

VOL. 55 · AUGUST 2023

# CAPITAL PLACE NEWSLETTER

The Official Newsletter of Capital Place Jakarta

## Commemorating the 78th Independence Day of Indonesia

On 17 August 2023, Indonesia joyfully celebrates its 78th Independence Day with the inspiring theme "Terus Melaju Untuk Indonesia Maju".

As the nation comes together on this momentous day, the logo serves as a powerful reminder of Indonesia's past achievements and a source of inspiration to continue the journey toward a brighter and more prosperous future.



## INDONESIA 78TH INDEPENDENCE DAY

As we count down the days to the celebration, let us take a moment to appreciate the accomplishments made so far and look forward with optimism to what lies ahead. Together, let's continue to push the boundaries of innovation, embrace sustainable practices, and uplift the lives of our fellow citizens.

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# THE HISTORY OF INDONESIA INDEPENDENCE DAY



Indonesia became independent on August 17, 1945, after previously being under both Dutch and Japanese colonialism.

The Proclamation of Indonesian Independence was read by Soekarno, accompanied by Mohammad Hatta, at Jalan Pegangsaan Timur 56, Central Jakarta.

On August 6, 1945, the city of Hiroshima, Japan, was devastated by the atomic bomb dropped by the United States. Three days later, an atomic bomb attack on Nagasaki City, Japan occurred. In just a short time, these two atomic bombs succeeded in killing hundreds of thousands of people in Hiroshima and Nagasaki. As a result, Japan, which had been badly defeated, and was forced to surrender, which also marked the end of World War II.

The Japanese tried to prevent news of their defeat from being heard by the Indonesian people, but to no avail. The young groups immediately urged Soekarno and Hatta to declare Indonesian independence. But Sukarno was reluctant, and chose to wait for an agreement from the Preparatory Committee for Indonesian Independence (PPKI).



Not wanting to be further intimidated by the Japanese, a youth group decided to kidnap the two Indonesian national figures in the early hours of 16 August 1945 at Rengasdengklok, Karawang. The two of them continued to be pressed until finally, Soekarno and Hatta agreed to proclaim Indonesian independence no later than August 17, 1945.

Soekarno and Hatta were brought back to Jakarta, and to the home of Rear Admiral Tadasi Maeda, Chief of Navy and Army Liaison Officer for the Imperial Japanese Army. It was in this house that Soekarno, Hatta, and Achmad Soebardjo drafted the proclamation.

After long negotiations, the text of the proclamation was finally completed and read in front of all the Indonesian people on August 17, 1945. On the same day, the Sang Saka Merah Putih flag was raised, which had been sewn by Soekarno's wife, Fatmawati.

After this thrilling moment, Indonesia officially got its independence. Soekarno was elected as President of Indonesia and Mohammad Hatta as Vice President.





# LET'S MOVE! AND STAY FIT WITH



## 20FIT

As you all have been informed, the 20FIT gym is now open and better than ever, ready to help you achieve your fitness goals.

20FIT have a fantastic array of exercise classes lined up for you every day. Take a look at the poster below for the detailed schedule. Each class will be led by our passionate and skilled instructors.

We encourage all Tenants to embrace a healthier and more active lifestyle.

Remember, a healthy life leads to happier and more productive days at work and beyond! See you at the gym!

| MONDAY          | TUESDAY           | WEDNESDAY           | THURSDAY             | FRIDAY       |
|-----------------|-------------------|---------------------|----------------------|--------------|
| Poundfit 7am    | Coreidence 6.30pm | Poundfit 7am        | Hatta Yoga 7am       | Muaythai 5pm |
| Bootcamp 6.30pm | Hatta Yoga 7pm    | Functional Yoga 5pm | HIIT the Deck 6.30pm | Zumba 6.30pm |
| Zumba 7pm       |                   | Basic Yoga 6.30pm   | Poundfit 7pm         |              |
|                 |                   | HIIT the Deck 7pm   |                      |              |

**Level 3, Capital Place**  
**WHERE FIT HAPPENS**

Monday-Friday, 6am-9pm  
Saturday, 8am-6pm  
INFO: 0812.1891.8953  
\*subject to change



# HISTORICAL PLACE YOU MUST VISIT DURING INDEPENDENCE DAY

## MONAS

The National Monument (Monas) Park in Central Jakarta is home to Ikada Square, where thousands of people flocked on Sept. 19, 1945, to hear president Sukarno's speech. The big meeting was organized by young members of the Komite Van Aksi (Committee of Action) to celebrate a month after the Proclamation of the Independence. The area of Ikada Square was turned into Monas, where Sukarno built the iconic monument in 1961. The monument was built to remember the struggle of Indonesians who fought against colonialism.



## FORMULATION OF PROCLAMATION TEXT MUSEUM



The Formulation of Proclamation Text Museum (Indonesian: Museum Perumusan Naskah Proklamasi) is a history museum in Jakarta, Indonesia. The building is where the Proclamation of Indonesian Independence was formulated.

Address:

Jl. Imam Bonjol No.1, RW.4, Menteng, Kec. Menteng, Kota Jakarta Pusat, Daerah Khusus Ibukota Jakarta 10310

## DJOEANG 45 MUSEUM

If you visit Jakarta and want to know about Indonesian history, Museum gedung joang 45 is one of museum worth to visit. This building has many stories behind. In the past This building become a witness how Indonesia can be independent.

Address:

Jl. Menteng Raya No.31, RT.1/RW.10, Kb. Sirih, Kec. Menteng, Kota Jakarta Pusat, Daerah Khusus Ibukota Jakarta 10340







# FIRE EXTINGUISHER

By Nino Aditya - Capital Place Chief HSE



Fire Extinguishers are effective only when fires are in the first stages. It is of great importance that they be immediately accessible and promptly used. They are the first line of fire defence and never a substitute for automatic sprinklers, which are the main line of defence.

Fire Extinguisher Classes divided into:

## Class A

Fire extinguishers are used for ordinary combustibles such as wood, paper, some plastics and textiles. This fire class requires the heat-absorbing effects of water or the coating effects of certain dry chemicals.



## Class B

Fire extinguishers are used for flammable liquid and gas fires such as oil, gasoline, etc. These fire extinguishers deprive the fire of oxygen and interrupt the fire chain by inhibiting the release of combustible vapours.



## Class C

Fire extinguishers are used on fires that involve live electrical equipment that require the use of electrically nonconductive extinguishing agents. Once the electrical equipment is de-energized, extinguishers for Class A or B fires may be used.



## Class D

Fire extinguishers are used on combustible metals such as magnesium, titanium, sodium, etc., which require an extinguishing medium that does not react with the burning metal.



## Class K

Fire extinguishers are used on fires involving cooking media (fats, grease and oils) in commercial kitchens. Due to the higher heating rates of vegetable oils in commercial cooking appliances, the NFPA Standard for Portable Fire Extinguishers (NFPA 10) includes a Class K extinguisher. These fire extinguishers work on the principle of saponification, which takes place when alkaline mixtures such as potassium acetate, potassium citrate or potassium carbonate are applied to burning cooking oil or fat.





# FIRE EXTINGUISHER

By Nino Aditya - Capital Place Chief HSE



## HOW TO USE A FIRE EXTINGUISHER



source: <https://thefiresafetyguys.net/>



# TRADITIONAL MENU TO CELEBRATE INDONESIAN INDEPENDENCE DAY



Indonesia is celebrating independence day on 17th August. The festivities happen not only in the capital city, but also everywhere across the archipelago with the typical knick-knacks that are starting to visible such as the flag, the decorations, and even the food people traditionally eat.

## Nasi Goreng Tiwul



In the colonial era, Indonesians were forced to hand over their food products to the colonizers. With this system, the people of Indonesia, especially on the island of Java experienced food shortages.

Tiwul fried rice or nasi goreng tiwul is one of the processed foods in the form of rice mixed with tiwul and some simple spices to complement the taste. Until now, food menus that are reminiscent of the colonial period have become foods that are much-loved by society.

Corn rice is a processed food made from rice and corn. Corn is easy to find in Indonesia and often being used as snacks.

While rice is more difficult to find, thus the people of Madura make corn as a foodstuff mixed with rice. Foods that contain this source of protein-energy became the food of the fighters in the land of Madura in the past.

## Nasi Jagung – Madura



## Tumpeng Merah Putih – Java



The red and white yellow rice in a cone shape is often being served as one of the traditional foods to celebrate independence day. Generally, tumpeng rice is yellow in color, but people make it red and white to symbolize the Indonesian flag during the national day.



# TRADITIONAL MENU TO CELEBRATE INDONESIAN INDEPENDENCE DAY



## Perkedel Jagung – North Sulawesi

If you're an Indonesian food lover, then you must be familiar with this menu. Corn fritters or perkedel jagung is made of food ingredients that are easily obtained and the price was cheap in the colonial era.

This menu was originally come from North Sulawesi and often served as snacks for the local people in the colonial era. Up to today, you can easily find the menu everywhere in Indonesia at a cheap price yet super tasty!



## Soto Tangkar – Betawi

One more typical independence day food menu which is still very popular in society nowadays is Soto Tangkar. This beef ribs soup is an authentic Betawi food menu that you can easily find in Jakarta.

This soto tangkar menu was even favored by the invaders at that time. So, have you tried this independence day food dish before or made it at home?

## Bubur Merah Putih – Java

The red and white porridge consists of several basic ingredients, including rice, palm sugar, and coconut. The brown sugar makes the red part, while the coconut fills the white color.

This menu that has existed for hundreds of years has a philosophy that is quite interesting to observe. With a name that resembles the symbol of the Indonesian flag, the red color means courage while white means holy.





# WHAT'S HAPPENING IN JAKARTA

AUGUST 2023



## Ronan Keating

### Live In Indonesia 2023

Ronan Keating Live in Indonesia 2023 with all the Hits from Ronan & Boyzone. With special Guest Star Golden Buzzer AGT 2023 Putri Aiani.

Friday, 18 August 2023  
Pullman Hotel Jakarta, Central Park

For more info:

<https://www-entertainment.com/ronan-keating>

## Summer House Festival

Summer House Festival is a music festival that will present an unforgettable experience for the visitors. This event will last for 3 days, from 18 to 20 August 2023 at Carnival Ancol Jakarta. The Summer House Festival will showcase the EDM genre with international, Asian, Australian and DJ performances Indonesia which will keep the visitors entertained and impressed. In addition, this festival will also present carnival games and party pool which will be a new experience for visitors.

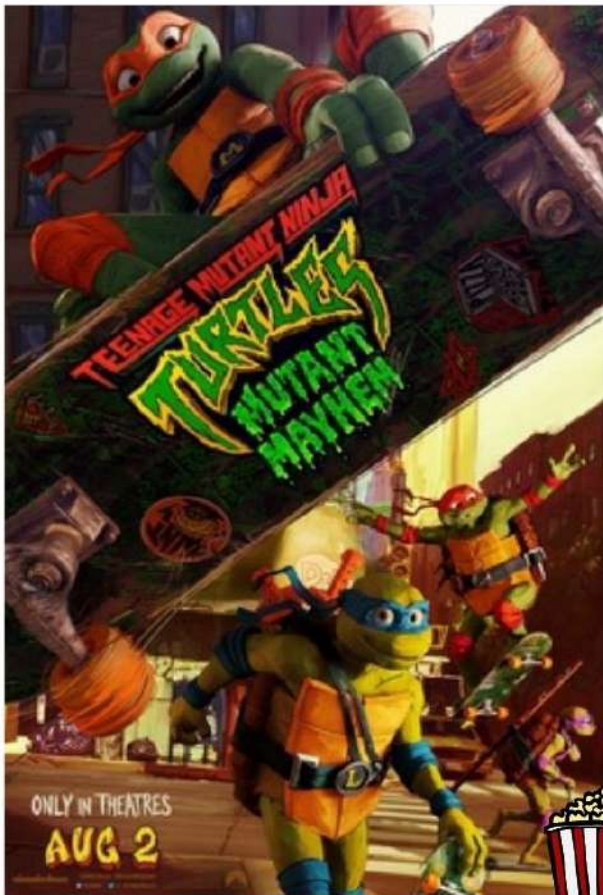
Don't miss the chance to celebrate music at this year's Summer House Festival. Buy exclusive tickets only at [tiket.com](https://www.tiket.com)!





# WHAT'S IN THE MOVIE?

AUGUST 2023



## TEENAGE MUTANT NINJA TURTLES

Teenage Mutant Ninja Turtles: After years of being sheltered from the human world, the four Turtle brothers set out on a quest to be accepted as normal teenagers by the people of New York City through acts of heroism. With the aid of their new friend April O'Neil, the brothers go on a hunt for a mysterious crime syndicate, but trouble arises when an army of mutants is unleashed upon them.



## THE MEG 2: THE TRENCH 2023

The Meg 2: Jonas Taylor leads a research team on an exploratory dive into the deepest depths of the ocean. Their voyage spirals into chaos when a malevolent mining operation threatens their mission and forces them into a high-stakes battle for survival. Pitted against colossal, prehistoric sharks and relentless environmental plunderers, they must outrun, outsmart and outswim their merciless predators.

