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CAPITAL PLACE NEWSLETTER

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Labor Day: Honoring **Blue-Collar** and **White-Collar** Workers

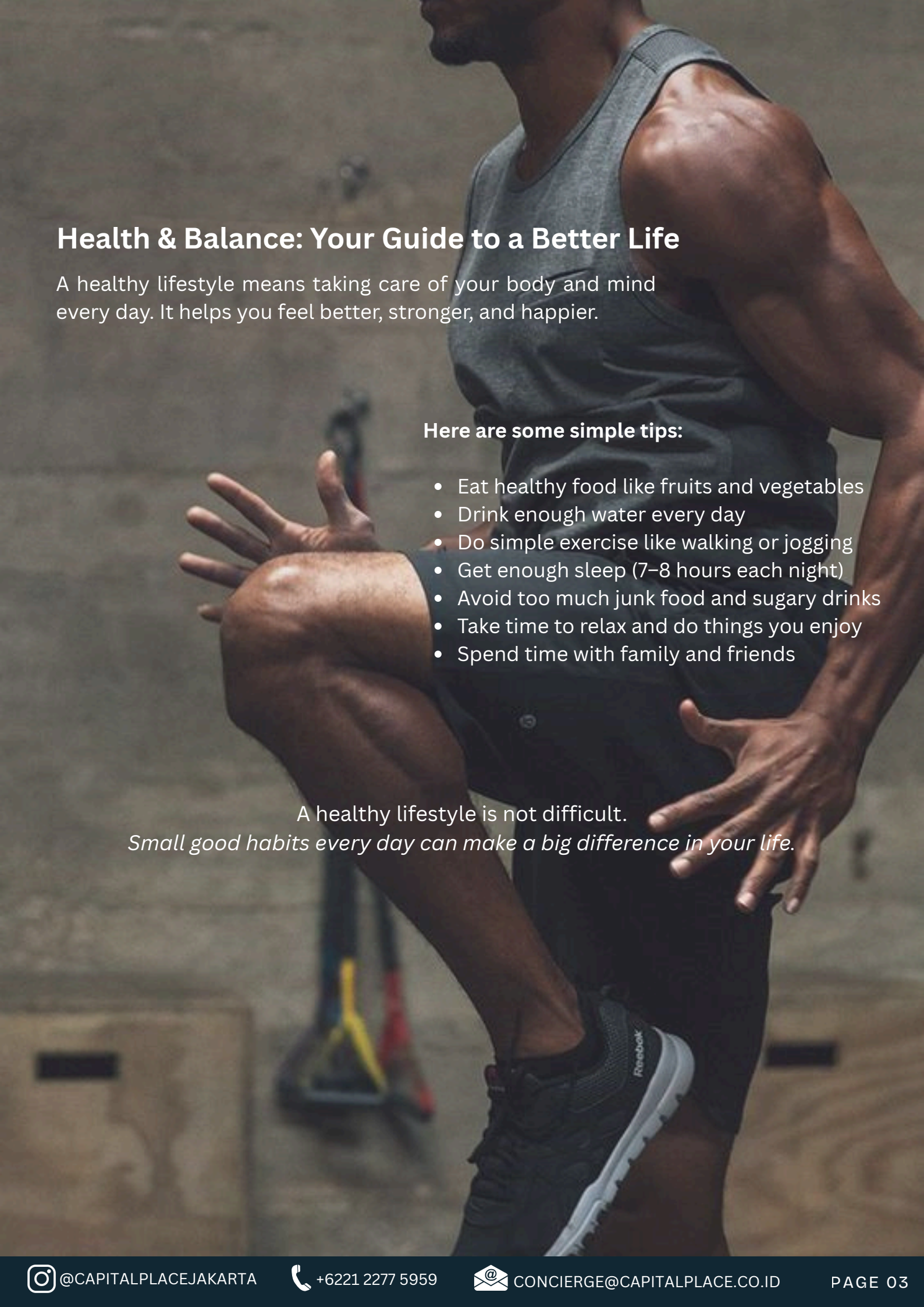


In the world of work, jobs are commonly divided into two categories: *Blue collar* and *White collar*, based on the type of work and work environment.

Blue-collar workers do physical, technical, or manual work in industries. White-collar workers involve thinking, planning, managing, or working with information rather than physical labor.

Building on this idea, Labor Day is a day to appreciate and honor all workers, both blue-collar and white-collar. It recognizes the contributions of people in different types of jobs, from physical work in industries to professional work in offices. Labor Day is also a reminder that every worker has an important role in supporting society and the economy.

*Honoring the hands that build the infrastructure of success
Let's celebrate the tireless efforts fueling the future of business and economy*



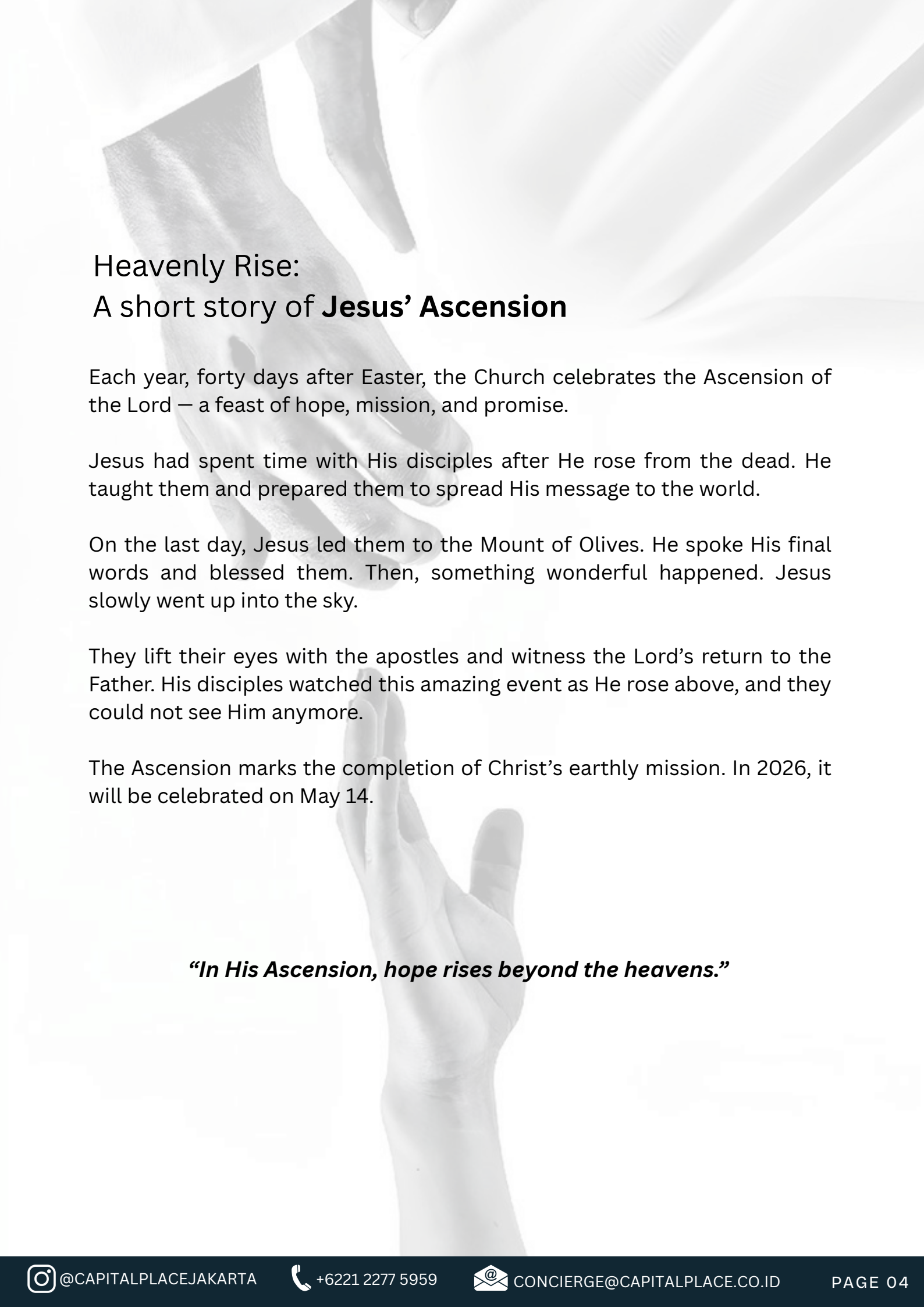
Health & Balance: Your Guide to a Better Life

A healthy lifestyle means taking care of your body and mind every day. It helps you feel better, stronger, and happier.

Here are some simple tips:

- Eat healthy food like fruits and vegetables
- Drink enough water every day
- Do simple exercise like walking or jogging
- Get enough sleep (7–8 hours each night)
- Avoid too much junk food and sugary drinks
- Take time to relax and do things you enjoy
- Spend time with family and friends

A healthy lifestyle is not difficult.
Small good habits every day can make a big difference in your life.



Heavenly Rise: A short story of **Jesus' Ascension**

Each year, forty days after Easter, the Church celebrates the Ascension of the Lord — a feast of hope, mission, and promise.

Jesus had spent time with His disciples after He rose from the dead. He taught them and prepared them to spread His message to the world.

On the last day, Jesus led them to the Mount of Olives. He spoke His final words and blessed them. Then, something wonderful happened. Jesus slowly went up into the sky.

They lift their eyes with the apostles and witness the Lord's return to the Father. His disciples watched this amazing event as He rose above, and they could not see Him anymore.

The Ascension marks the completion of Christ's earthly mission. In 2026, it will be celebrated on May 14.

“In His Ascension, hope rises beyond the heavens.”

The True Meaning of **Eid al-Adha**

Eid al-Adha is not only about sacrificing. It has a deeper meaning that teaches us about faith and kindness.

Prophet Ibrahim showed strong faith in God. One night, he had a dream that God commanded him to sacrifice his beloved son, Ismail. Prophet Ibrahim knew that the dreams were messages from God, even though the command was very difficult. After that time, Ismail was chosen as a prophet because of his willingness and faithfulness to God.

A Muslim who is going to perform qurban should first prepare the animal for sacrifice. Common animals used for qurban are goats, sheep, cows, and camels—especially camels, which are usually used in Arab and Middle Eastern countries. After the Eid al-Adha prayer is completed, the qurban slaughtering process may begin.

Once the slaughtering is finished, the animal is cut into portions. Qurban distributed to people in needs in mosque surrounding neighborhood, and also family members who are in need

On the other hand, Eid al-Adha mainly focus to teaches us about sacrifice. We sacrifice time, energy, and wealth to help others who are in needs.

***“True sacrifice is not about what we give up,
but about how sincere we are when we give.”***

HSE BULLETIN MAY 2026 : A CLEAN WORKPLACE IS A SAFE AND HEALTHY WORKPLACE

BY RISKA OKTAVIANA - CHIEF HSE

In an office building, cleanliness and organization are not only about maintaining a professional appearance—they are essential elements of workplace safety and health. Poor housekeeping and hygiene practices can lead to various risks, including slips and trips, unpleasant working conditions, and even the presence of pests.

Because office spaces are shared environments, maintaining cleanliness is a collective responsibility. The condition of one workspace can affect the comfort and safety of others. By applying simple and consistent habits, we can create a workplace that is not only clean, but also safe, efficient, and enjoyable for everyone.

Maintaining an Organized Work Area

A well-organized workspace helps minimize hazards and improves productivity. Items that are left unattended or placed improperly can obstruct movement and increase the risk of accidents.

Employees are encouraged to keep their desks and surrounding areas neat and free from unnecessary clutter. Personal belongings, documents, and office supplies should be stored properly and not placed on the floor or in walkways. Maintaining clear access to shared equipment, electrical panels, and common facilities is also important to ensure safe and efficient operations.

Proper Food Management

Food handling within the office should be done with care, as improper practices can affect hygiene and attract unwanted pests.

Leftover food should not be kept at workstations, especially overnight. All food items should be stored in sealed containers and kept in designated areas. After eating, employees are encouraged to dispose of waste properly and clean any spills immediately. Even small crumbs or unnoticed spills can contribute to hygiene issues over time.

Maintaining discipline in food management not only keeps the workspace clean but also helps prevent conditions that may lead to pest activity.

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Shared Responsibility for Common Areas

Common areas such as pantries, dining spaces, and other shared facilities require extra attention, as they are used by many people throughout the day. Each user is responsible for leaving these areas in a clean and usable condition. This includes disposing of waste in designated bins, avoiding overfilled trash, and following any posted cleanliness guidelines. Keeping shared spaces tidy reflects respect for colleagues and contributes to a more comfortable working environment.

Building a Culture of Cleanliness

Good housekeeping and hygiene are not one-time efforts, but continuous habits. A clean workplace supports not only safety, but also health, well-being, and professionalism.

By being mindful of our daily actions—no matter how small—we contribute to a positive workplace culture where everyone feels safe and respected.

Maintaining cleanliness is a simple yet powerful way to prevent risks and improve overall workplace quality. Let's work together to keep our office clean, organized, and healthy every day.

CATCH THESE MOVIES IN MAY 2026!



The Devil wears Prada 2

May 1, 2026

The story takes place two decades later, focusing on Miranda Priestly as she approaches retirement. She is forced to work with her former assistant, Andy Sachs, to face new challenges in the fashion industry.

The conflict grows stronger when Emily Charlton appears as a powerful rival in the industry. The relationship between the three becomes more complex as competition becomes more intense.

STAR WARS : The Mandalorian and Grogu

May 22, 2026

The evil Empire has fallen, but its warlords are still scattered across the galaxy. As the newly formed New Republic tries to protect everything the rebellion fought for, they seek help from the legendary Mandalorian bounty hunter, Din Djarin, and his young apprentice, Grogu.

