



IMM Cares in Pandemic and Sharing in Ramadhan

71st Edition/XII/April - June 2020



Integrated Agriculture
of the Eso Elo Mandiri Group
(page 6)



Guidance for Managing
and Providing Fertilizers for
Palm Oil (page 12)



IMM Develops 3 Villages
in Kutai Kartanegara
(page 16)



Foreword

Astraditya

Strategic External Relations Head
PT Indo Tambangraya Megah, Tbk

We often heard others say, “Be Positive”. But the fact is, it’s easier said than done. When everything goes normally and according to plan, then it will be easy for anyone to act and think positively. But can people stay positive when everything does not go according to plan and even beyond our wildest expectations? This will differentiate those who manage to survive and those who easily give up.

Some research shows that optimistic personalities can affect many aspects of our lives, one of which is health. Positive thinking which is usually accompanied by optimism is an important part of effective stress management. And effective stress management is associated with many health benefits. Positive thinking does not mean that we must remain calm and ignore unpleasant life situations. Positive thinking means we face our problems and discomfort in a more positive and productive way. We must think that the best will happen, not the worst.

Regardless of our current situation, always try to think

positive. Think about results and situations that can benefit us, because it is our thoughts that attract many events and possibilities in our lives. Try to remember the good things we have, remember all the good things that have happened to us. Being grateful for life and valuing what we have is the first rule for positive thinking. Avoid hanging out with people who are pessimistic because it will affect us. Better, choose friends who always provide support, full of spirit, and always spreads positivity every day. Sooner or later, we will feel their energy affecting our spirits.

Everything requires time and practice but be confident that once we are determined then we will succeed. Make our difficulties, problems, and obstacles as fuel in our hearts, minds, and mentality to be determined to turn things around for the better. Change the phrase “I can’t” to “I’ll try”. Willingness and ability must become a unity. “Possible, but there is no will” or “there is a will, but it’s not

possible” will not work.

Let us start having positive thinking, keep the spirit in working and creating. Be determined, believe that we can, act and return all to the Almighty God with prayer. If rain is trouble, and the sun is happiness, then we need both to be able to see the rainbow.



From the Editorial

Dear loyal readers of Bubuhan, we hope that you are always in good health and safety. Keep the spirit of carrying out daily activities with health protocols to prevent COVID-19, may we remind you that until now the treatment has not been found. In the 71st edition of Bubuhan, several articles are displayed regarding the activities of the ITM CD team and its subsidiaries in preventing COVID-19 for the communities surrounding the company. In addition, the company also helped several locations near the company affected by the flood disaster. For fostered news, there will be training in integrated agriculture, palm oil technical guidance, citrus cultivation, and computer assistance.

BUBUHAN comes from the Kutai and Banjar language meaning **friendship, partnership, and companionship**. The name **BUBUHAN** reflects the CD ITM Tbk. spirit to always appreciated and learn from the local wisdom within the community.

Supervisor
Ignatius Wurwanto
Advisor

Puji Rahadin
Person in Liability
Giwa Giwangkara

Editor in Chief
Jauhari Umar
Managing Editor

Muhammad Yuda Pranata
Contributor

CDO Indominco, CDO Kitadin,
CDO Trubaindo, CDO Jorong, CDO
Bharinto, CDO TRUST, CDO Jakarta
Design

CoratCoretDesign



IMM Cares in Pandemic and Sharing in Ramadhan

PT Indominco Mandiri (IMM) cares about the corona virus pandemic by aiding the affected communities, especially to health care workers and medical personnel. The activity continues to be implemented through Ramadhan, in Sharing and Caring COVID-19.

Assistance has been provided to medical staff at Taman Husada Bontang Regional Hospital, Puskesmas, and COVID Posts including hazmat clothes, medical

PT Indominco Mandiri (IMM) cares about the corona virus pandemic by aiding the affected communities, especially health care workers as medical personnel.

masks, and vitamins. Assistance also to the community in the form of sprayers, disinfectants, hand sanitizers, non-medical masks, washing soap, and food additives. Submitted to every ring 1 village office include Bontang Lestari, Lake Redan, Martadinata, Kandolo, Teluk Pandan, Pandan Jaya, Santan Tengah, Santan Ulu, Santan Ilir, Sukarahmat, and Sukadamai.

@Lidya_CDO IMM





KTD EMB Prevents the Impact of COVID-19

PT Kitadin Embalut (KTD EMB) carried out prevention of the impact of COVID-19 to villages around the company, they are Bangun Rejo, Embalut, Separi, Kertabuana, and other nearby villages. The activities began in March 2020 in the form of nine basic necessities for 624 Poor Families, continued in April 2020 with the help of supporting equipment for the village, in the form of Thermometers, spray tanks, disinfectant drugs, gloves, and masks.

The purpose of the activity was to make it easier for the village management team to carry out equitable distribution of equipment to the community in preventing COVID-19. The activity continued in May 2020 in the form of equipment assistance for the puskesmas consisting of carbolic cleaning, floor mopping equipment, disinfectant drugs, and spray tanks.

@Bambang K_CDO KTD EMB



PT Kitadin Embalut prevented the impact of COVID-19 to the villages around the company by providing assistance in the form of groceries and supporting equipment for the village.



Cultivating Ponti Oranges

Pontianak oranges are currently favoured by the Tenggara Seberang community and the selling price is very promising. This moment was responded by the farmer group of Separi Village, which was originally started by three farmers and successfully planted a 9-hectare Pontianak orange. Then in 2018 and 2019, PT. Kitadin and

other companies are fostering new farmers who develop Pontianak oranges. There are 32 farmers growing Pontianak oranges. With a new plant number of 7000 trees (17 Ha).

The plants from two years ago have grown and will be harvested in the next eight months. In 2020, planting Pontianak Oranges will be

increased again by 5 hectares. The prospect of Pontianak Orange is particularly good because there is already a guarantee by the buyer for its marketing. The buyer will pay in the amount of production and the condition of any orange in the future.

@Sumardi-CDO KTD EMB





Integrated Agriculture of the Eso Elo Mandiri Group

Integrated Farming System(IFS) received the attention of PT Trubaindo Coal Mining (TCM), which is managed by the Eso Elo Mandiri Group. Driven by Pak Muso and consisting of 11 farmers, this group had initially started the main fish breeding component, such as tilapia and catfish in a cement pond. Then carry out the second component, such as the main agriculture in the form of local fruit plants, they are Durian, Lay, Rambutan, Orange, and other rare plants.

Currently, tilapia and catfish fisheries have been able to meet the needs of surrounding and nearby residents, in addition fruit farming is also being prepared to be cultivated by transplant and grafting. So, the fruit growth can develop and spreads to the members of the agricultural group.

The group is a follow from the knowledge application after a comparative study of agriculture integrated at P4S Law Kawar was successfully carried out. The head

It is hoped that the Fisheries and Agriculture of Local Special Fruits will become the best practice product of the group and this group will become a place of learning for the surrounding community.

of the group (Mr. Muso) moves his members by using the motto of the Chairman of P4S Law Kawar (Mr. Jumanan) in the form of "Try and try, if it fails then try again". So that solutions are always found, this is what makes the business even better and have good results. It is hoped that local fisheries and fruit farming become the group's best practice products and this group will become a place of learning for the surrounding community.

@Jones Silas_CDO TCM





This activity is a tangible form of Corporate Social Responsibility (CSR). The assistance is expected to help the development of Village-Owned Enterprises (BUMDES).

Computers for BUMDES

On April 9, 2020, PT. Kitadin Embalut (KTD EMB) handed over 2 units of computer to the BUMDes Bersinar in Bangun Rejo Village. This activity is a tangible form of Corporate Social Responsibility (CSR). The assistance is expected to help the development of Village-Owned Enterprises (BUMDes).

At present BUMDes has a drinking water depot business, gas cylinder procurement, and a wholesale market manager consisting of 73 stalls and manages a night market with an average of 250 traders. So, it takes a computer and a printing machine to support its business.

The BUMDes activity has begun to absorb employment opportunities for the community and can be a source of village income.

@Alfendri Santoso_CDO KTD EMB

Computers for Better Learning in Middle School



PT Kitadin Tandung Mayang (KTD TDM) noticed the newly established school in Teluk Pandan Subdistrict, the State Middle School (SMPN) 3, Kandolo Village. The youngest school that was only established in

2017 is certainly still in the process of development, so it requires teaching and learning process equipment, such as computers, tools, and other equipment.

The role of this computer is particularly important because it can help facilitate work and support the improvement of operational service work and learning activities. KTD TDM donated

2 sets of desktop computers to SMPN 3 on January 31, 2020.

As the Principal of the SMPN 3 in Kandolo Village, Mrs Rusmini Siregar welcomes this event with an open arms and felt very helpful because the school really needed the computers for practices and learning, and also acts as an Information Technology for the school, operational services and learning activities for the whole school.

@Amelia Sopha_CDO KTD TDM



BEK Prevents the Impact of COVID-19 and Helps Flood Victims

PT Bharinto Ekatama (BEK) has conducted a prevention for the impact of COVID-19 on the villages surrounding the company. Aside from West Kutai in East Kalimantan, by providing basic food items and a place to wash hands, which BEK also been developing in Muara Tewe Central Kalimantan. The

community is given facilities to wash their hands, necessities, and other supporting facilities such as masks in the villages of Benangin 1, 2 and 5, and Palangkaraya. The purpose of this activity is so that the villagers can maintain personal health and remind each other to use the equipment to avoid corona virus transmission.

Along with COVID-19 prevention activities, it also helps people who experience floods due to heavy rains and overflowing river water. BEK and other companies (NPR) provide groceries for flood victims so that they can provide food for daily community needs.

@Rahma Dewi_CDO BEK





JBG Cares about Flood Victims

When heavy rains hit Jorong District on May 18, 2020 around 22:00 WITA, the Village Chief of Asam Asam Village contacted the CD team to inform them that the houses affected by the flood were 245 families and 8 RT. The houses affected by floods were RT 001 = 19 HH, RT 005 = 29 HH, RT 006 = 91 HH, RT 007 = 44 HH, RT 008 = 20 HH, RT 009 = 5 HH, RT 010 = 30 HH and RT 12 = 7 Households.

The next day the PT Jorong Barutama Greston (JBG) CD Team went straight to the location to see the condition of the houses of the

residents and distributed 100 boxes of instant noodles to Asam Asam Village. The food was received by the village head, Abdul Muhid, and village officials.

The Village Chief of Asam Asam Village send his gratitude of the JBG's action in caring and paying attention to the local residents that were being affected by the flood. Village officials also hoped that JBG management and employees will always be given good health and fluency in carrying out their activities in the company.

The next day the JBG CD Team went straight to the location to see the condition of the houses of the residents and distributed 100 boxes of instant noodles to Asam Asam Village.

@Hairuddin_CDO JBG





JBG Prevents the Economic Impact of COVID-19

PT Jorong Barutama Greston (JBG) continues its efforts to prevent the economic impact of COVID-19 on the community. It was realised that the effect of Corona Pandemic extended to the economic lives of the people around JBG. The community is more selective in buying. Basic needs are a priority. Small business activists are affected, sales have fallen sharply, raw materials are difficult to market, the ones that are available have higher prices.

One of them is Karjo Craft in Karang Rejo village, a fostered group of JBG that manufactures various products made from sasirangan batik fabric. Its productivity dropped significantly because market demand also dropped dramatically. JBG encourages this business survival strategy that is an alternative product that can be accepted by the



market, namely in the form of mass production of sasirangan masks made of sasirangan fabric. JBG has ordered 600 sheets of fabric masks. The mask is designed in two layers (sasirangan batik and cloth). Masks are distributed to those in need.

Other fostered groups affected by COVID is KUBE Karya Bersama, they are producers of processed marine fish in Swarangan Village, fisheries groups in Karang Rejo Village and Simpang Empat Sungai Baru, and chicken farms in Batalang Village. This is where the role of JBG which has committed to making efforts in the form of marketing products by absorbing fostered products for the company's internal needs, promoting both internal company (employees) through mouth-to-mouth strategy and to the wider public through

social media, as well as mentoring business motivation to maintain enthusiasm businessmen to keep on blazing.

Delivery order system. This effort makes these various fostered groups still viable and sufficiently secure for economic resilience during the Pandemic.

@Erna Puji_CDO JBG

JBG encourages this business survival strategy, which is an alternative product that can be accepted by the market, in the form of mass production of sasirangan masks.





TCM Continues to Prevent COVID-19 in the Community

PT Trubaindo Coal Mining (TCM) continues the efforts in preventing the impact of COVID-19 on the community by providing assistance to 10 other villages in the ring 3 location of the company area, after previously being addressed to 20 villages in ring 1 and 2 locations.

In the ring area 3 village, TCM provided handwashing assistance as a practical effort and was extremely useful for the community because it was realized that this facility could immediately help people clean the hands and other body parts.

TCM has also supported community events to reject

reinforcements (traditional activities to prevent disasters) at COVID Post locations in the villages of Mendika, Damai Kota, and Bermai. As a midpoint post from each sub-district area, the post is strategic in strengthening mental and hope to help the resilience of public health.

@Jones Silas_CDO TCM

“ TCM provides washing hands facility as a practical effort and is very useful for the community because it is realized that this facility can immediately help them to clean the hands and other body parts. ”





Guidance for Managing and Providing Fertilizers for Palm Oil

PT Kitadin Site Tandung Mayang (KTD TDM) conducted a Technical Guidance (BIMTEK) for Palm Oil, dated March 4, 2020, at the Teluk Pandan Village General Meeting Hall (BPU), and also in the village of Kandolo on March 5, 2020. With the theme "Palm Oil Management

in order to maintain its quality", the material was provided by expert speakers from UPT P4, Teluk Pandan District.

KTD TDM also distributed 222 sacks (50 kg per sack) of non-subsidized Granulin urea fertilizer

to oil palm farmers in Teluk Pandan Village and Kandolo Village on March 31, 2020.

The final phase of BIMTEK and fertilizer application is the end of the fostered program and is in accordance with the TDM RPT





Technical guidance participant in Teluk Pandan Village

KTD TDM also distributed 222 sacks (50 kg per sack) of non-subsidized Granulin urea fertilizer to oil palm farmers in Teluk Pandan Village and Kandolo Village

document. The palm oil farmers receive new knowledge about the right and proper way to maintain palm oils so that they can produce high quality palm oil during the production period through optimal management of palm oil production.

With enough fertilizer that contains nutrients for plants, it can support the growth and development of plants and improve soil structure, so it has a big influence on the growth of oil palm.

@Amelia Sopha_CDO KTD TDM



Technical guidance in Teluk Pandan Village



Giving fertilizer



Tips

Fighting Corona with Traditional Spices

Communities are asked to start living healthy and strengthened their immune system to be able to face many kinds of viruses and diseases. Including against new types of corona virus.

One way to fight disease or increase endurance is to start eating healthy, avoiding stress, and exercising. One popular natural ingredient called corona 'antidote' is spices.

Professor of Airlangga University Surabaya, Prof. Dr. Mangestuti Agil, invites people to re-optimize traditional herbs or *empon-empon* as an effort to avoid the corona virus (COVID-19) that has entered Indonesia.

"The world is being horrified by the presence of COVID-19. Maximum immunity is needed to avoid the possibility of being exposed to an increasingly massive virus spread," he said when confirmed in Surabaya, Monday (2/3).

He explained, a healthy human body is equipped with immune power or immunity to protect against various diseases and viruses. However, when humans let their guard down and immune power decreases, diseases and various viruses easily come, and cause the body to become sick.

The lecturer at the Faculty of Pharmacy, Airlangga University, said that to maintain immunity

properly, various efforts are needed. Such as good stress management, maintaining diet, rest, and regular exercise.

"All of that is in a package. "If it is run properly, immunity will be strong and make humans healthy, including avoiding viruses such as COVID-19," he said.

Traditional spices, one of which

Traditional spices, one of which turmeric which has antioxidants that are very good for strengthening the body's immunity.

turmeric has antioxidants that is particularly good for strengthening the body's immunity. "If there is no time to make drinks from turmeric, you can make drinks from ginger or consume ginger honey egg milk (STMJ), then drink herbal drinks that have specific objective to strengthen immunity," he said.

According to him, natural materials will always be more quickly accepted and integrated

with the body. If it is consumed regularly and routinely or at least three times a week.

"Remember, *empon-empon* has always been a part of Indonesia. The problem is, now not many people are paying attention. Although in this era everything has been tested, attentions are needed to re-optimize the spices around us," he said.

The Mayor of Surabaya, Tri Rismaharini believes in the efficacy of traditional spices to maintain health. Lately she consumes substances that contain curcuma such as ginger, ginger, and turmeric.

"So, let's use that. Not expensive either. Even though we do not know whether it's true or not, the most important thing is we have tried. So, I have been drinking that spices for these couple of months now, I you want it, I have it at home," said Risma in Surabaya, Monday (2/3).

Risma hopes that the people of Surabaya can do their best in preventing the virus. "Hopefully, God will also return that goodness to us. If not in us, but maybe our children, grandchildren. So, we can also receive good impact. Whoever does good will definitely get good," said Risma.

Risma consumed curcuma after hearing the research made by Unair researchers. Research says consumption of spice extracts can



Tips



be an antidote to the corona virus, which is currently still a threat to society.

The findings of this research were carried out by Professor of Molecular Biology at Airlangga University Chaerul Anwar Nidom. Nidom, who is also an Airlangga alumnus, managed to find an antidote to the corona virus from the spices extract (curcuma).

Nidom said, to deal with the corona virus, people can overcome it by consuming foods that contain curcuma. "In some places I offer what can be used to ward off the corona virus. We can overcome this by consuming foods and drinks that contain curcuma such as ginger, turmeric and *temulawak*," said Nidom based on the release received by Republika.co.id, Tuesday (25/2).

Research reveals turmeric does have health benefits for the body. One of them has been proven in the journal Proceedings of the National Academy of Sciences. Studies in the journal revealed that turmeric has an active compound called curcumin which can effectively kill certain types of cancer cells.

In addition, turmeric has also long been used for treatment.

This is due to the presence of anti-inflammatory compounds in turmeric.

"Turmeric has a natural anti-inflammatory compound called curcuminoid," said nutritionist from Mayo Clinic Anya Guy as reported by Medical Express.

Guy said curcuminoids can provide positive benefits for various diseases. These diseases include cancer, obesity, type 2 diabetes, and inflammatory bowel disease.

Guy added that people diagnosed with diseases such as cancer or diabetes should not necessarily treat their disease with curcumin or turmeric alone. Despite its anti-inflammatory properties, the consumption of curcumin or turmeric supplements in cancer and diabetes patients needs to be consulted first with a doctor.

In general, Guy revealed that there are various ways you can do to consume turmeric. One way is to use turmeric in the form of powder to be used as a mixture in serving curry or other foods.

"I recommend choosing turmeric in its natural form or powder and also try consuming turmeric with other foods to increase absorption,"

Guy explained. Despite having health benefits, turmeric should not be consumed in excess. The maximum safe limit for consuming turmeric is 8 grams per day.

Meanwhile ginger contains enough solid nutrients. In one cup full of chopped fresh ginger contains about 80 calories, 18 grams of carbohydrates, and 2 grams of fibre, and protein. One tablespoon of ginger can also add about 5 calories.

Every bite of ginger also contains vitamins and minerals. Such as iron, vitamin C, potassium, magnesium, and zinc.

Drinks with fresh ginger, such as adding grated ginger to a vegetable or fruit smoothie, can be the best choice for fighting viruses in the body. The active compound Gingerol has an important role in eradicating the virus. In a laboratory study published in the Journal of Ethnopharmacology, fresh ginger is effective against syncytial human respiratory virus (HRSV), the main cause of respiratory infections.

While ginger can be used as an antibacterial because of its xanthorrhizol content. *Temulawak* can also treat anti-inflammatory, rich in antioxidants, can inhibit the growth and development of cancer cells, and good for blood circulation.

Adapted from: REPUBLIKA.CO.ID, by Dadang Kurnia, Adysha Citra Ramadhani, Nora Azizah



Update
Information



IMM Develops 3 Villages in Kutai Kartanegara

PT Indominco Mandiri (IMM) distributed Community Development Programs to 3 fostered villages, they are Santan Ilir, Santan Tengah and Santan Ulu, in Marangkayu District, Kutai Kartanegara Regency (Kukar) on Wednesday (07/08/2020).

The Mine Head of PT IMM, Era Tjahya Saputra said, some assistance was in the form of providing clean water in two villages namely Santan Tengah Village (since 2013) and Santan Ilir Village (starting in 2019). If in Santan Tengah has been able to serve 90% of the community and will lead to conservation of existing water sources. Whereas in Santan Ilir, the provision of reservoirs and pipelines along the 3,200 m. Managed by a Village-Owned Enterprise (BUMDes) so that later it can contribute to donating PAD.

Other infrastructures handed over in Santan Tengah Village are :

1. An ambulance for supporting facilities for the Stunting Prevention Program, helps pregnant women and alleviates if the distance that is far enough to the hospital.

2. Enhancing Human Resources (HR) in the religious field, in the form of the Tahfidz Quran village program. Stages have built and renovated 2 Tahfiz houses in 2019, then provided equipment facilities such as mattresses, fans, mats, and cabinets.

Also supporting religious activities in the community by providing places to pray, they are Nurul Yaqin Mosque in RT 01 and Al Muhajirin Mosque RT 18 (both in Santan Ulu Village).

As for Infrastructure, handover has been carried out as a result of the normalization of the villages of Santan Tengah and Santan Ilir canals as an effort to prevent tidal flooding because of its location that is close to the sea. The road of Santan Ulu Village has also been cemented.

In the field of tourism, the Green Beach in Santan Ilir Village, located on Sampayo Beach, has begun in the form of cleaning up access, and planting 8,000 mangrove seedlings (5,000 IMM seedlings and 3,000 community seedlings).

At the same time, IMM cared about the Pandemic COVID-19 by

submitting to the Kutai Kartanegara COVID Cluster and 3 Supporting Health Centres in the 3 Villages, in the form of health equipment (PPE) assistance covering 3500 pairs of hand gloves, 75 litres of disinfectant fluid and hand sanitizers, 165 vitamin tubes, 45 pcs face shields, 25 pcs hazmat and goggles, 1500 sheets of medical masks, and 12 bottles of hand soap.

The Mine Head of IMM would like to thank the Regional Government of Kukar and the village government and the surrounding communities who have supported the company in carrying out its production.

While the Regent of Kukar, Drs Edi Damansyah MSI appreciated the IMM for delivering the community development program as a consistent commitment of social responsibility to several villages in the Marangkayu District. This is in line with the government program, such as the one-village one tahfidz program and the clean water program for the lives of local residents. Regional governments cannot have developed the programs themselves, but require the role of all parties, especially companies.

"I would like to thank PT IMM, because not all mining companies are as committed as PT Indominco did," he said.

The Regent hopes that the company will strengthen BUMDes's management capability and hopes that BUMDes can maintain synergy and be independent of the company.

(Editorial Team, adapted from Tribunkaltim.co.id)