

VOL. 55 · JULY 2023

# CAPITAL PLACE NEWSLETTER

The Official Newsletter of Capital Place Jakarta

## CAPITAL PLACE WISHES YOU A BLESSED AND JOYFUL EID AL-ADHA



As part of our Social Responsibilities program, Capital Place participated in the celebration of Eid Al-Adha by donating 2 cows for Qurban. We hope that these donations will help those in need in our local community and neighborhood of RW. 04 Kelurahan Kuningan Barat.



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# CAPITAL PLACE GENERAL MANAGER



“ It is with much sadness that I announce that I will be departing Capital Place on 4 July 2023.

I arrived in Jakarta in September 2015 to manage the transitions of Capital Place from development to building operations.

In April 2016, Capital Place officially opened, with British American Tobacco as our first tenant. Since then, I have had the pleasure of welcoming over 30 more tenants to Capital Place.



I wish to recognize all the hard work from the Capital Place Building Management Team over the past 8 years, as well as all the support from the tenants, clients & staff of Capital Place.

For the next chapter of my life, I am transferring to Malaysia to take on a new General Manager role.

Take care everyone!”

Andrew

## Good luck, Andrew!

Starting mid-August 2023, Seah Kian Hwee will join Capital Place as the new General Manager. Seah has extensive experience in Property Management and has previously been General Manager of Menara Astra, Jakarta.





## CONCIERGE NEW FACE

### Welcome to Capital Place, Eka!

Eka Dewi joined Capital Place as the new Concierge Officer replacing Deasy on 16 June 2023.

Eka worked at Hotel Mandarin Oriental Jakarta as a Concierge for the past 5 years.



Eka is available to assist with your concierge needs and can be contacted via Capital Place Concierge email address [concierge@capitalplace.co.id](mailto:concierge@capitalplace.co.id) or at +62 852-1879-7507.

Lets welcome Eka to Capital Place by stopping by at Lobby Concierge Desk!



### Good luck, Deasy!

Deasy was always eager to be of assistance for all the Capital Place tenants, she also cherishes every connection she have made throughout 3 and a half years working as our concierge.

While she is excited about the future endeavors that await her, it is our time to say goodbye to Deasy.

Good luck Deasy for your next adventure!



# SAFETY DRIVING

By Nino Aditya - Capital Place Chief HSE



## STAY FOCUS

Driving is primarily a thinking task, and you have a lot to think about when you're behind the wheel: road conditions, your speed and position, observing traffic laws, signs, signals, road markings, following directions, being aware of the cars around you and checking your mirrors.

Distractions, like talking on the phone or eating, make a driver less able to see potential problems and properly react to them. It's not just teen drivers who are at fault: People who have been driving for a while can get overconfident in their driving abilities and let their driving skills get sloppy.



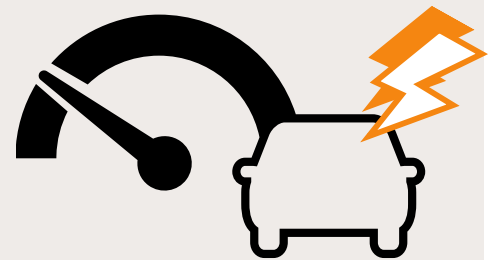
## STAY ALERT



Being alert (not sleepy or under the influence) allows you to react quickly to potential problems — like when the driver in the car ahead slams on the brakes at the last minute. Obviously, alcohol or drugs (including prescription and over-the-counter drugs) affect a driver's reaction time and judgment. Driving while drowsy has the same effect and is one of the leading causes of crashes.

## WATCH OUT FOR THE OTHER

Part of staying in control is being aware of other drivers and roadway users around you (and what they may suddenly do) so you're less likely to be caught off guard. For example, if a car speeds past you on the highway but there's not much space between the car and a slow-moving truck in the same lane, it's a pretty sure bet the driver will try to pull into your lane directly in front of you. Anticipating what another driver might do and making the appropriate adjustment helps reduce your risk.



## HERE ARE DEFENSIVE DRIVING TIPS CAN HELP REDUCE YOUR RISK BEHIND THE WHEEL:

1. Think safety first.
2. Comply with traffic laws.
3. Be aware of your surroundings - check blind spots.
4. Avoid road rage, control your emotions.
5. Keep your speed down.
6. Cut out distractions (texting, calls, eating etc)



# 6 TIPS FOR STAYING HYDRATED



## 1 *Don't wait till you're thirsty to drink*

Drinking enough water each day is crucial for many reasons: to regulate body temperature, keep joints lubricated, prevent infections, deliver nutrients to cells, and keep organs functioning properly. Being well-hydrated also improves sleep quality, cognition, and mood.

By the time you feel thirsty, you're already slightly dehydrated. Sip water steadily throughout the day and drink more fluids than usual when the weather is hot, especially if you're active.

## 2 *Flavor your water*

If plain water tastes boring to you, you can add flavor with fresh fruits or a splash of fruit juice. You can also consume clear broths, ice pops or sports drinks (especially if you're doing intense exercise). Just make sure to limit caffeine and alcohol.



## 3 *Eat water rich fruits and vegetables*

Certain fruits and vegetables contain plenty of water in addition to healthful nutrients. Watermelon, strawberries, cantaloupe, peaches and pineapples are fruits with high-water content. Water-rich vegetables include cucumbers, leafy greens, radishes, celery, zucchini and tomatoes.



# 6 TIPS FOR STAYING HYDRATED

## 4 *Stay inside when it gets too hot*

On very hot days, stay indoors in an air-conditioned environment. If you don't have air conditioning at home, try a shopping center, movie theater or public library. Avoid sun exposure, especially between 10 am and 2 pm, when the rays are strongest. Plan outdoor activities in the early morning or evening.



## 5 *Dress for the weather*

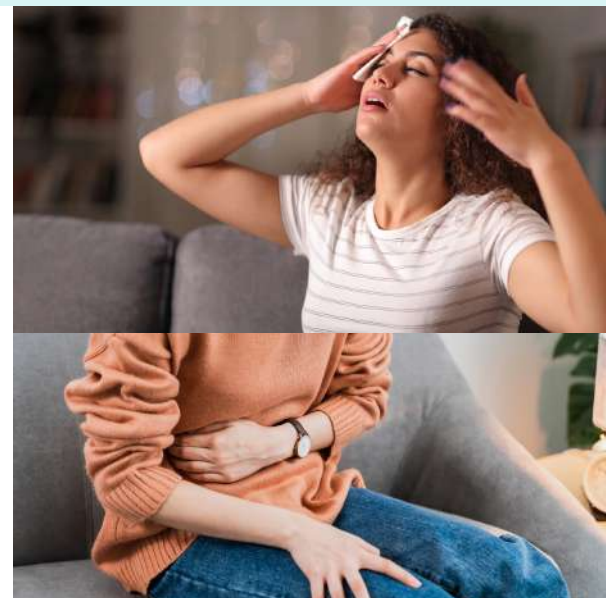
Wear light, loose-fitting clothing that lets your skin breathe. Dark colors absorb heat, so stick with lighter shades. Wear a wide-brimmed hat in the sun to keep your head cool and use plenty of sunscreen to avoid sunburn, which can increase your skin temperature and make it harder to stay cool.



## 6 *Be aware of the sign of dehydration*

If anyone in your family is ill, pay attention to how much they're able to drink — especially young children and the elderly.

Anyone with a fever, vomiting or diarrhea should drink plenty of fluids. Do not wait for signs of dehydration to appear.



# WHAT'S HAPPENING IN JAKARTA? JULY 2023

## WE THE FEST 2023

We The Fest (WTF) will be back with its 8th offline edition and has revealed their first phase lineup that will grace its stages on 21, 22, and 23 July 2023.

Through #WTF23 stop motion video trailer, We The Fest shows us that the line up that has just been announced was part of the wishlist tree from the We The Fest 2022.

Bringing diversity and inclusivity to its festival, We The Fest announced 21 names that includes 4 headliners.

To make sure you get updates on any information about We The Fest, you can download the "Ismaya Live App" that's available on App Store/ Play Store.

Through this application, the audience can get all of the updates on All Ismaya Live's event. From ticket buying, checking lineup list and their performing schedule, buying merchandise, to customizing your own festival schedule can be done easily through Ismaya Live App.



## RADWIMPS ASIAN TOUR 2023

RADWIMPS, the acclaimed Japanese rock band, is excited to announce their first concert in Jakarta as part of RADWIMPS Asian Tour 2023. Promoted by PK Entertainment and SOZO, RADWIMPS will perform on Sunday, July 30th 2023 at Basket Hall Senayan GBK. Tickets will be available for purchase starting Monday, April 10th 2023 at 10 a.m. (GMT+7 /Jakarta) exclusively at [www.radwimpsinjakarta.com](http://www.radwimpsinjakarta.com)

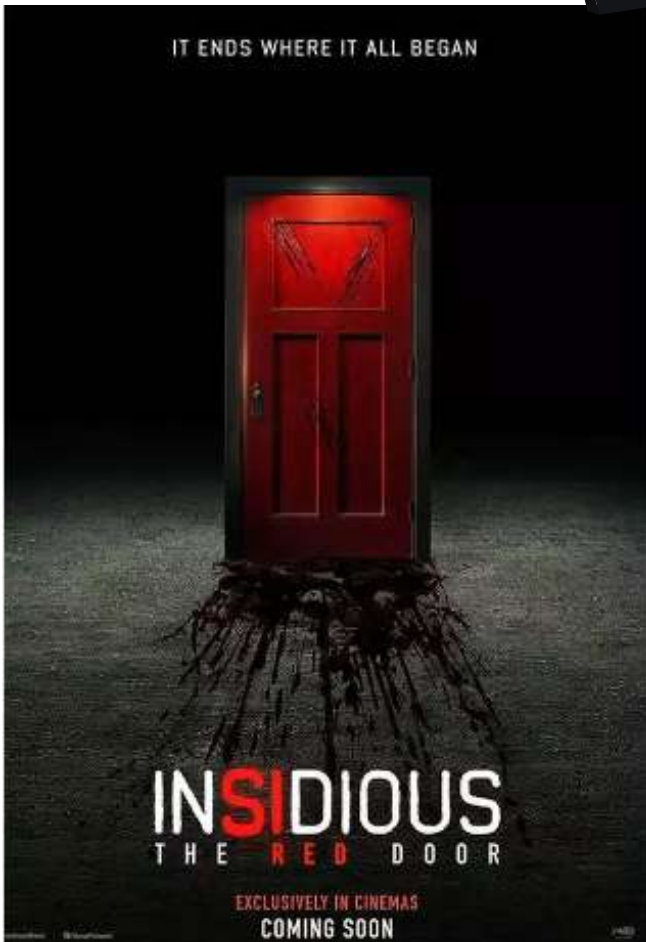
Formed in 2001 with a major label debut in 2005, RADWIMPS has garnered a broad fan base with the younger generation at the core. Their worldwide following has grown substantially due to the success of their popular tracks like "Zenzenzense," "Dream Lantern," and "Sparkle." RADWIMPS' musical endeavours span beyond Japan, as they have toured extensively worldwide.





## MISSION IMPOSSIBLE: DEAD RECKONING

Ethan Hunt and his IMF team embark on their most dangerous mission yet: to track down a terrifying new weapon that threatens humanity before it falls into the wrong hands. With control of the future and the fate of the world at stake, and dark forces from Ethan's past closing in, a deadly race around the globe begins.



## INSIDIOUS: THE RED DOOR

In *Insidious: The Red Door*, the horror franchise's original cast returns for the final chapter of the Lambert family's terrifying saga. To put their demons to rest once and for all, Josh (Patrick Wilson) and a college-aged Dalton (Ty Simpkins) must go deeper into *The Further* than ever before, facing their family's dark past and a host of new and more horrifying terrors that lurk behind the red door.

