

# BUILDING A GOOD NIGHT'S SLEEP FOR AREA CHILDREN

It's no surprise that adequate sleep is crucial to a child's development. Studies show that children who get a good night of rest have improved attention, memory, and behavior. They also have a lower risk for physical and mental health problems. If you're accustomed to having a warm bed and a pillow to lay your head, you may not realize that there are children right here in our community who don't have these basic necessities. That's why your local Sleep in Heavenly Peace (SHP) volunteers are working together to end child bedlessness.



What started as building one bed in an Idahoan garage for a family in need turned into a large-scale non-profit organization across the United States. Locally, a partnership between your Jackson and Trempealeau County Sleep in Heavenly Peace Chapters developed about 20 months ago. "Over that time, 420 beds were built, with 365 donated to children right in our community," shares Elden Simonson, Jackson County SHP president. "Over the last year, we've had five build events in Jackson County."

A typical build event begins with an organization that sponsors the build by agreeing to raise money to pay for the cost of materials. On average, about \$400 is needed per bed to buy materials, a mattress, and bedding. Once the funds are raised, about 15-20 volunteers are needed the day of the build. "In two hours, 20 people can make 20 beds," says Elden. "Scholze Ace Hardware has been a major

sponsor in providing materials." Experience is not needed to volunteer with a build, as a core group of experienced volunteers teaches novices everything they need to know, including how to safely use power tools. Even youth at least 12 years old can volunteer alongside their parents. "We try to rotate every half hour so that everyone has a chance to try out each task," explains Elden. "We start with sanding the materials, then move to drilling holes, and using steel wool and vinegar to produce an environmentally friendly stain."

"It is fun to see the raw wood material turned into a bed, and then assembled in a home and topped off with a brand-new mattress, pillow, sheets, and a hand sewn quilt," says Chris Williams, a local SHP volunteer. Chris and his wife, Sarah, have helped with five bed builds and team up to deliver and assemble the beds at children's homes.

After a build, there are volunteers who specialize in delivery of the beds, which includes assembling the beds safely for the family. On SHP's website, you can request a bed or refer a family who could use a bed. "Many of our referrals come from social workers and school personnel," shares Elden.

There is a high level of confidentiality that must be practiced by delivery volunteers to safeguard the recipient's privacy. "I can say that I'm a grandpa, and it fills my heart with joy to see a kid who had previously been sleeping on the floor receive their very own bed," shares Elden.

"The best thing is to see a child that has never slept in a bed before crawl in, tuck themselves in, and say they are

Above: One Jackson County build event was held in the shop classroom at the Lincoln High School in Alma Center. Below: Jackson County Sleep in Heavenly Peace President Elden Simonson enjoys making a difference for area children.



going to sleep at four in the afternoon," says Chris. "To top it all off, the hug that the child gives you at the end justifies why you volunteer your time."

A Jackson Electric member from the Taylor area also describes how grateful the children and their parents are to receive the beds. "We have heard from many parents that this is the first bed their children have had that they can call their own," says the anonymous volunteer. "The children getting these beds are very excited when we come to set them up, and the parents are grateful, finding it hard to believe there are so many people in the community interested in helping

Continued on page 18



Volunteer Sarah Osegard adds a personal touch to this bed with the SHP logo.

MY CO-OP

# GET IN THE LOOP ON GEOTHERMAL HEAT PUMPS

**W**ant a heating and cooling system that's both renewable and energy efficient? Look no further than the most efficient heat pump of them all, a geothermal heat pump also referred to as a ground-source, earth-coupled, or water-source heat pump.

To recap on the previous two publications, we highlighted air source heat pumps and mini-split heat pump systems, which are 250% efficient. Geothermal systems are considered renewable energy because they use the constant temperature of the earth, a renewable source, making these systems up to 400% efficient for your heating and cooling needs.

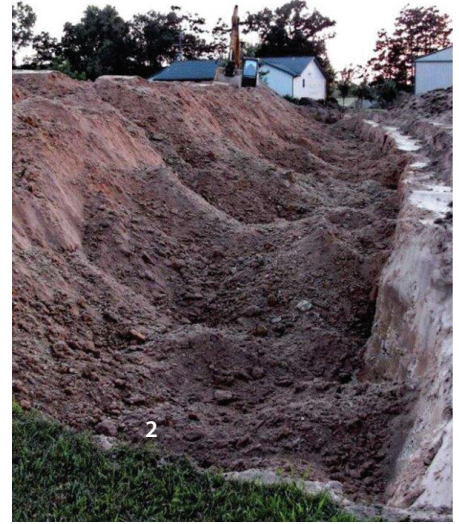
Back in 1998, Jackson Electric members Les and Julie Dokkestul learned about geothermals from a friend who had installed one in their home. After doing their own research and seeking a reputable company, Les and Julie decided to install a system of their own. "When we purchased the original system, we were told it would pay for itself in maybe 10 years depending on fossil fuel costs at the time," says Julie. "As it turned out, fuel prices were higher than they projected, and our savings were greater than expected."

Savings are found with a geothermal because these systems let the consistent ground temperature of the earth do the work. In general, a geothermal heat pump works similarly to an air source heat pump, but instead of collecting heat from the outside air, it uses a ground-loop system and temperature-conducting fluids to exchange the much warmer heat from the ground and move it inside your home. In cooling mode, the geothermal cools your home by taking heat out of your home and carrying it to the fluid that circulates to the ground. "While the geothermal systems are more expensive up front, we've been enjoying the lack of fuel bills ever since," Les says. "We only have a LP fuel fireplace

**Geothermal heat pumps are not inexpensive, and it's important to seek an experienced and reputable company for your install. With a \$500/ton rebate from Jackson Electric and the potential for a Federal tax credit, your geothermal system could become more affordable.**



**Left:** In a closed-loop system, a pipe is laid in a trench that is typically six to eight feet deep. Fluid circulates through the piping, taking advantage of the earth's underground temperature. **Right:** You'll need about 400 to 500 feet of space for a horizontal, closed-loop system to be installed.



for backup that we use maybe three to four times a year."

The equipment involved with a geothermal system includes a ground-loop system and an indoor component. The ground-loop is buried in your yard and requires a significant amount of space.

The horizontal application is the most economical application, but requires a space of about 400 feet by eight feet per ton of system. This could end up being a large amount of space. For applications where there isn't space for the horizontal loop, a vertical loop may be installed.

This application is more costly because vertical boreholes are drilled anywhere from 150 to over 400 feet deep, spaced about 15 to 20 feet apart.

The underground loop system itself is expected to last many decades, while the median life expectancy of the indoor equipment is 20 years. Les and Julie have had to replace their indoor equipment after over 20 years, but they have

no complaints about their geothermal system. "We have recommended it multiple times because of the cost savings and environmental benefits," says Julie. "We appreciate that it is a free and 'green' source of heat and air conditioning."

Members Tim and Michelle Rose were in need of a new heating system after their wood boiler system failed. After weighing the efficiency and comparing the cost of a new outdoor wood boiler unit versus a geothermal heat pump, they decided installing the geothermal would be the best investment for them in the long run. "Geothermals cost more to install up front, but I no longer have to cut wood," says Tim. "Some people said we wouldn't like the transition from wood heat to the geothermal. I think it's a more uniform heat, and we have a lot more control over the comfort level in our home."

At the time of this writing, Tim and Michelle hadn't been through their first heating season with their new geothermal, but they were impressed with the geothermal's cooling performance over the summer of 2020. "The cooling works great," Tim concludes.—*Brandi Shramek, Member Relations Advisor*

## 2021 ENERGY EFFICIENCY REBATES

Jackson Electric offers rebates to members who purchase qualified energy efficient equipment and lighting. Qualified items must be purchased, installed, and operating (generating kWhs) on Jackson Electric’s service lines in 2021. Active memberships only. To receive a rebate, contact our office for an application form or go to [www.jackelec.com](http://www.jackelec.com) to download a form. Please submit to our office your completed and signed rebate application within 60 days following your invoice date with the Energy Star label (if applicable) and paid receipt. Your rebate application may be rejected if all required documentation is not completed and received.

### Audit Recommended Improvements

Incentives are available for energy efficiency improvements completed to an existing home or farm. Energy efficiency improvements must be recommendations from an audit arranged by Jackson Electric Cooperative or a cooperative-approved partner. Rebate not to exceed the cost of energy efficiency improvements up to \$500. For specific details on this program, go to [www.jackelec.com](http://www.jackelec.com) or contact our office.

AG., COMMERCIAL AND INDUSTRIAL PRESCRIPTIVE Contact the office or go to <a href="http://www.jackelec.com">www.jackelec.com</a> for qualification requirements.	
Exhaust Fan	\$1/inch
Circulation Fan	\$1/inch
Dairy Plate Cooler/Well Water Pre-Cooler	\$500/unit
Dairy Refrigeration Heat Recovery with Electric Backup	\$300/unit
Low/Zero Energy Livestock Waterer	\$50/unit
Scroll Refrigerant Compressor	\$30/HP
Variable Frequency Drive (VFD)	\$30/HP
Commercial Vending Machine Controls	\$25 each

ENERGY STAR RESIDENTIAL LIGHTING	
LED Bulb (5 bulbs or more to qualify)	\$0.50/bulb
Occupancy Sensor	\$5
Please contact our office for information on non-residential lighting rebates.	

ENERGY STAR APPLIANCES (must be Energy Star)	
Clothes Washer	\$50
Clothes Dryer (electric)	\$50
Heat Pump Clothes Dryer	\$50
Dishwasher	\$50
Dehumidifier	\$50
Inductive Range	\$50
Freezer (min. 10 cu. ft.)	\$50
Refrigerator (min. 10 cu. ft.)	\$50

RESIDENTIAL ELECTRIC HEAT PUMPS	
Geothermal Heat Pump (new systems not allowed on cooperative's load management program)	\$500 per ton
Air Source Heat Pump and Mini Split (SEER rating must be 14+, HSPF 8.2+, or EER 11+)	\$500 per ton
Variable Speed Blower Motor (new furnace only)	\$35/unit

ELECTRIC WATER HEATERS	
100+ gallon	\$300*
75 to 99 gallons	\$150*
Heat Pump Water Heater	\$300
* Load management receiver must be installed and operating and energy efficiency standards must be met to receive rebate. Rebate is deducted from the purchase price of the 100-gallon water heater if purchased from Jackson Electric.	

## RECEIVE NOTICE OF A LOAD MANAGEMENT EVENT

Full load control, also known as peak alert events, can happen on any weekday during the months of December, January, and February. When issued, the hours of water heater and electric heat interruption are 5 to 8 p.m. Receive notice of these alerts by enrolling in Jackson Electric’s load management notifications program.

Members can be notified by email, text, and/or phone call of a load management event. Please contact the office to request a load management enrollment form or go to [www.jackelec.com/dual-fuel-program](http://www.jackelec.com/dual-fuel-program) to download a form. This form must be on file at Jackson Electric for you to receive notifications.

**SAVE MONEY BY PURCHASING SOLAR NOW!**

Make a down payment on your solar system by **May 1** and receive a discount on your purchase. *(Qualifications do apply)*

**JacksonSolar LLC**

**Federal tax credits may be available**  
Contact JacksonSolar LLC to learn how you can use the sun to energize your home.  
**715.284.5385 • 800.370.4607**

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## Random Acts of Kindness

Jackson Electric is working to brighten our community through Random Acts of Kindness in 2021. Big and small, we will showcase our good deeds right here each month. We'd love for you to join us. Accept our challenge each month, then tell us about your act of kindness.

Share with us your stories through email, Facebook, letters or even by phone. We can't wait to hear about the smiles you make along the way.



Brian Dolesy, Jackson Electric Warehouse Clerk, is our hero for performing the ultimate Act of Kindness. He chose to save lives by donating blood at a local American Red Cross Blood Drive.

### TAKE THE CHALLENGE!

Now we challenge you to be a hero too. Visit [redcrossblood.org](http://redcrossblood.org) to find a drive near you and donate blood this month. Snap a pic while you donate and share it with us on Facebook @JacksonElectricCooperative.

## YOUTH SCHOLARSHIPS AVAILABLE



Jackson Electric offers a \$1,000 scholarship to each of the following high schools:

- Alma Center-Humbird-Merrillan
- Black River Falls
- Blair-Taylor
- Melrose-Mindoro
- Neillsville
- Osseo-Fairchild
- Sparta
- Whitehall

Please contact your high school guidance counselor for scholarship requirements. Recipient is selected by the respective high school.

### Home-Schooled, Private School, and Open-Enrolled Students:

A \$1,000 scholarship is also available to students in this category. Scholarship applications can be downloaded from [www.jackelec.com](http://www.jackelec.com), under the Your Cooperative tab or requested from our office.

## Sleep in Heavenly Peace Continued from page 15

them where there is a need.”

In the age of COVID-19, SHP builds were put on hold for about six months. However, with social distancing, masks, and an outside location, the organization anxiously awaits a build scheduled for April at the Black River Falls United Methodist Church. “We’ve also started deliveries again by masking up and following protocols to make sure the delivery people and the recipient family are both healthy,” Elden explains.

If you’re not the building type, but you’re a quilter or have the means to donate twin-sized bedding, donations are also appreciated. “I remember one child’s reaction when they were told that the quilt was made just for them,” says Elden. “Teachers have also told us how much better students do when they have a warm safe place to sleep,” he adds.

“Hopefully we will soon be able to say, ‘no kid sleeps on the floor in my town,’” concludes the Taylor volunteer.—*Brandi Shramek, Member Relations Advisor*

*For more information on how to get involved:*

- Visit [www.shpbs.org](http://www.shpbs.org)
- Contact Elden at [eksimon1978@gmail.com](mailto:eksimon1978@gmail.com)



## Jackson Electric Cooperative Annual Meeting Date is Set

**Tuesday, August 24, 2021**

*Time and place to be determined*



Your Touchstone Energy® Cooperative

Customer Service 715.284.5385  
800.370.4607

Outage Reporting 855.222.DARK (3275)

Diggers Hotline 800.242.8511

Credit Card Payments 844.759.3984

[www.jackelec.com](http://www.jackelec.com)

Mailing Address: N6868 County Road F  
Black River Falls, WI 54615

Office Hours: Monday – Friday, 7:30 a.m. to 4:00 p.m.

Board of Directors: Gary Woods, President  
Chris Curran, Vice President  
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Jerry Huber, Dairyland Power Representative  
Daniel Smrekar, Kristi Hanson, Stanley Gran, Brian Huber, Jerry Wagner

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Your Touchstone Energy® Partner