

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

A handwritten signature in dark ink, consisting of a stylized 'J' followed by a horizontal line and a flourish.

A Commissioner, etc.

Getting to the root of the problem: Heightened anxiety that leads to delusion

(Defensive Dysregulation)

By Deirdre Moore, CFA BBA who:

- experiences exacerbated symptoms when given olanzapine (heightened anxiety/hostility without drowsiness) and quetiapine (heightened insomnia, no benefit)
- responds to Latuda 40mg (reduced anxiety and delusions begin to or completely fade within 48 hours)
- responds to Zopiclone for periods of less than one week
- responds to Ativan for immediate tranquilization

Below is a description of a recent experience followed by a summary and a goal:

February 15, 2015

As my 10-year contract coming to an end, I started looking at job sites. I came across a company, GymTrack, that was looking for a part-time bookkeeper. I read a bit about what they were up to simply because I am a weightlifting enthusiast.

March 1, 2015

I joined Carleton University on March 1, 2015 and became part of Dr. Tony Bailetti's Lead To Win (LTW) Council.

Friday, May 8, 2015

I read an article in *Carleton Now* and learned that GymTrack had presented at a LTW function. [See Appendix 1]

I e-mailed GymTrack co-founder Pablo Srugo to let him know that I would be happy to be on GymTrack's board should ever the opportunity arise.

Saturday, May 9, 2015

I received a nice reply back from Pablo and decided to send him an idea he might be able to use. (Yes, I have a copy of this email.) I also considered whether or not I should let him know about the nasty side of the Movadi/The Athletic Club owner.

I signed on to LinkedIn to learn a bit more about Pablo [See Appendix 2] and decided to send him the three articles I had found related to The Athletic Club:

<http://blogs.windsorstar.com/news/local-philanthropist-faces-gun-assault-and-robbery-charges>

<http://blogs.windsorstar.com/sports/agreement-bars-amherstburg-from-having-adult-recreation-classes-on-town-property>

http://napavalleyregister.com/news/local/ex-napan-michael-venuta-faces-prison-for-money-laundering/article_45f13d4a-0b6a-11e3-bd8c-001a4bcf887a.html

Sunday, May 10, 2015

I headed out for my usual weekend, 90-minute power walk. I noticed that I felt rather strong and energetic and decided that because it was Mother's Day and a super gorgeous day that I would stretch it to two hours. I also recognized that the only thing I could think about was "How did Pablo react to that last e-mail? Should I have sent it?" I processed that over and over again until I decided:

- If my son Sean was embarking on a new business venture and I knew that one of his target clients carried a gun, etc., would I want him to know about that? My answer was yes.
- If my son's best friend was embarking on a new business venture and I knew that one of his target clients carried a gun, etc., would I want him to know about that? My answer was yes.

Then I thought, where does it stop? Here is a 23 year old trying to make an honest go of it. He has obviously worked very, very hard all through high school and university. Shouldn't he be aware that he might be about to do a deal with someone who carries a gun etc.? My answer was yes.

With that thought, I stopped thinking about it and started instead to really enjoy the beauty of the light bouncing off the canal and looking forward to my Mother's Day brunch.

Monday May 11, 2015

I dropped the kids off to school and headed to Carleton for the Monday morning Council meeting which ended around 12:30.

As I had been applying for a lot of jobs lately, I signed on to LinkedIn to see if my LinkedIn profile had received any new views. It had one new profile view:

Stephen South from Vincenza Area, Italy!!!! [See Appendix 3]

I immediately started to "panic" ... and then the delusion began

The only thing that I couldn't figure out was did "they" find out that I sent Pablo the articles because they are monitoring my home emails? Or did "they" find out because Pablo let them know? Was he working for "them"?

I went back on LinkedIn and saw someone else I didn't know: Jaime Arroyave, QA Specialist at Informa Investment Solutions. He DEFINITELY looked Italian! [See Appendix 4]

I spent about an hour not knowing what to do. Was I right about everything last year when "they" offered me an undercover role in order to protect my family? [part of 2014's delusional trip] Or, were they threatening me? Then I realized that the man I am working for at Carleton, Dr. Bailetti, is Italian! AND, his focus is starting new companies! I decided that he hired me to make sure I was good enough to join the team.

I felt a little nauseous and decided that I needed to go home.

Crossing the parking lot, I got a call from a recruiter who told me that he wanted to meet regarding a contract at the Export Development Corporation (EDC). Ah ha, I thought, that's where they want me to work: I am somehow to be involved in laundering money via EDC. I calmly drove across town to meet with the recruiter and carried out the interview; well-practiced in "playing along" from the "under-cover" work I was doing last year.

After the interview, I became very anxious again not knowing what was going to happen next. I decided to go to the gym to see if a workout would help and on the way there I kept thinking "This feels like a psychotic break, but this time I KNOW it's real. The proof is right there on LinkedIn. It's all just too much of a coincidence to not be real."

At some point I remembered, "I told myself that if I ever thought the words "this feels like a psychotic break" again, that I would take a Latuda." When I got home from the gym, I popped a Latuda 40mg and carried on with supper, kids, etc.

Tuesday May 12, 2015

The next morning, I wasn't as worried about "the mob". I thought they were lining me up for some kind of work, but I wasn't worried about it. I popped another 40mg Latuda anyways ... just in case, and went about my day without incident.

Wednesday May 13, 2015

I realized I had just pulled myself out of another "experience" and began to document the events. I also called Dr. Chow's office to see if I could get in to request a prescription on Latuda and zopiclone as they seem to be the ONLY things that have ever helped me with anxiety/delusion and sleep, respectively. (Seroquel keeps me up all night, Olanzapine makes me feel hostile, Lithium (when forced upon me last summer) did nothing but get me to add new layers of paranoid delusions.

IN SUMMARY

This experience is not unlike my previous experiences:

- There was no "expansive mood": no wild shopping sprees, gambling, risky behavior ... just delusion
- REAL events/stressors preceded delusions (further documentation/evidence of previous experiences available)
- From what I've read, this is known as Defensive Dysregulation. I am just not sure why it's happening now .. though the first experience happened exactly as I was beginning peri-menopause. (How do I remember this? John was lying on the couch "depressed" for several weekends in a row worried that I was pregnant due to missed periods.)

WHAT I AM HOPING TO ACCOMPLISH

Thursday June 4, 2015

- Receive Dr. Karen Coupland's opinion. That was a bust. She doesn't believe me and suggests "narcissistic defenses".

Wednesday June 10, 2015

- Explain "condition" to Dr. Chow so that she can update my medical file with facts as opposed to the fiction that's been placed there by various psychiatrists. Also hoping to secure a tranquilizer and/or anti-anxiety of some sort.

Summer 2015

- Meet with doctors at both the Queensway Carleton and the Civic to establish a file. (optional: If Dr. Chow and John know, perhaps that's good enough ... though Dr. Charbonneau remains a potential problem.)