

Simplified Speech #013 – Fall favourites

Episode description

It's that time of year again—autumn. The leaves are changing colours and it's starting to get chilly outside. Join Andrew and Morag in this Simplified Speech episode as they talk all about what they like most about fall.

Fun fact

Ambrosia, Gala, Golden Delicious, Honeycrisp, Jonagold, Red Prince—what are all these evocative, rich-sounding names? They're just some of the many apple varieties that grow throughout Canada!

Expressions included in the learning materials

- Spooky
- To reinvent yourself
- To wrap it up
- Superficial



Transcript

Note: The words and expressions that appear in **bold text** within the transcript are discussed in more detail in the Detailed Explanations section that follows the transcript.

Andrew: Hey, everybody. I'm Andrew.

Morag: And I'm Morag.

Andrew: And we're back with another Culips episode.

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Andrew: Hey, Morag. How are you?

Morag: I'm doing really well, thanks, Andrew. How about you?

Andrew: I'm a little bit hungry, but I think I'll be OK. I can get through this episode no problem.

Morag: I'm proud of you, Andrew, that's great.

Andrew: Thanks. Well, let's get right to it so I can eat when we're done. Today we're going to do a Simplified Speech episode, OK? And this is where you and I, we have a natural conversation using everyday English, but we speak at a slower speed than we normally do.

And so these episodes are really focused towards beginner- and intermediate-level learners.

Morag: That's right. So today, we are going to chat about our very favourite fall things.

Andrew: Mmhmm. Ah, yes, it's fall. Today, I saw some of the leaves on the trees outside of my house and they were changing colour. Summer is quickly leaving us.

Morag: I'm very excited about that. Fall is by far my favourite season of the year.

Andrew: Favourite season, OK. Why? Why is it your favourite season?

- Morag: I feel the most energetic and alive. I think that the clear, crisp air, lower temperatures, not so crazy-blinding sun ... All of those work really well for me.
- The other thing is that I feel like fall is the real beginning of the new year, because I think of going to school for so many years, it's the new beginning. It's the new time **to reinvent yourself** for change or start something new.
- Andrew: Yeah, I've always felt that way, too. Fall was a good time to reset the balance of my life, reset my goals and get focused again. Because things just are crazy in the summer.
- Morag: Mmhmm.
- Andrew: People are on vacation, the nights are long, it's hot, you can't think straight, and everything just comes undone by life during the summer. So I can **wrap it back up** in the fall and get focused again.
- Morag: And that's a nice feeling. And like I said before, I just get so much more energized by the cooler weather. I always want to, like, climb a mountain. If it's, I don't know, 17° Celsius, I just want to go for a run. It's great.
- Andrew: Mmm, yeah. I appreciate that too, the crisp air and the clear skies.
- Morag: We also have the beginning of the holiday season, so the giant, too-much-food, delicious dinner season, Thanksgiving.
- Andrew: Yeah, we have Thanksgiving. And Thanksgiving is celebrated in Canada earlier than in the USA. So in the USA, Thanksgiving is celebrated in November, but October in Canada, although the date isn't fixed. So it's at a different day every year.
- Morag: It's a lovely time, though. I think fall food is also fantastic, like it's apple season.
- Andrew: Yeah, I wanted to talk to you about apples because ... well, I know you grew up in Victoria. I grew up in a place called Kelowna, and there's lots of apple orchards in Kelowna, so there's lots of apples in the fall. This is when they are ready to pick.
- And I remember, as a kid, just loving apple season because it meant apple cider, apple pie, apple crisp, and just eating apples in general. All of these delicious foods and desserts and drinks. So that is one thing that really reminds me of fall, and one thing that is one of my favourites about fall, the apple harvest.

- Morag: I'm there with you. Apple cider, hot apple cider on a cold day, oh, it's so good.
- Andrew: I definitely enjoy it. And now I feel like eating apples and drinking apple cider that we're talking about it.
- Morag: I think that sounds like a great plan.
- Andrew: And, of course in the fall it's Hallowe'en, right, at the end of October. As I have mentioned before in other Culips episodes, this is my favourite holiday of the year. There's something about the atmosphere on Hallowe'en. It's just a special day that I've always really enjoyed.
- Morag: I agree. I think it definitely does have a really cool atmosphere to it. It's not 100% **spooky**, but I think it's getting to a time in the year where you don't have a lot of people out in the streets. And then all of a sudden, there's so much light and activity and crazy costumes. And it's just really fun. And it's great. I enjoy it, too.
- Andrew: Yeah, it's a special day for sure. One other thing, this is kind of **superficial**, but I love when the fall comes and it becomes sweater weather and I can dress up in more clothing than I can in the summer.
- Partially this is because I just like being comfortable and cozy, and a sweater can provide me with a little bit extra comfort. And partially it's because I'm just a really white person that doesn't do well in the sun, so.
- Morag: We have that in common, Andrew. I've also very much been looking forward to being able to wear pants and a sweater and a scarf, and, like, maybe, I don't know, some sort of over-sweater even? Like layers—so lovely.
- Andrew: Yes, yeah. So that is another one of my fall favourites.
- Morag: Mmhmm.
- Andrew: Great. Well, Morag, I think we should call it a day. I'm just really hungry. I need to go eat.
- Morag: Oh, that's OK.
- Andrew: Before we go, I want to thank everybody for listening.
- Morag: Yeah, we really do appreciate you guys being here. And if you enjoyed this episode, please show us some love. Leave us a five-star review on iTunes and like our Facebook page.

- Andrew: Yes, that would really, really help us a lot. And if you have other friends that are learning English, maybe they are your cousins, or maybe they are your classmates, hey, tell them about Culips.
- Morag: If you have any questions about what you heard today, or if you want to give us any feedback, drop us a line. Send a message through our Facebook page at [Facebook.com/CulipsPodcast](https://www.facebook.com/CulipsPodcast).
- Andrew: Yeah, exactly. What are your fall favourites? Let us know. Or just visit our website, Culips.com. That's C-U-L-I-P-S.com. At Culips.com, you can contact us and you can learn more about becoming a Culips member, joining the community, and studying with our learning materials that are designed help you maximize your English studies.
- Morag: Well, that's it for us today. We'll be back soon with another Culips episode. Goodbye everybody.
- Andrew: Bye-bye.

Detailed Explanations

Spooky

Spooky is an adjective that means strange and frightening. It specifically relates to things that are frightening because they seem supernatural. For example, if a location scares you because it feels like it might be haunted, you would definitely call it **spooky**!

Because of this relation to the supernatural, **spooky** is an adjective that is most used around Halloween. As you might know, many people dress up in **spooky** costumes on Halloween. Some of the most common are ghosts, witches, and zombies. All of those things are scary and supernatural or, in other words, **spooky**.

Here are a couple more examples with **spooky**:

Barbara:	How did you like the show last night?
Morris:	It was really cool. The music was great, but it was in a super spooky location.
Barbara:	What was spooky about it?
Morris:	It was this weird shop with broken old electronics, clown masks, and doll parts all over the walls. It felt like a set from a horror movie.
Barbara:	I'm glad I didn't go—it sounds too scary for me!

Chloe:	So I heard you're apartment hunting. How is it going?
Ken:	Not great. We still haven't found a place ... Well, there was one place that seemed like it was going to be great. It was nice and big, bright, and cheap!
Chloe:	Why didn't you take it?
Ken:	Both Rachel and I had a spooky experience when we went to see it. We were in the master bedroom and all of a sudden it got really cold. I thought I felt someone tap on my back, but there was no one but Rachel and me in the room.
Chloe:	That sounds spooky ! Maybe the place was haunted?
Ken:	Maybe.

To reinvent yourself

To reinvent yourself is to change one or more characteristic parts of your personality, skills, or appearance in order to seem very different from the way you were before.

In this episode, Morag says that she thinks fall is the time **to reinvent yourself**. Because of the association of fall with the time that a new school year begins, fall feels like the time to make new goals about who you want to be and what you want to accomplish. In other words, **reinventing yourself** is this process of changing the things you do and how you present yourself, and creating a new person who you wish to become.

We often talk about artists and other creative professionals **reinventing themselves** when they change the sort of creative work they do. Can you think of an artist or musician who changed the sort of art or music they create? That's a good example of someone **reinventing themselves**!

Here are a couple more examples with **to reinvent yourself**:

Ricky:	Hey, guess who I ran into the other day?
Elizabeth:	Who?
Ricky:	Ms. Halliday, our old English professor.
Elizabeth:	No way! How's she doing?
Ricky:	She seems like she's doing really well. I went to this new restaurant with a friend of mine and it turns out she's the owner. She told me that she quit being a professor and has turned into a restaurant mogul. She owns four restaurants around town!
Elizabeth:	Wow, that's a big career shift!
Ricky:	I know, she completely reinvented herself .

Bernard:	I don't know what music to play—do you have any ideas?
Hanna:	You should play some Tame Impala.
Bernard:	Nah, I don't like psychedelic rock music very much.
Hanna:	Give the new album a try! The main guy has reinvented himself —the band is almost completely electronic music now. It's totally different.

To wrap it up

To wrap it up is an expression that means to finish in a successful way. If you're almost done a task, you might say that you are going **to wrap it up** soon. In other words, you will complete the task in the near future.

You can also use **wrap it up** as a piece of advice. If you're talking about a task or situation that is currently out of control, saying **wrap it up** is the same as telling someone to get it together. In other words, the situation should be fixed and brought to a satisfactory conclusion.

In this episode, Andrew says that everything in life comes undone in the summer, and fall is the time **to wrap it up**. Here, Andrew is giving himself the advice that the fall is the time to fix the chaotic parts of his life and bring himself to a more balanced place.

Here are a couple more examples with **to wrap it up**:

Marissa:	Are you almost finished working?
Leo:	No, I think I have a couple more hours to go.
Marissa:	What? Don't you remember that we have dinner plans in an hour?
Leo:	Oh dear. OK, I'll wrap it up and get ready to go.

Paige:	Can you help me with something?
Fidel:	Sure, what's the problem?
Paige:	I have this reading response due tomorrow and I'm having a lot of trouble with it.
Fidel:	I don't know if I can help you with that. The whole point of those responses is that you talk about your opinion. I can't tell you what your opinion is.
Paige:	I just don't know what to focus on! I need to talk about one of the main characters, but I don't know which one to pick.
Fidel:	Paige, you just have to wrap it up . It doesn't matter who you pick, just pick someone and finish your work!
Paige:	You're right. I guess you helped after all!

Superficial

Superficial is an adjective that means shallow or close to the surface. So, when you say something is **superficial**, it is close to or on the surface of something. For example, a **superficial** injury means that you have hurt your skin—the surface of your body.

When you use **superficial** to talk about a person. It means that they don't pay attention to serious or important things. **Superficial** people place too much importance on trivial or inconsequential things.

We usually talk about people being **superficial** when they are primarily interested in appearances, in the way they look, or in what people think of them. For example, in this episode, Andrew mentions that one of the reasons he loves fall, the ability to wear sweaters and coats, is a **superficial** concern.

Here are a couple more examples with **superficial**:

Milly:	I'm really excited about the potluck on Sunday! Do you think we've invited enough people?
Horace:	I think we could invite a couple more. Who were you thinking of?
Milly:	Hmm, I'm not sure. I was thinking of asking Jenna and her partner if they wanted to join us.
Horace:	Is her partner that John guy, the one with the red glasses?
Milly:	Yeah, that's him.
Horace:	I can't stand him! All he ever talks about is how expensive his clothes are and how nice his car is. He's so superficial !
Milly:	OK, OK. I won't invite them!

Elise:	This is driving me crazy! I can't get this counter clean for the life of me!
Stephen:	What, the kitchen counter?
Elise:	That's the one. I was trying to get rid of that weird stain by the sink, but it just won't come off!
Stephen:	I don't think that's a superficial stain. I'm pretty sure it's part of the wood now.

Quiz

1. If you metaphorically wrap something up, what are you doing?

- a) finishing it quickly
- b) covering it up
- c) starting work on it
- d) making it look good

2. When you reinvent yourself, what are you doing?

- a) changing your appearance
- b) changing your job
- c) changing your goals
- d) any of the above

3. Which of these things is spooky?

- a) a test
- b) a ghost
- c) an injury
- d) a criminal

4. You could call a person superficial if they are the most interested in what?

- a) their happiness
- b) their family
- c) their appearance
- d) their job

Quiz Answers

1.a 2.d 3.b 4.c

Episode credits

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