



For some strange reason my parents decided to sell our home - the house I grew up in for over 15 years. Now it's sold. We have to move by the end of this month! Luckily, my parents have bought a new house around the corner two blocks* away. That way I can keep my friends. Can you imagine? Your parents sell your home and you all move to another part of Canada like my friend Mike. I only see him on Instagram and Snapchat now. Of course, I knew it was going to happen. One day mom and dad started cleaning and putting all our things into boxes. Let me give you some advice: watch out* when your parents start putting all your things into boxes! To be honest, I don't mind. Put everything into boxes and you can feel free! Now I've got all the clothes I need in grandpa's old suitcase. It makes life simple. I can choose from two pairs of jeans, five t-shirts, and two sweatshirts* every day. My sister Emma has got three gym bags filled with her belongings. She hates it. On the other hand, Pablo, my dog loves this situation! This little dog of mine just loves stealing my socks and making holes in them. I've hardly got any left! I'm glad it's summer. Who needs socks anyway?

3 So, actually, we live in Coquitlam. That's a First Nations name. By 'First Nations' we mean the people who first lived in Canada. In Salish (the language of one of these groups of people) it means 'red fish up the river'. That red fish is salmon, returning to leave their eggs.

block a part of the city with buildings surrounded by streets

watch out be careful **sweatshirt**



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Salmon start their lives in the river. Then they move to the ocean. In the end, they return to the rivers to leave their eggs and die. They move around a lot. The bears here love them. Fresh Sockeye Salmon is really delicious! More about that later.

"Rise and shine*!" Mom wakes everyone up at 6:00 AM. It's still dark outside. I jump under the shower quickly. Then I get dressed and run downstairs. Eggs are my idea of 'fast food'. I make my own breakfast every morning as you can see in the pictures. I usually fry two eggs with leftovers* like potatoes or sausages. Bacon, ham, cheese, mushrooms, and tomatoes all make great breakfast food with eggs. Tea goes well with any meal, but in the wintertime, hot chocolate is the best.



"Breakfast is the most important meal of the day," they say.

rise and shine! get up!

leftovers food that is left from the evening before

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