

## SOLUTIONS ... are there any?

The more information you keep the better you will understand the problem. The better you understand the problem the closer we all are to finding solutions. Your compiled notes will help you to find some of those solutions.

### Things to try

Keep in mind that the problem may be caused by "waves". There may be some simple things you can try to deaden, soften, insulate or absorb those waves.

Problem concentrating while working or doing homework. TRY

- moving your desk to another wall or to another room;
- sitting on a cushioned chair;
- keeping feet off the ground or on a cushion;
- TESTING by taking your laptop or your work to the library or another location and see if you concentrate better.
- 

Problems sleeping. TRY

- sleeping in another room, the basement or on the couch
- moving your bed away from the wall or to another (possibly interior) wall;
- cracking a window open has been reported to help;
- putting Styrofoam under the feet of the bed;
- moving bedroom to another "okay" room.

Problems with dizziness and balance. Check with your doctor first. Then

- Medication may help;
- Moving your bed may help;
- Testing when you are most likely to having a bout of dizziness. Note if the problem goes away when you are not at home and how long it takes for the dizziness to disappear.
- 

Problem with livestock in the barn. TRY

- extra bedding under their feet,
- changing their stalls around,
- TEST to see if they are better in another field or location.

For severe problems:

1. Consult your doctor or Vet. Be SURE to rule out other 'normal' problems.

2. **IF your problems are bad enough then you may need to have your home/barn monitored for infrasound INSIDE. You will need the assistance of a professional ... call us for help with connecting you.**

Some Observed reported patterns - Things to consider:

1. The structure of your buildings may be a factor. Like buildings that survive or don't survive earthquakes there may be a link between the materials used in your buildings and the symptoms you are experiencing.
2. Your position may be a factor. More reports tend to come in from people who live downwind of a Turbine. There may be a link. Check with your neighbours. How do you feel when you visit them.
3. The specific location of your building on a fault line, being close to the bedrock, sitting on sand or on boggy ground may be a factor and magnifying the infrasound inside your home or outside on your patio, in a field or by the barn or garage.

The West Lincoln Wind Action Group and the Wainfleet Ratepayers Association will be asking the Region to step up and help by purchasing the required monitoring equipment and a professional to do the evaluation of your home, barn or property. This is the best way we know to date of evaluating the dynamics in your environment that are affecting you, your family or your livestock.

Problems with Well water quality and cracking in buildings will need to be documented and reported not only to the MoE but also to the developers.

