

Conversation Café

Canadian Winter

With colder temperatures, shorter days, and a lot of snow, winter in Canada might be different than what you've experienced before. The temperature in some Canadian cities during the winter months can vary greatly day to day, and even throughout an individual day.

The hardest days are when we have extreme cold: -25°C to -40°C . When the temperatures dip below -25°C , you'll probably want to avoid going outside - unless you're wearing a lot of warm clothing. Being outside without proper clothing at these temperatures can be dangerous.



Frost Bite is when skin and body parts freeze - depending on the severity. In order to prevent this, you should always wear gloves or mittens, and a hat or toque. If you're standing still (such as waiting for a bus), try moving around a bit (wiggling your fingers and toes) in order to keep the blood moving around your body.

Discussion Questions and Tips for Surviving Winter:

1. When you were a child, did you experience winter and cold, snowy weather?
How cold did it get back home? How did people there talk about the cold weather?
2. When did you first experience snow? Describe that first experience.
3. Cold is more dangerous when there is wind chill? Watch out for frostbit.
What do you do to avoid frostbite?
4. Allow extra time for both walking and public transit (buses and trains), especially after a snowfall. Allow yourself extra time to cross the road, as cars may have difficulty stopping.
5. Winter is long so you need to enjoy winter? Share some of your winter activities. Have you skied, gone sledding, ice fished, snowshoed, hiked, or skated? What have you done?
6. Do you eat well? You'll be warmer if your body has energy to burn.
Name some good winter foods.
7. If your skin or lips become dry or parched from the cold and dry heat indoors, try using a moisturizing cream or lip balm, available in drugstores. Do you use these? Dry indoor heat can cause minor dehydration, which in turn may lead to colds. Drink lots of water.

SAD: Get out during the daylight! We often have sunny winter days, but the days are short. Being outside during the daylight can help cheer you up and energize you. Do you know what SAD is? What can you do to keep from getting depressed in the darkness of winter?

Look at the birds

In his famous, "Sermon on the Mount," Jesus said, "Look at the birds." Isn't it amazing that God created birds that not only can survive but even thrive in these cold Canadian winters! What can we learn from these birds?



(Gospel of Matthew 6:25-27)

"That is why I tell you not to worry about everyday life—whether you have enough food and drink, or enough clothes to wear. Isn't life more than food, and your body more than clothing? **Look at the birds.** They don't plant or harvest or store food in barns, for your heavenly Father feeds them. And aren't you far more valuable to him than they are? Can all your worries add a single moment to your life?"

- ❖ Have you spent any time looking at the birds? Share what you have learned from observing them. *This fall, I was watching all the ducks, geese and other birds that were migrating south for the winter. The lesson I learned was that the smart birds fly south for the winter! Have you heard of Canadian "Snowbirds?" This refers to Canadians who go south to the USA, Mexico and warm places for the winter.*
- ❖ For the birds and Canadians who stay in Canada for the winter, what has God promised to do for them and for us?
- ❖ Do you see yourself as valuable to God? Why or why not?

Idioms using COLD

to give someone the cold shoulder

to ignore someone

Pam gave me the cold shoulder. Do you know why she ignored me?

to go (quit) cold turkey

to suddenly and completely stop doing something, especially a bad habit

I need to stop smoking. I need to go cold turkey.

SYMPTOMS OF SEASONAL AFFECTIVE DISORDER

Seasonal affective disorder is a subtype of major depression that comes and goes based on seasons. So symptoms of major depression may be part of SAD, such as:

Feeling depressed most of the day, nearly every day
 Feeling hopeless or worthless
 Having low energy
 Losing interest in activities you once enjoyed
 Having problems with sleeping
 Experiencing changes in your appetite or weight
 Feeling sluggish or agitated
 Having difficulty concentrating
 Having frequent thoughts of death or suicide



to get (have) cold feet

when you suddenly don't feel brave enough for something

Don't worry about being scared to get married tomorrow. It's normal to have cold feet.

to be out cold

to be unconscious; to be in a deep sleep

After working for three days without sleep, James went to bed and soon was out cold.