

QUARTERLY NEWSLETTER

July/August 2006

Who's dead in Australia TV show update.

Filming commenced at Ballarat in May with some very interesting events taking place during the night and the investigation. For a full update on what took place including accounts from people who attended [click here](#).

Christine's update

Haven't we been busy for the last few months! Most of you know of my trip to Vietnam.

In this newsletter you can read about some of my trip. New Ghost Meter EMF meters are available for sale on the forum and Chainz tells us about Sony Niteshot. We also have a look at a Ghost Hunters Code of Ethics and what is on our calendar for the coming months. So grab a cuppa and enjoy your read.

Thank you to all for spending time with us online at www.paranormal.com.au

Best wishes
Christine

The Ghosts of Vietnam By Christine

There are ghosts wandering the corridors of Hanoi Prison and it is no wonder. Conditions were appalling; their diet was watery soup and bread. Prisoners were variously isolated, starved, beaten, tortured for countless hours and paraded in anti-American propaganda. "It's easy to die but hard to live," a prison guard told one new arrival, "and we'll show you just how hard it is to live." **'A Hell on Earth'**



Americans were held as prisoners of war in North Vietnam, but also in Cambodia, China, Laos, and South Vietnam.

From 1961 to 1973, the North Vietnamese and Vietcong held hundreds of Americans captive. In North Vietnam alone, more than a dozen prisons were scattered in and around the capital city of Hanoi. American POWs gave them nicknames: Alcatraz, Briar patch, Dirty Bird, the **Hanoi Hilton**, and the Zoo.

American prisoners were held at the Hoa Lo prison, nicknamed the Hanoi Hilton from 11 August 1964 to 28 March 1973. The French built this prison near the turn of the century, with construction completed in 1901.

In 1994, the Hanoi Hilton (the French period prison) looked much as it had for almost 80 years, including the years when American prisoners of war were held there. Restrictions were placed on where you could walk near the prison and as late as 1993 photographs were prohibited. The actual name of the prison (at least when the Vietnamese controlled it) is Hoa Lo, for the street that runs alongside.

By 1996, most of the walls of the Hanoi Hilton had been torn down to make way for new construction. Portions of the walls were retained for historical reasons. The Vietnamese also have bitter memories of the prison, for many communist revolutionaries were kept and tortured there.

In 1998, the old front of the prison was painted and restored and the remaining portions of the prison were turned into a tourist site. Some of the cells have been opened and considerable information about Vietnamese prisoners is available. The information about the U.S. prisoners of war is unreliable.



The background history of the prison is interesting but cannot prepare you for the assault of the reality of the place when you walk through the door.

We stumbled upon the prison by accident and decided to go in and have a look. I gently walked through the various rooms of the building hearing noise, voices that were all mixed together.

Almost like wailing of the masses. Occasionally I heard an English phrase or thought or name but mostly it sounded like gibberish. I saw the rooms of the prison where hundreds of prisoners were stored, they were not kept. The images on the walls depicting the tortures practiced within the walls. At the end of the building were the dungeon cells.



These were dark, oppressive and frightening and I could not stay in there long enough to form any thoughts beyond these. I quickly exited.

Towards the other end of the building was a real guillotine dating back to the French occupation. This particular guillotine had the distinction of killing more than 70,000 prisoners. I touched it and can testify they do not lie. It was genuine. As was the basket near it that carried the bodies and the tin bucket that caught the displaced heads. There were two other guillotines in the prison. One was a replica and I did not touch the other as the first one was quite confronting enough. It was the custom of the French to display the heads of the prisoners in baskets and hang them in public places to try to encourage the people not to break the law. Obviously it did not work.



Possibly the worst part of the whole visit to the prison for me was the propaganda relating to the pilots that were captured. At the far end of the building was a section "dedicated" to the American Pilots shot down and captured during the war. On the walls were pictures of these men playing cards, enjoying their meals, in clean new clothes, socializing etc. On the wall was a sign saying they were not disrespected in any way etc. A man was following me through that area. I could hear his cynical laugh in my head. "Yeah right" it echoed. I could see the lies, the crimes perpetrated against these prisoners, that what was displayed was far from the truth. The ghost of this man was simply staying in this area as a warning to anyone who could hear him that all was not as it seemed. So sad. Such tragedy. Such unrest.



What the sign says:

From August 5th 1964 to January 24 1973, US Government carried out two destructive wars by air and navy against North Vietnam. The Northern Army and people had brought down thousands of aircrafts and captured hundreds of American Pilots. Part of these pilots were detained in Hoa Lo Prison by our Ministry of Interior. Though having committed untold crimes on our people, but American Pilots suffered no revenge once they were captured and detained. Instead, they were well treated with adequate food, clothing and shelter according to the Provisions of Paris agreement. Our Government had in March 1973 returned all captured pilots to the US Government. Pictures in this exhibition room show how American Pilots had their life in Hoa Lo prison.

I was relieved to leave the prison yet humbled by the glimpse of what happened here. Humbled that these people followed the calling of their country at great personal cost and often against their personal beliefs and that they allowed and enabled me to meet them, even if only for a while.

More experiences from Vietnam next newsletter-

Dinner in Ballarat in August

WHAT- Dinner at Christine's at Ballarat
WHEN- Saturday the 26th of August 2006
TIME- 6.30pm at Christine's.

PLACE- Please indicate if you are attending in the Dinner in Melbourne all invited thread in the Investigations Portal and you will be sent the address via PM.

MENU- Pot luck dinner provided- casseroles, lasagna, winter warmers.

BYO- drink and a dessert, salad or bread rolls item to share

RSVP- Sat the 19th August



Photo: Studio Fotoni

Do you want to abide by the code?

For a long time now I have always believed that for any organisation to be regarded as professional in what they do, that organisation must clearly state publicly their Code of Ethics (COE).

Whilst navigating the internet recently and docking on various paranormal sites, I was amazed to discover that not one of them sites I visited had (at least that I could find) a COE in their "About" link or anywhere else for that matter.

Just what is a COE you may ask? And why don't any of the other paranormal sites you visited have one of them?

Well to answer the first question a Code of Ethics (COE) in the context of an organization is often a formal statement of the organization's values on certain ethical and social issues. An affirmation of what an organisation or group professes. A COE should not be confused with *moral codes* that apply to the culture, education and religion of a whole society.

Personally I see a COE as a list of rules that apply to a particular organisation. That list usually tells me how they perceive to conduct themselves ethically, what values they hold, how they distinguish right from wrong, what their stance is on certain issues that effects their industry, shall I associate, trust or have dealings with this organisation, etc., etc. So as you can see I tend to try and decipher quite a bit of information about an individual organization simply by reading their COE.

In answer to the second question; well I was wrong about none of the sites having a COE. Upon revisiting one of the paranormal sites I discovered that indeed they did have a COE, albeit in a draft mode. Nonetheless I was suddenly happy again that I was not alone on this line of thought.

Titled "The Ghost Hunters Code" I have included a copy herein, just in case any ones interested in perhaps drafting a COE for our group or just for curiosity.

Now, one may not realize it but our daily lives follow and most of us abide to lots of different COE every day. Take for example the Road Rules they could be interpreted as a form of COE for road use that have the force of law, violation of these codes/rules maybe subject to civil or penal remedies; Whereby in a private organization it is usually limited to loss of membership or more often that not other codes are merely advisory and there are no prescribed remedies for violation or even procedures for determining whether a violation even occurred.

Some of the other benefits a COE can bring and serve as

- Collective recognition by members of its responsibilities.
- It can help create an environment in which ethical behaviour is the norm.
- It can serve as a guide or reminder in specific situations.
- A properly thought through COE can serve as an educational tool.
- A COE can indicate to others that the organisation is seriously concerned with responsible professional conduct.

Finally supporting one's code helps make their organisation of which they need not feel embarrassment, shame or guilt, one

also has an obligation of fairness to do his/her part in generating these benefits for all in the organisation.

For all these reasons I believe it is very important that all organizations have some form of a Code of Ethics!

Written by Ghost Hunter

Paranormal.com.au Code of Ethics (adapted from an article by Jim Eaton)

The aim of the code is to protect you from harm on your quest. Commit it to memory and it will serve you well. What you really need to know...

1. Let them (ghosts & spirits) know they are not forgotten

Let your journey in this field of study be a labour of love. Remember to be respectful of ghosts & spirits, as they were once people, and still are for that matter.

2. Never tease, threaten or dare an unseen entity

First of all, we want to be taken seriously. Secondly, we are ghost hunters, not bullies. Lastly, we sure don't want any vindictive entities following us home or worse yet, attacking and hurting us.

3. Conduct yourself as a professional at all times

We always want to present ourselves as the ones in control. And that of course means around other investigators, victims of a haunting, and even to the ghosts themselves. Self-confidence and control will radiate like a beacon of light and thus serve as a shield of protection.

4. Never seek out entities on your own

A team of two works well and three is the ideal number. Larger groups will need to break up into smaller groups.

5. Addicting habits can be contradictory to your ghostly pursuits

Examples would be heavy addictions to drugs, alcohol, cigarettes, an abnormal sex drive, etc. These things in excess make you vulnerable and susceptible to attack. The attack stems from the entities attraction to your addictions and also because of your weakness. Mind altering substances are particularly enticing to them.

6. Pay attention to your dreams

Entities will use this relaxed state of mind & body to try and influence or torment it's targeted victim. Use whatever wording is necessary (according to your own spiritual beliefs) to command such an intrusion to cease. Command it in the holy name of your God or higher power.

7. Use religious relics & symbols as a protection

But only use these if you believe in what they can do. It's not the item itself that has the power, it's what it symbolizes according to your faith. That's what actually gives it its power. Use white lighting as a form of protection in place of religious symbols if appropriate for your circumstances.

8. Listen to your instincts and your intuition

Draw from the power within. You will find this to be your greatest resource.

9. Never leave a team member behind, not ever

Commit yourself to the task at hand until it's done. A combined effort makes the team a whole intricate working structure. Never work alone even at a familiar location.

10. Always consider all aspects of a haunting

Go into an investigation with a kind heart and gracious attitude. But

know that most haunting can be explained. i.e. house settling, furnace noises etc. And as sad as it is, you must also consider the mental & emotional state of the victim as well. Paranoia, delusional aspects and mental illness in general may be a consideration. As a final note; it should also be stated however, that in some cases, an unstable person can actually be open to these types of visitors and or attacks. Good pre-site research may help to avoid wasted time.

11. Always remember, you are the one in control

You have the body and thus you have the power. It's really simple, you are in your element. This is your dimension and your reality. Unseen entities are intruders into your space. That is, unless they are invited in or find a way in through your weaknesses. Be strong by curving appetites and living a productive & wholesome life.

12. Be familiar with all aspects of the supernatural

Know well the entities you pursue. Understand them and the things of their world. Knowledge is power. The more you know, the more confident you become. Be careful though, not all knowledge is good. Acquire it with a scientific standpoint.

13. Your best protection is in the life you lead

If you are active in ghostly pursuits then evil will cross your path, so be armed. If you are religious, then live your religion. But whether you are or not, your best protection is to live so as to put others first. Good deeds and a love for all life is your greatest protection.

14. Don't be afraid to experiment

Not everything you try will work. If one attempt or theory fails, keep trying. Simply move on to the next thing on your list. And by all means, have a list.

15. Do your homework

Consider all aspects of an investigation before you go. A preliminary walk through ahead of time is advised. Doing a history check is helpful as well. Anything you can find out ahead of time will be to your advantage. Use check sheets and list provided by us for to guide you.

16. Never be without outside contact

Make sure others outside your team are aware of where you are when on an assignment or investigation. A mobile phone is a must.

17. Demonic Possession

It's extremely rare that you will ever hear of a full-fledged demonic possession. But it is something that all ghost hunters need to be aware of and briefed on. Full-possession requires an "invitation" in order to gain a foothold. However, there are activities that can be construed as an invitation. i.e. Ouija boards, séances, etc. A person with heavy addictions, sins, depression or someone who is desperately lonely are more apt to be targets. When any type of invitation is construed, whether implied or direct, it may very well be acted upon by such evil entities. Even with all that, it's still rare that evil will triumph successfully, but it is possible in some cases. Ghost hunters are somewhat susceptible because of the nature of their work. If in doubt seek help immediately by contacting us for advice or support.

18. Lower Level Entities

There are other less severe life forms that we need to be aware of as well. They are evil and are here to weaken the population through their influence. Their ultimate goal is to distract us from our life duties and make us as unproductive as possible. These creatures are subtle but very much determined. People that allow themselves to be heavily influenced in this direction are also more prone to demonic possession. This type of entity uses distraction through such things as computers, video games, unwholesome activities, etc. If

you miss out on important family outings or you lose your job because you want to stay home and play video games, etc, then they have gained some control. It's called, lower level possession. Ghost hunters need to avoid this trap at all cost. Refer to codes 5, 6, 11 & 13. And for a good resource, buy a book on Psychic Self-Defence.

19. Be scientifically minded

Strive to prove the existence of ghosts and the afterlife. We as Ghost Hunters cannot simply rely on the word of someone with a particular gift. We need to know for ourselves and we need to document it in our studies.

20. Rely on your senses

Be ever mindful of your own awareness. We are all born with the gift of inspiration. We also have a bell (so to speak) that sounds off when we are in danger. It's a gift that needs to be focused on. Constantly pay attention to this special ability that we all have. Especially when on an investigation. As you become more aware and in tune, you will be able to better sense ghosts & other types of entities.

21. Evidence is everything

All we really have to show for our hard work is the evidence we collect. So take notes, write up reports, snap pictures, collect EVPs. Keep a log.

22. Be aware that theories change

What is believed to be true today may not be tomorrow. If there's anything we can depend on, it's change. What we may know about ghosts today may change tomorrow. We need to embrace credible evidence and use that knowledge to our advantage. So be willing to let go of old theories when need be. If we don't, we will be left behind.

23. Expect Results

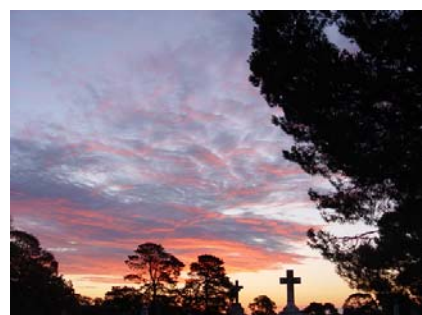
Go into every assignment with an attitude of well defined purpose. Go knowing you have your preliminary research accomplished beforehand and then have a plan to make it all come together. A good investigator is organized and thorough. The right attitude yields results!

24. It's okay to be afraid

That is, as long as it doesn't seriously effect the investigation or make you especially vulnerable. Excessive fear will make you ineffective as a contributing team member and will make you a target for entities. Excessive fear or anger feeds and empowers certain types of entities. Enjoy the thrill of the chase and scream if you must. But everything in moderation.

25. LIVE THE CODE !

It will protect you on your journey and guide you on your quest. Ghost hunting will be one of the most exciting experiences of your life... enjoy!



**GETTING THE MOST FROM
 YOUR CAMERA**

By Daniel McGee

Niteshot.

1 piece of equipment we use is night vision cameras. These are Sony brand, All Sony's have Niteshot plus which will allow us to see in complete darkness. If you buy the infrared illuminator, Model HVLIRM, You can increase the range of infrared. This will allow you to see up to 20 meters according to Sony. This is a must if you are going to be using Niteshot. It can be powered by 2 AA batteries which will last an hour, Or an M Series battery. We can also use a blacklight for night vision. There is a thread in the equipment section of the forum with different Niteshot comparisons, including photos which you should check out. Cameras such as Canon and JVC will say that have night vision but its not. What that does it just slows down the shutter speed, and lets more light in. So what happens when you put it in night vision mode? It will be slow and frame by frame. Sony works by using infrared.

Site News

Be sure to continue to check for changes on our front page www.paranormal.com.au . From there you can check out the new Awards page or see what the latest topics of discussion are or even request an investigation.

Don't forget that T-Shirts with the Site logo are available for sale through the site. Show your support with one of these top quality T-shirts. Shirts are priced at \$15 per shirt plus postage.



	Available Colour	Sizes
Ladies	Red	10-16
Mens	Black or Red	Small - 4XL

New Ghost Meter brand EMF meters now In stock

The cost is \$50 each plus postage to members of the forum, non members price is \$60 plus postage. Prices include GST.



Please let us know if you would like one. They are the same brand as the ones we use during our investigations.

Technical specs: Measures emf (electromagnetic fields) from 0 to 50 milligauss! Look for high readings!

Also it measures cellular fields from cellular phones! We feature an exclusive Cell Phone/Meter experiment as a double technology finder of Ghosts. With activity, your cell phone reads different on the meter! You can see the difference immediately!! And you measure that on the spot!

Find hot spots in homes! In cemeteries! In buildings!

Conduct paranormal surveys (comes with complete Ghost instructions and a special Ghostbuster paranormal chapter.) You may charge for those services or do them for pleasure!

Though we use language that is fun and casual, the CellSensor is an accurate and fine instrument devoted to high quality paranormal activity. Each one is individually calibrated in the emf and cellular modes.

The CellSensor features audio with adjustable beep volume (can be adjusted to silent mode) so one can just hear the signal strength as one walks without having to look at the meter. It also features an analog readout. The small emf probe can be inserted in small areas and under doors! Definitely a great paranormal instrument.

Aside from a camera (digital or film), the most basic tool for a ghost hunter is the EMF meter. When ghostly activity takes place, electromagnetic anomalies often occur in the environment. This meter can allow you to detect these disturbances. Even though you may experience nothing via your physical senses, if you take a photo with flash when the EMF meter indicates a strange fluctuation, you can sometimes capture a picture of a ghost! In the pictures you will see globes of light that are not explained by conventional photography! These light globes sometimes have facial expressions, and messages!

The Gauss Master is wonderful for several reasons: It's lightweight and compact, yet durable. It has needle readout AND an audio tone, allowing you to use it in the dark or without

looking at it. Uses a 9 volt battery.

At a haunted location, strong, erratic, fluctuating Emf is commonly found. It seems these energy fields have some definite connection to the presence of ghosts. Whenever you locate one, a ghost might be present, although the environmental conditions will not allow the specter to appear to the naked human senses.

Any erratic (non continuous) EMF fluctuations you may detect, especially between 0 and 1 milligauss may indicate ghostly activity. This meter has perhaps the perfect level of sensitivity. This EMF meter may be one of the closest tools we have to study paranormal activity! Once you become comfortable using it in minutes, you'll be amazed by the EMF anomalies that surround us every day!

Competition

Our investigative group needs a name!

This is where you come in. The competition is to determine pick a great name for the team. It needs to reflect what the team does, sound professional and be currently available to be registered as an Australian business. Something that makes us stand out from the other groups in the country. That will form part of the judging criteria.

3 finalists will be decided and the winner will be chosen subject to availability of a register-able name and originality.

The prize is- a DVD season series of Ghost Hunters- subject to availability or a Ghosthunts EMF detector. The winner chooses.



THIS IS AN AUTHENTIC ORIGINAL AUSTRALIAN RELEASE.
NOT A CHEAP IMPORT. PAL REGION 4 (MAKE SURE YOUR SYSTEM CAN PLAY THIS FORMAT)

This 12 part 2 DVD series covers remarkable stories of modern encounters with the paranormal at close quarters from long departed legionnaires, spirits of the civil war, a woman's physical possession by a spirit, tales of exorcism, to the very spooky phantom school teacher. These are very real ghost stories that will be burned into your memory - never to be forgotten.

First released in the US market some 4 years ago as a 4 disc box set it continues to do tremendous business in that market and with the convenient 2 DVD package for the Australian market

Competition closes 20th August and the finalists decided on the 23rd and announced on the forum. The finalists will then be

open to member polling to assist in determining a winner and the final decision is made by Forum Administration. Judges decision is

final and no correspondence will be entered into. Winner will be announced on the 1st of September.

So get out your thinking caps. Submit your entry by PM'ing administration or email contact@paranormal.com.au so as not to give anyone any ideas to help them beat you!

Introducing FLASHCHAT!

Join us for CHAT

Thursday nights from 9.30pm.

Discuss all your favourite paranormal subjects and get to know others on the forum!

Any ideas

Have you got any ideas or suggestions to help us improve? Please let us know contact@paranormal.com.au

Coming up

Northern Victorian historic town investigation - date TBA

Old Melbourne Gaol Investigation - date TBA
Please register your interest for the OMG in the Investigations Portal to reserve your spot

Freemantle Gaol- November 17th