National Inquiry into Missing and Murdered Indigenous Women and Girls
Truth-Gathering Process
Part 1 Statement Gathering
Membertou, Unama’ki
(Cape Breton Island) Nova Scotia

PUBLIC

Wednesday November 1, 2017
Statement - Volume 75
F.C.
In relation to her sister

Statement gathered by Marie-Audrey Girard

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ORDER

Pursuant to Rule 7 of Legal Path: Rules of Respectful Practice, Chief Commissioner Marion Buller ordered that all names be made anonymous in this transcript and any related documents. The order for anonymity was made June 25, 2019.
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Documents submitted with testimony: none
NOTE: The use of square brackets [ ] in this transcript indicates that amendments have been made to the certified transcript in order to replace information deemed inaudible or indecipherable by the original transcriptionist. Amendments were completed by listening to the source audio recording of the proceeding; amendments to this official transcript were made by Bryana Bouchir, Public Inquiry Clerk with the National Inquiry into Missing and Murdered Indigenous Women, Girls and 2SLGBTQ, August 3rd, 2018 at Vancouver, BC.
--- Upon commencing on Wednesday, November 1st, 2017, at 1:57 p.m.

**MS. MARIE-AUDREY GIRARD:** So this is Marie-Audrey with the National Inquiry. We are in Membertou, November 1st. It is 1:57 p.m., and I'm in the room with...

**MS. BARBARA SEVIGNY:** Barbara Sevigny, Health Manager with the National Inquiry.

**MS. MARIE-AUDREY GIRARD:** And?

**MS. F.C.:** And [F.C.], better known as [F.C.’s Nickname], and I'm from [First Nation 1].

**MS. MARIE-AUDREY GIRARD:** Well, thank you so much, (indiscernible), for being here with you -- with us today. So it's okay if I call you --

**MS. F.C.:** [F.C.’s Nickname].

**MS. MARIE-AUDREY GIRARD:** -- [F.C.’s Nickname] during the interview?

**MS. F.C.:** Yes.

**MS. MARIE-AUDREY GIRARD:** (Indiscernible) -- okay, excellent. I'll do so.

So -- well, thank you very much for being with us today. We are really grateful that you came and that you decided to share your truth and your story with us. So my first question for you, in your intake, you mentioned that you
have lost someone in your family. If you could -- if you
could tell us about this person and what happened to her,
to share her story and to share what happened to her, as
well, please.

MS. F.C.: Well, my -- was -- the woman I'm
talking about, my sister, and the -- I find it very strange
because I don't even know (indiscernible) brought
into -- because she wasn't murdered. She was took her own
life, (indiscernible) [like suicide], and then I start
thinking about -- it all comes back to addiction, because
if she didn't -- I hadn't been drunk that night, I think
she'd still be alive with us today, but it's just -- I
don't know what I'm -- what it is I'm try -- I'm
try -- when I look back and reflect on all my teachings
and -- when we needed our teachings, they weren't there,
and it -- we was -- well, I know for her -- I can't tell
you for her, but for myself, I've been so used to being
abused, as her. It's like -- it's just, like, if we could
keep on being abused -- if we just keep not being abused,
then we could -- can go on a healing journey, but we never
got -- she never got to that, although I did, and I'm very
grateful that I got a chance to feel this healing power and
this love and this great love that's in us -- like, it's in
us. It's in me. It's in everyone, and we as individuals
have to all just find the -- search for it because it's,
like -- I'm getting tongue-tied, but I can't -- I can't get -- what am I -- what my -- point I'm trying to make is -- I think I'm getting camera-shy or something.

(LAUGHTER)

MS. F.C.: What -- but (indiscernible). My sister is gone. She's gone. Too bad that she didn't -- she didn't even know -- understand so much of her life that could have -- in this lifetime, could have so much happiness and instead -- like, instead of just looking at all the abuse and then instead of just looking on the upside, have been all for our hope and our faith and everything because we need to be loved, and -- and through my process, through my growing, I didn't realize that I didn't love myself, and when I came to love myself, there's no better love than love -- self-love, but not -- not loving yourself in a (indiscernible) [cruel way], but just from inside, oh, I'm a good person. That's self-love.

And I know for a while -- I've known for a while [long time] that I was lovable, like, that people can love me, because I'm -- I'm (indiscernible) -- not -- I don't try to promote violence. Never -- never did, never will, and that's something I'm so proud of myself, but to be able to just, okay, we're just going to love me, help you get by today, just for today. That's all we got's
today, and I've heard that before in the program, a 12-step program said how people can go on sobriety, like, they're trying to achieve sobriety in their lives, and for me, that was a big help because I had -- I never really learned [literally had to learn] myself how to love myself or teach myself I'm a good thing. That was never done as a child, not that I wasn't that [taught], but my mom went to residential school, my dad went to residential school. I was sexually abused by my dad because of residential school. After I found everything out, I was so happy that I forgave him because forgiveness is the best thing for yourself. When you want something to heal, you're not going to heal until you forgive. You've got to forgive that person -- in them -- like, in -- mentally, you've got to forgive them because when you don't forgive them, they're dragging you down. All the negative -- all that negativity drags you down, and you just don't feel worthy. It's, like, you got to get -- I got to this point where I feel worthy because I'm a beautiful person. I like to share my (indiscernible) [good spirit], my goodness, I can help with other people, just -- I love love. I just --

**MS. MARIE-AUDREY GIRARD:** That's a beautiful message (indiscernible).

**MS. F.C.:** I just love love, and this -- like, so many people have love, and they have love
to share, but for some reason, they've been told, repress it. I don't know why. Why -- why was I taught to repress love? I was never taught how to love, and, like, them -- like, I could be so angry and so mad because my -- my dad did to me, that sexually abused me, but he was sexually abused by the priests and the nuns at that home, and he was only doing what he was taught. He was never -- he never just did this to -- oh, my God, I don't like [F.C.'s Nickname] and she's not my biological daughter, all the stuff I made up or conjured in my head that that why he was doing this to me. No, he did it because that's how he was taught because where was the love? There was no love. He was taught, so we're just -- we're just continuing, just pass [this process] -- we're continuing to abuse ourselves because that is what we're being taught, and in order to overcome this, you've got to learn to love yourself. There's no greater love than those true, honest-to-goodness true love of self, and not the negative part or, like, all the positive stuff. So much of us have so much to give, so much good light, so much love and everything, and healing. We all need to heal. I've been healing every day for a long time, and I'm going to be healing every day for a long time from now on because I love life, and I'm going to enjoy life no matter what's on my plate or -- like, if I
had no food or -- it'll all come together somehow. I'm not going to let stress bring me down, stress take me out -- or (indiscernible) [worry about] stuff that beyond my control because I want to be true to my love and the love that I have for myself, and that's how I feel it's working for me is just by loving myself because I can and I want to. That's the (indiscernible) because I -- not that I want to. I -- I deserve to -- I deserve it. I earned it. I earned it, and I'm hundred percent -- I'll never be hundred percent healed. Nobody will, unless you're God, like -- you know what, I mean, God is when -- our Creator, but I know my -- I have that much trust in my Creator, the Creator our God, and my understanding that it doesn't put -- don't worry about nothing, and I'll stop [start] worrying about stuff, and then I'll remember what they said (indiscernible), well I'm -- then I -- oh, my God, I'm trying to play God. Okay, I'm backing out on this, putting my hands up. Okay, who -- let's go, you got this.

**MS. MARIE-AUDREY GIRARD:** And I would like to bring you back to your sister. You said -- you mentioned that she survived many -- many abuse.

**MS. F.C.:** Yeah.

**MS. MARIE-AUDREY GIRARD:** Can you tell us what kind of abuse she went through?

**MS. F.C.:** She was sexually abused, she was
raped, not once, not twice -- like, couple times; several times.

**MS. MARIE-AUDREY GIRARD:** Do you know who did that?

**MS. F.C.:** Boyfriends or -- like, and -- and there was -- I met her [another] man -- that wasn't a boyfriend, but he lured her in by telling her, oh, come over to my house, and I'll give you a drink, and then -- and when he got her -- got her all inebriated, drunk, whatever, and just -- he brutally raped her, like, every corner, but -- and then -- even with that, like, there's so much abuse. The sexual abuse can take away from you so much good energy that -- when she was dealing with this, coming up to us upset because her daughter got raped the same night she got raped, but, like, one [in [Maritimes community 1], one in] (indiscernible), and -- and the same night that happened, and when -- I think that when her daughter was trying to reach out for her mom, like, help me, like, how do we get through this? And -- and I felt -- I think my sister felt like, I can't even help you -- I can't even help myself, how can I help you? And I don't know -- I -- I think that the guilt of her -- for her, my sister, I -- I'll never be able to say just how it was for her, but how I feel was because that little girl is my goddaughter, and just how hopeless -- or helpless, how
hopeless I felt at the time was -- because she was there, and she was able to help her daughter get through this. She would have -- she would have felt better, but she was still so much on her own plate that she couldn't even -- the only way that she thought it was going to be okay was to go -- take herself out because this pain was too much for her to carry, and it makes me upset because I realized that if she had stayed alive and would have had so much love, and we could have got through so much, but we couldn't because that choice was final, that she's gone forever, and ...

MS. MARIE-AUDREY GIRARD: And do you know if it was filed in the police, the rape that she -- yeah?

MS. F.C.: Yeah.

MS. MARIE-AUDREY GIRARD: (Indiscernible) [both of them?].

MS. F.C.: Yeah. It was -- it was (indiscernible) [being] investigated what -- I think what me -- I've been through that before where you got to testify and the women, and it's not a nice place to be because it just -- there's so much stress involved and everything, and there's no places that I know [tell you no,] it's not your fault because you knew in your head, why was I there? What did I -- like, what did I do to trigger this? Because you can't escape your own mind and it's,
like -- she was there -- when she went there that night, she went there to go chasing her addiction, right?

**MS. MARIE-AUDREY GIRARD:** M'hm.

**MS. F.C.:** And she didn't know he was setting herself up, and she did -- just, like, it's so hard, and -- but I do give her lots of credit and courage for -- she's guiding me, too, like, telling me, go -- oh, (indiscernible), don't go that way, don't go that -- but she's my -- one of my spirit guide, and I just always listen. I'm so grateful that I always listen because I can't change the past. I can change -- I can change (indiscernible) be in the future, but I can't -- so from here, I'm just going to keep on being more positive and try to love -- and try to love myself more, but try to get other women to realize their value. We're so valuable, and -- and the way we've been trained, it's like we're not valuable. We're worthless. We're -- and I'm going to put (indiscernible) down here. What really gets me upset is the Disney movie, this "Pocahontas." They said -- and this is what they're teaching our children, it's that -- savages, savages, barely even human, and it's like, oh, my God, they're teaching children -- like, they're -- non-Indian [non-Native] children that we're barely even human, and it's, like -- this is Walt Disney. That's the biggest enterprise, basically, in the theaters
or movies or whatever, that -- like, why are they
normalizing this? This -- this is not normal. Like,
we're -- we're human. Like, we're all human, but why are
they -- why are they -- when it came down to that point
that we're not even human, like, I -- you know, there's a
part of me that I really, really likes who I am, and
there's a part of me, like, oh, I'm -- my (indiscernible)
is a beautiful girl. She's my baby girl. [Daughter 1] is
her name, whatever, translating, but she's my baby girl,
and I -- I already said -- well, not -- I'm not going to
guess how many tears, but about four or five times,
already, I caught myself crying and crying and crying, and
I looked at her, and she just looks at me, and she -- why
you crying, Mom? I said, because you look so Native.
You're going to die. Everything going to be against you
because the way you look. Why couldn't you look like me?
I look -- I don't look so Native. Why couldn't you look
like me?

Anyway, and I had to let go and let God, and
I had to make some changes in my life so I'd be able to
feel like I can breathe because I'm one mother -- one
mother who loves her daughter very much who -- she -- she
my whole world, and for her to be dismissed
or -- like -- because she's First Nations, like, I
want -- I want to able to feel pride, to be able to say,
oh, yeah, look how my girl -- my girl's Native, and I'm proud. I want that feeling. I want that feeling in my head, I want that feeling in my heart, but why is it right now my fear won't let that through? That's all I want to do, but is that -- that song pops in my head, like, barely even human, savages, savages, and -- like, why? Like, how did we get here? Like, basically, put it in a nutshell, like, we all got here because of the way everything unfolded in life. It's not -- not going to be better, not going to get worse, until -- well, it'll get better, but first start making -- planning for better because -- and, first of all, because (indiscernible) [acknowledge] what's already been and what already's happening. It's, like, why as a woman of 2017, we've got everything going for them, I've got so much going for me, but why am I dominated by that fear of -- that my daughter is so disposable? Just -- it's just -- she's not important, and that's the feeling I get, and why do I have to have that feeling? Because she's a beautiful girl. She won't hurt nobody. She wouldn't hurt nobody, and I know that, but because of stereo -- like, how do you stereotype certain people or whatever, people want to hurt her just because she looks Native. It's, like, why? Like -- so I guess I'm, like, in a conundrum when it comes to that. Like, I don't know what to do.
But can you ask me another question? I'm getting ...

**MS. MARIE-AUDREY GIRARD:** Yeah, of course. I would like to go back to maybe -- we were discussing your sister. You said that she was struggling with addiction. Can you tell us how long it went and if she has ever received support to deal with her addiction?

**MS. F.C.** Well, what -- what her support, I should have been her biggest supporter at the time because I've been in Alcoholics Anonymous. Like, I went to couple (indiscernible) for a long time, and it just -- I don't know when she was there with me at that time, she was my -- if -- like, I was in AA at that time, but, like, I should -- should -- no -- I was in AA at the time because I remember trying to get -- like, come with me to a meeting, like, trying to get her to get help for herself, or come with me, and she just didn't want to. And then that's -- I (indiscernible) [find] for myself, (indiscernible) person [personally]. That's when -- just -- this term "addictions" start changing, because it wasn't more alcohols, but all of a sudden it was turning into this pills and -- like, what's going on? And I could see every changing, and -- like, everything -- everything was starting to changing, the addictions started changing, and I was, like -- when she started getting into pills, that's
when I noticed that there was a big shift. That girl[Her]
adiction was -- went from -- from -- how can I say
it -- from (indiscernible) to total -- with this new
addiction, this pills, them, just, like, engulfed her. She
was caught in the middle like a little bird inside a cage,
just -- and I thought it was -- well, (indiscernible), I
said, oh, I don't like Tylenol, and I was, like, trying
to -- oh, don't be partaking [even partake in] Tylenol, it
just -- just for recreation [regular strength], Tylenol. I
was, like -- like, I made a big deal about it to her, my
sister, and I shouldn't have because I feel guilty that
maybe that would have gave -- gave her (indiscernible) [the
gift] come over, like, try to see that this is -- view it
as an addiction, but all I can say is, like, my words
aren't worth [weren’t] enough, and -- but [then of course,
I’m not gonna feel guilty] they're (indiscernible), and
that one pill (indiscernible), I couldn't just -- I tried
the best of my ability at that time, and -- my sister, I
don't know what to -- I don't know. It's, like, I really
miss her, and I don't know how to -- just -- and, also
[there’s nothing else], I can say that I wish I could bring
her back, but --

MS. MARIE-AUDREY GIRARD: Of course.

MS. F.C.: -- but I can't, and she's always
guiding me, telling me, keep on doing what you're doing,
but -- because I've got to help people somehow for some reason. I said, keep on going, this road I'm going on, because I got to help people, and I don't know when -- when I help them, when they get down low and they get (indiscernible) --

MS. MARIE-AUDREY GIRARD: She has a really positive impact on you.

MS. F.C.: Yeah.

MS. MARIE-AUDREY GIRARD: Yeah. That's great. This is great.

MS. F.C.: Yeah.

MS. MARIE-AUDREY GIRARD: And you mentioned your parents a little bit earlier during this statement, and you said that they both went to residential school. Can you tell us a bit more about that, about your mother and your father when they were younger and about their upbringing as well?

MS. F.C.: Oh. Jesus. My mom was from a -- originally from [Maritimes community 1] -- I mean, originally from [Maritimes community 2]. She wasn't [Maritimes community 1], and my stepfather was from [Maritimes community 3], and at that time, because of reserves, you know, he was from [Maritimes community 3] reserve, and he moved to [Maritimes community 1], but he didn't transfer his band. They wanted my mom because it
was, like, woman who were -- the man (indiscernible), so my mom was told, go there too. My mom says, I ain't going to go live there. [My kids ain’t gonna go live there]

(Indiscernible).

She raised us in an old home. There wasn't -- there was no heat or nothing, and we had to live in the (indiscernible) -- like, no oil (indiscernible) are almost frozen because she refused to leave [Maritimes community 1] and go up to [Maritimes community 3],, and that -- that reserve. I just remember us, no bathroom, being very cold, no -- we had no -- because every other house had a bathroom. We had no bathroom, and I -- I always wondered, why are we so poor? Like, how come everybody else has, like, a bathroom? Like, I always thought they were just picking on us, but when I reflected and when I grew up and I was reflecting, I say, oh, my God, she was just trying -- my mom didn't want us to move -- she was just trying to -- like, we had our house, and they wouldn't help us because my -- my -- because my parents (indiscernible) [situation], but we didn't know about our parents (indiscernible) [situation]. We just do -- okay, they're just (indiscernible) [doin' it cuz they didn't like us], because we didn't know why, and -- my mom worked. She got a job as a teacher, as a teacher's aide.

MS. MARIE-AUDREY GIRARD: Yeah.
MS. F.C.: And they start bringing in money, and she was always trying to, like, better our -- better our lives and then put -- my poor mom, she just tried harder and harder, and she only lived to be 63. She passed away from pancreatic cancer.

MS. MARIE-AUDREY GIRARD: Hm.

MS. F.C.: Because even when she got cancer, she told them, don't you guys tell [F.C.’s Nickname], she going to be upset and she going to get sick, and me -- everybody was scared I get sick and I revert back to where I was (indiscernible) to go all the way back from -- as a mom, I said I would probably feel that way, too, but -- but she told them, don't you tell [F.C.’s Nickname]. [F.C.’s Nickname] will think something's up, but (indiscernible) -- they were trying not to tell me. I finally figured it out, and I told my sister -- because I'm the oldest, right, and my sister, she just say, no, (indiscernible). What's going on? I know something's going on. And why's Mom going to the hospital almost every second day? But that's -- she's in Sydney (ph) -- -- because [Maritimes community 1] is like, a half-hour drive away, and I'm in [Maritimes community 4], so I was seeing her every two days. She dropped by my house, and like -- like, I had a brain injury, and that [not a] stupid injury, like, hello, gosh, what's going on?
But if I'm (indiscernible). From the time they told me to burying my mom was not even three months. It went that fast.

**MS. MARIE-AUDREY GIRARD:** Can you maybe -- to the best of your knowledge, can you tell us a little bit about your experience at residential school, your mother?

**MS. F.C.:** She didn't like to talk about it at all. There's not much because residential school wasn't talked about at all in my house. So -- she told us a few stories, not much, but I do remember one story, and there was -- about this boy was getting sick from, like, eating food. Like, they all have their meals, whatever. For some reason, she told -- shared this one with us, and she goes to us, this boy in -- in -- not the nurse but the nuns who was -- eat your food, blah, blah. He spit up, and they made him eat his throw-up food, over and -- because he -- my mom said, that poor boy, he threw it back up because he couldn't keep it down, and they -- they were make him stay there and eat all his food -- like, not food. The throw-up, right? And that -- just -- she didn't share much stories, but when she did, it was -- but all I know from all the years that she talked about it, I just -- I always remember thinking, I'm so glad I didn't go there. I'm so happy it was you, Mom, not me. Like, what am I
going to say? Like -- just -- just,
like -- (indiscernible), I don't know what. It was so
beyond my comprehension that -- here's my children. I love
my children. (Indiscernible). Like, just come in, just
take all your children, because they didn't want, like, the
way -- what you are teaching them, or they wanted to teach
them another way, not -- so I don't know, just -- what was
the question? I got all side --

MS. MARIE-AUDREY GIRARD: You
are -- you're -- it's perfect.

MS. BARBARA SEVIGNY: You're on the right
track.

MS. MARIE-AUDREY GIRARD: You are -- I
was -- well, my question, I'm interested to the effects of
the people that went to residential school and how it
impacted you, those effects impacted you. So my question
was what do you think was the experience of your parents?
What -- like, your mother asked, but I'll ask more
globally, your mother and your father at the residential
school, and how did it affect you?

MS. F.C.: Okay. Looking back on it,
52 years old, and I've very lucky to be alive. I'd have to
say residential school affected me almost, like, a hundred
percent because wasn't for residential school, that I find
residential school was the nook that took everything all
away all at once, is -- like, all our faith, our hope, everything to just drawn -- like, just something [sucking it] out of our -- our -- what's the word I'm looking for? Like, our wholeness, our sacredness, it just pulled it right out and just left us without nothing to survive with. Like, -- just, like, somebody tell me -- here, let me take all this information in your brain, but -- there, now go walk, go out, try and live your life, but all your teachings, I'm keeping them. Like, what the heck? I need my teachings to continue on my journey, to know how to live my life and what to do. Give me back my teachings. But just keep walking, just keep walking and talking, trying and remember these teachings that you had in your head -- in your brain that they didn't get at, just to try and keep on keeping on, just try to work every day to the best of your ability. That's all I can do.

Like -- like, when my stepfather, I'm -- I'm like, reflecting back now. Even though -- I'm pretty sure he doesn't like the way it went, but I certainly liked the way it went because he sexually abused me from the age of 5 until I was 15, and when my [Son] boy was born, and that was 1980 -- no, 1993 my [Son] boy was born, and when he was 2, I walked out of court with 2-year-old in my hand, walked away, and my dad got two and a half years in Dorchester Penitentiary because I -- I fought back. I took him to
court and said, he did this to me when I was young, now I want -- now I want (indiscernible). I'm not young no more. I got my own kids, motherfucker, and (indiscernible), but -- I said, I don't -- I don't care about this anymore, just -- (indiscernible) [the ton of] abuses, how -- just going to move forward in your life, but I said -- like, I'm not going to -- that not no good for me, all negativity, you know.

So when the -- like, I'm happy I fought with [for] my son and was able put him in there but not too many people because I had all my -- like, I had to go to P.E.I. that day, and, like, that -- the stops or whatever for crossing the ferry and all that, that -- that's what -- that's why because convicted because (indiscernible) stuff like that, or they go find them, and -- and for some reason, I don't know why, I don't -- I wish I could really say (indiscernible) [I know exactly why], but after my brain injury, for some reason, I forgave him. I was, like, in a hospital bed, and I was laying there, and my family came in, like, my mother and my father, they came, (indiscernible)[all my siblings], they were all walking in, and I was watching them walking, but -- just watching them, and then he walked in, and I found out later on -- like, later on that he had -- had asked to speak to me alone, and -- and when he walked by,
he was the only one out of everyone that walked in, only one that had a light over him, and -- I stopped calling him Dad, I told you earlier, [you’re name was] (indiscernible) because -- my dad wouldn't have did this, and I went -- they all walked in, and then for some reason, I just went, Dad, and, like, he walked over. I -- I wanted him. Dad. I gave him a hug. I said, I must -- I don't even know what I said, I must (indiscernible).

**MS. MARIE-AUDREY GIRARD:** And you remember -- you said you went to court, and he was found guilty. How long has he been to jail? What happened after that?

**MS. F.C.:** Two and a half years he was in jail.

**MS. MARIE-AUDREY GIRARD:** And you just mentioned your brain injury. Can you tell us how it happened, how -- what happened with this brain injury, how it happened, what --

**MS. F.C.:** Okay. Well, my brain -- we were out one night, me and my husband, my ex, and all I been told so far is that they heard, like, a ruckus, and they seen -- finally -- we were, like, fighting each other, trying to fight, and they said -- one fellow says he -- he knocked me out, like, he punched me, knocked me out, and (indiscernible) -- and so he said I started tying my shoes
because he was going to come down and (indiscernible) [help] me out, right, and he goes, when I got to outside, like, (indiscernible) [the door], so I soon them walking away. They said, oh, good, he's walking away, not going to hit her no more. And he goes -- then he goes, like, the steps, there's, like, a flight of stairs that (indiscernible). By the time he got down, he had -- all he'd seen them [him] walking away, and when he got down to the bottom of the steps, he seen [him] running towards me, and he walked away, like -- and he used my head for a football, like, a football. He kicking me in the head, and -- from then on, I had to go to the hospital -- well, I had to go to the hospital, then -- then I had to get airlifted. That's when my brain was bleeding, and then they start -- (indiscernible) -- like, I had to go to surgery right away, so thank goodness -- oh, my God. Thank goodness the bleeding stopped and the flight -- helicopter flight on the way there, (indiscernible) [to Halifax], and when that happened, when stopped -- they stopped -- I stopped bleeding, and then my children were told to tell me good-bye, that I wasn't going to make it through the night, blah, blah, blah. So yeah, I told them good-bye. I'm still here.

**MS. MARIE-AUDREY GIRARD:** And was it the fist time that your ex-husband was violent with you?
MS. F.C.: Yeah, I thought -- that's what I thought, but no, because my son -- I asked him, I don't -- I didn't remember ever being abused, so I -- I was, like -- didn't abuse me much. Then my son told me -- because he says, oh, (indiscernible) [he was 11 when] that happened, but later on, like, he doesn't -- Mom, do you remember that time -- he goes, it was Easter time, and we had no phone, you told me -- because I got roller blades from Easter Bunny, and he told me, you put your roller blades on and go to the store and tell them to call the cops, I said, because he kept getting punched and everything. He was beating you up. I was like, oh, man, I forgot that.

I get -- like, there's some memories I didn't get back, but -- like, him -- by him telling me, I said, oh, yeah, I remember now. Like, there's a lot of things that -- okay -- okay, my memory gets triggered, okay. And -- I got lost there. What was the question?

MS. MARIE-AUDREY GIRARD: That's -- no, that's perfect. Yeah, I was asking if it was the first time that he was violent with you in --

MS. F.C.: Oh, I don't know.

MS. MARIE-AUDREY GIRARD: And how long have you been with him?

MS. F.C.: On that day, was 22 years.
Twenty-two years and four kids. Only two years away from having my 25th wedding anniversary. That's going to be celebrated. I used to feel bad, like (indiscernible). Nah, I don't feel bad.

MS. MARIE-AUDREY GIRARD: And when that happened, after you reported it to the police, what happened?

MS. F.C.: Oh -- oh, got reported it to the police, they were trying -- when it got out of the hospital, when I went to the court -- I went to the courthouse. They were pissed off. I -- I (indiscernible) [I was pretty loud], and I'm (indiscernible) [I can understand why they were] pissed off, and I went in there, and I was getting my man out of jail. Because he tricked me, and I said -- and (indiscernible) said [everybody used to be very upset] that he tricked me, and I -- I used to be very upset, too, but I said, I'm not going to worry about it. I'm not going to stress out, but when he gets to see his Creator, when the Creator gets (indiscernible), he can have that with his Creator because I think his Creator's going to be a lot harder on him than he is on himself, but I just didn't worry about it. I just -- I had to let it go because -- too much of my energy, all my positive energy being dragged away, so I just, nah, I'm not going to let him bother me like that no more.
MS. MARIE-AUDREY GIRARD: And do you know if your kids that -- did your kids have -- ever suffer any kind of abuses; physical, emotional, psychological, sexual abuses?

MS. F.C.: My children?

MS. MARIE-AUDREY GIRARD: Uh-huh.

MS. F.C.: No, because --

MS. MARIE-AUDREY GIRARD: And not necessarily from your family, even from outside or any trauma that they could have experienced.

MS. F.C.: Oh, like -- say it again.

MS. MARIE-AUDREY GIRARD: Your children. Like, either [Daughter 2], I have [Son], [Daughter 3], and [Daughter 4]. Do you know if they have ever been victim of any abuses, either sexual abuses, physical abuses, emotional abuses?

MS. F.C.: Emotional. Not sexual, because their -- their mom lived a hard life, and they've -- they know, they know, like, all stories (indiscernible) -- what's the word I'm looking for? They're, like -- costs, there more costs [cautious], because of my life, not the way I taught them, but -- that's a really confusing question for me because it's, like, I tried to stay out of their lives, let them live their lives too.
MS. MARIE-AUDREY GIRARD: And it's the best of your knowledge. If you think that there's none, and it's -- no problem at all. You don't need an answer for that. I'm just asking the question around, have, like, a good perspective.

MS. F.C.: M'hm.

MS. MARIE-AUDREY GIRARD: So if there's none, that's not -- not a problem at all.

MS. F.C.: (Indiscernible)

MS. MARIE-AUDREY GIRARD: Yeah. And I would like to have a little bit of information about your grandchildren as well. You mentioned earlier that five of your grandchildren were -- were not with you anymore. Can you tell us a little bit more about that?

MS. F.C.: I'm 53 years old, and I already got nine grandchildren. Imagine.

MS. BARBARA SEVIGNY: Nice.

MS. F.C.: Just a lot of grandchildren, I got (indiscernible). But -- yeah, it's sad that I don't get to see my grandchildren. It's, like, I know there's a part of me -- like -- like, (indiscernible), and I don't feel like -- no. Hm. It's, like, I feel like they were -- it's like residential school all over again. It's, like, they got taken away. It's, like, not the way I feel about that is how -- I feel like Forrest Gump over here.
Just the way my life was supposed to fall, I was supposed
to teach my grandchildren how to do all -- it's
like -- like residential school. It's got -- they scooped
them up again. They just took them away.

MS. MARIE-AUDREY GIRARD:  Who took them
away?

MS. F.C.:  With my family. [Mi'kmaw Family]
They took away my grandchildren. Now I can't be a grammy.
I'll always be their grammy biologically, like, in their
brain, but my teachings are all gone because I wasn't
allowed to teach them. There's some days I say, okay,
well, good for them. That's -- I don't have that much
money, I can't buy lots of stuff for them, blah, blah,
blah, and then -- that's one way of looking, and the other
way of looking is, I'm a great person. I'm so lovable.
I've got so many teachings that I can share. I -- I feel
like they ripped me off because -- they stole my thunder.
Like, these children have to learn how to love, but -- but
they're taught how not to love. Like, your grandmother,
she's not important. Your mom, she's not important at all.
We got to take you away from her so you could have a better
life. It's, like, just all the negativity just -- at the
core of my heart, I guess it really, really, really, really
hurts so much that -- that I don't even want to think about
it (indiscernible). I just want to stop for -- like, don't
even think about it because it hurts so much, that all
that's gone. There's no amount of money's never going to
buy it back because you can't buy that stuff.

Like -- and then -- you know how I found
solace in this? One of my grandchildren died. She got
called back, and she was only four and a half months old.
She got called back to heaven, and I said, okay. Okay,
Creator, this what's going on? Okay. Okay, I got this.
Then the second time -- well, I just lost one just, like,
three months ago.

MS. MARIE-AUDREY GIRARD: Sorry.

MS. F.C.: They got taken away from me and
my family. He got -- he beat her, he beat the
(indiscernible) [baby] -- almost, like, right out of her.
Now, he's with the family of the man because -- it's not
the family -- with my family [with the family, the
[Indigenous Family Services agency] now. Like, I'm -- I'm
so grateful that I'm not a violent person because I had
to -- (indiscernible) [One of these days] I would shoot
somebody -- shoot the whole family, but I'm not violent,
but anyway -- she just had a baby three months ago, my
daughter, and the man that beat her up and cut up his
friend's face because -- and he cut up his face because all
these years he thought he was more handsome than him.
That's the only reason why he cut up his face, and
the -- the woman that adopted -- that adopted that -- the
father, like, the dad -- baby dad or what, she works for
[Indigenous Family Services agency]. [Indigenous Family
Services agency] got five children over there, and I've
seen them with my own two eyes getting slapped upside the
head for speaking English. It's the opposite of
residential schools. Like, they're teaching English, and
they're trying -- and that little boy is blind, and they
only teach him how to speak Mi’kmaw. So when he goes to
the hospital, he can't speak -- nobody can understand him
or nothing, and -- now my grandson is there,
(indiscernible).

MS. MARIE-AUDREY GIRARD: And why did they
remove the kids from your daughter's care?

MS. F.C.: Because of -- they said abuse;
like, drugs. But it's a hard road. I'm getting all upset.
Now I want another cigarette.

MS. MARIE-AUDREY GIRARD: That's all right.
We can take a break. Totally. I'm asking lots of
difficult questions, and I'm aware of that.

MS. F.C.: Okay.

MS. MARIE-AUDREY GIRARD: Okay so we can
totally take a break right now. I'll just turn off the
audio-recorder, and it's 2:48 p.m., and we're turning the
recorder off.
--- Upon recessing at 2:48 p.m.
--- Upon resuming at 3:06 p.m.

**MS. F.C.**: I think that's why they wanted me to come in because they -- like, and what you just said, it's, like, I half-full, like -- I'm positive like that.

**MS. MARIE-AUDREY GIRARD**: You are.

**MS. F.C.**: (Indiscernible), oh, my God, you've got to tell your stuff. I said, I talk about all the time. Like, anytime always I'm talking about myself, and I got nothing [like I’m not even] there.

**MS. MARIE-AUDREY GIRARD**: I'll just say that it's 3:06 p.m., and we're continuing the session with Marie-Audrey.

**MS. BARBARA SEVIGNY**: Barbara Sevigny.

**MS. F.C.**: And [P.C.].

**MS. MARIE-AUDREY GIRARD**: Thank you very much. So before we left, you were talking about your daughter, and you were telling us a little bit about a problem that she has right now and the addiction and the fact that some of her children right now are not with her anymore, and do you know if she has some support? Like, do you know if she's receiving counseling, some support, or is she receiving any help to help her with this -- this addiction?

**MS. F.C.**: Yeah.
MS. MARIE-AUDREY GIRARD: Yeah?

MS. F.C.: Getting help, but -- and I told this already. I said, can't help you until you want to help yourself. No matter how many times you say you want help, if you don't want to help yourself, I can't help you. That's -- the hardest part for me was trying to tell her that I want to help because I'm not going to get help if you don't want it, (indiscernible). Now that's just like -- that's (indiscernible) or whatever, right, because (indiscernible) for a girl. She looks at me, and that's -- remember I was telling you about a song, Carrie Underwood, my song? My song in my life right now for me is Carrie Underwood song, "Something in the Water," and the only thing about -- different about that is the preacher man on the song is my 12-step programs. I mean, I was listening to it, and I was crying my head off in the living room one night, and I couldn't ask [I was] -- that never happened to me before in my life. I was so, so emotional, crying and everything. I walked to the room -- like, her room's (indiscernible) home, so I walked out, and I'm, like, oh -- I can't even see anymore, like, the tears coming up. I walked in, and my baby girl looks up, and she goes, who died? And I -- oh, no, happy tears, happy tears. (Indiscernible). Happy tears. And the -- they go -- my oldest girl just goes, oh, my God, did
you say happy tears? (Unreportable sound). They're still falling, right? And I said, I don't know why. I don't know why I'm crying like this. That song comes -- like, I walked my (indiscernible), they're following me, and they were talking, and I'm like, oh, my God, I don't know what's going on, happy tears, I just -- I just love my life. They're, like --

(LAUGHTER)

MS. F.C.: We all came up: How come (indiscernible) happy tears? I never, ever -- I said, so many times I had in my life where I had a nervous breakdown or, like, almost nervous -- like, I couldn't (indiscernible), only thing I wanted to was just for death to come and save me. Just -- I was searching for death so I could be safe from -- like, go to another -- go to God, whatever, right? And then, I'm like, oh, my God, I don't want to die. I'm happy to be alive. Oh, my God. (Indiscernible), I'm out [The first time I was] like -- I was -- not 90 but opposite -- like, opposite end of the spectrum on both. Like -- ah, like -- like (indiscernible) [I like it, I like it, I like it] -- this -- I don't know what this -- I just keep -- I kept -- keep keeping on, just...

MS. MARIE-AUDREY GIRARD: Have you been feeling like this for a long time, like, you didn't want to
be -- like, before this happy tears came --

MS. F.C.: Yeah.

MS. MARIE-AUDREY GIRARD: -- how long was it

for you when you were in the little sadder place? How long
did it take -- like, how long have you been there?

MS. F.C.: Oh, my God. I'd say 53 years.

Like, a long time. I'm only just starting to feel this
love, but I think it was, like, a process. Like, I was slowly getting through here, you know, but I'd say from
that time I had my happy breakdown, I'd say about three
years ago.

MS. MARIE-AUDREY GIRARD: Three years ago?

Okay.

MS. F.C.: Like when, I -- I have to
(indiscernible). That's it. Three years.

MS. MARIE-AUDREY GIRARD: And -- and how did

you cope with the sadness?

MS. F.C.: By being [F.C.’s Nickname].

By -- I always think that -- that instead of a half -- I
know -- all my life, I knew that you got to be half-full,
it's going to be half-full, but all my life, my world's been (indiscernible) [my road’s been driving me] that, no, no, no. No, no, no. Now, I just couldn't get to it. And
then after my brain injury, a lot of things like,
this -- because even my kids, I told them, you tell your
dad -- can you tell your dad, I -- I said, from the bottom
of my heart, thank you for almost killing me because you
put me on a path that I'm -- and on my journey in life that
I can love myself so much. I'm -- I could -- I could have
died not knowing. Just thank you so much for him putting
me on this path that I on[woke] up here, and this
beautiful -- I -- this heaven on earth to me. I told them,
tell your dad, thank you very much. He gave me the best
gift ever, and -- and they're like, (indiscernible) [You
want me to tell that to my dad]? Yeah, [what part didn’t
you understand?] I'm starting to understand.

(LAUGHTER)

MS. F.C.: But he gave me the
biggest -- biggest gift ever. You know, that's ironic,
but, like ...

MS. MARIE-AUDREY GIRARD: Well, it's
wonderful to see you so full of strength and positivity.
This is -- and -- well, I will have other questions, maybe,
about your children. So you were talking about [Daughter
3], and she's still living with you, right?

MS. F.C.: Yeah.

MS. MARIE-AUDREY GIRARD: So is she -- do
you know if she's having any problem herself with addiction
or dealing with problems like her sister [Daughter 4]?

MS. F.C.: No. Like, my [Daughter 3] -- my
baby girl, I like to call her, she's -- how can I say it?
She's -- she drinks, like, a -- like, a -- more -- like,
not every night, but on weekends, and I am -- I always tell
her, [Daughter 3]. She goes, what, Mom? I said,
you're -- you're an alcoholic. You know that, right? You
just don't realize it yet. She goes -- I said, really,
[Daughter 3], I said, you were born an alcoholic. I was
born an alcoholic. It's in our genes. I said you can't
avoid it because grand -- my mom, she -- she drank so much.
She's like -- she'd get -- basically drank herself to death
because she -- pancreatic cancer. That's what had
happened, but so -- but -- I was -- and I told [Daughter
3], I -- I been at AA -- like, how old am I, 53? If I
stayed in AA -- stayed sober, I mean -- I'd be happy sober
28 years if I stayed from the first time I went to a
program because I've always been that way, sometimes
[something’s] off-kilter. I got no (indiscernible), I
(indiscernible) go find out what it is and figure out how
to fix it. Like, what can I do to make it better,
or -- because we're -- I don't know. (Indiscernible), but
we're here -- now we're here -- we're not here for a long
time, but got to make the most of what we have while we're
here.

**MS. MARIE-AUDREY GIRARD:** M'hm.

**MS. F.C.:** So -- and some people think that
it's a -- things that are material, things are whatever, but none of that bullshit really matters if you don't have self-love.

**MS. MARIE-AUDREY GIRARD:** M'hm.

**MS. F.C.:** I'd rather have self-love any day because all that money, all the drugs in the world couldn't make me feel how happy -- happy [and healthy] I feel inside, and even this feeling, the most of them [emotions] that are -- because that was just -- just love coming out of me. I could -- like, I'm emitting love, right, and I'm walking on, like -- and I'm -- like, I was just telling -- like, I tell them self-talk, talk to myself, that -- okay, [F.C.'s Nickname], what do I got to be grateful about today? Like, what's all the things we're getting grateful for today? Because I know that the key to (indiscernible) [this] is gratitude. The key to where I'm at is gratitude, always being grateful for stuff that you have. Did you know that you give gratitude for stuff, and you get more stuff? This is how it works. Well, I give gratitude every day for being able to walk, give gratitude every day for being able to read. Every day -- like, stuff that we just take for granted every day is, like -- and I'm so grateful for it every day. Like, that will do a list -- like, sometimes I do write it down, sometimes I don't. It's like, I was -- every day -- well, this is what I've been doing.
Every day I wrote down five things that I'm grateful for, right away, because -- and that -- it's, like, okay, I'm grateful I opened my eyes this morning. Like, what -- I'll -- and I seen this on Facebook, that's a -- I stole it off somebody, said, probably [I opened] the best gift this morning, I opened my eyes. Thank you -- thank you, Creator.

**MS. MARIE-AUDREY GIRARD:** [F.C.’s Nickname], in your opinion, what kind of change would you like to see in the future for Indigenous women and girls? What do you think can be improved, and how do you see -- what can be done for Indigenous women and girls to have a better future? This is a --

**MS. F.C.:** Wow.

*(LAUGHTER)*

**MS. BARBARA SEVIGNY:** (Indiscernible) question.

**MS. MARIE-AUDREY GIRARD:** This is a -- in your opinion and in experience.

**MS. F.C.:** Like, I'll tell you, in my experience, I would say I would like them to start by being true to themselves, like, loving themselves, what -- there's so much that we have to learn to love ourself -- like -- like, I love myself so much because I know my culture. I know -- well, like, you know -- see,
(indiscernible) [your all going] no, I don't know what you mean -- like, where I come from -- or where we come from, all come from, our teachings and them about where women are, woman is life like water is life. It's like, where -- I miss that -- the old ways like, from how women were revered and put on a pedestal, per se, not because of her looks or nothing, but because she was Mom. She was -- what's the word I'm looking for? Like, not -- yeah, in a way, like, a creator but creator on earth. Like, she will provide the food and nutrition, everything -- everything you need for a healthy lifestyle, but not the negative parts and all that stuff, and just to be our teacher, just -- mom -- between mom and the Creator, that's all -- that's all we need in the world. I just laugh because don't tell that to the guys, though.

(LAUGHTER)

MS. F.C.: Because they don't even -- a lot of the guys don't even realize that they're a part of the problem. Like, not in a mean way, but it's, like, by them wanting more material stuff, that's -- that's a guy's way of being, right, is more materialistic and always -- well, once you conquer this, you move on, or everything, right? But why don't they just -- I wish they would just lay down, like a -- like a little puppy.

(LAUGHTER)
MS. F.C.: Like, not (indiscernible). It's not the right way of going. See, we're going the wrong way. Like, (indiscernible), I would say, (indiscernible) [oh my God]. No, but watch this -- (indiscernible) [Gotta] watch this movie. It is called, what, "The Help [Health]."

MS. MARIE-AUDREY GIRARD: Oh, yeah, the movie you were talking about earlier.

MS. F.C.: They said, I'm not having eggs no more. I'm done. And it's all scary but so true, and -- like, you can understand from the perspective -- especially as a Native woman, like, being on the outskirts, that, okay, okay, I can see how this -- like, people will say, no way, this can't be happening, but I can see how it can happen without anybody being -- like, they're trying to kill us all off by cancer, you know, put -- like, chicken. We're not supposed to eat chicken at all, and I love chicken because they (indiscernible) [I don’t want] beef (indiscernible), oh, chicken's, like -- chicken's worse. Oh. But -- (indiscernible) chicken.

(LAUGHTER)

MS. BARBARA SEVIGNY: She can ask questions so we -- she can bring us back.

MS. MARIE-AUDREY GIRARD: Yeah.

(LAUGHTER)
MS. MARIE-AUDREY GIRARD: Well, for myself, what I wanted to know today is about you, about your personal history, about your parents and your family, as well, your children, and I wanted to have your opinion, as well, on how we can improve the life of Indigenous women and girls. So as for myself, I think I have lots of valuable information that you have been sharing with us, so I was wondering if there's anything else that you would like to share with us today, about -- about yourself, about your parents, your children, and the struggle that Indigenous women and girls have to go through and the challenges, the barriers, and how is it possible to alleviate those challenges.

MS. F.C.: Those are good questions because if I got -- if I could answer them, we'd be in utopia.

(LAUGHTER)

MS. MARIE-AUDREY GIRARD: This is a difficult one, but as you said, you know, whatever [who knows better]--

MS. BARBARA SEVIGNY: What you would like to see changed --

MS. MARIE-AUDREY GIRARD: Yeah.

MS. BARBARA SEVIGNY: -- so that women and girls are not being vulnerable to missing, murdered, and violence, and put on the street for selling their bodies?
What could help prevent that from happening? What would you like to see changed? If you had a magic wand, what would you wish?

**MS. F.C.:** Oh, my God. Could you (indiscernible) [F.C.’s Nickname] World?

(LAUGHTER)

**MS. F.C.:** (Indiscernible) [That would be fantastic]. Oh, my God. But -- oh. There's all -- so many negative things, too, that can come out of positive things, but I don't want to be a Negative Nancy either.

(LAUGHTER)

**MS. BARBARA SEVIGNY:** Maybe I could use one, for example, that you shared. You didn't trust the service-providers. You didn't -- or you didn't know where -- where they were when you needed help. Could that change for the women, maybe? Like, if women knew where to go, what was available?

**MS. F.C.:** Yes, because -- yeah, that's really hard because if it wasn't for [F.C.’s Nickname] helping [F.C.’s Nickname], if that makes any sense. Like --

**MS. BARBARA SEVIGNY:** M'hm.

**MS. MARIE-AUDREY GIRARD:** Yeah.

**MS. F.C.:** You know what I mean, like, going out and saying, I need to do something, I can help myself.
I don't even know where, but -- it's hard to say, too, because [F.C.'s Nickname]'s being guided.

**MS. BARBARA SEVIGNY:** M'hm.

**MS. F.C.:** Because I can't -- I can't take all the credit because, it's, like, Creator's taking me there. It's like, I can't -- it's not all me. Like -- but I don't know if that was when I let go and I said, okay, you've got this, I'm not going -- like, I -- I'm -- this was not even only two months, it was only, like, two weeks ago, I just said, okay. Okay. Okay, Creator, I'm -- at this point, I'm so stressed the fuck out. (Indiscernible). I'm so stressed the fuck out. I can't do this anymore. Okay. (Breathes out, breathes in) Okay. I know what I'm going to do. You -- you've got my back, you've got better than any of my [anybody] -- you know me better than I know myself. I'm not going to worry about it no more. I'm releasing it. I'm letting it go. I'm not taking it back because every time I take it back, I get all this stress. Okay. Okay. You got my back, hundred percent, and I trust you hundred percent. Not the one leading you around, never did, never will. Okay. And then I just lifted up.

**MS. BARBARA SEVIGNY:** So do you think, saying that, if women were taught how to say, no, I'm not going to take it back, I'm going to let it go, would that help women if somebody were to teach them how to do that?
MS. F.C.: Yeah, I think so, because I find -- because it doesn't matter what you -- like, addictions, because I'm, like -- like, I'm -- I can say I'm well versed for that, how it goes around. It's, like -- it's hard for somebody not to take it back when they give it -- like, when they offer it up to the Creator, but -- but (indiscernible) [you gotta tell them], you got to, like, make them aware that they are doing this, because I didn't even -- like, the one I could fool the most was [F.C.'s Nickname] because [F.C.'s Nickname] didn't even know, right? And I tell him, one day, look at, what am I doing? I took that back. Like [why did], I take that back. I -- but that helped me find my Creator even better because by identifying that I took it back, I got no power, but I took it because I'm a sucky baby and I wanted everything done yesterday and all (indiscernible) [no patience, no nothing], like, oh, okay. You can have it back.

(LAUGHTER)

MS. F.C.: But yeah, I think it -- learning process, and I don't know where -- like, I wish I could put all my stuff in a book and say, yeah, this is how you do it.

MS. MARIE-AUDREY GIRARD: That's a good idea, eh?
MS. F.C.: And you know what? Just -- I don't -- I just don't want to do it. I know what I'm supposed to do. I've been told several times in my life, [F.C.'s Nickname], you got to write a book, and I'm like --

MS. MARIE-AUDREY GIRARD: And I -- and I think you have lots of valuable teaching.

MS. F.C.: I know what I --

MS. MARIE-AUDREY GIRARD: You know, like, all the energy that you have, this positivity, that is so great.

MS. F.C.: I know because even -- I was long time ago, and somebody told, you got to write -- you got to write a book, [F.C.'s Nickname]. Oh, my God, I got to write a book. That's it. I'm like, oh, my God, do you know how many books I was supposed to write? I could write a book for every time I was told to write a book.

(LAUGHTER)

MS. F.C.: Now, like...

MS. MARIE-AUDREY GIRARD: Yeah.

MS. F.C.: Okay. And -- and it's, like, I'm fighting against it. I don't know why.

MS. MARIE-AUDREY GIRARD: Oh, really?

MS. F.C.: It's, like --

MS. MARIE-AUDREY GIRARD: Maybe one day.

MS. BARBARA SEVIGNY: When you're ready --
MS. MARIE-AUDREY GIRARD: When you're ready.

MS. BARBARA SEVIGNY: -- it will happen.

MS. MARIE-AUDREY GIRARD: Yeah.

MS. F.C.: And I said -- and I said, okay, so -- because something's going to -- I'm going to get money -- I'm going to get money for -- like, I'm not going be poor my whole life, but I'm going to get money, and I said, maybe that's how I going to get the money, got to write the book.

(LAUGHTER)

MS. MARIE-AUDREY GIRARD: This is a wonderful idea. Well -- well, thank you so much --

MS. F.C.: Thank you.

MS. MARIE-AUDREY GIRARD: -- for listening -- well, for sharing your story to -- with us --

MS. BARBARA SEVIGNY: M'hm.

MS. MARIE-AUDREY GIRARD: -- for being here today. I really think you have lots to say and lots to teach as well.

MS. F.C.: Yeah.

MS. BARBARA SEVIGNY: Yeah.

MS. MARIE-AUDREY GIRARD: I think the way you see life and this positivity and this strength and courage is -- well, it warms my heart.

MS. F.C.: I know because I --
MS. MARIE-AUDREY GIRARD: So I really want to say from myself, really, thank you for sharing your story with us. I'm really grateful that you're here, and I'm sure it's the same for -- for Barbara that is here with us.

MS. BARBARA SEVIGNY: M'hm.

MS. MARIE-AUDREY GIRARD: So I will just turn off the audio-recorder. Unless you have any other thing you would like to add at the moment, I will turn off the audio-recorder, and --

MS. F.C.: I -- I wish -- put this song on -- on the end of the song, say this -- put -- my song called "Something in the Water," Carrie Underwood, and the preacher man is 12-step program for me.

(LAUGHTER)

MS. MARIE-AUDREY GIRARD: Thank you for that. So it's 15 -- oh.

MS. F.C.: And I'm a hugger too. I love hugs.

MS. MARIE-AUDREY GIRARD: Thank you so much.

MS. BARBARA SEVIGNY: That's good because we're huggers too.

MS. MARIE-AUDREY GIRARD: We are. We love that as well. Thank you.

(LAUGHTER)

MS. F.C.: You know what I mean, because -- now, I tell it because we are (indiscernible).

MS. MARIE-AUDREY GIRARD: Yeah.

MS. F.C.: Get right in there.

MS. MARIE-AUDREY GIRARD: Do you mean all my muscle I have? I'm kidding.

(LAUGHTER)

MS. F.C.: You guys are like --

(LAUGHTER)

MS. F.C.: Next time, when you getting into a hug, relax.

(LAUGHTER)

MS. BARBARA SEVIGNY: Again?

MS. F.C.: (Indiscernible)

MS. MARIE-AUDREY GIRARD: This is why we have hugging.

(LAUGHTER)

MS. MARIE-AUDREY GIRARD: I'll just turn off the recorder. So it's 4:31, and we're turning off the recorder.

--- Upon adjourning at 4:31 p.m.
LEGAL DICTA-TYPIST'S CERTIFICATE

I, Jenessa Leriger, 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.

Jenessa Leriger
March 13, 2018