

POWERLINE

NEWSLETTER FOR CO-OP MEMBERS OF CORN BELT ENERGY



EDITION: SEPTEMBER 2022

Local organization offers retreat for veterans

By Skylar Grevengoed

Lieutenant Colonel Grotbo served over 26 years in the United States Air Force as a Special Warfare Operator. In 2002, he was deployed to Afghanistan for Operation Enduring Freedom. When returning home, Grotbo stated he was “forever changed”. He spent the next 18 years trying to manage his post-traumatic stress disorder (PTSD). In February 2020, he decided to seek help by attending counseling sessions, visiting clinics, and focusing on self-care. When returning home to his Midwestern family farm he stated this, “provided the best therapy.” This allowed Grotbo to rediscover a part of him that was missing when he returned from deployment and inspired his mission.

In April of 2020, Grotbo decided he wanted to create a retreat for other veterans to visit and use some of the therapeutic activities he found useful. He wanted to ensure his organization was nonprofit and the veterans seeking help could do so free of charge. The organization he created is called Moraine View R&R. Grotbo stated, “I created Moraine View R&R with the goal of physical, mental, emotional, and spiritual resilience as part of my own self-care.” His vision is, “to achieve veteran resiliency through Midwestern rural retreat.”

Moraine View R&R offers many different forms of therapy including yoga, music, art and group therapy. Other activities these individuals may partake in include a swimming pool and hot tub, books for reading, board games and other recreational activities.

He also hopes to bring equine therapy to Moraine View R&R and include other service-related animals in the future. “We will be open to collaboration with anyone who has experienced a therapy program that improved their wellbeing and could be suitable for our retreats,” stated Grotbo.

Grotbo is looking to expand his creative ideas and has set out to allow veterans to have a campsite and set up camp wherever on the property they please. He intends to create different programs that will allow spouses and children of the veterans to stay at Moraine View R&R as well. He wants to ensure veterans are free to use Moraine View R&R as their safe place to receive





For more information, please visit www.moraineviewretreat.org, visit them on Instagram @moraineviewr_r or Facebook @Moraine View R&R, or contact them via email at moraineviewretreat@gmail.com.

therapy. Moraine View R&R not only provides therapy but education on how to cope and manage PTSD

when veterans return home. Grotbo has created an organization that will hopefully benefit any soldier seeking therapy from this program. Moraine View R&R plans to have a ribbon cutting ceremony in October

and a grand opening in Spring of 2023. **Help support this cause** Moraine View R&R encourages you to pass on this information to others and share their social media.

The power of preparation

With severe weather events occurring more frequently, now more than ever, it makes sense to be prepared. During a prolonged power outage or other emergency, this means having enough food, water and supplies to last at least a few days.

In honor of National Preparedness Month in September, Corn Belt Energy wants to remind members of our community about the power of preparation. There are several practical steps you can take to keep you and your family safe.

Even at a modest level, preparation can help reduce stress, anxiety and lessen the impact of an emergency event. We recommend starting with the basics.

Here are general guidelines recommended by the Federal Emergency Management Agency:

- Assemble a grab-and-go disaster kit. Include items like nonperishable food, water (one gallon per person, per day),

- diapers, batteries, flashlights, prescription medications, first-aid kit, battery-powered radio and phone chargers.
- Develop a plan for communicating with family and friends (i.e., via text, social media, third party, etc.).
- Have some extra cash available; during a power outage, electronic card readers and cash machines may not work.
- Store important documents (birth certificates, property deed, etc.) in safe place away from home (for example, a bank safe deposit box).
- Keep neighbors and coworkers apprised of your emergency plans.
- Fill your car with gas.
- Organize your supplies so they are together in an easily accessible location that family members know about.

Caring for vulnerable family members
If you have older family members or those with special needs, make

sure they have enough medication and supplies for a few days. If they don't live with you, arrange for a neighbor to check in on them. If a severe weather event is expected, consider having your relative stay with you if feasible, otherwise call them daily. If you have an infant or young children, make certain that you have ample formula, diapers, medication and other supplies on hand to weather an outage lasting several days or more.

Keeping four-legged family members safe
For families with pets, having a plan in place in the event of a prolonged outage or an emergency will help reduce worry and stress especially if you need to make a decision during an emergency.

- Bring pets indoors at the first sign of a storm or other emergency. Pets can become disoriented and frightened during severe weather and may wander off during an emergency.

- Microchip your pet and ensure the contact information is up to date.
- Store pet medical records on a USB drive or in an easy-to-remember location.
- Create an emergency kit for pets (include shelf-safe food, bottled water, medications and other supplies).

At Corn Belt Energy, we care about your safety. Planning for an emergency situation today can give you more confidence to deal with potential severe weather or other emergencies.

Surge protection for your entire home

Storms often bring an increased threat of power surges which could damage your valuable electronics and appliances.

Many people think a blink in power is a surge, but these are generally caused by something such as a tree contacting a line. When a blink occurs, Corn Belt Energy's protective devices work, causing an interruption to protect the wires and other components.

What is a power surge? A power surge is defined as sudden, short-lived increase in voltage. Power surges can enter the home in a variety of ways including power lines, telephone lines, cable/satellite connections and any other metallic system that connects to your home.

Corn Belt Energy can help protect your home from the threat of power surges which could damage your valuable electronics and appliances.

Internal Surges

80% of temporary power surges come from inside the home;

protect your equipment with surge protector devices like power strips. Make sure to look for the UL 1449 label, which guarantees it meets tested and approved standards. Surge protectors carry a "joule" and/or a "surge-current" rating; the higher the rating of these two categories, the higher the quality of internal surge-stopping components. Corn Belt carries several surge strips and outlet receptacles that may fit your needs.

External Surges

Whole-house protection is recommended for more severe surges, including lightning strikes. Corn Belt can install a surge protector on your exterior electric meter for \$6.95/month (200 amp meter) and a \$25 installation fee. 400 amp meter protection is available for \$8.95/month with a \$25 installation fee.

Inside your home, a panel-mounted circuit panel or service entrance suppression device (TVSS) forms a second layer of defense by greatly reducing harmful surges entering your home. A qualified electrician can ensure proper installation.



Shane Bollhorst
Area Serviceman

How long have you worked at Corn Belt Energy?
18 years

What is your role at Corn Belt Energy?
Usually I'm the first person to be in contact with members in my service area on outages, appointments, and questions about their service. Also, I spend time on maintenance to lines and patrolling my service area looking for ways to prevent and shorten future outages.

What aspect of your role do you enjoy the most?
Troubleshooting outages and getting members on as safely and quickly as possible.

If there is one piece of advice that you could share with our members, what would it be?
As we try to maintain all members services, there are always unforeseen circumstances that causes power outages daily. Try to have a plan B if you can.

Corn Belt Energy puts SAFETY FIRST. What safety tip would you share with our members?
Stay clear of downed power lines, never assume they are dead.

What are your hobbies and outside interests?
Anything outdoors whenever possible with my family.

Who or what inspires you?
My kids inspire me to be better.

If you had to select a hashtag to describe yourself, what would it be?
#linelife

Is there anything else you'd like to share with our members?
Most of the time we are unaware that you may be experiencing power issues. Please call and leave updated information so we can get issues resolved.



For more information about whole house surge protection or any other Corn Belt Energy programs, services or rebates, please visit our website at www.cornbeltenergy.com or call us at 309-662-5330.

Contact us today about **REBATES**

water heaters • air source heat pumps • geothermal • electric vehicle chargers

What is an air source heat pump and how does it work?

Air source heat pumps transfer heat between a house and the outside air. Similar to how your home refrigerator works, the heat that you feel coming from the bottom of your refrigerator is the hot energy being transferred from the inside of the refrigerator into your home. Thus, cooling the inside of the refrigerator.

The air source heat pump unit is connected by refrigerant-filled tubing to an indoor component. The indoor unit contains a fan, indoor coil, and a supplemental resistance or propane/natural gas heating backup.

Depending on whether the heat pump is in a cooling or heating mode, the refrigerant moving through the system makes the

indoor coils either hot or cold. A blower draws room air in through a filter and pulls it across the indoor coil.

As the air passes by the coils, it either gathers or gives off heat—depending on whether the coils are hot or cold. Warm or cool air travels through ductwork and registers into the house's rooms.

What are the advantages of air source heat pumps?

Cost. Heat pumps give off less heat at one time than do conventional gas furnaces, which means that they don't turn off and on with the same frequency as a gas furnace, and therefore circulate more air throughout the house.

Air source heat pumps are controlled by the same type of thermostat used for forced-air systems and trim electricity use by as much as 30-40% in moderate climates.

Are rebates available for the purchase of air source heat pumps?

Yes, Corn Belt Energy offers up to \$1,500 in rebates for air source heat pumps.

For more information about air source heat pump rebates or other Corn Belt Energy programs, services or rebates, please visit our website at cornbeltenergy.com/rebates or call us at 309-662-5330.

Thank you to all members who participated in the "Spring into green" electric lawn and garden rebate program.

We are excited to announce that during this limited time rebate offer, Corn Belt Energy members purchased and received rebates for:

- 26 push mowers
- 29 battery powered lawn equipment/tools

Spring into green
CHOOSE ELECTRIC LAWN & GARDEN EQUIPMENT

CONTACT US

309-662-5330 | cbec@cornbeltenergy.com | www.cornbeltenergy.com |  
1 Energy Way, Bloomington IL 61705 | Office hours: Monday - Friday, 8:00 AM to 4:30 PM

