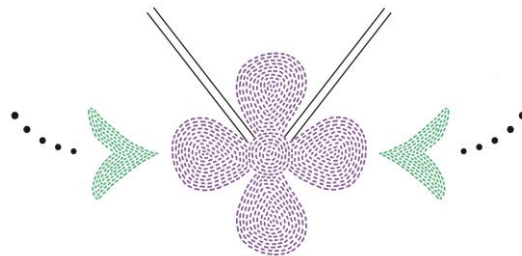


National Inquiry into  
Missing and Murdered  
Indigenous Women and Girls



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 Statement Gathering  
Lower Post, British Columbia**



**PUBLIC**

**Wednesday February 28, 2018**

**Statement - Volume 276**

**Falina Creswell**

**Statement gathered by Jayme Menzies**

Margot Maye / Charest Reporting Inc.  
16<sup>th</sup> Floor – 885 West Georgia Street, Vancouver, BC V6C 3E8  
Phone: 604-669-6449 Fax: 604-629-2377

## II

### NOTE

Where not required by other statute, redactions to this public transcript have been made pursuant to Rule 55 of the Commission's *Legal Path: Rules of Respectful Practice*, which provides for "the discretion to redact private information of a sensitive nature where it is not material to the evidence to be given before distributing the information to the Parties. The National Inquiry will consider the public interest in releasing this type of information against the potential harmful impact on the individual whose personal information is at issue."

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Documents submitted with testimony: none.

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Falina Creswell

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Lower Post, BC  
February 28, 2018

(PROCEEDINGS COMMENCED AT 12:51 P.M.)

JAYME MENZIES: So my name is Jayme Menzies and the date is February 28th and it's 12:51. The floor is yours.

FALINA CRESWELL: I'm Falina Creswell-Hens from Whitehorse. My testimony, it's kind of blurred and it doesn't -- I have to take my glasses off to read this. So hopefully -- I'm going through a process of putting memories together and it doesn't always make sense to me either, so.

I cannot remember what the actual days were in January 2013 that I was held hostage and kept captive -- captive on. Prior to the situation I was feeling free, happy and content with my life after walking away from a ten-year marriage in 2011. [redacted for privacy]  
[redacted for privacy]  
[redacted for privacy]  
[redacted for privacy]. The place was new and had a very good security system. Life was good for me and my new puppy Pepper.

Part of our routine was, with me having to work on what would be a 12-hour shift, was to drop Pepper off at [Friend 1]'s place, a [Occupation] and a good friend. I would stop on my way back from work and pick Pepper up on the way home.

I'm a very private person, not wanting to go out much, not wanting to have visitors often either. A friend asked me out for dinner with her and I thought, why not, and left puppy -- Pepper with [Friend 1] overnight and went and met my friend at the Edgewater, a place known for its good food and drink.

When I arrived I noticed my friend sitting at the table with other people that I did not know. She introduced me to everyone and I sat down feeling uncomfortable with strangers, being the unsociable person I had become. I soon was feeling better as everyone was friendly. I laughed -- I was laughing and enjoying their company.

A man who was very social and funny had the

1 whole table in stitches and laughter, and I have  
2 to admit I was drawn towards him. His name was  
3 [Perpetrator].

4 At the -- at the time of the -- at the end of  
5 the evening I excused myself, paid my bill and  
6 left for home.

7 The next morning I left to go pick up -- go  
8 to [Friend 1]'s and pick Pepper up from her overnight  
9 stay and return to the apartment. When I arrived  
10 home I decided I -- I noticed I had a message  
11 from [Perpetrator] and debated whether I should call him  
12 back. I did and took him up on his invitation to  
13 go out for dinner with him.

14 He had -- he and me had laughed a lot as he  
15 was a very comical man. So upbeat. So  
16 gentlemanly. He'd pull out your chairs for me --  
17 he pulled his chairs out for me and opened doors  
18 for me and helped me take off my jacket and hang  
19 it up.

20 I learned that he lived in [Location 1],  
[Occupation] for a living, had four children, two from  
22 -- two older children from a relationship and two  
23 younger ones from another relationship.

24 After dinner we said our goodbyes. [Perpetrator]  
25 headed back to [Location 1]. The next morning I had  
26 to -- was heading back to work. When I arrived  
27 at home that morning I was called to the front  
28 desk and the girls were laughing and giving me a  
29 hard time about some flowers that were waiting  
30 for me there. Later I read the note with the  
31 flowers saying "beautiful evening with a  
32 beautiful lady, [Perpetrator]." It was then our  
33 long-distance relationship began that lasted six  
34 months with a lot of phone calls back and forth,  
35 online chats.

36 [Perpetrator] came to Whitehorse once. We had  
37 dinner together and he had to leave the next day  
38 going back to work. I met [Perpetrator] three times in  
39 [Location 1] during these six months. He would pick  
40 me up at the airport, escort me back to my hotel,  
41 which I insisted that would be where I stayed.  
42 Two of those trips I was there for medical  
43 reasons. And [Perpetrator] would take me sight-seeing,  
44 out to dinner, show me -- we had a pleasant time  
45 just sight-seeing and that kind of thing.

46 My last trip there before Christmas I did  
47 some Christmas shopping, having a nice time and

1 laughter and entertainment with him. We talked  
2 about spending Christmastime together but with  
3 long distance and both having our children and  
4 families, it was decided that our Christmas would  
5 be in January -- on January [Date]. I have never  
6 felt the same about Christmas since. After  
7 writing this, I now realize why. And I didn't  
8 clue in to that. I've been such a Christmas  
9 person and now I haven't been. It was like an  
10 aha moment for me.

11 I picked [Perpetrator] up at the airport. He  
12 was a little taken back about how far from Whitehorse  
13 my apartment actually was. It was 20 miles from  
14 Whitehorse and about the same distance from  
15 another little community, Carcross. During our  
16 driving I noticed [Perpetrator]'s demeanour was off.  
17 There were so many signs and inner voices warning  
18 me about him that I chose to ignore. I just  
19 wanted to be happy and abandoned those warnings.

20 We celebrated our Christmas and had a  
21 wonderful night together. I tried to sleep  
22 that -- that night -- no. [Indiscernible] in  
23 preparation for my 12-hour night shift that  
24 evening and I noticed that [Perpetrator] did not sleep  
25 at all. I could hear him go in and out of the  
26 apartment. He smoked. I got up around 4:00 in  
27 the afternoon and Pepper as always slept with me  
28 and I showed -- I showered and prepared myself for  
29 my shift. [Perpetrator] made a very nice dinner for us.

30 But for the next two mornings I would come  
31 home from work after picking Pepper up and I would  
32 arrive home and smell the coffee and the bacon and  
33 the eggs. [Perpetrator] would be singing. He was one  
34 that was always happy and singing. Happily  
35 greeted me at the door and with a huge smile and a  
36 kiss and tried to -- tried to feed me. Always  
37 trying to feed me. I'm not a breakfast eater.  
38 Out of politeness I would eat some and have  
39 coffee.

40 On my last night of work I had an 8 -- I got  
41 off at 7:00 and I had an 8 o'clock appointment in  
42 the morning at Northern Esthetics [phonetic]. So  
43 I went to that. I also had to stop by [Friend 1]'s.  
44 And I left something out. He talked me into  
45 keeping Pepper that night with him, because he  
46 said I don't see no point you doing that, so I  
47 left my dog with him that night.

1           But I stopped at [Friend 1]'s and picked up a  
2 turkey that she had kept for me in the freezer. I  
3 had planned a dinner for my son and his  
4 girlfriend. [Perpetrator] had -- oh, I did put it in.  
5 [Perpetrator] convinced me to leave Pepper with him that  
6 night and drop her -- and not drop her off as  
7 usual with [Friend 1]. Reluctantly I did. After  
8 those -- after the two stops -- I really was mixed  
9 up. After two -- after those two stops I drove  
10 home to my apartment.

11           Pulling up into the parking lot again feeling  
12 those signs and warnings and chose to ignore them.  
13 I opened the door to the apartment and immediately  
14 was overwhelmed with dread. My apartment was very  
15 quiet and dark, not the norm for Pepper would  
16 greet me with barks and happily jumping up and  
17 down on my legs. The hallway light would be on,  
18 and it wasn't. There was nothing but darkness and  
19 silence and the smell of dog feces.

20           My inner voice and instincts were telling me  
21 to turn around and leave, but I didn't. My heart  
22 took over -- took over having to find Pepper.  
23 There's no part -- this part is still somewhat  
24 unclear. I think my mind was choosing -- chosen  
25 to only allow parts, but this part are what I  
26 remember.

27           I know when I reached the top of the stairs I  
28 was unsure of who was standing there holding my  
29 dog and my landline phone. I was trying to figure  
30 out if there was -- if this was [Perpetrator]. He looked  
31 different. And I looked at Pepper and she looked  
32 different, but when she whined I knew she was  
33 alive.

34           I remember him telling me in a voice and in a  
35 manner that did not sound like [Perpetrator], you lied  
36 about your job to me. I saw your cash in the car  
37 yesterday when I went out for a smoke and sticking  
38 out of the envelope. I didn't see that. There  
39 was a lot of swearing and stuff, but I'm not going  
40 to go into that.

41           He says, you're an F'ing prostitute. That's  
42 why you sleep with dogs. Things become -- became  
43 disrupted and unclear on my memory over the next  
44 three days. I know I explained to [Perpetrator] that I  
45 had an arrangement with my ex-husband, that we  
46 shared a loan payment and he would put his share  
47 in my car on his way to work as he drove by. He

1 still lived in the place we shared. He lives  
2 about 12 kilometres down the road from me and past  
3 my apartment. This was the arrangement that  
4 worked for both of us. I had forgotten to share this  
5 with [Perpetrator] and looking back I don't think it  
6 would have mattered that I had.

7 This is what I remember before the memory  
8 come back a year or more later. I had learned  
9 from counselling that I was suffering from deep  
10 depression, post-traumatic stress disorder.

11 I remember waking up in my bed hurting all  
12 over. I was holding Pepper and she was licking me  
13 in places. The bed was covered in dog feces.  
14 That certainly was not Pepper's normal behaviour.

15 I remember talking to Pepper, getting up to  
16 see who -- I remember talking and I got up to  
17 see -- I just heard talking and it was -- didn't  
18 sound right, and it was [Perpetrator]. He was ranting on  
19 that I had -- you know, he just would talk to  
20 himself and talk -- like, it was just really  
21 strange.

22 And I had to use the bathroom. [Perpetrator] was  
23 talking to the television. He turned -- he turned  
24 to me and said -- I tried not to make eye contact  
25 with him. I remember trying not to -- I tried not  
26 to during this time. I just felt -- when I went  
27 in there it was like I went to survival mode. I  
28 had to -- I know, because I work with dementia and  
29 I know sometimes it's not -- I didn't want to make  
30 eye contact. It was one of those things I did not  
31 do.

32 He -- he said, put the F'ing dirty animal  
33 down. I told him I had to put her in the kennel  
34 hoping that would keep her safe and said, I  
35 don't -- I need to use the bathroom. I remember  
36 that [Perpetrator] kept Pepper in the kennel with him  
37 and that he had the landline phone. And that was --  
38 he kept it with him all the time. When he went  
39 out smoking he took Pepper with him. Because I  
40 think he figured, looking back, that if he had  
41 those two things, I wasn't going to do anything,  
42 so ...

43 He asked me where my cell phone was. At one  
44 point I had hidden it in the towels in the  
45 bathroom and it hadn't been charged, and I lied  
46 and said that I didn't know where it was. I  
47 couldn't find it. I figured I had left my phone



1 at Northern Esthetics or [Friend 1]'s or at work. I  
2 just told him that. And I told him I was going to  
3 the bathroom, that I need to wash -- I needed to  
4 wash up and pee before he did.

5 He usually goes and he was going to take a  
6 bath, and I just said that, you know, I need to  
7 wash up and pee. And I was just went in there to  
8 get the cell phone. So I had planned, because he  
9 was going to go have a bath and I knew when he'd  
10 bath he'd sit there for a while, and I told him I  
11 was going to go and probably clean my closet.  
12 And -- because it was next to the bathroom and  
13 then -- that was just one memory -- and I wanted  
14 him not to hear that I had to pull the dresser out  
15 to hide my phone and plug it in. And I was --  
16 left it plugged in there but wrapped it up so it  
17 didn't vibrate or anything and I was going to  
18 power it up. And so -- let's see where I left  
19 off.

20 I remember -- and these are just, like,  
21 memories. Like, I can't -- it's like a puzzle. I  
22 can't put them together right now. I remember  
23 [Perpetrator] pacing, talking to the TV. I was sitting  
24 on the couch all wet wanting to shut the TV off,  
25 knowing that it agitated him worse and knowing he  
26 had not slept at all. He just kept pacing and  
27 talking to himself.

28 I knew he had harmed me physically but not  
29 certain how. I mean, I just -- I had bruises on  
30 my stomach, ribs. I had bruises down my legs.  
31 All over. I was soaking wet. I didn't know how I  
32 got wet at that point.

33 I remember [Perpetrator] had pushed --  
34 [indiscernible] come back he had pushed me face  
35 first in the bathtub and holding me down. So  
36 that's how I got wet.

37 I remember [Perpetrator] demanding me to drive him  
38 to the airport. He would always -- during that  
39 time he'd say, I'm going to the airport. You take  
40 me. And I kept thinking, you know, if he goes,  
41 then he's gone and things are going to be okay.  
42 But he'd always change his mind.

43 And the last time -- like, he just was  
44 swearing. This went on steady. It was just a  
45 weird -- it was really weird. And talking and not  
46 making sense. And he -- I was sitting on the  
47 couch and then he did it again. This was in the

1 last day he was there. He said he was going to go  
2 to the airport and he wanted to [indiscernible].  
3 And he told me I looked like shit, which I had  
4 feces all over me during that time of the dog's.  
5 And that I couldn't figure out. It's a memory  
6 that come back later. But he -- I had given him  
7 100 and I think 30-some dollars to see if he would  
8 take a cab and go to the airport. And then he  
9 said no, he wasn't going to go. He was going to  
10 stay a week.

11 And that's the point that I did stand up, I  
12 did look at him and I told him, I said, I think  
13 it's best you go. I woke up -- I don't remember  
14 what happened. He had Pepper in his hands and I  
15 thought she was dead. And I just went crazy and I  
16 went after him. And I know he punched me in the  
17 stomach. I was winded. I just -- it's not --  
18 really foggy to my -- I ended up at some point  
19 grabbing Pepper, running into the bathroom.

20 At some point I had put the phone back in the  
21 towel rack, so when I went in there I locked the  
22 door and I phoned 911. And I was on the phone for  
23 a while and -- there was -- [indiscernible]  
24 there's a lot of people in the community and I  
25 could have went out but it's so stupid. I was  
26 ashamed, number one. I didn't want him to hurt  
27 anybody, because he was a boxer and I knew he  
28 could hurt somebody. I debated whether to phone  
29 my ex-husband, but I didn't want to see him get  
30 hurt either, or my son. So I just kind of rode  
31 that out.

32 And when I finally phoned 911, it's a fog.  
33 They were talking back and forth and kept me on  
34 the phone. He was pacing up -- I could hear him  
35 going up and down the stairs and talking and he'd  
36 come to the door and he'd yell at me. And I was  
37 praying that he wouldn't trash the place because  
38 it wasn't my place, you know.

39 And then they asked me who he was and I gave  
40 them his name. And I think that the lady was  
41 talking to RCMP and was kind of going probably  
42 back to me, it seemed like. And I told them and  
43 then she got back and said, you know, just keep  
44 your bathroom door locked and by no means do not  
45 open that door.

46 And I waited and these two cars come in and  
47 I'm not even sure if it was the cop car, but

1           there's two white ones come in and I'm just  
2           assuming, but I waited and then I heard a banging  
3           on the door. And then I didn't -- I figured it  
4           was [Perpetrator] so I didn't answer and then  
5           Constable -- I can't even remember his name --  
6           said he was at the door and I let him in. And he  
7           was talking to me in the bathroom and I could hear  
8           another constable talking to [Perpetrator]. And for a  
9           brief time he was -- went normal, like he was  
10          normal, like a nice guy. And that didn't last  
11          long. He just started going back into this  
12          craziness. And they ended up taking him away.

13                 But they asked me if I wanted to press  
14                 charges. At that time I said no, just get him out  
15                 of here, and that's what I did -- they did. They  
16                 took him away. And he gave me a card for -- I  
17                 don't know. I think it's a lady that after  
18                 something like that happens she phoned.

19                 And it was weird because after that I kind  
20                 of -- it's like a fog. I remember washing Pepper  
21                 and myself. I was trying to get her to eat and  
22                 drink because she hadn't had anything. I slept.  
23                 I then got up again. I cleaned the whole house.  
24                 And then I woke up and I was feeling really -- I  
25                 don't know how to describe it -- heavy. Weighted  
26                 down. I don't know.

27                 And at some point I kind of snapped out of it  
28                 and I went into a mode of keeping busy. Like  
29                 moving -- I moved. I changed positions in my job.  
30                 I just kept things going. That's all I can say.  
31                 I was burning the candle at both ends thinking I  
32                 was doing well and that I would put it behind me.

33                 And then as time went on I started -- being  
34                 that I do shift work, I was going through  
35                 menopause, I wasn't really sure if I was having  
36                 troubles, because I was just going through this.  
37                 But I ended up going in such a dark, deep  
38                 depression that I knew something was wrong but I  
39                 didn't know why. And I didn't talk to anybody.  
40                 And I ended up getting to a point of I couldn't go  
41                 on that way. I couldn't go to work. My job was  
42                 suffering. I reclused myself.

43                 I used to be one that would get off from  
44                 work, go get my groceries in the morning after I  
45                 got off of work, because I don't like to shop and  
46                 just get her done. And I would have to -- when I  
47                 got -- started out I'd go and pick up a few things

1 and I'd get anxiety attacks and I had to get  
2 enough to live and go back home. And it just got  
3 worse and worse. And it was affecting my job.  
4 And then I started getting memories. Like,  
5 it was the weirdest thing. I didn't think I'd  
6 ever go through that. It was like a dream. You  
7 know when you have a dream and then you forgot it  
8 and then something would trigger it, you know, you  
9 remember. And I later put on -- like, smells was  
10 a big trigger for me. I'd be sleeping in my room  
11 and I'd smell tuna fish and it just made me sick.  
12 I didn't handle it. And that later  
13 [indiscernible] that's what he eats and that  
14 smell. So I had to work through that. You know,  
15 kind of -- you know, I talked to myself a lot.  
16 Like, it's just a fricking piece of tuna.  
17 And being at work, we have smokers and I did  
18 not -- and I couldn't handle, like, smoke, smoke  
19 of cigarettes on my coffee would trigger me.  
20 When I got -- first got my -- I think it  
21 started -- the memories started off is we had a --  
22 we had a -- they took us out to Mount Lorne for a  
23 staff gathering and stuff, and it was supposed to  
24 be positive, and I didn't even think about -- I  
25 was actually feeling how -- you know, how nice was  
26 that; why did I leave? And when I come out of  
27 there I looked up at the bedroom and I knew  
28 something happened but I didn't know what. And as  
29 time went on these memories come back to me I was  
30 assaulted. And I thought I was going crazy. How  
31 could I not remember that?  
32 My partner came in and was telling me about  
33 something that happened at work, that somebody  
34 pointed his finger, was jabbing him, and I just  
35 lost it. It was a memory that that happened to me  
36 in bed. I have -- it just keeps coming back.  
37 There's so many things that brought memories back  
38 that just still to this -- writing this it was  
39 coming back and things started making more sense.  
40 I don't want to get into the physical assault.  
41 I'm just not ready for that.  
42 He abused that poor dog and I know that was  
43 what held me there, because I would do anything  
44 for her. She's just a little -- a little pup at  
45 that time and she's a small dog and he -- she went  
46 after him, like attacked him, and he did hurt me  
47 and he'd kick her. She'd poop because she was

1 stressed. She had diarrhea. He pooped on her and  
2 he held me down and stuffed it in my mouth and on  
3 my face. That was everywhere. And just really  
4 horrible, awful stuff that he said to me and ...  
5 I've lost track. [Indiscernible]. Sorry,  
6 I'm not very prepared.

7 JAYME MENZIES: No, it's fine.

8 FALINA CRESWELL: I just jotted down memories that  
9 come back.

10 I did go for counselling. From work they  
11 have free [indiscernible]. I didn't really get a  
12 lot out of it. I didn't know what to do to bring  
13 myself out of it. Because I was getting scared  
14 because I'm not -- I never felt like I was going  
15 to kill myself or anything like that. I never  
16 got to that point. But I did pray that I  
17 would -- because I would sleep. I slept hours.  
18 I would go into my room, it was dark and I'd curl  
19 up and sleep for hours, and I did want to sleep  
20 and not wake up. And that's about as close as I  
21 got.

22 And I did go to counselling. I got little,  
23 like I said -- I mean, it wasn't useless but it  
24 wasn't very helpful. And to me talking to my  
25 sister, like I said, and reading and realizing as  
26 time went on and these memories come back, as bad  
27 as they were and as cuckoo as I thought it was, my  
28 body was ready to deal with them, so I looked at  
29 it that way.

30 Going back to work was -- they knew I was  
31 struggling with something and I made the mistake  
32 of saying what had happened. It was the worst  
33 thing I did. They said give me support -- they'd  
34 support me, but they didn't. For me coming to  
35 work, I'd be called in the office and something  
36 would be said before I start my shift and would  
37 just send me, you know -- and it was really hard.

38 And I won't go into that anymore for that  
39 issue, but I do feel something needs to be better.  
40 Like even the paper here that the -- was given to  
41 me. Like, I think I would have got more out of --  
42 to just -- like, my sister talks to me. Like  
43 going to counselling, I wasn't allowed to -- I  
44 could brush bases with what happened to me but  
45 they didn't want to hear details. Then why do I  
46 go, you know. I didn't feel -- I just felt like I  
47 had -- I mean, I went on -- I had been on

1 antidepressants for a long time, since menopause,  
2 and they just upped it, and I just didn't feel  
3 that was that much help. And like I said, I  
4 [indiscernible] myself and my sister and there was  
5 a few advice from friends that helped me, you  
6 know. And then, like I said, it's a work in  
7 progress.

8 I never pressed charges. I did have some  
9 people get a hold of me and that brings back a  
10 few -- I don't know what time -- I think about a  
11 week or two, I can't remember, he would phone me  
12 and I -- and I wouldn't answer. And his daughter  
13 called me and said, my dad wants to tell you he's  
14 sorry and he has bipolar and he went off his meds.  
15 And I -- and at that time I just said something,  
16 I'm sorry to hear that but I can't have anything  
17 to do with him, you know. I ended up changing my  
18 number and that.

19 And like I said, it's just so scrambled. And  
20 then it was really funny because when I was  
21 writing this I thought I was done with it, because  
22 I didn't know -- and it just -- like I said, I  
23 went through that thing where my head hurt so bad.  
24 I had -- emotionally crying, broke down, and it  
25 was -- because I had been going through this thing  
26 with my dog. Sounds silly but she -- it's gross.  
27 She eats poop and I've been trying to break it and  
28 she had never done that and I go in there, Pepper,  
29 why did you, you know, and she'd shake. And then  
30 when I was writing this I thought, how stupid,  
31 Falina. That's because of what happened. It's  
32 you that's causing her to be stressed out, and  
33 that broke me up, you know.

34 And then -- and, like, going back to somebody  
35 called me and said that he'd -- this has been done  
36 before, from what I understand, and they want to  
37 know if I would go in and go ahead to press  
38 charges. I'm not interested in that at all  
39 because [Redacted for privacy - 1 line]  
40 [Redacted for privacy - 1 line]. And I'm not  
41 putting myself through that because there's too  
42 much faulty memories and I know how -- I don't  
43 trust lawyers. And it would just -- I don't see  
44 any point in it, you know. Like, it would be  
45 something more traumatic for me. So that's why I  
46 didn't.

47 That's about all I can say.

1 JAYME MENZIES: Yeah. What -- I understand your desire  
2 to avoid the court system.

3 FALINA CRESWELL: M'mm-hmm.

4 JAYME MENZIES: Especially in circumstances like these.  
5 Is there something that could have been in place  
6 for you, whether through -- from your job, from  
7 the justice system, that you think would have  
8 helped you over the past couple years?

9 FALINA CRESWELL: Yeah, there's things that  
10 happened that I would have probably more -- like,  
11 just reading that down here, but I was never, you  
12 know, like, told anything or -- and it's like I  
13 said, I have Native blood but I didn't know what  
14 I was -- what I could do. Maybe that's something  
15 I have to think about.

16 There was a few things. Like, you said in  
17 here, like, you have to talk about it. People  
18 don't want to hear that. And I did find once I  
19 did talk and when I finally opened, it took me a  
20 long time, you just talk too much and people get  
21 sick about it, and so I just -- I quit. And I  
22 don't want to dwell on it either.

23 But you have to allow yourself, like you say,  
24 to cry and get -- it's a long process, and people  
25 don't see that. You know, they just think you've  
26 got to get over it, you know, kind of thing, move  
27 on. And I tried and it does come back to bite  
28 you in the butt. There's things you have to deal  
29 with. And things to do -- I think if I had  
30 talked to my sister, because she's very  
31 respectful, she has a way about her that to the  
32 point that heals me, you know. Allows me to be  
33 okay to cry. It's okay to, you know ... I  
34 think -- now I'm thinking I would really get more  
35 benefit from an elder.

36 JAYME MENZIES: M'mm-hmm.

37 FALINA CRESWELL: At that time. Because like I  
38 said, there's just -- in the -- going seeing a  
39 counsellor, they just listen but you can't go  
40 into it, you know. And it didn't really do me  
41 any good because you need to talk that out. You  
42 need to get it in here out there, and that's what  
43 helped me.

44 And -- and I probably have more stuff coming.  
45 I thought I was, like I said, over it until I did  
46 this and I thought there's more coming. And I  
47 just wanted to try so hard to get -- when I went

1 through that, moving to get back to that place I  
2 was where I was happy.  
3 JAYME MENZIES: M'mm-hmm.  
4 FALINA CRESWELL: And I'll never go back there. I  
5 know that. But things are going to get better.  
6 I'm better this year than I was last year, so  
7 things are looking up. But that needs -- I think  
8 people need to have -- the women healing, like my  
9 sister, talk about it and address it a bit more,  
10 get in touch with my, you know, culture because I  
11 don't know that, and I do feel that will be  
12 helpful for me because I think they have more to  
13 offer to learn and to heal. And -- yeah.  
14 JAYME MENZIES: Can I ask, and you don't have to  
15 identify necessarily, but what nation that you  
16 are.  
17 FALINA CRESWELL: So many. So many.  
18 JAYME MENZIES: Oh, okay.  
19 FALINA CRESWELL: Yeah. I just -- she did a DNA,  
20 so our mom --  
21 DEBRA TRASK: Genealogy.  
22 FALINA CRESWELL: Yeah, genealogy. Her mom -- she  
23 knows her -- our mom's side and my dad's is -- my  
24 sister talked to me. She passed away. And  
25 there's a lot -- sounds like there's a lot more  
26 on my father's side. But I just was in the  
27 process of looking into that. I can't remember.  
28 I jotted this down. It's really a lot to take  
29 in, eh, a lot. And I know I have different  
30 cultures from Canada. So weird because I was  
31 born in Wyoming. And -- but I can't remember the  
32 names of them all. Cree, was it, and --  
33 DEBRA TRASK: Cree, Iroquois and of course Mexican.  
34 FALINA CRESWELL: Yeah, Mexican.  
35 DEBRA TRASK: Those were the ones that mom told me  
36 about on her death bed because she wanted to fess  
37 up.  
38 FALINA CRESWELL: So she went and did her  
39 genealogy --  
40 DEBRA TRASK: I'm the oldest.  
41 FALINA CRESWELL: -- so she knows on the mom side.  
42 I've got to go do something on the father's side.  
43 But according to my sister ~~Sarias~~ [phonetic],  
44 that there was a lot.  
45 JAYME MENZIES: Okay.  
46 FALINA CRESWELL: So I haven't got all on my  
47 father's side but that's something I'm looking



1           into. I think we -- sister, especially Debra, when  
2           we -- I met Debra for the first time when -- I  
3           don't know. I was pretty young.  
4   DEBRA TRASK: I was 11.  
5   FALINA CRESWELL: Yeah.  
6   DEBRA TRASK: Yeah.  
7   FALINA CRESWELL: And she's always had this in  
8           her. It's been there. It didn't have to --  
9           she's had it in her. Like, I remember doing  
10          these sweat things and stuff like that. It  
11          just -- it was in her. It was inside. And,  
12          yeah, so.  
13   JAYME MENZIES: Sorry, I mean, it's not a big deal.  
14   FALINA CRESWELL: No.  
15   JAYME MENZIES: I know this is the -- I was just purely  
16          curious.  
17   FALINA CRESWELL: Yeah, yeah. I know I look like  
18          a Q-tip.  
19   DEBRA TRASK: Oh, God I love [indiscernible].  
20   JAYME MENZIES: And it isn't --  
21   FALINA CRESWELL: [Indiscernible].  
22   DEBRA TRASK: Such a beautiful breath of air for this  
23          world.  
24   JAYME MENZIES: Yeah. No, it isn't about that at all.  
25          I was just purely curious, if you knew.  
26   FALINA CRESWELL: Yeah. Yeah.  
27   GLADYS RADEK: Yeah, no, to me you look like a  
28          beautiful woman.  
29   FALINA CRESWELL: Thank you.  
30   JAYME MENZIES: Oh, that's nice. That's all that  
31          matters.  
32   FALINA CRESWELL: Yeah, yeah, yeah.  
33   JAYME MENZIES: We're all --  
34   FALINA CRESWELL: So I feel more connected there.  
35          I think I'd get a lot more help traditionally  
36          than I would with any other.  
37   JAYME MENZIES: M'mm-hmm.  
38   FALINA CRESWELL: I've just been scared to, you  
39          know, because -- I have friends that are -- push  
40          me too, you know. I don't know if you know  
41          [Friend 2]?  
42   JAYME MENZIES: I'm not actually from --  
43   FALINA CRESWELL: Not - [Friend 2's first name], I mean.  
44          [Friend 2].  
45   JAYME MENZIES: I'm not from the territory, actually.  
46   FALINA CRESWELL: Yeah. And she pushed me and I  
47          have a friend [Friend 3] and I just feel like when I

1 walk in, that I look like a Q-tip. And like I  
2 said, I'm very private.  
3 JAYME MENZIES: M'mm-hmm.  
4 FALINA CRESWELL: But I do feel I would get more  
5 out of that.  
6 JAYME MENZIES: M'mm-hmm.  
7 DEBRA TRASK: That's where I went, baby. That's where  
8 I went. That's where my healing was.  
9 FALINA CRESWELL: I remember she wanted me to do a  
10 sweat lodge. She's mentioned it in a roundabout  
11 way. And I thought I'm in menopause. I'm  
12 sweating. I don't think I can handle that.  
13 Yeah, so. And laughter. Laughter is a good  
14 healing thing for me.  
15 JAYME MENZIES: This is maybe a tough question but just  
16 as we're going forward and we're looking at  
17 policy and that kind of big picture stuff, a lot  
18 of women don't feel served by the justice system,  
19 especially in these sorts of circumstances, and  
20 yet you want to feel some sort of justice --  
21 FALINA CRESWELL: M'mm-hmm.  
22 JAYME MENZIES: -- being served. Is there an  
23 alternative way that you would recommend that you  
24 would have felt comfortable pursuing other than,  
25 like, in a courtroom? I mean, we've heard people  
26 say, you know, if there was kind of a -- and  
27 maybe you would want to avoid this altogether,  
28 but this is just an example -- like a mediation  
29 circle or, you know, things of that nature.  
30 FALINA CRESWELL: With him? No.  
31 JAYME MENZIES: No.  
32 FALINA CRESWELL: No. I don't want to see him  
33 anymore. I don't want anything to do with it.  
34 And he'll deny and go on. I don't -- I don't  
35 want to see him. I can't deal with that right  
36 now.  
37 JAYME MENZIES: So you're --  
38 FALINA CRESWELL: And, I mean, I missed my  
39 opportunity probably. Well, it's been 2013. And  
40 like I said, I just don't trust it because my  
41 memory is foggy.  
42 JAYME MENZIES: M'mm-hmm.  
43 FALINA CRESWELL: And I watched [redacted for privacy]  
44 [redacted for privacy]  
45 [redacted for privacy]  
46 [redacted for privacy]  
47 [redacted for privacy]

1           And I just -- I'm at that stage where I'm  
2           picking my battles, you know.  
3       JAYME MENZIES: M'mm-hmm.  
4       GLADYS RADEK: Are you aware that women can charge with  
5           historical sexual abuse in this country?  
6       FALINA CRESWELL: M'mm-hmm. Somebody told me  
7           about seven years or something.  
8       GLADYS RADEK: No, no. They don't do that.  
9       DEBRA TRASK: No statute.  
10      GLADYS RADEK: No statute.  
11      FALINA CRESWELL: Oh, I don't --  
12      GLADYS RADEK: There's no statute. Yes, it is.  
13      FALINA CRESWELL: I'm just not ready, though. I'm  
14           just not -- you know, I just --  
15      GLADYS RADEK: Take your time.  
16      FALINA CRESWELL: Yeah.  
17      GLADYS RADEK: Take your time and, you know, I know  
18           that through the years that you were -- you are  
19           going to remember some of these things and if you  
20           can, write them down.  
21      FALINA CRESWELL: M'mm-hmm.  
22      GLADYS RADEK: And -- but the RCMP will take your  
23           statement.  
24      FALINA CRESWELL: M'mm-hmm.  
25      GLADYS RADEK: And they can charge him. It sounds to  
26           me, personally, that he should be charged.  
27      FALINA CRESWELL: M'mm-hmm.  
28      GLADYS RADEK: Because there's going to be another  
29           victim.  
30      FALINA CRESWELL: Well, there were. And from my  
31           understanding, there -- and, you know, I agree  
32           with that. They can't tell me.  
33      GLADYS RADEK: But don't do it until you're ready.  
34      FALINA CRESWELL: Yeah. I'm just -- got to be  
35           strong enough, because I know I'm going to be  
36           asked, you know, well, you don't remember this  
37           and, you know, how did -- it's -- to me it's like  
38           a puzzle putting the memories together. I don't  
39           know what happened when. I just -- they just pop  
40           out. And I'm not strong -- I'm stronger but I'm  
41           not strong enough right now. And it's not so  
42           much -- well, yeah, it is facing him and it is --  
43           I just don't trust -- women don't -- I don't want  
44           to be made to feel dirtier than I've already  
45           felt, you know. And that's what they'll do. And  
46           it will be my fault, you know. And that's what  
47           they'll do and I don't want that, you know. And

1           when I'm strong or something, you know, I will,  
2           probably. I don't know.  
3           But right now I just -- I don't want to slide  
4           back in that dark place. I have been working  
5           very hard. I get days where I'll start to feel  
6           myself -- I do a lot of self-talk and that kind  
7           of thing. And the dogs. And I'm a person -- and  
8           I actually -- you're going to think I'm nuts but  
9           one of my things was I had a fish tank full of  
10          snails, different snails, and I'd sit there and  
11          I'd focus on them and they were calming to me. I  
12          don't know. It's a weird thing. But I'd watch  
13          them. And then when I know that I was down to  
14          the last snail and I wasn't buying any more I was  
15          getting better. Animals are kind of my thing.  
16          JAYME MENZIES: M'mm-hmm.  
17          FALINA CRESWELL: And gardening and that. It's --  
18                yeah, I just don't -- I work not to go back in  
19                that dark place.  
20          JAYME MENZIES: M'mm-hmm.  
21          FALINA CRESWELL: It scares me. That scares me to  
22                go there. So I'm afraid that could throw me back  
23                pretty easy.  
24          JAYME MENZIES: M'mm-hmm.  
25          FALINA CRESWELL: Yeah, so.  
26          JAYME MENZIES: Well, if there's anything you need from  
27                us as far as follow-up, I mean, we're not here  
28                just to steal your words and then leave.  
29          FALINA CRESWELL: M'mm-hmm. Yeah.  
30          JAYME MENZIES: I mean, we'll connect you with our --  
31                Jamie is her name and if you would like  
32                aftercare, we can help financially. We can  
33                connect you with other resources. Maybe not  
34                everything is for you, but maybe even if you put  
35                in a specific request that you would like to meet  
36                with an elder.  
37          FALINA CRESWELL: M'mm-hmm.  
38          JAYME MENZIES: You know, so these are things that  
39                maybe we could help you with going forward as  
40                well.  
41          FALINA CRESWELL: I think that things -- going  
42                more for the traditional thing will be more  
43                helpful.  
44          JAYME MENZIES: Yeah.  
45          FALINA CRESWELL: I think I'll get more healing  
46                than I would if I was --  
47          JAYME MENZIES: Yeah. So yeah, just make sure that you

1           mention that or we'll mention that for you and  
2           THEN try to look into what options are in the  
3           area. M'mm-hmm.  
4       GLADYS RADEK: There are quite a few reputable  
5           treatment centres as well. We're not saying that  
6           you're addicted to anything, but the thing is  
7           your treatment is needing in your heart; right?  
8       DEBRA TRASK: Yeah, the trauma treatment.  
9       GLADYS RADEK: Yeah, so --  
10      FALINA CRESWELL: Well, I just -- I know all since  
11           this has happened I've been very neglectful to  
12           myself as far as -- I used to be very particular  
13           about how I looked. Remember that? And I don't  
14           anymore. I put on much weight. I don't know. I  
15           think how come I did that and maybe it's a  
16           security thing. I don't know. Because I started  
17           reading on that.  
18      JAYME MENZIES: That's common.  
19      FALINA CRESWELL: That's what I do, I was reading  
20           trying to figure it out. But I'm happy right now  
21           in my fluffy body so I'll just deal with that  
22           later. Ate a bag of Skittles coming here. Yeah,  
23           so.  
24      DEBRA TRASK: Yeah, she reached out to me and there was  
25           these unspoken words.  
26      FALINA CRESWELL: Yeah.  
27      DEBRA TRASK: And I just said to her, do you want me to  
28           come up there? I'll come up there and go through  
29           that with you. She said, would you do that? I  
30           said, of course. You're my baby.  
31      JAYME MENZIES: Well, thanks for sharing that with us.  
32           I don't want to rush you out, though. Like, if  
33           there's anything else you want to touch on.  
34      FALINA CRESWELL: I don't know. Like, there's so  
35           much that went on and I just wish there was a  
36           better way for women.  
37      DEBRA TRASK: Yeah, because I heard that --  
38      FALINA CRESWELL: The legal system is just not the  
39           way anymore. It's just -- has a way of beating a  
40           woman down -- I've seen it -- than helping. And  
41           that's why chose not to do that to myself now. I  
42           would love to be able to make him pay for what he  
43           did and stop it. But I just don't think it's the  
44           best thing for me right now, so, yeah.  
45      JAYME MENZIES: We all have that hope for the justice  
46           system to become a better place, more inclusive,  
47           more accountable.

1 FALINA CRESWELL: M'mm-hmm.  
2 JAYME MENZIES: Less --  
3 GLADYS RADEK: Punitive to the victim, victim blaming.  
4 DEBRA TRASK: Yeah, yeah.  
5 JAYME MENZIES: So these are other -- these are  
6 messages that we've heard across the country, so  
7 you're not alone in that sentiment.  
8 FALINA CRESWELL: M'mm-hmm.  
9 JAYME MENZIES: Yeah.  
10 DEBRA TRASK: Yeah, because in our family we've had a  
11 lot of it.  
12 FALINA CRESWELL: M'mm-hmm.  
13 DEBRA TRASK: [Redacted for privacy]  
14 [redacted for privacy]  
15 [redacted for privacy]  
16 [redacted for privacy]. And, you know, she knows --  
17 FALINA CRESWELL: M'mm-hmm.  
18 DEBRA TRASK: -- this. [Redacted for privacy]  
19 [redacted for privacy]  
20 [redacted for privacy]  
21 And I think you saw that I'm still  
22 here; right? And I said that in my statement, is  
23 they have tried to kill me over and over and over  
24 again and I am still here.  
25 FALINA CRESWELL: That was one thing. I went to  
26 work one day and I talked myself into going and I  
27 was trying to be positive. And I'm one --  
28 anybody that I work with knows that I'm kind of a  
29 jokester and I laugh and once they get to know me  
30 and I know them, I'm comfortable. So I started  
31 out, did my report and come on the floor, and I  
32 got called in the office. And he said to me  
33 right before my shift, you know, I have to ask;  
34 are you suicidal? What a thing to say to a  
35 person when they're starting to work. And I was  
36 just stunned they would do that. And I said, I  
37 wouldn't have fought as hard as I did if I was.  
38 And it kind of just put a damper and that was --  
39 that was an ongoing thing before -- and it kind  
40 of sabotaged me to start going onto the floor and  
41 working and doing what I have to do.  
42 I don't think a lot of people were aware but  
43 it just -- it just was really hard to deal with  
44 that, coming in after what I went through, you  
45 know. And I don't think -- I think a lot of  
46 it -- they say that mental health and they're  
47 helping, but they're not. They really have to be

1 a little more --  
2 JAYME MENZIES: Sensitive? Educated?  
3 FALINA CRESWELL: Educated. Like, you know, it  
4 was -- like, it felt I was an imperfection. You  
5 feel bad enough about yourself and I was no good  
6 anymore to be there and I felt like -- and I  
7 still do sometimes, like I'm going to be runoff  
8 because of that. And I to this day, like, I  
9 regret ever saying anything. I just thought, you  
10 know, I have to be honest and going, this is  
11 what's happened in my life. I'm sorry that I've  
12 been the way I've been. This is what I'm going  
13 through and I'm trying my best to improve and be  
14 better. And that was the biggest mistake I did.  
15 Yeah.  
16 JAYME MENZIES: Were you granted leave from work for  
17 some time or, like, stress leave or anything?  
18 FALINA CRESWELL: Well, no. Well, I was told  
19 because I was in trouble of being -- because I  
20 missed some work, so I went in and wanted to ask  
21 for more time off. I should have. It was a  
22 day-to-day struggle, like, to get myself out of  
23 the bedroom, out the door, out of the driveway.  
24 Every step was a struggle. And I don't know what  
25 I could have done better. That's [indiscernible]  
26 believe I just said that. Because that's what  
27 [indiscernible] always says, is there anything  
28 you can do better? That to me was very -- like I  
29 said, as hard as to go through than I went  
30 through. Because it belittled me. Made me feel  
31 worse.  
32 GLADYS RADEK: Do you have a shop steward?  
33 FALINA CRESWELL: Hmm?  
34 GLADYS RADEK: Do you have a shop steward?  
35 FALINA CRESWELL: Not now. We're going to. We  
36 had one.  
37 GLADYS RADEK: Yeah. Every --  
38 FALINA CRESWELL: Wouldn't go to her for nothing.  
39 GLADYS RADEK: Is that right?  
40 FALINA CRESWELL: Yeah, but we have another one  
41 that's starting that I think will be good.  
42 GLADYS RADEK: That might be your starting point, you  
43 know, to get a new one. Because that's what the  
44 shop stewards are there for in the unions. I've  
45 done a lot of work around the unions.  
46 FALINA CRESWELL: M'mm-hmm.  
47 GLADYS RADEK: They are supposed to have shop stewards

1           that are able to help you --  
2   FALINA CRESWELL:  M'mm-hmm.  
3   GLADYS RADEK:  -- wade through your problems and stuff  
4           like that.  And also to authorize you taking time  
5           off work, taking time for you.  
6   FALINA CRESWELL:  But to be able to afford it too.  
7           Because, like, I went through -- that time I went  
8           through a lot of my sick leave and that, because  
9           I was physically, mentally a mess.  
10  GLADYS RADEK:  M'mm-hmm.  
11  FALINA CRESWELL:  So I don't know.  It was just  
12           trying to get back in to work and not feeling  
13           like I was going to lose my job.  So I was  
14           forcing myself to go.  I don't know what else  
15           could -- I thought -- like I said, I'm at that  
16           stage now where I'm better than I was last year.  
17           I thought of being one myself, because I've  
18           always been such a fighter.  But right now I'm  
19           not a hundred percent.  So I thought of that and  
20           by the time I get -- who knows.  I'm going to  
21           retire around 60 and I'm almost there, so I might  
22           as well just get through my job and then put it  
23           behind me.  Hopefully.  Yeah.  But yeah, I  
24           thought about it.  I don't know what they can  
25           handle there about that.  
26  JAYME MENZIES:  M'mm-hmm.  
27  FALINA CRESWELL:  And like I said, that happened  
28           in 2013, and it's now, what, '18 now, so I don't  
29           know if they -- you know.  But it's ongoing.  But  
30           like I say, I'm doing better and, yeah, that's  
31           something that could be helpful.  I mean here.  
32           Yeah.  If I could look into it.  
33  GLADYS RADEK:  M'mm-hmm.  
34  FALINA CRESWELL:  Yeah.  I'm just very worried  
35           about, you know, not getting myself into trouble  
36           right now, you know.  
37  GLADYS RADEK:  But I do believe that when you're  
38           dealing with time away from work too that you do  
39           get paid as well.  
40  FALINA CRESWELL:  M'mm-hmm.  
41  GLADYS RADEK:  If I remember correctly, I think it was  
42           80 percent of your wages that you'd still get  
43           paid for taking time off work.  
44  FALINA CRESWELL:  Well, one of my goals, while I  
45           like -- I don't know if momma bear would let me,  
46           but I wanted to take, if I could afford, go time  
47           off and go down with her at some point with my



1 little cabin -- not cabin -- camper and do some  
2 stuff down there healing-wise. I don't know.  
3 Like, it surprises me, like -- like I said, when  
4 I was doing this, how I went into that --  
5 wasn't expect -- and I was worried about crying  
6 here and I knew I was going to do it because  
7 that's kind of a thing with me cry-wise. But,  
8 you know, I just -- I could look into it, you  
9 know. I do -- I was surprised that I had those  
10 things come back to me, to feel physical pain  
11 like that.

12 GLADYS RADEK: M'mm-hmm.

13 FALINA CRESWELL: Like, it was almost -- like when  
14 I was reading this I felt like I got beat up  
15 again. My head felt like it was going to blow  
16 off. I went into tears and went into the shower  
17 and -- that's my thing is I use calm, gentle  
18 water, shower, and to cry. And I thought God,  
19 you know, you did this -- you know, didn't expect  
20 that -- you should have been able to do this  
21 without crying. I mean, it wasn't bad today.  
22 Like, I got through it and I wasn't ahhh. But,  
23 no, it is -- I do have my bad days.

24 GLADYS RADEK: Understandable.

25 FALINA CRESWELL: And this is nice having people  
26 listen to you and validate your feelings and  
27 stuff and not look at you like you're cuckoo.  
28 And that's what anybody, like -- I just didn't  
29 feel right about it, so. I felt like it was me.  
30 And I know better than that.

31 GLADYS RADEK: But you're strong.

32 FALINA CRESWELL: Yeah, I know better than that.  
33 But yeah.

34 GLADYS RADEK: You're a very strong woman.

35 FALINA CRESWELL: Yeah. Yeah. I just want to get  
36 back to -- be better than I am. I'll never be  
37 that same woman but something good has got to  
38 come out of that, so.

39 GLADYS RADEK: M'mm-hmm.

40 FALINA CRESWELL: She was trying to get me in the  
41 bathtub, you know, to do a soak. What was it?  
42 Epsom salts for healing?

43 DEBRA TRASK: Yeah.

44 FALINA CRESWELL: And it dawned on me too I  
45 don't -- I can't get into a bathtub. It's a  
46 trigger for me. So these things -- I'm finding  
47 it out. Like, I just didn't clue in before, eh?

1 DEBRA TRASK: A foot bath. A foot bath will work. It  
2 will draw that negativity out through the bottom  
3 of your feet. Day-by-day stuff. When you go  
4 through lots of trauma your self-care is so  
5 important.  
6 FALINA CRESWELL: M'mm-hmm.  
7 DEBRA TRASK: That's how you hold yourself so you can  
8 continue to live.  
9 FALINA CRESWELL: Yeah, yeah.  
10 DEBRA TRASK: Yeah, and crying.  
11 FALINA CRESWELL: M'mm-hmm.  
12 DEBRA TRASK: Crying is a strength. Put those tears  
13 ducts [indiscernible] so you can heal yourself.  
14 FALINA CRESWELL: Yeah. I love you, sissy.  
15 DEBRA TRASK: I love you too. We'll have to have  
16 double the Skittles tonight.  
17 FALINA CRESWELL: My tongue is orange. I go see  
18 her at the airport and I go, look at my tongue.  
19 DEBRA TRASK: So I grabbed -- we do a selfie and her  
20 tongue is bright red.  
21 FALINA CRESWELL: Yeah.  
22 DEBRA TRASK: And my friends from [indiscernible], ma,  
23 look at those human tongues; right?  
24 FALINA CRESWELL: Yeah.  
25 DEBRA TRASK: Almost as big as moose tongue ones.  
26 JAYME MENZIES: Thanks for sharing with us. I know  
27 that was -- I know that's hard.  
28 FALINA CRESWELL: Yeah, yeah. And, like, I  
29 couldn't go into detail and stuff, because that  
30 could go on and on forever and, yeah, I'm just  
31 not ready to go into that.  
32 JAYME MENZIES: Okay.  
33 FALINA CRESWELL: M'mm-hmm.  
34 JAYME MENZIES: We have the time but if you don't want  
35 to or you're not --  
36 FALINA CRESWELL: I just -- I'm just not -- I  
37 don't -- I know -- I know parts of it and I don't  
38 think I've got it all come out yet.  
39 JAYME MENZIES: Okay.  
40 FALINA CRESWELL: And actually to tell you the  
41 truth, I'm very -- if I do start talking, it will  
42 trigger and I'm not ready.  
43 JAYME MENZIES: Sure.  
44 FALINA CRESWELL: Because then I just feel sick,  
45 sick. That's all I can say.  
46 JAYME MENZIES: Okay. All right. Well, is there  
47 anything else you wanted to add? I mean, it will

1           be the commissioners that see this and they are  
2           who put the report together and provide  
3           recommendations. I mean, the recommendations can  
4           be systemic or otherwise.

5       FALINA CRESWELL: I just think women need to feel  
6           validated when they talk about this stuff. It's  
7           very traumatic and personal. And I know there's  
8           good counsellors out there. You know, you can go  
9           and talk and talk, but until -- you've got to  
10          release this and be allowed to release it and  
11          feel comfortable about doing it, and there needs  
12          to be something where you can go back to work and  
13          not feel traumatized again.

14       JAYME MENZIES: M'mm-hmm.

15       FALINA CRESWELL: Like, you know, there definitely  
16          needs to be some changes. And even in the court  
17          system it's -- like, as far as charges, it's just  
18          not -- yeah. [Redacted for privacy]  
19          [Redacted for privacy]  
20          [Redacted for privacy]  
21          [Redacted for privacy].

22       JAYME MENZIES: That's an important story. That's an  
23          important message.

24       DEBRA TRASK: Grandmother's circle.

25       FALINA CRESWELL: Yeah. Well, thanks for  
26          listening to me.

27       JAYME MENZIES: Oh, yeah, absolutely. And sharing your  
28          story.

29                               (PROCEEDINGS ADJOURNED AT 1:49 P.M.)

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Reporter's Certification:

I, Margot Maye, Official Reporter in the Province of British Columbia, Canada, do hereby certify:

That the proceedings were transcribed by me from an audio recording provided of recorded proceedings, and the same is a true and accurate and complete transcript of said recording to the best of my skill and ability.

IN WITNESS WHEREOF, I have hereunto subscribed my name this 21st day of March, 2018.

\_\_\_\_\_  
Margot Maye  
Official Reporter