SEEDS June 2026 Newsletter

Sustainable Energy Education & Development Support of NEPA

*Community Energy * Lasting Change*

Good News from the SEEDS Community

This past May SEEDS teamed up with Farm Arts Collective hosting a Back to Basics Series: Backyard

Composting program. Even with the damp weather it was well attended and provided some great information on composting.

The speaker, Chelsea Kelley, provided an engaging, hands on presentation on how and what can be composted, literally providing materials for attendees to dig into! One of the videos she shared was a video from Earth Matter NY, a New York nonprofit whose mission it is to reduce the organic waste misdirected into the garbage stream by encouraging neighbor participation and leadership in composting. This exciting initiative is a great example of what a small group of people can do to make a big difference. Below is a link to a video they produced on different types of composting bins. There are more than you think! https://www.youtube.com/watch?v=SaHRFHC3Od8

* * * * *

NEPA GIVES
June 4-5, 2026

NEPA Gives and SEEDS needs your support! We invite you to join the generosity movement and help us reach our goal of $3,500! Our mission is to bring renewable energy and sustainable living education to our community. Your donation helps us achieve those goals.

Giving is easy: between **7PM on June 4th and 7PM on June 5th**, you can make your gift online at SEEDS of Northeastern Pennsylvania | NEPA Gives. After you make your gift, encourage your friends, family and colleagues to be a Giving Hero like you! Tag #SEEDSofNEPA and use the #NEPAGives

hashtag to join in the excitement online! Then follow along by checking the NEPA Gives leaderboards, prizes page, and social media channels for exciting updates and announcements. Thanks for your support of SEEDS and being a part of the NEPA Gives movement!

We will be hosting an open house on **June 5th from 3 - 5PM at our new office in Honesdale at the Stourbridge Tech Hub.** This is a great opportunity to meet some of our board members and get to know more about our programs, events and opportunities! We will have some light snacks and refreshments. **Come join us!**

* * * * *

DIY Home Energy Efficiency Checklist

SEEDS has developed a great tool for homeowners that provides tips and tricks you can implement around your home to start saving on your energy bills. It leads you through a room-by-room assessment to help you identify issues. Click on the

checklist image above to take you to this great tool.

Learn more or sign up at www.seedsgroup.net/energy-efficiency or call (570) 241-1256.

Image by Freepik.

Renewable & Sustainability News
Our monthly feature on what's happening here at home and around the world.

Heat Pumps Slash Your Heating & Cooling Costs: An Actual Success Story

By Adam Freedgood
SEEDS Volunteer & Board Member

Heat pumps operate by transferring ambient heat rather than generating it. During winter, they extract heat from the outside air and move it indoors; in summer, the cycle reverses. This thermodynamic process makes them up to 300% more energy-efficient than traditional electric baseboards or standard window air conditioning units.

Situation & Remedy
A 3-bedroom raised ranch in Equinunk, PA, was initially constructed as a three-season vacation home and outfitted solely with electric baseboard heating. When the new owners transitioned the property to year-round use, they faced staggering winter electricity bills — over $1,000 in the coldest month of both 2025 and 2026.

To mitigate these costs, they used an online calculator to project their potential savings and payback period. Research showed they could expect to recover their costs within just a year or two. Taking action, they purchased a 36,000 BTU mini-split heat pump system for approximately $2,500 and completed a DIY installation, a job which took two handy people only one full day.

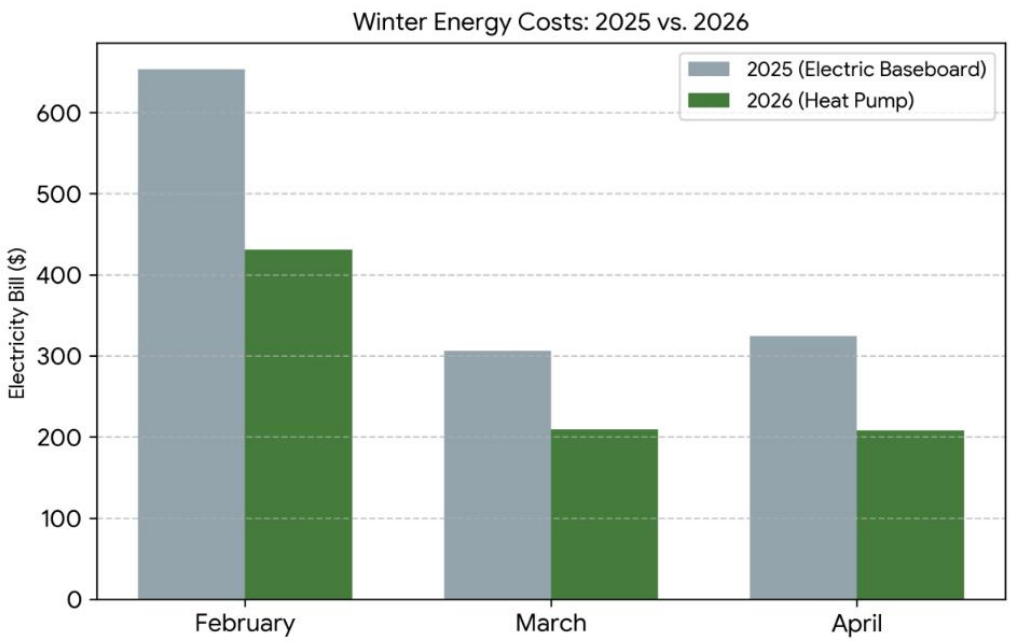
This single unit was installed in January of 2026, designed to condition the main open-concept living area (kitchen, living room, and dining room) which makes up the majority of the home's 1,600 square feet. Because multi-zone systems carry a higher upfront cost, their objective was to measure the impact of one primary unit before expanding to smaller rooms.

The Importance of Weatherization

Installing the heat pump was a critical step, but maximizing HVAC efficiency requires looking at the whole home envelope — specifically air sealing and insulation. The house lacked adequate attic insulation, with just a few inches of fiberglass batt. In Northeast PA, homes should have an attic insulation value of R-40 to R-60 to prevent heat loss (that’s 16" or more). Upgrading this insulation is planned before next winter, which will reduce the home's heating load, allow the heat pump to run even more efficiently, and drive costs down further, especially in rooms that still have electric baseboard.

The Results: $435 Year-over-year Savings in Just the First 3 Months

The year-over-year savings for February, March, and April are clear, as the heat pump offset the expensive electric baseboards. Based on the immediate savings so far, the owners expect to save at least $1,000 per year. Over the 15-year-or-greater life of the new equipment, that’s around $15,000 in total savings.



Month	2025 Cost (Baseboard)	2026 Cost (Heat Pump)	Monthly Savings ($)	Savings (%)
February	$653.20	$430.77	$222.43	34.1%
March	$305.84	$209.17	$96.67	31.6%
April	$324.37	$208.08	$116.29	35.9%
Post-Install Total	**$1,283.41**	**$848.02**	**$435.39**	**33.9%**

Take Action

Pennsylvania homeowners can access substantial federal and state incentives for heat pump installations and weatherization projects. To check your eligibility for rebates, visit https://homes.rewiringamerica.org/calculator. If you are unsure where to start, you can always ask SEEDS.

Upcoming Events

With summer coming and energy rates on the rise, how can you lower utility bills? And, where can you find independent advice about solar and the latest home energy efficiency technology? Join the upcoming SEEDS Energy Circle meeting to ask questions and share your experiences with energy efficiency, solar power, heat pumps, battery storage, and other clean technologies.

The meeting will be held June 1, 2026 at 5PM via Zoom. To sign up visit the SEEDS website at www.seedsgroup.net/event/ to register for the event. Zoom meeting information will be emailed ahead of time to everyone who RSVPs.

The SEEDS Energy Circle is a community-driven group dedicated to making renewable energy and energy efficiency accessible to everyone. Meeting monthly,

the Circle organizes free home energy and solar assessments for local residents, plans hands-on DIY weatherization workshops, and hosts educational forums. Discussions cover a wide range of practical topics, from navigating government grants and clean energy policy to green building technologies. It provides a collaborative space to share knowledge, brainstorm initiatives, and take direct action.

* * * * *

SEEDS Open House to Celebrate NEPA Gives!
Date: Friday, June 5, 2026
Time: 3 - 5PM
Where: 646 Park Street, Honesdale, PA 18431

Meet some of our board members and volunteers to learn about SEEDS

programs and how you can get involved!

Image by Vecteezy.

Energy Efficiency Tip of the Month

This month's tip is: Prepare Your Home for Summer Heat!
As temperatures begin to rise, now is a great time to prepare your home for energy efficiency, health, and comfort in the warmer months ahead. Simple steps like closing blinds and curtains during the hottest parts of the day, checking air filters, and sealing small gaps around windows and doors can help keep cool air inside and reduce the strain on your cooling system. These small improvements can increase comfort, lower energy use, and help reduce summer utility costs before peak heat arrives.

It is also helpful to inspect outdoor air conditioning units and remove leaves, dirt,

or debris that may block airflow. Keeping vents clear and changing HVAC filters regularly allows systems to operate more efficiently and improves indoor air quality. Taking preventative steps in late spring can help your home stay cooler and more energy efficient throughout the summer season.

Read more at: U.S. Department of Energy – Energy Saver Guide

SEEDS Reads!
Looking for your next read? Check out the book recommendations below from our Volunteers. These titles support curious minds and sustainable futures.

CHILDREN'S PICK

A River Ran Wild by Lynne Cherry
The journey traces the true history of water pollution and the restoration of the Nashua River — once home to the Nashaway people and later transformed by

colonization and industrialization. It reveals how these eras shaped and damaged the waterway, explores the river's severe pollution and remarkable recovery, and highlights the laws now in place to protect our waters from future harm.

ADULT PICK

Bringing Nature Home – How You Can Sustain Wildlife with Native Plants by Douglas Tallamy

Bringing Nature Home argues that the plants we choose for our yards directly shape the future of local wildlife. Douglas Tallamy shows how replacing ornamental species with native trees, shrubs, and flowers can transform even a small garden into essential habitat — supporting the insects that sustain birds and help entire ecosystems thrive.

Message Board Info

Subscribe to the SEEDS new online message board to ask questions, share expertise, and get alerts on upcoming learning opportunities! Have a specific question about solar, energy efficiency, or clean tech? Want to promote an upcoming event or resource? SEEDS is building an online forum to serve as a center of knowledge on all things clean energy!

Visit https://groups.io/g/NEPA-solar-and-energy-efficiency or send an email to NEPA-solar-and-energy-efficiency+subscribe@groups.io to subscribe!

VOLUNTEER OPPORTUNITIES!

Home Energy Efficiency Assessments - Volunteers will learn about home energy efficiency by accompanying our other volunteer adult supervisor/assessors on home energy assessments. Volunteers will also be helping non-profit facilities improve energy efficiency. Additionally, volunteers

will generate reports and gather data from homeowners who have had their homes assessed in the past. Training will be provided. This program received a 2016 PA Governor's Award for Environmental Excellence.

July 11th - Zane Grey Festival - We are looking for volunteers to help represent SEEDS at the Zane Grey Festival from 10AM to 4PM held outside on the grounds of the Zane Grey Museum in Lackawaxen, PA, rain or shine. Just a few hours of your time can make a big impact in getting the word out about our work here at SEEDS. Contact Michele at SEEDS if you are interested: director@seedsgroup.net

Book Share - We are already in the planning stages of this year's event, to be held September 17-21st. We are also planning a potluck in August to familiarize volunteers with the event and what opportunities are available. More to come but check out our webpage for more information and contact Jean at kamerlot@ptd.net if you are interested in volunteering!

Contact Development Director Michele Long if you are interested in any volunteer opportunities at director@seedsgroup.net

Donate to support SEEDS!

seedsgroup.net

SEEDS

Sustainable Energy Education & Development Support

Our Sponsors

Buselli Solutions

Brookfield Renewable

grimm construction inc 1975 50 2025

Turano Insurance

We're People People

Citizens Savings Bank

Pioneer Construction Company, Inc. "Working for Your Environment"

Platform Industries Custom Screen Printing

•PLATFORMINDUSTRIES.COM•

Dirlam Bros Lumber Co

RE/MAX Wayne

The Dime Bank Member FDIC

Woodloch Est. 1958 A Tradition of Excellence & Hospitality

Grantors

Pocono Mountains Visitors Bureau

The Wayne County Community Foundation Investing in Our Future

ppl

Community Foundation for the Alleghenies

Serving Bedford, Cambria, Somerset, and Indiana Counties

SEEDS IS SUPPORTED BY THE PENNSYLVANIA DEPARTMENT OF CONSERVATION AND NATURAL RESOURCES, BUREAU OF RECREATION AND CONSERVATION, THROUGH A GRANT FUNDED BY THE ENVIRONMENTAL STEWARDSHIP FUND.

Copyright © 2026 SEEDS - Sustainable Energy Education and Development Support. All rights reserved.
You are receiving this email because you signed up to be on the SEEDS mailing list.

Our mailing address is:
SEEDS-Sustainable Energy Education and Development Support
PO Box 765
Honesdale, PA 18431