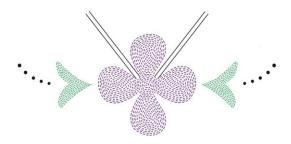
National Inquiry into Missing and Murdered Indigenous Women and Girls



Enquête nationale sur les femmes et les filles autochtones disparues et assassinées

National Inquiry into Missing and Murdered
Indigenous Women and Girls
Truth-Gathering Process
Part 1 Public Hearings
Riverlodge Place
Thompson, Manitoba



PUBLIC

Tuesday March 20, 2018

Public Volume 73

Lillian Cook

Heard by Commissioner Michèle Audette Commission Counsel: Shelby Thomas

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APPEARANCES

Assembly of First Nations		(Legal counsel) (Legal counsel)
Assembly of Manitoba Chiefs		Non-appearance
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Government of Manitoba	Samuel Thomson	(Legal counsel)
Manitoba Moon Voices Inc.		Non-appearance
MMIWG Coalition (Manitoba)		Non-appearance
Pauktuutit Inuit Women of Canada & Manitoba Inuit Association		Non-appearance
Winnipeg Police Service		Non-appearance
Women of the Metis Nation		Non-appearance

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Folder of 18 images displayed during the public 87 testimony of Lillian Cook. [P01P14P0102_Cook_Exh_1]

1	Thompson, Manitoba
2	Upon commencing on Tuesday, March 20, 2018 at 5:27 a.m.
3	MS. SHELBY THOMAS: Audette, this
4	afternoon we will be hearing we will be hearing from
5	Lillian Cook, who will be sharing her personal survivor
6	story.
7	Mr. Registrar, Lillian would like to promise
8	to tell the truth in a good way.
9	MR. REGISTRAR: Good afternoon, Lillian, do
10	you promise to tell your truth in a good way this
11	afternoon.
12	MS. LILLIAN COOK: I do.
13	LILLIAN COOK, Affirmed:
14	MR. REGISTRAR: Okay, thank you.
15	MS. SHELBY THOMAS: Lillian, could you
16	introduce yourself to Commissioner Audette, and tell her
17	where you're from.
18	MS. LILLIAN COOK: Okay. Hello. I'm from
19	Sagkeeng. My name is Lillian Cook, and I'm from Sagkeeng.
20	I grew up on the north shore. And it's a community down
21	south, and and the reserve is divided by a town, so
22	there's a on Highway 11 the north side, which I live,
23	so we're in between these two towns, so that's where
24	actually where I'm from.
25	MS. SHELBY THOMAS: Lillian, in whatever

details you feel comfortable, can you share your personal
survivor story.

up on the north shore. I grew up in -- in a foster family. I was adopted out when I was five days old and I grew up with my biological mother's first cousins. So that's who raised me, and -- and my dad was -- the one who raised me was born in 1902 and my grandma was born in 1987 (sic) so -- and my mom and my dad were 13 years apart, so I grew up very -- I grew up with my language. I never lost my language, I was affluent speaker, that's all they ever spoke was Anishnabe -- was Ojibway in the home. There was only three of us in the house -- I mean as children, there was my -- my sister, she was 13 years older than me, and of course, my -- my little brother, who's four years younger than me. But we were all foster children. We were actually adopted, I believe and --

But anyways aside from that, all my first cousins are deceased. My second cousins, they're in their 70s so that's probably why I'm alone up here. And all my family gone.

But as -- as -- growing up, where I come from, on the north shore, you know, a lot of things happened and I remember just listening back to some of what the families were saying this morning, and it's so true --

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like when there's sexual violence, all those things happen. 1

And when I was 12 years old and that's what happened to me is that I was -- I was raped when 12 and I didn't know that -- what was happening to me. I didn't realize that I was being groomed as a child. That I'd be a victimized. That I'm be raped at 12 by a married man. Who 7 had his own children. You know, he had a wife and he had children.

> And -- but I didn't know, like all the kindness because that's the kindness that I grew up with living with a bunch of elderly people. They took good care of you. So naturally it was okay for me when somebody offered me a -- a Pepsi. I remember the Pepsi with the little -- there was two holes on top of a can, so I remember that you know. And then I remember the Wigwag bar that he gave me, and telling me how pretty I was, and giving me bars -- different types of bars. I always remember different bars like the one was -- was that Eatmore bar was another one, that's an old bar, it's still around, you know. So I remember all those things, and you know, telling me how pretty I was, and so every once in a while he'd touch my hand whenever I seen him.

> And he was in his 20s, I was just 12. I really wasn't even developed yet, you know, but -- you know, and one time we were -- my girlfriends and I, we were

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25

1 playing in the car an old abandoned car and he came there and he -- I was sitting in the back seat with -- and my 2 girlfriends were in the front seat and pretending to drive, 3 4 and I was in the back seat and -- with my other friend and you know, and he pulled the mirror down and he winked at 5 me, and, oh, how I wish -- I wanted to be his wife. I just 6 7 was so happy that there was this older man and he just -you know, that he was interested in me, he was telling me 8 how pretty I was and how nice -- and oh, I wished --9 10 You know, I remember one time he said to me when I had my toboggan, hey, I pulled my toboggan and we 11 were going to go tobogganing, me and my friends and he said 12 to me, "I wish you were my wife. I'd take good care of 13 you." And I wanted that. I wanted him to look after me. 14 15 I wanted him to take me away. And I -- you know, and so I was so happy that this older man was doing all these 16 17 wonderful things for me. And then -- and then -- then one day you 18 19 know, it was like months, but there was lots of stuff that was going on. He'd play with my hair. He told me how 20 pretty my hair was and you know, and I liked that, you 21 know, like all the little boys didn't do things like that. 22 You know. 23

And the last time I ever seen my dad -- like my dad died in 1978, and he was 72 when he died, so I never

had no really any male contact after my dad to give me

tention and to -- to love me, but this man did. You

know.

So from there there's a lot of things that happened, you know, and he never forced himself on me for a long time. He just told me that he liked the way I looked. I was this pretty little girl. I was this -- you know, and -- and that he would take care of me. Wished he'd get a -- wish he didn't have his wife and -- and that I was his wife and then I'd cook for him and I'd say, "Yeah -- yeah -- yeah -- yeah, I wish too." You know, I'd say that, and I'd be so shy and he'd laugh at me and -- and then he'd touch me. You know, he'd touch my shoulder, or touch my hair, and then he'd leave. So -- and I looked forward to seeing him all those times that he was doing those things.

And then one night my girlfriend and I, we were down -- down the bank and we were playing marbles -- that's how it happened, and he called me. He called me to his car. And I was so excited to go. I wanted to go, you know, he -- he wanted -- I thought maybe he -- I don't know, that he'd give me another gift or just tell me how pretty I was, and you know, just look after me and that's what I wanted and I ran to him.

But this time he took me you know, and my girlfriend said, you know, and I -- I just remember her

1	saying, "Don't leave, don't leave." But I
2	wanted to go with him so I I jumped in the car and away
3	I went. And then you know, he took me to the bush, you
4	know, and that's where he raped me. It was so fast. And
5	you know I don't know how else to tell you, just that I
6	was 12, he was a a man. And he just took me down so
7	quick. I I was helpless. I couldn't do nothing. You
8	know, and he tore off my pants. Tore off my clothes my
9	top was ripped. My I was wearing I always remember
10	that yellow satin shirt, that's what I was wearing, and he
11	ripped that. You know, and I wasn't even developed yet.
12	And I couldn't do nothing. I had to just let it happen.
13	And and then I was just crying, and he was
14	telling me, "Not to cry not to cry that it will be over
15	soon." That's what he said to me, "It will be over soon.
16	Don't cry. Don't cry. It will be over it will be over.
17	It will be okay." You know, and I and I was just
18	crying. I couldn't I couldn't help I couldn't help
19	myself.
20	But I always remember how what I did for
21	it to stop, or for it for it for me to think that it
22	was stopping is that I seen I seen the trees, that's
23	what I saw I saw the trees, and I looked at those trees
24	and then I put myself on those trees, that's what I did.
25	Just so I wouldn't feel what was happening to me, so I was

sitting -- well, I remember sitting on that tree, thinking that's where I was. And just looking around and thinking that everything is going to be okay. And then finally he was done. During the time that I felt like I was on the tree, I didn't feel nothing. I didn't feel no pain. Because I was 12. I had never had any sexual contact with any male. It was my first time that something like that would happen.

And you know -- but it was my friend -- it was my friend who -- who helped me. She was the one who phoned the police. I don't -- and it was because of her that they found me and -- and him. They found us. And we were -- you know, I went to the police station, he was at the police station. And -- and then my friend was already waiting for me at the police station, and she was crying. You know, and -- and I was always so grateful for her being beside me during that time because of the questioning. She was one year older than I was, but the police -- what they said, and pretty much what the families have said, is that you don't get the support. The police -- they don't care. They don't care.

You know, for me, when I was being questioned one of the things the police officer said to me was -- because my friend wanted charges laid on him. And you know -- and -- and then he said to me -- and there I was sitting

there, trying to cover up -- cover up whatever I had you know, this torn shirt, it was a satin shirt -- back then, you know, like disco was in, and everybody wore the satin, and that's what I was wearing. And I was trying to cover up and then I was trying to hold my pant together because he ripped by pants, my zipper was completely torn right off, it wouldn't close. My -- my little snap on didn't even want to work because there wasn't a button, but it was a snap on -- didn't even want to work. That was damaged. And I was trying to hold myself together so this police officer wouldn't have to look at me sitting there naked, you know.

And then he said to me, "I don't think they're going to believe you when you go to the hospital because what's going to happen to you here," he says, "Is once you press charges we're going to have to take you to the hospital and the doctor's not going to believe you because the doctor is going open up your legs, once he opens up your legs he's going to see if you're a virgin or not. You might be a virgin, I don't know."

I was 12. I'd never had any sexual contact, but for him, those were his questions, that's what he was saying to me, you know. "Like are you a virgin? Did you have -- did you have -- did you sleep with a -- did you have intercourse,"" I think is what -- what he said to me,

but you know, I told him, "No -- no, I didn't." And he says, "Well, the doctor will know anyway if you're a virgin or not." And -- and then he says, "And what they're going to do is you're going to have to lay down on the bed," he said, "The doctor is going to lay you down on the bed and he's going to open up your legs and he's going to examine you in there." He says, "He's going to take a look inside there and he'll check, he'll know for sure if -- if you're a virgin, because doctors can tell." And I was like, I didn't want that. And I said, "No -- no, never mind." And then my mom came in.

And why I didn't press charges on him at that time was because of my mother, and my mother said, "What's happening? What's going on?" And my friend was crying and I was -- I didn't even cry, I just -- I was just sitting there, but she was crying and I was wondering why my friend was just crying so bad and -- and here I was just sitting there and hoping that they don't take me to the doctor. I didn't want any -- I didn't want another man inspecting me down there. I didn't want that.

So anyway, my mom was standing there and she said, "No." Well, she -- they'll end up telling her what's going to happen, they're going to examine her, the doctor will examine her and this is what's going to happen, so my mom said, "No. We're not going to charge him. I don't

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1 want to -- I don't want to -- I don't want to take her to the hospital, and I'm not going to press charges." And 2 then the police said, "Well, yeah, that's good because you know after the doctor examines her to see if she's a virgin or not," he says, "Then she has to go to court, and she's going to have to talk about all this over again." So I was 7 like, oh, I didn't want that. And you know, my mom said "I'm taking her home."

> So I went home and locked myself in a room and I didn't want anybody to see me, so it was really hard for me during that time, but you know, there was other things traumatic in my life -- like I mentioned my dad had passed away when I was 12. Six months before I was raped my -- my father was killed on the north shore road. He was coming home from visiting his brother and -- and my dad was 72 and he barely would see but he went for a walk and these two cars were drag racing and they hit him and they killed my dad.

But the only one that was home that night was me -- me and my little brother. My sister was out, you know, she was drinking. My mom was at bingo, and the only one old enough in the house -- I was all excited that there was all these police outside, was me. And so there was a knock on the door, and at that time my aunt and uncle were at bingo, and the next door neighbour -- nobody was like --

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there was -- I don't know, but everybody seemed to be
always at bingo.

And I -- so I -- I seen all these lights and I was so happy, and I was telling my little brother, "Oh, look -- look -- look, there's something going on there and they must be stopping somebody. They stopped somebody." And so we're trying to see, like, what was going on. And -- and anyway there was a knock on the door and it was a police officer and -- and he said, "Is there anybody older in the house?" And I said, "No." I said, "No, just -just me." And he says, "Are you sure?" And I said, "Yeah, just -- just me." And he says, "Would you come and see a body -- like there's an accident would you come and see this accident?" So I said, "Yeah, sure." And I told my little brother, "I'm going to see an accident." I was so happy. "I'm going to go see an accident." He said, "Okay -- okay, go -- go -- go," so away he went, and so he's peeking out the window.

And I'm -- and the first thing I see -- I already seen what was that -- already recognized who that was. It was part of my dad. His leg had been severed right off and that's why -- that's what was laying on our driveway and the rest of him was laying on the -- on the road. And all I remember is lots of blood, that's what I seen. And -- but of course, they take you and you look --

1	the police take you and took me right to the right to
2	to my dad. My dad was laying on his tummy, but I
3	already seen who it was, and I said, "That's my dad."
4	So so it was hard it was really hard
5	for me, so six months about six months later is when I'd
5	be when I was raped, so I missed my dad, and and
7	somebody else taking an interest in me, you know, an older
3	man, I felt good, somebody was going to look after me was

another male, and I was so happy.

But because of that first trauma my mom and them knew that there was something wrong where me because I couldn't sleep. I was staying up late. My grades fell. I was just -- I knew I wasn't right. And my family knew, but they did their best to try and help me, and I'm -- and I was really fortunate though that I had a good support team. My support team isn't here because they're all gone, but -- but I had a wonderful group of women who looked after me, and my uncle who looked after me.

So you know, and helped me make it through, and then when this would happen -- happen to six months later when -- when the assault took place is when I fell apart. I started drinking at 12 years old, and I started with -- with vanilla. It said alcohol, but I had to sleep, I couldn't sleep because I saw my dad and I saw the lights, or I would picture myself on that tree or I'd picture him

1	or I'd smell him that smell stayed for a long time, more
2	so than I witnessed anything else. You know. And I then I
3	couldn't get rid of that scent. I couldn't it was so
4	hard and so I with went just with that all that
5	trauma and and then I fell deeper deeper I guess,
6	into depression. I did get counselling therapy because
7	there was a lot of suicide attempts, all kinds of stuff
8	going on, more drinking and and after the drinking you
9	know, I got better. For a little while I got better.

And then I encountered -- see I was given away -- my biological mom had eight kids and out of the eight she gave one away and that's me. She gave me away, and I'm the second youngest. She kept my -- my sister, my baby sister, but she gave me away, so I grew up with her first cousin.

And I never met -- I never knew my biological family in -- in a way where we would be like brothers and sisters, that never happened. My brother and sister was always the family that I grew up with -- those -- that was my family. But I never knew who they were, or who their husbands or wives were. I just knew that that was my brother and that was my sister, but there was no like, "Hello Lillian, how are you?" There wasn't any of that.

So I was walking home from my uncle's -- and from down the river I was walking home and -- and then this

1	car stops and said to me, "Hey, get in get in." And I
2	didn't want to get in. I said, "No no, I'm going home.
3	I said (speaking Native language)." And he was fluent in
4	Ojibway, and he said (speaking Native language), and then
5	he made like a "Like, come in like just just, come
6	in, I'm just going to drive you home. You've not even
7	going to be it's just up the road there." And he says,
8	"And come on, they're her sister, I'll drive you home."
9	He says, "I recognize you."
10	And so I thought, okay, that's that's my
11	sister's husband, so, okay, I'll get in. So I got into the
12	car, but my instinct told me not to do it. You wouldn't
13	believe how powerful that that instinct was, "Don't get
14	in." But he kept saying, "Come on, (speaking Native
15	language)" and he started laughing, "Are you scared?"
16	That's what he said to me, "Are you (speaking Native
17	language)." And I said, "No, (speaking Native language)."
18	So he said, "Get in." So I got in.
19	I didn't want to be scared and so I got
20	in and and then we drove by my house we passed my
21	house. And we and I said, "Drop me off. Just drop me
22	off. Stop. Stop." And then he's just laughing.
23	And he says, "What are you so scared of? We'll just go for
24	a ride." And you know, and I knew that I was trouble and I
25	couldn't get out.

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1	Some time for the longest time I blamed
2	myself because I had every opportunity, I thought to open
3	that door and flew out, full speed down the highway, but
4	because I was too chicken to do that, I endured endured
5	endured him and travelling to wherever we were going to
6	go.
7	So then he did, and we went into I don't
8	know I don't know where he took me, and it's something
9	that I'll never know because he's deceased now, so it's
10	something that I I don't know because he had my head
11	down all the way, so I don't know where I went. I just
12	know that I was in the bush. We went far far into the
13	bush, and he let me out of the car. He says, "Well, get
14	out then." So I got out of the car and I started running
15	and there was all these trees, it was just like a like a
16	like a trail like a trail into the bush. It was so
17	it was just all covered with bush, and I was trying to
18	run and he caught up to me and he tripped me and he just
19	jumped on me. He didn't bother me or anything, he just
20	jumped on me. And he's just laughing and he's just
21	kissing, you know, he started kissing me and, oh, I didn't
22	want anybody to kiss me. You know, and I was moving my

And so I took off running again and he's

head and trying get away from all this -- what he was

trying do and he laughed and he let me go.

1	faster than me and he caught up to me and he tripped me and
2	he just hung onto my ankle and you know, and you know,
3	and I was crying crying, "Let me go, let me go. Just
4	let me go." And he's just laughing.

So three times he did that and three times we did that where all that would go -- happen over and over again, you know, tripping me, and kissing me, and then the -- you know, and then the -- you know, the touching me all over, you know, and just laughing at me.

And then finally that's when he just -- he just started like really touching me all over and he was kissing me and -- and he ripped off my clothes. And I was screaming all the way through, and I said, "Don't do it.

Don't -- don't -- don't -- don't." And -- and he just said, "You know, oh, you remind me of her so much. You remind me of her so much, a young her --" meaning my sister, "A young her," he said, and you know, and I cried -- I cried and I just told him not to, "Just don't do this to me."

But once he was finished -- after he was finished with me, he said -- he sat on the -- on the grass because he rolls off me, and he sits down and I'm -- and I'm trying to grab whatever I have to cover myself up, and he's -- you know, he's worried -- I guess he's worried now and he says, "Oh," you know -- he's swearing. "What am I

1	going to do with you? What the hell am I going to do with
2	you?" And he says, "I should Fing kill you. I should Fing
3	kill you and nobody will even know. Nobody will Fing know
4	where you are." And I said, "Don't kill me. Don't I
5	I won't tell anybody. I'll never tell. I swear I'll never
6	tell." And he says, "You Fing liar. You Fing liar. Now,
7	look" he says, "Now look at what you did." "Now," he
8	says, "My marriage is over because of you. Because of
9	you," he says, "Our my marriage is over. Look at what
10	you did to me. Look at what you did." And I said, "I'm
11	sorry. I'm sorry. Just let me just let me go." And he
12	says, "I'll fucking kill you right here." He says nobody
13	will fucking know right now." And then he and I said,
14	"No, I I I'm begging you." And I said his name, "I'm
15	begging you. Just just keep me alive I don't want
16	to. I'll never tell anybody."

And then that's where you know, I make a deal for my life. And then he says to me, "Well, this is what --" well, he says -- and I tell him, "I'll do whatever it is you want me to do. What is it you want me to do?" And he says, "Well, suck my cock." Suck my cock. That's what he said to me. And I didn't even know what the hell that was. You know, and so I did it. And, oh, it was just the most horrible -- horrible experience in my life to have to do that, and I was naked through all this. And -- and you

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         know and -- you know, and when he was done, you know, and
         that he -- he wouldn't stop, like he -- he kept saying --
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         swearing at me, calling me down. He told me that I was a
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4
         whore. "You're just a whore. You know, that's all you
         are." He says, "That's why that --" you know, and you
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         know, and then he knocked me down and you know, when he did
6
7
         that and I was so scared. I was really just terrified of
8
         him.
                       And -- and then he's -- and then that's when
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        he says, "You -- you know what you did?" He says, "You
10
         know what you did?" And I said, "No -- no -- no, I don't
11
         know what I did." And he says, "You've fucking ruined my
12
        marriage. You ruined my marriage. You ruined my life.
13
         I'm going to just fucking kill you right here. I'm going
14
         to fucking kill you. Nobody will fucking know who you --
15
         nobody will ever find you. I'll strangle you." He said,
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         "I'll fucking choke you. Nobody will fucking know. And
         I'll just leave you here." And I said, "Don't do it.
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         Don't do it. I swear I -- I -- I won't tell anybody.
         I won't tell anybody. I'll -- I'll just -- I'll -- I'll
20
         just forget for everything." And he says, "You liar." He
21
         says, "You're a liar. That's all you are is a liar." And
22
         I said, "I'm not. I'm not. I'll keep it is a secret."
23
                       And he's -- and then you know, I was praying.
24
         I always remember praying. I was praying -- praying --
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1	praying that I'd live to let me live. And I told him
2	that, "Just let me live. I just want to I I just
3	want to see my mom again. I want to go home. Let me go
4	home."

And then he said -- you know, and he had no pity. That was my own brother-in-law, he had no pity for me. None. You know, and -- and then he's -- you know, I don't know how long we were in the bush because three times he raped me in the bush. The third time is when he actually lets me go after more deals. We have to do more deals for me to -- for him to be happy -- to be satisfied, there's more deals that have to be made, more things that I have to do. That I never ever did. And a lot of the things that I had to do are secret and nobody's ever known, things that I had to do. And it was something that I was really ashamed of for the longest time because I had to survive though. I had to live.

You know, you don't know the amount of terror that goes on when you're begging for your life after being raped and then you're -- you -- and then you know, and you're being tripped, you know, and you're being knocked down, and then you have to run and then you're begging and then there's laughter -- lots of laughter because he thinks it's so much fun. For me it wasn't fun. I didn't think it was funny at all. And I honestly thought I was going to

1	die that night. I really did. But instead he he left
2	me. He left me in the bush, and so then it was time for me
3	to to make my way out. He told me just to stay there in
4	the bush 'til he was gone.

And then I -- I let him go, you know, and I don't ever remember mosquitoes or anything like that. I don't, maybe I blocked it. I don't know what -- I don't remember anything like that, but I made it out of the bush, and it was all -- you know, in our language (speaking Native language). It was all full trees and -- because it was night. I was just trying to get out of there.

And then of course, I've got nothing on. But I'm standing on the side of the road and I'm -- and a car is there -- and what else stops is a man, you know. And that -- and he covered me up. He gave me a what he had, and then he wanted to take me to the police station, is what he wanted to do. I didn't want to go there. You know, I didn't want to go there and have all that happen -- reoccurring again. I didn't want that, so I avoided that, and I said, "Just take me home." So I made it home.

My mom used to sleep on the couch. She didn't know what happened. I mean she thought that was gone to go for a sleepover. She didn't know where I was. And then I came home and nobody knew, and I'd keep it a secret.

1	One of the things that my brother-in-law said
2	to me was, "Don't ever tell anybody." If I ever tell if
3	"I'm going to leave I'm going to leave you here.
4	Don't you ever tell anybody. If you tell anybody," he
5	says, "I'll kill you. I'm going to come back and I'll kill
6	you." You know, as a kid as a young kid you keep those
7	secrets and you really believe them, and for me I kept his
8	story, I kept my story secret, you know, and I didn't I
9	didn't allow I didn't want anybody to know what happened
10	to me out there. The things that he did to me. The deals
11	that I made to survive because I felt responsible. I felt
12	responsible because I felt like I played it over and over
13	in my head I play that I had every opportunity to jump out
14	of that car when we were going. I should have opened up
15	that door and rolled out of the car. You know. That's
16	what I and then I used to blame myself, well, I
17	shouldn't have got in the car when I knew I shouldn't have
18	gotten in. I blamed myself for everything.
19	And for the times that my biological sister
20	was mean to me, my biological family was mean to me I
21	allowed it to happen because I felt responsible for what
22	happened to me that what I had caused him. And I
23	protected him and I protected and you know, allowed the
24	abuse to go on, even from my own family. Because I was
25	considered an outcast too, by my biological family. I

wasn't accepted. I was different. I was also disconnected
disconnected. I didn't feel I belonged, so it was -- so
you know, and that's how -- that's how it was for me.

And for the longest time I drank lots -- lots of drinking, have to -- I can't go to sleep without being drunk. You know, I had to have that. It's the only way I would sleep because if I don't think then I'm going to be seeing everything again and feeling everything, and I didn't want that. I just wanted just to be -- just knock out -- and just be knocked out and that was it.

So that's what happened and you know, and then -- you know, and then things started happening to me and you know, I wound up having cancer -- I'm a cancer survivor. And so a lot of that stuff resurfaced when I -- when I had breast cancer. And one of the things that happens, and I knew I had to revisit that because I'd buried it and I kept things so secret for so long, was when I had to undress for the -- you know, for the -- not only do you have to do the mammogram, but once the mammogram is done you got to see the doctor and the doctor wants to examine you. So there's the biopsy that happens, well you have to -- you can't be wearing a bra -- wearing a -- going through a biopsy. When he examines you, so I had that and I was pushing everything down as much as I could but then when I would be re-trigged was when I'd go up for surgery

1	the night before surgery.	I had a mastectomy	and a
2	hysterectomy. My surgery w	was 18 hours long.	So my uterus
3	was also taken out along wi	ith my my breast	

And when I stood there -- I was up against the wall because the doctor has to take pictures of you, so he had his nurse -- he had his camera, my husband was there. And so you're in your gown, and I just had my pants on, you know, and -- but I had to go up with no bra on, you know, and just with this white coat -- or this white little paper thing that you have to wear, and I stood up against there and he says, Well, I have to take pictures of you, and then once I take pictures of you then I have to draw -- I have to draw the markings for where we have to do -- where we have to -- where I have to make the incisions, where -- you know, and all that.

Okay, so I'll all right with that, but when I would be triggered is when I actually took off the -- the -- the white little paper down and then he says, "Can you lift up your breast this way?" And I burst into tears.

And then he's says, "What's wrong?" And -- and then he says -- he says -- "You'll be okay. You'll be okay.

You'll be fine." He says, "I just need you to lift up your breast," and he says, "And can you pull your breast this way?" Because there's certain ways that you have to stand, certain -- because he needs those camera shots, and I burst

into tears, and I said, "I can't do it," and I broke down. You know, and I was -- and then he says, "What is wrong?" And then he came to me and he held me. That was my doctor, and him and I became very good friends. And he looked after me and all the way through -- even after post surgery he and I became very good friends. And was of him was how I become -- do a lot of the volunteer work back home. I was re-triggered by it because of what I had to do, because of what happened to be in the bush with my brother-in-law, because of the things that I had to do for him and the doctor was asking me do basically do the same thing, you know.

So I did a lot of work -- I believe I did a lot of work in terms of healing myself. Doing -- going to ceremony -- you know, and just praying -- you know, and just looking after myself, and that was one of the things that my doctor said to me is, "That you need to look after yourself." "Oh, my gosh," is what he used to say to me -- "Oh my gosh." You know, and so I did. You know, I did a lot of stuff. I did lots of yoga, lots of ceremony -- going to that, meditating. And going into the bush by myself. That was -- that was scary, but I did it. And -- and just being aware of my surroundings because I was afraid because I -- you know, when I was taken out there -- twice I was taken out there. You know, and each time I

1	lost all coordination, each time. And each time I was
2	always lost. So I had to make sure that when I was in the
3	bush that I knew my surroundings and that I'd be okay.
4	So that's some of the things that I did to
5	take care of me. And I started journaling. I started
6	doing all kinds of things, you know, looking after myself.
7	You know, going to group therapy, all kinds of but what
8	I found and I felt better, is when I went to older
9	women, my grandmothers, and they were part of my healing
10	and you know, and I knew I had I knew I had to do
11	certain things to look after myself. And I know I had to
12	re-visit that trauma. I knew I had to re-visit each time
13	the the rapes that that I'd gone through, I knew I
14	had to re-visit that, and I knew I had to heal that part
15	where I blamed myself for even being raped, because I
16	blamed myself.
17	I mean I was 12 years old, but what you
18	know, I I for the longest time I thought because he
19	said, "Look at what you did to me. You made me do this."
20	I was 12, what could I do to him? He was a married man.
21	An adult married man, but he blamed me, you know.
22	And for the longest time I had to forgive
23	myself for that and tell myself that that wasn't my fault,
24	that I was never in a position of power, that he was in the
25	position of power at all times. I I wasn't. I was 12

1	years old. And what 12-year-old has power over a a man?
2	So I had to tell myself, no, that I wasn't at fault. And I
3	had to quit blaming myself for that, and I had to quit
4	blaming myself for the things the acts that I had to do
5	in that bush to survive. I had to forgive myself for that.
6	But I had to, and you know, that's what I tell myself, but
7	you had to you had to survive, so I did. You know, and
8	so I've done quite a bit of stuff for in terms of trying
9	to heal myself and heal those little broken pieces of me
10	every all over the place here.

But I came across -- like I said,
grandmothers, and the two grandmothers -- they're both
deceased now, these first two that I encounter, and we went
into the bush and we had a -- we had a fire. I had masonry
jars. We had -- and we had tea and we had bannock and we
had baloney and we sat around the fire, and then I had
cedar, and I had tobacco, and a journal.

And I said, "I need to get rid of some stuff
-- some stuff that happened to me." I said, "I was raped
and I need to get rid of this stuff." So -- and that's how
some of the things that we did -- like the grandmothers
helped me through that, was as I was writing and as I was
crying and doing whatever it is that I needed to do. I
told them, "If I'm yelling, if I scream, I don't want to
scare you, but don't come to me just let me do it." And

1	then they said, "Okay." We and then what what was	
2	surprising was what the grandmothers said to me was, "Oka	ay.
3	We've been raped too."	

You know, and as I was writing I remember the grandmothers would get up take turns -- get up and burn -- burn the tobacco and burn the cedar. And that's what helped me, because I found that when I was going for therapy with counselling people there was a time limit. I have half an hour, I've got 40 minutes and that's all we have. I've got another person to see, so I didn't get a chance to get rid of all the stuff that I had inside. But being with those grandmothers and being by an open fire and being outside that's what helped me.

You know, and so there was a lot of that, that -- that kind of therapy by the older -- older ladies that were not qualified, that didn't have a degree. They were just grandmothers from back home who had been victimized as well. But they knew how to look after me, you know, and that's what they did.

You know, and I remember when I was crying -sitting there crying and -- and you know, and bawling my
eyes out and finally one of them gets up and she comes and
gives me some -- some -- in a masonry jar, some tea because
we didn't have no water, but she gave me some tea. And she
says, "(Speaking Native language) you know, here, drink

1	something." And then she sat back down. And she didn't
2	touch me, and that's all I needed because I didn't want
3	anybody to interfere. I just I just didn't want to me
4	touched. I didn't want that. I wanted to be alone. Alone
5	in this, you know.
6	So so from there, you know, I got better
7	by them and just getting all that love that I that
8	grandmothers can give, and I got it, you know, and
9	everything that I missed, the grandmothers gave me that.
10	So what happens is that during my journey or
11	you know, my healing, I went to a little girl is
12	murdered in Sagkeeng, and this little girl I go to her
13	funeral, and that's Tina Fontaine I go to her funeral.
14	And I couldn't believe the media circus, and then the
15	church was just full and people and the cameras were
16	just taking pictures of the in the front row the family
17	sitting there, and I wanted to say something, but I was
18	scared of my own people. I was scared of my own Band, and
19	I was scared of my own Chief and council, to throw me out
20	for telling the media, like, to back off, leave them alone.
21	I was scared of that because I'd make a scene for sure, so
22	I sat back down as a coward.
23	Again, I always felt, I knew it, I knew where
24	I went. I I automatically I knew so it never left me.
25	But I tried to bury it because that's what I was good at.

1	I could bury things and so it never left me. So it got to
2	the point where I couldn't really sleep because it was
3	the guilt was just was just ugly, and so I just got up
4	and I went and seen knocked on Thelma's door. She
5	thought I was CFS first thing. She thought I was CFS. And
6	then but anyways we talked. And then from there that's
7	where I said to her that, "I'm sorry. I'm very sorry that
8	I didn't stand up for you in in the church. I'm really
9	sorry that I I was a coward that I didn't pick that I
10	didn't defend you and that I didn't protect your family.
11	Because I could do that. I said I could protect you, but I
12	but I didn't. Instead I said I coward I was a coward
13	and I'm so sorry. But whatever it is that you need I'm
14	here for you." I said, "And I'm help you with whatever it
15	that you need I'm I'm here for you." And she said,
16	"Okay." And she called me she called me many
17	times she called me and I'd go over when she couldn't
18	sleep.
19	You know, and from there I connected her with
20	another grandmother, which was Jeanette (ph), and you know,
21	I talk with Jeanette and I asked her questions I met
22	Jeanette actually years before, she told me about her
23	granddaughter, Vanessa (ph), who had gone missing, who was
24	killed, and told me about what happened to Vanessa.
25	And then prior to that I even met a

another grandmother who went hitchhiking all the time. I 1 picked her up hitchhiking, she was like 80, grey hair, a 2 little granny you know, and hitchhiking, but I knew her, 3 4 that was my aunt. And she said -- I said, "Why are you hitchhiking? Why -- why -- like -- what's -- like what are 5 you doing that for?" Because you know, I didn't want -- I 6 7 -- I didn't want to hitchhike because I knew what would 8 happen -- you what happens had you get -- when you hitchhike. 9 So she says, "I'm looking for my daughter. 10 My daughter went missing." She says, "This is her." She 11 says, "Have you seen her?" And then you know, and we 12 started talking and she says -- she's travelled the States 13 already -- this little old lady, she travelled the States, 14 so she says, "I like getting rides with truck drivers. 15 Truck drivers go all over." She says, "And I give them a 16 17 picture of my -- my daughter. I've even gone to --" she says, "To B.C. on a -- on a -- with trucks. I go to all 18 19 the truck stops," she says, "I don't -- I don't get a car. I make sure I get on with truck drivers and I talk to them 20 to them if they'll find my daughter, help me bring her 21 home." 22 So I met her first, but I didn't tie anything 23 together because she was my biological aunt, so I wasn't 24 close to her and I didn't really know her. So you know, I 25

1	meet her, and then I met Jeanette, and then I met you
2	know, Thelma so from there we just you know, and then
3	but I got to two grandmothers together and and from
4	there you know you know, I just got them together.
5	And and then one of things that I was
6	actually eavesdropping in their conversation, I was asked
7	to go make some tea, so I made tea for for them. So I
8	with was in the kitchen making tea and I was eavesdropping
9	and they were talking about one of the grandmas was really
10	worried about her granddaughter not being found. That
11	they're going to forget her granddaughter. And she says,
12	"They're going to forget Vanessa. Nobody's going to
13	remember her. She'll be forgotten," and then you know, and
14	I can hear the conversation, "Well, we can't let that
15	happen," is what the other grandmother is saying, "We can't
16	let that happen. We have to they have to be remembered.
17	What can we do?"
18	And then they said, "Lillian, come here." So
19	I went and and they said, "You know, what about a
20	headstone? Can we have a monument? Can we have something?
21	Can we have a where we can so the people won't forget
22	them." So they gave me well, one of them gives me all
23	you know, the cards and where the headstones you
24	know, who's ever you know, all these companies and here
25	she says, "You know, take this," and then the other grandma

1	who	asked	me	to	come	рÀ	her	place	and	she	11	dig	up	for	
2	dig	up he	rs,	so	that	's }	oasio	cally	how	this	all	sta	arts	; .	

And then from there I met other grandmothers, and some of them even come to me and from the six -there's actually six grandmothers and we -- and all -- and those grandmothers they all lost a loved one. There's 17 murdered and missing from Sagkeeng -- 17 murdered and missing women and girls. And you know, and I met all 16 (sic) families, except for one, one I couldn't see. And I chose not to. But 16 of them I've met and we've sat in circles, I've had little sharing circles with the grandmas. And eventually the families would come.

A lot of this stuff that I've done, and that we've done is just volunteer. I'm just so fortunate to have very good -- very good women who -- who are very supportive, who think that we have to have -- we have to start doing something at home.

And so what we started was just like little sharing circles and -- and, but aside from hearing the grandmothers share their stories of their -- of their loved one and how they -- what happened to them, I've heard the stories of how they were murdered, and the stories of when the police don't take their stories seriously that they're just considered runaways, that they're considered prostitutes, those kinds of stories I've heard, as I sat in

1	the circle. And it got to the point where with we actually
2	had a mom who lost her son. She asked if she could get
3	that support and be with the grandmothers, so I said,
4	"Okay. Come." You know, and she come and sit with the
5	grandmothers.
6	And the grandmothers, each of them have a
7	role, and I was like their gopher because, that's what I
8	said to them. "I survived. I could have died. But I
9	but I survived for a reason." So I thought, well, I owe
10	them. I owe them something.
11	These grandmothers are searching for their
12	loved one. They're searching for closure. What can I do
13	as a Band member? As a community member? What can I do?
14	How can I how can I help them, and I felt because I
15	survived I felt obligated and I felt I had to do
16	something for them. And that's what I told them.
17	They know my story. You know, and I told
18	them, "I survived but your granddaughters didn't and I'll
19	do whatever it that I can to help you." And I and so I
20	became their advocate. I became their little gopher,
21	whatever it is that they need, I'm there. You know. We've
22	done a lot of things, but everything, like I said, is
23	volunteer.
24	A lot of times I was on social assistance and
25	I would take them one time we took them to a or I took

1	them to there was a private screening for missing and
2	murdered women in Winnipeg, and I took two of the
3	grandmothers there, you know, and and and you know,
4	it was the first time you know, Knowella (ph) one of the
5	grandmothers cried. You know, and she never cried before
6	and there she was you know, and and so those kinds of
7	things you know, I'm so grateful for, for knowing them and
8	for them helping me and for them teaching me. One of the
9	things that I learned from them was to be patient. You
10	know, you have to be patient. And you know, and and
11	but they taught me so much. They taught me much more than
12	that.

You know. Like I said, like those grandmothers each of them have a different -- they had different roles, one of them was -- was really -- I was really close to her, I wound up being very close to her and I seen her angry, you know, and trying to advocate for support from our own leadership, for the things that we needed, the things that they needed, what needed to be done.

And one of the -- the things that made it -- made them angry and that upset them and that hurt them, and I've seen that anger now I've went to, you know, our own leadership when they were at the state that they needed things from their community -- from my community, and it

was never given. Not only do not get the support that we were supposed to get like from -- like when I listen to the stories of -- of the families back home, but they don't get the support from -- from the police. They don't -- you know, they're neglected. But you know, they don't get it.

They don't get that -- that don't get it from -- from the leadership at all too.

my story was you know, was because of what I endured and how I come across -- like how I came across these grandmothers and how I managed to -- you know, work with the 17 families. There was only one family that I didn't work with. You know, but -- and then I've worked with the other -- with the men, you know, their -- their -- their families. And it's a lot of work. It's a lot of work. And it's a lot -- very costly too, when you're -- when you're just a volunteer -- a community member, but we don't get the support.

Four years ago the grandmothers wanted a walk, that's what they wanted, "We want a walk," but they're -- you know what, they're in wheelchairs, and some of them are not only in wheelchairs, but they're in walkers. And they wanted to walk so bad and I was trying my best to convince them not walk. We don't need to walk, well, let's do some of the things. We need to walk. We

have to walk. And not one community organization came to
help the grandmothers as they walked from the catholic

church to the powwow grounds -- none. Nobody came. But

the grandmothers loved it. We went into the arbor. The

grass -- nobody even cut the grass. I even asked, "Can you

cut the grass?" Nobody cut the grass.

But the grandmothers made do so inside there was a center and -- and we got some flowers you know, and so there was flowers on four -- four you know, well four doorways, we'll say, and inside we had lawn chairs that we put and -- but prior to that the grandmothers -- we fundraised to bring some healing to them because we don't get the support -- the families don't get the support from the health centre. The families don't support from these other agencies and organizations. That's not true.

Because the grandmas have raised -- the families have raised the money on themselves.

And what we -- and what we were able to do was have a flower ceremony for them. And the flower ceremony has to do with the flowers and the water and there's some songs and they got fanning the flowers are the ones that fan the families, you know, and -- and it was so nice, but the grandmothers paid for somebody to come and -- and even for the food -- like things like that that were done that night, that was covered, you know, and -- but you

alone.

1	know, but the community I suppose did help, but mind you,
2	they didn't show up. But there was food that was donated.
3	That wasand they would send somebody to just bring the
4	food, but no we didn't have no nobody come. Nobody
5	came, the grandmothers were alone. The families were

And you know, and that was on June 21st that they had their walk. And it was so powerful to see because like one of them, like, she was in a walker, and the other one was in a wheelchair, and the grandma -- she was in her wheelchair, and you know, and they bring her close to the powwow arbor and she's with her husband and her husband is holding her, you know, and -- and she says out loud, "No, (speaking Native language), I'm going to walk." She got up from her wheelchair, her legs were shaking, her body was just trembling, and she walked to the arbor.

And you know, and I couldn't believe all these old ladies pushing their walkers down that road -- down to that dirt road they pushed their walkers and there were and they made it. And some of them with their -- one of them -- had her tank -- her breathing tank and she was walking you know, and just witnessing that I was -- it was so strong and just couldn't believe what -- what they did, and they were so happy, you know.

And there they had a blanket ceremony -- we

25

1	had a blanket ceremony for them. They also had that's
2	where they had a sacred fire too, and they burnt their
3	their tobacco ties and had a you know, a spirit plate, they
4	each made a spirit plate on their own. It wasn't made for
5	them. It was specific for their own family. They made
6	their own spirit plate for their loved one and they then
7	took it to the fire. And they walked to that fire, and
8	I've never seen that before. Other than that, they're
9	always on their wheelchairs or they're pushing their
10	walkers. You know, and it's so amazing to see that, but
11	you know, we do try we did try so hard, and it is so
12	hard to go against the way people are conditioned to be.
13	Because back home we don't get that support the
14	grandmothers don't get the support, mind you, you see it on
15	media. They have the opportunity to be there and they're
16	up front saying we need to do this. We need to do that.
17	One of the things that the grandmothers
18	wanted was was was to have their stories shared, but
19	they also wanted support, that's what the grandmothers want
20	is support. They wanted support for their for their
21	extended families to get counselling. They wanted support
22	for some for a team to go in to help them to help the
23	families because the grandmas were already in a better
24	state.

Four years I've worked with them, for years

1	we sat like this in a little circle, and these little old
2	ladies and so they were at a different state, but the
3	younger ones weren't. There was a lot of anger. A lot of
4	you know, there's a lot of energy, you know, and so they
5	were different, but they wanted that support.

But how do we get our own organizations from back home -- how do we get them to give the families support when the organizations say "No, we don't want to do that. Oh, God no, send them somewhere else." That's what the families get. And that's the truth.

One of the things that I found hard -- like even what I just shared with you, was my own truth. My own story about what happened to me. Same thing with the grandmothers, it's really hard for them to get their truth out, and it's really hard to talk about the truth. It's hard when you have to say, but it's also hard for somebody to hear your truth because they don't want to hear your honesty. And that's from me from my own leadership, it's hard for them to accept to hear what they've done and how they don't to support.

One of the things that I've asked for the families -- like I've tried to fundraise. They shut down the fundraising. They said, "There's absolutely no fundraising. You can't do that." You know. There was even a threat of people losing their jobs, that happened.

1	If they help me or help the families or help the grandmas.
2	"No, absolutely no fundraising you're going to have to do
3	this on your own, but without fundraising."
4	So we're bullied like that. The grannies are
5	bullied like that. The families are bullied like that.
6	You know, but that's the truth. That's not a lie.
7	What you see on media, what they do is that
8	they're upfront and they're saying they're going to provide
9	all these I wish. The families wish. When there was
10	that when they had a walk a few a few weeks ago. A
11	couple of weeks ago. Three of the families come to see
12	(indiscernible) at my house and I sat with one of one of
13	the one of Tina's aunts at home and we watched it on
14	media. We watched it on we watched it on in her
15	living room, watching the news. One of the things the
16	family said was, "Why are they over there when we're here?"
17	You know, "Why did our leadership have to go to Winnipeg
18	and go to the legislator and say, "Hey, we're in we
19	don't want this. This has got to stop. The violence has
20	to stop." But their families were grieving at home.
21	The families were all left all 17 of them
22	were at home. Both from the north shore and from the south
23	shore. But, hey, our they went, they they took off.
24	You know, but for the rest of them like one of the
25	families not really 17, so 16 of them went I mean 16

1	of them remained, one family goes, but not all of them.
2	You know, when we watched everything unfold
3	on TV and and what was what triggered the families
4	was just the unresolved stuff. The lack of support, the
5	lack of services. Not from like the Inquiry here, but
6	just from the support from home. Where is the counselling?
7	Where is the sacred fires? Where is that team to help the
8	families? Where is that when the grannies you know, one
9	of the things I asked and I was told, "No, you can't do
10	that, just take them to a sweat." I said. "The
11	grandmothers" so that's why we fundraised, to have the
12	the flower ceremony, to bring somebody over, and to have
13	the feast for them and then to have the walk.
14	You know, one of the things that the council
15	told me at that time was, "Why do you want to do that?
16	Just take them." That's what I that I was I was so
17	hurt, I couldn't believe I was actually I couldn't
18	believe it. I still don't. And even when I tell people
19	today, they're like, "Oh, my are you serious?" "Well,
20	yes."
21	One of the things I I said was well, I
22	was confronted that this was happening. That you know,
23	"What are you doing? You shouldn't be doing this. You
24	know, you shouldn't be I should be doing this." Is what
25	the council said to me. "I should be doing they should

1	be doing this."	"Well, go ahead."	I did say that. I ever
2	passed tobacco.	"Go ahead, do it."	

But aside from that what was said to me was, "Why do you want to do this? Why do you want to do that flower ceremony? You don't need to do the flower ceremony. Like what -- what the hell is that?" That's actually I was told, "What the hell is that? And why do you need to do that blanket -- like what's -- what's with the blanket ceremony? What do you need to do that for? Why don't you just take them to the sweat? There are sweats here. Let them do the sweat. What about those sun dances? Take them to those sun dances. You can take them there."

"Some of them are 80 years old and they're in a walker and they're in a wheelchair, you want me to take them into a sweat lodge? You want them to go into a sun dance? Like what are you thinking?" And that's what I said. So we did the work, you know, we did a lot of the work by ourselves, but that's just — that's the truth.

In our -- in -- in my language we say debwewin, debwewin is -- is truth, and it's so hard to tell the truth. Because nobody likes the truth. My leadership doesn't like me telling the truth. My leadership doesn't like hearing the grandmas tell their truth, but you know what we have to be silenced. We're always being silenced. The grandmothers are being silenced.

1	How can we do prevention? I always say
2	anybody can pick up a sign any one of us can pick up a
3	sign and say, I want justice. I can run around outside and
4	say I want justice, but what about action? What can you
5	do? As a leader back home that's what I that's what
6	I says, as a leader what can you do as a leader to bring
7	some resolution to help the families? What can you do to
8	prevent another young girl being killed? Another young
9	girl being raped? A child being murdered? What can you
10	do? How can you protect our young men? How can you
11	protect our young men?
12	Like the one who raped me, how can you help
13	him? You know, how can you help another person not be like
14	him? How can you do that? By holding a sign and say I
15	want justice? Absolutely not. Not for me. Doesn't work
16	for me.
17	What I say is those young girls 17 missing
18	and murdered in Sagkeeng, well, that's just one community,
19	we're not from all over, we're just like that's just us.
20	That's not even including the men that and the boys that
21	have been victimized that have been murdered. You know,
22	what do we do?
23	So one of the things well, our young girls
24	you know, our leadership always say, "Well, it's the
25	government's responsibility. It's their fiduciary

1	responsibility	for	them	to	protect	t our	people.	It's	their
2	responsibility.	Tł	ney ha	ave	to do :	it."			

But am I responsible -- but is the government responsible for looking after my own children? I have two sons. Are they responsible for looking after my sons and to raise my sons? No, it's my responsibility. So what I say to the -- my leadership at home is this -- it's your responsibility. It's not about you picking up your sign and being in front of the camera. No. What it means is this, you have 17 missing murdered women and girls from Sagkeeng. So how do you prevent that?

You take a look at what we have today. You take a look at -- we just had a -- you know, a few years -- well, maybe about three years ago, four years ago, four years ago we had -- I forget her name now, my -- my memory's going here, but we had this young -- we had this young First Nation woman from Saskatoon or Saskatchewan, and she won -- like she won this beauty contest, right, and so she's known all across Canada. She's known all over the place, you know. And she's -- so what does that say?

Okay, so there's a role model there.

So what do we do? How do we protect our young girls? Should we -- you know, our -- I know my -- my home territory all they want is teachers and social workers. Oh, my gosh, do we have ever lots. We have so

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1	much and we have so many teacher assistants you wouldn't
2	believe. But is that saving our young girls?
3	Can our young girls you know, there's
4	social media today, it's you know, and I think why can't
5	they our Chief and council, our leaders, our big
6	leaders, like AMC, you know, and all these other areas, and
7	even our national Chief, why can't they just push or guide
8	those Chiefs and say, you know what you have a lot of young
9	people there. Why don't you just protect your girls and
10	how you protect your girls why don't you just bring some
11	courses back home. Have some courses back home, save your
12	girls. Don't tend them to Winnipeg. Don't send them to
13	the big cities. What about having some courses at home?
14	Something to do with hair? What about hair? What about
15	make-up? What about doing nails for manicures, pedicures?
16	Can can that work for a reserve? Can these young girls
17	get the training? Can these girls actually make a living
18	so that they don't fall victim to violence? You know, can

What about how do we protect our young men?

And how do we protect our young women? Can our men

actually protect our young women? Well, it what about if

they go into policing? I was thinking do the police have a

they become therapists -- like massage therapists? Is that

possible for our young girls? Could we actually do that

kind of training on the reserves?

lot of -- you know, lack of responsibility, a lack of

Hearing - Public Lillian Cook

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2	interest in terms of murdered and missing women, you know
3	when our young girls go missing, our young boys go missing
4	the police don't take it seriously. So how do we protect
5	them? How do we do? Why don't educate our young boys?
6	Why don't they go into the policing? How do we support
7	them to get that? Can we bring that maybe pre-training
8	to the communities? Can they be taught a little bit of
9	their language? Can they be taught about colonization,
10	Indian residential school? Can they have that
11	incorporated? Can they be trained to actually honour women
12	and girls? Can they learn that? And who can teach them?
13	What about our Elders? Can they take them to the land a
14	little bit? Can they take the men these young boys out
15	to the land? These young recruits?
16	When my dad took me out on the lake to pick
17	wild rice, one of the things my dad said to me was
18	because I was 12 and there was lots of stuff going on at
19	Lone Island, and all the families went out, you know,
20	except for the kids, I don't even know who watched the
21	kids. We're always alone. But one of the things that they
22	did was was leave us behind and somebody went up that
23	big rock at Lone Island, we're not supposed to go on the
24	rock, everybody knew not to go on the rock, but apparently
25	some kids went on the rock and meant everybody was now in

1	trouble, including me. I didn't even go on the rock. I
2	was too scared to go on the rock. Because one of the
3	things my parents said was (speaking Native language),
4	which means don't go there. The little people live there.
5	You don't want to disturb them. Well, I didn't want to
6	encounter no little people back then, so I didn't
7	stayed clear from the rock and we all did. But
8	apparently somebody was up on the rock and adults seen this
9	and so now I was in trouble. As much I remember begging
10	and whining not to get up so early in the morning but I was
11	taken on to the lake. My dad put me on the canoe, he was
12	paddling he was going to paddle, I sat in the back. I
13	had these two sticks. I was going to trash the rice. And
14	I saw my dad hold tobacco I never heard his prayer,
15	nothing, I'd yeah I'm be lying if I said I heard his
16	prayer. I didn't hear him pray. I just seen him holding
17	it for a bit and then he put it in the water and he went.
18	And I was trying to pick, and you know, and one of the
19	things I heard older people and I so embarrassed, but
20	older people were saying, "Oh, no, there's somebody out
21	there, just breaking that rice, just hurting that rice."
22	That's because you know, that's what they say in the
23	language, hey, you know, and "They're breaking that rice.
24	Oh, it must be a young one. It must be a young one on that
25	lake" like, because you don't know anything when you're

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1	young, I guess, and so that was me, and they came to check
2	me out, check out this kid that was breaking all the rice,
3	and so by noon because I was starving, my dad already knew
4	that I wasn't a picker. So he said, "You're going to
5	paddle." So he put me on the canoe.

And this is what I always think about our young men, they have to honour our young women and how do we teach our young men to be men to take care of the women? You know they say women are water carriers, but we also have to teach our men. And my dad taught me that. You know, and one of the things that he did was -- when I was pouting, because I was pouting because I didn't -- I asked my dad, "Where do I go?" "(Speaking Native language) I don't know," is what he said. "Like, where do I go, Dad?" "I don't know." And then I said, "Dad, do I go this way?" "(Speaking Native language) I don't know." Or, "Well, this way?" "(Speaking Native language) you know," and so those are some of the things he said and so what -- what I did was I -- anyway I pouted, I got mad. I took a little bit of a temper tantrum in the canoe, and he was always so quiet and kind and gentle, never said a word. He just sat in the back smoking.

And so finally what happens is that after I take -- for a very long time I'm going to try -- I try to you know, out time him, I guess, you know, I was going to

make sure that he would bow down to me, that I -- that he'd paddle me around, but that didn't happen. And then finally he says to me, "Well, if you would just be quiet and just listen," he says, "The water will -- the water will teach you, the wind will teach you," he said, "And the rice will teach you." He says it in the language.

And I'm 12 years old. Or that -- or 11 years old and I'm thinking -- I just thought it was ridiculous, and then I took another tantrum, I remember taking another tantrum and -- and he didn't say nothing. He just let me get mad and didn't give me heck, nothing -- my dad was nothing like that. And he was quiet, you know, always quiet.

And so finally after my pouting and then -then I felt something. And I felt the wind. And I'll
always remember feeling that wind, so when I go outside you
know and I feel it, and I felt the wind touch my cheek, not
all over I -- you know, I didn't feel all -- I touched -and felt it. It was just a small little piece of touch and
then I looked and then I could hear the water. I heard the
water like my dad said, "Well, listen to the water." I
heard the water slap the canoe. It was so loud it was
(unreportable sound) like that, and then I saw the waves,
and the waves were going, and then I saw the wild rice,
that's how it was going. That's what it was doing. And so

1	I picked up my my paddle and I paddled in the direction
2	the rice was going, the way the water was going, and I went
3	and I went into that rice field and I heard my dad pick
4	I heard him thrashing the rice, (unreportable sound) like
5	that, so it was my first time making \$50 that night, but
6	that day, but anyways, but that's what I mean.

Our young men need know those kinds of things and who else better to teach them than our -- than our Elders -- than our men -- our older men can take the younger men out. How to be respectful. How to listen to those kinds of things in nature. How to be quiet. How to be still. That way, if they go into policing, that's -- because that's my hope, that's the only way I think we're going to start giving that sensitivity if something happens to our young women or something happens to our -- our young men and when you go to the police that way your men -- our own men, our Native men, will have that kindness and maybe will do a proper investigation, but they need to be taught by our Elders. We need to put them in those policing. We need to put them in those kinds of environment, that's the only way we can make change. That's what I think.

Because just believing on -- our holding up signs saying we need justice, I'm just thinking like okay, the Commissioner is going to do everything herself. She's going to protect all of us. It's not going to happen. We

1	have to look after ourselves, but we have to come up with
2	ways of how do we it? How do we how do we how do we
3	protect our young ones? How do we protect our people? But
4	those that's that's what I that's the only thing
5	that I can come up with because of mine own experience.
6	Nobody's been there really to help me. I've

Nobody's been there really to help me. I've really had to help myself in terms of trying to find healing. In terms of reaching out, but who better to help me was old ladies. Little old ladies. You know, they didn't have a degree. They didn't have anything like that. And my dad, he was 72, he couldn't even speak any English, and he was going blind, but who else taught me?

that's what I feel and that's the only way I think we'll protect our -- our young ones, is if that -- we give them something. Not -- not all necessarily push them towards always it become a social worker, pushing them towards education, or to become a lawyer, because we have a bunch of lawyers too, at home. So we -- you know we need -- how do we make them -- maybe they're not all lawyers. Maybe they're not all teachers, but we can't force them because that's part of colonization. That's part of the whole intergenerational trauma. That's part of Indian residential school. We have to break out of that. And make room for openness.

1	What can we do with this younger generation?
2	How do we keep them safe? So for me that's what I think
3	how these young girls today they just love to fix their
4	hair. They love going to get their nails done. You always
5	see them with their nails especially back home, that's
6	what they like to do is show off their nails. Well, for me
7	when I look at that, I think they're telling me something.
8	This is what I want. This is what I want to do. And how
9	do we become self how do we get that self antonymy
10	again? By pushing everybody towards social workers? By
11	being teachers? No, they need something else. They need
12	to nurture their own spirit, that's part of who we are. We
13	weren't all you know, in our own like, thinking back
14	a long time ago, everybody had a different responsibility
15	you know, and to look after the community.
16	And those young people they need to look
17	after their own. You know, they're the next generation and
18	they need to look after a younger generation. And so we
19	need to take care of ourselves and that's where you know,
20	that's that's my message is that and that's just by
21	working with the grandmothers and what what they want.
22	They want walks. They want a monument.
23	You know, that's something that they wanted
24	remember I mentioned that they wanted a headstone.
25	These two little old ladies wanted a headstone. So one of

1	my helpers, there's another lady that likes that helps
2	me all the time and I'm so glad because I'd be falling
3	apart all the time mind you I fall apart lots of time in
4	front of the grandmothers because I feel like I failure
5	because I can't get anywhere. I can't get the help and the
6	resources that I want for them.

So -- and -- so what we do -- so what we did
was -- anyway she saw something on -- on the internet, and
she saw -- she came across a monument that was done in
Saskatoon -- in Saskatchewan, and it was Lionel Peyachew's
work. And then there was another one that was done in
Ontario, and it was a young girl that was killed, you know,
and she was an activist, and her name was Shannon (ph), I
can't pronounce her last name, so anyway and then I thought
well, okay, let's do this, so I got all the families
together, and we all sat in a big circle.

And I did a lot of research, I had to track down Lionel Peyachew and I couldn't get a hold of him. But I contacted the detachment. This the Saskatchewan police detachment and I talked to the corporal -- I talked to the staff sergeant, and then I the corporal and they both told me the story about how the fancy shawl dancing monument would -- came about, and the story behind it that the girl that that's dancing was actually a fancy shawl dancer and she was considered one of missing and murdered.

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And the police -- they told me, was that they felt responsible for her death because they didn't believe the family. They didn't believe the family when the family came to them and told them that this young girl was missing. And they basically shoed them away. And so when they found her dead, you know -- and then there was another incident he was telling me that happened and that was when that same time the young girl goes missing, there was a young man that was incarcerated and so at around midnight is when the police took him out of -- out of jail, out of his cell and they brought him to the Manitoba border and he froze to death. He didn't have anything, he wasn't -- he didn't have any winter clothes, nothing, the police just took him out and just left him there to freeze. So there was an outrage, he said, and so there was a lot of changes right after that, like right after those two incidents and so they had to try and make amends to the -- to the communities.

So they -- they had \$50,000, is what he said, so they had \$50,000 in their pot, and what they wanted to do is donate towards some kind of monument for the family if the family is willing, and so then they -- so then from there they talked with the province and then a lot of stuff happened, so anyway the monument comes up to about \$200,000 to do the fancy shawl dancer. So they connect me to a

1	liaison that worked with the families from Saskatchewan, so
2	I talked with him and he guided me as to what I needed to
3	do, and then he told me that there was two artists in
4	Canada, one of them was Lionel Peyachew, the one that was
5	doing the one in Saskatoon, and he said and the one he
6	says that was in Manitoba, he said, "In your own home, in
7	your home area," so I you know, he told me, he says,
8	"You can find him in" he says, "I believe he's still
9	working at the University of Manitoba if you'd like to find
10	him." He says, "Because Lionel won't be finished until
11	2017." And I thought oh, my gosh, that's the grandmas
12	will never will you know, they they want it now.
13	And so he said, so I I contacted the
14	the U of M. From U of M they told me where I'd find him.
15	He left his job, so he was now in Peguis. So his name is
16	Wayne Stranger, and that's who I contacted and I talked to
17	him for a bit and he said that he would be told him the
18	story and I told him how many Sagkeeng has, you know,
19	murdered and missing woman, so he decided, from our
20	conversation, that he would come out to Sagkeeng and meet
21	with the families. He wanted to meet with the families so
22	I had to organize that and so we did. We organized this
23	big circle, a couple of ladies and I actually it was
24	just the two of us after one of the ladies had a bad flu
25	and doesn't show up so there was two of us, and we had this

1	big circle. So on PowerPoint I presented Lionel's work
2	with the fancy shawl dancer and the one in Saskatoon, but
3	also a regular headstone that they wanted you know, but
4	that didn't sit well with the families that were who had
5	families (sic) that were missing. They said a headstone is
6	means they're dead. And they weren't ready to accept a
7	headstone, and they didn't want that headstone.

So -- so I was lucky -- very fortunate that I had the two -- the -- the fancy shawl dancer and -- you know, from Saskatoon and from Ontario, there on PowerPoint for them to look at and oh, they loved it.

I even showed them the one in Manitoba that

-- that's at The Forks there, they -- you know, but what

they fell in love with was the fancy shawl dancer. So up

on screen that's one of Lionel's -- not Lionel -- Wayne's

work, he brings that in to show the families, it's a

hundred -- it weighs a hundred pounds and it's an eagle -
a bronze eagle. And so when the families saw the fancy

shawl dancer and the one in Ontario, they -- this one -
this is Lionel's work from Saskatchewan, so they fell in

love with her. And then they fell in love with Lionel's -
I mean with Wayne's work, with the eagle, and this is the

one from Saskatoon -- I mean from Ontario.

So right there the families decided, no, we're going to do this. We want this, and how much is it

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1 going to cost? So I already knew how much it would cost, or I assumed how much it was going to cost, what it cost 2 you know, the other province. So Wayne said a hundred 3 4 thousand. He gave me a price earlier, but after meeting with the families it dropped to a hundred thousand and I 5 was so happy. I was so happy because of what I was told 6 7 Saskatchewan why it was so expensive because of the rebar, because of this, because of that, the bronzing, the 8 piecing, everything put together, you know. And then the 9 10 shipment -- having to ship it from here to there because you can't do the bronzing there, you've got to set the 11 bronzing here, that -- the cost of that, going over the 12 border, coming back from the border, all this was like, oh 13 my gosh, so it was all adding up. So when -- after hearing 14 that, so I wasn't surprised, but when I was really 15 surprised when Wayne said a hundred thousand. So I was 16 17 really happy, and the families were of course, you know, they didn't care, they just wanted -- they just wanted this 18 19 monument. So -- but it came -- that idea came from the 20 grandmothers. It was them. You know, four years I worked 21

So -- but it came -- that idea came from the grandmothers. It was them. You know, four years I worked with those grandmothers, not only myself, but a couple of other ladies, there was like three of us always working with these grandmothers, and it was because of them that they always wanted something for the families. What they

1	wanted was they wanted a they well, they wanted some
2	place that they could remember their loved one, they wanted
3	a place where they can go they can grieve in silence,
4	where they can go and think of and go and offer whatever it
5	is that they wanted to do to provide their little
6	offerings, or just to sit and talk to the monument.

You know, and so they did that, not me. All I did was pick up the phone and I just did the chattering, that's all I did. Everything is them. You know, and then -- so the decision was made what kind -- what -- because we don't want her to look -- the monument that you're looking at -- we don't want it to look identical to the two provinces, what is it that you want?

that's murdered in Sagkeeng's missing and murdered is -was a jingle dress dancer, and so we thought, well, okay,
from there, let's -- let's do it that way. So we talked
with Wayne, or I talked with Wayne and told him, it
possible to do this? He says, Sure. Anything that you
want. Like how does she want it to look. So the families
-- I have no influence with the families, like this is made
out of -- like plasticine, and he did it quickly with
plasticine because the families wanted to see something
quick, and for their approval. And so he had to do it very
-- very fast, he said, so anyway, so you see the two ties,

1	and the two ties they're going to be a rose, it's going to
2	be a rose, and it will be made of bronze, she'll stand six
3	feet tall and plus she'll be taller than that because
4	she'll be on a base. So the ties is one of the girls'
5	names, is Rose (ph). Okay, so her name is on there. And
6	she'll be wearing a headband, you know, and that headband
7	will have is what represents some of the some of the
8	men that have been murdered and missing. Being the
9	warriors, so that little bit of the details, so there's
10	going to be a fish on there because he was a fisherman
11	one of them that's missing. And the other one you know, is
12	a young boy who was working on his pipe before he was
13	killed, so that's on there, so there's so little symbols
14	are going to be on her. And and she's holding a scarf,
15	but the scarf also represents the murdered and missing men.
16	You know, like we were thinking like, how are we going to
17	because the missing and murdered men they have the they
18	have those little red those red ties that men wear. So
19	how can we do this, so the old traditional dancers held
20	scarves, so can we do that? That will represent them the
21	missing and murdered men.
22	But on her dress, she'll have she'll have
23	strawberries, raspberries, and blueberries. The
24	strawberries are that of the late Sharon Abraham, the one
25	that was killed at the Pickton farm, so she'll have that or

1	there, on her dress, so that you'll see it, so the family
2	will see it. And then the blueberries, that was Tina
3	Fontaine's favourite was blueberry pancakes, blueberry
4	muffins, blueberry everything, she loved blueberries, so
5	that's on her on her on her regalia, and each of
6	those little jingles that you have are going to have a
7	symbol of of like who she is, who how many there's
8	17 of them murdered and missing, so those 17 jiggles are
9	going to have her on there.
10	Now, it because it's plasticine it looks
11	like this, but the model for this is the late Sharon
12	Abraham the one I mentioned was killed in the Pickton
13	farm, the late Sharon Abraham's niece is the model for
14	this. So it will be her measurements, her height, her long
15	hair, all that will be on there.
16	So that's the you know, that's something
17	that I really had no control over, or I never really but
18	it's something that the grandmothers and the families
19	chose, and everything that's been done with with the
20	families it's been them it's been them. Nobody's I
21	didn't see you better put a jingle dress dancer we're
22	going to do this. It hasn't but I've done a lot of
23	tweaking with them, like when we do things, I've had to do
24	some tweaking, but always goes to final approve for them.
25	And I always try to give them because I've

1	been victimized by violence and I know what it feels to be
2	silenced and I know what it feels like to be to for
3	somebody to to shut you down to keep you quiet,
4	that's one thing I don't do with the families, and I don't
5	do with those grandmothers, every decision that we make is
6	always by them and then I do my best to try and fix it or
7	tweak it if it is, if I've gone to extreme they'll tell
8	you, they don't hold back when they tell you.

But there's a lot of things that those poor grandmothers and the poor families have gone through. And it's a lot of bullying. Bullying from my own leadership, no support. Bullying can be extreme. You know, but that's something that I want them to understand too is that's part of colonization, that's part of the whole Indian residential school thing, where you bully your own, you know, you can bully our own people. You can silence them.

You know, but because of that, that's one of the reasons why we have, I believe, the highest you know, missing and murdered women in Sagkeeng because of all the stuff. We never dealt with the whole Indian residential school thing. There was an Indian residential school that was placed in Sagkeeng. And nobody ever talks about it. Those grandmothers that are -- that I worked with all six of them, including Gladys, like Gladys is the seventh, working with them, they're all residential school

survivors, you know. And each and one of them talked about when -- in our circles they didn't only talk about the loved one that they lost, but they talk about their own trauma and their own experience, what they -- what they endured, you know, and my heart just aches. And then I think about the residential school program back home nobody from the residential school program will even come to them and say, "How can I help you?" Or even come and see me and say, "Lillian, how can I help? How can I help?" Nobody wants that.

My own leadership, you know, you take a look at what happened, there was a murder. Like there was a violent murder not too long ago in Sagkeeng, like, why is that? Two girls from Sagkeeng killed another girl. They beat her to death. Something that's not talked about. But a relative of the -- own our Chief is part of it. But that's not being addressed. That's one of the reasons why he's not up front, that's the truth; but nobody wants to talk about the truth. Nobody wants to hear it. He doesn't want to talk about it. And that's one of the thing that upsets the families, not only -- it's his own family, like his granddaughters. That family -- because he doesn't acknowledge it -- his own family members have been this -- are part of that violence.

But how do we make that change? How do we

1	stop the bullying? Well, we got to start talking. We got
2	to be honest. We got to be truthful. To be honest, to be
3	truthful, takes guts. It takes a lot of courage to do.
4	And you can be outcast. Your own community can even make
5	fun of you, and put you down and make sure that they even
6	they'll take you seriously. That's happened to me. I've
7	been ridiculed. I've been shut done. I've been
8	threatened. I've had it. I've even have had where council
9	has even threatened me. You know. So I've gone through
10	that, but I keep going.
11	But we got to just you know, it's our own
12	leaders they need to understand that the power is not
13	within themselves, the power is within the community, it's
14	with their own people, it's the people that are
15	resourceful. Where we are today, like four-and-a-half
16	years like today like those old grandmas, there's
17	only three of them that are living, and what's traumatic
18	for me was that you know, that that I I lost them.
19	And as much as they needed me, I needed them. You know, I
20	needed them so bad. Because now my parents are gone, see
21	the lady the white, she's with her little walker there,
22	that's Glady (ph), she was the one who walked got up
23	from her chair and went walking. And the lady in blue, the
24	blue skirt, she was the first one out of the
25	grandmothers she was the first one to to go. She passed

1 away first.

But this is some of the things that we did back home is working with the families, like working with young girls. You know, and I miss them. Like there's only three -- three of them alive. And I couldn't even go to Isabella's funeral my -- you know, she's so beautiful -- just a beautiful looking woman, and the last conversation we had -- she and I, she said to me -- it was like 10:30 at night, we're sitting in complete darkness, we're sitting visiting, and it's no lights inside, and then I'm trying to tell her my big dream, what I want. And that's our last conversation, and she died. You know, and I couldn't go. I just couldn't bring myself to -- to go and see her.

But I love them so much. You know, one of the last things -- one of them says to me is, "I'm so glad you're doing this," she says, "Because nobody ever talked about her, nobody even knew she -- she died. Nobody will -- nobody remembers her. Nobody remembers my nieces." It was her sister that was killed. So she has a sister and two nieces that were murdered so there's three from that family. You know, and -- and she was a residential school survivor, and she was so quiet, but always so elegant and she'd always tell me -- correct me how to sit too, you know, "Don't sit like that. You know, and (speaking Native language) you're a woman, sit -- sit right. You know, like

1	that."
2	And a lot of times I'd get so angry and one
3	of the things that they would say to me is, "Don't be so
4	angry. Don't be so angry." And I'd say, "How can you not
5	be angry? I'm frustrated they're not listening. They
6	they don't want to do nothing." "Well, we'll think of
7	something." And that was one of the last things we had a
8	conversation about. Her and I. "We'll think of
9	something." And the something was the monument you know.
10	So we're going to have an unveiling in in
11	July, I believe, which will be the monument so she'll be
12	placed in Sagkeeng at the powwow grounds so you know, I'm
13	so glad so glad that's that's happening, but at the
14	same time I'm sad because four of them don't get to see it.
15	You know, so that's, I'm done, and I guess that's it.
16	MS. SHELBY THOMAS: Lillian, I just have a
17	couple of questions for you. You mentioned when you were
18	sharing your personal survivor story interacting with the
19	police service, what police service was that?
20	MS. LILLIAN COOK: That was Powerview.
21	Powerview detachment.
22	MS. SHELBY THOMAS: The RCMP?
23	MS. LILLIAN COOK: M'hm.
24	MS. SHELBY THOMAS: M'hm. And your personal
25	survivor stories, where did those occur?

1	MS. LILLIAN COOK: One took place in Sagkeeng
2	and the other I don't know where. I don't know where I was
3	other than it was dark like, it was dark and I
4	don't even
5	MS. SHELBY THOMAS: Was it near Sagkeeng?
6	That you know Sagkeeng?
7	MS. LILLIAN COOK: No no, we were on our
8	way to Winnipeg, I think, is where I was taken. Somewhere
9	on Main Street, I think, in between Selkirk and Selkirk
10	and Winnipeg, that's where I was taken because the one who
11	picked me up took me to St. Benedict's, the monastery, and
12	that's where they that's where they gave me something to
13	wear and then I'd be driven home that night.
14	MS. SHELBY THOMAS: Do you have any
15	recommendations for the Commission?
16	MS. LILLIAN COOK: Well, I think my
17	recommendations would be for me it would be encourage
18	that's what it is to encourage to encourage our
19	leadership to encourage our national and you know,
20	and local Chiefs and to start bringing those to start
21	helping, you know, to start really really helping our
22	community. Like, to really take what's going on seriously,
23	and that means pushing them pushing teaching them our
24	Native ways, but pushing them to start teaching our people
25	the language, we need to know our language. They also need

1	to know like the services, how do you provide better
2	services? Sometimes they need direction too, our leaders
3	because our leaders may be, or is it maybe their parents
4	were residential school survivors we don't know. Maybe
5	they were their maybe intergenerational survivors, they
6	need a little bit of help, they need to get some some
7	kind of training, but they also have to bring that home to
8	the community, that's what I think, those are my
9	recommendations, is that the Commissioner maybe encourages
10	the leaderships, encourages the national Chief to talk to
11	the rest of the Chiefs to say, "You know what, you're going
12	to have to start fixing some of the stuff on your own,
13	you're going to have to take some responsibility because
14	the responsibility is quite you know, you can do it."
15	These old ladies back home they did it, you
16	know, like at where they're at took four years, but look
17	at where they're at today. You know. And it's and no
18	money other than their own. You know, I remember when we
19	went to Winnipeg like even that like I was on welfare.
20	But we made it with my car, you know, and they had \$20 each
21	those two old ladies and we were going to go and we went.
22	We didn't even have money for to go to McDonald's but we
23	bought a hot chocolate each, you know. And we came home,
24	but there they were happy. Did we get any kind of help?
25	Did they get any kind of help from from any resource

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1	back home? No, because the resources didn't want to help.
2	You have to provide you have to write a letter, is what
3	they want. They want a letter and then it has to go
4	through this first before we can we give you but you
5	know what, you know, give it to another organization to do
6	it.
7	Well, that has to stop passing the buck
8	has to stop. It has to, and they have to kind of be
9	encouraged that you know what, start dealing with stuff at
10	home.
11	There's, you know, our institutions are full
12	Our prisons are full with our Aboriginal men. How do we
13	how do we fix that? How do we prevent that? Well, start
14	young and start with our middle aged men. Start giving
15	them some power.
16	One of the things that we failed back home
17	and like a this, for example, a gardening program.
18	There was this big gardening program, you know, they give
19	you they come there with their big tiller and they till
20	your land and they want you to plant your and what I
21	found because my husband is a residential school
22	survivor, was that that was the most worse thing that
23	anybody could have done to I wanted a garden because I
24	didn't know the residential school survivors had gardens.

I didn't know that, but I've gone to school. I went to

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1 university. And this -- and I didn't know that, but where my husband was triggered was because of the garden and he cursed the garden. He hated the garden, but we had the best looking garden. But what triggered him was -- he ends up telling me was that he worked -- for three-and-a-half years he worked on the garden that was his job, the big --7 big giant garden back in Sagkeeng, he looked after that, was a bunch of -- him and a bunch of kids, that's all they did was garden, he said. Rain, shine, whatever they were 10 gardening. But what triggered him the most was having somebody else who had never gardened to come and teach how 11 12 to garden.

> So that's the lack of knowledge from my own home you know, where our helpers, where our -- where our organization don't do their homework and say, how many people are Indian residential school survivors? How many of them -- what was their jobs? What was their responsibility? How many can we find? How many or Indian residential school survivors that are still alive? Let's go see them and let's find out what kind of work they did. And let's start fixing the problem.

How hard is that for the -- for the national Chief and for the other Chiefs to say, you know what, can you maybe touch on that? Can you just see and then give us back what's happening with that?

1	And how many of them actually cleaned? Who			
2	were the cleaners? What exactly what exactly did they			
3	do and how many were in the laundry department now, they			
4	have certain skills. So how can we start beginning to heal			
5	those residential school survivors?			
6	So once they feel good, can they that good			
7	feeling that they have once they start maybe nurturing			
8	those gardens maybe that residential school survivor that			
9	was really angry with his being you know, having a non-			
10	residential school survivor coming to try and teach him how			
11	to plant potatoes? Come and teach him. Or can it be,			
12	let's find out how many residential school survivors and			
13	get that residential school survivor, give him a little bit			
14	of work, and let's alternate, can he go and teach him and			
15	then teach him and then they'll all exchange for a little			
16	bit of money.			
17	But they're all but what's happening in			
18	the end is they're all sharing, and they're all talking			
19	about their experience in the residential school. They're			
20	talking about what happened when they planted that. What			
21	happened that night. Who else better than me or you who			
22	are not residential school survivor to try and drag that			
23	information out of them. They can do it themselves.			
24	That's how healing starts. And once he or			
25	she starts feel feeling good doesn't that goodness			

1	trickle down to the next generation, maybe to your
2	daughter, maybe to your son? And then to your grandbabies.
3	And then how else now now with that skill what else can
4	you do with that?
5	And what about the people who are responsible
6	for the laundry? What kind of resources can we bring back
7	home that can, you know, that can maybe open up a laundry
8	mat, maybe open or even showing people again how to
9	iron, those kinds of things, how to feel good about them.
10	But start young. It doesn't have to be when they're be
11	pre-teens, they could be like ten years old and learning
12	all these little things, but they're learning how to iron.
13	If that's what she did, then say yes, you know what, I'll
14	give you a little bit of money. Can you teach can you
15	come and teach the young girls or the young kids that are
16	in in daycare or else not in daycare, but maybe grade
17	one maybe grade four, can you teach them how to iron?
18	And then they'll learn that skill by the time they're
19	however old. Those are my recommendations. Is to just
20	encourage them to start looking beyond and start opening up
21	and that's how we bring healing.
22	But walking around with a sign saying, I want
23	justice. Doesn't help anybody. So that's my
24	recommendation is that, encourage the Chiefs and to make
25	those changes, to look inside to look inside their home,

1	who else better to know your house? I know my own home. I
2	know when it's dirty. I know what needs to be cleaned.
3	Hey, but does the government know how dirty or how clean my
4	house is? But I want him or her to come and clean it.
5	It's not going to she's not or Trudeau's not going to
6	come and clean it. No matter how many signs I hold in
7	protest, he's not going to come, so we have to fix our own
8	our own stuff. That stuff may not have been ours, but
9	it was imposed on us and now we have to fix it. Nobody's
10	going to fix it for us. So that's that's all I have to
11	say.
12	MS. SHELBY THOMAS: Commissioner Audette, do
13	you are any comments or questions?
14	COMMISSIONER MICHÈLE AUDETTE: We'll start
15	with the with the moms.
16	MS. FLORENCE CATCHEWAY: (Speaking Native
17	language).
18	MS. DARLENE OSBORNE: (Speaking Native
19	language). I thank you very much for your for your
20	great work that you're doing for grandmothers, what you
21	went through as a little girl. You're telling my story.
22	And I understand what you went through. That you couldn't
23	tell your story because you you blamed yourself and
24	that's what I did. But we're survivors, and our purpose is
25	to keep on helping our girls and our women that are going

1	through the same thing. Because we see a lot of them,
2	they're very silent, they're afraid. They're afraid to
3	talk, but like you and me we're here to support any girls
4	or women or young boys and men as well. And I thank you
5	for your story, and I encourage you I just had tears in
6	my eyes when you were communicating with your language, and
7	that's I feel good when I talk my language as well
8	talking to an Elder makes me feel good. (Speaking Native
9	language), thank you.

10 UNIDENTIFIED SPEAKER: Migwetch.

COMMISSIONER MICHÈLE AUDETTE: Merci.

MS. ISABELLE MORRIS: Migwetch. (Speaking Native language). I'm Cree, from Split Lake, and it's an honour that you came this far to tell your story, because I too went to your community to tell my story because I couldn't tell my story here in this same building of that part of when I was sent away to residential school for a while. Yeah. And it's an honour for you to come this — this — this far. And — and sharing your story, and your helping a lot of people in sharing, and keep it.

And also, the grandmothers -- one of the grandmothers I recognize. I dance with her in powwow.

Yeah, I'm a traditional dancer and I go to your community also, so that in itself and you have that beautiful turtle lodge. There was a pipe that was brought in there by Dave

1	Churchane (ph) for the grandmother council of Elders.
2	Continue to walk that way in helping people, okay. Yeah,
3	it's an honour. Migwetch.
4	MS. LILLIAN COOK: Migwetch.
5	COMMISSIONER MICHÈLE AUDETTE: Merci,
6	Isabelle. Merci, Lillian, I feel like our paths crossed
7	somewhere or you mentioned things that you did with the
8	flowers, it's something I saw or heard about it. The
9	monument, it's something I heard, and there's many things
10	that you mention that it's either somebody shared to me or
11	we saw it on the news, but I didn't know that one day I
12	will be the one receiving your truth.
13	But most of all your courage where our sister
14	said it, we're all survivors. And somebody stole our
15	spirit one night or maybe two nights or you know, over and
16	over, and it we became who we are today. And I'm
17	impressed and amazed by your resilience. How clear you
18	share to Canada, but also to our leadership what was your
19	experience your truth; but your truth it's many, many
20	women who are, sad to say, still facing that today.
21	Last week as an example, we were in the

Last week as an example, we were in the Mohawk territory they call Montreal, the City of Montreal, and a woman that was a Chief for many years -- eight years I would say, to a community that there no running water, no electricity. And she was, I guess the second women to be

the Chief of that community. But when she came and spoke to us, I saw her when you share your truth about the lateral violence we do not hear enough about this reality. We say yes, the institution are responsible or they have responsibilities but us also as Anishnabe, UA, Cree, or Mohawk or Indigenous people of this land who are living in the community are also accountable, so your voice -- your message to these very -- very important and she won't feel alone anymore, that women from Kikcisakik. So thank you very much. But also, to say you come with solutions or recommendation not just blaming because we're used to that, to blame and pass the buck, as you said it.

MS. LILLIAN COOK: Yeah.

COMMISSIONER MICHÈLE AUDETTE: Or pass the basket. I'll keep my moccasin, I don't pass it. But my question to you, Lillian, what do we say in 2018 -- I have five kids, I'm proud of them, two girls, and I told my three boys, "I don't want you to become the perpetrator," that cycle never end, has to stop, but to the girls, what do we say to them if the uncle or a man from the community do what they did you to, what do you say to our girls today?

MS. LILLIAN COOK: So what I say is this -like I have two boys, because I've been a victim of
violence, but also because my father loved me and my sister

1	and my little brother so much, and like he was an old					
2	old man, you know, like 72 already and I was only 12, you					
3	know, one of the things he loved me and loved us, and so my					
4	memory of that I keep, but because I've been victim					
5	victimized, what I did with my boys, same thing, I didn't					
6	want my boys to become alcoholics. I didn't want my boys					
7	to to be addicted in drugs, how do I stop that? I					
8	started very early, right after the diagnosis with cancer,					
9	because I was at the stage three with breast cancer, and I					
10	refused and I made a deal, remember I said I made a					
11	deal, with with the guy who raped me, my brother-in-law,					
12	but I also made a deal too back 13 years ago I made a deal					
13	with Creator, and I said to Him, because I had stage three					
14	cancer, the cancer had spread from my breast to my womb, I					
15	said, "I'll make you a deal, you let me let me live					
16	until my boys are finished high school, after that you can					
17	take me." Is what I said to God. I said to the Creator,					
18	"I'll make you a deal. I'll do whatever it is you want me					
19	to do," because that's what I said once before, I only said					
20	that to one man and I was saying that now to the Spirit,					
21	"I'll make you a deal, you keep me alive and then you can					
22	take me after that," that's what I said to God and I was					
23	just shaking because I thought, oh, my gosh I'm you					
24	know, who am I making a deal with now?					
25	So I thought well, I was groomed to					

1	understand about grooming, so I knew that I was groomed by
2	when I was 12 years old by another man, so I thought
3	well, I'm going to groom my sons. On what ugliness
4	happened to me, I'm going to turn it around, but I'll groom
5	my sons to be a certain way so I said to my boys, my my
6	baby was ten years old at the time and my other boy was 14,
7	"Whenever you see a woman," I said, "It doesn't matter how
8	she looks," I said "If she's an old lady, maybe she's
9	drunk, maybe you know her as the town drunk, but you're
10	going to open that door for her. You're going to open that
11	door for her," I said, "And if if you're on the bus in
12	Winnipeg," because my oldest boy was always going to in
13	basketball and sometimes they'd go busing with the whole
14	team, just as part of I don't know what the coach was
15	thinking this is part of their experience, but when they
16	would go, I said, "To give them, give her your seat." I
17	didn't talk about giving an Elderly man a seat, I said,
18	"The women. You give her a seat. For that one day," I
19	said to my boys, "For that one moment you're her hero.
20	Because before that," I said, "Somebody treated her like
21	dirt. You're never going to do that again." I said to my
22	boys because I was treated like dirt and that's going to
23	happen. I said that to my boys and my boys, I said,
24	"Whenever you see any women, I don't care who it is and I
25	don't care what colour she is, you're going to open that

door for her."

My boys do that for me all the time. My boys will always do that whenever we're in the mall, going to the mall, they open the door whoever, if they're up ahead, of course, they'll be up ahead of me, they don't want to walk around with mom. But they're up ahead and they'll open the door for the women always. And especially if she's older. "The younger girls can take care of themselves," I said, "But still if she's there and that's the only one there and you're there you can open that door for her. For that one minute," I said, "You're a hero. You don't know what she -- what kind of a life she had," that's how we change our boys, you know. We talk to them like that because of our own experience, how do we want to be treated.

And for our young girls, you know, there's a picture there with all the -- with the grandmothers and where with all these young girls, and one of things that I thought, how do I protect these young girls? What do I do? How do I do it, and how do I get these little old ladies to not just be the token Elder, just to sit there, and how do I get them active? So all those girls that you see there, each girl was individual -- each girl -- I had a summer camp, it was called (speaking Native language) and I wanted them to learn some of the things that I learned growing up

1	in a maternal home, and so those little grandmas and the
2	lady that I'm sitting in the back with, she's in white, and
3	she was just simply amazing and I we had a talk before
4	that because I knew her history, and what I said to her
5	was, "I need you to make sure that the girls understand.
6	You need to we need to protect them." And all the
7	grandmothers said, okay. So each grandmother had four
8	girls to a table, or three girls to a table and each
9	grandmother was responsible for every presentation that was
10	up, each grandmother had to do their own little mini circle
11	and feedback, they even had facials the girls had the
12	opportunity to with all those little old ladies, each
13	and one of those little old ladies had a facial done. Mud
14	masks, they had an avocado mask, they had their nails done
15	by all these girls. And all these girls just loved it.
16	You know, taking care of the grandma and then the
17	grandmother nurturing them.

But one of the things one of the other grandmothers say is that when she does her presentation she says, "I remember when I was just a young girl, I was 14 years old," she says to them. And of course, the girls are scrapbooking, they're all scrapbooking with their grand -- grandmother at the table they're supposed to be listening, but they're scrapbooking, and I'm watching. I'm actually watching another presenter in the back because I was the

1 organiser so I'm monitoring what's going on, so I'm watching all the kind of activity, and they're kind of 2 doodling and whatever it is that they do, and the girls --3 4 and so the grandmother says, "I remember at 14 years old having my first kiss. I remember what that feels like. I 5 remember that young boy when he kissed me and how I felt. 6 7 I remember that feeling or that funny feeling comes in your stomach and inside your chest, I've felt that." And now 8 the doodling stopped. And the grandmother says, "And I 9 10 remember the first kiss that I got that he gave me, but I also remember him going to my neck and kissing my neck. 11 And I remember how good it felt," but you know what she 12 says, "I didn't have no boundaries -- nobody ever taught me 13 about boundaries. From there," she says, "From him 14 touching me," she says, "From him kissing me came the 15 touch, he started touching me. Even though I knew it was 16 17 wrong, I allowed it to happen. Because of that," she says, "My daughter is sitting in the back there," she said, "I 18 19 had her when I was 14." She said, "And I gave my daughter up for adoption but, she comes with me now, she says to do 20 -- to do the work that I need to do," she said. "So what 21 I'm telling you now," she says, "Is that when you come 22 across these young boys," she says, "You need to know to 23 say no. When it feels good," she says, "Because you're 24 25 going to be excited and you want to be with him. I wanted

1	to be with him. I know what it feels like. I still
2	remember my first kiss." She says, "I still remember the
3	first touch. I remember my first hickey. He gave me."
4	And it was just quiet and all these girls are just staring
5	at her, "But you need to have boundaries. You need to tell
6	him no. You need to tell him that's enough. You don't
7	need to go there. And if he starts even going further than
8	that and not listening to you by saying no then you start
9	yelling and you start screaming because we're here to
10	protect you and you need to know to be protected."
11	So it took grandmothers other than if I would
12	have went up there to start telling these young girls I

So it took grandmothers other than if I would have went up there to start telling these young girls I probably would have looked like maybe their mom or something or maybe you know, and lecturing, but when it comes to a grand -- a -- a grandmother or a great grandmother sharing so openly then you reach the young people there's just something -- there's just something magical, something so powerful when you speak the truth and those old grandmothers are so honest and so hide nothing, but that's what they say in our language, dedwewin, the truth it's so powerful, so that's my recommendation, start teaching, using our grandmothers, using our gifts to help share to help the young moms to talk about their story. Grandmothers are so powerful. You know, and that's why I go to them, like I barely have younger people -- well with,

1	women my age, i	t's always w	with the g	grandmas	because	I learn
2	so much from th	nem and it's	because o	of their	truth.	They
3	don't hide noth	ning.				

about bullying, how the work of the Inquiry is also to propose recommendation to all governments, including ours, and I'm a strong believer that we have good people everywhere, including our communities, so we can present to — you mentioned, the national Chief and other organization this is what we're proposing after receiving all the truth from amazing women and one of them, or many of them about bullying, what would you recommend to us to ...

MS. LILLIAN COOK: What I -- what I recommend, you know, like what you're doing now, like even with the national Inquiry and your note taking, like I mean you're -- you're that voice, you know, you're that voice. And you have it in you to make that change. You have it in you that's your gift, that's what Creator gave you. You know, that's yours -- that's your responsibility, that's your medicine bundle, mine is different, her is different, each in one of us has a different bundle, but that's yours and whoever it is within your group, that is your bundle.

You know, and always -- I always believe in prayer, like I told you I make deals -- like keep me alive till I'm -- till they're 18, well now they're 28 and -- and

- 1 24 you know, so I'm -- and plus I seen my own
 2 grandchildren. I didn't have grandchildren back then. But
 3 I believe in prayer.
- There's something else that I want to share,
 always believe in you. That you can do it no matter what
 anybody says, no matter if you know, if -- if Trudeau says,

 "No -- no you can't do this it's impossible then you take
 it higher -- higher than that."

When I -- when I started my healing -- when I 9 10 started working on myself is, like I said I had to go out in the bush because I was really terrified of being in the 11 bush after all the things that happened to me. One of the 12 things that I took was -- and I practiced yoga and might as 13 well just get rid of all this ugly stuff that I was 14 15 feeling, so I'd go into the bush with my tobacco, I took a smudge bowl, secretly, I didn't want anybody to me going 16 17 into the bush -- so I took my tobacco, my smudge bowl, my sage and I would -- and I made a little circle, and circled 18 19 ,and made a little like a secret circle for myself and -and then I -- I prayed -- I prayed to that wind you know, 20 and I said (speaking Native language) you know, (speaking 21 Native language) because I'm kind of scared wind, that I'm 22 here alone in the bush you know. But watch over me. 23 anyway, aside from my little prayer as I was praying there 24 25 was this wind -- this is no joke, this is not even a lie,

1	that's how I believe, I believe that what you'll do if you
2	pray and if it's from here because I do believe Spirit is
3	watching you. But I was showered with leaves. Not
4	everywhere else, just where I was standing. Other things
5	have happened to me like that where I've gone into the bush
6	to pray. I've even had deer, like (speaking Native
7	language) coming to me like I I was trying to find a
8	good spot in the bush to pray, and to meditate, and I heard
9	something and I looked and there was this big amazing deer
10	with his antlers and I said, (speaking Native language)
11	I'll pray here. So I put my pipe there. My little bag and
12	I didn't look at him and I just took everything out and
13	and I prayed. And I I said my prayers, I smoked my
14	pipe, I said my prayers, and then I looked up well, you
15	know, it's but that's your faith, you have to surrender
16	you know. You have to be honest. You can't hide nothing,
17	so when I did that and when I looked at him he he did
18	this with his hoof (unreportable sound) he bowed his head
19	and he went walking. He stayed with me through my prayer.
20	But that would happen another time where things like that
21	would happen to me, you know.
22	But everything that I do is I believe in
23	prayer. And I have nothing else I don't have anything else
24	you know, I'm just that's all I have is that faith and
25	then, but it's something that I was given I guess, you

1	know, and and with you that's my recommendation like to
2	help you is let things go. Your fear. Face it, take it
3	and tell him how scared you are, how deathly afraid you are
4	and how they're not going to listen. What do you do. How
5	do I how do I do that? You know, and it will happen.
õ	You know, and I've been so lucky and that's all I could
7	that's all else I can say because that's the government

that you're talking to. You know, that's it.

COMMISSIONER MICHÈLE AUDETTE: Well, that's a lot. And very -- very powerful. I would like to can you if you would accept to receive a gift from us and I would like to ask my strong beautiful Kokum to explain the beautiful history behind this.

MS. BERNIE POITRAS: I just want to say hello, to Lillian, and I was listening to your -- your journey and that and I'm going to witness in Vancouver in the next couple of weeks and that and thank you for your truth. It's given me a lot of insight because I'm really scared too. But I was always taught that you are only as sick as your secret. And my secret is going to be spoken in a couple of weeks, thank you, for your courage, but most of all like your honesty and your resilience, it's amazing, yeah. And I'm -- I'm really grateful that you're here. I'm grateful that all the family members are here to -- to help us to you know, because many people don't think that a

lot of the staff here -- that we're just workers. We're also family members and we're survivors, there's many of us that are here and all across Canada, so when the families look at us like they -- I assume that they think we're just here, heck, we're paid. No, we're not. We're survivors too and we are family members that have been in a very affected, and this is going to be my first time in over 40 years that I get to share my story. And it's because of women like you and Hilda that have really helped to just give us that strength to keep you know this going and supporting the -- you know, Commissioners, supporting the family most of all those, all across Canada, because a lot of this is so hidden that nobody wants to talk about it.

I understand about the leadership too and I've been on those front lines in Vancouver -- since '86 I

I've been on those front lines in Vancouver -- since '86 I started to be involved with the murdered and missing women nationally, and we fought through those doors do get through those doors to some of the biggest leaders of Canada and it took us over 20 years, but I also want to acknowledge the grandmother that you had a picture of, I think Harriet Prince (ph) she's one of our grandmothers in Vancouver that we really honour too, and she does a lot of work with us on the frontlines and that, so it was so nice to see a picture of her, but I just want to share -- and I -- you probably heard the story about these eagle feathers,

1	you know, making their way from my home territory in Haida
2	Gwaii and it's amazing you know, how the families and the
3	spiritual people have come forward to make sure that every
4	place that we come to is that the family members that they
5	receive the eagle feathers from so many different
6	territories. I I just am just amazing and, but I'm so
7	honoured to give one of Elders the grandmothers here to
8	give to you and say (speaking Native language) to you
9	again.
10	MS. SHELBY THOMAS: Commissioner Audette, can
11	we adjourn the session for 15 minutes.
12	COMMISSIONER MICHÈLE AUDETTE: Oui - oui bien
13	sûr.
14	Exhibits (code: P1P020201)
15	Exhibit 1: Folder of 18 images displayed during the
16	public testimony of Lillian Cook.
17	[P01P14P0102_Cook_Exh_1]
18	Upon adjourning at 5:40 p.m.

LEGAL DICTA-TYPIST'S CERTIFICATE

I, Shannon Munro, Court Transcriber, hereby certify that I have transcribed the foregoing and it is a true and accurate transcript of the digital audio provided in this matter.

Shannon Munro

May 9, 2018