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Our File: 47590003

May 23, 2025

Ben Beveridge

Emailed: ben@proconsul.ca

Dear Sir :

Re: MHCare Medical Corporation and Hassin Sam Mraiche

Please be advised that we act for MHCare Medical Corporation (“MHCare”) Hassin Sam Mraiche.

On February 17th, 2025, you published on your website and blog “Proconsul” an article titled “No Money, No Power” (the “Article”). Attached is a copy of the same. The Article provides its readers with a disturbing step-by-step manual to undermine the reputation and business operations of our clients. This Article is both defamatory and harassing and our clients take the same extremely seriously.

Our clients demand that you immediately remove the Article from your website and publish an apology. We also hereby direct you to cease and desist from making further defamatory statements against our clients. This letter shall constitute a notice of intention to bring action pursuant to section 13 of the *Defamation Act*, RSA 2000, c D-7. Accordingly, we are giving the required 14-day notice pursuant to the *Defamation Act*, before commencing legal action for defamation.

Additionally, our clients have reason to believe that the Article may have been produced or published at the direction, or with the support, of third parties. Of note, the Article references support of the podcast “The Breakdown”. As you may be aware, our clients are presently engaged in litigation involving The Breakdown and its host, Nathan Pike.

To that end, we request that you provide our office with the following information **within 10 days** of the date of this letter:

1. Whether any third party (including but not limited to The Breakdown or Nathan Pike) requested, encouraged, sponsored, or provided you any form of compensation to write or publish the Article;
2. The nature and details of any such arrangement, if applicable; and
3. Copies of any communications or correspondence relevant to the above.

Our clients’ remedies can be obtained by court order, if necessary. In this regard we enclose a draft unfiled Statement of Claim which can and will be filed and served on our clients’ instruction.

Though our clients reserve all rights to commence an action against you, should you cooperate by removing the Article, apologizing, and providing the requested information, our clients will consider your cooperation prior to commencing an action.

Govern yourself accordingly.

STILLMAN LLP

for



Gregory R. Bentz
GRB/pw



17 FEB 2025 • 7 MIN READ

No Money, No Power

No Money, No Power

How to Starve Out a Corporate Parasite



How to Starve Out a Corporate Parasite

Money fuels influence. Influence manipulates power. Power distorts democracy.

Sam Mraiche has built a sprawling business network, deeply entrenched in government contracts, medical supply chains, energy services, and private consulting deals. His empire thrives on lucrative public-sector funding and strategic partnerships designed to extract value from taxpayers while keeping real scrutiny at bay.

Subscribe

But this is not invincible. Every business has weaknesses. Every empire has a foundation. And that foundation is cash flow.

This is a direct-action strategy to methodically remove a parasite's ability to generate revenue. Through the pursuit of full-spectrum financial and operational opportunity; we target every financial stream, every operational dependency, and every customer connection.

Subscribe

You can't hurt, prevent, or take anything away from another person or business. That's not how this works. This is about doing business better. With a purpose.

This is not a game of outrage. This is economic warfare. I know this game.

Step 1: The Business Web – Know the Target

Before we can disrupt, we must map the empire.

Below is a detailed breakdown of known businesses, subsidiaries, and financial channels under Sam Mraiche's control. Each is a potential point of pressure. This is only the first layer of a complex corporate organization.

Do not touch, target, or mention anything to do with Mraiche. Instead, pressure every entity connected to him.

Social pressure matters when you have to sit in a lawyers office and explain to your board why your business is in the public consciousness, for all the wrong reasons. Shine a social media lens where they are not used to being scrutinized.

Every shareholder, client, customer, vendor, partner, financier, banker, lawyer, or associated entity is a valid target to assess and influence.

Make sure every single meeting he sits in starts with a demand for an explanation. Every time he has to call a lawyer it costs him money.

Mraiche's Core Business Entities:

1. Mraiche Holding Corporation

- **Role:** Parent company overseeing multiple subsidiaries
- **Industry:** Diversified holdings
- **Weakness:** Relies on lucrative government contracts for financial viability
- **Action:** Target contract audits, legal challenges, and reputational exposure. Make business with this business toxic as fuck.

2. MHCare Medical

- **Role:** Flagship medical supply company
- **Industry:** Medical supplies and equipment

- **Weakness:** Heavy reliance on government contracts for PPE and medication procurement
- **Action:** Expose past supply failures, influence procurement decision-makers, and push for contract cancellations. Provide cheaper, better, or subsidized alternatives.

3. Carver PA Corporation

- **Role:** Oilfield training and recruitment
- **Industry:** Energy sector services
- **Weakness:** Dependent on major oil clients and government workforce development contracts
- **Action:** Undercut business relationships, redirect key contracts, and influence industry hiring preferences. Reviewing their safety, security, and site protocols will reveal some not surprises.

4. Metis Strategic Service Corporation

- **Role:** Private consulting and advisory
- **Industry:** Strategic services
- **Weakness:** Built on political ties and insider contracts
- **Action:** Publicly expose conflicts of interest, force accountability in government spending. Want to see pissed off? A review of related parties' director fees would be intriguing.

5. Alberta Surgical Group (Alleged Association)

- **Role:** Private healthcare provider
- **Industry:** Surgical operations and patient services
- **Weakness:** Growing political scrutiny of private healthcare funding
- **Action:** Push investigative audits, regulatory compliance checks, and media pressure on patient outcomes. This is American infection killing our functional healthcare. Stop it.

6. 2262576 Alberta Limited

- **Role:** Real estate holdings and leasing
- **Industry:** Leasing and property management
- **Weakness:** Tied to public-sector leases
- **Action:** Challenge lease agreements, expose undue financial advantages, and pressure tenants to terminate contracts. Hmmm...

This network operates on public funds, private deals, and strategic influence. Every one of these entities depends on revenue streams that can be disrupted.

If you really want to be difficult, find out the court cases and legal proceedings that MHC related law firms are connected to. Finance and support the opposing parties in every case.

In law, in Canada, money wins. Fund the winner you want.

Bonus: if the law firm is working with Mraiche, they are not on the right side of whatever case they're fighting. Give their opponent a little leverage. You get to disrupt profit, and feel good.

Step 2: Strategic Revenue Disruption

1. Full-Scale Talent Drain – Collapse Internal Operations

Every business is only as strong as its workforce.

We initiate a co-ordinated hiring campaign designed to:

- ✓ Remove key personnel from Mraiche's organizations.
- ✓ Create instability within his executive structure.
- ✓ Foster internal social turmoil.

Execution Plan:

- Launch "Freedom From Corruption" – A public hiring initiative.
- Offer Mraiche's employees better jobs elsewhere.
- Provide a one-year paid leave for high-value employees willing to exit.
- Cover legal expenses for whistleblowers who expose corruption.

The goal? Make it impossible for him to retain talent. A company without trained staff cannot operate.

Start with executive and personal assistants, administration, and HR.

These people like Sam are really, really bad at business.

They're used to buying their way into profit.

Rip the operational spine out of a business like this, and it disintegrates, because they don't actually know what they're doing.

2. Competitive Market Domination – Starve His Businesses

Mraiche's businesses survive because competitors have been pushed out or undercut. That ends now.

We financially empower his competitors in every sector:

- ✓ Identify primary competitors for each Mraiche business.
- ✓ Subsidize and strengthen those competitors.
- ✓ Strategically buy stock in competitors to reinforce their position.
- ✓ Run aggressive advertising and marketing to drive business away from Mraiche's ventures, and directly to their competitors.

Execution Plan:

- Medical Supplies → Strengthen MHCare Medical's rivals in PPE and pharma procurement.
- Oil & Gas Services → Direct contracts to competing workforce training firms.
- Strategic Consulting → Discredit Mraiche's advisory credibility and shift government partnerships.
- Private Healthcare → Fund transparency initiatives that expose gaps in private surgical care.

The objective? Dominate his industries. Remove his market presence. Dry up his cash flow.

You don't even have to compete with him. Just support his competition. Aggressively.

3. Direct Public Exposure – Eliminate Public Trust

Reputation is a currency. Destroy it, and contracts evaporate.

We launch a public information campaign to:

- ✓ Expose his businesses' failures.
- ✓ Highlight wasteful spending of public money.
- ✓ Pressure government bodies to cut ties.

Reality hurts these assholes. They live on getting away with telling bullshit stories. The proof is in the profit.

Execution Plan:

- Comprehensive Media Leaks – Release reports to major outlets covering financial irregularities.
- Public Website & Documentation Repository – A detailed, searchable resource for journalists, politicians, and citizens.
- Targeted Digital Ads – Educate the public on why these businesses are dangerous for democracy, and dangerously risky for investor ROI.
- Live Events & Protests – Force public accountability for his connections and contracts.

The goal? Make Mraiche's name toxic. Make his businesses uninvestable.

If Mraiche has any personal or corporate connection to any publicly accessible stock, trade, investment, or institutional, exempt, crypto, or other market security... then the leverage gets fun.

4. Legal and Financial Investigations – Trigger Regulatory Crackdowns

Wherever money flows, there are regulatory levers to pull.

We initiate formal pressure on governing bodies to:

- ✓ Audit every government contract tied to Mraiche's businesses.
- ✓ Launch fraud investigations into past procurement deals.
- ✓ Push for legal consequences on mismanagement and conflicts of interest.

Execution Plan:

- Freedom of Information (FOI) Requests – Demand all government documentation regarding contracts.
- Regulatory Complaints – File official reports on product safety, labour violations, and procurement irregularities.
- Whistleblower Protection Fund – Provide financial security to insiders willing to expose corruption.

The goal? Suffocate Mraiche's operations under regulatory scrutiny.

The easy play? Just duplicate his business model, do it better, and you can have his money.

Step 3: The Full Court Press – Lock Down His Financial Lifelines

This is not a temporary campaign. It is a relentless, sustained financial war.

- ☠ Remove his workforce, with better jobs.
- ☠ Redirect his customers, with better offers.
- ☠ Collapse his reputation, with transparency.
- ☠ Crush his ability to operate legally, but with exuberance.

This isn't activism. This is tactical business warfare.

If a business entity compromises democracy and public welfare, it is our duty to eliminate its ability to function.

We do not need to convince politicians. We do not need to wait for the courts.

We cut off his revenue streams at the source.

When there is no money, there is no power.

This is how you win.

Begin

Every supporter of The Breakdown can be part of this movement.

- Share the Strategy – Spread this tactic. Build awareness.
- Pressure Lawmakers – Demand investigations and contract terminations.
- Support the Competition – Move business away from Mraiche's enterprises.
- Expose the Network – Keep digging, uncover every hidden financial connection.

They play by manipulating influence.

We win by eliminating revenue.

This is the strategy. Now execute.

Sign up for Proconsul CA

Visionary Strategic Growth

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No spam. Unsubscribe anytime.


This is what I'm working on. Tell me what you think, I enjoy the conversation! Subscribe and follow the work in real time.


Thanks!

B

Proconsul CA (@proconsul.bsky.social)





Visionary Strategic Growth A guide for ambition, bridging strategy with implementation for modern business - clarity, structure, and sustainable...

 Bluesky Social



Tired of watching bad actors profit from public money?

STOP WATCHING.

-  Hire away their workers
-  Subsidize the competition
-  Make their business uninvestable
-  End their contracts with pressure & exposure

Corruption thrives in silence.

Turn up the volume.

PS -



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COURT FILE NUMBER
COURT COURT OF KING'S BENCH OF ALBERTA
JUDICIAL CENTRE EDMONTON
PLAINTIFFS MHCARE MEDICAL CORPORATION and
HASSIN SAM MRAICHE
DEFENDANTS BEN BEVERIDGE
DOCUMENT **STATEMENT OF CLAIM**

ADDRESS FOR SERVICE AND CONTACT INFORMATION OF PARTY FILING THIS DOCUMENT
STILLMAN LLP
Attention: Gregory R Bentz
100, 17420 Stony Plain Road NW
Edmonton, Alberta T5S 1K6
T: (780) 484-4445
F: (780) 484-4184
File: 47590-003

You are being sued. You are a Defendant.

Go to the end of this document to see what you can do and when you must do it.

Note: State below only facts and not evidence (Rule 13.6)

Statement of facts relied on:

BACKGROUND

1. The Plaintiff, MHCare Medical Corporation is a corporation registered in the Province of Alberta with a registered and records office in Edmonton Alberta (hereinafter referred to collectively as "**MHCare**").
2. MHCare is a medical supply company that, *inter alia*, procures and supplies medical products to Alberta Health Services ("**AHS**"), including children's acetaminophen and disposable medical face masks.
3. The Plaintiff, Hassin Sam Mraiche ("**Mraiche**"), is an individual residing in the City of Edmonton in the Province of Alberta.
4. Mraiche is a director and shareholder of MHCare.
5. The Defendant, Ben Beveridge ("**Beveridge**") is an individual who, to the best of the knowledge of the Plaintiffs, resides in the City of Veron in the Province of British Columbia.
6. Beveridge operates a website and blog called "Proconsul" at <https://proconsul.ghost.io> (hereinafter, "**Proconsul**").

DEFAMATION

1. On February 17, 2024, the Defendants, or either one of them, falsely and maliciously published by way of written statement to Pronconsul, the following defamatory words:

HOW TO STARVE OUT A CORPORATE PARASITE

Money fuels influence. Influence manipulates power. Power distorts democracy.

Sam Mraiche has built a sprawling business network, deeply entrenched in government contracts, medical supply chains, energy services, and private consulting deals. His empire thrives on lucrative public-sector funding and strategic partnerships designed to extract value from taxpayers while keeping real scrutiny at bay.

But this is not invincible. Every business has weaknesses. Every empire has a foundation. And that foundation is cash flow.

This is a direct-action strategy to methodically remove a parasite's ability to generate revenue. Through the pursuit of full-spectrum financial and operational opportunity; we target every financial stream, every operational dependency, and every customer connection.

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MRAICHE'S CORE BUSINESS ENTITIES:

1. MRAICHE HOLDING CORPORATION

Role: Parent company overseeing multiple subsidiaries

Industry: Diversified holdings

Weakness: Relies on lucrative government contracts for financial viability

Action: Target contract audits, legal challenges, and reputational exposure. Make business with this business toxic as fuck.

2. MHCARE MEDICAL

Role: Flagship medical supply company

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Weakness: Heavy reliance on government contracts for PPE and medication procurement

Action: Expose past supply failures, influence procurement decision-makers, and push for contract cancellations. Provide cheaper, better, or subsidized alternatives.

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Role: Oilfield training and recruitment

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4. METIS STRATEGIC SERVICE CORPORATION

Role: Private consulting and advisory

Industry: Strategic services

Weakness: Built on political ties and insider contracts

Action: Publicly expose conflicts of interest, force accountability in government spending. Want to see pissed off? A review of related parties' director fees would be intriguing.

5. ALBERTA SURGICAL GROUP (ALLEGED ASSOCIATION)

Role: Private healthcare provider

Industry: Surgical operations and patient services

Weakness: Growing political scrutiny of private healthcare funding

Action: Push investigative audits, regulatory compliance checks, and media pressure on patient outcomes. This is American infection killing our functional healthcare. Stop it.

6. 2262576 ALBERTA LIMITED

Role: Real estate holdings and leasing

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STEP 2: STRATEGIC REVENUE DISRUPTION

1. FULL-SCALE TALENT DRAIN – COLLAPSE INTERNAL OPERATIONS

Every business is only as strong as its workforce.

We initiate a co-ordinated hiring campaign designed to:

- *Remove key personnel from Mraiche's organizations.*
- *Create instability within his executive structure.*
- *Foster internal social turmoil.*

Execution Plan:

Launch "Freedom From Corruption" – A public hiring initiative.

Offer Mraiche's employees better jobs elsewhere.

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This is how you win.

BEGIN

- *Every supporter of The Breakdown can be part of this movement.*
- *Share the Strategy – Spread this tactic. Build awareness.*
- *Pressure Lawmakers – Demand investigations and contract terminations.*
- *Support the Competition – Move business away from Mraiche's enterprises.*
- *Expose the Network – Keep digging, uncover every hidden financial connection.*

They play by manipulating influence.

We win by eliminating revenue.

This is the strategy. Now execute.

(collectively, the "**Defamatory Words**")

7. The Plaintiffs state that the Defamatory Words, in their natural and ordinary meaning, and by innuendo, in the context in which they were published, meant and were understood to mean, *inter alia*, the following:
 - a. The Plaintiffs, or either one of them, are bribing, inappropriately influencing, or attempting to bribe or inappropriately influence, members of the Government of Alberta or other government bodies for their own benefit;
 - b. The Plaintiffs, or either one of them, were not awarded contracts, including with government bodies, as a result of their skills, knowledge, or competence, but rather as a result of bribing and/or inappropriately influencing members of the Government of Alberta or other government bodies; and

- c. Such further or other meanings as may be proven at the trial of this action.
8. The Defendants, or either one of them, spoke or published the Defamatory Words with the knowledge that they were false, or recklessly as to their truth.
9. The Plaintiffs complain of and intend to rely on the entirety of the Defamatory Words spoken by the Defendants, either jointly or severally.
10. The Defamatory Words used by the Defendants, either jointly or severally, and the innuendo arising from them, were spoken or published by the Defendants, jointly or severally, knowing that they were false or with careless disregard as to whether they were true or not.
11. As a result of the Defamatory Words, jointly or severally:
 - a. the Plaintiffs have suffered significant damage to their reputations, including loss of public trust;
 - b. MHCare's goodwill has been significantly diminished;
 - c. MHCare has lost business opportunities and has had difficulty attracting and maintaining clients;
 - d. MHCare's relationships with its current clients have become strained;
 - e. Mraiche has personally been the target of numerous harassing and threatening phone calls, as well as comments and messages on social media; and
 - f. Such further or other damages as may be proven at the trial of this action.

HARASSMENT

12. Further or alternatively, the Defendants, or either one of them, have engaged in harassing behaviour which includes, but is not limited to:
 - a. Encouraging and instructing third parties to interfere with the Plaintiffs' commercial activities;
 - b. Encouraging and instructing third parties to interfere with the Plaintiffs' contractual relationships;
 - c. Encouraging and instructing third parties to interfere with the Defendants' employees;
 - d. Encouraging and instructing third parties to interfere with the Plaintiffs' ongoing legal actions;
 - e. Such further or other harassing behaviour as may be proven at the trial of this action.(collectively, the "**Harassing Behaviour**")
13. The Defendants' Harassing Behaviour has continued despite requests by the Plaintiffs that the Defendants discontinue the Harassing Behaviour.
14. The Defendants' Harassing Behaviour is persistent and unwelcome and, as a result, the Harassing Behaviour, jointly or severally, has:
 - a. impugned the dignity of the Plaintiffs or either one of them;
 - b. undermined the goodwill of the Plaintiffs or either one of them;
 - c. caused the Plaintiff, Mraiche, emotional and mental distress; and
 - d. caused the Plaintiff, Mraiche, to reasonably fear for his safety and the safety of his family; and
 - e. Such further or other damages as may be proven at the trial of this action.

15. The Defendants' continuous Harassing Behaviour is causing real harm to the Plaintiffs for which they are seeking damages and injunctive relief.

UNLAWFUL INTERFERENCE WITH ECONOMIC AND CONTRACTUAL RELATIONS

16. Further or alternatively, the Defendants intentionally interfered with the economic relations of the Plaintiffs through their campaign to frustrate and undermine the Plaintiffs' businesses. The Defamatory Words and Harassing Behaviour were designed and intended to cause deliberate damage to the Plaintiffs' businesses and amount to an unlawful interference with the Plaintiffs' economic relations.
17. The Defamatory Words and Harassing Behaviour resulted in economic harm to the Plaintiffs or either one of them.
18. Further or alternatively, the Defendants intentionally interfered with the contractual relations of the Plaintiffs, such interference including, but not being limited to the Defamatory Words and Harassing Behaviour.

DAMAGES

19. As a result of all the foregoing Defamatory Words, and the Harassing Behaviour, or a combination of one of both, the Plaintiffs, or either one of them, have suffered, and will continue to suffer damages, and such other irreparable harm for which a monetary remedy will be insufficient, caused by the Defendants, either jointly or severally, harm and damages for which the Defendants are liable, either jointly or severally.
20. The Plaintiffs state that the Defendants, jointly or severally are liable to pay general damages in the amount of \$3,000,000.00.
21. The allegations of the Defamatory Words and the Harassing Behaviour, either jointly or severally, made by the Defendants displays a wanton and flagrant disregard for the Plaintiffs' rights. Such conduct was harsh, vindictive, and malicious and as such warrants punitive, aggravated, or exemplary damages in the amount of \$2,000,000.00 or such other amounts as may be proven to deter the Defendants or others from such conduct in the future.

REAL AND SUBSTANTIAL CONNECTION TO ALBERTA

22. A real and substantial connection exists between Alberta and the facts on which this claim is based because:
 - a. this claim relates to torts committed in Alberta; and
 - b. this claim relates to an injunction in which the Defendant is to do or to refrain from doing something in Alberta.
23. Alberta is the most convenient forum for this Action in all of the circumstances.

Remedy sought:

24. The Plaintiffs claim against the Defendants, jointly and severally, general damages in the amount of \$3,000,000.00 or alternatively such amount as shall be proven at trial;
25. The Plaintiffs claim against the Defendants, jointly and severally, punitive, aggravated, or exemplary damages in the amount of \$2,000,000.00 that this Honourable Court deems just;
26. An interim, interlocutory and permanent order directing the Defendants to refrain from speaking Defamatory Words or words of like or similar effect concerning the Plaintiffs, whether directly or indirectly;

27. An interim, interlocutory and permanent order directing the Defendants to refrain from continuing the Harassing Behaviour;
28. Interest in accordance with the *Judgment Interest Act*, R.S.A. 2000 c.J-1;
29. Costs of this action on a Solicitor and their own client basis, or alternatively costs; and
30. Such further and other relief as may be requested of and granted by this Honourable Court.
31. The Plaintiffs propose that the trial of the action be held that the City of Edmonton, Law Courts Building, 1A Sir Winston Churchill Square, in the Province of Alberta.

NOTICE TO THE DEFENDANT

You only have a short time to do something to defend yourself against this claim:

- 20 days if you are served in Alberta
- 1 month if you are served outside Alberta but in Canada
- 2 months if you are served outside Canada.

You can respond by filing a statement of defence or a demand for notice in the office of the clerk of the Court of King's Bench at Edmonton, Alberta, AND serving your statement of defence or a demand for notice on the plaintiffs' address for service.

WARNING

If you do not file and serve a statement of defence or a demand for notice within your time period, you risk losing the lawsuit automatically. If you do not file, or do not serve, or are late in doing either of these things, a court may give a judgment to the plaintiff(s) against you.