



My Charming City – Coquitlam

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Photo by: Neil Vanderwolf

I came to Canada in 2012, and have lived in Coquitlam for a few years. I cannot say I know the city inside and out, but I have a profile in my mind.

In Coquitlam, our neighbourhoods are surrounded by forests. There are hundreds of kilometres of trails in the

forest, along rivers and parks. People like walking, hiking, biking, and running on them. Also wild animal sightings are common along the trails. Wild grass and berries are [among] their favourite [things to eat]. I have seen a mother bear taking her cub, picking red berries under my window. I have seen a daddy bear walking on the trail close to my house. It was huge. At that time, I was nervous to see it and quickly stepped back into the house, but not before following it and taking a picture of it. The bear did not care and just sauntered away.

Every day I sleep with the sound of the bubbling brook from the mountains, and wake up to the song of birds. I like this kind of peaceful life.

- *Helen Deng*

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