



# Cangerlagpiim Nalliini Calricaraq 2019-2021

*Journey to Wellness During the Pandemic 2019-2021*

*Artist: Qaivaralria Rosalie Lincoln of Toksook Bay*

My drawing depicts how this pandemic has taken a toll on all of our lives around the world so suddenly. How people were getting sick, not knowing what it is; how in the beginning our loved ones died, and the feeling of desperation and helplessness that came with it. Our lives changed with strict guidelines: isolation (staying at home, staying distanced from each other), wearing masks, washing/sanitizing, and businesses and traveling closed. Then, our hopes and prayers were answered, vaccines came to us. That's where I drew the rainbow in color that symbolizes 'Hope and Peace' in our lives. Once we are fully vaccinated, we can begin to come together with our loved ones.

Notice the vaccine shot has a flower and the rainbow has traditional medicinal plants below it. Those are the symbols of wellness and the road to healing, just as the vaccine will be. The spear and the lightning bolt symbolize the survival of COVID-19.

This message is brought to you by the AKPIRG/NPACF Yugtun/Cugtun Language Panel, with Al'aq Cheryl Charles Smith, Rosalie Lincoln, Catherine Moses, Dorie Wassilie, Marie Hoover, Veronica Kaganak, and Lorina Warren



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