

## **Josephine Obed**

My sister was Sarah Obed. She was murdered back in 2005 by her estranged boyfriend.

I thought her case was dropped, I thought her case was closed, and maybe about five years later I found out that one of my friend's mom was being interviewed by the cops, by the RCMP in Nain, because she had a relationship with my sister's boyfriend; and she was getting interviewed by the cops and she told me that her case was still open. And so, I called the Nain RCMP and asked them if her case was still open and they said her case was reopened a year ago but they said I can get more information at the RCMP station here in St. John's so I called them the next day and they told me that her case was never closed and I called them and I started asking them questions and they wanted me to go down to the cops' station, the RCMP station and get more information on her case with her relationship with her boyfriend at the time. In the end, I met with investigating cop and his supervisor and I talked to them together in a room and they told me that the crime scene was contaminated and they couldn't do anything about the investigation—except for him to try and confess to murdering my sister. He denies it.

For me I got counselling, counselling helped me a lot and talk to friends and family.

Don't bottle. Talk to somebody. Get counselling. Get it off your chest. Talk about it. You can't bottle it up or it's going to destroy you. Talk to family members. Don't bottle it up. Talk to somebody.