

Simplified Speech #017 – Morag's bucket list

Episode description

What are the things you dream about achieving in your life? Today's episode is all about big personal goals and accomplishments. Join Andrew as he interviews Morag about her bucket list: the things she dreams about doing before she dies.

Fun fact

According to the Canadian website Bucketlist.org, some of the most popular bucket list items are to swim with dolphins, learn a new language, see the Northern Lights, and go on a cruise. Some of the more unusual ones are to go ghost hunting and donate a kidney!

Expressions included in the learning materials

- To kick the bucket
- Stage fright
- To knock [something] off
- To gut



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. My name's Andrew.

Morag: And my name is Morag.

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

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Andrew: Today we are going to do a Simplified Speech episode. And this is where Morag and I will have a very natural conversation. But we're going to speak slower than we usually do in our everyday lives.

And today our topic is Morag's bucket list.

Morag: Ooo, exciting.

Andrew: Yeah. If you are a regular Culips listener, you'll know that recently Suzanne and I recorded an episode about our bucket lists. But I'm really curious about your bucket list, Morag. And I'm sure all of our listeners are, too. So could you share with us? Could you tell us what's on your bucket list?

But maybe right before you do that, you could just remind everyone what a bucket list is. What is a bucket list?

Morag: Well, Andrew, I'm pretty sure that it comes from a movie with Morgan Freeman. Am I right?

Andrew: Yeah, it does come from the movie, yeah.

Morag: Yeah. And the idea of a bucket list is that it's a list of things that you want to do or accomplish or experience before you die. That's the basic idea.

Andrew: Before you **kick the bucket**.

Morag: Yeah. Before you **kick the bucket**, the things that are really interesting or important to you to experience and get done.

- Andrew: Right on. OK, that is very clear now to me and I hope to everyone listening too. So let's get to it. What's on your list? What's on your bucket list?
- Morag: Well, I think travel is one of the most common things on a bucket list. And I don't have one particular place that I want to go, but I just love oceans. I love the ocean. So I would really like to visit and swim in every ocean on the planet.
- Andrew: Wow, every ocean on the planet.
- Morag: Mmhmm.
- Andrew: That's really cool.
- Morag: I've visited and been to just the Atlantic and Pacific right now, but there's gotta be so much beautiful water out there, you know?
- Andrew: Well, one of those oceans is going to be very cold.
- Morag: Mmhmm.
- Andrew: The Antarctic Ocean.
- Morag: Yeah. The North Sea also won't be ... I guess it is oceans or seas.
- Andrew: So if you're including seas, then you have quite a few places you need to swim.
- Morag: Oh yeah. It would take the rest of my natural life. It's not a bucket list item that could be done quickly.
- Andrew: Yeah. You can't do that one in a day.
- Morag: No, you could not do it in a day.
- Andrew: OK. That is very cool.
- Morag: So my second bucket list item would be to bicycle across Canada.
- Andrew: Bike across Canada, wow!
- Morag: Mmhmm.
- Andrew: That's great. I like that one.
- Morag: I have already driven across Canada when I moved from BC to, essentially, Quebec. I drove, and that was amazing. But biking, I think, would be just a crazy experience.

Andrew: That would be a really difficult experience, I think.

Morag: Mmhmm.

Andrew: But super rewarding and amazing. All the scenery and all the people that you would get to meet.

Morag: Yeah. You'd get to take a lot more time and I feel like it would be an amazing way to, like, really meet the country.

Andrew: Hmm, get to know those mountains really, really well.

Morag: Yeah, maybe too well.

Andrew: With each rotation of the pedals, getting closer to the land.

Morag: Yeah, yeah.

Andrew: Cool. What else is on your list?

Morag: I have two more things to talk about.

Andrew: OK.

Morag: Because I know we don't have too much time.

Andrew: Mmhmm.

Morag: One of the things I would like to do that's a shorter experience, I would really like to perform on a stage. I've done this a bit. I've played in large bands and one orchestra.

Andrew: OK.

Morag: But I've never been fewer than 20 or 30 people on a stage. And it's something that terrifies me.

Andrew: Ah.

Morag: I have really, really bad **stage fright**. But there's lots of things that I ... I don't know, I would like to know if I could.

Andrew: Sort of to challenge yourself.

Morag: I don't know. I've always, always been friends with actors and people who actually play music, you know, for other people. I just do these things by myself.

- Andrew: So when you say you want to go on a stage and perform on a stage, what type of performance are we talking about here? Acting or music or dancing?
- Morag: Could be anything, any of those. I don't know how I would end up getting this done. But at some point in my life, I would really like to challenge myself to perform on a stage in some capacity.
- But, I mean, maybe it's hubris or ego, but I think, like, I could probably do any of those things.
- Andrew: Sure.
- Morag: Yeah.
- Andrew: I got an easy way that you can **knock this one off** your list really quickly.
- Morag: Ooo, yeah?
- Andrew: Just go to the karaoke bar. Get up on stage and do some singing.
- Morag: Yeah, that's still ... I see ... I think.
- Andrew: Is it not the same?
- Morag: No. Well, I'm still scared of it. I think it would be the same, but I think that I would need to have a ... like a task. I would need to have a part.
- Andrew: A role.
- Morag: A role in some way, yeah.
- Andrew: I understand. OK. Well, that's a cool one, too. I like this one. Riding across Canada is a physical challenge and this one is more of a mental challenge, I guess.
- Morag: Mmhmm.
- Andrew: OK, let's go to your last list item.
- Morag: Mmhmm.
- Andrew: What is it?
- Morag: I guess this is another accomplishment, but I would really like to build my own home.
- Andrew: Build your own home. Awesome.

- Morag: Mhmm, yeah. Or at the very least, **gut** and rebuild my own home.
- Andrew: Mhmm. This is something I've also dreamt about. I think it would be so cool.
- Morag: Ah, it would be amazing to have your space actually be reflective of work that you have physically done with your hands, and be able to put in all the time and effort and care into the little details, and make it all your own.
- Andrew: Yeah. I think I would love to do this too, but it would be a lot of work for me to learn how to build a house. I don't know how to do any building.
- Morag: I guess I watched my dad do a lot of building when I was younger. Not of houses, but of the plumbing and electrical, and that kind of stuff.
- Andrew: Ooo, cool.
- Morag: So I know it can be done.
- Andrew: And there's always YouTube and Google to help you out, right?
- Morag: Mhmm! Oh yeah. And last summer I helped a couple of friends build a giant moving fence. And none of us had any idea what we were doing, but it came out beautifully. So you just ... Sometimes you just have to try.
- Andrew: A giant moving fence. Very cool. Yeah, you did very well.
- Morag: Yeah, a rolling fence. You know, for a backyard. It was great.
- Andrew: Yeah. Well, I certainly hope that you get to check off all four things that are on your bucket list. Thanks for sharing them with us today.
- Morag: No problem. Thanks for lettin' me chat about it.
- Andrew: Of course.

And I want to thank everybody for listening. We really, really appreciate your support. And just before we finish, I would like to remind everybody to visit our website, Culips.com, C-U-L-I-P-S.com. It's the place where you can learn about signing up and becoming a Culips member. Membership is a great way to study with us. It's, in my opinion, the best way to study with us.

So if you are serious about improving your English, sign up and become a Culips member today on our website, Culips.com.

OK, talk to you next time. Bye, everybody.

- Morag: Bye.

Detailed Explanations

To kick the bucket

To kick the bucket is an expression that means to die. Unlike *to pass away*, another expression for dying, **to kick the bucket** is not a delicate or polite way to talk about death. **To kick the bucket** is an informal and lighthearted expression.

So, while **to kick the bucket** means to die, we don't usually talk about someone who has recently died as having **kicked the bucket**. The only time this would be appropriate is if you're talking about a public figure. This is because most people won't have the same sensitive emotional reactions to the death of a public figure or celebrity as they would with someone they knew personally.

Another way you can safely use **to kick the bucket** is to talk about a thing (like a habit, idea, or activity) that has ended for good. For example, if you were trying to learn to paint but recently gave up, you could say that your attempt at learning to paint **kicked the bucket**.

Here are a couple more examples with **to kick the bucket**:

Hannah:	I'm glad that 2016 is almost over!
Adrian:	I'm always excited for the beginning of a new year!
Hannah:	Me too, but I'm specifically glad that this year is coming to an end.
Adrian:	Oh yeah, why is that?
Hannah:	2016 was a cursed year for celebrities. Don't you remember how many of them kicked the bucket ?
Adrian:	You're right! Good riddance to 2016!

Pamela:	How are the university applications coming?
Sam:	Fine, I guess.
Pamela:	You guess? What does that mean?
Sam:	To be honest, I'm not applying anymore. My idea of going back to school kicked the bucket . It's just too expensive!

Stage fright

If you've ever had to perform or appear in front of an audience, how did you feel before you went on stage? Were you scared? Did you feel nervous? **Stage fright** is the noun we use to refer to feelings of fear and nervousness that people have before they go on stage.

Stage fright only refers to nervousness that someone feels before they go on stage, not fear or nervousness when actually performing. Many actors and musicians, even professionals, get **stage fright**. It's normal to be nervous before a performance—even if you like performing!

In other words, **stage fright** is the fear and nervousness that people feel in anticipation of performing on a stage in front of a crowd.

Here are a couple more examples with **stage fright**:

Neil:	Hey, when are you performing in that play?
Heather:	We start in 2 weeks.
Neil:	Oh cool, that's pretty soon. How are you feeling about it?
Heather:	The rehearsals are going really well! It's been so much fun, but I can't wait until we have a crowd to watch us. I really love the energy that comes from the audience.
Neil:	That's awesome. I could never do what you do. I have such bad stage fright that I can't even sing karaoke!

Justin:	Can you give me some advice?
Ellie:	Sure, what's the matter?
Justin:	My band is having our first gig in less than a week. I was really excited for a while, because we've been practising a lot and are happy with our set.
Ellie:	That sounds great! So what's the problem?
Justin:	Well, our lead singer just admitted that he has really bad stage fright . It's so bad that he's starting to mess up, even in rehearsals!
Ellie:	That's no good! You should let him know that stage fright is totally normal. Even famous singers who perform for thousands of people get it. Tell him that even Adele gets stage fright !

To knock [something] off

To knock [something] off is a phrasal verb construction that means to remove something with a forceful or physical action. For example, if you hit a glass that was sitting on a table and send it flying to the ground, you could say that you **knocked the glass off** the table.

However, you can also use this meaning of **to knock [something] off** in a metaphorical sense. In this episode, Andrew mentions that one of Morag's bucket list items would be easy one **to knock off** the list. In other words, it would be an easy item to remove from her list.

It's important to know that this construction will always have an object following *off*, whether it's said or implied. If someone says to you, "**knock it off the table**" they are telling you to remove *it* from the table. So, **to knock [something] off** is to remove that thing from where it currently is.

Here are a couple more examples with **to knock [something] off**:

Bea:	I'm so glad you're staying with me for a couple days! It's been a lot of fun chatting tonight, but I really have to head to bed.
George:	Sounds good.
Bea:	I left blankets and pillows for you on the couch in the other room. You should have everything you need!
George:	Thanks so much! Good night!
Bea:	Oh, one last thing. You're sleeping on the couch the dog likes to sleep on. If he's on there right now, or tries to take over the couch during the night, just knock him off !

Kate:	How was your date last night?
Max:	It was going well until I made a big mistake.
Kate:	What happened?
Max:	Well, we were having a couple of drinks after dinner. We were chatting and having a lovely time. But then I got way too involved in telling this one story and I wasn't paying attention to how violently I was moving my hands while talking. It all went wrong when I accidentally slammed my arm into her drink and knocked it right off the counter and onto her lap! She was not pleased with me at all.

To gut

To gut something is to entirely remove its inside contents.

We usually talk about **gutting** in two contexts. The first is cleaning a dead animal in order to cook it. So, if you know how to clean a fish and prepare it for cooking, you can say you know how **to gut** a fish.

The second context is to remove or destroy the contents of a room or a building. You will most likely hear about a building or room being **gutted** when it's being renovated. For example, if someone buys a house and they don't like the kitchen, they might talk about wanting **to gut** the kitchen. In other words, they want to remove everything in the room, including the cabinets, counters, and appliances, in order to install new ones.

Another situation in which you will hear about a building or room being **gutted** is when a fire has destroyed it. This is a common construction. If you hear about a building being **gutted** by a fire, it means that the entire inside of the building was destroyed.

Here are a couple more examples with **to gut**:

Ron:	I'm so excited for Christmas dinner this year!
Francesca:	Oh yeah, why is that?
Ron:	I have a friend who raises turkeys on her farm and she has agreed to let me have one. She asked if I wanted to come and help prepare it, and I said yes! It's going to be so interesting to see how a turkey becomes dinner!
Francesca:	That sounds awful! You mean you're going to gut it and everything?
Ron:	Yeah, that's the idea.
Francesca:	I'm glad you're excited about it, but that sounds disgusting to me!

David:	What do you think about the house we just saw? Did you like it? Do you think we should try and buy it?
Katrina:	I don't know. It was nice enough, but I hated the kitchen and the bathroom. They would both have to be completely gutted and rebuilt.
David:	Oh dear. I don't think we have the money to do that.
Katrina:	Well, I guess we just have to keep looking.

Quiz

- 1. What happens when something is gutted? Its contents are:**
 - a) removed
 - b) improved
 - c) rebuilt
 - d) discovered

- 2. What do we call the feeling of being nervous before performing on stage?**
 - a) crowd nerves
 - b) stage fright
 - c) board fear
 - d) performance anxiety

- 3. When someone kicks the bucket, they:**
 - a) go missing
 - b) make a mess
 - c) die
 - d) become ill

- 4. If you knock an object off a shelf, you removed it from the shelf:**
 - a) carefully
 - b) forcefully
 - c) intentionally
 - d) rapidly

Quiz Answers

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

Episode credits

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