



Zealous

e-newsletter by PPISMP TESL June 2010 Intake

Institut Pendidikan Guru Kampus Batu Lintang, Kuching

April 2011



"Love of the 04longhouse" I'm not sure about

our destiny...



"What a day!" **Ever felt being so** embarrassed that you didn't know what to do?



"Frenemy" **Friend or** enemy?

07

" The day I decided to change my life" A day that I will never forget



"Fear no more! Public speaking can be a piece of cake" Facts about public speaking



Contents²

Fashion Sense

White Shirt It is the easiest shirt to match as it goes with any colours. It is also the safest choice.



Tartan on white



Prints on white



Prints on solid





Similar Shade



Stripes on Stripes



Solid on stripes

Stripe Shirt It can go well with solid or patterned ties. Just be sure that the pattern of the tie is larger than the pattern on the shirt.

EDITOR'S NOTE Pear Readers.

Do you know what LIFE stands for? It means
Learn-It- From-Everything. You learn about life
through everything you come across. It includes
everything that you can sense and experiences that
you undergo.

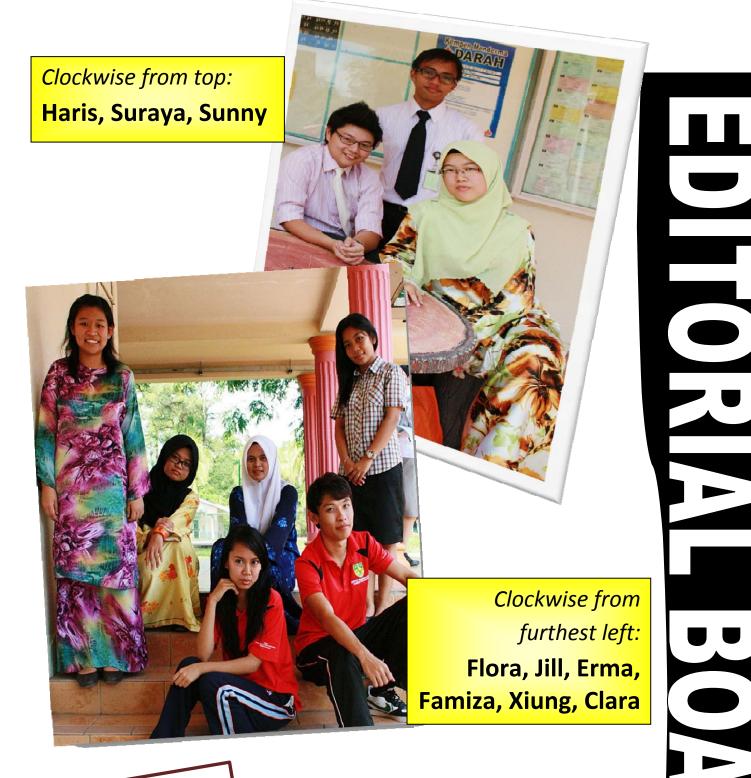
Be it a glorious or embarrassing experience, you will still have to go through it. Well, everyone reacts differently to a situation. Some people would just choose to forget about it and go on with their lives while others would carry it with them for the rest of their lives. We should value all our experiences as they make us who we are.

In this issue of Zealous, we have included some narrations of the writers' personal experiences. You will also find grooming tips to help create a more fashionable you. We have included word games, quotes and jokes for your reading pleasure. Read on!



Behind the ocene

Volume 1, Issue 1
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Institut Pendidikan
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ADVISORS

Tan Phaik Lee, Yusmariza Reduan, Sharifah Lina Khaliesah, Jessica Lim, Koh Esther

Love of the longhouse by Erma BI2

"I'm not pretty. I'm not rich. Seriously, I'm not sure about our destiny," she whispered to herself.

"That doesn't matter," a voice replied.

The voice took her by surprise. She turned around and saw Dominic standing behind her. He held her shoulders and said.

"You know I don't mind how you look like and I definitely am not bothered by how much money you have."

Tears of happiness rolled down her cheeks. She knew she was accepted just as she was.

One week flew by quickly. It was time to return home to her grandmother. Dominic sent her to the bus stand. Just before he left, he said to her,

"I have never met a girl like you. I'm really sorry if my plan made you uncomfortable. I just want you to know that I love you just the way you are and I want my family to love you too."

She was speechless.

"Are you sure about the plan?" she asked him.

She was uncertain about the plan he had just mentioned. He looked at her and smiled.

"Yes dear. I am really sure about it. And I hope that you'll be able to make it. I'm begging you."

The only question that came to her mind was 'Am I the one?' All this while. she never thought that they would go that far. Nonetheless, to her, knowing him is truly a gift from God. Without any further hesitation, she nodded.

The message alert woke Kisty up from her short 'dream'. She looked at her phone and sighed. This had by far been one of the loneliest holidays she'd ever had. Staying alone at home made her days dull and empty. After reading the message, she quickly packed her things into her bag. She felt really uneasy about the plan and did not know why she had agreed to it. It was as if a spell was cast upon her causing her to nod that day. About half an hour later, she heard a car honk outside her small little hut.

"He's here," she whispered to herself.

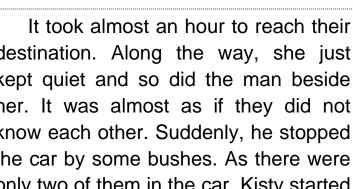
destination. Along the way, she just kept quiet and so did the man beside her. It was almost as if they did not know each other. Suddenly, he stopped the car by some bushes. As there were only two of them in the car, Kisty started to become fidgety.

"What are you trying to do?" she asked, almost mad.

The man chuckled and with a very soft voice replied in the gentlest way ever.

"Dear, don't worry. I will not do anything to you. Trust me. We have just arrived. Come. I'll show you the way."

They got out of the car and made their way through a small path. After ten minutes of walking, to her amazement, there stood before her eyes a beautiful longhouse. He pointed towards the stairs and ushered her slowly up the longhouse. When they reached the top, an old woman approached them and hugged both of them. Kisty was slightly taken aback as she was unaccustomed to such a welcome especially from someone whom she had never met before.



her well.

The next morning, the man brought her to a nearby village. The Ibans there were very friendly. She had no experience on how to get along with a group of strangers but still tried her best for his sake. Often, she asked herself why she was there but somehow she always ended up with no answers. She could have stayed at home. As boring as her holiday was, she would at least have her grandmother with her. She really did not know why she accepted his request.

The man quickly introduced Kisty

to the old woman and to the others who

were present. Realization soon dawned

upon her that this was his longhouse

and that he had brought her to his home

to meet his grandmother and his family.

Kisty was shy. The whole family treated

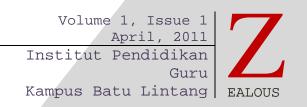
That night was a windy night and Kisty could not sleep. The longhouse was so silent. She tiptoed out to the veranda. Sitting alone there made her think about the man, Dominic. There were plenty of differences in their lifestyle although both of them are Ibans.

by Liew Shan Thian BI3

Growing up in the outskirts of town, I have always longed for the opportunity to visit a city. So when my relatives offered me a trip, I accepted it without any hesitation. Never in my mind would I expect that, that day would be the most embarrassing day of my life.

The day finally came and I arrived safely in the city. Without wasting any time, my cousin quickly took me for a spin around the city. Gazing at the sky-scrapers, shopping malls, and the highways for the first time, even the traffic lights, amazed me. Then we entered this huge mall called "The Summer". I obediently followed my cousin because I did not want to get lost in the sea of humans.

Browsing through the shops, I saw a cool gadget that looked like a laptop but without any keypad and before I knew it, I was standing alone, looking at rows of shops that resembled a maze. I tried not to panic, but I felt adrenaline rushing to my brain, making me nervous. Suddenly I felt the urge to go to the toilet.



I was lucky. I found the restroom and immediately entered the toilet. After I was done and just about to wash my hands, two young ladies came in and saw me. All of a sudden, they screamed, I was stunned. Then I realized something was wrong. I was actually in the lady's restroom!

If you think that was the worst part, then you are wrong. One of the ladies pulled out a pepper spray and started spraying directly at my eyes. The next thing I knew it, I was hand-cuffed by a guard and dragged through the crowd to the information counter. I could feel each and every one in the mall staring at me as if I was the most wanted criminal in the world. I tried to explain but who would believe me caught in the lady's restroom with my fly open.

Fortunately, at the information counter I saw a familiar face – my cousin's. He looked very worried and surprised at the same time. Finally, when the misunderstanding was settled, all I wanted to do was to go home and forget everything.

After two years, no one seemed to remember the event except the guard who still smirked at me whenever he caught sight of me in the new mall.

Frenemy. Never heard of it before? Well, actually it is coined from the words "friend" and "enemy" which means an enemy disguised as a friend according to Urban Dictionary. Get the idea now? We might think that this kind of thing would not happen, but in reality, it does. I once had a friend who betrayed her own best friend because of a boy. They never talked to each other since then, and I wonder what was so special about that boy that they put their friendship at stake. I knew that both of them still wanted to be friends but their pride got the better of them. In the end, both of them lost to another

The thing that keeps coming to my mind is what on earth would you do if you have a frenemy. Once you realize that you are dealing with a frenemy, be careful. Keep him or her close to you but never disclose any personal information. They might manipulate your words and turn your life up side down. Make su<mark>re you</mark> don't fall into their traps or else, you're going to get it. Never feel offended by anything they say and do because if they know that you don't like it, you are actually giving them a point to win. Remember that they are your so-called friends and they have their own reasons why they try so hard to hurt you. There is a saying "your best friend can be your worst enemy". Another way is to keep your frenemy away from your true friend. You can feel whether that

They will not only hurt you but also your friends when they talk bad about you in front of them. On the other hand, if you know someone is being betrayed, let them know so that they won't get hurt. If things get worse, confront your frenemy. This will hopefully make them realize what they are doing. If confronting them doesn't work well, then you know that they are not your true friends. You can either give them a second chance or just walk away from the fake friendship. You are better off without them. I would like to quote Oscar Wilde's words," We used to believe that our best friend will never hurt us, but in some cases, best friends are the ones who can cause us so much pain."

Learn the lesson and also reflect on what you've done before. Regardless of how the relationship split, you certainly will wonder whether it could be saved. If it can't let time heal your hurt. It's a reality of life that we have to face and always remember that every cloud has a silver lining



A few years have gone by yet I still remember one particular day when my actions caused tremendous misery to my family, especially my sister.

As a twelve-year-old, nothing concerned me much. One hot afternoon I was bored and I moved around the house looking for something to do. I looked up and down the house like a mice. Suddenly, I chanced upon a door, slightly ajar. Lights streamed through the gap, as if it was beckoning me to get closer. I stepped nearer to the door. As I pushed the door wider, I was awed. Everything looked so neat and squeaky clean. The room was my sister's.



There were tables at two corners of the room. Her wardrobe stood in between the tables. It stood so high and mighty, attracting my attention. I pulled on the door and it opened, which rarely happened. I saw uncountable pieces of pretty garments inside, some hung up and others folded. I rummaged through the garments and it was exhilarating to see so many of them. I started to pull out some dresses and tried them on. I stopped abruptly when a small red box fell. It was a cute box, decorated with classic Victorian design. Without further delay, I took the lid off and saw all her jewellery inside.

"So here is where she kept all her jewellery," I thought to myself. I tried them and enjoyed myself doing so. Then mother called. I quickly put back the things carefully, not leaving any traces of my presence in the room. I put back every single piece of jewellery, except for one. It was a diamond ring. The radiance of the stone heightened my desire to show it off to all my friends at school. When my sister came back from school, she did not suspect a thing.

The next day in school, I received all the attention I wanted. I was thrilled to bits with my success. When I got home, just as I was about to put the ring back, I realized it was gone! I was extremely terrified. I tried my best to act normal. When my sister went to her room, I felt as if I was going to die from the guilt. After a while, she realized it was gone. She screamed for my mother at the top of her lungs, "Mom! It's gone!" My mother quickly ran up to her room. I followed her. My heart was pumping so fast that I thought it would pop out of my chest at any moment. I acted as if I did not know anything. I found out that the ring was worth a Jew's eye, as it was a gift from our late grandmother before she passed away four years ago. Mother consoled her and asked me to help look for the ring. I pretended that I was looking all over, although I knew it would never show up.

My sister wept all night. Our late grandmother was indeed very fond of her because she was the first granddaughter that she ever had. They were so close that after the departure of our late grandfather, my sister was the one who kept her company constantly. My sister was the most devastated person when our grandmother passed away. That night, we all ate our dinner in total silence. My sister had no appetite. Father was puzzled by her behaviour, and asked mother if anything had happened. Mother told him everything. His facial expression changed. Alarmed, he looked at me and asked me if I had taken it. I tried my best to deny everything, and he believed me. I was relieved but guilt-ridden.

It has been more than a decade since the terrible incident, and yet I still have no guts to tell her. Instead, on her birthday few months ago, I bought her a nice diamond ring. For her, it was a very sincere and thoughtful gift. For me, it was just a little compensation for what I had done. I purchased the ring because it was so similar to the one that I lost. She said it was pretty and would keep it for as long as she could. I was glad she did not suspect a thing.

That day, I made a huge mistake that caused misery to my sister and family. From that day on, I vowed that I would never intrude into other people's personal space and belongings.



Fear No More!

Public speaking can be a piece of cake

Have you ever been in a situation when you are tongue-tight in front of a crowd? The fear of public speaking, also known as glossophobia, is one of the most commonly reported social fears. In fact, some experts say that as high as 75% of the population has some level of anxiety about speaking in public. Basically, public speaking is:

#5

#7 It is NOT inherently stressful
Thousands have learned to
speak in front of groups with
little or no stress at all. If they
can conquer the fear of public
speaking, so can you!

#4 NOT to consider yourself a public speaker!

Just be yourself and present the best side of you

#2 You don't have to be brilliant or perfect to succeed

The most important thing is to remember the essence of public speaking: give your audience something of value.

Injecting humour can go a long way

Spicing up your speech with some humour makes your talk more enjoyable and entertaining.

You don't have to deliver mountains of facts or details to give your audience what they truly want.

by Chee Xiung BI1

Sunshine, friends and fun at Santubong

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On 23 February 2011, all PPISMP TESL students went on a day trip to Santubong as part of their Recreational Sports Programme. This event was organized by us as a partial requirement of this programme. Various activities were organized, such as cycling, wall climbing, scary ladder and station games. We were divided into four teams: Carnation, Morning Glory, Bougainvillea and Daffodils.

Through all these activities, we learnt new things and gained new experiences. For instance, those who could not ride bicycles were finally able to ride them within a short period of time. The most challenging activity was wall climbing since most of us had no experience doing it. It was a fun yet thrilling session as we were able to act like monkeys.

The climax of the programme was the prize-giving ceremony, where the mind-boggling question of who would be the champion of the station games was answered. The first runner-up was the Morning Glory team while Carnation emerged as the champion team. Two special awards were given out to two most outstanding participants—one each for a male and a female student. Wan Ridwan from Morning Glory claimed the prize for the boys while Marilyn Atin from Daffodils took the other. Before we wrapped up our programme, we had a memorable photo-taking session.

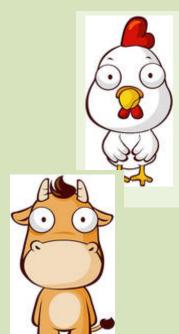
To sum it up, the programme was successfully organized by each and every one of us. We all had fun-filled day.



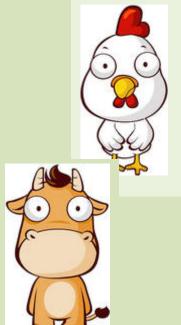
Find the *animals* hiding in the following sentences:

Example: Close the door at once! (rat)

- 1. That will be a real help.
- 2. She came late every day.
- 3. He came to America today.
- 4. Eric owes me ten cents.
- 5. We made errors in each one.
- 6. Do good workers succeed?
- 7. If I shout, he'll hear me.
- 8. If Roger comes, we'll begin.
- 9. We will go at two o'clock.
- 10. Is it the sixth or seventh?
- 11. In April I only came once.
- 12. I'll sing; you hum on key.
- 13. I made a Xerox copy of it.
- 14. She clothes naked babies.
- 15. At last, I, Gerald, had won.
- 16. Was Pilar mad, ill, or glad?
- 17. That man ate eleven cookies.
- 18. Your comb is on the table.
- 19. We're sending only one book.
- 20. He regrets having said that.









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WORD GAMES

Answers on page 11

Unscramble these words to find items on the dinner table.

EFKIN

KROF

OPSON

TEPAL

SALGS

SHID

LATS

REEPPP

GUJ



You'll need your zzz's to put this puzzle to bed. Add "ZZ" to each word below, then arrange the letters to spell a new word.

For example, LONE + ZZ would become NOZZLE

RUBE + ZZ =

LIFE + ZZ

APIA + ZZ =

LIES + ZZ

NAYS + ZZ =

LUGER + ZZ =

RILED + ZZ =

GIRLY + ZZ =



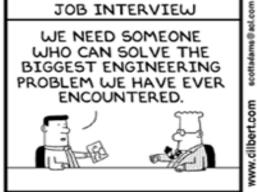
had the worst study habits in the history of university, until I found out what I was doing wrong—highlighting with a black felt pen.

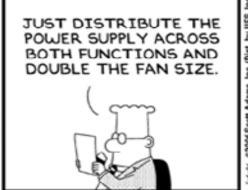
- Jeff Altman

The invisible man married an invisible woman. The kids were nothing to look at either.

- Regina Lally



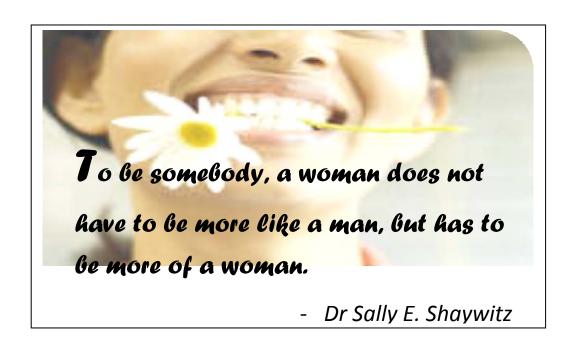






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Quotes Quotes Quotes Quotes Quotes



Nothing in life is to be feared. It is only to be understood.

- Marie Curie

Everyone has talent. What is rare is the courage to follow the talent to the dark place where it leads.

- Erica Jong

Animals

- 1. dear 2. camel 3. cat 4. cow 5. deer
- 6. dog 7. fish 8. frog 9. goat 10. horse
- 11. lion 12. monkey 13. ox 14. snake
- 15. tiger 16. armadillo 17. manatee
- 18. bison 19. dingo 20. egret

Items on dinner table

knife, fork, spoon, plate, glass, dish, salt, pepper, jug

ZZ + words

- a) buzzer b) fizzle c) piazza d) sizzle
- e) snazzy f) grizzle g) blizzard h) bedazzle

Answers to Word Game

peferences

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