

WATTS Current

January 2010

For Our Members

Now is the Time to Invest in ENERGY EFFICIENCY

With the start of the New Year, we are excited to share with our members a host of new programs and incentives for making your home or business more energy-efficient. MVEC has long been a leader within the industry in providing educational tools and rebates to help you use electricity more wisely, and we have made some valuable updates to our program offerings for 2010. New programs have been added for every category of member including residential, agricultural, commercial and industrial.

MVEC offers a range of rebates for items that you may be planning to purchase anyway. The financial rewards are used to encourage you to make energy efficiency a key consideration in selecting which type of item to purchase. The process is simple; first visit our website at www.mvec.coop for a list of incentives, qualifying criteria and applications. (Turn to page 7 for an overview of existing home

incentives. More incentives will be listed in future *Watts Current* issues.) Next, make your purchase or complete the product installation. Then complete the application form and submit the required supporting materials. Finally, you will receive a rebate check in the mail. Whether you plan to build new or just update old equipment, program incentives are available for you to consider. Here are just a few examples:



Residential Members:

Program incentives are available for new ENERGY STAR rated appliances such as refrigerators, freezers, dishwashers, washers and televisions. And, later this year we will have a program for appliance recycling. If you plan to install a new water heater, consider a heat pump, solar, or some other high efficiency electric water heater to qualify for significant rebates. We have programs that will reward you for choosing compact fluorescent lighting (CFL) and LED lighting because they both use less electricity. For cooling and heating your home, incentives are available for a geothermal heat pump, air source heat pump, central air, and window air conditioning units that are energy-efficient.

Special Celebration or Just Good Food?

"This is our 54th year starting the business as husband and wife on July 1st."

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Windy Kalmes, St. Donatus



Did You Know?

Most electronic devices continue to consume power when they are switched off.



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Now is the Time to Invest in ENERGY EFFICIENCY

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Agricultural Members:

Farm and dairy operations benefit from incentives for selecting energy-efficient ventilation fans, heat lamps, livestock waterers, other dairy equipment, and more. A range of new programs are available for indoor and outdoor lighting; so even if you have looked before at these programs, you should check again to see what else is new. These programs have been updated to reflect the latest and best technology.

Commercial/Industrial Members:

New custom rebates were added this year for commercial and industrial members, and the number of lighting products qualifying for incentives has doubled. Geothermal heat pumps, air source heat pumps, central air, chillers, and ventilators are covered under programs as long as the units are energy-efficient. Rebates are also available for premium motors and variable speed drives with certain restrictions. Commercial refrigeration and freezers that are ENERGY STAR rated qualify for incentives for each unit.

MVEC is committed to providing you a diverse portfolio of cost-effective programs that SAVE YOU MONEY. Promoting and focusing on using energy wisely is also environmentally responsible. Practicing energy efficiency helps keep electric rates affordable and thereby creates a savings to the entire membership by saving on the purchases made for additional electrical power from our power provider. For more information about the 2010 energy efficiency incentives or to download incentive forms, please visit our website at www.mvec.coop.



The installation of automatic meters across our system is proving to be a valuable investment for both our members and the cooperative. Meters are being automatically read on or about the first day of each month. This 30-day reading cycle is providing members with energy bills that are more consistent from month to month. Members also enjoy no longer fighting the weather elements, or time, to read and report their meter reading each month. Enrollment in automatic payment options saves many members the cost of a postage stamp and a check each month. Meter reading history allows more accurate meter estimates if needed. The ability to collect a meter reading within seconds allows us to better answer your energy use questions and we can take it one step further with graphs that clearly demonstrate how and when you are using energy. If you have specific questions or concerns on your energy usage please contact our member support department.

The cooperative is also benefiting from this technology. Employees are spending fewer hours collecting, verifying and entering meter readings into our software. Power blinks are recorded and analyzed to assist in reducing future interruptions. Integration of digital mapping, automatic meters and real-time outage software has improved our ability to manage outages and helps reduce the outage time you experience. Tracking the demand level at your home, farm or business ensures that the transformer is properly sized to meet your energy needs and reduces the chances of future outages due to equipment overload. Transferring service to another person is streamlined with the ability to quickly obtain a meter reading to properly bill the former and the new member.

Thank you to all members for your patience and understanding as we completed this massive project in record time.

Automatic Bill Pay Plan

Enroll in our Automatic Bill Pay Plan and simplify your electric bill payment process. For further information, please visit our website at www.mvec.coop or call our office at 800-927-6068.



Request a Home Energy Performance Audit

It's the right time to save both energy and money! By combining energy supplier rebates with qualifying Federal Energy Efficiency Tax Credits (up to \$1,500) that expire at the end of 2010, you may be able to reduce your net cost of improvements by over \$2,000! With or without the tax credits, ***you will save money on your energy bills by improving your home's energy efficiency!***

We want to help you take advantage of all of the incentives available to you and help you recognize which improvements will benefit both your home and your pocket book. Should you buy new windows or add insulation? How much energy and money will a more efficient furnace save you? How much energy and money will you save with a new heat pump water heater and is it right for your home? To get this information, request a Home Energy Performance Audit today.

Why do I need an energy audit?

An energy audit will provide valuable insight in determining what is negatively affecting the comfort, performance and energy efficiency of your home. A Home Energy Performance Audit may be advisable if you have experienced a combination of the following issues:

- High energy usage
- Inability to maintain consistent house temperatures
- Continually running furnace or air conditioner
- Significant temperature variances between rooms
- Moisture on the windows
- Drafty rooms
- Dry indoor air (winter season)
- Cold floors (winter season)

What is a Blower Door Test?

A Blower Door Test is a comprehensive test that measures the leakiness of your house. The building is pressurized and de-pressurized and a measurement of air leakage is performed.

What are the benefits?

The Home Energy Performance Audit is designed to provide solutions to energy and air leakage problems and present recommendations to reduce energy usage and increase your comfort and safety.

What does the Home Energy Performance Audit include?

- Energy use review
- Visual Building Inspection
- Attic Inspection for air leakage, duct leakage and insulation
- Window and Door Inspection
- Air Leakage Test - Blower Door
- Insulation Inspection
- Lighting Evaluation and Appliance Usage Estimates
- Visual Inspection of Heating and Cooling Systems and Water Heater

READY TO SAVE MONEY?

CALL GARY
TODAY AT
800-927-6068

The energy auditor will provide printed reports that prioritize energy improvements for your home, approximate costs, incentives and payback time. Pre-qualification for a Home Energy Performance Audit is required. The cost, valued at over \$500, will be \$300, which will be refunded after you install required energy saving measures in your home designed to reduce your energy use for home heating, cooling and water heating by 25% or more.



Special Celebration or Just Good Food?

Grace Zimmerman, Anamosa, Iowa



Kalmes Store in St. Donatus.

The answer can be found at the family restaurant in St. Donatus on Highway 52, located between Dubuque and Bellevue, where the sign proclaims “Kalmes Store

Complete Dinner Menu” and can be found on the map as Little Luxembourg. It’s the only place that I know of where you can meet your friends for a fragrant cup of coffee for 25 cents. It’s a family story which features five generations working to deliver good service with its food and extras.

Starting out across the street, Theodore and Stella Kalmes built a gas station and bar and moved it to its present location in 1932. In 1942, they added their own living quarters and a grocery store for residents. In 1956, Windy and Helen Kalmes



Grandpa's restored bar.

became owners expanding to a dining room in 1982. A Luxembourg dining room was added in 1995, with two sections one featuring photos

of Luxembourg and the other adorned with historic photos of St. Donatus and the Kalmes family. That’s an experience in itself in making past history come alive. “A special focus is Grandpa’s old restored bar,” relates son Jim with a twinkle of pride in his eyes as he gives me the grand tour. “My wife Lori and I have been a part of the restaurant business for 30 years as “gofer” and cooking with my mother, Helen. You learn by experience,” is his comment as he hands me a menu, “Our Sunday buffet served from 4:30 p.m. to closing is very popularly priced at only \$10.99.

Five generations from 1893 to now adds lots of helpers, with fourth generation sons, Jim & Lori, Brian & Barb, John and Windy & Helen’s daughter Jody and hubby, Willie. The fifth generation is

represented by Jimmy who is in charge of the catering department, which I conclude has to be a demanding task as I view the seven vehicles used for catering.

As I look at the menu, the Luxembourg Classics catch my eye as they certainly offer a unique dining experience: the Wiener Schnitzel Veal, Pork Sausage Sandwich, and Luxembourg Ground Steak; talk about making my mouth water!

As you study the menu, the most difficult part is making a choice from the St. Donatus appetizers or pizza, which includes a ham and sauerkraut



Helen and Jim cooking.

option. There’s a large variety of sandwiches, even a bison burger. You can choose from soups and salads, steak or pork dishes, chicken, seafood of all kinds, and the “Plate Mates” offering two foods on one plate.

Speaking to Windy, the obvious question is “How did you get your nickname?” His response, “I got it when I was just a little kid. I talked so much as a kid that “Windy” became my nickname at an early age,” as he continues, “This is our 54th year starting the business as husband wife on July 1. She’s the spoke around here.” (I’ll attest to that after a visit to the spotless kitchen to watch her prepare breakfast, side by side with her son, Jim.) “We have three or four cooks helping us serve 200 to 300 people on weekends.” Helen’s presence is very noticeable as the phone rings and Windy answers and then calls out, “Helen, line 1.”

A visit to the convenience store has me observing the homemade horseradish and pickled fish specialties, along with Park Farm Winery and Stone Cliff Winery wines and the usual handy grocery items. It’s interesting to note all the awards such as “Home of the World’s Greatest Hamburger, Winner of the Golden Burger Award, with a big “Congratulations Poster” sponsored by Budweiser and other commendations.



I also noticed a poster on the wall of the bar which states that a Purifier by Healthy Living Technology is offered for sale at the Kalmes Store. This features fresh air devices and items to enhance environmental conditions in your home or business. “It’s just an extra service we offer to keep people healthy; providing fresh air as it alters the air in your home,” is Windy’s comment. He offers a brochure explaining all the items available.

Don’t miss the opportunity to stop in St. Donatus on Highway 52, just south of Dubuque. The Kalmes Store offers a combination of an offbeat relaxing bar, a luncheon dining area, the convenience store, as well as the large dining areas to top off those special occasions or just to enjoy scrumptious food in a cozy surrounding.



The catering vehicles.

Make your holiday and special celebrations a relaxing atmosphere, or plan a visit simply to experience the good food; and don’t forget Jimmy’s top notch catering service. Call 563-773-2480 for more information. Once you visit the Kalmes Store, you’ll return again and again!

Tree Trimming for Reliability and Safety

Tree trimming helps keep people safe and the power on when storms hit

To protect electric reliability and personal safety, it is important that crews for Maquoketa Valley Electric Cooperative periodically trim trees near power lines in your community. Tree limbs and power lines are a bad combination, especially with storms involving high winds, lightning or ice. Trees are one of the most common causes of electric service outages and severe storms can disrupt power for extended periods of time.

Tree limbs and branches that extend into power lines can pose a significant risk to public safety during any kind of weather. Anyone in close contact or trying to trim or climb such trees could be seriously injured.

Trained crews usually trim trees around primary transmission and distribution lines every few years. Franchise and easement agreements with cooperative members allow us to trim affected trees on private property. Many factors are considered when trimming a tree, such as the effect of ice on the limbs, how fast-growing the tree is and how many repeat trips will be needed. Fast-growing trees may need to be trimmed back more than slow-growing trees. The goal is to trim no more than what is necessary for public safety and electric service reliability. Trimming a tree near a power line requires a professional. If you have a tree near a power line please contact MVEC at 800-927-6068.

Watts The Answer?

1. MVEC has long been a leader within the industry in providing educational tools and _____ to help you use electricity more wisely.
2. Meters are automatically read on or about the _____ day of each month.
3. An energy _____ will provide valuable insight in determining what is negatively affecting the comfort, performance and energy efficiency of your home.

Mail your answers in with your energy bill or email them to erobertson@mvec.com.

Two winners will each receive a \$10.00 credit on their energy bills.

Name:

Address:

November winners:

Carlene Gravel, Dyersville
Clement Pins, Farley



Eating Sweets the Healthy Weigh

Susan Uthoff, ISU Extension Nutrition & Health Specialist

Human beings like sweet treats. There is nothing wrong with enjoying sweet foods, in moderation. The problem is that we tend to go overboard on sugar. Often this is in the form of empty, “liquid candy” beverages (pop). In 2010, make a resolution to have your sweets and stay healthy too. The Iowa State University Extension Service has some tips to help you achieve your resolution.

First, go natural with fruit. Fruit whether it is fresh, frozen, canned, diced or juice, is nature’s sweetest treat. Satisfying your sweet tooth with fruit means you get some real nutrition benefits like fiber, vitamins, minerals and phytonutrients. As a special bonus you also get good taste.

The best time to enjoy a sugary food or beverage is along with other foods at a meal. You will tend to consume less if you are satisfied with other foods, especially protein foods. The sugar will have less effect on your blood sugar. Also, resize your portion size. Many candy bars, cookies and soft drinks have increased in serving sizes. In 2010, choose smaller portions, like a fun or mini size candy bar instead of a king sized bar. Smaller portions can be equally satisfying.

People often feel guilty about eating sweets so they sneak around and wolf sweets down. Unfortunately, eating quickly and guiltily means that you feel less satisfied. Your goal should be to eat less and enjoy it more. Pick a small portion of your favorite sweet and then savor every bite.

The way to know how much sugar there is in the sweet treat you choose, read before you eat. Read the Nutrition Facts Label to get the most nutrients per bite. And if you see these following terms on a label, remember what the term really means.

| <u>Label Term</u> | <u>Means</u> |
|---------------------------------|--|
| Sugar free | less than 0.5 gram sugars per serving |
| Reduced or less sugar | at 25% less sugar per serving as compared with standard serving size of the traditional food |
| No added sugars/no sugar | no sugars added during processing or packing including ingredients that contain sugar such as juice or dried fruit |

Magical Fruit Salad

- 1-20 ounce can pineapple chunks in 100% juice
- 2 cups seedless grapes
- 2 bananas
- 1¾ cups low-fat or non-fat milk
- 1-3½ ounce package instant lemon or vanilla pudding mix

Drain juice from pineapple and discard or save for another recipe. Rinse grapes, drain, and remove grapes from the stem. Peel bananas and cut into bite-sized pieces. Pour milk into a bowl. While stirring, sprinkle in the pudding mix. Add all of the fruit to the pudding. Let mixture stand for five minutes and serve. Refrigerate leftovers within two hours.



Did You Know?



You can pay your electric bill online!

Existing Residential 2010 Incentives



Maquoketa Valley
Electric Cooperative

www.mvec.coop
800-927-6068



Your Touchstone Energy Cooperative

| Incentive Type | Partial Criteria | Amount |
|---------------------------------------|---|----------------|
| Water Heating | | |
| Heat Pump Water Heater | Add-on Unit Integrated Unit | \$300 \$500 |
| Solar Water Heater | Must have electric auxiliary tank | \$350 |
| High Efficiency Electric Water Heater | 40-79 gallon | \$50 |
| | 50-79 gallon | \$100 |
| | 80 gallon + | \$150 |
| Drainwater Heat Recovery Pipes | Must have electric water heater. Rebate may not exceed cost | \$300 |
| Appliances and Electronics | | |
| Refrigerator | Must be Energy Star rated. Limit one unit. | \$25 |
| Freezer | Must be Energy Star rated. Limit one unit. | \$25 |
| Dishwasher | Must have electric water heater. Limit one unit. | \$25 |
| Dehumidifier | Must be Energy Star rated. Limit one unit. | \$25 |
| Clothes Washer | Must have electric water heater. Limit one unit. | \$35 |
| | Must have electric dryer. Limit one unit. | \$35 |
| | Must have both . Limit one unit. | \$70 |
| Television (minimum 40 inches) | Must be Energy Star rated; CEE Tier IV. Limit one unit. | \$40 |
| Indoor Lighting | | |
| Compact Fluorescent Lamps (CFL) | Must be Energy Star rated. 9 Watt min. Limit 25/year. | \$2/lamp |
| CFL Fixtures | Must be Energy Star rated. Limit 15. | \$8/fixture |
| Ceiling Fans | Must be Energy Star rated. Limit 4. | \$15/unit |
| LED/SSL Lighting | Must be Energy Star rated. 10 Watt min. Limit 5/year. | \$30/fixture |
| Heating and Cooling | | |
| Geothermal Heat Pump | Closed Loop | \$350/ton |
| | Unit Replacement (existing loop) | \$150/ton |
| Air Source Heat Pump (ASHP) | Standard ASHP | \$150/ton |
| | ENERGY STAR Bonus (additional) | \$250/unit |
| Heat Pump Compressor | Must replace existing compressor | \$100/unit |
| Central Air Conditioner | SEER 14.5 (and EER 12) | \$100 |
| | SEER 16 & above (and EER 13) | \$150 |
| Window Air Conditioner | Must be Energy Star rated | \$25 |
| Indoor Air Quality Devices | Must be Energy Star rated. Limit two units. | \$50 |
| Heat Recovery Ventilators | Electronic Air Filter; Ultra Violet Air Purifier; Radon Abatement | \$50 |
| | Must be whole house system | \$125 |





Maquoketa Valley
Electric Cooperative
109 North Huber St.
Anamosa, Iowa 52205-0370

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Attention High School Juniors



Watch next
month's Watts
Current for
details of our
annual Youth
Tour contest and
your chance to
win an all
expense paid
trip to
Washington, D.C.

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