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CAPITAL PLACE NEWSLETTER

The Official Newsletter of Capital Place Jakarta

CHINESE NEW YEAR 2024

Welcoming the year of Dragon

Chinese New Year will be celebrated
on February 10th, 2024.

Beginning the year of the Dragon, especially
the wood dragon year, which will bring
authority, prosperity and good fortune.

The wood dragon year combined with the
nourishing wood element, brings evolution,
improvement and abundance, making it the
perfect time for rejuvenated beginnings and
setting the foundation for long-term success.

Capital Place Management wishes you

Gong Xi Fa Cai

2024

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Mandarin Oranges, Lucky Fruit For Chinese New Year Celebration

Chinese New Year celebrations are very filled with lanterns, shades of red, lion dances, basket cakes, noodles and one more, mandarin oranges. In general, mandarin oranges are lucky fruits that should be presented during Chinese New Year. How did this come about? Well, in Mandarin, mandarin orange is júzi and close to the pronunciation of ji. Ji means luck, meaning that because it has a similar pronunciation. Therefore, mandarin orange is synonymous with luck. In addition, mandarin oranges also symbolize the golden color.



This symbol represents the hope that the next year will be covered with good luck and prosperity. The color gold is equivalent to red and both symbolize good luck. So don't be surprised if every Chinese New Year celebration, the majority of accessories are in combination, red and gold.

The issue of mandarin orange taste is also the reason for the birth of meaning. Mandarin orange has a variety of flavors, namely sour, sweet, slightly bitter, and bitter. This taste also contains the philosophy that life can never be separated from sweet, sour, bitter and bitter tastes. If you pay attention to decorative accents for Chinese New Year celebrations, you may also find mandarin oranges as decorations. Orange trees with mandarin orange fruit will be displayed in front of the house or room to receive guests. According to Chinese tradition, mandarin oranges also symbolize fertility, which are imaged in the decorative elements of the room.



The shape of the mandarin orange also has a philosophical meaning. Mandarin orange symbolizes perfection because it is round. It also marks beliefs about the occurrence of the cycle or wheel of life. In addition, mandarin oranges also symbolize the flowing prosperity and life.

Typical dishes other than mandarin oranges served on Chinese New Year include processed fresh fish, shellfish, dumplings, and noodles. Each of these dishes has a meaning too, just like oranges.

Source: https://voi.id/en/lifestyle/30461#google_vignette



INDONESIAN ELECTION DAY 2024

February, 14th 2024



WHAT IS YOUR LOVE LANGUAGE ?



1. ACT OF SERVICE

Acts of Service are a type of love language in which a person feels loved through the actions, help and support of loved ones.

For example, accepting assistance or initiatives to help with household chores, taking care of children, providing assistance at work, or offering assistance before being asked.

3. WORDS OF AFFIRMATION

Love receiving compliments and other positive words? It could be that your type of love language is words of affirmation!

People whose love language is Words of Affirmation may feel very appreciated and loved when someone gives positive words such as support, motivation and praise.

5. RECEIVING GIFTS

Receiving Gifts is a type of love language in which a person feels loved by giving gifts. This gift doesn't have to be expensive, but it can be something with a special meaning or a pleasant surprise.

2. PHYSICAL TOUCH

Physical Touch is a type of love language that is felt by someone through physical contact. The affection that appears here is not something negative, but rather a manifestation of affection and sincerity given by someone.



4. QUALITY TIME

Quality time is the last type of love language. Someone with this love language feels loved when attention is given in the form of togetherness, such as doing activities together or just sitting side by side.



HAPPY
Valentine's Day



5 TIPS FOR DEALING WITH PANIC ATTACKS

THE BRAVE WAY



Panic attacks can feel terrifying in that moment. Managing your thoughts and behaviours can go a long way towards reducing the frequency and intensity of panic symptoms as well as how much they interfere with your life.

When you are having a panic attack, use the acronym “BRAVE” to remember five great strategies for dealing with panic attacks.



1. BODY KNOWLEDGE

Learn the facts about panic. A panic attack is your body preparing you to deal with danger (F3-fight-flight-freeze response gets activated). If there is no danger – your body is giving you a false alarm.

2. REALISTIC THINKING

Try not to panic about panic. Remind yourself that the panic is not harmful. Your body is having a false alarm – your F3 system has kicked into gear at the wrong time – the alarm will stop ringing in time. Panic is hard but harmless. Think of it like a migraine headache – real and uncomfortable but not life-threatening. You can cope and function during a panic attack.

3. ACCEPTANCE

Accept that once your body's alarm system has been triggered, it will take a while before it settles down. Your body can't un-release adrenaline once you realize it's a false alarm. It will take a while for your body to return to normal. Once your sympathetic nervous system gets revved up, it will take a while for your parasympathetic nervous system to settle things down, like slowing down a fast-moving train.

4. VALIDATION

Validate your experience. Panic attacks are real and very uncomfortable. But they are not deadly and you do not have to let them stop you. You may be suffering but you are also strong.

5. END.

Remind yourself that panic attacks end. They do not last forever. It is not your job to stop or end a panic attack. It is your job to ride the wave of panic. Surf it or dive into it. Trying to fight or end panic tends to make it worse. You can handle the panic attack.



Source : <https://www.hindustantimes.com/lifestyle/art-culture/7-practical-ways-to-stick-to-your-new-year-resolutions-in-2024-101702293969524.html>

BEST CHINESE RESTAURANTS IN JAKARTA

-CONCIERGE RECOMMENDATION-

Chinese food is incredibly popular in Indonesia, and especially Jakarta. Paired with the concentration of Chinese communities in some area, it is like being in a city with not one, but multiple china towns! If you venture around Muara Karang, Kelapa Gading, and PIK (Pantai Indah Kapuk), you will be overwhelmed by amazing places selling Chinese specialties from a different region of the country. But for the best dining experience, here are the best places to find the best Chinese food in Jakarta:



JIA

Jia at Shangri-La Jakarta offers authentic Chinese cuisine served with passionate respect for its heritage and culture. The restaurant highlights not only the food experience, but also celebrates the rich cultural heritage of Chinese cuisine. Serving a line-up of delectable dim sum, sumptuous roasted fare and much-loved Chinese dishes, the restaurant blends classic Chinese cuisine with stylish presentation, giving each dish a little twist, yet preserving its original recipe.

Level 1, Shangri-La Hotel, Jakarta

Phone: (021) 2922 9999

CHÀO CHÁO

At the helm of Chão Cháo's cuisine is award winning Chef Tong Chee Hwee, who was the first ever Chinese Chef to be awarded a Michelin Star in the UK. Chef Tong and his team have crafted an exquisite culinary journey through the flavours of China, fusing traditional cooking techniques with contemporary flair using the finest ingredients.

Alila SCBD, 25th & 26th floor,
Lot 11 Jl. Jend Sudirman, Jakarta
Phone: +62 811 9628 001



BEST CHINESE RESTAURANTS IN JAKARTA

-CONCIERGE RECOMENDATION-



LI FENG

Previously known as Xin Hwa, Mandarin Oriental, Li Feng is Mandarin Oriental's famed Chinese restaurant that offers authentic lavish Cantonese cuisine by Chef Fei, one of China's most notable young chefs is also the man behind the celebrated Jiang at Mandarin Oriental, Guangzhou. The ambiance is ethereal and culturally rich, with interiors inspired by the history of the spice trade between China and the old colonial capital, Batavia. Must Try: The iconic 'black swan' fried dumplings.

Li Feng at Mandarin Oriental

Jl. M.H. Thamrin, RT.1/RW.5, Menteng, Jakarta

Phone: +62 21 2993 8800

T'ANG COURT

Located on the 61st floor of The Langham, Jakarta, Tang Court boasts breathtaking views of the Jakarta skyline with a refreshed interior that comes filled with distinguished Tang Dynasty-styled decor of ancient Chinese history and elegant oriental touches. Reflecting China's Golden Age, the Tang Dynasty, in immersive ethnic crafts and arts.



CANTON 108

Authentic, modern Chinese dining with extra finesse and exceptional ingredients. Canton 108 is honoring Chinese authenticity with an elevated dining experience for its guests.

District 8, SCBD Lot 28 - Lantai UG Unit 22

Jl. Jend. Sudirman Kav. 52-53, Jakarta - 12190

Source : <https://www.hindustantimes.com/lifestyle/art-culture/7-practical-ways-to-stick-to-your-new-year-resolutions-in-2024-101702293969524.html>

NEW TENANT AT **FOODST3P** LEVEL 3



**WE ARE HAPPY
TO SHARE WITH YOU THAT
SHIGERU EXPRESS
HAS FINALLY OPENED IN
FOODST3PS LEVEL 3**

SHIGERU
Japanese Fresh Deli

HALAL

Shigeru Express
PROMO!

PROMO PAKET HAPPY

Beli 1 Paket Nasi (Baked Rice, Bento dan Donburi)
GRATIS Minuman

FREE DRINK

Beli 4 GRATIS 1 Gorengan (Berlaku untuk semua gorengan)

FREE

PROMO PAKET NGEMIL

FOODST3PS - LANTAI 3
Capital Place Jl. Jen Gatot Subroto Kav. 18
Kuningan Barat, Mampang Prapatan,
Jakarta Selatan 12710

Instagram: [shigerudelii](https://www.instagram.com/shigerudelii)
Website: www.shigerudelii.com
Linktree: linktr.ee/outletshigeru

**THEY ARE HAVING A
GRAND PROMOTION
UNTIL **14 FEBRUARY 2024****

SHIGERU
Japanese Fresh Deli

ODENG

10K / TUSUK

ODEN

ODEN SPICY

CRAB BALL

PREMIUM SEAFOOD TOFU

SATSUMA AGE SHITAKE

FISH ROLL

SALMON BALL

SATSUMA AGE VEGGIE

FISHCAKE STICK

BAKSO ASIN

BAKSO IKAN PEDAS

Sudah termasuk Oden Soup.
Harga per tusukan
Khusus Ramadhan 2024

REFILL SOUP : 3000