

Senior's Digest For the mind, body & spirit
 ACTIVE Senior's Digest
 www.activeseniordigest.ca

The Oshawa Express
 SEE DAILY TWEETS
 twitter

facebook The Oshawa Express
 We are now on facebook!
 Check us out and see what we are up to LIKE US

The Weather Network Full Forecast
 Oshawa, ON
 6°C Rain showers

The Oshawa Express

"WELL WRITTEN, WELL READ" Oshawa's Community Newspaper

About Us
 Careers
 Delivery
 Rate Card

Wednesday, October 31st, 2012 SHARE

Oshawa Kicks Soccer Club
 Register online now
 www.oshawakicks.com

B&B Style Accommodations
 in professional residence in Oshawa.
 Suits working professional, non-smoker
 from outside area. \$125/week.
 (price negotiable). Call 905-723-6761

www.durhamobituaries.com

HOME NEWS LIFESTYLES SPORTS COLUMNISTS EDITORIAL LETTERS ARCHIVES REGISTER

I LOVE MY LIFE!
 Do you love your job?
 Worried about retirement funds?
 Where will you be in 5 years if you
 keep doing what you're doing?
 Are you open to finding out about
 opportunities allowing you more
 time and money and less stress?
 Find out if this life changing
 business is for you.
 Call today! 905-447-8885

Investigators seek out the spooky

Your Comments
 SEND MAIL

HOME DELIVERY
 For More Information
 circulation@oshawaexpress.ca

GO

YES I currently receive The Oshawa Express and I would like to add comments.

GO

STOP My Home deliver

GO

I would like to pay a yearly delivery fee of \$24.00, which is 50% OFF the regular price.



From left, Katie Mavin, Paul and Michelle Silliphant and Brad Mavin make up the Paranormal Researchers of Ontario or proof(f) as they are known. They will travel all over the region and beyond to help those who think may be experiencing paranormal activity.

By Lindsey Cole/The Oshawa Express

A greasy handprint suddenly appears on the mirror inside the Jester's Court restaurant in Port Perry, and no one has walked by.

A deep sound comes over a recording during an interview with a homeowner in Brooklin. Could it be a growl?

The words "help" creep across the audio clip. Is it the ghost of a child or a lost soul at the Picton asylum? Could he or she be trying to reach out for help?

These are just a few of the cases that the Paranormal Researchers of Ontario or proof(f), who are based in Durham Region, have encountered.

The team consists of four members, along with videographer Ben, who have collectively more than 20 years experience studying and researching the paranormal. Incidentally, the members are comprised of husband and wife duos, with Brad and Katie Mavin and Paul and Michelle Silliphant.

Brad, who is one of the founding members, grew up in Newfoundland and experienced several unexplained events as a child. One of his most vivid occurrences happened when he was around 12. He and his buddy were sleeping out in a shed that had been converted into a play area. In the middle of the night they heard loud banging on the side of the shed. When they went outside they both saw two



HEY KIDS!
AGES 8 TO 14
 Join us to deliver
The Oshawa Express
 in your neighbourhood on
Wednesdays. We deliver to you and you deliver to your neighbours. It's as easy as that!

**Want to purchase a picture?
 If you would like a copy of one of our photos, email us!**

SEND MAIL

[Whitby Foreclosures](#)
 Free list of foreclosures, fixer uppers and estate sales save 1000's
durhamregionhomesales.com
[Residence Inn Whitby](#)

men sawing lumber and throwing the wood against the shed. One of them nodded at the boys. Then the scene just disappeared, he says.

“What the heck, are they seeing me?” he says he asked. “The whole scene just disappeared. We were terrified. That was almost the scariest (event he’s encountered). I think there’s something else on this world that we can’t explain.”

In his late teens and early 20s he started getting very serious about paranormal investigations. That’s when he and a friend started Dimensions of the North Atlantic (DNA). This small group conducted many investigations into the paranormal throughout Atlantic Canada.

One such investigation he claims is the scariest thing he has ever seen. It was around 2005 in PEI. There was a man who was claiming his mother was being disturbed in the night by the ghosts of two men and a woman. When Brad’s then team came to investigate they plugged their computer plug into the wall and it completely melted. While they thought this was odd, they didn’t overly think it could be paranormal.

However, when they went to the room where every occurrence was happening, that’s when things got spooky. They placed an address book down in the room as a “trigger object” hoping a spirit would go through it ruffle its pages.

“This whole place was full of Electromagnetic Fields (EMF),” he says, which can be a sign of the paranormal. When they came back there were pages torn out of the book and all of a sudden a lamp began to levitate before abruptly smashing on the floor.

“That was one of the strangest things that happened,” he says. “That one time out of 10 is why you keep going back, why you keep researching.”

He says he came to Durham around four years ago. And just over a year ago the idea of proo(f) came to be.

“We have different approaches to the paranormal. We have different ideas,” Brad says, adding Katie and Paul seem to be more sensitive to almost psychic feelings during investigations, whereas he and Michelle are more analytical.

“We’re really hesitant about putting stuff out there that people could call us on,” he explains.

“We still try to bring a voice of reason to the paranormal. Either they think you’re silly or they have a story for you. As much as we want to be an answer for ghost hunters...we want to be our own. What you see is what you get. There’s no proven science to the paranormal.”

Katie says while she may feel overcome by certain feelings sometimes, she knows there are times where a simple creak in the baseboards is just that.

“We’re really that side of the spectrum. I’m very avid about fighting them on the evidence,” she says with a smile.

On the other hand though, there are occasions where proo(f) can’t come up with reasons why certain things are happening.

“I actually thought he (Brad) was nuts when he was first doing it. One of the first investigations it made me a believer,” Katie adds. “It’s been an amazing ride.”

What’s more, she says they are willing to come out to any place even beyond the confines of Durham Region to conduct an investigation. If it can help someone find closure or peace of mind then it is worth it.

“Nothing is silly. We will come out and help you. We want to make sure they feel safe in their own home.”

Recently, proo(f) has been making a name for itself. They have been appearing on Rogers television and Paul has also come up with a creepy idea for a show called Dark Hours. Investigations will focus and tap into Canada’s most tragic events. The places many fear to

Spacious 1-2 BR Suites w/ Kitchen.
Book Lower Rates for Longer Stays.

Marriott.com/ResidenceInn

1 Free Psychic Reading

Our Online Psychics Will Astound. Get Your Free Online Reading Today!

www.CaliforniaPsychics.com/Reading AdChoices ▶

Well Written Well Read
We keep you informed about your community.

The Oshawa Express

Katie Richard Geoff Zochodne Lindsey Cole

News, Sports, Lifestyle, Entertainment, Business and Classifieds.

For delivery, call 905-571-7334 or email circulation@oshawaexpress.ca
www.oshawaexpress.ca

go. Once enough money is raised they hope to be able to fully pitch a pilot episode to a network. Recently, on www.Indiegogo.com/DarkHours, the concept episode “Dark Hours: The Curse of Valentia” was posted.

“We seek out a lot of places that have a lot of tragedy,” Brad explains.

Besides the television show concept, Proof brands, distillers of vodka, rum and whiskey, just ran a feature of proo(f) on its blog.

“This national distributor has named a signature cocktail after us,” Brads says.

At the end of the day, both Brad and Katie agree not everyone is going to believe in what proo(f) does.

“There’s no science that can tell you what a ghost is,” he says. “Everyone is entitled to their beliefs. We’ll ask people (ghosts) to come through and talk to us. We’ve had some success. I don’t always think there’s a rhyme or a reason for a haunt.”

“If I was to come back as a ghost, I would probably go to my neighbourhood bar,” he adds with a laugh, while speaking to an audience during an intimate chat at Mad Café in Oshawa.

“I’m not the guy that doesn’t believe it exists, I’m the guy that wants to prove it exists.”

For more information on proo(f), where (f)ear is the only variable, visit www.proofcanada.com.

Recent Related Articles

<p>A Halloween fright</p>  <p>READ</p>	<p>Give your take on DineSafe</p> <p>The Durham Region Health Department is asking residents to visit the DineSafe Durham web page and give your opinion on the quality of the website.</p> <p>The DineSafe Durham program includes on-si READ</p>	<p>Giving new life to old items</p> <p>Why not give new life to an item you aren’t using?</p> <p>This is the thought process behind a partnership between the Region’s Works Department, Habitat for Humanity ReStores (Ajax, O READ</p>
---	--	--

|The Oshawa Express | Contact Us |

600 Thornton Rd. S., Oshawa, ON, L1J 6W7

Phone: 905-571-7334 , Fax: 905-571-0255

2010 Dowellman Publishing Corp, All Rights Reserved