

Corra and the Corona

One Little Girl's Journey
to Healing in Quarantine



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Illustrated by Douglas Smith and Alex Potapczyk

"The Corona virus sees no difference. It does not see colour, faith, religion, wealth or fame; it is the only equalizer of discrimination. Grief does not care who you are, or what you are. It cares to teach you that together we stand, together we grieve, together we heal."

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Humanitarian in the field of Grief & Trauma

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Dedicated to all those who have lost loved
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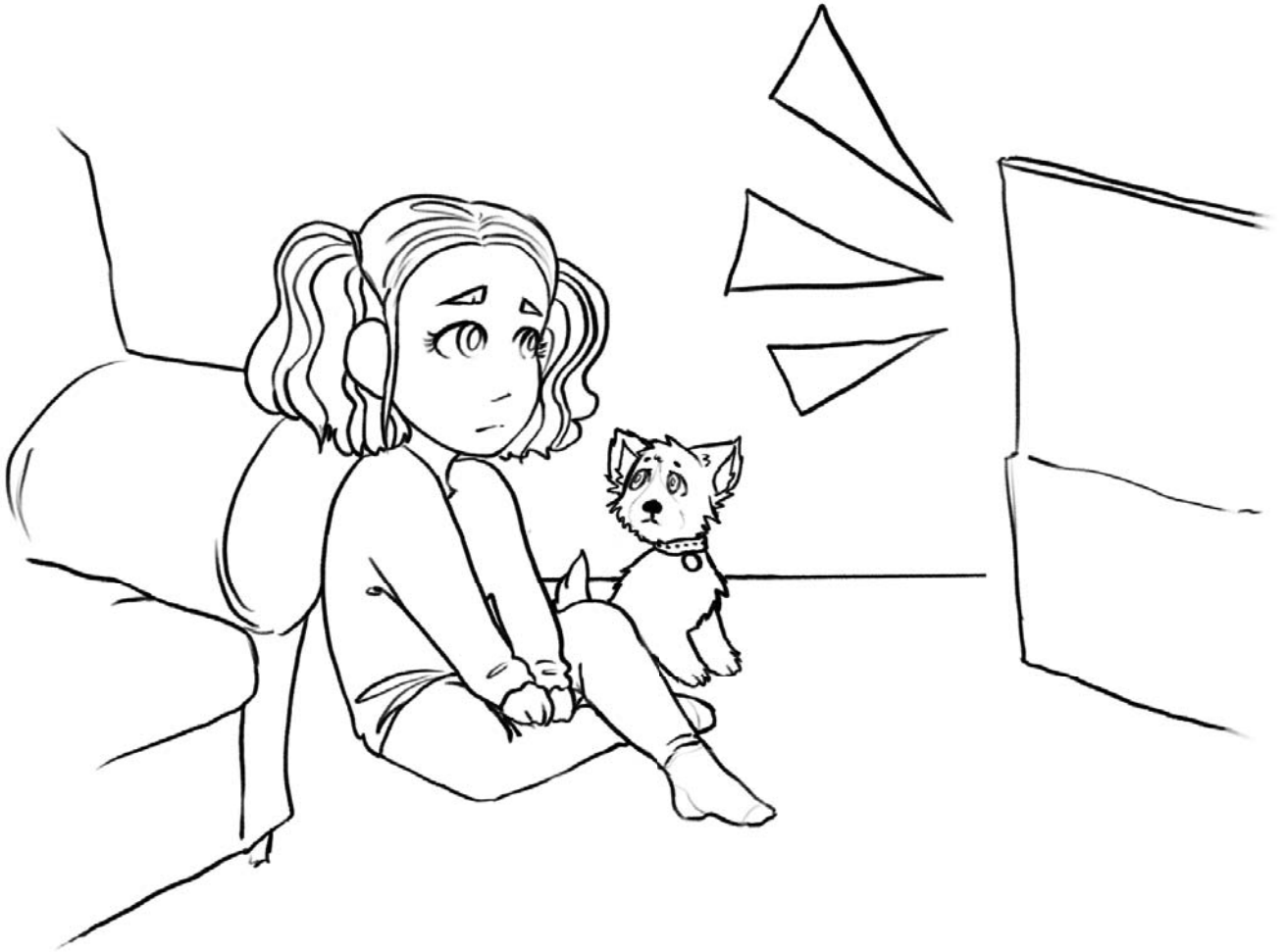
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*"Carefully staying away
is the key
to being Corona free"*

Cora sat watching the television as it announced that the Coronavirus was spreading around the world. Cora didn't know what this meant at all. She sat in amazement, watching, as people around the world were scared, fearful and dying.



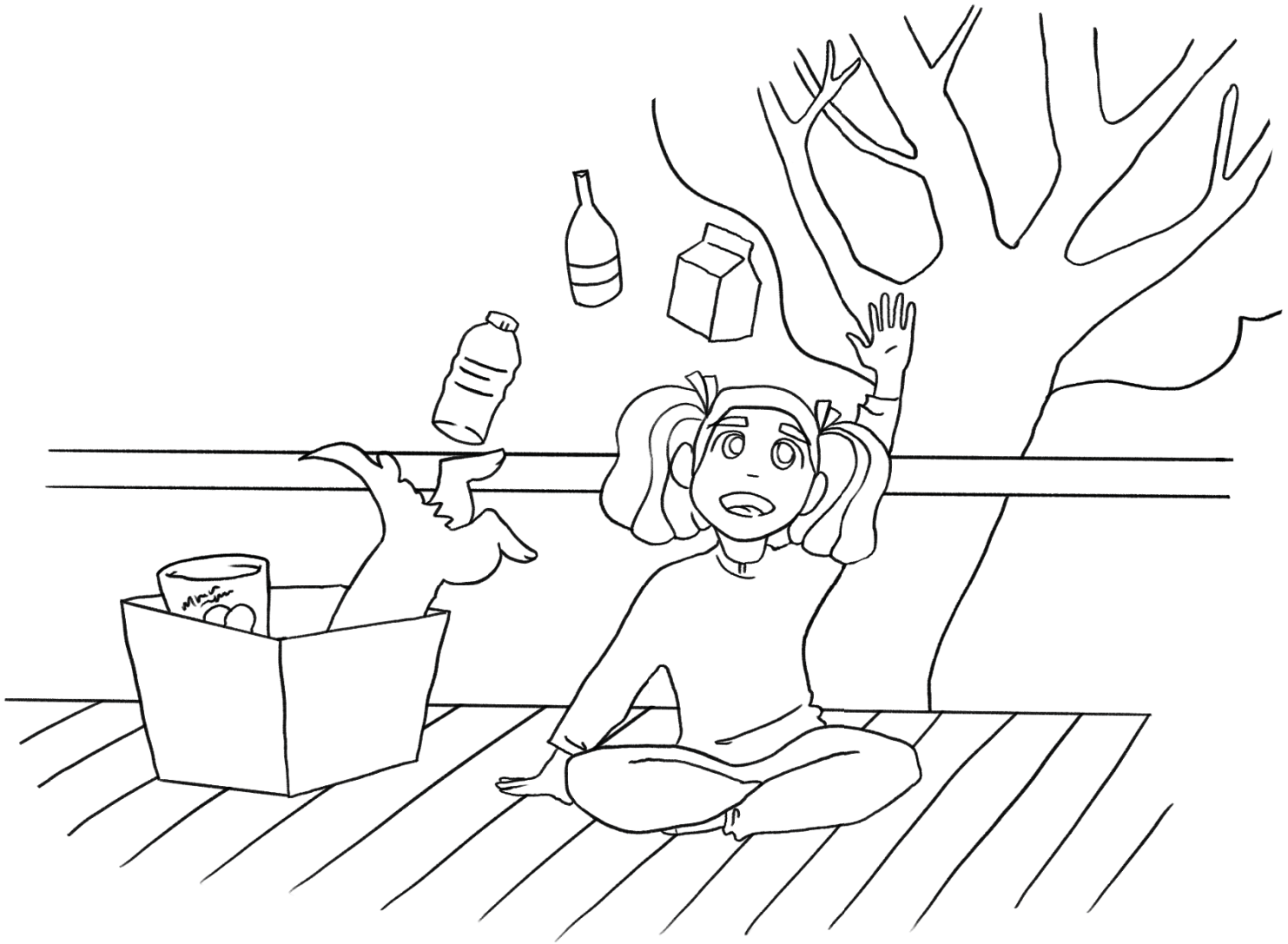
Cora heard her parents talking about how life was going to change and not in a good way. She was so upset that not only was school closed, but she wasn't allowed to have play dates with her best friend Allorah.

Cora went outside to sit on her deck and she began to cry. Her little dog, Gizzy, came up to her and began to lick the tears off her face. Cora stood to her feet yelling "Gizzy, what are we going to do? No people to see! No hugs! No playing! No friends! How can we survive without friends?"



Cora flopped to the ground in exhaustion saying, "Cora hates the Corona!" All of a sudden, Gizzy started to howl. Cora looked over at Gizzy asking him, "What's wrong boy?" Cora watched as Gizzy began to howl louder. Suddenly, Cora heard the howls of the two, large, Great Danes in her neighbour's backyard...they were answering Gizzy!

Cora jumped in excitement! "That's it, Gizzy!" She squealed as she grabbed Gizzy, squeezing him super tight. "We can use music!"



Cora ran to her recycling bin, dumping everything out. She grabbed an old ice cream container, some bottles, cans, plastic lids, whatever she could use to make noise with.

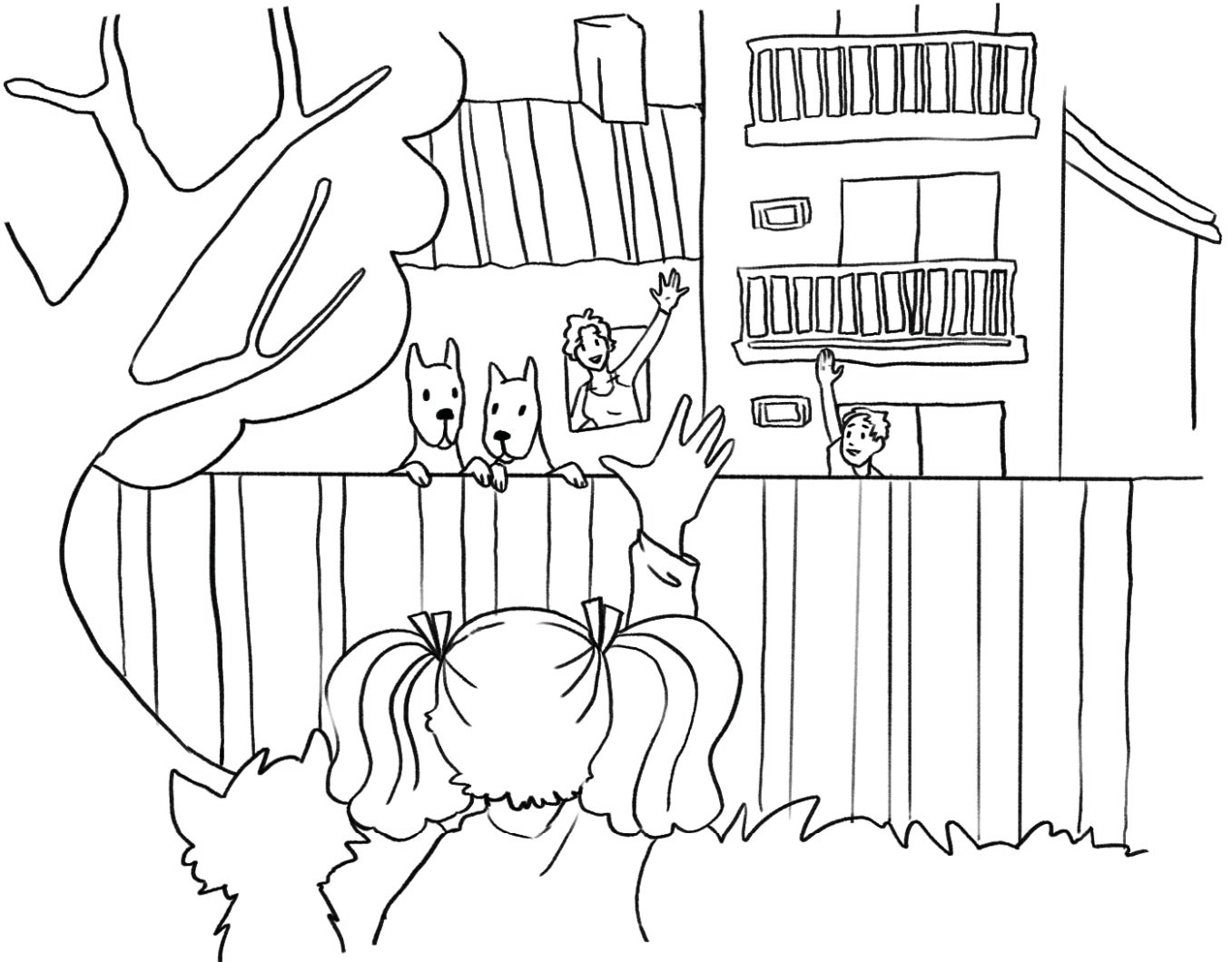


Cora started by making a drum out of the old, ice cream container. The bottles made great rattles with some stones in them. She made a xylophone out of the cans and as she tapped them with sticks, they each made a different sound.



As Cora set up her instruments with Gizzy's help, she started to sing a tune. "Carefully staying away is the key to being Corona free." As Cora sat on her deck behind her make shift instruments, she turned to Gizzy, taking the first strum of her homemade guitar. She began to sing her tune, "Carefully staying away is the key to being Corona free."

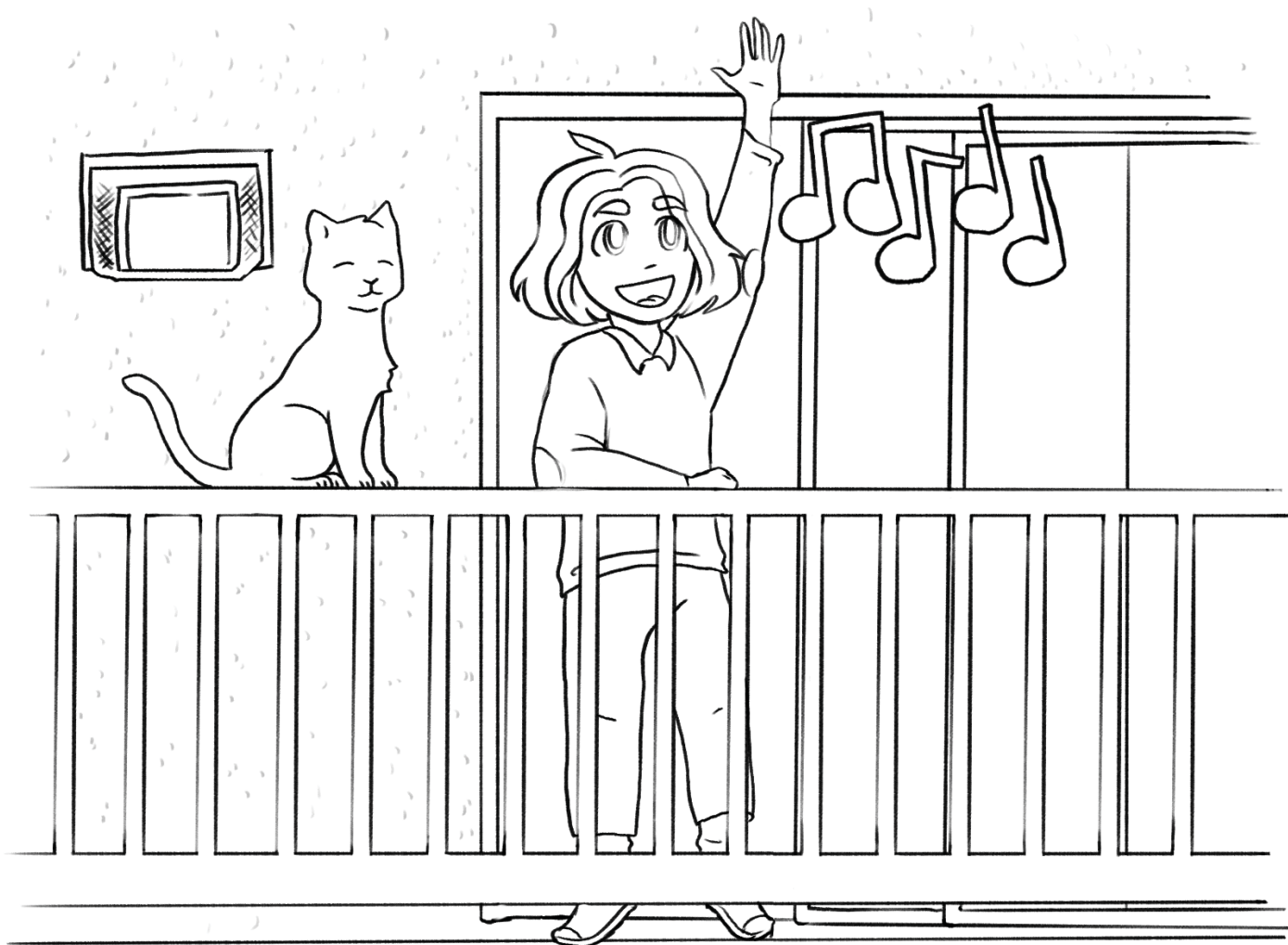
To her surprise, she heard someone repeat her words, "Carefully staying away is the key to being Corona free." She stood in joy and started to make her music louder. She watched as the house behind her filled with people. Her eyes welled as she smiled back, jumping up to wave a big wave.



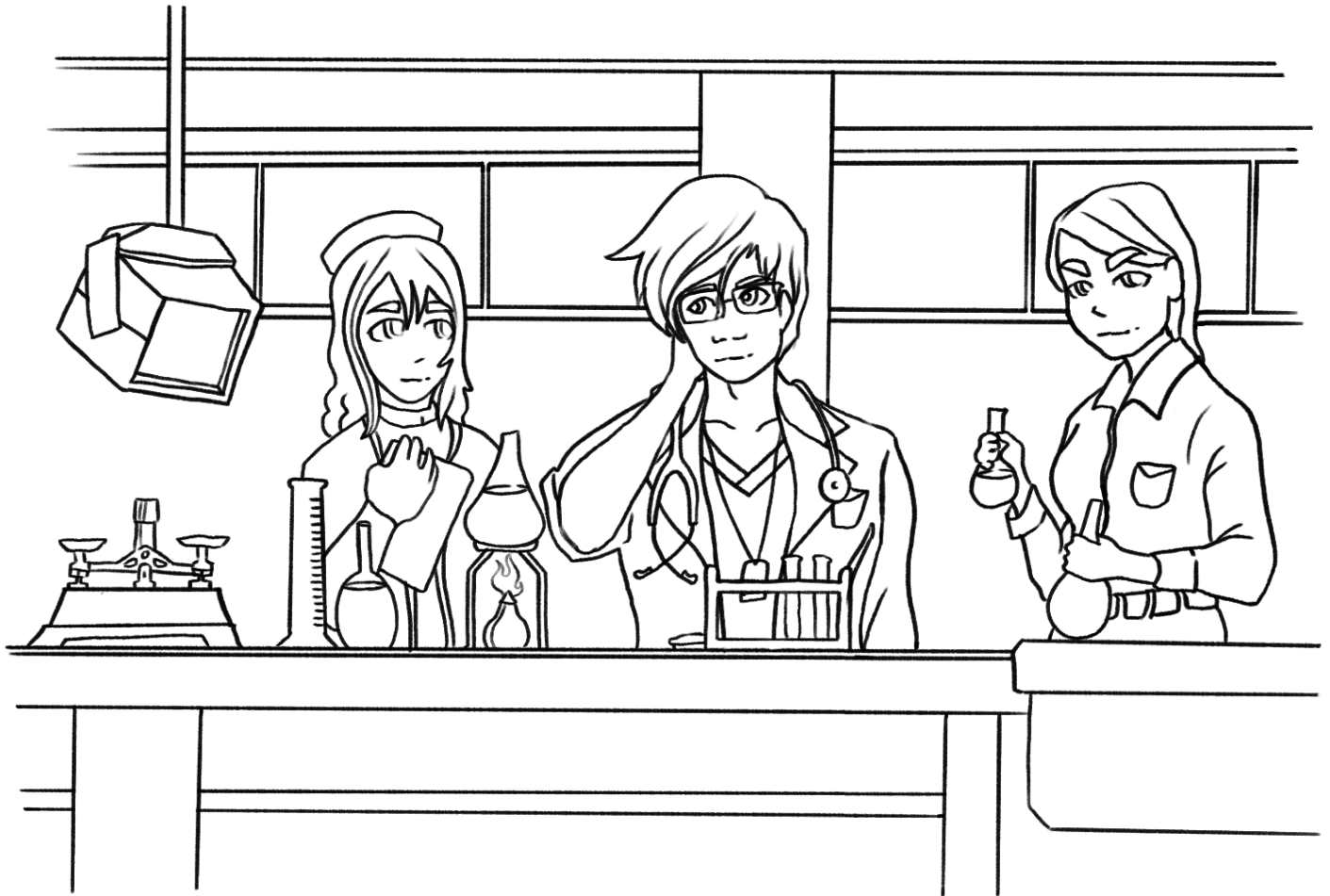
People all over her town started to come to their windows to see who was making all that noise! They, too, began to rummage through their recycling to make musical instruments. Cora heard singing in many different languages. She had no idea what the words were, but she knew it sounded amazing to her ears!



Cora watched through the window as her older neighbour, who's loved one died because of the Coronavirus, began to clap to the music. This made Cora sing even louder. "Carefully staying away is the key to being Corona free!" As Cora was happy to see people and loved making music with them, she really missed her best friend, Allorah.

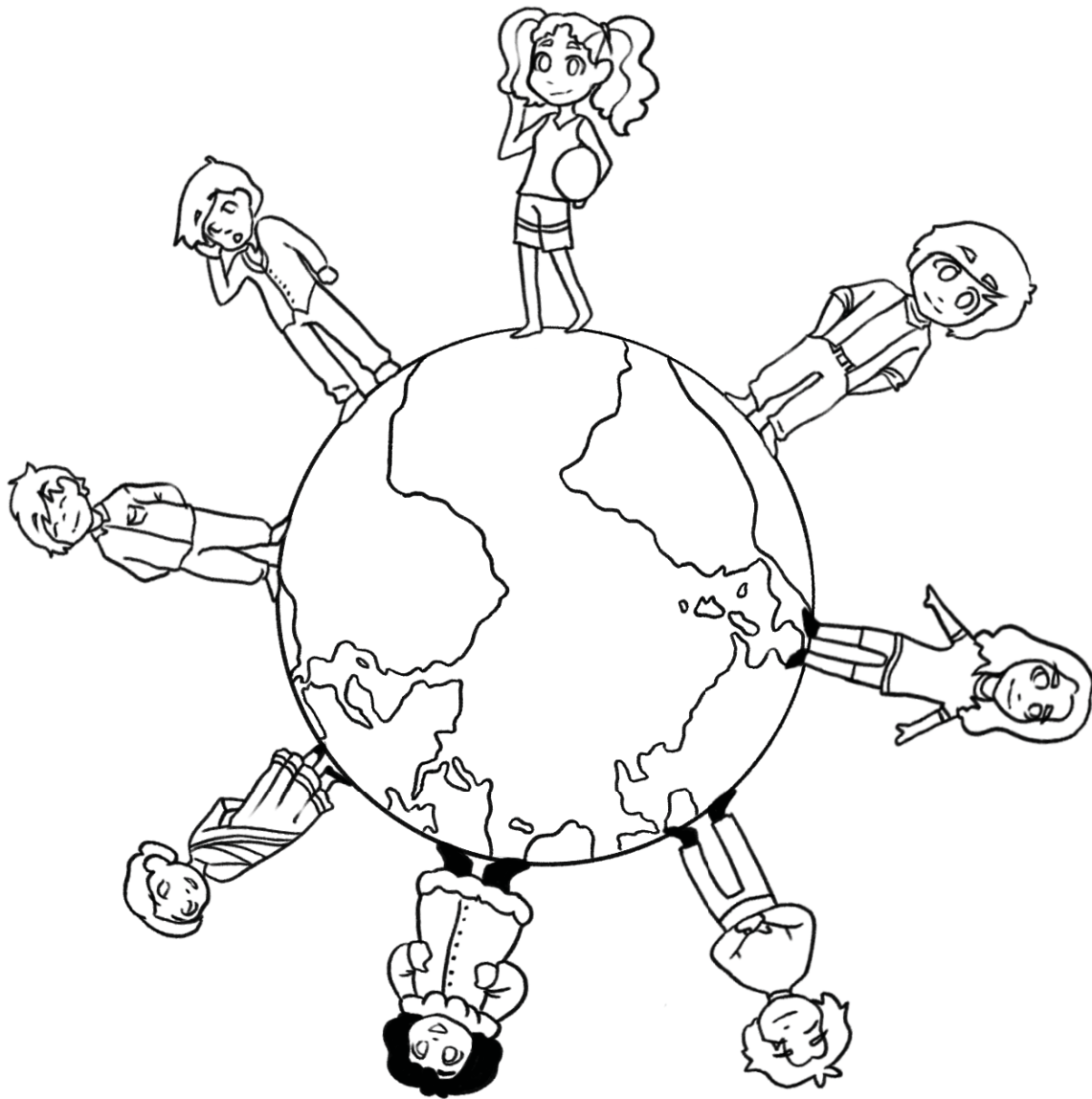


At school, they often giggled about how Cora and Allorah rhymed. Softly, Cora would sing, "Cora and Allorah are carefully staying away as that is the key to being Corona free." As Cora sang her tune, she heard in the distance someone repeating it. "Allorah and Cora are carefully staying away as that is the key to being Corona free!" Cora stopped singing as she realized it was Allorah! She, too, made instruments and was singing off her apartment balcony!



As the day progressed, Cora saw on the television that in each country of the world, they had scientists who worked day and night to find a cure. The government of each country was working hard to make sure that people had food and that moms' and dads' jobs were safe.

They were giving us hope that one day, life will return.



Each day, people around the world started to make instruments to play to pass the days. Cora watched as all the countries of the world joined together to make music that healed the sadness, the fear and eased the anxiety within the people of this world.

The days were boring, but making the instruments passed the time. Cora started to make more songs that one day would be sung on a special day that was made just for the people who died from the Coronavirus.



Cora dreamed that on that day, all the people of the world would take to the streets with their recycled musical instruments, sing the loudest they could, so that all the people of the earth would never forget the ones who died, never forget to be grateful for all we have, never forget to appreciate our friends and loved ones, and to never forget that caring for all living things is the key to being free.

About the Author // Christine Dernederlanden C.B.T., C.T.S.S.

Christine resides in the Niagara Region of Ontario with her family. She is a wife, mother, sister, aunt, friend, business woman, author, professional speaker, coach and tea addict. Her great passion is helping children, adults and families cope with grief and trauma. Personal experiences led Christine to write her very first book, *Where is Robert?*. She has been recognized internationally for her work as a humanitarian in the field of Grief and Trauma. Christine is Certified by Association of Traumatic Stress Specialists as a Certified Trauma Services Specialist. A member of the American Academy of Experts in Traumatic Stress where she holds a Certification in Bereavement Trauma. She educationally keeps abreast in the field through various avenues including Niagara University, Oklahoma Traumatology, Brock University, University of Wisconsin and National Centre for P.T.S.D. Her first publication *Where is Robert?*, the grief kit that aided over 6000 families affected by 9/11/01 is the recipient of a certificate of appreciation from the U.S. Secretary of Defence Donald. H Rumsfeld. Her second publication *H.U.G.S. Helping Children Understand Grief Sessions* was inspired by the grief camps she facilitated with the Friendship Ambassadors who bring dialogue annually to the United Nations and Lions International.

During her years as a humanitarian aid Christine saw a need for the exploration of Empathy and Courage. She is the creator of "Empathy Bear" An everlasting plush friend that is used world wide to bring comfort and compassion to the grieving. Her title *Where is My Courage?* a claymation story helped in aiding the families of the 2016 Fort McMurray Alberta Forest Fires. For her communication style and her exception role as a professional speaker Christine was awarded the 2002 Leadership and Communication Award from the Toastmasters Public Speaking Organization. In 2000 Christine founded Robert's Press Canada's Grief Resource Centre. The success of Robert's Press has noted her as one of Niagara's most successful business women, a 2001 finalist for Woman of The Year and Entrepreneur of The Year. For the article "Putting All My Problems In Perspective" Christine was awarded the 2001 Standard Literary Prize. Her dedication to her community has awarded her the 2017 Distinguished Alumni of the Year Award. After spending over two decades in the field of grief and trauma Christine was inspired to create *Thank You The Power of Presence with the Grieving and Dying*, released this October 2019. November 2019 Christine was a finalist for Community Impact award. Christine continues to inspiring others from her own personal reflection on her experiences. Christine has professionally been coaching for over two decades She is a member of the Toronto International Coaching Federation. Her clients range from corporations, small business, individuals, governmental agencies, non profits and many more on various topics.

About the Author // Coralea Dernederlanden Dreamer

Cora authored a little book about the Coronavirus, along with verbalizing each day about how hard it was to not see her best friend, Allorah. As her mother, I struggled with how much to share with her. But after reading her work, I realized she knew way more than I expected. Together with my two daughters, Cora and Chelsea, we learned to make home cooked meals three times a day, we learned how to balance our time with housework, play and emotional breakdowns from the lack of hope. Both my girls, I felt, were shot back in time. My husband and son both go to work daily as their work is deemed an "essential service." As a humanitarian in the field of grief, I also felt the need to create this book for the world to know we can't let go of hope. Many in the mental health field are reaching out to me to learn about how to run the H.U.G.S. Program (Helping Understand Grief Sessions), following the aftermath of this worldwide pandemic. Together we can heal. Together we can create hope. Together we can save the world.



About the Author // Chelsea Dernederlanden B.A. Global Development

Chelsea Dernederlanden is quite an explorer of culture and creating awareness of global development. Her exploration started in her grade twelve school year as she received a scholarship from Blyth Academy to explore Europe while completing her studies. Then Chelsea moved onto Queen's University where she received a scholarship to attend The BISC Castle in England. She completed her first year in Global Development while exploring numerous countries. Upon her return to Canada Chelsea spent one year studying at Queen's University in Kingston, Ontario. Chelsea soon learned she missed interacting with the numerous cultural backgrounds she was used to in her travels. Her third year she continued to interact with her professors and completed her studies, receiving a Bachelor of Arts in Global Development, while travelling and putting her studies into action with Robert's Press. Chelsea is a professional model who inspires young women to adopt healthy living practices into their daily lives. Prior to March, Chelsea was signed with a world-renowned modelling agency and was set to start her career world-wide. She had spent three months mentally and physically preparing for this career change to only be told it will be placed on hold until September.



About the illustrator // Douglas Smith

Douglas Smith's is inspired by the innocence of war torn areas. His art became an essential part of his life after a devastating auto accident. His wife created a venue for Douglas to be inspired to create and express during his long recovery. He found his art brought relaxation and enjoyment. Douglas is a member of Artist Niagara and has had his work displayed amongst many venues. Doug is an artist who can depict true human sorrow. An artist that was willing to go to the depths of that emotion in art. Douglas captured many forms of grieving and dying. Douglas continues to capture the human innocence of sorrow in his artistic expression.



About the illustrator // Alex Potapczyk

Alex explores the creativity one holds through the creations of characters and drawings. Through art the exploration of ones self and who one is becoming is expressed. Alex explored many different cultures in the creation of these characters Alex has a true passion for expressing and showing ones true authentic self. As one ages they see things differently, and grow within their artistry. As a youth of only fourteen the art that adorns these pages reflect a very openminded, spirited, gifted individual. Alex expressed It was truly an honour to engage in a project that would aid thousands during the covid-19 pandemic. Alex academically is very successful and continue studying with an emphasis on art. Alex enjoys biking, nature, drawing and creating through many platforms. As a young artist who aspires to make a difference in the world, I do believe this was a great start to helping humanity.