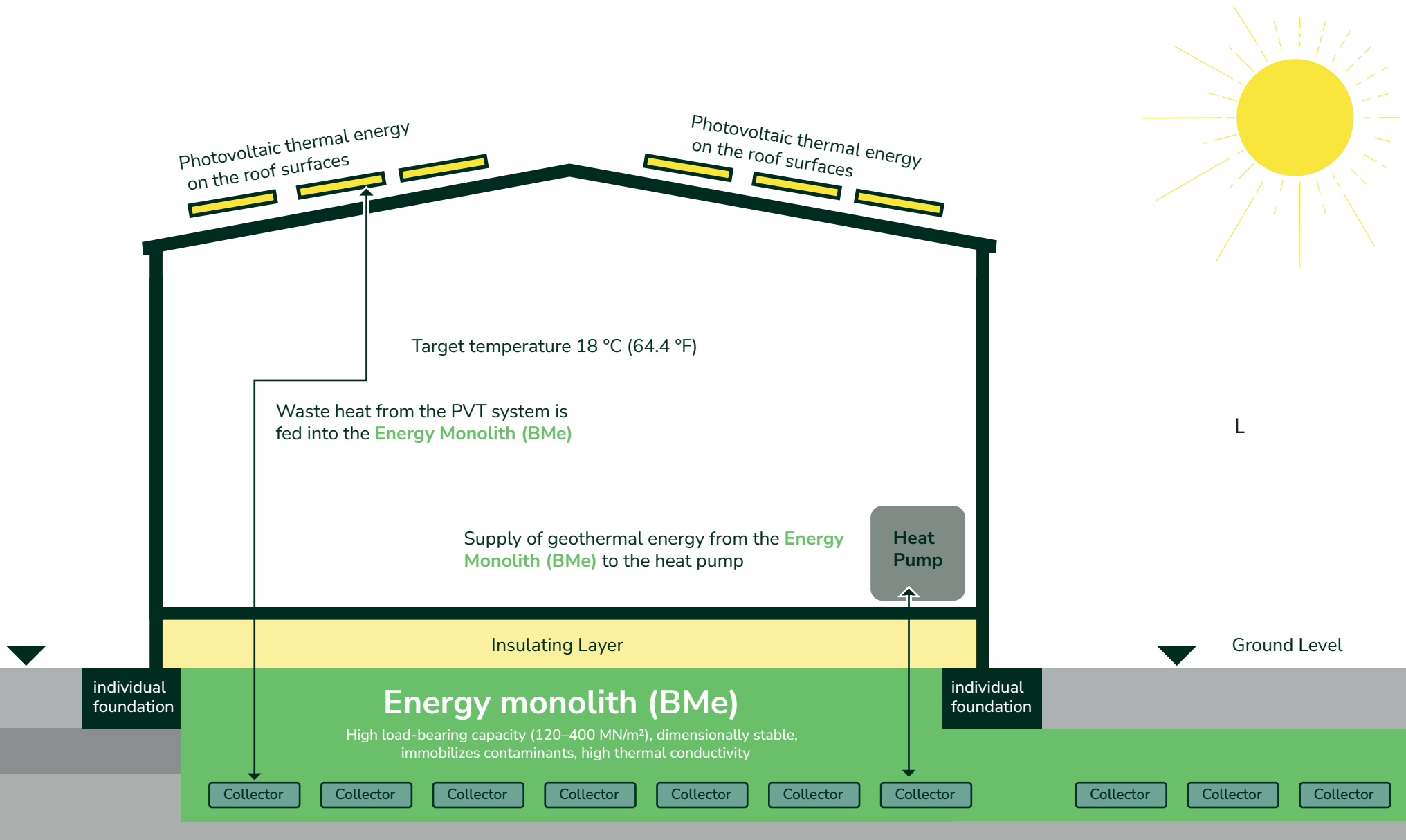Heat supply for a building with Energy monolith (BMe)