

MANUEL CORDEIRO

CENTRAL NORTH CORRECTIONAL CENTRE, ISOLATION  
1501 FULLER AVE., PENETANGUISHENE, ON, L9M-2M4

FRI. 23-FEB-2018

ANGELA, MY WIFE:  
TEL: 437-776-2916

DR. EMMANUEL OGUERT

2698 JANE ST., 2ND FLOOR, UNCT-4, NORTH YORK, ON, M3J-1Z5  
TEL: 647-351-8877

DEAR DR. OGUERT:

I'M SORRY TO ALSO DISAPPOINT YOU SER,  
BUT ON WED. 27-SEP-2017 — THE DAY AFTER OUR  
LAST CONSULTATION — I HAD A SERIOUS MENTAL  
BREAKDOWN, AND I HAVE BEEN IMPRISONED EVER SINCE.  
REGARDLESS OF MY TRAGIC PAST AND RELATING  
MENTAL HEALTH ISSUES, I ALONE AM TO BLAME FOR THIS.  
IN FACT, I "THANK YOU" FOR DOING YOUR BEST TO HELP  
ME AS MY "FAMILY DOCTOR" (EVEN WHEN WE COULD NOT  
FIND A "PSYCHIATRIST," AS MY MENTAL HEALTH SO REQUIRED).

IN THIS FIRST PART OF THIS LETTER, I AM  
OVERVIEWING MY SITUATION. IN PART TWO —  
WITH MY CASE STILL BEFORE THE COURTS, WITH  
A PROSECUTOR INTENT ON CRUSHING US BEYOND  
ANY HOPE OF US EVER RECOVERING — I WILL DETAIL  
THE FACTS THAT WE NEED YOU TO CONFIRM; TO HELP  
US CONVINCING MY JUDGE THAT HOWEVER WRONG, MY  
OFFENCES WERE IN FACT A MENTAL HEALTH BREAKDOWN.

#2

MY LAWYER, MR. EDLISON / MS. GEDHA (TEL: 416-418-6650), WILL RECEIVE A COPY OF THIS LETTER, AND CONTACT YOU. I BELIEVE WE NEED SOME FORM OF A LEGAL AFFIDAVIT FROM YOU SW. BE IT TO CONFIRM THE FACTS IN THIS LETTER RELATING TO YOU (PART TWO), OR BY WRITING YOUR OWN LETTER/AFFIDAVIT THAT MY LAWYER MAY HELP YOU SWEAR.

I HAVE BEEN "MENTALLY DISABLED" ON ODSP, SINCE 2009. MY DIAGNOSED CONDITIONS ARE: SEVERE POST-TRAUMATIC STRESS, ANXIETY, DEPRESSION AND ADHD.

IN MAY-2017 — FOUR MONTHS PRIOR TO MY MENTAL BREAKDOWN — I COMPLETED A 3-YEARS PROBATION TERM WITHOUT INCIDENT. EVERY TIME THAT I SAW MY PROBATION OFFICER, I WAS ALSO REQUIRED TO SEE A PSYCHIATRIST THERE: DR. SRINAVASAN, TEL: 416-314-0208.

I WAS UNABLE TO FIND ANOTHER PSYCHIATRIST, EVEN WITH YOUR HELP AND REFERRAL. YOU AIDED ME BY RECALLING THE MEDICATIONS THAT DR. SRINAVASAN HAD ME ON; GABAPENTIN & CONSORTIA.

A DARK-VICIOUS-CIRCLE OF EVENTS — ONE FAR TOO LONG AND COMPLICATED TO DETAIL HERE — CAUSED ME TO BREAK DOWN (AFTER YEARS OF DOING AMAZINGLY WELL AND NOT GETTING INTO ANY CONFLICTS WITH THE LAW). UNTIL MY ARREST ON 27-SEP-2017.

PART-2, WHAT I'M ASKING YOU TO PLEASE CONFIRM:

1. THAT YOU WERE IN FACT TRYING TO HELP ME FIND A PSYCHIATRIST TO REPLACE DR. SRINAVASAN;
2. THAT ON THE MORNING OF 26-SEP-2017, ANGELA DID DRAG ME INTO YOUR OFFICE AND EXPRESSED THAT I WAS HAVING A MENTAL BREAKDOWN; THAT ANGELA HAD FORCED ME TO TAKE THAT MORNING OFF FROM A GREAT \$46.30 PER HOUR UNION HEAVY EQUIPMENT JOB THAT I STARTED THE DAY PRIOR — SO THAT WE MAY PLEAD WITH YOU TO PRESCRIBE ME SOME VOLLIUM/CLANASAPEN TO CALM ME DOWN UNTIL I COULD FIND A PSYCHIATRIST. AND THAT DRESSED FOR WORK IN MY SAFETY BOOTS AND VEST, I DID APPEAR AND SOUND TRAUMATISED;
3. THAT IN KNOWING YOUR POSITION — THAT YOU ARE NOT A PSYCHIATRIST — I WAS PRETTY MUCH HOLDING BACK MY TEARS... EXPRESSING THAT "LIFE" HAD US SO BROKE AND BROKEN, THAT I DID NOT EVEN HAVE BUS FARE TO TRAVEL TO WORK AND WAS USING A BICYCLE... THAT I REALLY NEEDED TO BE OKAY AND KEEP MY JOB — I TOLD YOU THAT IF YOU DID NOT HELP ME, MY NEXT MOVE WAS TO CALL "THE CRISIS HOTLINE;"
4. THAT AFTER REQUIRING ME TO ASSURE YOU THAT I WAS NOT SUICIDAL; THAT IN EMERGENCY I COULD GO TO A HOSPITAL EMERGENCY; AND AFTER HAVING ME SIGN A RELATING FORM — YOU DID PRESCRIBE ME A LOW 0.25 MG DAILY DOSAGE OF CLANASAPEN (WHICH I OBTAINED FROM THE HOMA PHARMACY BELOW YOU).

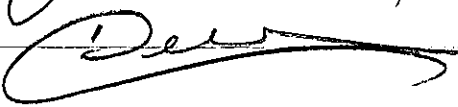
I THINK CONFIRMING THOSE FOUR POINTS WOULD DO SER, THIS ENDS PART-2. NOW MORE FOR YOUR UNDERSTANDING OF WHAT THE HELL HAPPENED, I ADD THESE FOLLOWING DETAILS:

- THE NEXT DAY (27-SEP-2017), AFTER A FULL \$370.40 WORK DAY IN NORTH YORK, I BICYCLED ALL THE WAY UP TO KENNEDY CITY, HAD A BREAKDOWN AND AM ALLEGED TO HAVE ROBBED A GAS STATION OF \$200 AND A PACK OF SMOKES (BOTH RECOVERED A MINUTE OR SO LATER WHEN I WAS ARRESTED). MY CHARGES ARE: ROBBERY AND ATTEMPT ROBBERY X 2. TO THIS DAY, I BARELY EVEN REMEMBER WHAT HAPPENED? I WAS STILL WEARING MY SAFETY VEST AND TOOLS FROM WORK. NO WEAPON, MASK, GLOVES. AN OBVIOUS "BREAKDOWN". I SURE WASN'T "ORGANIZED CRIME."
- IN MY BACK-PACK THAT THE POLICE GOT, IS A WRITING PAD WITH THE DATE: 26-SEP-2017. UNDER IT AND WRITTEN IN MY SLEEPLESS HOURS BEFORE I SAW YOU — WHEN I WAS DESPERATELY BRAINSTORMING ANY WAY TO DEAL WITH MY BREAKDOWN — THERE ARE TWO POINTS: (1) GO SEE DR. OGUERI TO TRY GETTING SOME MEDICATION TO CALM ME DOWN AND HELP ME COPE; AND (2) CALL THE CRISIS/SUICIDE HOTLINE (AND ITS TOLL FREE NUMBER);
- THE DAY BEFORE ANGELA AND I SAW YOU, ON 25-SEP-2017, I HAD A DISTRESSING CONVERSATION WITH A MS. COLLEEN BONNER, SENIOR PLANNER, TORONTO CONSERVATION BOARD, TEL: 416-661-6600. I ASSURED HER THAT I WOULD GO INSPECT THE PROPERTY OF A FORMER LANDSCAPING BUSINESS CLIENT

THAT GOT ME IN VIOLATION WITH THE BOARD; AND DETERMINE WHAT STILL NEEDED TO BE DONE BY ME AND MY COMPANY: CORDEIRO LANDSCAPING & RENOVATIONS LTD. IT WAS THAT CLIENT'S NEGLIGENCE, IN KENG CTY, WHICH MUCH CONTRIBUTED TO MY BREAKDOWN IN 2017.

- ONCE I BICYCLED TO KENG CTY AFTER WORK, I WAS FURTHER STRESSED THAT THE CLIENT, VICTOR, HAD DONE "NOTHING" TO ADDRESS THE VIOLATION IN THE MONTHS PRIOR. LEAVING THE PROPERTY, A PEDAL BROKE OFF THE DAMN BIKE. MY CHEAP PHONE'S BATTERY WAS DEAD, AS CONFIRMED UPON MY ARREST. I DON'T HAVE A MEMORY FOR NUMBERS. I ONLY HAD THE \$1.25 I WAS ARRESTED WITH. IT WAS DARK AND I WAS STRANDED. I WALKED FOR A HALF HOUR TO AN ESSO GAS STATION ON KEELE & KENG ROAD; APMENQ TO ASK ITS OWNER WHOM I KINDA KNEW TO PLEASE LOAN ME \$10 TO TAKE THE GO BUS (JUST BY SAID ESSO) HOME... AND THAT'S WHEN I HAD MY MENTAL BREAKDOWN AND EVERYTHING HAPPENED. IT'S ALL ON SECURITY TAPES THAT I HAVEN'T HAD A CHANCE TO SEE YET... I HONESTLY DON'T REALLY KNOW WHAT HAPPENED SIR.

THANK YOU FOR YOUR TIME AND UNDERSTANDING, AND I'M SO SORRY TO BOTHER YOU WITH ALL OF THIS.

YOURS TRULY,  
  
 MANUEL CORDEIRO

FEEL FREE TO REFER TO THIS LETTER, AND/OR CONTACT/DISCUSS "ANYTHING" ABOUT ME WITH "ANYONE." 