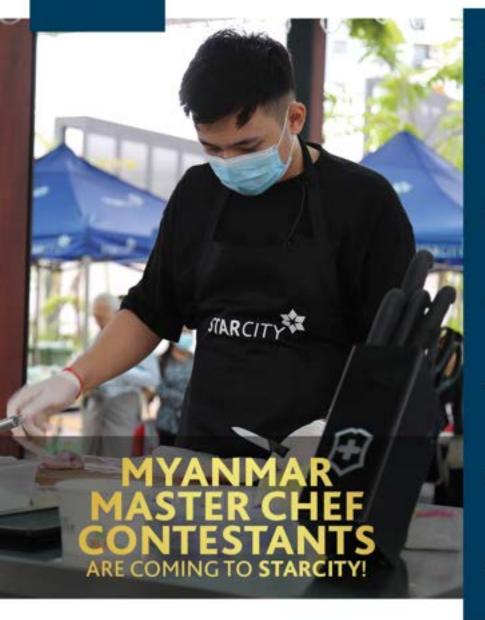


NEWSLETTER

52nd Edition



- Meet our Management
- Managing mental and physical wellbeing during 3rd wave of COVID-19
- Health Knowledge
 How to dispose Medical Wastes,
 Self-Isolation
- · Property of the month

Sales - Star Villas Lease - Galaxy Towers Resales - Listing

StarCity Offers
 Golf lessons with Soe Min Htike,
 Links membership, SC Links Monsoon

 Promotion

Commercial Offers
 Medicare, Gloria Jeans,
 Shwe La Pyae (New at the Hangar),
 Corriander Leaf

Community announcements
 A5 Residents Birthday wish,
 Commercial Outlets Payment System,
 F&B Outlets Delivery & Payment System

 "Myanmar Master Chef Contestants are coming to StarCity!" Activities





MENTAL AND PHYSICAL WELLBEING

DURING 3RD WAVE OF COVID-19



#STARCITYCOMMUNITY #STAYHEALTHY

During a pandemic like COVID-19, these actions are especially crucial for maintaining you physical and mental well-being. How are you supposed to eat right when you're living on non-perishables? How can you work out when you're cooped up at home? How can you sleep when you're anxious about, well, everything?

A mental wellness expert offers guidance on how to protect your psychological and emotional well-being during the pandemic.

1. Take breaks from the news

After a certain point, it can be more upsetting than informational. Make sure the information you do get is from reputable and non-sensationalist sources and can be upsetting to hear about the crisis and see images repeatedly.

Try to do some other activities you enjoy to return some normalcy back to your life as much as possible. Make time to unwind and remind yourself that these strong feelings will fade germs from spreading.

2. Take care of your body.

Take deep breaths. Stretch. Meditate. Try to eat relatively well balanced meals, move your body regularly, get plenty of sleep and highly limit alcohol and drugs. This will help boost your immunity — and your resilience. Mindfulness can help lower blood pressure, reduce stress, support your immune system, and protect brain health.

3. Plan for coping with a potentially sudden drop in social contact (e.g., classes & events being cancelled.)

One of the most prominent ways individuals are asked to help mitigate the COVID-19 pandemic is to practice social distancing. That means remaining out of places where people meet or gather, and maintaining distance (approximately six feet or two meters) from others.

Create new traditions for connecting regularly with friends, family and peers via Facebook messenger. Send a text message or email or other social media platforms to communicate.

Create a new, adapted schedule taking cancellations into account.

Keep things as consistent as possible and focus on what you can control in terms of disease prevention and more broadly. To protect our emotional well-being, we can pay attention to reputable sources of information and adhere to the prevention guidelines of the Ministry of Sports and Health and the World Health Organization.

5. Do a "worry drop."

Write out all of your fears in a journal until your anxiety has dropped by half. Make a daily list of what is going well, and remember the things that are going well. Despite the current situation, maybe you're able spend more time with your kids, or reading a book you've been meaning to get to or learning how to cook. Be a positive person and more positive thinking to others.

Maintain your physical health as per below outline.

Protect your sleep.

Good quality, sufficient sleep not only helps to support your immune system but also helps you to better manage stress and regulate emotions. Adults should aim for 7–9 hours, while children and teenagers need even more.

2. Try to eat at regular times and options for nutritious foods whenever possible.

Some people may crave junk food or sugary snacks and be tempted to snack mindlessly when stressed or bored, and others may skip meals altogether. Try to eat healthier organic food and less eating with oily and salty food.

Maintain an exercise routine, even if you can't go to your gym.

Exercise at home using an online workout video, or go for a walk, run, or bike ride in a sparsely populated area.

If you have a pre-existing mental health condition, these above recommendations are especially important.

If you aren't feeling well physically, do telehealth consultation at Pun Hlaing Clinic for further medical assistance.

If you have these sign and symptoms... အောက်တော်ပြပါရောဂါလက္ခဏာများခံစားနေရပါတ...



Fever ဗျားမှာဖြင်း



Aches & pains နာကျင်ကိုက်ခဲ့ခြင်း



Conjunctivitis မူကိ&နာ (နီ) မြင်း



Persistent cough



Headache ବୌଧାନ୍ଧନ୍ଧିବିଧି



Rashes on the skin အရော်းပေါ်မှာ အင်ပြင်လို အစုတွေပေါ်လာခြင်း



Loss of smell & taste အနံ့ နှင့်အရသာ ဆုံးရုံခြင်း



Sore throat လည်ရောင်းနာခြင်း



Runny Nose နာရည်လိုမြင်း



Diarrhea ဝမ်းတျောမြင်း



Discolouration of fingers or toes ခြေရောင်း လက်ရောင်းတွေ အရောင်ပြောင်းလာမြင်း

Please inform ဆက်သွယ်ရန်

Telehealth consultation at

Pun Hlaing Clinic

09 - 449 523 534 (10:00 AM - 6:00 PM)



STAY AT HOME Stay safe. Save lives.

HEALTH KNOWLEDGE



ငေားဘက်ဆိုင်ရာ တစ်ဒါသုံးပစ္စည်းများ စွန့်ပစ်ခြင်း







ითრინინ



Masks



recologia con



adhiam



ဆေးတိုအပါ ဆေးမှလင်းခွဲ ဆေးသွင်အပ်

Antigen / Antibody rapid Test kits ၊ Masks ၊ ခေါင်းဆောင်း ၊ လက်အီတိ ၊ သုံးပြီးသား Tissue စသဖြင့် တစ်ခါသုံးရုန့်ပစ် ပစ္စည်းများကို–



အိမ်သုံးစွန့်ပစ်ပစ္စည်းများ (Domestic Wastes) များနဲ့ အတူ (လုံးဝ) ရောထွေးပြီး မပစ်ပါနဲ့။



အရက်ပြန်/လက်သန့်စင်ဆေးရည်, Spray / Chlorine ဝိုးသတ်ဆေးရည် စတာတွေနဲ့ သေချာစွာ လောင်း/မြန်း ပေးပါ။



လေလုံအိတ်နဲ့ သီးသန့်ထည့်၍ သေချာစွာ ချည်နှောင်ပြီး စွန့်ပစ်ပေးပါ။

ထေးထိုးအပ်၊ ထေးပုလင်းခွံ၊ ထေးသွင်းအပ် အစရှိတဲ့ ချွန်ထက်သော၊ ပြတ်ရှနိုင်သော စွန့်ပစ်ပစ္စည်းများကို–



လက်သန့်စင်ဆေးရည်/ အရက်ပြန်/ Chlorine ဝိုးသတ်ဆေးရည်တို့နဲ့ အရင်နှံ့အောင် ဖြန်းပါ။



ကော်ဘူး/ရေသန့်ဘူး အမာထဲသို့ သေချာစွာ ထည့်ပိတ်ပြီးမှ သီးသန့် ပစ်ပေးပါ။

မိမိ၏ စွန့်ပစ်ပစ္စည်းများက သူတစ်ပါးကို အန္တရယ်မဖြစ်ပါစေနဲ့။

HEALTH KNOWLEDGE

You must SELF-ISOLATE If you are exposed to potential community transmission outlined below:

Phyical Distancing

- All people in your house need to self-isolate with you.
- Stay at least five feet away from other people at home, avoid walkin around.
- Keep a distance of at least 5 feet apart from each other.
 Do not walk around and stay in a confined isolated space.
- Do not let visitors into your house. If you need food supplies have a friend drop them off at the door.
- Make sure you don't come into contact with people giving you food, ensure whoever comes into contact with your leftovers wash their hands thoroughly.

Be Prepared

 Have family or friends help you prepare a supply of essential goods and food items.

Practice Personal Hygiene

- Clean all surfaces that you come in contact with before you go into self-isolation.
- Wash hands regularly and wear a mask when in common areas of the house.
- Keep hydrated with fluides and eat nutritious food.
- Do not share food or utensils with family members.

Monitor Your Health

- Monitor your temperature daily and keep a record.
- Monitor the development of any symptoms ie: fever, cough, diarrhea, difficulty breathing.
- Go to the hospital if anyone in the family develops signs and symptoms that require medical attention.

TO CONTACT

Pun Hlaing Clinic (StarCity) 09 - 449 523 534 (10:00 AM - 6:00 PM)

WHAT IS SELF-ISOLATION?

Stay in your home environment and do not leave the house.

HOW LONG DO YOU SELF-ISOLATE?

 14_{Days}

ကိုဗစ် ရောဂါလက္ခဏာများ ရှိခဲ့လျှင်သော်လည်းကောင်း၊ ရောဂါပိုးရှိသူနှင့် ထိတွေခဲ့လျှင်သော်လည်းကောင်း မိမိဘာသာ သီးသန့်ခွဲခြားနေထိုင်ရန် လိုက်နာရမည့် စည်းမျဉ်း စည်းကမ်းများ

အချင်းချင်းနီးကပ်စွာမနေရန်

- မိမိအိမ်သားဟွား မိမိနှင့်အတူ နေအိမ်တွင်သီးသန့်နေတိုင်ရန်း
- တစ်ဦးနှင့်တစ်ဦး အနည်းဆုံး၅ပေအကွာတွင် နေထိုင်ကြရန်း
- -စနာစိတွင် အခြားသူရားနှင့် အနည်းဆုံး ၅ပေရွာ၍ နေတိုင်ပြီး အိမ်အတွင်း လျှောက်သွားဖြင်းမြီးမြောပြလုပ်ရန်း
- မိမိနေကိမ်လိုတော့်သည်များလက်မေပါနှင့်။ စားသောက်ကုန်များအလိုရှိပါက အသိမိတ်ဆွေတစ်ယောက် ယောက်ကို မိမိအိမ်တံစါးပေါက်တီသာလာပို့စေနှန်။
- မိမိအားအစားအစာ ပေးသူများနဲ့ထိတွေ့ခြင်းများ မြေလုပ်ရန်နှင့် မိမိစာမြီးသော စာတြင်းစားကျန်များကို ကိုင်တွယ်ပြီးနောက် လက်ကိုသေရာစွာဆေးကြောရန်း

ကြုတင်ပြင်ဆင်ရန်

- မရှိမဖြစ်လိုအပ်သော ကုန်ပစ္စည်းများနှင့် စားသောက်ကုန်များ လုံလောက်စွာ ရှိနေစေရန် မိသားစုဝင်း သူဝယ်ချင်းများကိုအကူအညီ တောင်းခန်း

စိမိကျန်းမာရေးကိုသတိထားစောင့်ကြည့်ရန်

- -မိမိကိုယ်အပူရီနိုကို နေရဉ်တိုင်းတာမှတ်သားရန်း
- -ကိုယ်ငူခြင်း ရောင်းဆိုခြင်း ဝမ်းလျောခြင်းနှင့် အသက်ရှကော်ခြင်းစသည့် စရာဂါလကူကာများကို သတိထားစောင့်ကြည့်ရန်။
- -အိမ်သားတစ်ယောက်ယောက်မှ ဆေးကုသမှုစံယူလိုသည့် ရောဂါလက္ခကာ များကို စံစားရပါက ဆေးရုံသို့သွားရန်။

တစ်ကိုယ်ရည်သန့်ရှင်းရေး

- -သီးသန့်မနေထိုင်စင်စီစီကိုင်တွယ်အသုံခြေစွဲသည့် ပစ္စည်းမွက်နာခြင်များကို သေရာစွာ သန်ရှင်းရေဖြေလုပ်ရန်။
- လက်ကို မကြာကေဖေးကြောမြီး နေထိမ်၏ ထိမ်သားများ စုစည်းရာ နေရာမျာ၌ ရှိနေရှိန် MBSK တစ်စေစ်ထားရန်း
- -ရေမွားများသောက်၍အာဟာ၍သောအစာအစာများစားသုံးရန်း
- ရေအိမ်သားများနှင့် ခွန်း စက်ရင်း ခွက်ယောက်များ အတူအသုံးမြေရန်း

ထက်သွယ်ရန်

ပန်းလှိုင်ဆေးနေး (စတားစီးတီး) ဝ၉ - ၄၄၉၅၂၃၅၃၄ (မနက် ၁၀၁၀ မှညနေ ၆၀၀)

တစ်ယောက်တည်းသီးသန့်နေထိုင်ခြင်းဆိုတာတာလဲ

စိစ်နေအိစ်တွင်နေ၍ အမြင်သို့လွေကိမြင်မြစ်သည်။

ဘယ်နှစ်ရက်ကြာတစ်ယောက်တည်းသီးသန့်နေတိုင်ရမလဲ

၁၄္က

PROPERTIES OF THE MONTH

STAR VILLAS - YOUR NEXT BEST ADDRESS

Star Villas is a first of its kind, limited collection of landed properties in StarCity. These luxurious properties sit on a 9.1acres land, conveniently located right at the second exit upon entering the estate. Although, the development itself is separately gated and has dedicated drive ways and footpath connecting to the main avenues within the estate.







A standard villa features 6,400 sqft land, two-storey house with 3 bedrooms and 4 bathrooms. Enter through double-glazed grand glass doors, and into an open plan of living and dining with floor-to-ceiling windows that leads you onto the lush garden. At the end corner following the dining is kids study or convertible bedroom, adjoined with a full-size bathroom. A walk around on this level takes you to fully-equipped kitchen, spacious utility and storage, and a quarter for live-in helpers.

The second level is home to 3 ensuite bedrooms and a charming prayer or reading room. The master bedroom features floor-to-ceiling windows, private balcony and marble bathroom with mosaic wall detailing.

The overall spatial planning is seamless and highly efficient. Every element of the design illustrate an exquisite blend of modernity and charming Myanmar traditions. Interior décor and finishes are designed to a high quality with superior standards and details.

Call 09 - 777 223 399

for more information or private viewings.

PROPERTIES OF THE MONTH

2 BEDROOMS APARTMENT AT GALAXY TOWER



2 bedroom apartments with the size of more than 1,000 sq.ft including below services from 800 USD to 1050 USD.

- Internet
- TV channels (Sky Net)
- Limited pass acess to Community Swimming Pool
- Dedicated 24 hours security team
- Individual Intercom System

Whether you are a busy professional, returning expat or a newly married couple, looking for a place to stay in Yangon, you will find exactly what you need within our extensive home inventory. Our leasing consultants are ready to assist you in finding a home that suits your individual needs.

> Enquiry: 09 765441223/ 09 765441224 Email : starcityrentals@yomaland.com





Starcity

OFFICIAL RESALES LISTING







STUDIO UNIT

SRN - CL/10022

312 SQFT

Unfurnished Hall Type & 1 Bathroom River View

2 BEDROOM UNIT

SRN - CL/10047

710 SQFT

Fully furnished 2 Single Bedroom & 1 Common Bathroom

2 BEDROOM UNIT

SRN - 10509

905 SQFT

Fully furnished 1 Master Bedroom Ensuite 1 Single Bedroom & 1 Common Bathroom Spacious Living, Dining & Kitchen

MMK 520 LAKHS (NEGO)

MMK 1285 LAKHS (NEGO)

MMX 1,300 LAKHS (NEGO)







2 BEDROOM UNIT

1 Master Bedroom Ensuite

SRN - 10908

Fully furnished

1 Single Bedroom &

1 Common Bathroom

946 SQFT

3 BEDROOM UNIT

SRN - 10795

1,185 SQFT

Fully furnished 1 Master Bedroom Ensuite 1 Single Bedroom & 1 Common Bathroom Spacious Living, Dining & Kitchen

4 BEDROOM UNIT

SRN - 10898

2,875 SQFT

Fully furnished 1 Master Bedroom Ensuite 3 Single Bedroom & 2 Common Bathroom Spacious Living, Dining & Kitchen

MMK 2,000 LAKHS (NEGO)

Spacious Living, Dining & Kitchen

MMK 1,950 LAKHS (NEGO)

MMK 4,500 LAKHS (NEGO)

Resales Hotline: 09 750 229 504, 09 750 229 505 facebook: starcityofficialresale

OFFERS







WEEKEND DISCOUNTS DISCRESS TRES		EDCAL		EXPAPS	
		HORMAL BATTE	PROHODION	NORMAL BASE	PROMOTION USO
Washeeds PHAH	Il History	30,000	24,000	39	34
	18 Holes	40,000	32,000	50	40
Mississidik PH PM	9 Hubes	20,000	16,000	H	20
	18 Holes	90,000	24,000	40	32

WEEKDAY DISCOUNTS HORMLES		10	CAL	EXPAPS	
		HORNIL BUTT	ноновон	NACHTHAN BATT	PEDHOTICH USS
Sports-day Promotion		15,000	10,500	29	34
Hamby to Friday	18 Holes	25,000	17,500	36	25
Wed-Ledies (hey Get 90% off Creen-New Cretoffer and powers fight	915stes	15,000	7,500	29	30
	18 Holes	25,000	12,500	35	10.6

COMMUNITY ANNOUNCEMENT



Starbity Leasing Team would like to wish you a very happy biethday and our warmest wishes for a wonderful year of good health, happiness and success!

> Mr. Huang Zhong Cai Mr. Zhou Bin Mr. Li Zhaoxiang Ms. Ei Ei Kyaw San







STARCITY Thanlyin Viber Community - Please join this group for important announcements and happenings within the estate.

အိမ်ရာဝင်းအတွင်းအရေကြီးသတင်းကြေဌာရက်ရားနှင့်ဖြစ်ပေါ်နေသမှုကို သိရှိနိုင်ရန် ဒီ STARCITY Thanlyin Viber Community အခွဲ့သို့ ဝင်ရောက်ပေးပါရန် ဗိတ်ဖေါ်အပ်ပါသည်။



COMMERCIAL & RETAIL OUTLETS PAYMENT SYSTEMS



COMMERCIAL & RETAILS	PAYMENT		
CITY MART SUPERMARKET			
WO DRAGONS RESTAURANT	1		
ALL STARS FITNESS	1		
HEDICARE	MPU		
CITY EXPRESS	1		
TORRUMANDER LEAF			
SERENA BEAUTY SALOON & SPA	MOBILE BANKING (AYA, CB, YOMA), K-PAY, CB PAY		
HOJOE NET	MOBILE BANKING (YOMA)		
ASHION NOTE	HOBILE BANKING (KBZ, AYA, YOMA, CB), K-PAY		
ико	HPU, WAVE PAY, IC PAY		
CLORIA JEANS	MPU, VISA, MASTER		
erc	MPU, WAVE HONEY		
LASER DENTAL CLINIC	HOBILE BANKING (AYA, YOHA, CB), K-PAY		
PUN HLANG CLINIC	HOBILE BANKING (YOMA), K-PAY, CR PAY		
KUDOS BAKERY	K-PAY		
HOT POT REN	K-PAY, WADE PAY		

FEEL DELIGHT will be accepting MPU & Card payment soon

COMMUNITY ANNOUNCEMENT







Feel Delight Restaurant

09 401 728 278 (7:00 AM - 9:30 PM)



KFC

09 757 380 642 (8:00 AM - 7:00 PM)



Two Dragons Hot Pot

09 445 292 422, 09 426 266 197 (7:10 AM - 9:00 PM)



Corriander Leaf Indian Restaurant

09 969 684 513 (10:00 AM - 10:00 PM)



Ren Hot Pot Japanese Restaurant

09 261 957 711 (11:00 AM - 9:00 PM)



YKKO Star City

09-977 118 776/777 (9:00 AM to 6:00 PM)



Stars Tea House Chinese Restaurant

09 429 118 458 (9:30 AM to 8:30 PM)



Gravity Restaurant & Bar

09 779 230 617, 09 691 3488 73 09 757 590 205 (10:00 AM to 9:00 PM)

** STAR CITY RESIDENTS ONLY **





COMMUNITY ANNOUNCEMENT



F &B OUTLETS FOOD DELIVERY SERVICES





Akkhaya Tea house

09 694 564 657 (7:00 AM - 2:00 PM)



Aroi Thai Restaurant

09 423 043 780 (10:00 AM - 8:00 PM)



Mala Spice Mala Xiang Guo

09 965 140 916 (10:00 AM - 8:00 PM)



Savory Kitchen

09 956 002 383 (10:30 AM - 7:30 PM) Off:Thursday



Shwe La Pyae

09 428 148 434, 09 977 814 618 (7:00 AM - 3:30 PM) Off: Monday



Million Coins Salad, Kyay Ohh

09-422 579 619, 09 422 579 627 (7:00 AM to 6:00 PM)

City Cafe'

09-422 579 619, 09 422 579 627 (7:00 AM to 6:00 PM) Go MoMo

09 780 486 977 (7:30 AM to 8:30 PM) Juice Bar Hangar

09 697 332 123 (7:00 AM to 8:30 PM)

** STAR CITY RESIDENTS ONLY **





COMMERCIAL OFFERS







gnibilus ex

MEDICNE

STEP 1 - Facial Foam STEP 2 - Toner STEP 3 - Spot Cream

CICATROUBLE



MYANMAR MASTERCHEF CONSTENTS ARE COMING TO STARCITY







SATURDAY FRESH MARKET has stopped operating until further notice due to the widespread of community infections.

ပြန့်ပွားနေသော ကူးစက်ရောဂါများကြောင့် SATURDAY FRESH MARKET အား ခေတ္တယာယီရပ်နားထားပါသည်။





Star City Sales Gallery Kyaik Khauk Pagoda Road, Thanlyin Township, Yangon, Myanmar.



cityloftsales@yomaland.com starcitysales@yomaland.com customercare@yomaland.com



09 777 22 33 55 - 77 09 777 22 33 99 Tel: 056 23150 - 3, Extension- 1112/1119





KEY CONTACTS

➤ ESTATE MANAGEMENT OFFICE

Mobile: 09 765 444 536 (Zone A, B)
Mobile: 09 765 444 537 (Galaxy)
Mobile: 09 765 444 682 (City Loft)
Email: em-zoneab@yomaland.com
Email: em-galaxy@yomaland.com
Email: em-cityloft@yomaland.com

➤ A5 MANAGEMENT OFFICE

Mobile : 09 765 444 298 Phone : 056-23150 Ext: 1198, 1199 Email : a5-management@yomaland.com

➤ SECURITY HELP DESK

Mobile: 09 765 444 638 Email: security@yomaland.com

➤ HOUSE KEEPING DEPARTMENT

Mobile : 09 765 444 324 Phone : 056-23150 Ext: 1227, 1124

Email:emhousekeeping@yomaland.com

➤ RENTAL & COMMERCIAL LEASING OFFICE

Phone: 056-23150 ext: 1186, 1162 Mobile: 09 765 441 223, 09 765 441 224 Email: starcityrentals@yomaland.com

➤ RESALE OFFICE

Phone: 056-23150 - 153 ext: 1118, 1151 Mobile: 09 750 229 504, 09 750 229 505 Email: kyikyi.hlaing@yomaland.com

➤ STAR CITY LINKS GOLF COURSE & DRIVING RANGE

Phone: 056-23150 Ext: 1241 Mobile: 09 423 851 101 Email: starcitylinksinfo@yomaland.com

➤ COMMUNITY POOL

Phone: 056-23150 Ext: 1260 Email: recreation@yomaland.com

➤ ALL STARS POOL (A5)

Phone: 058-23150 Ext: 1225 Email: recreation@yomaland.com

ALL STARS KIDS

Phone: 056-23150 Ext; 1220 Email: recreation@yomaland.com

PUN HLAING CLINIC

Phone: 056-23150 ext 1270, 1271 Mobile: 09 449 523 534

Email: htetaunghlaing@phsh.com.mm