

AUGUST 2011  
Issue 3



Inside this issue:

<i>Terrific Tips to Deliver Table-Topics</i>	2
<i>Snapshots of Gavel Club Activities</i>	2
<i>Language Games, Anyone?</i>	3
<i>2011 Field Trip to Kuala</i>	3
<i>10 Tips for Successful Public Speaking</i>	3
<i>Money Matters</i>	3
<i>Table-Topic Competition</i>	4

**TEAMWORK**

Coming together is a beginning;  
Keeping together is a progress;  
Working together is success.

**KERJASAMA**

Saling berpimpinan satu permulaan;  
Saling bergandingan satu kemajuan;  
Saling bekerjasama satu kejayaan.

**SMK GUNUNG RAPAT GAVEL CLUB**



*Parting Words from Immediate-Past-President*

Gavel Times third issue is here! It's an honour be given a chance to write about my experience being the president. It has been great because I have had the chance to play a part in helping Gaveliers gain confidence in speaking. I am glad that I also have the chance to enhance my speaking skills besides improving my self-confidence.

Leading a club also helps me to cultivate leadership qualities. During my presidency, I am glad that I have accomplished the annual major events of the club such as the Annual Hi-Tea, Table Topic Competition and the Annual Trip and the club meetings were organized once a fortnight.

There were challenges in increasing club membership, but we worked hard in promoting the club and the importance of speaking confidently by conducting demo meetings and distributing flyers to students and parents.

All in all, I am happy I had the rare chance to lead SMKGRians' Gavel Club for year 2010/2011. I hope that SMKGRians' Gavel Club will continue to serve its purpose in producing confident speakers in years to come and more students will realize the benefits of Gavel Club.

Low Rui Shan



*Words of Wisdom*

*Celebrate what you've accomplished, but raise the bar a little higher each time you succeed.*

*Mia Hamm*

*The New President Shares His Thoughts*

Being able to take up the challenge to serve and contribute to Gavel Club is certainly an honour. I have been part of the executive committee since Form 2; from the Sergeant-At Arms to the Secretary, and now the President for the term 2011/2012.

To raise and nurture a child is extremely difficult. The same goes to leading a club which is 3 years old. The current and previous excos have worked hard for the club. Now, as the baton has passed to me, I hope to lead the club towards even

better achievements.

Leading and managing the club is not a one-man-show. The whole exco line-up have to work together. Only then the club can reach greater heights. I know we, the new excos, will serve well and contribute much to the club, area, division and district. Remember, serve with passion.

There are three goals which I would like to meet; I myself become a Competent Communicator this year, that the club will produce more Competent Communicators in my term

and gain more members.

To fellow excos, let's join hands to serve the club. As to all Gaveliers, let's grow and develop together!

Ng Ray Man



## Snapshots of Gavel Club Activities

HIGH TEA



K. SEPETANG  
&  
TAIPING TRIP

Table-Topic  
Competition



## Terrific Tips To Deliver Table-Topics

The most challenging part of a Gavel meeting is the "TABLE-TOPICS" session. It is designed to improve impromptu speaking skills and quick-thinking skills. A speaker must speak for at least 60 seconds and not exceeding the time limit which is 2 minutes. Quite scary, isn't it? But you can master it. Here's a few ways to survive Table Topics:

- The 5Ws+H Method.

Sounds confusing? No, actually it is not.

'5Ws' stand for 'What', 'Why', 'When', 'Where', 'Who' and 'H' stands for "How". Using these words can trigger ideas in your mind.

- Reframing

If you're given a topic you don't like or don't know, reframe it as the way you would like to respond to it. If you're given a topic on football and you don't know a thing about it, find another sport that you can talk about.

- Body Gesture

Invoke interest among the audience by speaking and with non-verbal communication. Eye contact is a MUST. Avoid unnecessary mannerisms like twitching, hands in pockets or at the back. Lastly, move forward when moving on to a new topic.

- Confidence

Take deep breath before performing your speech. NEVER EVER apologize to the audience as this will only lower the audience's expectation. Just have fun and relax. You just have to talk on whatever is in your mind and that's it, 60 seconds are gone and you are safe.

Zheng Wei

## Language Games, Anyone?

**Synonyms**—Find a synonym for the words in bold. The first letter is given as a clue.

- Francis had a **peculiar** ( o \_ \_ ) habit of rubbing his watch with one finger.
- These drugs **change** ( a \_ \_ \_ \_ ) the chemical messages from the brain.
- The **appaling** ( t \_ \_ \_ \_ \_ \_ ) crime has been dominating the local news lately.
- A piece of advice; when you are trying to get a deal, don't sound too **enthusiastic** ( k \_ \_ \_ ).
- That new guy is a bit **cheeky** ( r \_ \_ \_ ). I don't think we'll keep him long.

**Anagrams**—Change the words in bold so that the sentences make sense. Each word is an anagram of the correct word—that is, it contains exactly the same letters.

- In the **thorn** of the country, the scenery is better.
- I'm a bit overweight, but I can't **sister** cakes.
- I don't think it's possible to **meat** a tiger.
- Warning: do not **teach** in this exam.
- We went up the Amazon in an **ocean**.

*\* Refer to back page for answers.*

## 2011 Field Trip to Kuala Sepetang and Taiping

On the 25<sup>th</sup> of June 2011, Gavel Club organised an annual trip to embrace Mother Nature. Eighteen gaveliers, Puan Nur Aida and Pak-Peter hopped on a chartered bus at 8 a.m. Our first destination was the Matang Mangrove Forest Reserve. It is one of the world's best well-managed mangrove swamps. We experienced the boardwalk to understand the sustainable management and ecosystem of a mangrove forest.

Then, we visited the charcoal factory in Matang (Kuala Sepetang) owned by Mr Chuah. He is a gifted story teller and it was hard not to listen to his passionate explanations of the charcoal production process.

The highlight of this visit was the several igloo-shaped kilns which measure 7m high. These kilns are used to bake the logs harvested from the mangrove forest.

A short stopover at the Kota Ngah Ibrahim Historical Complex along our way to Taiping Town was a his-

torical revelation. Ngah Ibrahim was the son of Cek Long Jaafar, the first Malay who opened tin mines in the Larut, Matang and Selama areas in 1840. The main exhibit at the entrance tells a tale on how a pet elephant of Long Jaffar, Si Larut, discovered tin when trapped in mud. The fort also acted as a court and prison for Malay nationalists, such as Dato Maharajalela who fought against the British.

At noon, we visited the Taiping Museum. Built in the year 1883, this museum is the oldest museum in Malaysia. The building reminds you of the British architecture of the Art Deco kind. Besides learning about the history of Perak, you will see many other collections such as old radio, bicycle, stuffed animals and skeletons of animals.

After having lunch at a food court located in the middle of Taiping town, we finally left Taiping at 2 pm, learning first-hand about our local history.

Christine Ch'ng

## 10 Tips for Successful Public Speaking



Feeling nervous before giving a speech? It's natural to feel so but too much nervousness can be detrimental. Here are some tips to overcome it:

- Know your material
- Practice. Practice. Practice.
- Know the audience.
- Know the room.
- Relax.
- Visualize yourself giving the speech.
- Realise that people want you to succeed.
- Don't apologize.
- Concentrate on the message—not the medium.
- Gain experience.

PakPeter

## \$Money Matters\$

Throughout the year 2010/2011, the Gaveliers have carried out some fundraising activities for our club.

Our Gavel Club Annual High Tea was held at the end of February at Tower Regency. We received a number of sponsorships from kind-hearted contributors from Ipoh Swimming Club. The sponsorships received were in the form of cash. One of them was YB Dr. Lee Boon Chye, while the others were Mr. Oon Kee Seng, Mr. Chen Shin Hin, Mr. Leonne Su, Mr. William Khor, Mr. Phoon and also Toastmaster May Cheah. The

total amount received was RM 700.

Also, a Toastmaster from Taiping, who runs SHOON FATT BISCUITS and CONFECTIONERY SDN . BHD. provided us with a few cartons of biscuits for our annual high tea. The extra biscuits were then used for the biscuits sale to earn and raise funds for our Gavel Club annual field trip – this time to Kuala Sepetang in June. We've gained around RM 75 from the biscuits sales.

Thank you to all contributors and Gaveliers!

Shukey Ong



## EXCO COMMITTEE 2011/2012

## STATUS OF MANUAL PROJECT SPEECHES



NO	NAMES	NUMBER OF CC MANUAL PROJECTS
1	NG RAY MAN	7
2	LOW RUI SHAN	6
3	SHUKEY ONG SHU CHYI	6
4	ONG YUN JIN	5
5	PREM RAJ S/O THIRUCHELVAN	3
6	RAJ CALVIN SINGH	2
7	HARKRISHAN SINGH	2
8	LOW RUI RONG	1
9	CHANG YI NENG	1

POSITIONS	EXCOS
<b>PRESIDENT</b>	NG RAY MAN
<b>VICE-PRESIDENT EDUCATION</b>	CHIN ZHENG WEI
<b>VICE-PRESIDENT MEMBERSHIP</b>	CHANG YI NENG
<b>VICE-PRESIDENT PUBLIC RELATIONS</b>	S. SHOBAN
<b>SECRETARY</b>	LOW RUI RONG
<b>TREASURER</b>	AW ZHE QIAN
<b>SERGEANT-AT-ARMS</b>	PREM RAJ
<b>IMMEDIATE-PAST-PRESIDENT</b>	LOW RUI SHAN

### TIPS TO MASTER HUMAN RELATIONS

1. *Treat everyone with respect and dignity. Make them feel important.*
2. *Speak positively of others or not at all.*
3. *Show genuine interest in other people. Encourage others to talk about themselves.*
4. *Give credit where credit is due. Avoid giving phony compliments.*
5. *Don't hold grudges. Allow others to restore damaged relationships with you.*

## Table-Topic Competition

On the 12 of April, SMKGR's Gavel Club organised a table topic competition for all lower form and upper form students. This competition aimed to improve public speaking skills and also improve the English Language among students. It also served as leadership training to the organizing committee.

Held in the afternoon in one of the classrooms, there was a good turnout of contestants. Two categories, the lower form and the upper form, were offered. Both categories were given different topics and each student had two minutes to prepare himself.

Toastmaster C.G. Huan

and SMKGR English teacher, Pn. Farhatun were gracious enough to be the judges. After a joyful and pleasant session listening to all the speakers, the judges finally decided on the winners; Esther Kuah Earn Hui was the lower form winner, while for the upper form it was Chin Wai Jon.

Overall, it was a successful competition. Thanks to our wonderful teacher advisor, Pn. Nur Aida, the event went on smoothly. We sincerely hope that in future more students would come forward and take part in educational competitions such as this.

Harkrishen Singh



"The Gavel Club has built a lot of confidence in me. The table-topics were especially useful because it helped me to minimize the jitters I felt before every speech once I get the hang of it."

Mohamad Azad Uzair, Ex-Gavelier 2009

"I'm currently in Curtin Univ. Sarawak, pursuing a degree in Mass Comm. Currently writing for LiveSoccerTV.com and Sportskeeda.com. I'm also running a blog insidemyfootballbrain.blogspot.com."

Keeshaanan, CC, Ex-Gavelier 2010



### Words of Wisdom

Do not save your loving speeches for your friends till they are dead: do not write them on their tombstones, speak them rather now instead.

Anne Cummins

Answers to 'Language Games, Anyone?'

### Synonyms

1. odd
2. alter
3. terrible

4. keen
  5. rude
- Anagrams
1. north
  2. resist
  3. tame
  4. cheat
  5. canoe