National Inquiry into Missing and Murdered Indigenous Women and Girls
Truth-Gathering Process
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Statement - Volume 526
Edna Howard,
In relation to Claudia Iron-Howard

Statement gathered by Courtney Norris-Jones

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NOTE

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Statement Gatherer: Courtney Norris-Jones

Documents submitted with testimony: none.
Nanaimo, British Columbia

--- Upon commencing on Saturday, October 20, 2018 at 1:50 p.m.

**COURTNEY NORRIS-JONES:** Okay. This is Courtney Norris Jones, statement taker with the National Inquiry into Missing and Murdered Indigenous Women and Girls in Nanaimo, BC on October 20th, 2018 and the time is 1:50 P.M. Today I am speaking with Edna Howard of -- I'm going to attempt your nation again.

**EDNA HOWARD:** M'hm.

**COURTNEY NORRIS-JONES:** Aseniwuche ---

**EDNA HOWARD:** Yeah.

**COURTNEY NORRIS-JONES:** --- Winewak ---

**EDNA HOWARD:** Yeah.

**COURTNEY NORRIS-JONES:** --- Nation who resides at [address] in Parksville, BC. Ms. Howard is here to tell her truth for her daughter Claudia Mary Iron-Howard who was murdered on June 4th, 2015 in Edmonton, Alberta. Also present in the room is health support Jackie Brown. And also, for the record, Edna Howard, you are here voluntarily to provide your truth and you agree to the videotaping and audiotaping of your truth. You also understand at the end of your truth you'll be able to determine whether you would like your truth to be public or private at this time. Are you ready to start?
EDNA HOWARD: Yeah.

COURTNEY NORRIS-JONES: Okay. Whenever you're ready.

EDNA HOWARD: M'hm. I don't know where to start. On -- on June 4th, 2015 I was living in Fort St. John. I was living and working in Fort St. John. And I had been there since July -- July 2010. I was transferred there for work. And that day -- that morning I woke up about -- I think it was about 5:00 in the morning and I didn't know what was going on but I woke up. I felt like I was having the worst panic attack in my life. My heart was just pounding out of my chest, and my mind was racing, and I couldn't breathe, and I didn't know what was happening. And I had to walk around in my bedroom and go in the bathroom, put water on my face and I almost called the ambulance because it was just so bad. I didn't know what was going on and I had my -- my -- my two sons were there and my nephew were there and -- and I didn't want to scare anybody.

So I just stayed in the room and started -- all of a sudden, a thought came into my mind about my daughter. My daughter was in Edmonton. And when she came into my mind, I just started praying. And I prayed that God would look after her because I wasn't there. I didn't know what was going on. And so I just prayed. And about
7:00, it was about two hours later, I decided that I needed to start getting ready and go to work. I still didn't know what that experience meant. Then I went to work and -- and at the end of the day -- at the beginning of the year a co-worker and mine had made a decision to walk everyday after work and that's what we were doing.

And that day I got home and that day, I -- I didn't find my runners in my vehicle because I normally had my runners in my car. And for some odd reason I didn't have them in my car that day. So I had to run home. And my friend went off to the park where we were going to meet to do our walk and I ran home and -- and got to my place. And my son was on -- in the lounge -- lounging chair outside in the -- in the patio where I could see him. And -- and my nephew was upstairs doing something. And -- and I walked in and I found my runners by the door and I put my first -- the first one on. I was changing shoes and putting my runners on.

And just as I bent down I -- I noticed a -- a police car came and pulled up -- pulled up across the street. And -- but they weren't at my place, they weren't at my driveway so I -- so when I saw that I laugh -- I laughed and I yelled out to my son, "What did you do? They're -- they're here," or something like that.

And, anyways, he -- he made a comment and
but I went back to putting my shoes on. I went -- bent
over and put the -- my other shoe on. And I came back up
and the two police officers and a woman -- a blonde woman
were coming up the -- the driveway. I could see it because
I have a big window in my door. And -- and I knew
something was wrong because they had their caps on, and
they were -- they just had a real somber look.

They knocked on the door and I was standing
right there and I remember thinking I want to run. And I
just wanted to disappear. And I opened the door and they
asked me if I was Edna Howard. And I said, "Yeah." And --
and all I remember was hearing that my daughter had been
killed that morning in Edmonton.

And I remember screaming. I remember
screaming for my son. He came running in because he heard
me. I have no idea what I -- why I was screaming but I was
screaming for my son. And he came running in and I
remember he just grabbed me and he was just holding me.
And I was just crying. And the world just stopped. And
then it just became a blur.

I remember the police officers coming in and
I don't even remember what -- I remember a tall one and a
shorter one. And -- and the blonde woman. And they came
in and they were -- they asked if there's anybody they
could phone, or if there's anything they could do. And my
nephew -- I remember my nephew coming down but when he
heard the police coming in and he heard them -- he heard
them say that my daughter had been killed and he called my
mom -- he called his mom and my mom -- my mother, his
grandmother. They were in Grand Cache so they -- that's
how they found out.

And, yeah, I just -- I remember -- and it
was really strange because that day too, my son -- my
youngest son phoned me and asked me -- or he text me and he
asked me if he could go to the skate park and -- after that
school that day and I said, "Yes." So he didn't have to
experience this, he didn't have to see this and he didn't
have to hear it.

And I -- I somehow managed to remember that
I had a friend waiting for me to go for a walk. And I
called her and just said, "I can't come," and this has
happened. And she came over right away. And -- and all of
a sudden I had people -- people were just arriving at my
house. And people were coming and going and the lady was
Victim Services.

And they gave me a name of a person in the
homes division in Edmonton that I could call. And I called
them right away because I wanted to know -- I wanted to
know what happened.

So life, as I knew it, just ended at that
Edna Howard
(Claudia Iron-Howard)

moment. Just -- and I remember calling my ex-husband. He
works up at a diamond mine up in Northwest Territories. I
remember calling him and telling him what happened. And he
made arrangements right away to fly -- to -- to fly down to
Fort St. John to come down. And my nephew went and drove
and picked up my son at the skate park. And -- and told
him what had happened.

And life just became a nightmare. I don't
remember a lot. I remember the next, I think, three to six
months. I remember talking to a lot of people. I remember
a lot of people talking to me. And I went into -- I
started counselling right away through my employer. They
got me a -- through their Employee Assistance Program I
started seeing a counsellor, Connie (Ph.), in Fort St.
John. And to this day, I have no idea what I said. I
remember going to sit there and all I would do is just
babble for whatever. Just to try to stay sane, just to try
to not lose my mind.

I remember going to the hospitals, I
remember going to doctors and everybody -- not everybody
but doctors trying to give me prescriptions of anti-
depressants, anti-anxiety, sleeping medication. And I
couldn't take it. And I didn't want to take it.

Yeah, it was just bizarre because it's what
happens, or what happened to me was just life just came to
a -- a stop. Like, life kept on going, the world kept on going but life just came to a stop. And I -- and I just -- it -- just the emotional -- just the emotional decimation of just not myself but my boys and their dad, and my mom and dad. And my parents were so close to her.

I remember phoning a funeral home. Somebody else made the arrangements. Yeah. And I remember just a lot of people just in and out talking to me and doing things with me and being concerned about me. And all I could think about is I want to see her. I just wanted to see her so bad. But I couldn't. And I knew the only way I'd have to do it is I'd have to die.

But I have people here -- I have people here who love me and I know I couldn't do that. I have my two boys and I have my grandchildren, and I have a nephew that's been part of my family forever.

So a lot of thoughts about suicide, a lot of thoughts about just the unknown. Not knowing what happened to her, not knowing -- just phoning police, wanting information, knowing that they couldn't give me anything because I knew that they can't give me anything.

But they were good. They were really good with me. Every time I called or whatever, they were really responsive and to the point where they finally had to tell me that it was a public safety matter and I need to not do
what I was doing because I was getting mad at them for not finding an answer, not -- not getting me an answer. But I knew they were doing everything they could.

And I -- I talked to her friends, I talked to people that she had been hanging around with in Edmonton for the last three months. And just trying to find an answer. Just anything. Anything. And that's when I was told that I need to back off.

So it was just -- it took so much away from us. She was my only daughter. She was my oldest child. And she just brought light into everybody's life. And so the -- I remember sitting at home one day just thinking I needed to leave. I had to go somewhere and I didn't know where I needed to go. And so I talked to my teenager and said, "Where do you want to go?" I said, "I'm thinking," -- I was thinking Calgary, Edmonton or Vancouver some place. I have no idea why I picked those but that's what I came up with. And -- and anyways, he just said, "What about Vancouver Island?" And in my grief state, I said, "What a great idea. Let's go."

So we flew down here, met my -- met -- met a friend of mine. But I continued with counselling. I did all the counselling every -- every week. My employer paid for all of that, and they also paid for me to come down here.
The only thing that I remember the police telling me were -- was that -- that where it had happened. And it was on the media. It was -- so it was all over the -- it was all over the papers. And they -- they said her name publicly so that was pretty brutal, watching the -- watching the coverage, hearing it on the news, and seeing it in the newspapers and so public.

And, yeah, it was just a blur. But now I know, today, that that was just -- that's part of the shock process. I kind of just stayed in that state for a while. And then my counsellor -- because there was not a lot -- there is no real support in Fort St. John for something like this, my counsellor suggested I come to Vancouver to a support group there called Healing After Homicide. It's a -- an eight-week program. And I came. I remember coming in August and I flew from Fort St. John. And it was -- it was covered under my plan.

And I went to the first group and -- and it was people like me. It was people that had the same experiences like me. And it was -- it was -- it was almost, like, a relief because it made me realize I wasn't alone. That this was not a unique experience. A lot of people had -- had the same, and some that were very public to where I remember reading about it in the paper. And they were in my group. They had -- they had that
experience.

And -- and so we decided to come down here.

Everything kind of fell into place when we decided to come down here. An aunt by marriage posted that her -- her cousin was renting out a -- cousin was renting out a condo in Parksville. And so I connected with her and I got the place. So everything kind of fell into place. But, yeah. That was my last day of work. June 4th, 2015. I couldn't go back. I -- there was just -- yeah.

And when I got down here at the end of August, we did have her funeral. We -- we -- she was killed on a Thursday and we had her funeral in Grand Cache, I think it was on the Monday. And I remember they had to bring her body back from Edmonton to Grand Prairie. And because that was the question I asked when I called the -- when I called the Edmonton City Police, the detective. I said, "How did you guys know? How do you know it was her?" I thought maybe there was a mistake. He goes, "We knew because she had a tattoo -- she had a tattoo that was -- ran across her chest that said, "Family first." And so when they brought her back I wanted to see her. Just to make sure that it was her.

So we went to the funeral home. There was her dad and me, and her two brothers and my sister and my -- I remember my sister meeting us there. And it was her.
And I saw where she got stabbed. And my son came in, my oldest son. And I remember him holding her and just saying, "She's so cold. She needs to wake up." And we had to drag him out of there.

It just was so surreal. It just didn't feel like it was -- it was real. And having the funeral in Grand Cache. And I decided to get her cremated because I couldn't -- I wanted to have her with me.

And then after we had that, we decided to go to Edmonton to the spot where she was murdered. And we had a -- a ceremony there. We had a -- an elder. And also the pastor from the church. It was -- she was murdered in an area that was pretty close to a church. He came too and his congregation and different people from Edmonton.

So I got -- I got to Vancouver Island at the end of -- at the end of August. My nephew and I drove down. And my -- my youngest son and -- and his dad went to California for a -- just to -- for a vacation. And my oldest son stayed in Fort St. John and he kept the place I was at, that I was -- I had been renting. And I just left everything. I left. I came down here with nothing. I remember packing up my jeep and just bringing our clothes and just things that we needed. And I rented out a truck and then we got the bikes and things in there so -- I had no idea what I was doing. Just -- just on autopilot I
think.

So we got down here and I continued going to the group. And I -- and I used to go on the ferry once a week. It was on Tuesdays, and go to the group. And, yeah, started meeting people here. And, yeah, it's been -- it's been a really strange journey because shortly after we got here, I got a call from the Edmonton City Police, which I stayed in contact with during that whole time. I got a call from them. I think it was August 31st or September 1st. It was a Tuesday because I remember I had gone across on the ferry and my phone had died. And -- and I got to Vancouver and I got off the -- I got off the express bus. I -- downtown and I went to the Hyatt -- Tim Hortons by the Hyatt because I remember they had -- they had outlets there and I went to go plug my phone in. And -- and my -- my phone blew up. There was text messages, there were voice messages, there was -- I -- and so I looked ant it was the -- it was the police and the messages were, "We need to talk to you right away." And so I called -- I called them. No, actually, I -- I said, "You can call now. My phone was dead. It's charging up." And -- and there I was sitting at Tim Hortons downtown Vancouver by myself when they called. And they said, "Normally, we would do this in person when we give -- when we have news about the file. But we don't have -- but we need to -- we need to talk to
you."

And -- and the next thing he said was, "Do you watch the news or do you read the news?" And I never did because for some weird reason they don't have Alberta channels here where I was at. I was at a resort. And they don't have Alberta papers anywhere. So -- and he -- and he said, "We've identified the person responsible for your daughter's death."

But then they -- he -- he told me the reason why they wanted to talk to me was because they were going to do a press release in an hour. And what the press release was about that they -- well, he did tell me they had -- they had finalized -- they had finished the investigation. They had been -- they had witness statements, video surveillance and they also had forensic evidence. And they had put the file together and they had just sent it to the crown prosecutor. And there were some questions they were answering on the file. But before they could execute the warrant and -- and charge this person, he had been killed. So he was murdered in Edmonton August 31st, 2015.

And that's how I found out was that. And I remember sitting there and just crying. Just overwhelmed and just -- so many things going on. And I asked them not to -- not to mention my daughter in the press release or
any in the -- the media release because I said I didn't want to talk to my parents. I don't want them to find out through -- through the TV or anything like that. So they did honour that. They did the press release.

And then a couple days later -- they didn't notify me on this -- a couple days later it was in the media again and they did mention my daughter. That -- he was the primary suspect and because of his death, my daughter's case was now considered closed. And the reason why they did that was because they arrested two young -- or was it -- I think it was one -- I think it was one -- yeah, it was one young offender for his murder. So that's how I found out.

And because of that, I made a decision to go and meet with them. And my sister came with me. So I think it was in mid -- mid-September. So this was June, July, August, September, about three and a half months after my daughter is killed. I went to Edmonton. I flew -- I think I flew. I don't even know. Like, everything just stir -- like -- it's like something, like, my brain quit functioning.

But anyways, I -- I flew to Edmonton and I went with my -- my sister and we met with the -- the detective that was in charge and my Victim Services advocate. They had appointed a Victim Services advocate
for me. And he came to the meeting and they -- they opened
up the file and they let me know what had happened that
night. And what it was was, so the time that I woke up
that day in Fort St. John on June 4th was the time that she
was stabbed. And the time of death was -- later on, I did
find out the exact time from the autopsy and the -- the
other reports that came -- the toxicology autopsy. Her --
hers time of death was listed just after six. And that was
the time when I was just -- I remember just praying and
asking God to look after her because I wasn't there and I
couldn't do nothing.

And -- and so what they told me was they --
that there had been a conflict between two groups of
people. She had nothing to do with it but she came along
and she jumped in to help somebody. So she saved somebody
but she got stabbed. And when I -- when I heard that, I
remember thinking, that would be what she would do because
that's just who she was. And I had been told -- and I had
been told by the police that they didn't know each other
because that was the question I had was did -- did the
person that killed her, did they know each other? Was
there any relationship? Or existing, or did they have
common people? And I've been told, no, there hasn't been,
there was no connection to them.

And then -- and the other thing they told me
was the -- was they were really surprised at the amount of people that came forward. And they said that was just a testament to who she was and her character. And I just was just crying through -- I cried through the whole meeting. But I wanted to know. And they said the -- I remember just sitting there crying and saying that I -- I said, "I know that was God."

Because one of the things that I did -- one of the things that I did after my -- after she was killed was, my friend Julie flew down from Red Deer to -- to Fort St. John. She came down and I think it was about the second or third day after Claudia died that she came. And I remember her visiting me. And the one thing I remembered about that visit and what she said was, she just said, "Edna, the one thing that I want you to do is just pray that Got puts it into the hearts and minds of the person or persons responsible to do the right thing and come forward." And I did. I remember that prayer everyday. And sometimes that was just my prayer. Just from the time I woke up to when I went to bed. And just reaching out, reaching out and -- and when the police told me that, I just -- I remember just -- just a shock going through my body and thought, you know, prayers get answered that way too.

And they said they -- they were shocked at
the amount of people that came forward. Even -- some of
them even at the risk of their own life and safety.
Because apparently, in that world, that I found out is that
there's -- there's a wall of silence between people that
are on the street, or in that life and the police. But
they said they were really surprised. And I said, "Well,
that's -- that was just the prayer that I prayed the whole
time."

And when I got here, then the -- then the --
I went to Vancouver and -- and the day that the -- the RCMP
had called me, I think it was September 1st, I was actually
on my way to my support group. So that was the right place
to be after I got the news because they were able to help
me start processing a lot of even that and what had
happened. And -- and, yeah.

So I've learned since -- learned -- learned
since them is that the two young girls that were charged
with his murder, were young offenders -- they're both young
offenders. And they didn't have a relationship, or they
didn't know Claudia. But the -- the person that killed my
daughter knew those two individuals. So they -- they had --
they had a relationship where there was -- there was
knowledge of each other. And, yeah. It's -- it's just --
it's -- it's been a nightmare.

And you know what's really strange is I
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remember when this started coming out, the Murdered and Missing Indigenous Women, I remember when it was starting to come out publicly. I think it was about 2013 or '14 when it was starting to hit the media and -- and I remember seeing that and I remember thinking, like, it made me really uncomfortable thinking this should be really -- like, a very private, private personal matter for people that were involved, and families and -- and the missing and murdered Indigenous women until it happened to me.

And I had to -- and I've learned in the last three years, like, how important this is. Like, the stories need to get out. Like, people need to share, like you guys have on here, the truth. And I had to really -- I had to really do a little -- like soul searching on my motive for this and what am I doing this for? And what's the purpose and what are -- what -- what would the benefit be?

And I think, for me, like, it's just hoping at the end of the day that, like, even though we've had to walk through this darkness and all this pain and everything else that, like, as a family, my kids, my boys and I, and even my ex-husband and my -- my -- my parents, like, I think we've come out of it, like, we've stuck together. We've really stayed together and -- and one of the things that we have that's really carried us through this whole
time is we've always had that faith, we've always had a belief in God, we've always had something that's bigger and greater than us that we know is out there and that we, we can reach out to. And that -- that -- and because there's been times that -- without that, the last three years, I don't think I would've survived.

And thank God for my boys because I think if it wasn't for them, that knowing that whatever happened that that pain that we were experiencing, all of us, that it would've just been transferred. Would've just been transferring pain along and -- and I couldn't do that to anybody. And I think the important thing was too, is just surrounding myself with really good people. Because I couldn't -- I remember thinking, the one thought I remember when the police came to the door and they asked if I was Edna Howard, and -- and when they -- when they informed me that my daughter had been killed, I remember thinking -- I remember the one thing -- the -- thinking that evil cannot win. I don't know why but I remember just that thought coming through my head. And -- and, yeah.

So it totally destroys lives. Just the -- yeah. And I guess, for me, the biggest thing was where I was at there's really no support. There's nothing there for people with my experience. And I just was lucky enough that I had an employer, and I had the ability to be able to
do what I did.

And she had four children. They're --
they're in good families. They're -- they're in very
loving -- good, loving families. And -- and they're still
a very big part of our -- part of our life. But they've
lost their mom, like, they're not going to have their
mother to be a part of their life.

The one way that I've -- I've really
compared this to is just like having open heart surgery
without the anesthetic. I was just talking to my mom on my
way here. And she was telling me that she's been dreaming
a lot about her. And we remember her when she was really
small, and just her personality shows. Had a loud voice
and she -- she'd walk into a room and she'd own the room.
And she was just -- she was just light, she was so full of
life and light, and just brought joy to people. Very
caring, compassionate. And she was 29 when she was
murdered.

I'm so thankful I have my parents in my life
supporting me and -- and friends. I never thought I'd have
to really look at death and dying, and after life and
everything else associated with it. That's what I've done
for the last three years. Trying to find that light in
that tunnel, seeing it sometimes and starting to see life
in colour a little bit again.
And I guess the other thing is just knowing my daughter as well as I do, knowing that she wouldn't want me to suffer. She wouldn't want me to live in pain, or the rest of her family, her siblings. Because she just was -- that's just how she was like.

You know, I've thought a lot about what we could do as -- what I could do as an individual, or what we could do as a society, or what we could change to make a difference and to -- to -- to change things. And I -- I have no idea what we could do. I -- I know one -- at one point there, my thought was that if we had people, if we have family members or if we have people that are struggling in -- in addiction and -- and living that life, and they're struggling out there, and -- is if we had the ability to be able to go take them, or have them taken, put into a structured, safe environment. But we don't have that. We don't have that ability.

And I question it. I, actually, was having a really good conversation with my ex-husband last night about it. And I said, "You know, they're mentally incompetent. They're mentally incapacitated when they're out there and -- and they're doing things like that. They're harming other people or whatever it is they're doing." Or even here in Nanaimo, just down the street, we have a tent city. We have -- they call it a discontent
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city. And you know what? Most of those people are suffering. They're suffering. They're living -- they're -- no-one makes that choice to go and live out there, live that life. And I think we've failed as a society. And -- and maybe it's just make those changes. We need to change some of the rules and how we do things.

And that doesn't mean building more jails, or building more, or -- or increasing funding in children's services, maybe making changes where they actually strengthen families and they actually provide real support and service. And -- and go down that direction, not -- not the direction that we're going and that we seem to be at all the time.

It's just -- and that just pisses me off because the -- the way that we have our system today, that was have our criminal justice system, it's setup is -- and -- and the children's services, it's set up as an extension of the residential schools and it just continues to -- to harm people and to create that dependency. And it just -- it's just such a vicious cycle that I think -- that's where, I think, as a society that we've really failed. And we need to really look at that and make those changes. Otherwise, we're just going to continue to have to grow these industries. Because that's really all it is, is it's an industry. And they need to be -- it needs to be
changed.

And the reason why I talk about that, and how it's related to my daughter is because my daughter was living in addiction. She -- she had a fairly good life until she started drinking when she was about 14 or 15. And it was -- I -- I always -- my story is I'm always, I was always shocked that -- it was almost like fish to water when she found that -- when she found that -- that first drink. And -- and the from the time from there until she -- she died. So there's about 14 or 15 years of life where we were just completely consumed by trying to keep her out of that, and keep her safe. And -- and get her back into -- into a life where she could actually have a life that would be -- that would be completely different from the path that she chose. And that was the path that she ended up on and -- and she didn't make it.

And I still don't know what the answer is. All I know is that we need to do it. We need to do it together. But I guess just to go back even farther than that too, it's not something that -- that just happens I don't think. [Two sentences redacted - personal information]. And I became an alcoholic as a teenager. And I remember being in my first treatment centre when I was 18. And so started -- so started on the recovery process at a really young age.
And I used to think, you know, if I provided
an environment where there was nothing like that, that my
kids would not go through the things that I did. They
wouldn't experience what I did. And so that was my
thinking. And that's how we lived life. That's how we
continued life. And but that -- that didn't make a
difference.

And then if you go farther back into my
parents' life and what they had experienced and first
relocation from Jasper in the early 1900's with my -- my
ancestors and a lot of other -- I think we lost a couple of
aunts in the sixties group and other -- other things that
took place. I know with the Spanish Flu in the early
1900's, that took out -- my grandfather lost both his
parents at the same time, and he was raised by someone that
was -- what I -- we had been told was a very violent, angry
person. So it just goes on and on and on. Like, how do
you stop it? How do you end it? I don't know.

I guess the one thing is just that we've
been doing and I've -- we've been -- we've -- is just
continuing on that path. And -- and, yeah, I -- and that
was one of the reasons why I wouldn't take that medication
that the doctors were -- were trying to prescribe to me
because I -- one of the things they said was that -- as I
was walking out the door, I remember him saying -- the
doctor saying, "By the way, two of those are highly addictive." And I remember thinking, like, I -- I almost turned around and -- and tore a strip off him but I -- I just was in my -- my -- my fog so I didn't say nothing. But the reason why I wouldn't do it is because I -- I have been in -- I have been in recovery since 1987. And I just -- yeah, even in my state, I was thinking I can't do that. Like, why would I do that? But they don't even ask. He didn't even ask. He didn't want -- like, it wasn't a question. It was just here you go. You're suffering. You need -- you need drugs. And I didn't think I did.

I remember seeing a psychiatrist in 19 -- in two-thousand -- I think it was 2016. It was back to work appointment I had to go to in Calgary. And I remember talking to her and she said, "You know, medication does help. It does heal the brain. But at the end of the day, you still have to deal with the emotional impact." And she said, "You're doing it right. Even though, like, this process is going to take a bit longer because your -- your body and your brain is going -- will have to heal. But you're also dealing with the emotional impact of it." And she goes, "That's the right way to do it."

And so, yeah. Yeah. It's been -- it's been a nightmare. It is a nightmare. Doesn't go away. No matter what I do, how I do things or whatever, it won't
bring her back. And I think the best we can do is just try
to live our best life and -- and don't take this on as a --
as -- don't take this on as something that's going to hold
us hostage. Just -- yeah, it's -- yeah.

I wish it wasn't part of my story. But I
can't change it. And I think one of the -- one of the
biggest things is just not letting it eat me alive. Just
hanging on to my faith at -- at the end of the day. I may
never know why things happen the way they are, what the
purpose is or anything else like that. I -- I won't --
probably won't know in this lifetime. But it all comes
down to just the fact that I know she wouldn't want me to
suffer. Yeah.

COURTNEY NORRIS-JONES: Thank you, Mrs.
Howard. Is there anything else -- is there anything else
that you want to add?

EDNA HOWARD: No, not right now.

COURTNEY NORRIS-JONES: Okay. So we're
ending recording at 3 P.M.

--- Upon adjourning at 3:00 p.m.
LEGAL DICTA-TYPIST’S CERTIFICATE

I, Jackie Chernoff, 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.

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Jackie Chernoff

November 22, 2018