



## Introduction

Citizens Against Technological and Community-Based Harassment (“CATCH”) is a Canadian-based activism and support group dedicated to helping victims of a virtually unknown form of criminal activity.

We work in conjunction with our local Rape Crisis Centre.

Our activism efforts are directed towards raising public awareness as well as educating those in the helping professions.

CATCH deals with two types of criminal activity: “technological harassment” and “community-based harassment”. The majority of victims experience both. See “Definitions” on page 2 for an explanation of each.

In order to gain a voice, victims need to form a cohesive group. By taking the time to better understand this crime, you will not only help us to be heard, but you will be able to provide victims who contact you with a much-needed source of support and validation.

Thank you for taking the time to read our brochure.



## Definitions

### *Technological Harassment:*

- ❖ Refers to the use of “non-lethal weapons” (NLWs) or “directed energy weapons” (DEWs) to harass a person from a distance.
- ❖ This technology can use sound waves or electromagnetic waves.
- ❖ Some weapons can be constructed at home, while others may be bought from the internet (see “Examples of Technology”).
- ❖ Considerably more advanced weapons have been in development by governments for several decades (see “Examples of Technology”).
- ❖ Lack of media coverage has created the impression with the public that such weapons are rare, or do not exist. This is not the case.

### *Community-based Harassment:*

- ❖ Involves the use of multiple individuals to stalk and harass a victim, as well as to vandalize personal property at home and work.
- ❖ Noise campaigns are common.
- ❖ Incidents are intentionally repetitive so that they stand out from normal random incidents. This is known as “sensitizing the target<sup>1</sup>” to the presence of the perpetrators.
- ❖ Also referred to as cause-stalking, vengeance stalking, gang stalking, and vigilante-style stalking.
- ❖ This is a form of *psychological warfare*, intended to break down the target’s defenses, but is also a way for perpetrators who feel powerless to empower themselves.

See [www.c-a-t-c-h.ca](http://www.c-a-t-c-h.ca) for more descriptions.



## Effects on Victims

Because both technological harassment and community-based harassment tend to go on for many years, the psychological and health effects on the victims are severe. Although gang stalking contributes heavily towards stress-related effects, the focus of this section is on the effects of the technology.

*The documented effects of non-lethal weapons<sup>(2)</sup> and/or microwaves<sup>(3,12)</sup> on the human body coincide with what victims have reported. They include the following:*

- ❖ Nausea
- ❖ Severe headache
- ❖ Abdominal pain and other issues with the bowels
- ❖ Pain in other parts of body
- ❖ Sensation of burning and/or burns on the skin
- ❖ Sensation of receiving electric shocks
- ❖ Fatigue
- ❖ Lack of motivation
- ❖ Confusion
- ❖ Dizziness
- ❖ Blurred vision or temporary loss of vision
- ❖ Intense ear ringing (tinnitus), clicking noises inside the head, and/or hearing “voices” (also known as “microwave hearing”<sup>4</sup>)
- ❖ Ongoing sleep disruption
- ❖ Volatile emotions

*In addition to all of the above, victims have also reported the following physical effects:*

- ❖ Individual muscles in the body contracting involuntarily, causing body parts to move in ways that they would never move naturally
- ❖ Targeting of the sexual organs
- ❖ The sensation of having a heart-attack
- ❖ Sinus problems
- ❖ Racing heart
- ❖ Muscle pain



## Effects on Victims - 2

*Environmental effects of non-lethal weapons and other harassment technology include:*

- ❖ Tapping and banging of objects in the room, walls and windows, sometimes very loud
- ❖ Vibration of chairs, tables, bed, etc., as though in an earthquake
- ❖ Ongoing breakdowns of appliances, motors, electronics, etc.
- ❖ Appliances turning on/off by themselves
- ❖ Constant computer breakdowns and loss of emails

*Psychological effects of being a target of harassment include:*

- ❖ Severe depression with a strong tendency towards thoughts of suicide
- ❖ Destruction of self-esteem
- ❖ Loss of faith
- ❖ Loss of purpose
- ❖ Progressive social isolation
- ❖ Ongoing post-traumatic stress disorder

*Other effects include:*

- ❖ Destruction of personal relationships
- ❖ Loss of livelihood
- ❖ Loss of possessions due to cessation of income
- ❖ Financial strain due to constant repairs of cars and other machinery/appliances
- ❖ Loss of respect of friends and family
- ❖ The development of mental health issues as a result of the stress
- ❖ Labeling - “paranoid”, “mentally ill”, “schizophrenic”



## The Issue of Mental Illness

There are parallels between this situation and genuine cases of delusion, which can make it hard for non-victims (and fellow victims alike) to establish the truth of a particular individual's case.

However, when all the effects are taken as a whole, they form a picture which is not only strikingly consistent between targets, but remarkably consistent with the documented effects of non-lethal weapons.

Most victims experience 75-90% of the effects listed on the previous two pages. This includes both environmental and bodily effects. If many of these effects are missing, it is possible that the person is having a delusion. However, without taking the time to hear a victim's story, as well as to look past the panic and anguish that usually accompanies the early stages of the harassment, the differences won't be *initially* evident.

*When seeing a helping professional, many victims often experience what is known as the "Martha Mitchell Effect"<sup>5</sup>:*

Sometimes improbable reports are erroneously assumed to be symptoms of mental illness (Maher, 1988). The 'Martha Mitchell effect' referred to the tendency of mental health practitioners to not believe the experience of the wife of the American attorney general, whose persistent reports of corruption in the Nixon White House were initially dismissed as evidence of delusional thinking, until later proved correct by the Watergate investigation.

Such examples demonstrate that delusional pathology can often lie in the failure or inability to verify whether the events have actually taken place, no matter how improbable intuitively they might appear to the busy clinician. Clearly there are instances 'where people are pursued by the Mafia' or are 'kept under surveillance by the police', and where they rightly suspect 'that their spouse is unfaithful' (Sedler, 1995). As Joseph H. Berke (1998) wrote, even paranoids have enemies! For understandable and obvious reasons, however, little effort is invested by the clinicians into checking the validity of claims of persecution or harassment, and without such evidence the patient could be labeled delusional.



## Who and Why?

Victims often do not know why they have been targeted and as a result are rarely believed by friends and family due to the subtle and subjective nature of the harassment.

The activity of the stalking groups is very similar to that of other hate/extremist groups. According to David Lawson, who wrote *Terrorist Stalking in America*<sup>1</sup>, these methods of harassment have been modeled on those developed by the Ku Klux Klan and refined over decades. Lawson refers to these groups as “cults”, in which the interaction between members is more important than the interaction with the targets. (See Appendix 1, attached sheet of quotes from Lawson’s book for a more in-depth profile of the perpetrators).

The technology used indicates a fairly high level of sophistication, often leading targets to assume it must be orchestrated on a government level. The U.S. government has a largely unreported history of non-consensual human experimentation<sup>18</sup>, which at least partially substantiates some of these beliefs.

If we don’t know who is doing it, it is difficult to guess why it’s being done. However, most people can understand revenge as a possible motive for stalking or harassment. If you go online and do a search on the word “revenge” you may be shocked at what you see. Revenge has not only become an acceptable part of the sub-culture, those who promote it refer to themselves as “revengists” or “avengers”. People are targeted when they deserve to be “taught a lesson”. But the lessons are invariably cruel, and the perpetrators revel in keeping their identities a secret. This activity is empowering for the perpetrators, so they continue to do it.

It’s not hard then to imagine that similar kinds of people who may have access to more sophisticated technology might even choose to turn it into a kind of sport. Many victims have referred to their experiences as “rape”, and the dynamics between perpetrator and victim in both cases may be very similar.



## Statistics

CATCH estimates that as many as 1 in 100 people (1%) may be victims of organized stalking at some point in their lives.

### *Stalking Studies:*

#### American Journal of Psychiatry:

- ❖ In 6/201 cases (approx. 3%) respondents reported multiple stalkers<sup>22</sup>.

#### Howard Journal of Criminal Justice<sup>23</sup>:

- ❖ In 5/95 cases (approx. 5%) perpetrators were part of a group
- ❖ 40% of victims (38) said that friends and or family of their stalker had also been involved in their harassment (stalking-by-proxy)
- ❖ All cases of multiple stalkers involved mixed sex stalker groups
- ❖ In 15% of cases, the victim could provide no possible reason for their harassment
- ❖ 13% reported that their homes had been bugged
- ❖ 32% reported that the stalker(s) broke into/damaged the inside of the victim's home
- ❖ 38% reported damage to the outside of the home
- ❖ 30% reported that the stalker(s) stole from the victim,
- ❖ 91% reported being watched
- ❖ 82% reported being followed
- ❖ 60% reported having their character slandered/defamed
- ❖ 84% were victim to repetitive phone calls
- ❖ 60% reported hang up phone calls
- ❖ 57% reported silent calls
- ❖ 46% reported negative attitude from the police, and 51% reported negative actions

#### British Home Office<sup>7</sup>:

- ❖ It is estimated that about 1,900,000 people (ages 16-59) in England and Wales were victims of stalking in the year 2000. That is about 3.6%, based on a population of 52 million.

### *Workplace Harassment (or “Mobbing”):*

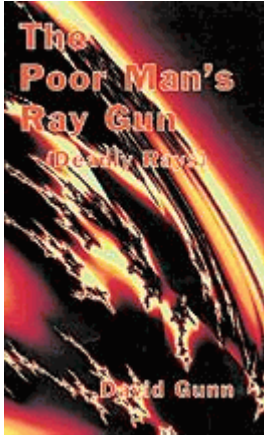
- ❖ It is estimated that 3.5% of the working population of Sweden is subject to mobbing<sup>6</sup>.

### *Criminal Harassment (Canadian Dept. of Justice):*

- ❖ Although victims always suffered emotional harm, physical injury was recorded by the police in less than 2% of all cases<sup>2</sup>.

# Examples of Technology

*Devices found on the Internet and in Books:*



***The Poor Man's Ray Gun (Deadly Rays)***<sup>19</sup>  
By David Gunn

Now it is possible for just about anyone to build and use their own little piece of “Star Wars” weaponry. This very destructive and potentially lethal weapon uses invisible microwave radiation to burn its target from the inside out. Best of all, the building blocks for this weapon are sitting on your kitchen counter. The author shows, in complete detail and with plenty of photographs and diagrams, how to build a ray gun that is capable of setting fire to a piece of plywood at 500 feet made only from parts in a microwave oven. 5 1/2”x8 1/2”, illus. 20 pp., soft cover.



**Phasor Blast Wave Pistol**<sup>20</sup>

Experimental device intended for animal control, routing out rodents, predators from bird feeders, control of unruly dogs, cats even people!! Unit is fully adjustable for maximizing effect on target subjects.

- ❑ 130 db Of Directional Sonic Shock Waves
- ❑ 3 1/2"x 5" Barrel Houses Transducers And Electronics.
- ❑ Butt Section Houses 8 AA Batteries.
- ❑ External Sweep And Frequency Controls.

- PPP1 – Plans.....\$10.00
- PPP1K - Kit/Plans.....\$59.95
- PPP10 - Ready to Use.....\$84.95

Above PPP10 is available on a rental basis to determine if ultrasonic energy will correct your pest or nuisance problem. Rental fee is \$25.00 plus all S&H and will be waived upon actual purchase of any unit.

Higher Powered Version Of Above: PSP60 - 135db.....\$299.95

## Examples of Technology - 2

*Devices found on the Internet and in Books:*



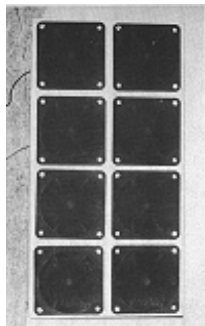
***High-Tech Harassment: How to Get Even with Anybody Anytime***<sup>8</sup> By Scott French

Can you really grab life and make it sit up and listen? Damn right you can! Unruly neighbours, barking dogs, trespassers, the local bank, corporate America and all those people who seem to feel their day will be special only if yours is ruined can be twisted, taught and *made* to toe the line with the creative use of cutting-edge equipment and expert ideas on how to bypass even the securest security measures!

This is not just another revenge book. This is the *ultimate* revenge book – high-tech recipes for madness concocted by the author in collaboration with experts.



Description of image: Packaged Irritation. For about \$20, you can construct this ultrasonic confusion machine. Amazingly effective, It's guaranteed to irritate, piss off, or disable most of the human race from a distance. It's almost impossible to see, difficult to locate, and surprisingly effective.



Description of image: Revengist's Boombox. This device has approximately the same effect as a 100-watt ghetto blaster when it's going ballistic. The difference is that you can't hear this one. It will clear a path through the dregs of humanity or the animal kingdom, whichever is necessary.



## Examples of Technology - 3

### *Descriptions of “Nonlethal” Devices*

The following examples are taken from the Institute for National Security Studies (INSS) Occasional Paper entitled “Nonlethal Weapons: Terms and References”, published July 1977 by the U.S. Air Force Academy in Colorado<sup>2</sup>. Note how many years ago these weapons were developed. Some, such as Infrasound, have been reported in the media as “new”. These are completely declassified non-lethal weapons. This raises the question: If this was possible 30 years ago, what “classified” technologies have been developed since then?

#### *Infrasound (Acoustic weapon)*

Very low frequency sound which can travel long distances and easily penetrate most buildings and vehicles. Transmission of long wavelength sound creates biophysical effects; nausea, loss of bowels, disorientation, vomiting, potential internal organ damage or death may occur. By 1972 an infrasound generator had been built in France which generated waves at 7 hertz. When activated, it made people in range sick for hours.

#### *Squawk Box (Acoustic weapon)*

Crowd dispersal weapon field tested by the British Army in Ireland in 1973. This directional device emits two ultrasonic frequencies which when mixed in the human ear become intolerable. It produces giddiness, nausea or fainting. The beam is so small it can be directed at specific individuals in a riot situation.

#### *Deference Tones (Acoustic weapon)*

Devices which can project a voice or other sound to a particular location. The resulting sound can only be heard at that location.



## Examples of Technology - 4

### *Descriptions of “Nonlethal” Devices (cont’d)*

#### *Voice to Skull Devices (Electromagnetic weapon)*

Nonlethal weapon which includes (1) a neuro-electromagnetic device which uses microwave transmission of sound to the skull of persons or animals by way of pulse-modulated microwave radiation; and (2) a silent sound device which can transmit into the skull of person or animals. NOTE: The sound modulation may be voice or audio subliminal messages. One application of V2K is use as an electronic scarecrow to frighten birds in the vicinity of airports.<sup>9</sup>

#### *Engine Kill (Electromagnetic weapon)*

The use of high-powered microwaves to kill the electrical system of an engine.

#### *High Power Microwave [HPM] Weapons (Electromagnetic weapon)*

Energy generated by a conventional electromagnetic apparatus, such as a radar transmitter, or released from a conventional explosion converted into a radio-frequency weapon which causes disruption of electronic systems. HPMs can also cause human unconsciousness without permanent maiming by upsetting the neural pathways in the brain and/or death.

#### *Bucha Effect (Optical weapon)*

High intensity strobe lights which flash at near human brain wave frequency causing vertigo, disorientation and vomiting.

#### *Laser-Infrared CO<sub>2</sub> (Optical weapon)*

Laser which can heat the skin of a target to cause pain but will not burn the skin.



*“Wonder Weapons”, U.S. News and World Report, 1997<sup>12</sup>* (cont’d)

[T]he human body is essentially an electrochemical system, and devices to disrupt the electrical impulses of the nervous system can affect behavior and body functions. But these programs – particularly those involving anti-personnel research – are so well guarded that details are scarce.

From 1980 to 1983, a man named Eldon Byrd ran the Marine Corps Nonlethal Electromagnetic Weapons project... By using very low frequency [VLF] electromagnetic radiation... he found he could induce the brain to release behavior-regulating chemicals. “We could put animals into a stupor.” He even ran a small project that used magnetic fields to cause certain brain cells to release histamine. In humans, this would cause instant flulike symptoms and produce nausea. “These fields were extremely weak. They were undetectable,” says Byrd. “The effects were nonlethal and reversible. You could disable a person temporarily,” Byrd hypothesizes. “It would have been like a stun gun.”



*“Sonic Doom? Can sound be a weapon?” Fortean Times, 2001<sup>11</sup>*

According to the Working Paper on Infrasound Weapons produced by Hungary for the United Nations in 1978, the frequency that is thought to be most dangerous to humans is between 7 and 8Hz. This is the resonant frequency of flesh and, theoretically, it can rupture internal organs if loud enough.

According to results published by NASA researcher G.H. Mohr, frequencies between 0Hz and 100Hz, at up to 150-155dB, produced vibrations of the chest wall, changes in respiratory rhythm, gagging sensations, headaches, coughing, visual distortion, and post-exposure fatigue. Subsequent research has determined that the frequency that causes vibration of the eyeballs – and therefore distortion of vision – is around 19Hz.



## Current Legislation

The invisible technology to harm human beings may not be largely publicized, however, many people, especially in Europe, have been working for years to get laws enacted to control this technology. It is well known by certain political groups that such technology does exist. *Dr. Caroline Lucas, Green Party MEP for South East England*, wrote the following in an email to a targeted individual in May of 2004<sup>14</sup>:

“Electro-Magnetic (EM) weapons are one of the newest and most serious military developments in the world today. Enormous secrecy surrounds their development... They can be broadly broken down into two categories - those aimed at the environment and those aimed at living systems, or in reality the human central nervous system.”

“The more sinister aspect concerns the ability to use [electromagnetic] waves to literally 'tune into' the human central nervous system (CNS), something that has been achieved in the laboratory, according to publicly available scientific literature. This might be done on an individual scale... so as to elicit certain behaviors from human beings. It is alleged that many victims have been tested involuntarily for decades now with this technology.”

*There is some legislation already in effect:*

In January of 1999, the **European Parliament** in a report on the environment, security and foreign policy<sup>15</sup> made a motion for a resolution on several activities which they called “Legal aspects of military activities”. Among the motions was:

#26. Calls on the European Union to seek to have the new ‘non-lethal’ weapons technology ... covered and regulated by international conventions;

#30. Calls in particular for an international convention for a global ban on all research and development, whether military or civilian, which seeks to apply knowledge of the ...functioning of the human brain to the development of weapons which might enable any form of manipulation of human beings, including a ban on any actual or possible deployment of such systems.



## Current Legislation - 2

In April, 2003, the **Michigan State Legislature** (Bill 4513<sup>16</sup>) added a new definition to their penal code, as follows:

**“Harmful electronic or electromagnetic device”** means a device designed to emit or radiate an electronic or electromagnetic pulse or signal or microwave that is intended to cause harm to others or cause damage to, or destroy, or disrupt any electronic or telecommunications system or device including a computer or computer network.

In addition, Bill 4514<sup>17</sup> contained the following amendment:

“A person shall not manufacture, deliver, possess, transport, place, use, or release any of the following for an unlawful purpose:” and added **“A harmful electronic or electromagnetic device”** to the list of illegal devices.

These are the bare beginnings of legislation making the use of nonlethal technology a criminal act.

Despite these small indicators that some people are aware of the seriousness of the situation, we are *far* from being able to fight this.

As Dr. Caroline Lucas<sup>14</sup> pointed out:

“Unless this development is stopped, we are entering an Orwellian ‘1984’ type scenario, which could potentially permanently transfer enormous power to those in control of the technology”

Before you dismiss someone as paranoid or delusional, we urge you to remember that *laws are not passed for things that don't exist*. We've entered a dangerous age when people can harm other people without ever coming into contact with them, and without ever being seen. And to date, they have been able to rely on disbelief and lack of public education to keep this technology a secret. Each day that goes by, each year that passes, this technology gets stronger and more sophisticated. By the time the public knows what is possible through their own personal experience, it may far too late to stop it.



## C-A-T-C-H Information

### *Contact information*

- ❖ Email: [admin@CatchCanada.org](mailto:admin@CatchCanada.org)

### *Website*

- ❖ The following refer to the same website:  
[www.CatchCanada.org](http://www.CatchCanada.org)  
[www.c-a-t-c-h.ca](http://www.c-a-t-c-h.ca)



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