

**This is Exhibit "H"
to the Affidavit of
Jonathan William Kiska
sworn before me at Ottawa,
in the Province of Ontario, this 27th
day of July, 2017.**



A Commissioner, etc.

April 23 > Pitch to Claudio at TAC
<> find article

April 30 > nervous going up hill

Phone Mercer looking for non-pharm coping skills

Thu May 22 > last meeting with Steve

F/S May 23?> DM goes to Queensway Carleton

Tue May 27 > **JPF post is tampered with**
> Nana & Papa C in for Lampman visit

Thu May 29 > 2 prescriptions filled by DM

Mon Jun 2 > "Fearless" walk to Algonquin, Westboro, SMD, agree to go undercover

Tue Jun 3 > **email stating JPF log has been hacked**

Wed Jun 4 > Churchill's for EM birthday (test)
Greentree \$1,418 (several dresses, most returned for credit note)

June 5 > Dr. Crowe

Fri Jun 6 > GoodLife "**I dare you to go to Montreal**"
piano recitals > texts to dmoore re: TrainerOnTrack

Sun Jun 8 > Long Tall Sally \$713 (later \$556 returned Jun 12)

Sun Jun 8 > Holts \$1,750

Mon Jun 9 > Holts return \$1,750

Mon Jun 9 > Holts \$725 (later \$381 returned Jun 15)

June 10 > Dr. Chow

June 12 > 1 Prescription filled by DM

June 14 > awkward **OPA bodybuilding show**; afterwards in little Italy

June 16 > removal of Trojan Horse Virus

June 18 > early a.m. post re: Joe Strummer

> 9:00 post my **big mario**

> Email to Steve re: reference letter (2:11)

> Louis Bar & Grill (not speaking with JK)

June 22 > cut off all ties to SL due to **big mario** and linked in Trish Sterner (Montreal)

Jun 24 > connect with Trish Sterner of Montreal via LinkedIn

June 25 > transfer to "Team Awesome" (no longer "mafia" that I am working for)

> out with Janet (working for ATeam)

Wed Apr 23 Pitch to manager at fitness club re: keeping trainer but with "virtual" support vs. having to go into the club. (Planning for increased work + didn't actually like working out one-on-one with the trainer much.)
Manager says no.
Very disappointed, I cancel my membership.

Weekend? Still surprised as to how manager could say no after I pay \$3-4,000 in fees over the course of a year, I try to do a little research on the company.
I find article (see A) and immediately think fitness club is a money laundering operation.

Wed Apr 30 I realize that I feel a bit nervous during my walk and become concerned re: "mania"

I phone Mercer looking for non-pharm coping skills

Nothing of consequence for most of May

Sun May 18 Quinn's party at SkyZone

Thu May 22 > last meeting with Steve

F/S May 23?> DM goes to Queensway Carleton

Mon May 26 Trainer at 10:00; Hairdresser at 1:00

Tue May 27 **JPF post is tampered with?**
Nana & Papa C in for Lampman visit
Find word document that is a threat?

Wed May 28 Trainer at 10:00
I get very scared: Post name/city on fitness forum

Thu May 29 Zopiclone and Olanzapine prescriptions filled by DM

Fri May 30 Trainer at 10:00

Sat May 31 Shawn and Micheline BBQ

Sun Jun 1 ToT business planning at SkyZone

Mon Jun 2 Trainer at 10:00
(Mon? or Tue?) **"Fearless"** walk to Algonquin, Westboro (MEC: "Hat's off to you"; Lululemon: **Agree to work under cover for "mob"**.
SDM: "Wake up little Suzie"

Tue Jun 3 > **Email stating JPF log has been hacked**

Wed Jun 4 > Churchill's for EM birthday (test)
Greentree \$1,418 (several dresses, most returned for credit note)

June 5 > Dr. Crowe

Fri Jun 6 > a.m. GoodLife "**I dare you to go to Montreal**"
p.m. piano recitals > **self texts to dmoore re: TrainerOnTrack**

Sat Jun 7 > workout

Sun Jun 8 > Long Tall Sally \$713 (later \$556 returned Jun 12)
Holts shoes purchase \$1,750

Mon Jun 9 > Holts return \$1,750

Mon Jun 9 > Holts \$725 (later \$381 returned Jun 15)

Tue June 10 Dr. Chow

Thu June 12 Zopiclone prescription filled by DM; "conversing" with "A-Team" via desktop

Sat June 14 Awkward **OPA bodybuilding show**; afterwards in little Italy

Sun June 15

Mon June 16 Removal of Trojan Horse Virus

Tue June 17 **Tequila!** Sun room .. music .. feel really bad for SL working at "mob" gym

Wed June 18 Early a.m. post re: Joe Strummer
Reply post by **big Mario**

Email to SL re: reference letter (2:11)

Louis Bar & Grill with Shawn, Shadi, Ashley (not speaking with JK)

Sun June 22 Cut off all ties to SL due to **big mario** and linked in Trish Sterner (Montreal)

Tue Jun 24 Connect with Trish Sterner of Montreal via LinkedIn

Wed June 25 9:30 Procurement meeting

TomK Post: transfer to "Team Awesome" (no longer "mafia" that I am working for)

7:00 Janet at Green Door (working for ATeam)

Jun 30?> Go to Burg Being filmed/recorded

Stay up late to finish tee shirt; markets beginning to crash ... won't discover until July 4 when markets are closed in the U.S.

Jul 01 > Hide dangerous items so parents/JK can't hurt themselves when they discover how wrong they've been.

Off to park: I watch at a distance to ensure nobody can alert JK/parents that I have "saved" the world by equalizing economies.

My body guards alert me that it's time to go to a safe place. I fake "crazy" to get home

Thu Jul 3 **Montfort Admittance**

Looking for support re: abusive husband to "get in"

Would not admit due to no condition to treat therefore acted manic.

Waited for hours. Left. Dragged back in by security from front lawn

Sat July 5 Montfort Release
Verbally released. Returned to get formal discharge from
Told to leave or be fined for trespassing.
Asked to be fined so I would have proof of discharge.
Dragged with arm painfully twisted out of hospital and out to street.
Cab to go home but changed mind. Went to casino to have hospital files
"digitally recorded"
Checked in at B&B

Sun July 6 Shopped at camping store

Checked in at Casino Motel

Woke up at 4:00 realizing I had to get home to work through this problem. Ran home by 5:30.

All excited to be home, was received with a grunt and husband returns to bed. I lie down with son8.

Civic Admittance

C&CB Hearing

Call to RCMP

Royal

Civic Release

C&CB Appeal

31-Oct-14 Derek at BMO says someone tried to transfer funds from my yet-to-be-received credit card. The transaction was blocked.

02-Dec-14 Mum says "everyone need's a little break". Therefore both sisters not home for Christmas. I advise that we will have Christmas in Ottawa this year on our own.

John advises that he has to start putting out c.v.; it will be tough to find work; the days of \$900/day are over.

I get ZERO hours of sleep this night. I don't feel anxious. I actually feel some strength in letting go of both sisters. Also, I realize I need to stay strong for what is coming next: dealing with another round of John's panic attacks.

Chat with John about his use of the term "racing thoughts" that keep me awake. Remind him that he is part of the problem. "Oh it's all MY fault." "I didn't say that! It's a WE problem!"

DM: "I am not anxious, I am not sad, I am not depressed. I am frustrated and tired ... I am sure you are too."

JK "Yep."

03-Dec-14 Felt pretty sad. Basically grieving that my idea of us hosting the old fashioned Christmas will NEVER happen. Plus tired .. with only an hour of sleep or so. Got to my workout with DB which went really well, all things considered Took 1 latuda and 1 mg valium this night

04-Dec-14 Woke up a little groggy but ok. Appt with Touchan at 9:45. Now back and in a good mood to tidy the house as Rizza is off today.

16-Dec-14 Have been taking L-theanine since Friday? And have been getting about 6 hours sleep every night!!

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