

Chatterbox #123 – Winter Olympics

Informal Contractions in this Episode

Informal contractions are unofficial short forms of other words, and they're usually only used in casual conversation. For example, when native English speakers talk casually, they might say *gonna* instead of *going to*, or *whaddya* instead of *what do you*. Even though informal contractions are usually only used in spoken English, we include them in the Culips written transcripts to help you get used to how they're used and what they sound like.

These are the informal contractions used in today's episode, along with their meanings:

- **'cause**: because
- **dunno**: don't know
- **gonna**: going to

Transcript

Harp: Hello everyone. This is Harp.

Andrew: And I'm Andrew, and we're here with another Culips episode.

Harp: Yes. Make sure you check out our website Culips.com. That's C-U-L-I-P-S.com because that's where you sign up and become a member. And when you're a member, you have access to the Learning Materials, which is a complete transcript, detailed explanations, and a quiz for each and every episode.

Andrew: That's right. And also make sure to follow us on Twitter. One of our New Year resolutions is to be more active on Twitter, so come check out what we have to say.

Harp: Yes. And Tweet at us.

Andrew: Yeah. Absolutely. And we're also on Stitcher.

Harp: Yes, Or iTunes. You can listen to us at either place.

Andrew: Cool. So, Harp, how are you?

- Harp: I'm so excited because we are in the middle of the Olympics. I love the Winter Olympics.
- Andrew: That's true. Yeah. I'm pretty excited for the Olympics today, and, you know what? Our topic for our conversation is the Olympics.
- Harp: Yeah. It's perfect. So let's get started. We are gonna do a Chatterbox episode today and that's where we chat. And our topic today is the Olympics.
- Andrew: Yeah. Specifically the Winter Olympics.
- Harp: Yup. Exactly. So we're going to start with talking about what the Olympics mean to Canadians. Then we're going to talk about some of our Olympic memories. And we're going to finish by talking about some of the different events in the Winter Olympics.
- Andrew: Yeah. There are some new events this year so that's going to be interesting to see.
- Harp: Yup. Exactly. So let's get started. Our first topic: what the Winter Olympics mean to Canadians.
- Andrew: Yes. As many of our listeners will know, Canada is a winter country. We have long, cold winters, and because of that. I think most Canadians really enjoy the winter Olympics more so than the summer Olympics.
- Harp: Yup. And I think that there are two reasons for that.
- Andrew: OK. Why?
- Harp: First reason is 'cause it's freezing outside, so we don't want to go outside and can watch TV.
- Andrew: Yeah. I agree with that. Yeah.
- Harp: The second thing is, again, it's freezing outside. So we can actually practice some these sports that we're good at.
- Andrew: Exactly. Canadians, we usually do much better in the Winter Olympics than we do in the Summer Olympics, and I think one of the reasons for that is that there are less countries to compete with, right?
- Harp: Yup. Exactly. Summer Olympics, there are more warm countries, so there's more competition. But it doesn't snow everywhere, so they can't practice skiing, and it's not cold enough to have skating rinks outside, so they can't practice hockey. It's the one advantage of living in this freezing country.

- Andrew: Yeah. Exactly. We can win all kinds of gold metals at the Winter Olympics. And, actually, we interviewed, maybe two years ago, an athlete who will be in Russia at the Winter Olympics competing this year as a speed skater.
- Harp: Yes. We interviewed our friend Michael Gilday a couple of years ago, and now he's actually competing in the Olympics, which is super exciting, and we'll definitely **be cheering him on**.
- Andrew: Yeah. Absolutely. So if you want to hear his story, you should check out the interview that we did with him, and we'll link it there so it's easy for you to find.
- Harp: Yup. We'll post it on Facebook, and we'll link it to the episode. And he's competing in the speed skating short track event.
- Andrew: That's right. The short track event. So if you are watching the speed skating events. make sure to look out for him.
- Harp: Yes. And **cheer him on**. We really hope he wins a gold and does fantastic, and we're excited to watch him.
- Andrew: Absolutely. Yeah. And another reason why Canadians like the Winter Olympics is 'cause Canada is a cold country, we have the right climate for hosting the Winter Olympics. We've held it two times, I believe. Once in Calgary in 1988 and just the last Winter Olympics in 2010 were in Vancouver. And in Vancouver, we actually performed pretty well. I think we won a lot of gold medals.
- Harp: Yeah. We did fantastic. I think, if I remember correctly, we won the most gold medals of any country in the Vancouver Olympics.
- Andrew: Yeah. So that's great. That's another reason why we're so excited is 'cause we want to find out if Canada can repeat it's good performance from Vancouver going forward into the Russian games. They're in Russia this year.
- Harp: Yup. They're in Sochi, Russia. So that'll be really interesting to watch. OK. So now let's move into our next topic about some of our memories with the Olympics.
- Andrew: Yeah. We have lots of Olympic memories to talk about.

- Harp: Yup. I remember in 1988 when the Olympics were in Calgary, and I was living in Fort Saint John, which is about a 12-hour drive to Calgary, and my family drove there, but we didn't have tickets for anything. But just the atmosphere in the city was amazing. People were so excited the Olympics were there. It was super exciting because people were there from all around the world. I just remember it being a fun time.
- Andrew: Yeah. Absolutely. I studied in Calgary for a bit a couple of years ago, and I went and saw all the Olympic facilities. The ski jump and the speed skating rink that they have, and Calgary is still really proud, even after all these years, of the Olympics, of hosting the Olympics. And there's lots to see. It's exciting.
- Harp: Yeah. And that's actually where a lot of Canadian athletes now train. For example Michael, our friend who we interviewed, he trained in Calgary.
- Andrew: Yeah. For sure. That's a great place to go if you want to see some future athletes is to Calgary.
- Harp: Yup.
- Andrew: Yeah. Because a lot of other cities don't have the facilities. They don't have the bobsled tracks, they don't have ski jumps. That stuff's really expensive to build, so I guess that's why Calgary is such a sporting **hub**.
- Harp: Yep. Exactly. Especially for the Winter Olympics because they built all of that for the 1988 Olympics and now they use them as training facilities. And I think actually other countries use those training facilities as well.
- Andrew: Yeah. That would make sense. Some of the smaller countries that can't really afford to build those facilities or don't have access to them in their country they can come to Calgary and train.
- Harp: Yeah. And my favourite memory from the Calgary Olympics is still the story that became the movie *Cool Runnings*. Where the team competed in the bobsled race and they'd never even done it on snow before, and it was just fun.
- Andrew: Yeah. The Jamaican bobsled team.
- Harp: Yup. Exactly. They had hope, and they brought a really cool energy to the games then. We all **cheered them on**.
- Andrew: Yeah. That was one of my favourite movies as a kid too. With John Candy.
- Harp: Yup. Exactly.

- Andrew: If you haven't seen the movie *Cool Runnings*, you should go watch it 'cause it's a good story about a bobsled team from Jamaica.
- Harp: Yup. And obviously there is no snow in Jamaica, so they would practice on the hills and, they didn't do too well in the actual competition but, they **brought a lot of heart to it** and inspiration.
- Andrew: Exactly. Yup. One of my favourite Olympic memories actually comes from - well this is not one of my favourite memories, but it is a memorable memory. I can say that. This comes from last Olympics in 2010 that was held in Vancouver. And actually I was living in British Columbia at the time, so I was very close to Vancouver. But I didn't put the time and effort and money into going to Vancouver to see the Olympics just because I knew it would be a **zoo**, and I didn't want to deal with all that hassle. So I just stayed at home and watched all of the Olympics actually on my computer. I didn't have a TV at the time, and I just streamed all of the events on the Internet.
- Harp: OK.
- Andrew: The Canadian Broadcasting Corporation, which is the big sort of government funded TV channel in Canada, they put a lot of money into streaming all of the events online so that everybody could watch them in the country regardless if you had a TV or not.
- Harp: Yeah. I remember. I watched quite a few of the events online.
- Andrew: Exactly. Yeah. It was very convenient, and I was excited that I didn't have to buy a TV to follow the Olympics. I just watched it on my computer. So throughout the whole games, I have a big computer, so I set it up in my living room, we watched it just as we would a TV. And everything was fine for the whole games, and I was very satisfied with the service. But I had a problem on the very last day of the Olympics. The Canadian hockey team was competing for the gold medal in the final hockey game. So, all of my friends were over, we were watching the game and it went into overtime. This means that at the end of regulation, at the end of the game, there's a tie and to must go into an extra period to determine the winner. So whoever gets the next goal in the game is gonna be the winner.
- Harp: OK. I remember this. What happened?

- Andrew: Everybody in Canada I'm sure was watching this game. This was very important to us, and it's an exciting time when it's in overtime. So it goes into overtime, we're watching the game on the Internet, and it's very close. We're **biting our nails**, we're into the game. And all of a sudden the Internet stops, and the hockey game pauses. And after about ten seconds, I started getting worried, and I was like, "Ah, I want to see this game. What is going on?" So I went to go check my Internet connection, and as I'm doing that I just hear everybody in my apartment building, everybody in my neighbourhood, start screaming, and I knew that Canada had scored the goal, and I had missed it because my Internet had stopped working at the worst possible time.
- Harp: Oh that's horrible. So you and your friends, you missed the winning goal?
- Andrew: Yeah. The most important part of the while Olympics, the reason why we watch the whole thing, was to see that hockey game and we missed the defining moment. And then right after that you could see people running into the streets. Canadians don't really celebrate that much when sporting events happen, but there was people driving around honking their horns. Yeah. It was a shame.
- Harp: Yeah. It's pretty sad. I feel sad for you.
- Andrew: Yeah. Oh well. Hopefully we can repeat the victory this year, and I can watch the overtime period this time.
- Harp: Yup. Maybe like make sure your connection is really stable before you start.
- Andrew: This time I'm going to watch it on TV. I'll find a TV this time.
- Harp: I was gonna say, maybe go to a friend's house that has a TV this time.
- Andrew: Yeah. I think maybe that's a better idea. **Better safe than sorry**, right?
- Harp: Exactly. And, you know, I was just thinking while you were talking is about this story with the **lucky loonie**. Do you know the story?
- Andrew: Yeah. A loonie is a Canadian coin that's worth one dollar. And I heard that for good luck, every year at the Olympics, or every time the Olympics run, so what they do is they put a loonie in the centre of the ice hockey rink.
- Harp: Now, this only happens when they do the Olympics in Canada?

- Andrew: The story is kind of legendary in Canada. People talk about it, and I'm not a hundred percent sure if it's true or not. But **rumour has it** that this actually started in 2002. The Olympics were held in Salt Lake City in Utah, in the United States. And Americans brought a Canadian ice expert, an ice expert to make the rink, to control the ice at this game. And what he did was while he was making ice for the hockey arena, he left the loonie at centre ice, right in the middle of the rink, and then made the ice over top of it, so it was buried. And, yeah, **rumour has had it** that this has been good luck for the Canadian Olympic team ever since.
- Harp: OK. I find two things funny about this story. We're so cold that we have an ice expert.
- Andrew: I know. I started laughing to myself too when I said that phrase because it sounds silly, but these people exist. There are people that have jobs to make ice.
- Harp: I love it. I really hope, because we won in 2002.
- Andrew: Yup. We won. Both the Canadian men's and women's teams won in 2002.
- Harp: So now I'm hoping for Russia this year that they use a Canadian expert and put the loonie in, so we can win again.
- Andrew: Yeah. I hope so too. I'm not sure if they do this every year or not, but I know definitely in 2002 they did, and to remember that, to commemorate that, every year the Royal Canadian Mint, which is the organization that controls Canadian currency, makes Canadian currency, they issue a special coin called the **lucky loonie** that you can collect. I dunno. Some people still collect coins I guess.
- Harp: I used to collect coins.
- Andrew: Yeah?
- Harp: Yeah.
- Andrew: So maybe you should get a **lucky loonie**.
- Harp: I think I actually have one. My collection's at home with my parents though.
- Andrew: Cool.
- Harp: It's a fun story, so hopefully there's a Canadian expert in Russia.

- Andrew: Yeah. Or if our listeners, if they have a country ever host the Olympics, maybe put one of your countries coins in the ice, and see what happens.
- Harp: Maybe it'll be lucky for you.
- Andrew: Yeah. Exactly.
- Harp: All right. So let's move on to our third topic, which is about events.
- Andrew: Yeah. Our favourite events. Harp, what is your favourite winter event?
- Harp: Well, I love figure skating. I love it. So I love men's figure skating, women's figure skating, when they do pair figure skating. I love it all.
- Andrew: Do you have a favourite figure skater?
- Harp: Nope. I love watching all of them. I think they're all fantastic, it's just beautiful. The way that they can spin on the ice like that. It's just amazing.
- Andrew: Yeah. It's pretty amazing. What about ice dancing? How do you feel about ice dancing? Do you know about this one?
- Harp: I don't think I even know what ice dancing is.
- Andrew: Ice dancing is sort of the slower speed figure skating. You know this one?
- Harp: No. I don't even know about it. But that sounds boring 'cause it's fun when they go fast and they spin. And I've decided that I actually think pair figure skating is my favourite because they're always throwing themselves up in the air and spinning and catching and it's just exciting.
- Andrew: Yeah. Figure skating is a super popular event. I think maybe it's actually one of the most popular, after hockey, in Canada.
- Harp: Yeah. It's one of my favourites. What about you? What's your favourite event?
- Andrew: Well, aside from hockey, which I already talked about quite a bit, I like a lot of the ski events, and I really like watching the bobsled and luge too.
- Harp: Yeah. I agree. The luge is crazy though. They go so fast it, scares me.
- Andrew: So fast. I think they get up to almost 150 kilometres an hour. I don't know if that's exactly accurate, but they get going really, really fast.
- Harp: A hundred and fifty kilometres an hour! Wow!

- Andrew: Yeah. That's faster than we're allowed to drive our cars on the highway. That's how fast they go.
- Harp: Yeah!
- Andrew: Yeah. Just on a little sled. There's no protection or anything. It's so dangerous.
- Harp: Yeah. It is very dangerous and personally I find it too stressful.
- Andrew: Yeah. Yeah, I understand that but I like the speed, so I like that event.
- Andrew: Another event that I always enjoyed, which I only watch when the Olympics come on, is curling.
- Harp: I agree. It's kind of cool to watch.
- Andrew: It's really fun to watch. And every time the Olympics **rolls around**, and I watch curling I'm like, "Man, I'm going to start curling. I'm going to get into the sport. I'm gonna watch it more." And then it just never happens, and I forget about it. And then the Olympics come on again and I'm reminded of it. I'm like, "Yeah, curling. It's great."
- Harp: Have you ever actually curled before?
- Andrew: I have never curled before. Have you?
- Harp: No. I really want to though. We should do that.
- Andrew: Yeah, we should do it. We should do a Culips curling team.
- Harp: It seems like it should be quite simple, but I have a feeling that it's very, very complicated and that we would suck.
- Andrew: Yeah. Absolutely. In your area of the country, like the prairies, that is the curling **hotbed**.
- Harp: Oh yeah. I remember being in the airport the same time that the Canadian team, which was actually represented by the Alberta team, and people were going crazy in the airport. It was like celebrities.
- Andrew: Yeah. That's one area where they'd be really recognized I'm sure.
- Harp: A lot of people in the prairies go curling on the weekend, and it's a very popular sport to do in the winter.

- Andrew: Cool. Yeah. Other than that I also like the biathlon. Do you know this one?
- Harp: No. Which one is that?
- Andrew: OK. So you're cross-country skiing for a little bit, and then you stop, and you have a gun on your back. You take your gun off and you shoot a target for a little while, and then you start cross-country skiing again.
- Harp: Yes. I do actually know that one, and I agree. I really like it. It's exciting, they have to go fast. It's almost like mission impossible in the Olympics.
- Andrew: Yeah. To me it just seems like such an antique sport. You know. It's like from a **golden** day gone by or something. I don't know.
- Harp: Yeah. That's true. No, I like that sport as well. And I actually really like speed skating.
- Andrew: Oh. Speed skating is great.
- Harp: Yeah.
- Andrew: My favourite speed skating, it's a short track I think with the team. I'm not sure of the official name, but it's when you have four or five members from each country on the ice at the same time. So there are maybe thirty people on the ice, and they're all doing laps and pushing each other to give each other boots. Have you seen that?
- Harp: Yes! Yes, yes, yes. I love that too.
- Andrew: Yeah. That is the best one. And it gets really intense at the end. I remember last games I think. I was watching and it was the Koreans, South Koreans, who are always very good at speed skating, and I believe the Americans and Canadians were competing. And since I lived in Korea I always sort of cheered for the Korean team. And since I live close to America, I sort of cheer for the Americans. But I always cheer for the Canadians as well. So I was really interested to see this event, and it was so exciting.
- Harp: Yeah. I know!
- Andrew: It was great.
- Harp: Yup. Speed skating, huge fan.
- Andrew: Yup. Totally. And this year there's a bunch of new events in the Olympics as well.
- Harp: Yup. There are I think five new events this year.

- Andrew: Yeah. There are five new events this year. There is a team figure skating event. There is a half pipe ski event.
- Harp: That sounds crazy.
- Andrew: Yeah. The half pipe. I think this is a **recipe for disaster**.
- Harp: I agree. 'Cause I can see people doing it on a snowboard, and it's cool, and it seems smooth. But with skis and ski poles and trying to do the half pipe, I don't understand how they're gonna do it. We're going to have to watch and see.
- Andrew: Yeah. Because the half pipe originated, I think, for skateboarders. Right?
- Harp: Exactly.
- Andrew: So it's natural to think that you can go from a skateboard to a snowboard. But then when you're on skis, like you said, you've got your poles and your skis and you'd get all mixed up when you're trying to do **360s** and spins.
- Harp: I'm definitely going to be watching that one to see how it goes.
- Andrew: That'll be an interesting one for sure. We also have a mixed biathlon. So this is a mixed gender event. Men and women are competing at the same time, which I think is great.
- Harp: Yup. And there's also the team relay luge.
- Andrew: Yeah. The team relay luge. I don't know what that one will be like, but we'll have to wait and find out.
- Harp: The luge is always intense, so I'm sure this one is going to be even more intense.
- Andrew: Yeah. Yeah. If it's a team event. **Phew**. It'll be exciting.
- Harp: And then the last new event is women's ski jumping.
- Andrew: Women's ski jumping. Yeah. I guess before they only had a men's ski jumping event, and that doesn't seem very fair at all. So this time everybody gets to try.
- Harp: So that one I find very interesting because of how far they actually jump. It's crazy.

- Andrew: Yeah. I'm just amazed at the guts that some of these athletes have. It's amazing. Maybe I'm just a 'fraidy cat, I dunno. But I would never try to do a ski jump like that. Like, it's crazy.
- Harp: I agree with you one hundred percent. I am just a spectator. I watch. But sometimes I get stressed watching them because I'm scared something's going to happen and they're going to get injured.
- Andrew: Yeah. Well if only one little thing goes wrong that can be a very serious injury.
- Harp: Yeah. Exactly. So all the props to the athletes who are willing to do it for us, so we can watch something, but it's scary and I hope that everyone is going to be safe this time.
- Andrew: Yeah. Me too.
- Harp: OK. So I think that's it for us today.
- Harp: Yeah. That's it. So today we talked about the Winter Olympics.
- Andrew: Yup. Exactly.
- Harp: And we started by talking about why the Winter Olympics are so important to Canadians.
- Andrew: Mm hmm. And then we talked about our Olympic memories. Some good memories and some bad memories.
- Harp: Exactly. And we finished with talking about different winter Olympic events.
- Andrew: Totally. So thanks for listening and make sure to check us out at Culips.com. That's C-U-L-I-P-S.com. And on Facebook.
- Harp: Yes. Come say hi to us on Facebook or Twitter and leave us a rating on iTunes or on Stitcher.
- Andrew: Yeah. Thanks for listening and we'll talk to you next time.
- Harp: Bye everyone.

Detailed Explanation

To cheer on

To cheer on means to support a person or team competing in something. If you **cheer something on**, you are actively encouraging it. In sports, there are often cheerleaders on the sidelines, dressed in team colours and supporting their teams by dancing, singing and shouting words of encouragement to the players. Cheerleaders are literally leading or directing cheer or optimism. So, if we **cheer something on**, we are also supporting a team through encouragement.

Here is another example of **to cheer on**:

Pasir: Do you want to go to the mall tonight? I want to check out that new restaurant in the food court.

Vitalia: No thanks. I'm going to the basketball game tonight.

Pasir: Oh, is our team playing?

Vitalia: Yeah, I thought I'd go **cheer them on**. They haven't been having a good year.

Pasir: Good idea. Maybe I'll skip the mall and go to the game too.

A hub

A hub means a centre of activity or a common meeting ground. The origin of the phrase comes from the word for a part of a wheel. If we think of a bicycle wheel, the very centre would be **the hub**, and the spokes would be the bars or wires radiating out from it to the outer rim of the tire. So, **the hub** is the common centre where all the parts of the wheel meet together.

Here is another example of **a hub**:

Barbara: What are your plans for this weekend?

Chia: I think I'll go to Jake and Beth's place.

Barbara: Again? You went there last weekend. .

Chia: Yeah, but different people are going this time. Jake and Beth's place is sort of **the hub** of socializing. They have the biggest house, so they are always having people over.

Barbara: Sounds fun. Mind if I tag along?

Chia: Not at all! I'll pick you up at 8pm.

To bring heart to something

To bring heart to something means to add a level of personal or emotional sentiment to something. The heart is a body organ that is often associated with love and emotion. So, if we **bring our heart to a cause or event**, it means we are bringing our love and emotion to it.

Here is another example of **to bring heart to something**:

Chizu: I think I'm going to try out for the cheerleading team this year.

Dao: Really? I never pictured you as a cheerleader.

Chizu: I know it's sort of out of character, but I really appreciate what they do for our team.

Dao: Yeah, they really get into it and **bring heart to the game**. It's nice. I think you should do it.

Chizu: Thanks for the support.

A zoo

A zoo, literally, is an establishment (usually outdoors) that has a collection of caged animals on display for people to go and see and learn about animals. When used the way it is used in this episode, it means a hectic and loud place. The reason that **zoo** is used to describe a loud and hectic place is because if you think about a literal **zoo**, there are a lot of animals acting as they do in the wild, and a lot of them are loud and energetic. When you add all the people and children going to see the wild animals, it adds up to a lot of noise and commotion.

Here is another example of **a zoo**:

Ajisai: Did you want to go to the party after the competition tonight? The whole school is going to be there!

Paul: I know, and that's why I don't want to go. It's going to be **a zoo**.

Ajisai: Yeah, but the place where they're having it is enormous, so it won't seem so crowded. You should think about coming.

Paul: Ok, I'll think about it.

To be biting your nails

To be biting your nails means to be nervous or anxious for something that is about to happen. **Biting your nails** is actually a bad habit that some nervous people do to calm their nervous feelings. When used the way it is used in this episode, it doesn't necessarily mean you are literally **biting your nails**, it is used commonly today to just mean you are anxiously awaiting something.

Here is another example of **to be biting your nails**:

Laura: Did you see the game last night? It was so good.

Takao: I did see it! I was **biting my nails** through the whole thing.

Laura: I know. I had no idea what was going to happen, and our team was so close to losing.

Takao: But at the very last second they scored a goal. It was amazing!

Better safe than sorry

Better safe than sorry is a shorter version of **to be better safe than sorry**, and it means that it is better to do something than not to do it. To be sorry means that you regret doing something. And usually, regret comes from doing something that was dangerous or risky. If we are safe, we avoid danger, and therefore avoid regret. So according to this expression, it is better to be safe and not have done something risky, than to do something risky and possibly have regret.

Here is another example of **better safe than sorry**:

Kaori: Hey let's go watch the basketball team practice tonight. Tomorrow is their big game, and it'll be nice to give them some support.

Soumaya: I know, but I have a huge exam tomorrow. I should study.

Kaori: But you've been studying all week long!

Soumaya: This test is worth half my final grade though. I'm pretty confident I know everything, but I want to be sure.

Kaori: Yeah, **better safe than sorry**. I understand. I'll let you know how the practice went.

Lucky Loonie

Lucky loonie is the name of a tradition where Canadians put a Canadian coin in the centre of a hockey rink so that it freezes into the ice, hoping that it will bring them good luck when they are competing in a competition with another country. It is a relatively recent tradition at the Olympic games, and one that is specific to Canada only.

The tradition of the **lucky loonie** began in 2002 when an ice-making expert was invited to oversee the arena where they were holding the Salt Lake City Winter Olympics. Salt Lake City is in Utah, in the United States of America, so the ice expert thought it would help the Canadian hockey team to have something that reminded them of Canada when they were playing. The ice expert hired some Canadians to help him maintain the ice, and one of them secretly placed a Canadian dollar coin in the centre of the ice, where the puck is dropped to signal the start of a game. That year, the men and women's Canadian hockey teams won gold at the Olympics, and from then on it became a belief that the coin may have helped them win the game. Since then, Canadians have been sneaking coins into the centre of ice rinks in the hopes that it will bring them some luck in the games.

Rumour has it

Rumour has it means that something is publicly known though not formally announced. A **rumour** is a piece of information that has not been validated or confirmed, but which quickly becomes common knowledge after people tell each other. The act of telling each other **rumours** that are not yet confirmed is called gossip. Gossip can be hurtful because sometimes it turns out to be false. So, when someone says **rumour has it**, they mean that they have heard information from someone, but they are not sure it is true or not.

Here is another example of **rumour has it**:

Varvara: I really don't want to go to work today. It's so cold outside.

Roberto: **Rumour has it** they may send us home on a snow day.

Varvara: Really? Where did you hear that?

Roberto: Sarah told her she heard Alsamaa talk about it.

Varvara: Oh, well I hope the **rumour** turns out to be true! I would love to go home and play with my dog in the snow!

To roll around

In this episode, we hear Andrew say 'every time the Olympics **rolls around**'. What Andrew means when he says **rolls** is to come around regularly or happen regularly. The origin of this expression comes from the idea of time being a cycle or circle, like a clock, that ends and begins in the same spot. If something **rolls around**, it moves in a circle and ends up where it began. So, if an event **rolls around**, it comes up again and again, maybe once a year like the Olympics, or maybe once a week like a Saturday, but it happens very regularly and consistently.

Here is another example of **to roll around**:

Lica: I can't wait until my birthday this year.

Hayman: Why? Are you doing something special?

Lica: Well, every time my birthday **rolls around** my dad always does something super special and funny. Last year he filled my car with balloons!

Hayman: Really? Wow!

Lica: Yep, and some of the balloons had money in them so it was so fun to pop them and find some money to spend for the day!

A hotbed

A hotbed means a centre of activity much like **a hub**, except that it implies more growth, development, and activity rather than just a common centre. It comes from a term used in gardening for a bed or garden of earth that is heated by fertilizer to promote quick plant growth. Sometimes these beds or gardens are under a canopy or glass enclosure, and they are called a hot house.

Here is another example of **a hotbed**:

Cho: Where are you spending your summer this year?

Ricardo: I may go up to Whistler, British Columbia.

Cho: Oh really? Any particular reason?

Ricardo: Well, I love to skateboard, and Whistler seems to be **a hotbed** of skateboard professionals.

Cho: That's true. They do seem to attract a lot of skateboarders. Have fun!

Golden

Golden means choice or favoured. The word gold is used to mean best because it is the top-most medal a player can win in a competition. Gold is first, Silver is second, and Bronze (or sometimes Copper) is third. In this episode, we hear Andrew say that a particular Olympic sport reminds him of a **golden** day gone by. When used this way, to describe a time in the past, **golden** means a specific era when there was a lot of prosperity, richness, and success.

In North America, the years right after the First World War are sometimes called the **golden** years because there was an economic boom and people had a lot of money. In the arts, a **golden** age can refer to a time when people produced a lot of art, literature, music or theatre. For example, the **golden** age of Hollywood film is said to be between the 1920s and 1960s, and this is because new inventions in film like audio and colour were happening so rapidly. We could call recent times a **golden** age in technology because so many new gadgets are being invented.

A recipe for disaster

A recipe for disaster means that something has all the elements to turn into a disaster so it probably will. A recipe is something that is used in cooking and baking, and lists all the ingredients you need to make something and gives instructions on what to do with those ingredients. So, if you have **a recipe for disaster**, there may be a lot of things happening that, if combined or mixed, could cause a disaster to happen, much like the way certain ingredients mixed together could cause a cake to happen.

Here is another example of **a recipe for disaster**:

Kelvin: Who is going to your party tonight?

Thiago: So far, it's Jacob, Petra, Melinda, Buck, Anabela, Geoff, and Stacey.

Kelvin: Stacey? Isn't that Geoff's ex-girlfriend? The one who got really angry at him?

Thiago: Yep.

Kelvin: Well that sounds like **a recipe for disaster**!

Thiago: I know. I'm hoping it'll be OK but we'll see how it goes.

To do a 360

To do a 360 means to totally turn in a complete circle. Even though it looks as if it is pronounced "three hundred and sixty", when used to mean a circle or loop it is pronounced "three sixty". **360** is a mathematical term, as there are **360** degrees in a perfect circle. A degree is a unit of measurement that represents angles and rotations. **360** is commonly used to describe either a loop in a sporting event (like Andrew uses it here) or it can also be used in talking about temperature, because our sun rotates or loops around the earth and that affects the weather. Sometimes, when someone says that **someone did a 360** in their life, it means a transformation has taken place that lands someone back to where they began in the first place.

Here is another example of **to do a 360**:

Mark: Are you a good swimmer?

Jae: Sort of. I can do a lot of tricks but I'm not very fast.

Mark: Oh, what tricks can you do?

Jae: I can do 2 full summersaults off a diving board and then dive straight into the water, that's my favourite.

Mark: You can rotate a full **360** twice before straightening out?

Jae: Yeah. It's really hard to do. You have to be really quick.

Mark: I'd love to see you do that! Let me know the next time you plan to go swimming!

Phew

Phew is an onomatopoeia, which is a word that imitates the sound that the word describes. An onomatopoeia is actually a sound spelled out and has meaning because of what the sound implies. In this instance, **phew** is the noise someone makes when they are nervous or worried, or when they are relieved after being worried or nervous. *Ouch* is another onomatopoeia, because when you stub your toe the noise you make sounds a lot like ouch. *Achoo*, the word for the sound of someone sneezing, is another onomatopoeia.

In this episode, we hear Andrew say phew when him and Harp are talking about the sporting event called the luge. Andrew uses the word **phew** because the luge is a very stressful sporting event.

Here is another example of **phew**:

Rika: How was your sister's wedding?

Martin: It was great. Stressful though!

Rika: How come?

Martin: My sister was late. She almost didn't make it to the church on time, and nobody told the groom she was running late so he thought she had just changed her mind and didn't want to marry him!

Rika: **Phew!** That's intense.

Martin: Yeah, they were able to laugh about it afterward, but at the time I felt so bad for him.

To have guts

To have guts means to be brave or courageous in the face of a risky situation. **Guts** are another name for a person's insides, notably their stomach and intestines.

The origin of this expression may be from two possible sources. It's possible that **guts** became synonymous with courage because in medieval times, men in battle would wear shields to conceal their abdomen, where their vital organs and intestines (or **guts**) were located.

These men were thought to be very brave, but if their shield was broken or lost and their abdomen was exposed, they could lose their guts (meaning they could be killed by being shot or pierced in their abdomens). So, if they still had their **guts**, they were still fighting, therefore they were brave, but if they lost their **guts**, then they would lose their life and therefore their courage.

Another possible origin is that when you are nervous, you may feel a physical sensation in your stomach, and the stomach is sometimes known as the **gut**. So, your nerves and your ability to calm your nerves, otherwise known as courage, is associated with your **guts**. If **you have guts**, it means that you have some control or stability over your nervousness.

'Fraidy cat

'Fraidy cat is a short form or play on the word 'afraid cat', and is used to describe someone who is timid, easily frightened, or afraid of doing something. Another similar expression is scaredy cat, a form of scared cat. Its origin goes back all the way to the early 1900s, and is used in children's literature and rhymes.

Here is another example of **'fraidy cat**:

Nanny: How was your trip to Niagara Falls? Did you go to the wax museum?

Mimi: Yep, we went to the wax museum, and the aquarium, and even the haunted house, which was my favourite.

Nanny: Oh wow, you made it all the way through?

Mimi: I did, but Derek didn't! He's such a **'fraidy cat**. He lasted about 10 seconds then ran for the door!

Nanny: Oh no! Tell him I did the same thing when I went, then maybe he won't feel so bad.

Mimi: Haha. Ok, I'll tell him tonight.

Quiz

1. What does to cheer on mean?

- a) to heckle or make fun of
- b) to support or encourage
- c) to punch or fight
- d) to disappoint or ignore

- 2. What is the centre of a wheel or a centre of activity referred to?**
 - a) the hub
 - b) the rim
 - c) the hub
 - d) the spokes

- 3. If a place is hectic, noisy, and crowded, what popular tourist attraction is it commonly compared to?**
 - a) a zoo
 - b) a shopping mall
 - c) a rainforest
 - d) a swimming pool

- 4. How much money is a Lucky Loonie worth?**
 - a) a dollar
 - b) two dollars
 - c) a pound
 - d) three euros

5. The guts refers to what part of the human body?

- a) the heart
- b) the lungs
- c) the stomach
- d) the brain

6. When two people spread a rumour, they are said to be _____.

(Fill in the blank)

- a) gossiping
- b) rumouring
- c) twirling
- d) doodling

7. The term hotbed comes from what sort of activity?

- a) running
- b) swimming
- c) skating
- d) gardening

8. What shape does a 360 represent?

- a) a triangle
- b) a rectangle
- c) a square
- d) a circle

9. What characteristic does the expression 'fraidy cat imply?

- a) sadness
- b) guilt
- c) boredom
- d) fear

Answers:

1.b 2.c 3.a 4.b 5.c 6.a 7.d 8.d 9.d