

02-DEC-08 13:45

NOTHING NEW. KEEPING MY SPIRITS UP... AS ALWAYS. PUTTING UP WITH LOTS OF BS. THEY CALL IT TRAINING HERE. BOOT CAMP TRAINING IS THE SAME EVERYWHERE I HAVE TRAINED.

I FIND IT DIFFICULT TO TAKE THE TRAINING AT ITS FACE VALUE. THIS IS BY FAR NOT THE FIRST TIME THAT I AM GOING THROUGH IT. MOREOVER, I HAVE BEEN ON BOTH SIDES - AS A TRAINEE AND AS AN INSTRUCTOR - MORE THAN ONCE. I SHOULD PERHAPS ADD, ON DIFFERENT CONTINENTS IN DIFFERENT CULTURAL ENVIRONMENTS.

THE BOTTOM LINE IS THAT I WORKED LONG AND HARD TO BE HERE AND I AM ENJOYING TO BE HERE ALMOST EVERY MOMENT. BS EXISTS EVERYWHERE. THAT IS LIFE. GOT SOME GOOD GUYS IN THE CLASS. PROUD TO BE NEAR THEM.

GOT SOME NOT SO GOOD FELLAS AROUND. THAT IS LIFE.

03-DEC-08 12:42

UNUSUALLY EARLY IN THE CLASSROOM. WAITING FOR THE INSTRUCTORS. FIRST TIME HAD ENOUGH TIME TO EAT A PROPER LUNCH. FEELS GOOD FOR A CHANGE. HAD OUR SECOND PT SESSION THIS MORNING. THAT WAS A BLAST. LOVED IT. RUNNING AT 6:00AM OUT IN THE SNOW COVERED FIELDS IN THE DARKNESS IS GREAT FUN. I AM NOT BEING

SARCASTIC. LOVE THE TRAINING. LOOKING FORWARD TO TRAINING IN THE USAGE OF C8. IT HAS BEEN OVER 12 YRS SINCE I SHOT LAST TIME M-16. SOME GUYS MAKE CERTAIN ASSUMPTIONS ABOUT HOW THINGS AROUND HERE AND BACK AT OPC ARE BEING MANAGED. THESE SEEM TO BE TOTALLY BASELESS AND AT TIMES REDICULOUS.

REFLECTING UPON MY PERFORMANCE IN THE NIGHT SCENARIO I REALIZED THAT WHEN CONFRONTED WITH A POTENTIALLY DEADLY THREAT, DUE TO MY TRAINING I WOULD REACT IMMEDIATELY IN AN APPROPRIATE MANNER. HOWEVER, WHEN INVOLVED IN A HIGH-STRESSED SITUATION LIKE THAT, I NEED TO REMAIN AWARE OF THE OPTION TO DISENGAGE

I ALSO REALIZE THAT AFTER A FEW DAYS OF SLEEP-DEPRIVED HIGH-INTENSITY TRAINING, I AM STILL ABLE TO STAY FOCUSED AND CARRY ON MY DUTIES. APART FROM THESE TWO INSIGHTS AND A FEW CLARIFICATIONS HERE AND THERE, NOTHING ELSE IS NEW TO ME.

I ALSO HAVE A VERY GOOD ROOMMATE. SOME OF MY PODMATES AT OPC SUCKED. TWO OF THEM WERE SHIT HEADS AND ANOTHER TWO NEED A LOT MORE EDUCATION. SO FAR NO PROBLEMS HERE.

4-DEC-08

I NOTICED THIS MORNING THAT I WAS SCANNING THE UNIFORMS OF MY CLASSMATES FOR ANY DEFECTS OR INCONSISTENCIES AT ALMOST SUBCONSCIOUS LEVEL.

STUDIED HOW TO OPERATE CONVENTIONAL RADAR. THE COURSE WAS VERY INFORMATIVE, YET VERY BORING. ALL DAY IN THE SAME ROOM BEING LECTURED IS TOUGH. SURVIVED AND EVEN PASSED THE EXAM.

5-DEC-08

WOKE UP AT 4:00 AM WITH A REALIZATION THAT I HAVE A 20 HOUR DAY AHEAD. WOW! SO I GOT THROUGH IT AND AM STILL ALIVE AND KICKING. KIND OF MAKES ME THINK ABOUT MY NAIVE EXPECTATION OF HAVING 16-HOUR DAYS AT THE ACADEMY. MY NOSE BLED TONIGHT. IT IS A SURE SIGN THAT I HAVE BEEN PUSHING MY LIMITS. IT HAS BEEN A LONG DAY FOR THE LAST DAY OF THE FIRST TRAINING WEEK. TIME TO HIT THE HAY.

6-DEC-08

FINALLY! FINALLY I GOT ENOUGH SLEEP, 10 HOURS STRAIGHT. I GOT CRACKED SKIN ON TWO FINGERS OF MY RIGHT HAND. LICKING MY WOUNDS, AS I WAS DOING LAUNDRY THIS MORNING I PAUSED AND PONDERED WHY PEOPLE LOOSE WEIGHT HERE AND WHY SOME EVEN FAINT. WELL, IF

YOU HAVE 10 TO 15 MINUTES TO GET A MEAL AND YOU HAVE TO STAND IN LINE FOR ABOUT 5 MINUTES TO GET TO THE CHECK OUT AND OF COURSE YOU CANNOT HAVE YOUR DUTY BAG AND YOUR JACKET IN THE CAFETERIA AS THEY NEED TO BE STORED IN A CLASSROOM ON ANOTHER FLOOR ON THE OTHER SIDE OF THE GMP BUILDING, THE ONLY WAY TO GET AROUND IT IS TO PARTNER UP WITH SOMEONE AND TAKE TURNS - ONE CARRIES THE STUFF AND THE LUGGAGE OF BOTH, ANOTHER EATS AND HOPEFULLY BRINGS YOU SOMETHING TO GNAW ON LATER. NO WONDER PEOPLE LOOSE CONSCIOUSNESS AND GO DOWN. MY NOSE BLED THIS MORNING AGAIN. I AM A VERY ORGANIZED PERSON AND NORMALLY NEVER GO TO BED UNTIL EVERYTHING HAS BEEN SORTED OUT, PROPERLY ARRANGED AND EITHER PUT AWAY AND/OR PREPARED FOR THE FOLLOWING DAY. WELL, YESTERDAY EVENING, OR IT WOULD BE MORE APPROPRIATE TO SAY NIGHT, I SIMPLY DUMPED EVERYTHING IN ONE BIG PILE IN THE CORNER OF THE ROOM AND HIT THE HAY.

THE GOOD THING ABOUT THIS TRAINING IS THAT I LIKE IT. I HAVE A SENSE OF BELONGING AND A SENSE OF PURPOSE IN LIFE HERE AND THESE FEELINGS OVERSHAD

## EXHIBIT 13C5

MEAL  
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 PARTNER  
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 ERSON  
 RECOVERING, REGAINING STRENGTH,  
 CATCHING UP ON WORK OUTS, WORKING ON  
 ASSIGNMENTS, LAUNDRING, AND EVEN  
 THINKING SOME FREE THOUGHTS. THINKING  
 OF ALISON. HOPE SHE IS DOING OK. KEEPING  
 MY FINGERS CROSSED SHE IS ON THE RIGHT  
 PATH.

ALL THE HARDSHIPS AND NEGATIVITIES ASSOCIATED  
 WITH THE TRAINING. ALSO, BEING NATS AS I AM,  
 I REALLY LIKE PUSHING MY LIMITS. ALWAYS  
 UP FOR A CHALLENGE. THIS TRAINING REMINDS  
 ME ABOUT MY BASIC MILITARY TRAINING WHEN  
 I SERVED IN THE IDF. THOUGH THAT PERIOD  
 WAS VERY HARSH. I WAS YOUNG AND INEXPERIENCED  
 AND SOME OF THE GUYS IN OUR PLATOON WERE  
 PLAIN ASSHOLES AND EX-CRIMINALS. HERE, ON  
 THE OTHER HAND, THE GUYS ARE GOOD AND  
 THAT MAKES IT MUCH MORE EASIER TO GO  
 THROUGH. ANYWAY, SO FAR ONE WEEK DOWN,  
 TWO MORE TO GO AND THEN WE ARE GETTING  
 A WEEK OFF FOR CHRISTMAS.

07-DEC-08

OPERLY  
 /OR  
 NEW,  
 MORE  
 HUMPED  
 CORNER

08-DEC-08

THIS MORNING WE HAD A PT. WE DID THE  
 CONFIDENCE COURSE. THAT WAS A PIECE OF CAKE.  
 I FEEL WONDERFUL TO BE BACK IN ACTION.

IS  
 IN  
 SHADOW

I LIKE SGT. JAMES. THERE IS SOMETHING ABOUT MEN THAT MAKES ME FEEL GOOD IN MEN PRESENCE. SHE HAS GOT QUITE CONFIDENCE.

09-DEC-08

THERE IS JUST TOO MUCH MATERIAL BEING THROWN OUR WAY. I'M TRYING TO THINK OF THE RATIONALE BEHIND THIS "TACTIC", IF THERE IS ONE AT ALL. ONE THING FOR SURE IS THAT THERE IS INSUFFICIENT TIME TO STUDY. AS A MATTER OF FACT, THERE IS NO TIME TO STUDY ON YOUR OWN AT ALL. ARE THEY TRYING TO OVERWHELM US? OR IS IT JUST CYA ON THEIR PART? OR PERHAPS, AND WHAT I WOULD LIKE TO BELIEVE, THE RATIONALE FOR SUCH INTENSITY IS LIMITED TRAINING TIME AND THE NEED FOR US TO BE AWARE OF SO MANY THINGS SO THAT WHEN THE TIME COMES ~~WE~~<sup>THAT</sup> WE KNOW WHERE TO LOOK FOR THE INFO. QUOTE: "APPEARANCE CONTRAYS YOURSELF".

A VERY BORING DAY. ALL DAY SPENT STUDYING RMS. IT IS A VERY INTERESTING SYSTEM, YET PRACTICE IS REQUIRED TO MASTER IT. 3 DAYS ON IT IS A DROP IN THE OCEAN AND INSTRUCTORS POINTED OUT THAT IT WOULD TAKE A COUPLE OF YEARS TO LEARN THE SYSTEM PROPERLY.

# EXHIBIT 13E<sup>7</sup>

SCRATCHED A FEW MINUTES AFTER THE LAST-BEFORE-THE-DINNER CLASS TO WRITE TO ALL. NEVER MET THE GIRL BUT FOR SOME REASON FEEL VERY PASSIONATE ABOUT HER. SHE SEEMS TO BE A BIG MESS DESPERATELY TRYING TO CHANGE AND BE BETTER. I THINK SHE IS ~~HER~~<sup>MA</sup> HEMMORAGING (PROFUSELY BLEEDING, FIGURATEVILY SPEAKING) AND USING BANDAIDS, SO TO SPEAK. SHE NEEDS A DRASTIC CHANGE IN HER LIFE, SUPPORT, AND TIME TO RECOVER. THAT IS HOW I FEEL ABOUT HER.

10-DEC-08

I FEEL VERY SWEATY. PT IN THE MORNING, THEN WALKING WITH THE BASS, AND BODY ARMOR UNDERNEATH THE SHIRT. I FEEL LIKE AN ASTRONAUT WITHOUT AN AIRCONDITIONING IN THE SPACE SUIT. HELL OF A WAY TO START A TRAINING DAY. SO WE START AT 5:00AM AND FINISH AT 11:00PM EVERY DAY WITH A FEW VERY SHORT BREAKS ALONG THE WAY - WASHROOM BREAKS MAINLY. THERE IS NEVER ENOUGH TIME TO PROPERLY SIT DOWN AND ENJOY THE MEAL. EVERYTHING HAS TO BE DONE HAISTLY. THE OLD ADAGE "WASTE MAKES WASTE" DOES NOT APPLY HERE.

TODAY WE CONTINUED EXPLORING RMS, WHAT A BONUS

DAY. I FELT COLD AND SOME THROAT THIS MORNING AND BY NOW (17:25) I HAVE A FULL BLOWN CASE OF COLD. I CAN BARELY SWALLOW SALIVA. AND THE DAY IS FAR FROM BEING OVER YET.

18-DEC-08

PASSED PVO NIGHT PURSUIT YESTERDAY. FEEL GREAT ABOUT IT. WHAT A RELIEF!

07-JAN-09

① I ~~DO NOT~~ <sup>MY</sup> ~~THE~~ ONLY POSITIVE EXPERIENCE THIS WEEK FOR

~~FULL DAY OF~~ NATIVE AWARENESS CLASS ON MONDAY WAS THE ONLY POSITIVE EXPERIENCE THIS WEEK. ① I LIKE STUDYING ABOUT ~~OTHER~~ CULTURES. <sup>THEIR WAYS OF LIVING, LIKE PHISOLONG</sup> SO THE ~~SESSION~~ CLASS WAS VERY BENEFICIAL TO ME. COMMUNICATION, TRADITIONS.

ON MONDAY WE HAD A NATIVE AWARENESS CLASS ALL DAY. ① ~~APART~~ FROM THAT, I HAVE NOTHING ELSE POSITIVE TO SAY ABOUT THE <sup>LAST</sup> WEEK OR THEREAFTER.

② I HAVE MIXED FEELINGS ABOUT THIS WEEK. ON ONE HAND, WE ARE EXAMINATING IN A COUPLE OF DAYS AND THAT IS GREAT. <sup>FEELS</sup> ON THE OTHER HAND, <sup>LIVING</sup> THERE HAS BEEN SOME <sup>A FEW NEGATIVE DEVELOPMENTS</sup> NEGATIVITY IN THE PAST THREE DAYS. SO I ~~WOULD~~ AM NOT SURE WE DESERVE IT. HOWEVER, I WOULD LIKE TO FOCUS



ON THE POSITIVE

① IT IS I WOULD LIKE TO POINT OUT THAT JOINING THE OPD IT MIGHT NOT BE A COINCIDENCE.

② SINCE I WAS A CHILD I WAS INTERESTED IN THE NATIVE CULTURE. SINCE AS IT MIGHT SOUND, SINCE I WAS BORN AND GROW UP IN RUSSIA, I HAVE ALWAYS ADMIRED THEIR WAY OF LIFE - KNOW NO OTHER WAY THE FACT THAT THEY CONSIDER THEMSELVES PART OF NATURE. I HAVE A FEW PHILOSOPHICAL THOUGHTS ON THIS ACCOUNT BUT THIS IS NOT THE PLACE TO PUT THEM IN WRITING. I WOULD CERTAINLY LIKE TO STUDY MORE ABOUT FIRST NATIONS PEOPLE <sup>WITH ANY OPPORTUNITY TO</sup> ~~TO STUDY MORE ABOUT~~ <sup>BROADEN MY KNOWLEDGE</sup> ~~EXPAND~~ IN THE FUTURE.

③ THERE HAVE WERE A FEW INTERESTING CLASSES ON TUESDAY AND WEDNESDAY. UNFORTUNATELY DUE TO SCHED REVISION I DID NOT GET THEM OUT OF THEM. I WOULD LIKE TO SAY IT, BUT I'D RATHER EXPRESS MY OWN OPINION THAN EITHER. ③ MY ACTIVE LISTENING SKILLS AND MY THOUGHT PROCESS WERE <sup>SEVERELY</sup> ~~IMPACTED~~ BY LACK OF SLEEP AND I WOULD LIKE TO SAY IT, <sup>I'M ALWAYS</sup> ~~WANT~~ ~~IN RATHER~~ NO MOUNTAIN AND MOUNTAINOUS, THAN OTHER PRETEND THAT   
 → INTELLIGENCE-LED POLICING WAS VERY INTERESTING. IT IS ANOTHER FIELD THAT WAS BEEN OF INTEREST TO ME FOR A WHILE.

10

EXHIBIT 13c

BY FAR THE MOST FASCINATING SESSION.

08-JAN-09