

**My Daily English Diary**  
**2019 (Year of the Boar)**

Monday, February 25<sup>th</sup>

Today was cloudy.

Tuesday, February 26<sup>th</sup>

Today was nice and sunny.

Wednesday, February 27<sup>th</sup>

Today was cloudy all day.

Thursday, February 28<sup>th</sup>

Today was mostly cloudy.

Friday, March 1<sup>st</sup>

Today was sunny. I went walking in the mountains. I was very happy!



Saturday, March 2<sup>nd</sup>

Today was rainy. I was very busy. I did business work all day!

Sunday, March 3<sup>rd</sup>

Today was cloudy. I was very busy today too.



Monday, March 4<sup>th</sup>

Today was mostly sunny. I was busy. I forgot my homework! So I was very sad. But I saw my wonderful students. Then I was very happy!

Tuesday, March 5<sup>th</sup>

Today was sunny in the morning.

Wednesday, March 6<sup>th</sup>

Today was very rainy!

Thursday, March 7<sup>th</sup>

Today was a little cloudy and cold.

Friday, March 8<sup>th</sup>

Today was sunny! Yay!

Saturday, March 9<sup>th</sup>

Today was mostly cloudy. I went walking in the mountains again. It was a short walk today. But I saw a deer! I was so happy!

watch the video version here → <https://youtu.be/Uck0uGNdd1E>



Sunday, March 10<sup>th</sup>

Today was very rainy. I did a lot of work today! Now I am very tired... Goodnight!



Monday, March 11<sup>th</sup>

Today was sunny.

Tuesday, March 12<sup>th</sup>

Today was sunny.

Wednesday, March 13<sup>th</sup>

Today was windy and cold. Last night was so windy!  
The house was shaking. I was scared. I couldn't sleep at  
all. Today I am very tired...

Thursday, March 14<sup>th</sup>

Today was sunny. I had many lessons today. It was  
very busy! But I enjoyed it.

Friday, March 15<sup>th</sup>

Today was sunny.



Saturday, March 16<sup>th</sup>

Today was sunny. I went hiking in the mountains. I didn't see any animals today. But I saw many people. And I saw two Australian people.

Sunday, March 17<sup>th</sup>

Today was very nice. I went hunting for ladybugs. I found three. I took them home. They are very pretty!



Monday, March 18<sup>th</sup>

Today was sunny. I worked outside a lot today. I stacked some firewood.

Tuesday, March 19<sup>th</sup>

Today was rainy. I'm a little tired. My arms hurt.

Wednesday, March 20<sup>th</sup>

Today was mostly sunny. I found more ladybugs today. I caught 5 of them!

Thursday, March 21<sup>st</sup>

Today was hot. I had many lessons. I'm tired!

Friday, March 22<sup>nd</sup>

Today was mostly cloudy. My house is very dirty. So I started cleaning today. So dusty!

Saturday, March 23<sup>rd</sup>

Today was a little cold. I saw a rabbit. It was hopping across the road. It was so cute!

watch the video version here → <https://youtu.be/Uck0uGNd1E>



Sunday, March 24<sup>th</sup>

Today was very sunny. I cleaned my house all day!  
I'm very tired now. But my house is very clean! Yay!





Monday, March 25<sup>th</sup>

Today was sunny. But tonight was rainy. I was very busy today.

Tuesday, March 26<sup>th</sup>

Today was sunny and warm. I spent the day in Miyazaki City. I went for a walk in the park. And I did some work at the library. It was relaxing.

Wednesday, March 27<sup>th</sup>

Today was mostly sunny. But then it rained all night.

Thursday, March 28<sup>th</sup>

Today was mostly cloudy. I had many lessons today.

Friday, March 29<sup>th</sup>

Today was very windy. I washed our clothes. But it was very difficult to dry them.



Saturday, March 30<sup>th</sup>

Today was sunny. My friend came to Miyazaki from America. We had dinner together. We talked all night. It was fun!

Sunday, March 31<sup>st</sup>

Today was sunny but cold. A new friend from Korea came to our house. We made dinner together. Then we ate all night. I was so full!



Monday, April 1<sup>st</sup>

Today was sunny but cold. I went to bed at 12:30 am. So late! I'm tired!

Tuesday, April 2<sup>nd</sup>

Today was nice and sunny.

Wednesday, April 3<sup>rd</sup>

Today was sunny again. Our new friend went back home to Korea. We had a nice time together. We will miss her.

Thursday, April 4<sup>th</sup>

Today was sunny but cold. I had a new lesson. I was very busy today!

Friday, April 5<sup>th</sup>

Today was rainy and cold. I cleaned the house. I'm tired now...



Saturday, April 6<sup>th</sup>

Today was sunny. I relaxed and watched a movie. It was a Science Fiction movie. It was called "Valerian". It was interesting and exciting!

Sunday, April 7<sup>th</sup>

Today was sunny and warm. I went to Miyazaki. I had Chinese food for lunch. It was so nice! Then I went to the museum. I saw many photos of cats! They were so cute! I was happy!



Monday, April 8<sup>th</sup>

Today was sunny. I started exercising. I went running this morning. I felt so good!

Tuesday, April 9<sup>th</sup>

Tonight is very rainy! It was difficult to drive home. I had to be very careful.

Wednesday, April 10<sup>th</sup>

Today was mostly sunny. I went running again. I saw many worms on the road. It was dangerous for them. So I picked them up and put them back in the fields. Worms look a little strange, but they are very important for the earth.

Thursday, April 11<sup>th</sup>

Tonight is a little rainy. I had a rice omelet for dinner. It was so good!

Friday, April 12<sup>th</sup>

Today was sunny. I had Cup-Noodle for dinner. It was spicy.



Saturday, April 13<sup>th</sup>

Today was mostly sunny. I went to karaoke tonight. It was so fun!

Sunday, April 14<sup>th</sup>

Today was a little rainy. I had bean soup and bread for dinner. I am very happy!



Monday, April 15<sup>th</sup>

Today was sunny. I went for a walk. I caught 5 ladybugs and brought them home. They are flying around everywhere! I had 'onigiri' for dinner tonight.

Tuesday, April 16<sup>th</sup>

Today was cloudy. I did a lot of exercise and cleaning today. I had convenience store food for dinner tonight... I was busy!

Wednesday, April 17<sup>th</sup>

Today was a little rainy. I had healthy vegetables for dinner. It was wonderful!

Thursday, April 18<sup>th</sup>

Today was sunny. My cat was sick this morning. I was very worried. We went to the animal doctor. Now she is fine. So I am happy now!



Friday, April 19<sup>th</sup>

Today was sunny and hot. I did a lot of work outside. I had a nice bean soup with bread for dinner tonight. Now I'm very tired...

Saturday, April 20<sup>th</sup>

Today was sunny again. I had a very nice Chinese lunch. It was so good! Then I went to my friend's rock concert. It was fun!

Sunday, April 21<sup>st</sup>

Today was mostly sunny. I took a rest today. It was relaxing. I had Japanese food for dinner. It was nice. Goodnight!





Monday, April 22<sup>nd</sup>

Today was cloudy. I took my cat to the animal doctor again. She is better. I am very happy! I had convenience store food for dinner again tonight. It was not so good...

Tuesday, April 23<sup>rd</sup>

Today was rainy. I did a lot of work today. I had a rice omelet for dinner tonight. It was nice.

Wednesday, April 24<sup>th</sup>

Today was a little rainy. I had healthy vegetables for dinner. It was wonderful!

Thursday, April 25<sup>th</sup>

Today was cloudy. I had pasta for dinner. It was good!

Friday, April 26<sup>th</sup>

Today was sunny and warm. I opened all the windows. The air was so fresh! I had a spicy Cup Noodle for dinner. It was yummy.



Saturday, April 27<sup>th</sup>

Today was nice and sunny. I had bamboo-shoots rice for dinner. It was very nice.

Sunday, April 28<sup>th</sup>

Today was cloudy. I had grilled vegetables and soup for dinner. It was good.

Tonight, I watched TV. I watched the show "Star Trek". It was very interesting!



Monday, April 29<sup>th</sup>

Today was rainy. I had rice with bamboo-shoots and peas for lunch. I feel healthy!

Tuesday, April 30<sup>th</sup>

Today was rainy. I had cabbage rolls for lunch. They were so good!

Wednesday, May 1<sup>st</sup>

Today was rainy. I had rice with bamboo-shoots and peas for lunch. It was good.

Tonight, I watched TV. I watched the show "Star Trek". It was very interesting!

Thursday, May 2<sup>nd</sup>

Today was a little sunny. I had miso ramen and potsticker dumplings for lunch. It was tasty.

After lunch I did some work and watched TV. I had a good day today!



Friday, May 3<sup>rd</sup>

Today was mostly sunny. I had homemade pasta for lunch. It was very nice.

Tonight, I went to the planetarium. I saw my friend's music concert there. It was wonderful!

Saturday, May 4<sup>th</sup>

Today was sunny. I went to Kumi's family home. We had grilled salmon for lunch. It was good. Kumi's mother just got a new smartphone. I showed her how to set it up.

Sunday, May 5<sup>th</sup>

Today was mostly sunny. I had a 'Chicken Nanban' bento for lunch. It was good.

Tonight, I watched a movie, "The House with a Clock in Its Walls". It was about a magic house. It was interesting and funny. And it was a little bit scary too!



Monday, May 6<sup>th</sup>

Today was mostly sunny. I had Indian curry and fresh cucumbers for lunch. It was so nice!

I saw a big centipede in my house. I caught it in a can. Then I released it outside. Wow!

Tuesday, May 7<sup>th</sup>

Today was mostly sunny. I had 'onigiri' for lunch. It was okay.

Wednesday, May 8<sup>th</sup>

Today was mostly sunny. I had Indian curry again for lunch. It was great!

I did fencing for exercise today. It was hard. But it was fun too. I will become very strong! Little by little...

Thursday, May 9<sup>th</sup>

Today was rainy. I had 'onigiri' for lunch. It was okay. I was super busy today!

This morning I saw a very funny thing. Today was cans and bottles recycling day. When I was driving to work, I saw a cat running across the road. It was carrying a big bag of cans its mouth. Maybe it smelled some old tuna in the cans? It was like a treasure. It was very cute!

watch the video version here → <https://youtu.be/Uck0uGNDd1E>



Friday, May 10<sup>th</sup>

Today was mostly sunny. There was a big earthquake this morning. It was Level 5. The house shook a lot! But everything was okay.

I had a mixed bento for lunch and dinner. It was good. I did a lot of work outside today. I cut down a lot of bamboo...

Saturday, May 11<sup>th</sup>

Today was sunny. I had Chicken Nanban for lunch. It was really good. Tonight I watched a new fantasy TV show called "Shannara Chronicles". It was exciting!

Sunday, May 12<sup>th</sup>

Today was mostly sunny. I had bamboo shoots rice and miso soup for lunch. It was great!



Monday, May 13<sup>th</sup>

Today was mostly sunny. I had 'okonomiyaki' Japanese savory pancakes for lunch. They were great!

I called my mom this morning for Mothers Day. She was very happy! I called her today because California is in a different time zone. Monday morning in Japan is Sunday afternoon in California. The timing is difficult!

Tuesday, May 14<sup>th</sup>

Today was rainy. I had bamboo shoots rice for lunch. It was good.

Wednesday, May 15<sup>th</sup>

Today was mostly cloudy. I had bamboo shoots rice again for lunch. It was good.

Thursday, May 16<sup>th</sup>

Today was mostly cloudy. I had a Lawson tortilla wrap for lunch. It was pretty good. I was surprised!



Friday, May 17<sup>th</sup>

Today was cloudy. I had an avocado rice bowl for lunch. It was so good!

Tonight, I went to a special dinner party in the mountains. We had pizza. We listened to guitar music. Then we went outside to watch the fireflies. We saw many of them. They were so beautiful!

Saturday, May 18<sup>th</sup>

Today was very rainy. I had curry and rice for lunch. It had special, black 'daikon' radishes. They were very good.

Sunday, May 19<sup>th</sup>

Today was rainy. I had a healthy bento for lunch. It was very nice. I went to Aya Town to pick up water. Their water is very nice for drinking. I filled 4 tanks full. That's 40 liters!





Monday, May 20<sup>th</sup>

Today was mostly rainy. I had oatmeal and yogurt for breakfast. It was very good.

Last night was so rainy! The rain made a lot of noise on the roof. I couldn't sleep. So today I am very sleepy...

Tuesday, May 21<sup>st</sup>

Today was sunny and hot. I had oatmeal with raisins for breakfast. It was great!

Wednesday, May 22<sup>nd</sup>

Today was very sunny. I had 'natto' for breakfast. It was yummy.

I got new shoes today! They came in the mail from America. They are big blue boots. I love them!

Thursday, May 23<sup>rd</sup>

Today was sunny and nice. I had oatmeal and tea for breakfast. It was good. I was so busy today! I'm tired now... Goodnight!



Friday, May 24<sup>th</sup>

Today was sunny and hot. I had matcha tea and sweets for breakfast. It was very nice. I worked outside. I cut a lot of bamboo. I was so sweaty!

Saturday, May 25<sup>th</sup>

Today was sunny and fine. I had sweet bean paste buns for breakfast. They were yummy. I took a break today.

Sunday, May 26<sup>th</sup>

Today was sunny and fine. I had corn soup and bread for breakfast. It was very nice. I went for a walk in the mountains.



Monday, May 27<sup>th</sup>

Today was rainy. I had oatmeal for breakfast. It was good. I was very busy today.

Tuesday, May 28<sup>th</sup>

Today was mostly cloudy and warm. I had oatmeal again for breakfast. It was good. I read a comic book today. It was very interesting!

Wednesday, May 29<sup>th</sup>

Today was mostly sunny. I had oatmeal for breakfast. It was nice.

Thursday, May 30<sup>th</sup>

Today was very sunny. I had oatmeal for breakfast. It was good. I was super busy today! I'm so tired now.

Friday, May 31<sup>st</sup>

Today was cloudy. I had oatmeal again for breakfast. It was good. I watched a TV show called "Lucifer". It was interesting!



Saturday, June 1<sup>st</sup>

Today was mostly cloudy and cool. I had oatmeal and yogurt for breakfast. It was very good.

Sunday, June 2<sup>nd</sup>

Today was rainy. I had oatmeal with cinnamon for breakfast. It was great!



Monday, June 3<sup>rd</sup>

Today was rainy. I had oatmeal for breakfast. It was good. I did a lot of housework today. I cleaned the bathroom. I also cut a lot of tall bamboo outside. I got very wet!

Tuesday, June 4<sup>th</sup>

Today was rainy again. I had oatmeal and tea for breakfast. It was nice. I'm tired of the rain...

Wednesday, June 5<sup>th</sup>

Today was sunny and warm. I had oatmeal for breakfast. It was good.

Some workers came to check our air conditioner. It is broken. I hope they can fix it soon...

Thursday, June 6<sup>th</sup>

Today was sunny and hot. I had oatmeal for breakfast. It was nice.

I was very busy today. I planted baby cedar trees with my students at kindergarten. It was very dirty, but very fun!



Friday, June 7<sup>th</sup>

Today was very rainy and very windy. I wasn't so hungry this morning. So I skipped breakfast. I did a lot of work on the computer today. And I listened to music all day. The music was relaxing...

Saturday, June 8<sup>th</sup>

Today was mostly cloudy. I had oatmeal for breakfast. I went to a Kung Fu practice this morning. It was very interesting!

Sunday, June 9<sup>th</sup>

Today was mostly cloudy. I skipped breakfast and went out for an early lunch. I got three tanks of drinking water from the natural spring.



Monday, June 10<sup>th</sup>

Today was mostly cloudy. I had chili-beans for lunch. They were great. I took my cat to the veterinarian this morning. She has been sick lately. I hope she gets better soon!

Tuesday, June 11<sup>th</sup>

Today was mostly cloudy. I had chili-beans with avocado dip and corn chips for dinner. The avocado was great. I cut down some small trees today. They had big thorns all over them. So I am bleeding now... Ouch!

Wednesday, June 12<sup>th</sup>

Today was mostly sunny. I made rice with mushrooms for lunch. It was good.

Thursday, June 13<sup>th</sup>

Today was mostly sunny. I had a mushroom 'onigiri' for lunch. It was convenient because I was very busy today.



Friday, June 14<sup>th</sup>

Today was rainy. I had red bean paste donuts for dinner! Then I went dancing at a café in the downtown. It was so fun!

Saturday, June 15<sup>th</sup>

Today was mostly cloudy. I had rice and soup for dinner. I cut more thorny trees today. Now I'm pretty tired...

Sunday, June 16<sup>th</sup>

Today was mostly sunny. I had Chinese fried rice for lunch. It was great! I did a lot of laundry today because it was sunny.





Monday, June 17<sup>th</sup>

Today was mostly cloudy. I had soup and bread for lunch. It was good.

Tuesday, June 18<sup>th</sup>

Today was mostly rainy. I had bean sprouts curry for lunch. It was great! I spent a lot of time fixing my computer today.

Wednesday, June 19<sup>th</sup>

Today was rainy again. And I had bean sprouts curry again for lunch. I really like it! The repairmen came again today to check the air conditioner. They found the problem. They will finish next week...

Thursday, June 20<sup>th</sup>

Today was sunny and hot! So I had cold green tea soba noodles for dinner. They were really good!



Friday, June 21<sup>st</sup>

Today is cloudy. It's my birthday today! I will get a haircut. I hope to eat a nice dinner tonight! And maybe cake...

Saturday, June 22<sup>nd</sup>

Today was mostly sunny. I spent a relaxing day today. I had a bento for lunch. It was nice. I got many nice birthday messages from my friends in Japan and the US. I feel very happy.

Sunday, June 23<sup>rd</sup>

Today was cloudy. I had corn soup for breakfast today. It was great!

I found a big centipede in my bed this morning. Wow! I caught it in a can and put it outside. I hope it will eat cockroaches and other bugs...



Monday, June 24<sup>th</sup>

Today was sunny. I had tomato rice and potato potage soup for lunch. It was very nice.

Tonight I got birthday presents! I got a nice cup and two cute little chopstick rests shaped like paper cranes. I am so happy! Thank you!

Tuesday, June 25<sup>th</sup>

Today was mostly sunny. The repairmen came again to fix the air conditioner. They finished it! Yay! I'm very glad, because it is getting hot now!

I had a rice omelet and french fries for dinner. It was good. Today was very busy, so I'm a little tired. I will go to bed soon... Goodnight!

Wednesday, June 26<sup>th</sup>

Today was very rainy but warm. I could use the air conditioner today, so I was happy. I did a lot of cleaning today. I had tomato rice and potato potage soup again for lunch. It was nice.



Thursday, June 27<sup>th</sup>

Today was rainy and hot! I am so happy the air conditioner is working now! I was super busy today, so I had a bento for lunch. It was good.

Friday, June 28<sup>th</sup>

Today was mostly rainy. I did a lot of cleaning today. I had dinner very late in the downtown. It was so nice!

Saturday, June 29<sup>th</sup>

Today was rainy. I had a big 'tamago-yaki' sweet fried egg for lunch. It was really good.

Sunday, June 30<sup>th</sup>

This morning, I made pancakes for breakfast. They were great! It was so rainy today. I'm getting tired of it...



Monday, July 1<sup>st</sup>

It is still raining! Maybe it will rain all week... I'm sad. But I had a nice bento for lunch.

Today was burnable garbage day. I cleaned up a lot of trash and threw it away. Yay!

Tuesday, July 2<sup>nd</sup>

Still raining... Wow! There are many floods today. I hope people are safe. I had a rice omelet for dinner. It was very satisfying.

Wednesday, July 3<sup>rd</sup>

Tonight was very windy. I had a nice dinner at a café.

Thursday, July 4<sup>th</sup>

Finally, a sunny day! Yay! It's a little hot. But I'm so happy! I had chili beans and rice for lunch today. It was great!



Friday, July 5<sup>th</sup>

Another nice day. I did a lot of cleaning today. I had toast for breakfast. It was very good.

Saturday, July 6<sup>th</sup>

Today was a little cloudy. I washed all the floors today. It was such hard work! I had hearty vegetable soup for dinner. It was great!

Sunday, July 7<sup>th</sup>

Today was a beautiful, sunny day! Two of my friends came to visit me today. We had a nice bento lunch together. I had a nice time talking with them.



Monday, July 8<sup>th</sup>

Today was rainy. I had corn soup and toast for breakfast. It was very nice.

Tuesday, July 9<sup>th</sup>

Today was mostly cloudy. I had bean-sprouts curry and rice for dinner. It was good. I also had a cinnamon roll at Starbucks for an afternoon snack. It was so yummy!

Wednesday, July 10<sup>th</sup>

Today was rainy. I had corn soup and toast for breakfast. It was very nice.

Thursday, July 11<sup>th</sup>

Today was mostly sunny. I had cold ramen noodles and french fries for dinner. It was good.

Friday, July 12<sup>th</sup>

Today was very sunny. I went to Miyakonojo. I had grilled salmon and steamed egg for dinner. It was very nice.



Saturday, July 13<sup>th</sup>

Today was rainy. I had spicy soup curry for lunch. It was great! I went shopping for new running shoes today. I'm looking forward to using them soon!

Sunday, July 14<sup>th</sup>

Today was mostly cloudy. I had fancy cheese and crackers for dinner. It was fun to mix and match different foods. So nice!





Monday, July 15<sup>th</sup>

Today was mostly cloudy. I made mango and blue cheese pancakes for breakfast. They were so good! I had a relaxing day today--

Tuesday, July 16<sup>th</sup>

Today was mostly sunny. I had oatmeal and yogurt for breakfast. It was good. I did a lot of cleaning today.

Wednesday, July 17<sup>th</sup>

Today was cloudy. I had Thai food for dinner. It was so good! I went running with my new running shoes this morning. It felt great!

Thursday, July 18<sup>th</sup>

Today was rainy. There was very hard rain this morning and lots of lightning! I had oatmeal for breakfast. It was satisfying.

Friday, July 19<sup>th</sup>

Today was rainy. I had pumpkin curry for lunch. It was good. I did a lot of cleaning today.

watch the video version here → <https://youtu.be/UckOuGNDd1E>



Saturday, July 20<sup>th</sup>

Today was rainy. I went to my friend's house for a dinner party. We had many nice dishes. For dessert we had homemade chocolate tofu. It was wonderful! Now I'm so full!

Sunday, July 21<sup>st</sup>

Today was rainy. I had oatmeal for breakfast. It was good. I spent the day setting up our new smart speaker, Amazon Alexa. It is a small speaker connected to the internet. You can talk to it and it can play music. So you can ask it the time, or tell it to play your favorite songs. It's very convenient and fun!



Monday, July 22<sup>nd</sup>

Today was mostly sunny. I was so busy today. I didn't have time for dinner! But it's OK. Maybe I need to lose some weight anyway... Ha ha!

Tuesday, July 23<sup>rd</sup>

Today was mostly sunny. I had cheese and crackers for dinner. It was good. I spent the day relaxing. It felt nice.

Wednesday, July 24<sup>th</sup>

Today was nice and sunny. I had Thai food with my friends for dinner. I ate a lot of green curry. It was so good! I also bought some new bedsheets for summer. Lately it's so hot at night!

Thursday, July 25<sup>th</sup>

Today was so hot! I had a very nice bento box for lunch. And I made a new friend. I was so happy. Today was very busy, so I'm very tired tonight.



Friday, July 26<sup>th</sup>

Today was sunny. I had oatmeal for breakfast. It was good. I worked on my website. It's hard work...

Saturday, July 27<sup>th</sup>

Today was mostly sunny. I had a sweet red bean paste donut for breakfast. It was good. I went to Miyakonojo to visit family. I cut grass and weeds all morning. It was so hot! Now I'm very, very tired... I'm totally exhausted!

Sunday, July 28<sup>th</sup>

Today was very sunny and hot. I had 'natto', fermented soy beans, for breakfast. It was good. I cut some more weeds at home. It was a hard weekend!



Monday, July 29<sup>th</sup>

Today was mostly sunny. I had green curry for lunch. It was spicy! I worked outside in the garden. It was hot!

Tuesday, July 30<sup>th</sup>

Today was mostly sunny with thunderstorms in the afternoon. I had dried fruits and nuts for breakfast. It was quick and convenient. I finished working outside in the garden. I was so hot and sweaty-- unbelievable!

Wednesday, July 31<sup>st</sup>

Today was hot and sunny. I had grilled fish for dinner. It was nice but there were so many bones. It was a little difficult to eat. I spent some time relaxing and listening to jazz today. I needed a break from all my hard work!

Thursday, August 1<sup>st</sup>

Today was hot and sunny again. I had a rice omelet and french fries for dinner. Now I'm so full! Tonight, there was a rainbow light-up at the Miyazaki Prefectural Hall. So I went to see it. It was beautiful!



Friday, August 2<sup>nd</sup>

Today was sunny. I had shitake mushroom sushi for dinner at Foodaly grocery store. It was interesting! Tonight, I went to the rainbow light-up again to listen to a live jazz music performance. It was so cool!

Saturday, August 3<sup>rd</sup>

Today was mostly sunny. I had pumpkin soup and raisin bread for breakfast. It was great! I did the laundry today.

Sunday, August 4<sup>th</sup>

Today was mostly sunny. I had yogurt and banana for breakfast. It was good. I pulled some weeds in the garden today. It was hot.



Monday, August 5<sup>th</sup>

Today was mostly sunny. But it started to get windy in the evening because a typhoon is coming. I did a lot of work getting ready for it. I had two 'onigiri' rice balls for dinner. They were good.

Tuesday, August 6<sup>th</sup>

Early this morning a very powerful typhoon came through Miyazaki. The wind was so strong! I couldn't sleep because of the sound. Today I did a lot of work cleaning up outside from the storm. I had a rice omelet and french fries for dinner. They were very satisfying. Now I'm full and tired...

Wednesday, August 7<sup>th</sup>

Today was mostly cloudy. Tonight, I went to the Lantern Festival at Florante. It was beautiful! I had 'yaki soba' fried noodles and lettuce sushi rolls for dinner. It was great!

Thursday, August 8<sup>th</sup>

Today was mostly sunny. I had cold green tea soba noodles for dinner. It was good. I washed my car today because it was so muddy from the typhoon...



Friday, August 9<sup>th</sup>

Today was mostly cloudy. I finally had a relaxing day today. I had donuts for dessert tonight. It was not so healthy... but I am happy!

Saturday, August 10<sup>th</sup>

Today was mostly cloudy. I had matcha and sweets for breakfast. It was very nice. I did karaoke this afternoon. It was really fun!

Sunday, August 11<sup>th</sup>

Today was mostly cloudy with a little sun in the afternoon. I had matcha again for breakfast. It was nice. I went to an art show. It was interesting.





Monday, August 12<sup>th</sup>

Today was mostly cloudy. I had 'goya' bitter melon and tofu for dinner. It was good. It was garbage day today. So I did some cleaning.

Tuesday, August 13<sup>th</sup>

Today was mostly cloudy with a little sun in the afternoon. I had matcha again for breakfast. It was nice. I went to an art show. It was interesting.

Wednesday, August 14<sup>th</sup>

Today was rainy and a little windy. I had curry and rice for lunch. It was good. I watched a Science Fiction movie, "Jupiter Ascending". It was exciting!

Thursday, August 15<sup>th</sup>

Last night, a typhoon came close to Miyazaki. It was very rainy and windy. But everything was safe.

I had curry and rice again for lunch. It was good. I did a lot of work on my computer. Now my eyes are a little tired...



Friday, August 16<sup>th</sup>

Early this morning the moon was full and super bright. It woke me up at 3:30 am! So I went for a walk. It was beautiful and peaceful. I had yogurt and a banana for breakfast. It was good. I will go to bed early tonight!

Saturday, August 17<sup>th</sup>

It was sunny and fine today. I had a nice buffet lunch near the city library. I ate a lot. It was very good. Tonight, I watched a DVD, "Mary Poppins Returns". It was a very fun movie!

Sunday, August 18<sup>th</sup>

Today was a little cloudy. I had 'okayu' rice porridge for breakfast. It was nice. I did a lot of work on the computer today. Now I'm ready for the week!



Monday, August 19<sup>th</sup>

Today was rainy. I had two 'onigiri' rice balls for dinner. They were convenient. I had many English lessons tonight. It was busy, but fun!

Tuesday, August 20<sup>th</sup>

Today was a little rainy. I had oatmeal for breakfast. It was good. I made some new business cards today. I think they look very nice!

Wednesday, August 21<sup>st</sup>

Today was sunny. I had shrimp and tomato cream pasta for dinner. It was great! I pulled some weeds in the garden this morning. It was hot outside!

Thursday, August 22<sup>nd</sup>

Today was a little cloudy. But it was very hot! I had okra and rice for lunch. It was nice. I did a lot of driving today. Now I'm a little tired.



Friday, August 23<sup>rd</sup>

Today was rainy. I went to a dinner party tonight. It was so much fun! It was a party to welcome new ALT English teachers to Miyazaki. I met a lot of people and made many new friends!

Saturday, August 24<sup>th</sup>

Today was rainy. I had baked cheese curry and rice for lunch. It was great! I went to see a play at the theatre tonight. It was interesting.

Sunday, August 25<sup>th</sup>

Today was rainy and cool. I had instant ramen for lunch. It was quick and convenient. I started working on a new website today. It was a lot of work!



Monday, August 26<sup>th</sup>

Today was rainy. I had to walk in the rain to take out the garbage. I got quite wet! I had bean sprouts curry and rice for lunch. It was very nice.

Tuesday, August 27<sup>th</sup>

Today was a little rainy. I had stir-fried eggplant and tofu for lunch. It was great! I went to a special doctor tonight. She uses 'biwa' leaves as medicine. She burns them on your skin. It's a little hot. But it is also very relaxing.

Wednesday, August 28<sup>th</sup>

Today was mostly sunny. I had Indian curry for dinner. It was so good! And I really enjoyed the cheese 'naan' bread. I talked with my old friend in California today. It was nice.

Thursday, August 29<sup>th</sup>

Today was mostly sunny. I had oatmeal with banana for breakfast. It was nice. I pulled some more weeds in the garden this morning. Almost finished!



Friday, August 30<sup>th</sup>

Today was mostly cloudy. I had 'udon' noodle soup for dinner. It was good. I went shopping for vegetables and got fresh water from the spring in Aya Town.

Saturday, August 31<sup>st</sup>

Today was rainy. I had pumpkin soup and bread for breakfast. It was great! I went running this morning. It felt good to exercise.

Sunday, September 1<sup>st</sup>

Today was cloudy and cool. I had pumpkin soup and watermelon for breakfast. The soup was warm, and the watermelon was refreshing. I did some exercise today. I did pushups. Now my arms are a little tired. But it felt good.



Monday, September 2<sup>nd</sup>

Today was sometimes rainy, cloudy, sunny... crazy! I had an 'onigiri' and hotcakes for dinner. I was very busy today.

Tuesday, September 3<sup>rd</sup>

Today was mostly sunny. I had watermelon and grapes for breakfast. It was refreshing. I went running again today. It felt great!

Wednesday, September 4<sup>th</sup>

Today was mostly cloudy. I had dinner at my favorite vegetarian restaurant, Shojin Chago. They were closed for one month because they moved. Now they are open again. It was delicious!

Thursday, September 5<sup>th</sup>

Today was very rainy. And hot. I had much work to do, so I'm a little tired. But I had some very great lessons today! So I'm also very happy!



Friday, September 6<sup>th</sup>

It's raining so hard! Unbelievable! I had a dry-curry rice for lunch. It was very nice.

When I got home this afternoon, some hunters were shooting their guns. They were trying to kill a wild boar in the rice fields. It was very scary! Now I am very upset.

Saturday, September 7<sup>th</sup>

Today was mostly cloudy. I had potato potage and bread for breakfast. It was very good.

I went for a walk in the early morning. I saw some fresh holes in the ground. A boar dug these holes with his big nose. So I guess he escaped from the hunters. I am very happy about that!

Sunday, September 8<sup>th</sup>

Today was mostly sunny. I had potato potage again for breakfast. It was nice. I tried making a live video on Facebook today. I was a little nervous. But it was fun! Maybe I will try it again sometime.





Monday, September 9<sup>th</sup>

Today was mostly sunny. I had rice porridge and 'natto' fermented soybeans for lunch. It was good. I started cleaning the house this morning.

Tuesday, September 10<sup>th</sup>

Today was mostly sunny. I had oatmeal for breakfast. It was good. I had a meeting at Starbucks tonight. I got home late.

Wednesday, September 11<sup>th</sup>

Today was mostly sunny. I had taro root and carrot potage for breakfast. It was very filling. I did a lot of work on the computer today.

Thursday, September 12<sup>th</sup>

Today was cloudy. But it was so hot! I had rice and vegetables with salmon for lunch. It was good. I gave a lesson today about the planets. We had a lot of fun!



Friday, September 13<sup>th</sup>

It was mostly cloudy today. I had oatmeal with banana for breakfast. It was good. Tonight, I watched a DVD, "Sugar Rush 2". It was interesting and funny.

Saturday, September 14<sup>th</sup>

Today was mostly cloudy. Tonight, I went to a moon viewing party in the mountains. I gave a fun English lesson about the planets. Then we had a wonderful dinner of pizza and pasta. It was so good! After dinner, we watched the full moon. It was beautiful.

Sunday, September 15<sup>th</sup>

Today was mostly sunny. I had a vegetarian bento for lunch. It was nice. I did some gardening and tried to relax.



Monday, September 16<sup>th</sup>

Today was sunny. I had sushi rolls from the convenience store for dinner. They were convenient. I was busy tonight!

Tuesday, September 17<sup>th</sup>

Today was sunny. I got up early and went for a long run. Then I did yoga. It felt great! Then I had oatmeal for breakfast. It was satisfying.

Wednesday, September 18<sup>th</sup>

Today was very sunny and hot. I had eggplant pasta for lunch. It was nice. I had many business meetings today.

Thursday, September 19<sup>th</sup>

Today was hot and sunny. I had dry curry rice for dinner. It was good. I gave a lesson today about nature. It was very interesting!



Friday, September 20<sup>th</sup>

Today was mostly rainy and cool. I went running this morning, but then it started raining in the middle of my run. I got so wet! I had oatmeal for breakfast. It was warm. Tonight, I went to a poetry reading. It was interesting.

Saturday, September 21<sup>st</sup>

Today was very cool and rainy. I was out late last night, so I woke up around 9 o'clock this morning. So late! I skipped breakfast and had an early lunch of rice and vegetables. It was so good.

Sunday, September 22<sup>nd</sup>

Today, a typhoon went past Miyazaki. The rain was so hard! I cooked brown rice this afternoon. So I had fresh brown rice and miso soup with many vegetables for dinner. It was nice.



Monday, September 23<sup>rd</sup>

Today was sunny. I got up early and went for a walk. It was refreshing. Then I had oatmeal with banana and cinnamon for breakfast. It was good.

Tuesday, September 24<sup>th</sup>

Today was mostly cloudy. I had miso soup with vegetables for lunch. It was healthy. I wrote some haiku today. I enjoyed it!

Wednesday, September 25<sup>th</sup>

Today was mostly sunny. I had miso soup for dinner. It was nice. I did a lot of computer work today.

Thursday, September 26<sup>th</sup>

Today was very rainy. I had rice porridge for lunch. It was good. I was very busy today!



Friday, September 27<sup>th</sup>

Today was mostly rainy. I had oatmeal for breakfast. It was good. I took my car to the repair shop this afternoon. The engine cooling system was leaking. The repairman said it's just a rubber hose. Easy to fix! Yay!

Saturday, September 28<sup>th</sup>

Today was very rainy. I had rice and vegetables with tiny fish on top for dinner. It was good. I'm going to bed early tonight. I will go hiking early tomorrow morning. Goodnight!

Sunday, September 29<sup>th</sup>

Today was a little sunny. Yay! This morning, I went hiking in the mountains with my English students. We had a great time! Then we had pizza and pasta for lunch together. It was so good! I am very happy!



Monday, September 30<sup>th</sup>

Today was mostly sunny. I did a lot of exercise this morning. I did many push-ups and sit-ups. It felt great! I had a sardine sandwich for lunch. It was so good and satisfying.

Tuesday, October 1<sup>st</sup>

Today was mostly cloudy. I had oatmeal with banana for breakfast. It was good. The water pump for our house broke. So I had to fix it. I was busy this morning!

Wednesday, October 2<sup>nd</sup>

Today was mostly cloudy. It rained very, very hard last night. So I couldn't sleep well. I'm tired today. This morning, I tried oatmeal with fried egg and 'natto' fermented soy beans on top. It was good and very satisfying. I will do a lot of computer work today.

Thursday, October 3<sup>rd</sup>

Today was sunny and hot. I had dry curry rice for dinner. It was good. I was very busy today!



Friday, October 4<sup>th</sup>

Today was mostly sunny. I had oatmeal with fried egg for breakfast. It was good. I did a lot of exercise this morning. Then I did some cleaning. It was an active day!

Saturday, October 5<sup>th</sup>

Today was mostly sunny. I had soup curry and rice for dinner. It was great! I did cleaning ALL day! The house was very dusty, but now the upstairs is clean. Yay!

Sunday, October 6<sup>th</sup>

Today was mostly sunny. I did a lot of exercise this morning. It felt good. I had grilled chicken and rice for lunch. It was satisfying. Then I went to the 'onsen' hot spring. It was very relaxing.





Monday, October 7<sup>th</sup>

Today was cloudy and cool. I made sandwiches with fried tofu and tiny fish for lunch. They were good. I saw a gecko on the window tonight. It was really big!

Tuesday, October 8<sup>th</sup>

Today was mostly sunny. I had a smoked salmon sandwich for lunch. It was great! I saw a green tree frog sleeping on a leaf this morning. It was small and very cute!

Wednesday, October 9<sup>th</sup>

Today was very sunny. I had a sandwich with cheese for lunch. It was good. Recently it has been getting cool at night. So I went shopping for some warm clothes.

Thursday, October 10<sup>th</sup>

Today was sunny and warm. I had rice with vegetables for lunch. It was good. Tonight, I saw some 'tanuki' raccoon-dogs on my way home. They were cute!



Friday, October 11<sup>th</sup>

Today was sunny and hot. I had cheese and crackers for lunch. It was good. I got a new microphone for my computer today. I'm looking forward to using it to make some English videos. It will be fun and interesting!

Saturday, October 12<sup>th</sup>

Today was nice and sunny. I had chili beans for dinner. They were very satisfying. In the morning, I worked on the water pump for our house. I had to take it apart and clean it inside. It was complicated!

Sunday, October 13<sup>th</sup>

Today was sunny and cool. For breakfast, I made pancakes with 'natto' fermented soy beans and blue cheese on top. They were so good! Tonight, I set up my own YouTube channel to share my videos online with the world. I'm looking forward to it!



Monday, October 14<sup>th</sup>

Today was sunny. We made 'nuka-zuke' Japanese pickles today. It was interesting. I'm really looking forward to eating them!

Tuesday, October 15<sup>th</sup>

Today was sunny. This afternoon, I saw a snake catch a frog for its lunch. I was a little sad... But nature is like that sometimes.

Wednesday, October 16<sup>th</sup>

Today was sunny. We ate our 'nuka-zuke' pickles for lunch today. They were so good! Sour and crunchy!

Thursday, October 17<sup>th</sup>

Today was mostly cloudy. I went running this morning. It felt great! I had a rice omelet for dinner. It was good.



Friday, October 18<sup>th</sup>

Today was rainy. I had oatmeal for breakfast. It was good. Tonight I went to a poetry reading. I read a vampire poem because it's almost Halloween. It was a fun chance!

Saturday, October 19<sup>th</sup>

Today was partly cloudy. I had corn soup for breakfast. It was very nice. I did a lot of work on the computer today.

Sunday, October 20<sup>th</sup>

Today was mostly cloudy. This morning, I did a lot of work outside. I cut some grass in front of the house. I also planted some grass seeds on the slopes of the hill. It was hard work, and I got very sweaty. For lunch, I had 'chicken nanban' fried chicken. It was very satisfying.



Monday, October 21<sup>st</sup>

Today was mostly cloudy. I made a YouTube video about traditional Japanese 'nuka-zuke' pickles. It was fun. I had two salmon 'onigiri' for dinner. They were good.

Tuesday, October 22<sup>nd</sup>

Today was mostly sunny. I had a rice omelet and french fries for dinner. I was hungry!

Wednesday, October 23<sup>rd</sup>

Today was cloudy. I had rice and miso soup for lunch. It was nice and simple.

Tonight is rainy and a little cold. I had dinner with some friends. We talked about our favorite movies. It was fun.

Thursday, October 24<sup>th</sup>

Today was very rainy. I had dry curried rice for dinner. It was good.



Friday, October 25<sup>th</sup>

Today was nice and sunny. I had stir-fried green peppers and eggplant for dinner. It was great!

I worked on our house water pump again today. I found a problem with the electrical wires. So I fixed it. I hope it works fine from now on!

Saturday, October 26<sup>th</sup>

Today was partly sunny. I had a Mexican burrito for lunch. It was so wonderful! I went to Aoshima and walked on the beach. It was refreshing.

Sunday, October 27<sup>th</sup>

Today was cloudy. I did a juice-fast today. That means I didn't eat any food at all. I just drank juice all day! I feel very healthy. But I'm looking forward to having a nice breakfast tomorrow—



Monday, October 28<sup>th</sup>

Today was cloudy. I met a new friend for lunch. We had tea and salads at a restaurant named "Joyfull". We talked about many interesting things. It was a lot of fun! In the afternoon, I had a cinnamon roll and did some work at Starbucks. It was a nice and busy day!

Tuesday, October 29<sup>th</sup>

Today was mostly sunny. But the morning was rainy and cold. Fall is here! So I unpacked our fuzzy blankets and washed them. We will sleep warm tonight! I will cook a squash for dinner tonight. I'm looking forward to it!

Wednesday, October 30<sup>th</sup>

Today was nice and sunny. I had rice and miso soup for lunch. It was nice. Tonight I was on a local radio show. We talked about my favorite song, "Where the Streets Have No Name" by U2. It was very exciting!

Thursday, October 31<sup>st</sup>

Today was sunny. And the temperature was perfect. So I gave an English lesson in the park. It was so nice! For lunch, I had beans and rice. It was very satisfying.



Friday, November 1<sup>st</sup>

Today was sunny again. I had oatmeal for breakfast. It was good. I did a lot of exercise this morning: pushups, situps, pullups,... now my arms are tired! But it felt great, and I think I'm getting stronger!

Saturday, November 2<sup>nd</sup>

Today was sunny and not so cold. I had a late lunch because I was a little busy this afternoon. Then, I got some fresh drinking water from the local hot spring. It is so clean and refreshing!

Sunday, November 3<sup>rd</sup>

Today was a little cloudy. I had spicy tofu and mushrooms for lunch. It was great! I talked with my friend in Taiwan today. It's been a long time... It was so good to see him again!





Monday, November 4<sup>th</sup>

Today was partly sunny. I had a spicy noodle soup with coconut called 'laksa' for lunch. I loved it! On my morning walk, I saw two big hawks resting on the power lines. When I came near, they spread their huge wings and flew-- so beautiful!

Tuesday, November 5<sup>th</sup>

Today was very sunny. The skies were clear and beautiful. I had a business meeting in the morning. So I did my usual exercises in the afternoon. I had grilled salmon for lunch. It was very satisfying. It was a pleasant day!

Wednesday, November 6<sup>th</sup>

Today was a fine sunny day. I did a lot of exercise yesterday, and I went to bed very late... So I was a little tired today. I had many vegetable dishes for dinner. It was very nice. I feel healthy!



Thursday, November 7<sup>th</sup>

This morning was cloudy and cold. I went for a walk, but the rice farmers were burning the grass. There was a lot of smoke! So it wasn't very nice. After lunch, I had tea and a donut {doughnut}. I was happy to enjoy a sweet little treat!

Friday, November 8<sup>th</sup>

Today was sunny and nice. I did a lot of work today. I was so busy, I almost forgot to eat lunch! At around 5:00, I finally had some tofu and rice. It was very filling. Now it's dinnertime and I'm not really hungry... Hmmm...

Saturday, November 9<sup>th</sup>

Today was sunny but the morning was very cold. I had some hot tea to warm up. I washed our big, fluffy blanket to get ready for the cold nights ahead. Now I'm at the coin laundry drying it. We'll sleep warm tonight!

Sunday, November 10<sup>th</sup>

Today was cold and partly cloudy. I had oatmeal for breakfast. It was good. I cleaned the chimney of our wood stove today. It was full of black soot. So dirty! And now, I'm so dirty... Time for a bath!

watch the video version here → <https://youtu.be/Uck0uGNDd1E>



Monday, November 11<sup>th</sup>

Today was sunny and surprisingly warm. And it was very windy too! Yesterday, I worked very hard to clean the wood stove, but today we don't need it... Oh well, I'm very happy to have a little more of this fine autumn weather!

Tuesday, November 12<sup>th</sup>

Today was sunny but a little cold again. In the evening, I drove out to the hardware store to pick up some supplies. It was just the right timing to see the huge, orange full moon rising over the mountains. It was so amazing--!

Wednesday, November 13<sup>th</sup>

Today was mostly cloudy. I had curry soup for lunch. It was very nice. I did a lot of driving today. And finally, I had to take my car to the mechanic for an official inspection. I hope my car passes its test!

Thursday, November 14<sup>th</sup>

Today was nice and sunny. I went for a run before breakfast. It felt good. For breakfast I had a fried egg with 'natto' fermented soybeans. It was healthy and satisfying. Now I'm ready for my busy day!

watch the video version here → <https://youtu.be/UckOuGNDd1E>



Friday, November 15<sup>th</sup>

Today was sunny but cold. I had pumpkin stew for lunch. It was nice and warm. Tonight I will give a workshop for the foreign teachers living in Japan. I'm very excited!

Saturday, November 16<sup>th</sup>

Today was sunny. Tonight, I went to a dinner party at my friend's new restaurant. We ate tons of Mexican food. It was so good. And now I'm so full! Mexican food is very common in California, but not here in Japan. So I'm very happy tonight!

Sunday, November 17<sup>th</sup>

Today was nice and sunny. I had an early English lesson at 6:00 this morning. So I got up at 5:00. And I had a late night last night at the Mexican Fiesta party... I'm a little tired! So I'm taking it easy today.



Monday, November 18<sup>th</sup>

Today was rainy, but not so cold. I had 'Chicken Nanban' fried chicken with tartar sauce for lunch. It was very tasty. I went to bed early last night, so I'm feeling energetic today. I even went for a short run this morning.

Tuesday, November 19<sup>th</sup>

Today was quite sunny. I spent all day cleaning the house and getting some firewood ready for the wood stove. I had 'udon' noodle soup for dinner. It was good. I just took a bath, and my hair is wet. So now I'll relax and wait for it to dry...

Wednesday, November 20<sup>th</sup>

Today was sunny and a little cold. I had tomato stew and rice for lunch. It was good. The water pump for our house isn't working well. So I went to the hardware store to order some new parts. They will come next week... Hurry, hurry!



Thursday, November 21<sup>st</sup>

Today is cloudy and cold. I had a 'bento' boxed lunch from the supermarket. It was pretty good. I have English lessons all over the city today, so I'm driving a lot. I just took a short break before my evening classes... Time to go!

Friday, November 22<sup>nd</sup>

Today was rainy all day. I made some rice for lunch. I had it with homemade pickles. It was nice. Tonight, I went to a poetry reading. It was fun to read my original poems to an audience. I hope they enjoyed it too!

Saturday, November 23<sup>rd</sup>

Today was cloudy and quite warm. I bought a new hat. It was on sale for just ¥1,000. That's about \$10. Such a bargain! And I think it's pretty cute.

Sunday, November 24<sup>th</sup>

Today was rainy with a lot of thunder and lightning. It was so loud and so close! For a snack, I had a nice big pear. It was soft and juicy! Tonight, I watched a Jim Carrey movie called "Yes Man". It was pretty funny.



Monday, November 25<sup>th</sup>

Today was mostly cloudy and kind of hot... I went for a run this morning and got so sweaty. I had to open the windows to stay cool! I had pumpkin curry for lunch. It was great!

Tuesday, November 26<sup>th</sup>

Today is cloudy and a little cooler. Tonight is the new moon. So today I am on a fast. That means I am not eating anything today. I'm giving my body a little break. It feels good!

Wednesday, November 27<sup>th</sup>

Today was cloudy and a little cold. I had vegetarian food for dinner. There was no meat in it at all. It was delicious. On the drive home I saw two rabbits hopping across the road. They were so cute!

Thursday, November 28<sup>th</sup>

Today was rainy and cold. I had pumpkin curry and 'hummus' bean dip for lunch. It was nice. I picked up some parts for our water pump from the hardware store. I hope they work!



Friday, November 29<sup>th</sup>

Today was sunny but cold. I had a simple breakfast of yogurt and a banana. I finally picked up my car from the repair shop. It has two new front tires, and it passed its inspection test. Yay!

Saturday, November 30<sup>th</sup>

Today was clear and cold. I had cheesecake for dessert. It was very nice. Tonight I did some stargazing with a powerful telescope. I could see Saturn with its rings! It was so amazing!

Sunday, December 1<sup>st</sup>

Today is cloudy with a little rain. I had mushroom rice for lunch. It was hearty and delicious. I'm going on a short hike in the mountains now... I hope I can see some deer or other wild animals-- I'll keep my eyes open and my fingers crossed!

By the way, later on we did see two young deer with their cute, white little butts!





Monday, December 2<sup>nd</sup>

Today is partly sunny and quite windy. I had oatmeal with cinnamon and banana for breakfast. It was good. I fixed the water pump for our house. It works fine now. Now I can take a nice warm shower anytime!

Tuesday, December 3<sup>rd</sup>

This morning is very cold. I had tea and a donut {doughnut} for breakfast. It was yummy! I lit a fire in the wood stove. It's nice and warm. Now I'll do some work!

Wednesday, December 4<sup>th</sup>

Today is nice and sunny. I was up late last night, and I got a late start this morning. So I ate a late breakfast and skipped lunch. I just got a haircut. I think it's pretty cool-- what do you think?

Thursday, December 5<sup>th</sup>

Today was cloudy and cold. I had English lessons all day. I made a new video about the English phrase "fingers crossed". Check it out here if you like!

[https://youtu.be/5hl-xFa\\_L28](https://youtu.be/5hl-xFa_L28)



Friday, December 6<sup>th</sup>

Today is cloudy and cold. I had a fried egg and 'natto' fermented soy beans for breakfast. It was very satisfying. I did a lot of muscle training exercises this morning. So now my muscles are a little sore... maybe I'll take a nice warm bath tonight.

Saturday, December 7<sup>th</sup>

Today was cloudy and cold again. I had soup and mushroom rice for lunch. It was good and warm. I did some electrical work outside today. It is important to be careful with the wires, but it was difficult because my hands were so cold.

Sunday, December 8<sup>th</sup>

Today was beautifully sunny. I had oatmeal and a fried egg for breakfast. It was filling. This afternoon, I walked far up the stream to check our water pipe. I was worried that it might be damaged from the heavy summer storms. But, no problems! Everything was OK!



Monday, December 9<sup>th</sup>

Today is nice and sunny again. I had soup with beans and rice for lunch. It was good. Today is a big garbage collection day, so I picked up some trash around the valley. The garbage truck will come and take it away soon... and now everything looks just a little bit cleaner.

Tuesday, December 10<sup>th</sup>

Today was mostly sunny. I had vegetable stew for lunch. It was great! I went for a short walk this morning. Along the way, a nearby farmer gave me some cucumbers from his hothouse. They look nice. Maybe I'll make some homemade pickles!

Wednesday, December 11<sup>th</sup>

Today was cloudy but not so cold. On my morning walk, I saw a baby snake crawling across the trail. It was orange with black spots: kind of like Halloween... It was pretty. But hey, Halloween is over...

Thursday, December 12<sup>th</sup>

Today was nice and sunny. I had English lessons all day. I made a video about the spelling of "donut vs doughnut". Check it out here if you like!

<https://youtu.be/tsOn2BUdRy0>

watch the video version here → <https://youtu.be/Uck0uGNDd1E>



Friday, December 13<sup>th</sup>

Today is sunny, but the morning was freezing! Last night was the full moon. It was so big and bright! So I went for a late night walk in the valley. The moon was so bright, I didn't need a flashlight! It was beautiful. But it was a little hard to get out of bed this morning...

Saturday, December 14<sup>th</sup>

Today was sunny and not so cold. I met some good friends for dinner. We had lots of fresh vegetables. And we had a nice banana cake for dessert. We talked a lot about philosophy, almost three hours! It was very interesting.

Sunday, December 15<sup>th</sup>

Today was mostly sunny. I had creamy chicken and rice for lunch. It was nice. I did a lot of work on the computer today, so now my eyes are tired. I think I'll go to bed soon...



Monday, December 16<sup>th</sup>

It's rainy today. I have to renew my Resident ID card soon, so I'm taking a photo in a photo-booth. It's hard to get a good photo from these machines, so keep your fingers crossed and wish me luck!

Tuesday, December 17<sup>th</sup>

Today is mostly cloudy with a little rain. I got a good photo for my new ID card yesterday, so I went to the immigration office to do the paperwork. I had good timing and didn't have to wait in any lines. And it was surprisingly quick! Everyone was very kind, and now I have my new Resident Card. Yay!

Wednesday, December 18<sup>th</sup>

Today was quite sunny. I had a business meeting in the downtown today. I also installed a lot of new software on my computer for work. Now I'm taking a short break in the park before my English lessons tonight.

Thursday, December 19<sup>th</sup>

Today was cloudy and cool. I had English lessons all day. I made a video about the difference between the



word "kind" and the phrase "kind of". They are very different, so check out the video to learn all about it!

[https://youtu.be/1BFH9eJ\\_PUg](https://youtu.be/1BFH9eJ_PUg)

Friday, December 20<sup>th</sup>

Today was sunny. I had tofu soup and rice for lunch. It was good. I read a lot of news today on the internet. It wasn't so good... I'm kind of looking forward to the New Year for a fresh start in the world--

Saturday, December 21<sup>st</sup>

This morning was mostly cloudy, but now it's raining. I had 'matcha' green tea and chestnut pudding for breakfast. It was very nice. Then I went for a run and did some yoga before the rain started. Now I think I'll go take a bath to keep warm--

Sunday, December 22<sup>nd</sup>

Today was dark and rainy. I just had a piece of chocolate cake and some soymilk for dessert. It's the Winter Solstice: the longest night of the year. From tomorrow, the nights will start getting shorter and shorter... I'm looking forward to those longer days!



Monday, December 23<sup>rd</sup>

Today was nice and sunny. Yay! In the afternoon, I opened all the windows to get some fresh air. It felt wonderful! Now I'm leaving to have dinner and give some English lessons in the city.

Tuesday, December 24<sup>th</sup>

Today was mostly cloudy. It's Christmas Eve! I enjoyed a little Christmas dinner and some chocolate cake for dessert. I got a nice Christmas card from my family. It was very touching. Thank you!

Wednesday, December 25<sup>th</sup>

It's Christmas! Yay! So I had cake for breakfast! Yum! I talked with my family this morning through Skype. It was great to see them again. Actually, they were just getting ready for a family dinner on Christmas Eve... Time zones are so crazy!

Thursday, December 26<sup>th</sup>

Today was rainy. I had English lessons all day. I made a video about the heartwarming phrase "very touching". Check it out!

<https://youtu.be/HkFwvyQh7gM>



Friday, December 27<sup>th</sup>

Yesterday afternoon there was a solar eclipse: the moon blocked the sun for a few hours. But it was so cloudy and rainy that I couldn't see anything... Now today it is very sunny and clear. That's some bad timing... Oh well, maybe next time!

Saturday, December 28<sup>th</sup>

It was sunny today, but the morning was freezing. There was white frost everywhere on the ground. For breakfast, I had oatmeal and a cup of tea to warm up. I drove up to the mountainside to enjoy the view. The cold air was clear, and I could see the ocean far away-- So nice!

Sunday, December 29<sup>th</sup>

Today was cloudy and cold. I stayed indoors all day with a fire in the wood stove. It was nice and warm. Now I'm cooking some butternut squash in the oven. I'm looking forward to a very nice dinner... just a little longer!





Monday, December 30<sup>th</sup>

Today was rainy. So I went shopping for a new pair of jeans at the mall. I'm pretty skinny, so it's hard to find pants that fit me nicely. I probably tried on about 20 pairs of jeans at 5 different stores today... But I finally found a great pair. Thank you, Uniqlo! Now I'm totally exhausted. Goodnight!

Tuesday, December 31<sup>st</sup>

Today was nice and sunny. I did a little winter gardening: I trimmed a few trees. It's New Year's Eve! So I made some business plans for the new year. Then I had traditional Japanese 'soba' buckwheat noodles for dinner. I'm nice and full now... and ready for bed!

