

VOL. 55 · NOVEMBER 2023

CAPITAL PLACE NEWSLETTER

The Official Newsletter of Capital Place Jakarta

CAPITAL PLACE POUND-FIT CLASS

On 12 November, Indonesia will celebrate 59th National Health Day/Hari Kesehatan Nasional (HKN).

To support this, we will be organizing Pound-Fit classes on 14-15 November 2023, in collaboration with 20FIT.

CAPITAL PLACE IN COLLABORATION WITH 20FIT

PRESENT POUND-FIT CLASS

DATE:
TUESDAY, 14 NOV 2023
17:00 - 18:00
WEDNESDAY, 15 NOV 2023
17:00 - 18:00

LOCATION:
KOMUNAL LEVEL 2,
CAPITAL PLACE

**STAY FIT
STAY HEALTHY**

**CELEBRATE NATIONAL HEALTH DAY WITH US AND
GET EXCLUSIVE MAT & POUND-FIT STICK FOR FREE**

HARI KESEHATAN NASIONAL 59

PLEASE CONTACT OR VISIT OUR CONCIERGE FOR INFORMATION AND REGISTRATION

Join us and receive Yoga Mat & Pound-Fit stick for FREE, while stock last! Please contact our Concierge for more information and registration.

Note: We can only receive 30 pax per day for the 2 days.

This issue:

Upcoming Event - Pound Fit
PAGE 01

5 Interesting facts about
Indonesia's National Heroes Day
PAGE 02 - 03

6 ways to stay healthy
during the rainy season
PAGE 04-05

Music Concert November 2023
PAGE 06

Best Place for Afternoon Tea in
Jakarta - Recommendation
PAGE 07-08

November Deal
PAGE 09

New Tenant at Food
St3p Level 3
PAGE10

5 INTERESTING FACTS ABOUT INDONESIA'S NATIONAL HEROES DAY



Indonesia's National Heroes Day is coming up on the 10th of November. Every year, this special date is celebrated to commemorate the heroic battle between Indonesian troops with the Allied Forces, led by the British Army. The battle is a symbol of Indonesia's resistance and nationalism.

Historically, the intense battle happened in November 1945 in Surabaya, East Java.



1. BATTLE OF SURABAYA

Long time ago, British troops landed in Surabaya as part of the Allies acceptance of Japan's surrender. Their aim was also to rescue their own people who were imprisoned.

The peak of the battle happened in November 1945 in Surabaya, East Java. At that time, Indonesian youth unified to fight against the allies. They fought using weapons as well as bambu runcing, literally means 'sharp bamboo'.

Thousands of Indonesian soldier died in the battle. That was the first battle after Indonesian independence and the most devastating one that ever occurred in the country's history.

2. BUNG TOMO, A REVOLUTIONARY LEADER

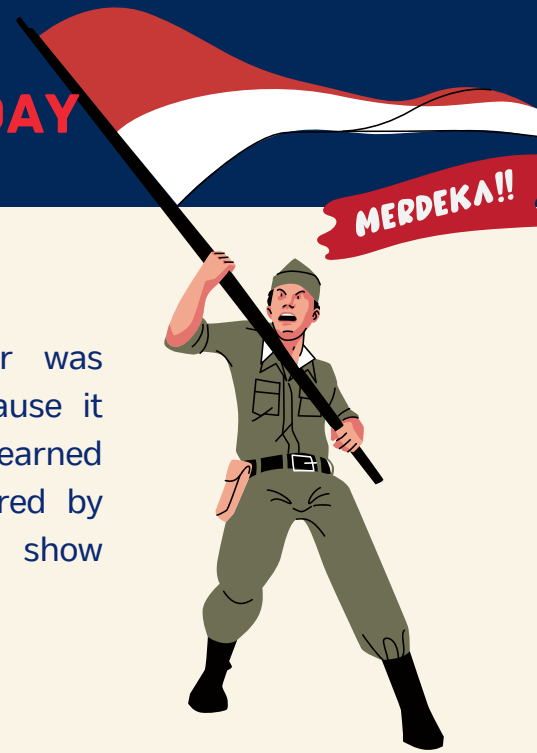
Bung Tomo played a critical role in the Battle of Surabaya. He set up Radio Pemberontakan (Radio Rebellion), which promoted unity and fighting spirit among the youth. Every time he made a speech, he always used emotional and powerful words that had been successful in urging both civilians and soldiers to take actions.



3. A.W.S MALLABY DEATH

British Army officer Brigadier Gen. A.W. S Mallaby died on the evening of Oct. 30, 1945 in a skirmish line. This caused strong resentment and the British started to fight back. They began to attack the city from the air and the sea. It took the British three days to conquer half of the city. However, the battle lasted for about three weeks before they won the battle.

5 INTERESTING FACTS ABOUT INDONESIA'S NATIONAL HEROES DAY



4. LOST, BUT VICTORY FOR INDONESIA

Although Indonesia lost the battle, but 10th November was remembered as a victory for Indonesia. Why is that? Because it showed the courage and determination of Indonesians, which earned respect from the Allied forces. The Allied forces was inspired by Indonesia's struggle for independence and they began to show solidarity by refusing to join the battle.

5. CELEBRATED EVERY YEAR

Due to the importance of the Battle of Surabaya, every year, Indonesians commemorate it by visiting some historic sites. In some places, you'll also hear Indonesian patriotic songs being played. Televisions often aired nationalistic-theme films, advertisement and talk shows.

Sources : <https://blog.tiket.com/en/national-heroes-day/>

HAPPY NATIONAL HEROES DAY

10 NOVEMBER 2023



6 WAYS TO STAY **HEALTHY** DURING THE RAINY SEASON



1. KEEP THE BODY NUTRIENT INTAKE HIGH

Most of the diseases and infections that occur during the rainy season are due to a reduction or lack of immunity. Also, due to the excessive moisture in the atmosphere, you will be prone to cough, cold and fever. To counter this, the first step you need to take is to load up on vitamin C, eat nutritious food and drink lots of water to help boost your immunity.

Eat vegetables and fruits high in antioxidants. Vegetables like uguwu, waterleaf and spinach would help build a stronger immune system. Dairy products like milk, cheese and yoghurt contain linoleic acid and probiotics, which also help to protect the body from infections. Foods with vitamin D such as red meat, liver, egg yolk etc, can also help enhance your body immunity against microbes this season.



2. INCREASE YOUR FLUID INTAKE

Drink lots of water because it helps cleanse your body of germs and bacteria and wades of cough, cold, etc. However, ensure you are drinking treated water as it is easier for water contamination to happen during the rainy season. Additionally, since the weather is already cool, your body will need lots of warm drinks like tea and nutrient-packed juices to help prevent dehydration and reduce sore throat or the likelihood of cold.

3. AVOID STREET FOODS

Street foods is another cause of infection during rainy seasons as they are directly exposed to the environment and can be prone to air and water-borne diseases. Therefore, avoiding them is one of the best ways forward to remain healthy during the rainy system.



6 WAYS TO STAY **HEALTHY** DURING THE RAINY SEASON



4. TRY TO STAY DRY AS MUCH AS POSSIBLE

Keeping yourself dry, fresh, and clean is the best way to avoid diseases like cold, cough, flu and fever. Having an umbrella and other rain gear can protect you from being soaked in the rain. Wearing boots is advisable too during the rainy season to protect yourself against possible viruses and germs that can be found in flooded areas and stagnant rainwater. Always keep a portable umbrella or raincoat in your bag to keep you dry.

In the case you get beaten by rain, it is important to take a bath afterwards. This would help regularize your body temperature.

5. WASH YOUR HANDS REGULARLY

Bacteria and water-borne diseases like diarrhea and dengue are more active during the rainy season because of the moist environment, which is why it is important to wash your hands before you eat or touch your face. Regular hand washing is the first step to prevent the spread of the many air and water-borne germs we witness during rainy season. An additional tip would be to have a sanitizer in your bag to easily apply anytime.



6. PROTECT YOUR HOME FROM MOSQUITOES

Dengue and Malaria are common during the rainy season mostly because mosquitoes thrive during the period so don't forget to use insect repellents. Also ensure that your surroundings are clean, free of stagnant water, bushes or anywhere mosquitoes can breed. Don't let water accumulate in containers around the household. Finally, make sure you use mosquito nets to protect yourself, the malaria-causing mosquitoes bite mostly at midnight and early hours of the morning.




Sources: <https://www.wellahealth.com/blog/6-ways-to-stay-healthy-during-the-rainy-season/>

Music Concert - November 2023-



COLD PLAY MUSIC OF THE SPHERES

British rock band Coldplay announced their first-ever concert in Indonesia, which will be held at Gelora Bung Karno Stadium, Central Jakarta, on November 15.



The show is part of the Music of the Spheres world tour, following the band's 2021 Grammy-nominated album of the same name. Starting its run in March 2022, the tour has won the famed arena rockers "Favorite Touring Artist" and "Tour of the Year" awards at the 2022 American Music Awards and the 2023 iHeartRadio Music Awards consecutively.

<https://www.thejakartapost.com/culture/2023/05/09/open-up-your-eyes-coldplay-to-hold-a-concert-for-the-first-time-in-indonesia.html>

JOYLAND FESTIVAL 2023

Get ready to be swept off your feet, and have an unforgettable weekend of fun! The 3 days of joy is finally here and it's packed with soul stirring performances! From November 24 - 26, 2023, Joyland Festival Jakarta will transform GBK Baseball Stadium into a festival like no other.

They will have music, comedy, films, workshops, market and more.

Experience it all, tickets only at joylandfest.com

For more information, please check on Instagram [@joylandfest](https://www.instagram.com/joylandfest)



BEST PLACES FOR AFTERNOON TEA IN JAKARTA



What started as a British ritual of socializing over snacks and tea, a bridge between meals, the idea of Afternoon Tea or High Tea has been embraced by many around the world. We pick the best spots in Jakarta to find the best pair of high-quality tea and a selection of scrumptious sweets and savory snacks.



1. FOUR SEASONS HOTEL JAKARTA

Afternoon Tea is back at Four Seasons Hotel Jakarta – and it is more spectacular than ever. Discover a superb new selection of sweets and savories by Executive Pastry Chef Lorenzo Sollecito and his talented team. Featuring a curation of beautifully balanced desserts and delicate savory treats, the new Four Seasons Afternoon Tea menu can be enjoyed at two stunning venues – the charming boutique setting of La Patisserie, and the luxurious light-filled ambience of Palm Court Restaurant.



Available at La Pâtisserie, starting from January 16th. For menu and reservation, please #FSChat them through WhatsApp at +6221 2277 1888.

Jl. Jend. Gatot Subroto Kav. 18, Jakarta Selatan
Phone: +62 21 2277 1888

2. ALICE AT THE LANGHAM JAKARTA

Housed within a grand dining emporium, Alice serves up modern French food and pastries in a playfully elegant setting. You're welcome to drop in any time, for breakfast, lunch, dinner and Afternoon Tea, or enjoy a glass of rosé at their corner bar. ALICE brings to life the culture of the quintessential British afternoon tea, combining the authentic afternoon tea with a modern touch.

The Langham, Jakarta
Sudirman Central Business District 8, Senayan,
Kec. Kby. Baru, Kota Jakarta Selatan,
Daerah Khusus Ibukota Jakarta 12190
Phone: (021) 27087888



BEST PLACES FOR AFTERNOON TEA IN JAKARTA



3. TWG TEA INDONESIA

TWG Tea is one of the finest luxury tea brands in the world, earning the reputation as 'the perfume of tea'. Established in Singapore, TWG offers teas directly from source gardens, offering over 800 single-estate, fine harvest teas and exclusive blends, as well as tea patisseries and other tea-infused delicacies. The best way to enjoy their tea is over a full set of afternoon tea served in their lavish and sometimes extravagant pots and teacup set.

TWG Tea at Pacific Place
Pacific Place, Level 1, Unit 30B, SCBD,
Jl. Jend. Sudirman Kav 52-53, Jakarta 12190
Phone: + 62 (21) 5797 3272
Opening Hours: Monday – Sunday, 10am – 10pm



4. TEA ET AL - LEAF CONNOISSEUR

Tea Et Al – Leaf Connoisseur, is one of the newest tea salon and tea boutique that offers affordable world class teas, snacks, and international menu. Located at the first level of Galeries Lafayette Pacific Place, near the new area of Galeries Lafayette's Iconic designer area, Leaf Connoisseur features a medium spaced area with warm interior and clean decoration.

Tea Et Al – Leaf Connoisseur
Pacific Place, Galeries Lafayette G Fl, SCBD,
South Jakarta
Phone: (021) 588 4275

sources: <https://whatsnewindonesia.com/ultimate-guide/jakarta/food-and-drink/best-places-afternoon-tea-jakarta>

NOVEMBER DEALS



DISKON 20%
untuk Kimchi Fried Rice dengan pembelian minuman apa pun!
1 - 10 Nov 2023






NEW MENU

Kimchi fried rice
Homemade kimchi fried rice, your choice of protein, egg & salads

Beef Bulgogi - 60 | Lemongrass Chicken - 56 | Cajun Shrimp - 62 | Butter Mushroom (Vegan) - 52

20FIT

BUMI UNTUK INDONESIA

25th **mandiri** BERKUALITAS BERKEMAJUAN

cicilan 0%
s.d. 12 bulan*
pakai kartu kredit
periode hingga 31 Agustus 2024
*info : bmri.id/20fitpro

EXCLUSIVE OFFER

20FIT PROJECT



MITA 08118414000 | mandiri call 14000 | www.bankmandiri.co.id | Bank Mandiri Berstandar Syariah oleh Otoritas Jasa Keuangan

BLOOM
NGOPI

#BLOOMNGOPIBLOOMMELEK

KOPITIAM
since 1995

360°
BUY 3 PAY 60K**



Syarat & Ketentuan:
*Harga Minimal Rp 40.000** berlaku setiap pembelian 3 minuman pilihan.
**Harga minimal pembelian: Kopi Hitam, Teh, Susu, Esok, Susu Kental Manis, Thai Tea.
*Berlaku di Outlet Kopitiam Lounge, Capital Place, Office 388, Noodle Village, Jakarta & area sekitar.
*Harga berbeda-beda untuk bar & service charge. Untuk info lebih lanjut hubungi layanan pelanggan kami.

KOPITIAM
since 1995

KENYANG HEMAT
1 MENU SIGNATURE + 1 MINUMAN*



HANYA 78K

Syarat & Ketentuan:
*Harga Minimal Rp 75.000** berlaku untuk seluruh menu signature dan minuman pilihan.
**Harga minimal pembelian: Kopi Hitam, Teh, Susu, Esok, Susu Kental Manis, Thai Tea.
*Berlaku di seluruh outlet Kopitiam Signature dan Tanggung, kecuali di area di luar.
*Harga berbeda-beda untuk bar & service charge. Untuk info lebih lanjut hubungi layanan pelanggan kami.

KOPITIAM
AT FOODST3PS
LEVEL 3



NEW TENANT AT FOODST3PS LEVEL 3



WE ARE HAPPY TO SHARE
WITH YOU THAT CROHAUZ
HAS FINALLY OPENED IN
FOODST3PS LEVEL 3
STARTING 25 OCTOBER 2023

CR°HAUZ

Croffee	Premium Matcha	Ice Chocolate
R 15k L +2k	R 15k L +2k	R 14k L +2k

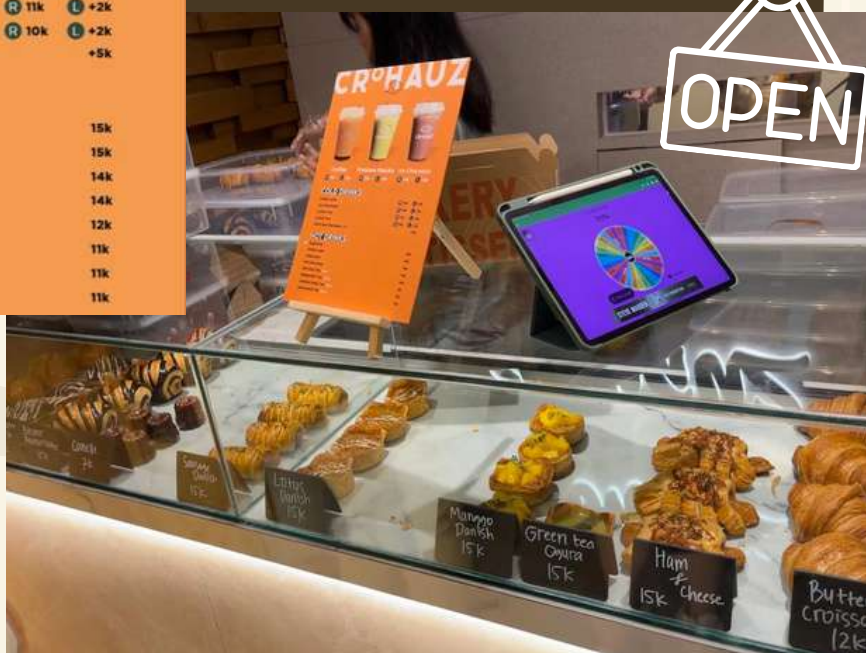
COLD DRINKS

Coffee Latte	R 15k	L +2k
Ice Americano	R 14k	L +2k
Lychee Tea	R 11k	L +2k
Lemon Tea	R 10k	L +2k
Extra Shot Espresso (35ml)		+5k

HOT DRINKS

Cappucino	15k
Coffee Latte	15k
Americano	14k
Hot Chocolate	14k
Earl Grey Tea <small>(Dish)</small>	12k
Peppermint Tea <small>(Dish)</small>	11k
Jasmine Green Tea <small>(Dish)</small>	11k
Cammomile Tea <small>(Dish)</small>	11k

CROHAUZ OFFERS
VARIETY OF
SAVOURY AND
SWEET BREAD FOR
YOU TO ENJOY
WITH THE
**COMPLEMENTARY
BEVERAGES**



**COME IN
WE'RE
OPEN**