

# ROCK ENERGY NEWS

FOR ROCK ENERGY COOPERATIVE MEMBERS

www.rock.coop

August 2011



## Member Appreciation Day Pancake Breakfast Saturday, Sept. 17



### Thanks for Allowing Us to Serve Your Energy Needs

Please join us on Saturday, Sept. 17, for our annual Member Appreciation Day.

This event is a chance for Rock Energy's board of directors and employees to show you how thankful we are to be your energy provider.

We're planning a pancake breakfast from 8 to 10:30 a.m. at our Janesville headquarters. The

breakfast includes all-you-can-eat pancakes topped with butter and syrup, sausage, juice, milk, and coffee.

The Chris Cakes cooks will use their fancy flipping techniques so the pancakes land right on your plate.

When you're finished eating, we have lots of activities planned to keep you and your family busy.

September						
SUN	MON	TUES	WED	THURS	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

**8 - 10:30 a.m.**  
**Rock Energy Co-op**  
**2815 Kennedy Road**  
**Janesville, Wis.**



# Insulating Attics: More Is Better

Is there enough insulation in your attic?

With adequate attic insulation, your home's heating and cooling system will operate more efficiently. It will keep you cooler in summer and warmer in winter.

You'll also keep more money in your wallet. Adding insulation to your attic can save \$240 a year, based on estimates from TogetherWeSave.com.

Older homes tend to have less attic insulation than newer ones. An energy audit can indicate whether additional insulation is needed.

Before adding insulation, determine how much insulation is already installed, what kind it is, and how thick it is.

Next, you'll need to know the R-value—which indicates the insulation's resistance to heat—of existing attic insulation. The higher the R-value, the greater the insulating effectiveness.

After you know the R-value, you can determine how much insulation to add by using the U.S. Department of Energy's Zip Code Insulation Program.

Now you're ready to decide what kind of insulation to install: loose-fill or blanket (batt and roll) insulation.

Loose-fill insulation, small particles of fiber or foam, is usually less expensive to in-



stall. And when installed properly, loose-fill insulation can provide better coverage.

Blanket insulation, the most common and widely available type of insulation, is made from mineral wool, plastic fibers, and natural fibers.

You can find these energy-savings tips and others at [www.TogetherWeSave.com](http://www.TogetherWeSave.com), Touchstone Energy's national campaign that encourages co-op members like you to make small changes that add up to big savings.

## Have a Safe and Happy Labor Day!

Rock Energy Cooperative offices will be closed on Monday, Sept. 5, in observance of Labor Day. We will re-open at 7:30 a.m. Tuesday, Sept. 6. Members can make payments in the drop boxes at both offices throughout the holiday weekend. Even though our offices are closed, standby crews are always available 24 hours a day. If you need to report a power outage, please call (608) 752-4550 or toll-free (866) 752-4550.

## Get Connected

Check out these great deals offered with your Co-op Connections Card.



**Curves for Women, 1800 Humes Road, Janesville – (608) 756-5100 – [www.curves.com](http://www.curves.com)**

Offering a complete fitness and nutrition solution. The Curves 30-minute workout exercises every major muscle group and burns up to 500 calories through a proven program of strength training, cardio, and stretching. CurvesSmart™, your personal coaching system, individualizes and customizes each workout—monitoring heart rate, workout intensity, range of motion, and repetitions, providing a progress report with the number of calories burned! Curves Complete is a nutritional and diet resource that offers personalized meal plans, recipes, and expert advice.



**75% Off Service Fee (\$199); You Pay Only \$49**

**Heirloom Treasures, 422 Center St., Durand – (815) 248-2300**

Gracefully old antiques, new gift items, including stained glass and unique items.

**Box of Love (with Purchase)**

**Clinton Chiropractic Clinic, 400 Ogden Ave. Clinton – (608) 676-2210 – [www.clintonchiro.com](http://www.clintonchiro.com)**

Chiropractic care offering decompression and wellness care including diet issues, weight loss supplements, and custom-made orthotics.

**10% Discount on Supplements (Tuesdays Only)**

For a complete listing of current deals, visit [www.rock.coop](http://www.rock.coop) and click on the Co-op Connections Card. Terms and conditions are subject to change as desired by participating businesses. You also can use your card to receive a discount on prescription drugs. In June, Rock Energy members saved \$628 on their prescriptions, a 33 percent discount. Printable coupons also are available online.

## Snappers Tickets Still Available

Discounted tickets are still available for Beloit Snappers home games.

Rock Energy Cooperative members can buy them for \$2 each at the Janesville or South Beloit co-op offices. The tickets are originally priced at \$6.50 and can be used during the 2011 regular season.

## ROCK ENERGY NEWS

**Rock Energy Cooperative**  
(608) 752-4550 or (866) 752-4550

P.O. Box 1758  
2815 Kennedy Rd.  
Janesville, WI 53547-1758

P.O. Box 126  
15229 Willowbrook Rd.  
South Beloit, IL 61080

Shane Larson, Chief Executive Officer • Barbara Uebelacker, Editor