

NEWSLETTER



Tread softly, and leave the lightest footprints on the earth – more and more environmentally-minded souls are being drawn to living the zero waste lifestyle cutting down on the waste they generate.

Now – a first in Kuala Lumpur's heart – a new zero waste store has sprung to life to support those life choices. Bliss Zero Waste Store is tucked into Mingle Cafe, just under Mingle Hostel on Jalan Sultan; it's a haven not just for the conscientious, but also those looking to experience a little Chinatown charm in one of KL's most character-laden corners.

For Bliss owner Loke Poh Lin, "zero waste" just means a simpler, less wasteful, more respectful way of living that leaves as little damage to the Earth as possible

"It's something everyone can practise – not some elitist, super-nerdy thing that only the well-to-do/those with high IQs/young/retired/someone from the West can do!" she said.

"It just takes awareness, a little education and a willingness to develop new habits and stop wasteful ones."

Bliss retails home and personal care items for everyday use, including dishwashing and laundry detergents, bathroom cleaners, shower gel and shampoo, and a range of naked (unpacked) soaps for hair and body.

Zero waste living store



Loke sources them from local makers and manufacturers, so that the carbon footprint of each product is reduced.

"Our home care and personal ranges are all safe and biodegradable, and we also have a plant-based range for people with sensitive skin," she said.



“Since plastic was introduced in the late 1960s till now, no piece of plastic has ever disappeared. It’s just gotten smaller and smaller. And it enters oceans, water tables and it’s still there,” explained Loke Poh Lin who runs Bliss Zero Waste Store in Jalan Sultan, KL.

So what’s a zero waste lifestyle? According to Bea Johnson, recognised as the guru of zero waste, it boils down to five Rs:

Refuse what you do not need; reduce what you do need; reuse by buying secondhand items or swapping the disposable items for reusable alternatives; recycle what you cannot refuse, reduce or reuse; and rot or compost the rest.

The idea for a store promoting the zero waste philosophy started to form in the retiree’s mind. Even though the number of such shops are growing, ideally it needs to be spread out more around the Klang Valley and beyond.

“For this to work, you need to find one in every neighbourhood,” explained Loke. You will realise that the concept is similar to a sundry shop where one pops in to grab their home and personal care products. The difference lies in a conscious effort to ensure that one must bring their own reusable container to store these items.

Setting up the store took roughly six months for Loke. Looking for the suppliers wasn’t the problem as the other stores were open about sharing the information. The big hurdle was finding the right space at a low cost since the profit margins were razor thin.

You’ll be surprised to discover that they also sell biscuits: a small selection of our childhood favourites like iced gems and goldfish. These act as conversation starters, explained Loke. “When they want to buy, you can ask them, ‘Did you bring a container with you?’ Then you can explain that they’re in a zero waste store,” she added. It’s all part of the campaign to raise awareness of the zero waste lifestyle.



By Lee Khang Yi, Malay Mail, June 2019

Pretending plantations are forests is killing Orang Asli



Environmental destruction such as pollution and logging are endangering the lives of the Orang Asli in Kuala Koh, Kelantan, experts say.

According to Colin Nicholas, the executive director of the Center for Orang Asli Concerns, the destruction of the Orang Asli’s environment has left the people of the Bateq tribe weak and sickly, The Star reported on Tuesday (June 11).

On the same day, Bernama reported that four patients, including two infants, of the Bateq tribe had been warded at the Intensive Care Unit of Kuala Krai Hospital since Sunday (June 9) after suffering from breathing difficulties.

Kelantan has been described as the “worst state” for forest preservation by NGO Sahabat Alam Malaysia (SAM). A large tract of Kelantan’s permanent reserve forests has been felled and converted into “plantation forests”. These “plantation forests” are alarming. They refer to gazetted forests logged and cleared and then replaced with plantations – yet still classified as gazetted forests. SAM has called for this term to be abandoned. Certainly, it is deceptive.

Forests are made up of natural vegetation and ecosystems and are biodiversity-rich. Monoculture plantations don’t compare – they are disastrous for water catchments, ecosystems and biodiversity, notes SAM.

BY MANGAI BALASEGARAM, THE STAR JUNE 2019



Colin Nicholas COAC



Penang GREEN Events



ADVANCED SESSION TOT WORKSHOP

(ENVIRONMENTAL EDUCATION)

7TH - 8TH SEPTEMBER 2019

9.00am - 5.00pm

Cititel Penang, Jalan Penang

Closing Date: 30 August 2019

FEE: **RM 300**/PAX
(include meals & manual)

EARLY BIRD: **20% OFF**
payment received latest by 15th August

Student, Senior Citizen, Group Registration **30% OFF**

+6 04 250 3322

www.pgc.com.my

+6 016 517 7382



Scan Here to Register



7 Ways to Create Harmony In the Office

Source: Entrepreneur Asia Pacific

1. Say thank you.

These two little words may be the most powerful word.

2. Notice the little things.

If a co-worker or employee is happy at his or her job, they will go out of their way to add a little extra to their commitment.

3. Avoid idle gossip.

Gossip can tarnish office harmony. It might seem entertaining at the moment, but underneath, it builds distrust.

4. Maintain an open door policy

Establish an open environment for discussion by creating a "come to me anytime" system.

5. Create a team environment.

Hold regular meetings with the entire office and empower co-workers to take "ownership" in the business.

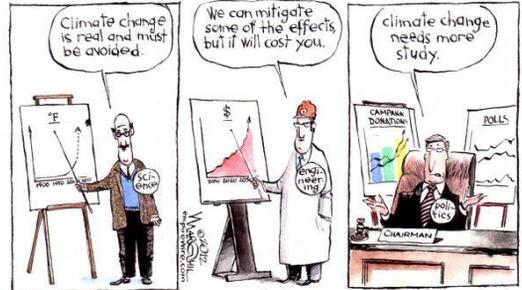
6. Offer to help.

Jump in and be hands-on yourself. Whenever you are stuck, overworked or faced with a major deadline, you know how you appreciate a helping hand.

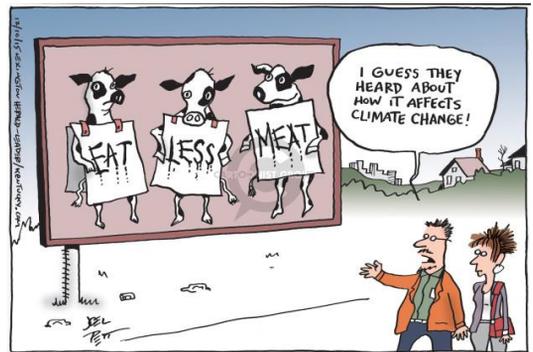
7. Socialize outside of work.

Build friendships and harmonies outside of work with casual outings.

LAUGHING
— is — the —
BEST
exercise



ounce of prevention = pound of cure = ton of denial



Employee Profile



Everyone, Meet Mr Vince

Engineer, Electrical & Instrument

Its been 5 years since he joined the team on 2014. Passion towards his job drive himself coming up with his new brilliant idea in electrical design. Preferably enjoy carry his happy tummy loaded with Coke and Nasi

Leماج with sambal bilis plus full boiled egg...hurmm hungry now? Chill out buddy, he still single anyway :-D say Hi to him!