

South River EMC Communicator

November 2023

Where Flowers Make Honey

The sound of bees can garner several reactions — fear, excitement, nervousness, or calm?

Studies show that bees can help individuals suffering from post-traumatic stress disorder (PTSD). We spoke with one such person using bees in therapy, Jim Hartman.

Hartman joined the military after playing two years of college football for Missouri. "I saw my fellow linemen blowing out their knees," he said. "No-good knees means no scholarship, which means no college education and you end up with a limp and some memories."

He opted to join the Army to pay for college.

"I served with the 82nd Airborne and 101st Airborne (Air Assault)," he said. "After my first tour in Iraq at the very beginning of the war, I decided to transfer to Explosive Ordnance Disposal (EOD), so I could work on roadside bombs. When I left the military I became a defense contractor training soldiers how to avoid incendiary explosive devices, or IEDs."

As you can imagine, that has some impact on you, and Hartman experienced some issues with anxiety. He read that some Veterans Affairs chapters were using bees for therapy. He formed a relationship with another veteran from West Virginia who offered him some bees.

continued on page B



Jim Hartman in his jelly kitchen.



Reminder:

South River EMC offices will be closed Friday, November 10, in honor of Veterans Day. Thank you for your service.

What's Inside

Nominating Committee	C
Fields of Honor	D
There's an App for That	E
Energy Smarts	F

HONEY continued from page A

"I talked with him awhile and he finally convinced me to give it a try," said Hartman. "I got in the car and drove to West Virginia to learn about and pick up bees."

While the original bees are now gone, Hartman's boxes have continued to grow.

"I had the bees, so I had honey and I sold some," said Hartman. "I ran the numbers and I knew I could turn this into a business."

The family lives in Linden on a 22-acre property, which now carries the name Secret Garden Bees Farm.

"When we started the farm, I made a plan to wholesale my honey to larger stores," said Hartman. "That was the only way I could see to do enough volume to earn enough money to pay bills. We do also sell retail at select festivals, but that is seasonal revenue."

The Hartmans use a retired government trailer to house honey retrieval operations. This operation is done in the evening and has to be completed before morning. Then they have their bottling operation. This is where the wildflower and clover honey is created. But that's not all on this farm.

"We had pears and grapes on the farm and weren't doing anything with them, so we decided to try making some jelly," said Hartman. "We started in our kitchen and made a few hundred bottles in some extra jars that our neighbor gave us and used a crude home-printed label."

When they took it to a local farmer's market, it sold out almost immediately, proving to be a viable option, they learned what had to be done to bring it online.



The family has two dogs, and because of that, they needed to move into a separate kitchen. They also needed to have their recipes tested and approved.

"It took me over a year to figure out and implement our shipping container solution and get the recipes approved," he said. "The next step for us is to get the kitchen USDA certified when we do our Good Manufacturing Processes audit for the entire farm in 2024."

Hartman was able to obtain an upcycled shower container, as seen in the picture above, which he retrofitted into a kitchen.

He also obtained solar panels, which he has installed on several of his buildings.

"We want to operate the farm in a sustainable way, so we have worked hard to decrease our energy footprint," said Hartman.

For Hartman, making the farm a net-zero energy consumer is the goal. The family is actually working on a new packing facility, where they will add another

estimated 7 KW of solar.

This is part of the off-season work for the honey.

Although there are no more than 20 hives at any given time, when the off time comes, Hartman and his family will also be working on new hives and maintaining and repair current boxes and hives.

While working with his family, as well as showing other veterans what working with bees can bring them, Hartman is also currently a semi-finalist for American Farm Bureau Agriculture Innovation Challenge, which could earn nearly \$40,000 for the farm if selected.

Visit secretgardenbees.com.



NOMINATING COMMITTEE APPOINTED

South River EMC is already considering options for the 2024 Annual Meeting of Members. At a meeting of the Cooperative board of directors, the nominating committee was appointed in accordance with the Cooperative bylaws.

This committee, made up of a representative from each of the directorate districts, will make recommendations for directors from districts 3, 5 and 7.

Anyone interested in running for a seat in any of the districts up for election in 2024 can contact any member of the committee by December 29 or send an email to nominations@sremc.com.

Members can also be placed on the ballot by submitting an authorized petition form 40 business days prior to the annual meeting on April 25, 2024.

The petition must include the full name of the member and the district they wish to represent.

The petition must also contain the printed names, addresses, telephone numbers and signatures of at least 100 official South River EMC members.

Anyone interested in obtaining an authorized petition form should contact Barbara West-Lee at 910-230-2966 or online at sremc.com/annual-meeting.



District 1 - Glenda Taylor, 10081 Mcdougald Rd., Broadway; represents South River EMC service area west of Highway 401 in Harnett County.

District 2 - Raylon Wood, 71 Unity Church Rd., Four Oaks; represents South River EMC service area east of Highway 421 and north of Highway 13 in Sampson and Johnston counties.

District 3 - Joseph R. Anders, 2055 Carr Church Rd., Clinton; represents South River EMC service area east of Highway 242 and south of Highway 13 in Sampson County.

District 4 - Johnnie Baggett, 1108 Fayetteville Hwy., Dunn; represents South River EMC service area in Sampson County southwest of Highway 421 and west of Highway 242, east of Dunn

Road and Carroll Store Road to Maxwell Rd., east of South River School Rd. and Bluman Rd. to the Harnett- Sampson- Cumberland county lines and north to Highway 421.

District 5 - Anthony "Tony" Warren, 2392 Andrews Chapel Church Rd., Roseboro; represents South River EMC service area south of Maxwell Rd., west of Carroll Store Rd. and Dunn Rd., west of Highway 242 and Highway 411 to Highway 701, northeast of Old Fayetteville Rd. and Turnbull Rd. to the Sampson-Cumberland county line and north to Maxwell Rd.

District 6 - Carol Hudson, 3661 Murphy Rd., Fayetteville; represents South River EMC service area in Cumberland County north of Highway 24, east

of the Cape Fear River, south of the Cumberland-Harnett county line and west of the Cumberland-Sampson county line.

District 7 - Warren Paul Jones, 5280 Loop Rd., Linden; represents South River EMC service area in Cumberland County north of Highway 24, west of the Cape Fear River, south of the Cumberland- Harnett county line, and all of Harnett County east of Highway 401.

District 8 - Glenn Riddle, 3175 Odom Rd., Hope Mills; represents South River EMC service area in Cumberland and Bladen counties, south of Highway 53.

At Large - Robert Earl Butler Jr., 3036 Odom Rd., Clinton; may nominate from any South River EMC district.



Come See Our Flags!

Fields of Honor will be on display at both South River EMC offices November 3-12.

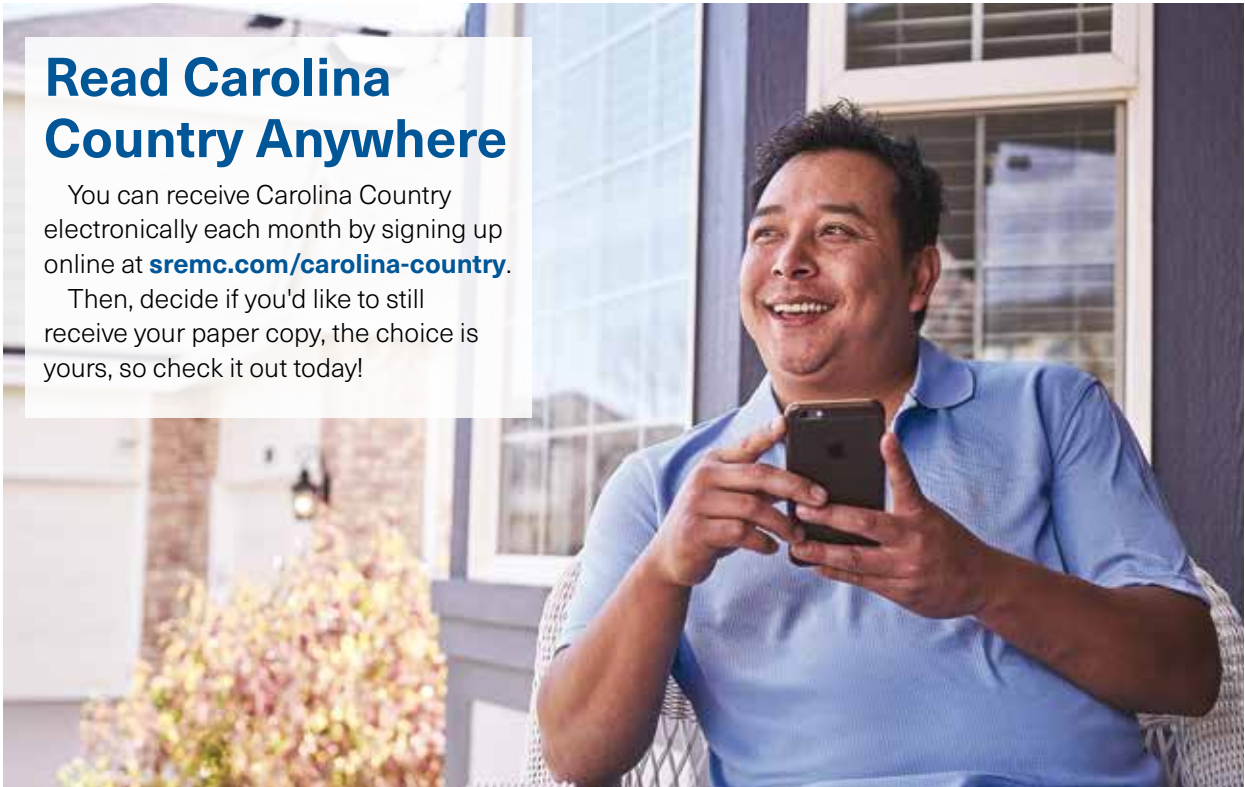
As we recognize and honor veterans and currently serving military members, we hope you will join us and share your pictures with @SouthRiverEMC.

Sponsorship opportunities are available until October 25, if interested in sponsoring or donating, please do so at sremcfields.com as soon as possible.

Read Carolina Country Anywhere

You can receive Carolina Country electronically each month by signing up online at sremc.com/carolina-country.

Then, decide if you'd like to still receive your paper copy, the choice is yours, so check it out today!



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The App lets you access account info, pay your bills, report an outage, and much more!



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A HERO Home Can Help You Save

The 2018 building code introduced the high-efficiency residential option, or HERO, home.

This code offered home buyers a home that is 30 percent more efficient than homes built to the standard building code.

HERO homes require slightly better insulation, fenestration, air sealing, equipment, and lighting packages to deliver such savings. These practices ensure a tighter sealed enclosure and do not rely on more efficient appliances.

There are two ways to do this:

The **Prescriptive Path**, straightforward but inflexible. It involves complying fully with a list of specific requirements for things like insulation, high-

efficiency lighting, window U-factors, whole house tightness and duct leakage testing, among other items.

The **Performance Path** is more flexible. It requires an energy cost analysis as proof that the home you are building will have energy costs that are less than or equal to that same home built to the HERO Code's prescriptive requirements. The Performance Path does NOT allow for HVAC or water heating tradeoffs to be HERO Code compliant.

If you'd like to learn more about HERO home requirements, visit energycodes.gov. To learn more on the rebate offered by South River EMC, visit sremc.com/hero-program.

Work That Improves Comfort And Cost

Approximately 50 percent of your electric bill is dedicated to heating and cooling your home. That ranges from the age of your system, the use of it, your thermostat settings and the tightness of your home.

Having the proper amount of insulation and weatherstripping installed not only improves comfort, but it also helps improve costs. However, having the income and ability to make sure your home envelope is sealed can sometimes be hard.

Community action offers a weatherization package which includes: air/duct sealing, improved insulation, an HVAC tune-up or replacement, and a programmable thermostat in a home with a heat pump or an electric furnace/ central AC.

If Community Action does this work on your home, you could be eligible for a rebate from South River EMC. For details visit sremc.com/weatherization.

Making Changes To Your Home

By performing updates and improvements around your home you impact not just comfort, but costs as well.

You can see this by inputting information in your SmartEnergy Profile, and then by looking at energy use

through SmartView. If you have questions about either of these programs, please don't hesitate to check them out at either sremc.com/smartenergy-profile or sremc.com/smart-view or by calling 910.892.8071.

Pool Pump Savings Mentioned One More Time

Pool season is over, but that does not mean you shouldn't be considering options for saving in the future.

Pools, and their pumps, use a lot of energy every summer, why? Because pool pumps, especially single-speed ones, use a lot of energy. Because they are single speed, they use that single speed, the highest speed, for all tasks, necessary or not.

This adds up. Replacing a single-speed pump

with a variable or two-speed pump, could save you some energy and some water as well. Tailoring your pump to your activities isn't a bad idea, after all, less is more sometimes, isn't it?

Store it away and think about it when stores start stocking the shelves for summer again. A rebate is still available from South River EMC. For details, visit sremc.com/pool-pumps.

Windows At The Best Cost

South River EMC offers a rebate to members interested in replacing drafty older windows with new, energy-efficient windows.

Windows are the eyes of our home, if they're damaged or have condensation in them, that might also mean it's time for a replacement.

In an effort to improve comfort and energy savings, you could be eligible for the rebate if you replace those windows with Energy Star certified ones. After all, heat gain and heat loss through

windows are responsible for 25–30 percent of residential heating and cooling energy use.

A single family site-built home or manufactured home with electric heat and AC can replace windows at \$2 per square foot to receive a rebate of up to \$200.

For details on this rebate, visit sremc.com/energy-star-windows. Windows are also eligible for a federal rebate as well, for information on that, visit energystar.gov and search "federal".



Can You Lower Your Water Heating Costs?

Cooler days make warm water a must for a lot of things. With water heating typically being the second highest energy cost on your bill each month, finding an energy efficient unit might be worth a look.

There's the standard water heater, which periodically heats water throughout the day, so you have warm water whenever you need it. While the standard in most electric homes, it is not the most efficient as the heating throughout the day adds up.

A heat pump water heater is a slightly more expensive system, which uses the heat around the unit to help keep water warm. This process is 2-3 times more efficient than a standard electric water heater, because it moves heat as oppose to creating it. The system requires 1,000 cubic feet and must be located in an area with temperatures between 40-90 degrees.

A solar water heater is another option, with solar panels on the roof using a free resource, the sun, to heat water. While these systems are more expensive than standard units, they can be cost effective for

the right households. You must have a good solar resource, and to make it cost effective, you must use a good amount of hot water. Afterall, you want to at some point recoup the cost of the system. You'll also need an electric back-up. This is for days of particularly high-water use, or cloudy days.

An on-demand water heater is an option, though not particularly cost effective for electric water heating. It heats water on demand, however, with electric water heating, the burst of energy used to heat water on demand is equal to water being heated continuously throughout the day.

If you're in the market for a new water heater, do your research, South River EMC offers rebates on heat pump and solar water heaters. Don't forget to check federal rebate offers as well. Double the savings if you take advantage. To learn more about rebates from South River EMC visit sremc.com/energy-efficient-water-heating. For details on federal rebates, visit energystar.gov and search "federal".

Is It Time To Replace Your Heating And Cooling?

This is the time of year you have to consider your heating and cooling system, with all the cooking and company coming, does your unit have what it takes to carry you through?

If not, there are options for replacement, and selecting a unit with a higher seasonal energy efficiency ratio2, or SEER 2, rating could earn you not only some savings, but a rebate as well as a tax credit.

Like your refrigerator, heat pumps use electricity to transfer heat from a cool space to a warm space, making the cool space cooler and the warm space warmer. During the heating season, heat pumps move heat from the cool outdoors into your warm house. Because they transfer heat rather than

generate it, heat pumps can efficiently provide comfortable temperatures for your home.

Replacing old heating and cooling equipment with an Energy Star qualified heat pump can cut annual energy bills by nearly \$200. With rebates offered by South River EMC and tax incentives offered on higher rated SEER systems, you could save some money all while improving your comfort.

Don't forget, adjusting your thermostat if you have a full house, can help cut costs a little too!

For details on the rebates offered by South River EMC, visit sremc.com/energy-star-heating-cooling. For details on tax incentives, visit energystar.gov and search "federal".



PO Box 931
Dunn, NC 28335
910.892.8071
800.338.5530
sremc.com



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