commonly known in Indonesia as es pisang ijo is quite easy to find at any time. However, you can find plenty of sellers during Ramadan as an iftar dessert. Chilled green banana is one of the iftar menus from Makassar which has become a special food for breaking the fast in various regions in Indonesia.

Imagine having this after a long exhausted fasting day... The freshness presented by this chilled green banana, the softness of the banana wrapped in green flour skin, and the sweetness that directly goes to your tongue will certainly make your iftar tastes better. So yummy!



ES BUAH (CHILLED FRUIT)

Whether you are at home, at the market, or even at the office, the name es buah or chilled fruit will always be a popular favorite iftar menu when Ramadan arrives. With various types of fruit in it, this es buah menu can really bring back the freshness that was lost throughout the day. Especially when you add syrup and condensed milk, this iftar dessert is sure to wet your appetite!

6 MOST POPULAR INDONESIA IFTAR MENUS

FRITTERS AND OTHER MARKET SNACKS

Indonesia has a lot of fried foods or fritters that often be sold by street food vendors. This menu is popular as an iftar snack too, the first aid to treat hunger! Fried food always becomes a side dish that is never left behind, aside from a unique takjil menu from various regions in Indonesia. Along with other market snacks such as lontong and lempeng, fried food has successfully become one of the popular iftar menus that is easy to grab and quite light to eat. We're pretty sure you can't resist these fried foods during Ramadan!



ES KELAPA MUDA (CHILLED YOUNG COCONUT)

You could say es kelapa muda or chilled young coconut is a simple menu but can treat the thirst you feel after a day of fasting. This drink is made from water and young coconut meat and sometimes added with some other ingredients, such as syrup or liquid sugar for people who love sweetness. Apart from being a thirst cooler, in fact, young coconut ice also has many other benefits. For instance, to replace body fluids, clean toxins in the body and to nourish the skin. So when someone offers you to drink chilled young coconut, don't refuse because it will do much to your body!



DATES

Everyone knows that dates are a fruit from the Middle East and always become a must-have iftar menu in Ramadan. You can buy dates in the nearest supermarkets since they usually have lots of stocks when Ramadan is approaching. Its sweet taste makes this fruit suitable for a starter of the iftar menu. Just take two of them and be accompanied with a glass of water. It will surely make the body refreshed and cure your thirst and hunger!



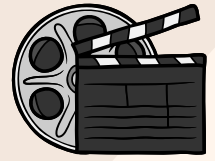
Source : <https://blog.tiket.com/en/indonesias-favorite-iftar-menu/>

WHAT'S IN THE MOVIE?

-MARCH 2024-



KUNGFU PANDA 4



Po must train a new warrior when he's chosen to become the spiritual leader of the Valley of Peace. However, when a powerful shape-shifting sorceress sets her eyes on his Staff of Wisdom, he suddenly realizes he's going to need some help. Teaming up with a quick-witted corsac fox, Po soon discovers that heroes can be found in the most unexpected places.

Kungfu Panda 4 will be released on 8 March 2024 in Cinemas

DUNE 2

Paul Atreides unites with Chani and the Fremen while seeking revenge against the conspirators who destroyed his family. Facing a choice between the love of his life and the fate of the universe, he must prevent a terrible future only he can foresee. Dune 2 will be released on 13 March 2024 in Cinemas

