

VOL. 55 · OCTOBER 2025

# CAPITAL PLACE NEWSLETTER

The Official Newsletter of Capital Place Jakarta



Palang  
Merah  
Indonesia

PROVINSI  
DKI JAKARTA

## BLOOD DONATION

**A Drop of Kindness, A Lifetime of Hope!**

Capital Place is proud to host a Blood Donation Drive, inviting all tenants to take part in this meaningful initiative.

Donating blood is one of the simplest yet most powerful ways to make a difference each donation has the potential to save up to three lives. By joining this event, you are not only contributing to the health and well-being of those in need, but also fostering a stronger spirit of community and compassion within our workplace.

Let us come together and share the gift of life. Your contribution, no matter how small it may seem, can mean the world to someone else.

**DONATE**



**30 OCTOBER, 2025**

11:00 – FINISH



**CAPITAL PLACE, LEVEL 5**

Please contact **Capital Place Concierge** for further information and registration



**+62 21 2277-5959**



## OCTOBER 2025

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# LUNCH SPOTS AT CAPITAL PLACE CANTEEN

If you're looking for a quick, affordable, and satisfying lunch right within the building, the **Capital Place Canteen B2** is a spot you shouldn't miss.



## 1. SOTO AYAM CAK SAN

One of the most popular stalls in the canteen, serving Surabayan chicken soup (Soto Ayam) and a variety of penyet dishes like chicken or fish. Delicious flavors at a pocket-friendly price!



## 2. BUMBU MANADO

If you're in the mood for bold flavors, stop by this stall for authentic Manado cuisine that will surely whet your appetite.



## 3. PECEL & RAWON BERKAH

For a simple yet tasty choice, try their pecel a comforting Javanese salad with peanut sauce or enjoy a hearty bowl of rawon, a traditional beef soup.



With so many options, there's always something to satisfy your lunch cravings at **Capital Place Canteen B2!**

# NATIONAL BATIK DAY

02 OCTOBER 2025

Every year on October 2nd, Indonesia proudly celebrates National Batik Day, honoring batik as one of the nation's greatest cultural heritages.

Recognized by UNESCO in 2009 as a Masterpiece of Oral and Intangible Heritage of Humanity, batik is more than just fabric; it represents tradition, creativity, and identity.

From formal occasions to casual Fridays, batik has become a versatile fashion choice for Indonesians of all ages. Each motif carries meaning, from symbols of prosperity and harmony to designs representing nature and philosophy.

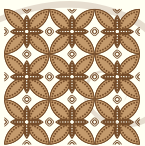
## THE ORIGINS AND PHILOSOPHY OF BATIK

Batik is one of Indonesia's most treasured cultural heritages and was officially recognized by UNESCO in 2009 as a Masterpiece of Oral and Intangible Heritage of Humanity.

The word batik comes from the Javanese words *amba* (to write) and *titik* (dot), reflecting the traditional technique of drawing intricate patterns on cloth using hot wax. This centuries-old art form was originally reserved for nobility and important ceremonies, where each motif carried deep meanings about life, nature, and spirituality.



**Parang Motif:** Symbolizes strength, courage, and the continuous effort to improve oneself.



**Kawung Motif:** Represents purity and honesty, often used during important rituals.



**Mega Mendung Motif:** Inspired by clouds, symbolizing patience and wisdom.

More than just fashion, batik reflects Indonesia's philosophy of harmony, balance, and respect for tradition values that continue to inspire generations today.



# EARLY RAINY SEASON: INDONESIA FACES AN UNUSUALLY EARLY DELUGE



This year, Indonesia's rainy season has arrived earlier than expected. According to the Meteorology, Climatology, and Geophysics Agency (BMKG), rainfall began as early as August 2025, ahead of the usual seasonal schedule. The rainy season is expected to last until April 2026, with several regions, including Jakarta, experiencing higher-than-average rainfall.

Phenomena such as La Niña and a negative Indian Ocean Dipole (IOD) have contributed to this early onset, bringing increased moisture and triggering wetter conditions across the archipelago.

In Jakarta, residents can expect frequent afternoon showers and elevated humidity levels, along with potential hydrometeorological risks such as flooding and waterlogging in low-lying areas. BMKG also warns of possible heavy rains in certain periods, especially towards the peak of the season between November 2025 and February 2026.



# TIPS TO STAY SAFE AND COMFORTABLE DURING THE RAINY SEASON



Always carry an umbrella or raincoat, sudden showers can come at any time.



Wear non slip shoes to avoid slipping on wet surfaces.



Keep a spare outfit at work or in your bag in case you get caught in heavy rain.



Leave home a little earlier , traffic tends to slow down during wet weather.



Protect your health by drinking enough water, eating nutritious food, and getting enough rest.



Clear drains and gutters at home to prevent waterlogging or flooding.



Stay updated with BMKG forecasts to anticipate extreme weather conditions.

**Let's face this early rainy season informed and ready – together, we build a resilient community.**

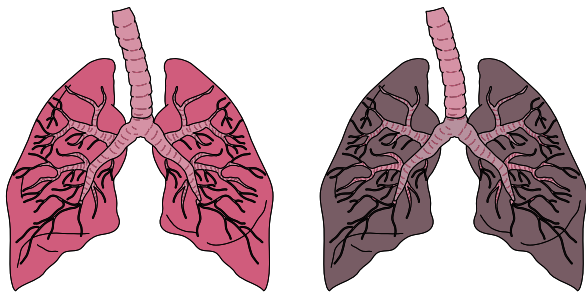


# HAZARDS OF SMOKING

BY RISKA OKTAVIANA - CHIEF HSE



Smoking remains one of the leading causes of preventable disease and death worldwide. It affects nearly every organ in the body and harms both smokers and those exposed to secondhand smoke. Understanding the dangers of smoking is the first step toward protecting your health and creating a safer workplace environment.



## HEALTH RISKS OF SMOKING

- Damages the lungs, causing chronic cough, COPD, and lung cancer.
- Increases risk of heart disease, stroke, and poor circulation.
- Linked to many types of cancer: lungs, mouth, throat, pancreas, bladder, and more.
- Weakens the immune system, slows recovery, and worsens infections.
- Physical effects include wrinkles, stained teeth, and unpleasant odor.

## SECONDHAND SMOKE

**Non-smokers are also at risk:**

- Can cause heart disease, lung cancer, and breathing problems.
- Children exposed are more likely to develop asthma, bronchitis, or pneumonia.



## PREVENTION & GOOD PRACTICES

- Use only designated smoking areas.
- Keep indoor spaces clean and smoke-free.
- Seek help if you want to reduce or quit smoking.
- Support colleagues by respecting smoke-free workplace rules.

**STAY HEALTHY, STAY SAFE!**



# WHAT'S IN THE MOVIE ?



## RANGGA & CINTA

Rangga & Cinta is a 2025 Indonesian teen musical film directed by Riri Riza, reimagining the iconic 2002 classic “What’s Up with Love?” by Rudi Soedjarwo.

This modern rebirth introduces fresh talents El Putra Sarira and Leya Princy in their feature film debuts, bringing a new spark to the beloved characters Rangga and Cinta.

Blending heartfelt storytelling with vibrant musical numbers, the film explores love, youth, and the challenges of growing up in today’s world – making it a must-watch for both long-time fans and a new generation of viewers.

## TRON ARES

Mankind encounters AI beings for the first time when a highly sophisticated program, Ares, escapes the digital world and enters reality for a dangerous mission.

Blending thrilling action with thought-provoking questions about technology and humanity, Ares takes audiences on a journey where the line between man and machine is blurred. It’s a must-watch for sci-fi lovers and anyone curious about the future of AI.

