

## Italian Windfarm Diary

The following is a twelve-month diary (January 2007 through December 2007) meticulously kept by a woman named Gail Mair (MA, Cambridge University). Gail lives with her husband Walter in Tuscany, Italy. Gail (fluent in English, German, and Italian) and Walter (a native of Italy) bought this piece of property some years ago and, in October 2006, moved into the (modest) dream house they had just built. It was to be their retirement home.

As it happens, as they were finishing construction of their new home, the wind developer, Gamesa, was finishing up building its windfarm in their neighborhood. In November 2006, a month after Gail and Walter had their house-warming party, the turbines were turned on.

Their lives ever since have been hellish (except for briefs trips away). Day after day. Relentless. Unending. Gail and Walter have asked that their diary be circulated widely, in the hope of saving other communities and individuals from the misery and horror they are living through.

Contact information (address, email, and phone) is given at the end of the diary, which is presented exactly as Gail wrote it, honey bees and all (they are hobby beekeepers).

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**Copied by Gail Mair from original with notes - 26 - 29 December 2007**

We moved to Murci in October 2006. We were not informed of the plans to build a wind power station of this magnitude beforehand.

**Parco Eolico di Scansano** (wind farm) – tests started at the beginning of November 2006

We can see 5 turbines on 'our' side of the ridge and the tip of the rotor of one of the other 5 on the other side of the ridge.

There is no day-by-day account for 2006 because we thought that the noise emitted by the turbines (121m – including rotor) would be eliminated during the tests. This was not the case and in fact the noise seems to have increased.

We spent Christmas 2006 in Germany but returned to Murci, Scansano for New Year.

## January 2007

There is little record of the noise produced by the wind turbines in January because we were still of the opinion that the annoyance would stop. The company which erected the station, Gamesa, had declared them to be silent, so we were expecting them to fall silent at some stage. This erroneous statement was echoed everywhere in the press. However, I recorded the 'Brumnton' (the disturbing pulsating buzzing tone heard inside and outside) for the first time on 4 and 5 January 2007, then on 7, 14 and 27 January 2007 when it was particularly irritating. I spent a lot of the time away from home (in Grosseto) in January, so didn't bother to note down all the noise. There are four entries about the noise inside and outside: 4 and 5 January, like an airport and 7 January: a low metallic drone and then on 28 January: heard inside the house.

At the end of January we began to realise that there was a major problem

*N.B. The entries were made at different times and these noted. That does not mean that there was no noise in between whiles. Most times the noise simply continued changing timbre, pitch and volume during the day and night*

## February 2007

This was the start of slightly more detailed notes but we were still trying to differentiate between different sounds and wind directions and what it was that was making us so edgy. There seemed to be no pattern we could discern.

**Pulsating buzzing tone:** 4,5,11,12,15 (low), 16 (woke me up during the night) and 22 February 2007

### Outside noise

4 & 5 - heard in house with shutters closed

6 & 7 like an airport (I grew up near Heathrow, London, so I know what I'm talking about)

10 metallic drone

11 metallic drone – **strong physical and mental agitation**

12 airport

14 metallic drone a.m. **agitation** (10.30 a.m.), low airport noise p.m. heard in house with shutters closed

15, 17 metallic drone (even with no mills going this side!), airport  
 18 airport  
 21, 22 (1 turbine), 23, 24 metallic drone  
 25 rain 6.30 – 7.00 a.m. horribly loud  
 Holidays from Sunday 25 February – 14 March 2007 I can see by my writing how elated I was to be going.

### March 2007

15 whiney, metallic drone  
 16 (PET exams at Follonica – I am an oral examiner for Cambridge language exams)  
 This is not relevant to the diary but it was noted on the hand-written original.  
**Pulsating buzzing sound:** 21, 22, 25, 26, 27,28,29, 31  
 18 airport  
 19 airport a.m. - **felt queasy and nauseous** – rain – loud whine in the evening  
 20 hail in the night – airport  
 21 airport  
 22 BEC (oral exams in Rome) airport p.m.  
 23 turbines (can't remember what that was meant to be)  
 24 airport p.m. SE wind - heard inside house/bedroom with shutters closed  
 25 8 a.m. airport SSE wind – turbines - heard inside house/bedroom with shutters closed  
 26 **misery and bouts of weeping** rain  
 27 **nervousness**  
 28 rainy – sound from turbines like a vacuum cleaner. No movement, but still the metallic whine – **felt queasy and nauseous again** – 5 p.m. peace – very little noise (because men are working up there? Meaning at the power station.)  
 29 rainy – vacuum cleaner noise (from the turbines), pulsating buzzing, **misery and more weeping**  
 30 vacuum cleaner  
 31 vacuum cleaner – pulsating buzz – sunny and cold – turbines off, no drone in house (in the afternoon) but still a hum. **Cried (howled) again**

### April 2007

1 - vacuum cleaner – woke up twice in the night because of pulsating buzzing noise (3 am and 6 am) Walter woke up at 2 a.m. and 4.30 a.m. Buzzing loud at 18.30.  
 2 - **misery and crying** - found comfort at a friend's house. I remember that day particularly, I couldn't go back to sleep and sobbed my way up the road to her house. No turbines, no buzzing that night – SLEEP!  
 3 - noise stopped in the morning but in the afternoon the vacuum cleaner noise started again but NO buzzing sound!  
 4 – loud swish heard in house at 1a.m. (night)

5 – NE wind. 8 a.m. turbines stopped, but started at 9 a.m. Airport heard in house (afternoon) In the evening the turbines stood still but there was still a metallic drone like a vacuum cleaner

6 – W wind – turbines stopped 8 a.m. – PEACE – but I **cried** again in a friend's office – (it wasn't the first time that I'd broken down in front of him and I'm NOT a weepy type AT ALL – I was very embarrassed that I couldn't hold it back)

7 **strong agitation** – 1 p.m. buzzing noise – telephone dead again

8 & 9 ESCAPE – HOLS [holidays] (in South Tyrol)

10 woke up 3 a.m. because of **palpitations (fast beating heart)**

11 woke up again because of **palpitations** – 5.30 the egg-timer went off

12 vacuum cleaner noise – pulsation (buzzing tone) started again – **agitation** – all 5 turbines rotating

13 vacuum cleaner

14 my husband woke up 1.30 because of noise

15 NE wind 7.30 a.m. loud airport swish heard inside. SSW wind 11.30 – sounded like a motorway on the terrace – from 13.30 onwards, vacuum cleaner – my husband woke up 2.30,

16 NE wind - loud airport same as yesterday from 7 a.m. to 8p.m.– buzzing low but it woke me up again

17 13.30 cried – buzzing sound – NW wind - airport in the evening. Turbines loud. 23.30 – maddening noise inside house, turbines.

18 woke up during the night and **cried** because of the buzzing – in the afternoon vacuum cleaner – HORRIFICALLY LOUD 22.30

19 12.30 horrific pulsating buzzing sound – **queasy and nauseous**. Same terrible pulsation at 00.15

I escaped to England from 20-28 April 2007 but my husband continued the record (in italics)

22 – 4.30 a.m. no wind but loud turbines (he woke up)

26 – 4 a.m. utter madness (intolerably loud pulsating sound) East wind – same again at 8 a.m.

27 – 4 a.m. a hell of a racket and loud pulsating sound – East wind. Same at 8 a.m.

28 – 5 a.m. down here no wind, up there they're grinding (rotating)

29 - peace (p.m. vacuum cleaner for a short time)

30 – 11 a.m. pulsating started, several blackouts, 18.00 only no. 3 turning but loud turbine noise.

## May 2007

1 – Thundery, pulsating – 9 p.m. loud drone outside

2 – a.m. swish – we went to Florence – p.m. loud turbine whine

3 – S wind. 2-3 p.m. loud swish till evening – heard in house – rain

- 4 – S wind rain – loud swish in house – all day turbine noise
- 5 - 8.30 terrible – rain – turbines – **ringing ears**
- 6 – turbines standing still in the morning but pulsating sound in house, **queasy and earache** – relative PEACE this evening. Two friends came to assess the situation possibly for an article (but nothing came of this)
- 7 NNW wind – vacuum cleaner – pulsating sound – queasy – thundery
- 8 Vacuum cleaner, turbines LOUD in the evening. AWFUL AT NIGHT
- 9 SE wind — airport – pulsating sound
- 10 Turbines still in the morning but strong pulsing buzzing – **trembling in arms, legs, fingers**
- 11 **Holidays!** I think we went out for the day – South wind – loud turbines in the evening
- 12 SE wind – turbines loud – **headache and pressure in my ears** - loud turbines in the evening and airport
- 13 8 a.m. turbines still but noise started at 9 a.m. A guest of ours noticed the noise and said 'awful'
- 14 SE wind - woke up 3 times during night 2.45 pulsating/buzzing – **headache** – window open – turbines louder at night. A.m. airport, pulsation and **I cried**
- 15 NW wind – vacuum cleaner – **strong agitation – depressed – very tense**
- 16 Pulsating loud - **woke me up twice with pulsing in my ears – despite earplugs – wept**
- 17 Loud turbines – pulsating – **queasy and nauseous**
- 18 Pulsating loud during the night – **headache and earache in the morning** – escaped to Grosseto
- 19 A.m. loud swish – examined in Castel del Piano
- 20 Vacuum cleaner, pulsating sound at night EP (**earplugs but they don't help because the vibrations are picked up by my body, too**)
- 21 a.m. still – **queasy** in the afternoon. No pulsating at night or very low.
- 22 - **headache** – out all day – vacuum cleaner in the evening
- 23 **headache** – turbines standing still but still there is the metallic (vacuum cleaner) drone all day and the swish of the rotors – thundery – 3 drops of rain
- 24 discovered 3 queen cells in my bee colony. Woke up at 4 a.m. **very agitated**, strong pulsating sound 10 a.m. – really bad 23.30 (at the side: shopping list for motor oil)
- 25 bad pulsating sound 5 a.m. metallic drone terrible in the evening
- 26 Airport – terrible – motorway
- 27 Vacuum cleaner – we went up to the station today and strange clunking and grinding noises were coming from turbine no. 4 when the rotors went over a certain point.
- 28 Rain – airport – up at the station again – men in turbine no. 4 (to repair?)
- 29 I escaped to Grosseto
- 30 Metallic drone – pulsating sound 9.30
- 31 Metallic drone – 10.30 p.m. loud – heard in house with windows shut

## June 2007

- 1 – 6 a.m. heard in house – in the evening metallic drone

- 2 – swish, turbines loud, rain
- 3 – rain – pulsating sound p.m.
- 4 – low metallic drone – pulsating sound – loud swish
- 5 – metallic drone – swish – pulsating sound – **earache** – thundery
- 6 – ditto (bees swarmed)
- 7 – vacuum cleaner – pulsating sound
- 8 – ditto
- 9 – Gail out all day – Rome
- 10 – vacuum cleaner from 16.00, pulsating at night – new bee queen ‘tooting’
- 11 – pulsating
- 12 – vacuum cleaner all day
- 13 – ditto – another small swarm
- 14 – vacuum cleaner and pulsating all day – **jittery**
- 15 – airport – woke up at 3 a.m. loud pulsating
- 16 – vacuum and pulsating
- 17 – vacuum and pulsating, tried **earplugs again** – didn’t work
- 18 – metallic drone – loud. Inauguration of the [wind power] station in the afternoon – the turbines were making only a gentle swish (but we’ve since learned that this can be done at the flick of a switch. When they came to measure the noise levels, they turned them off completely to get readings of ‘before and after’)
- 19 loud metallic drone and swish
- 20 loud metallic drone
- 21 HEAVENLY PEACE IN THE MORNING
- 22 metallic drone
- 23 Gail Rome
- 24 Gail Rome – in the evening SE wind, very loud swish heard in house
- 25 loud swish, airport all day
- 26 metallic drone
- 27 metallic drone and loud swish – pulsating sound started in the evening (20.30 but also before)
- 28 metallic drone – 12.00 exquisite peace (the reason we wanted to live here in the first place) – evening pulsating sound
- 29 – quiet in the morning but metallic drone in the afternoon and the pulsating buzzing
- 30 – pulsating buzzing

## July 2007

I was working in a hotel 6 evenings a week this month, so the entries are less detailed. I usually arrived home around 24.00

- 1 – (aspo = aspirapolvere = vacuum cleaner (VC) = metallic drone (MD)) VC – loud swish-1 p.m. loud!
- 2 – airport - pulsating – 7p.m. VC loud – our carpenter made a comment on the annoying sound
- 3 – VC and pulsating

- 4 – airport
- 5 – VC loud - 24.30 terribly loud and pulsating
- 6 – VC loud
- 7 – VC loud 24.00 (Vacuum cleaner drone – awful – marvellously starry sky and this bloody noise)
- 8 – VC
- 9 – VC – loud turbine swish at 00.20
- 10 – VC – pulsating sound – p.m. loud turbine swish – Maestrone wind (NW) – my free day
- 11 – VC in the morning in the afternoon the sound changed to washing machine (drone and rotor swish) and airport – loud VC and pulsating
- 12 – in the morning perfect peace – only the birds. In the afternoon the metallic whine started again. 00.00 loud pulsating noise – my husband heard it
- 13
- 14 - VC loud and pulsating
- 15 – horrible droning sound – had to close window for afternoon nap (it was well into summer by now and we couldn't have the windows open at night) - **depressed**
- 16 – no wind but horrible drone – **depressed**
- 17** – no wind but same horrible drone. My day off- **NO PEACE**
- 18 – 13.00 no wind but loud drone
- 19 – whine
- 20 – whine and loud swish (01.30 LOUD!)
- 21 – whine loud
- 22 – same 01.00 - loud swish and whine
- 23 – same - AIRPORT 01.00 – loud
- 24 – 4 a.m. – AIRPORT, evening – AIRPORT
- 25 – same – **earache**
- 26 – turbines standing still but there is still the whine (from the generators?)
- 27 – 00.00 loud swish from rotors
- 28 – turbines and washing machine noise
- 29 – same
- 30 – little noise
- 32 – almost nothing, what peace!
- 33

## August 2007

- 1 – loud swish – in the afternoon little noise – **appetite gone**
- 2 – marvellous: little noise but in the evening loud swish and whine - **appetite gone**
- 3 – airport! Whine! In the evening less noise. - **appetite gone**
- 4 – quiet
- 5 – loud swish – **nausea** – I closed the windows again in the morning straight after I'd opened them – pulsating.
- 6 - loud swish – washing machine – pulsating

- 7 – metallic drone all day  
 8 – light wind – airport – swish – GAMESA\* HERE TO TAKE MEASUREMENTS - wind in the trees too. (\*still waiting for the results of these readings even if we can be sure the company wouldn't publish them if they were too damning...)  
 9 – swish and whine and VC – **earache**  
 10 – **earache** – had to close window for afternoon nap –whine – pulsating  
 11 – **earache** - had to close window for afternoon nap –whine – pulsating  
 12 – strong pulsating buzzing noise in bedroom 00.30  
 13 - loud whine  
 14  
 15 – **I can't bear this whine in the morning any more**  
 16  
 17 – loud swish all evening – motorway  
 18 – whine whine whine vacuum cleaner  
 19 – whine whine whine, stir, stir, stir, pulsating  
 20 – loud  
 21 – loud  
 22 – **misery**  
 23 – VC – loud swish – **misery**. I had an accident in the afternoon in Grosseto. It was raining heavily and I walked into a half-opened shutter and cut my head on the sharp metal corner. Got patched up in hospital – injury not serious.  
 24 –  
 25 – whine started 10.15 – impossible to sit outside in the evening – windows closed all night (HOT)  
 26 – 13.30 loud in house had to close windows  
 27 – whine started 9.30 – they're standing still but there's still this drone. **DECISION TO LEAVE!**  
 28 – 13.00 loud drone – no wind – sound like a refrigerator?  
 29 – loud swish, woke up although windows closed. 23.00 sounded like a washing machine.  
 30 – whine, washing machine  
 31 - 9 a.m. loud whine but no movement – loud swish 23.00

## September 2007

- 1 – 7 a.m. pulsating sound  
 2 – same – whine in the evening  
 3 – very loud airport p.m. with windows closed  
 4 – moderate wind. 7.30 a.m. loud, windows closed – pulsating in the morning – **headache** – pulsating all evening, **tried earplugs again**

**ARPAT at a friend's HOUSE to take readings of the level of noise( ARPAT = Agenzia Regionale per la Protezione Ambientale della Toscana)**



**Our friend returned to her summer house this year to find that one of the towers had been built just 100m from her house. The noise is indescribable – her pet cat would not leave the house for the whole of the time they were there and he used to love being outside. My husband spent two nights in her house to keep an eye on the equipment . I saw one of the readings on September 6<sup>th</sup> at 11.30 a.m. (in the kitchen with the door open) when the needle oscillated between 60 and 70 – I take it that the unit dz on the equipment stood for dezibel/decibel. We are still waiting for them to publish the findings...**

### **September 2007**

- 5 – woke up in the night – pulsating. Airport – high winds
- 6 – VC loud. A.m. 11.00-12.00 60-70 dz readings in this friend's house! – high winds
- 7 – VC, loud swish, morning and evening. Disco effect (stroboscope) from windmill no.2 in living room 19.00-19.15
- 8 - took a walk up by the station. Pulsating but turbines standing still. VC. 14.30 meeting with the wind power opponents from Roccalbegna (the county council wants to build 6 more in the neighbouring district) 1p.m. noise stopped. 3 p.m. started VC (can't quite work this out – if I was at the meeting I wouldn't have known that, but it quite likely refers to the following day) pulsating and disco effect again
- 9 – **headache** – pulsating and VC – had to close the window at 18.30 – airport
- 10 – pulsating, woke up several times during the night because of this. **Misery and more tears.** Airport in the evening
- 11 – Libeccio (SW wind) and Mezzogiorno (South wind) loud washing machine and drone. Had to close windows but could still hear it
- 12 - whine, pulsating
- 13 – whine
- 14 - absolute silence! p.m. whine
- 15 – 'our' towers stationary but whine from the other side. 12.30 – all quiet, 16.00 whining again
- 16 – all's quiet, still, 7 a.m.
- 17 – very loud swish – hellish 5-7pm – bedroom 00.00 heard in room windows and shutters closed
- 18 – fog, rain, swish – evening whine
- 19 – whine but little movement
- 20 – whine, airport
- 21 – 23 cooler during the day
- 21 12.00, little movement, but whining. I shut the window
- 22 – 8 a.m. STILL, 8.30 a little movement
- 23 – STILL! p.m. loud whine
- 24 – whine throughout the day but turbines not moving
- 25 – STILL! Went to the Daniel Spoeri Gardens with a friend – slight whine in the evening
- 26 – some whine and some quiet

27 – rain, a.m. loud drone, airport during the night, horrible noise had to close the window, woke up often

28 – pulsating, whining, high wind. Woke up often during the night – **misery**

29 – away most of the day but **slept badly again – misery**

30 – away all day

### October 2007

1 - still (a smiley here), silence, peace a.m. – evening whine

2 – quiet in the morning – whining in the evening and pulsating

3 – still, peace, p.m. quiet drone

4 – drone – 12.30 horrible nerve-rending noise

5 – out all day Thank God – p.m. drone

6 – annoying drone

**7 October back to Germany – from this point until I returned on 18 December 2007 my husband made notes. I had absolutely no health problems while I was away, not even a common cold. No headaches (I was never prone to them anyway), depression or earache.**

**My husband's entries – he calls the metallic whine 'singing'. I refer back to this now and again.**

### October 2007

8 – 5 a.m. turbines 'singing' – 17.00 – N – 21.00

9 – 8 a.m. silence absolute. Turbines stationary. 17.00 singing (this is what I called 'whine')

10 – 'singing' at 7 a.m. and 18.00, but all turbines stationary

11 – 9 a.m. turbines singing but stationary. P.m. little noise, 21.00 singing again

12 – 8 a.m. singing but very little movement, 18.00 absolute quiet, 21.00 singing

13 – 9 a.m. singing but very little movement, 16.00 Scirocco (SE wind) washing machine noise

14 – 8 a.m. washing machine (Grecale – NE wind)

15 – 8 a.m. singing and washing machine, 16.00 singing without the washing machine

16 – 8 a.m. and 17.00 absolutely stationary but low pulsating buzzing noise

17 – singing and pulsating all day

18 – 6 a.m. stationary turbines, pulsating noise, 19.00 washing machine and singing  
**LOUD**

19 - 8 a.m. loud (Grecale – NE wind)

20 – 8 a.m. loud (Grecale), 20.00 hellishly loud noise

21 – 6 a.m. hellishly loud and now and again one of them is stationary, 12.00 all still?

**My husband was away until the end of the month – he wrote ‘holiday’ but meant escape.**

*Today is December 27, 2007 4.45 am – I woke up twice during the night with ringing and the sound of the pulsating buzzing in my ears, and a feeling of tightness in my chest. I can't go back to sleep – so I'm finishing transcribing the entries in the 'diary'.*

**November 2007**

- 1 – 9 a.m. washing machine noise – various sounds – no. 1 is stationary. Rest of day – various sounds
- 2 – 8 a.m. various – sometimes the turbines are stationary but they still sing. 12.00 nothing doing. 17.00 stationary but singing
- 3 – 16.00 quiet. 18.00 singing with little wind and some turbines stationary
- 4 – 9.00 singing with little wind. 16.00 loud singing (the metallic whine).
- 5 – 9.00 loud singing, little wind, 17.00 the same. **Loud and irritating**
- 6 – 8.00 loud singing stationary, 12.00 loud singing – **irritating**, 17.00 ditto in house, too
- 7 – 8.00 washing machine, 16.00 quiet 17.00, now they're singing
- 8 – 11.00 singing **so irritating I want to be sick**, 17.00 washing machines
- 9 – 7.00 washing machines, also in house. Storm
- 10 – 8.00 singing, 15.00 same
- 11 – washing machines
- 12 – 9 a.m. singing, 18.00 washing machines
- 13 – 9.00 absolute quiet – **great**, 13.30 pulsating, turbines stationary
- 14 – 9.00 singing loud and irritating, 10.30 airport and singing
- 15 – 8.30 airport
- 16 – a lot of wind but relatively quiet. 21.00 airport
- 17 - 10.00 singing. 14.00 a hellish noise
- 18 – in the morning - airport, no. 1 stationary
- 19 – 6.00 horrible singing
- 20 – horrible singing, 18.00 hellish noise
- 21 – 6.00 hellish noise
- 22 - 6.00 hellish noise, 20.00 same
- 23 – 10.00 same, 13.00 – a lot of wind but not much noise. Mezzogiorno (South wind)
- 24 – airport, 15.00 singing, 22.00 airport
- 25 – 9.00 singing and airport, 16.00 singing
- 26 – 9.00 singing but turbines stationary
- 27 – 9.00 and 16.00 singing
- 28 – 6.30 pulsating sound, during the day turbines mostly stationary but the pulsating buzzing sound is all around, 18.00 airport
- 29 – 9 a.m. pulsating. Turbines stationary
- 30 – pulsating, stationary turbines, singing, 16.00 terrible 'song' (whine)

**December 2007**

- 1 - pulsating, singing, stationary, 21.00 loud singing
- 2 – 7.00 hellish performance (Scirocco – south east wind) heard in house the whole day
- 3 – and the entire night. 21.30 airport, turbines with wrongly positioned rotors \* (*\*I don't know why he said that, have to ask*). Mezzogiorno (south wind)
- 4 – 17.00 singing
- 5 – 7.30 and 19.00 singing
- 6 – 8.00 singing, singing though stationary
- 7 – 9.00 singing, 11.30 hellish noise, My husband's brother heard it (*and he lives a 14 minute drive away*)
- 8 – relatively quiet – Tramontano (N wind)
- 9 – airport
- 10 – 9.30 absolute quiet the whole day and the whole night
- 11 – same again today
- 12 - and today
- 13 – and today

**From 14 – 18 December my husband drove to Germany to accompany me back home. According to friends the turbines were stationary AND made absolutely no noise during this time. We have not been able to find out why this was...**

- 19 – 19.30 airport, p.m. singing (here I took up the diary again and added 'heard in bedroom and kitchen 23.00')
- 20 – no entry – couldn't be bothered
- 21 – heard in house – **cried**
- 22 – heard in house
- 23 – heard in house, pulsating
- 24 – pulsating, **misery, cried again**
- 25 – woke up at 6 a.m. pressure on chest (a feeling of tightness), same as the day before, 7 a.m. turbines stationary but loud industrial whine all day, **pressure in ears**. 19.30 terrible pulsating sound – **earplugs at 10 p.m. (while I was reading) helped somewhat but pulsating still noticeable**
- 26 – vacuum cleaner drone – pulsating in house – **I cried**
- 27 – woke up twice during the night because of the pulsating drone in my ears. At 4 a.m. I heard loud swishing in the house and **feelings of panic kept me awake**, so I'm finishing this off. Also had difficulty getting to sleep last night - agitated. Phoned 2 friends and **burst into tears** on the phone – they only need ask 'How are you?' and it sets me off. Another friend came to visit this morning and I turned off the CD player. (I had not mentioned the pulsating drone to her before ) She looked at me aghast and said 'Oh, that is really unpleasant'. The unpleasant 'silence' in our house can be heard by other people. I spent most of the day out of the house walking in the hills
- 28 – both of us slept badly and woke up tired. Pulsating sound not quite so noticeable this morning.

29 – Woke up again several times during the night. **Depressed, jittery and agitated** all day, although the turbines were not moving at all. Slight metallic whine all day.

*The entries speak for themselves. On re-reading what we've been through this year it sounds like someone's worst nightmare – and so it has been. The idea that someone, somewhere has made a lot of money by effectively dispossessing us, doesn't bear thinking about, but it happens all the time, all over the world and the horror is creeping nearer home...*

*This odyssey has filled our lives for a year and we're now facing the financial consequences. The effort put into research and documenting everything has cost us the energy we needed to become integrated and look for suitable work. One of the reasons I gave up my job in the hotel was that I was simply exhausted and couldn't 'tank up' [relax & regenerate] at home. Whatever the outcome we are now being forced to go elsewhere to look for work because it is impossible to concentrate here.*

*The more people know about this, the better.*

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