International Astronomers visit Mapleton

This month Suleiman Al Bussaidi and Hareb Al Suleimani, both professional astronomers employed by the Royal Court in Oman, are spending their evenings studying the heavens from our local Mapleton observatory.

"We operate and maintain various telescopes for the Sultan of Oman as well as supplying his Majesty with monthly and yearly astronomical reports," said Hareb.

"We are here for four weeks to study all aspects of astroimaging, including telescope and equipment maintenance, image capture and processing for visual results as well as Astrometry (measuring the positions of celestial objects) and Photometry (measuring the brightness and colour of stars and galaxies, their distance, size, mass and temperature).

"This is an important science for our culture. We pray 5 times a day and these times are dictated by the position of the moon and specific sunrise/sunset times. We are required to produce a prayer timetable each month. It is also an area of great interest to the Sultan.

"Australia has very clear skies and we also have the opportunity in this hemisphere to see the stars that are not visible from the northern hemisphere. It has been very enjoyable, although colder than we expected. There is much expertise that we have been able to avail ourselves of as well as enjoy the hospitable Australian nature.

Paul Russell and the visiting Omani Astronomers at the Mapleton Observatory.

Local astronomer Paul Russell from 'Astro ED', is providing astronomical training and consultancy for the visitors. Locals may be familiar with Paul from the Observatory Open nights which are held regularly at the Mapleton facility.

"I have a strong interest in astro-imaging and regularly conduct training in basic astronomy principles and orientation around the night sky," said Paul.

"It has been a wonderful experience to work with Hareb and Suleiman and share our passion and experience in astronomy."

For those who are interested in astronomy, need advice on telescopes or related equipment, or just want to check out the great facility at Mapleton, Paul can be contacted on 0432 526 874.

Your Aromatherapy Baby

Angela Power
Dip. Aroma Massage & Bodywork - 18yrs
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Children can often challenge us in many ways. Keeping their health in check, their emotions in balance and basically just keeping an eye on them can be an all-consuming task that can test our sanity!

Some years ago B.C (before children), my partner and I were invited to stay with some friends for a social get together. While our friends were playing happy families with their one year old, we were discussing how important it is that children not be programmed with fear. In other words when a child trips over and hurts themselves or gets bitten by an ant in the garden, how important it is to stay calm and be proactive in their care and not reactive.

So during the family barbeque with everyone engrossed in conversation the little baby girl suddenly fell from sitting at chair height smack onto the patio pavers landing on her forehead.

It made a sickening sound and as she screamed we all gasped, not saying a word. The mother bundled up the infant into her arms and I told her to stay calm and place her hand over the baby's forehead while I raced upstairs and grabbed my Roman Chamomile from my overnight bag. I placed a drop directly onto the baby's forehead gently massaging it in and held my hand over her forehead for a few minutes staying relaxed and calm. The baby made a remarkable recovery without any bruising or swelling proving that children really do bounce...just kidding.

So if you are a mother in particular, Chamomile is essential for those little emergencies for its soothing, calming, anti-inflammatory effect and is gentle enough for sensitive skin and other problems such as colic and nappy rash.

On a subtle level chamomile helps us to accept the help of others. Both the German and Roman Chamomiles have a myriad of uses for both yourself and your family.

For more information, visit the website - www.gardenapothecary.com.au and click on the links for baby products and Essenza pura essential oils boxed.

For wholesale/therapist/retail enquiries email: angela@gardenapothecary.com.au or phone 5445 7778