

Carbon Monoxide Safety

Illinois Law Requires Detectors in All Residences

Often called the silent killer because of its odorless, tasteless, and colorless nature, carbon monoxide remains the leading cause of accidental poisonings in the United States, according to the Centers for Disease Control and Prevention.

Each year, carbon monoxide poisoning claims nearly 500 lives and causes more than 20,000 visits to hospital emergency departments.

In Illinois, every home is required to have at least one carbon monoxide alarm in operating condition within 15 feet of every room used for sleeping purposes.

If a carbon monoxide detector in your house goes off, check to see if anyone in the house is experiencing symptoms of carbon monoxide poisoning. If so, get them out of the house immediately and tell your doctor you suspect poisoning from the gas.

Regardless of whether anyone in the home has symptoms, ventilate the house, turn off all potential sources of carbon monoxide, call 911, and have a qualified technician check your gas appliances. Rock Energy does not provide this service.

Safety Tips

Do:

- Have your heating system, water heater, and any other gas, oil, or coal-burning appliances serviced by a qualified technician every year. Rock Energy does not provide this service.
- Install a battery-operated CO detector in your home and check or replace the battery when you change the time on your clocks each spring and fall. If the detector sounds, leave your home immediately and call your local fire department, not Rock Energy Cooperative.
- Seek prompt medical attention if you suspect CO poisoning and are feeling dizzy, light-headed, or nauseous.

Don't

- Use a generator, charcoal grill, camp stove, or other gasoline- or charcoal-burning device inside your home, basement, or garage or near a window.
- Run a car or truck inside a garage attached to your house, even if you leave the door open.
- Burn anything in a stove or fireplace that isn't vented.
- Heat your house with a gas oven.



Know the Symptoms

Physical symptoms of carbon monoxide poisoning vary depending on the amount in the bloodstream.

Mild Exposure

- Slight headache
- Nausea
- Vomiting
- Fatigue
- Flu-like symptoms

Medium Exposure

- Severe headache
- Drowsiness
- Confusion
- Rapid heart rate

Severe Exposure

- Unconsciousness
- Convulsions
- Cardiac/respiratory failure



Rock Energy Cooperative

Your Touchstone Energy® Cooperative 



More Power to You

COOPERATIVE BUSINESS MODEL DEVOTED TO DEMOCRACY

Shane L. Larson, Chief Executive Officer

Co-ops across the country celebrate National Cooperative Month in October to highlight the advantages of the cooperative business model. “Cooperatives Commit” is this year’s theme, and it’s right on target. Cooperatives commit to meeting the needs of their members and communities through democratic member control, one of the most important aspects of the cooperative business model.

That means you, as a co-op member, select the directors on the board who determine the strategic direction of Rock Energy Cooperative. Those directors care deeply about the co-op because they are members—just like you. That’s what sets co-ops apart from other businesses, where decisions often are made by out-of-town people who aren’t affected by actions of the board of directors.

Nine dedicated directors govern your co-op, and each is elected from a specific part of our service

territory. (See the map on page 18B.) Each director serves a three-year term, and three directors are elected at each annual meeting to assure continuity of the board.

At the co-op’s annual meeting next spring, directors in Districts 1, 3, and 5 will be up for re-election. If you’re interested in being considered by the nominating committee, see the notice on page 18B to find out how to get more information.

One of the board’s main duties involves hiring a chief executive officer. Since being hired in 2000, I’ve been responsible for overseeing the day-to-day operation of Rock Energy and ensuring that you receive a safe, reliable, and affordable supply of power. On a continuous basis, your directors consider policies that affect the co-op, which are then carried out by our staff.

Being a director is far from an easy task. Responsibilities stack up, and time commitments are considerable. Besides attending hours of meetings every month, each director must stay up-to-date with the complex business of energy distri-

bution. They also review numerous reports, publications, and other materials to become familiar with the operation of Rock Energy and with current issues involving cooperatives.

Democracy is a defining element of cooperatives. The democratic structure of a co-op ensures that it serves members’ needs. Co-ops operate on the one-member, one-vote philosophy. Each member is entitled to one vote regardless of the amount of energy purchased. This differs greatly from investor-owned utilities where control is determined by the number of shares each stockholder owns.

October marks National Cooperative Month, when we take time to celebrate and talk about why our not-for-profit, consumer-controlled business model

is special. While investor-owned businesses have a structure that pushes them to deliver profits to

shareholders, cooperatives have a structure that pushes them to meet their customers’ needs. Cooperatives put people ahead of profits.

In the United States, there are more than 40,000 cooperatives with 350 million members. These co-ops generate \$514 billion in revenue and more than \$25 billion in wages, according to a study conducted by the University of Wisconsin Center for Cooperatives with support from the U.S. Department of Agriculture.

Cooperatives operate in every industry from health care to child care, energy services to financial services, agriculture to housing. Studies show that consumers want to do business with companies that share their values, making today’s environment ideal for cooperatives and their commitment to the communities in which members live and work.

October may be National Cooperative Month, but we like to celebrate co-ops throughout the year. We never want to lose sight of our purpose: to serve our members. As always, if we can do a better job serving you, please let us know.

CO-OPS COMMIT

Co-op Month 2017



Rock Energy Cooperative Director Districts



District 9:
Wendell Boyer



District 1:
Barbara Miller



District 2:
Marian Trescher,
Secretary



District 4:
James Quade,
Treasurer



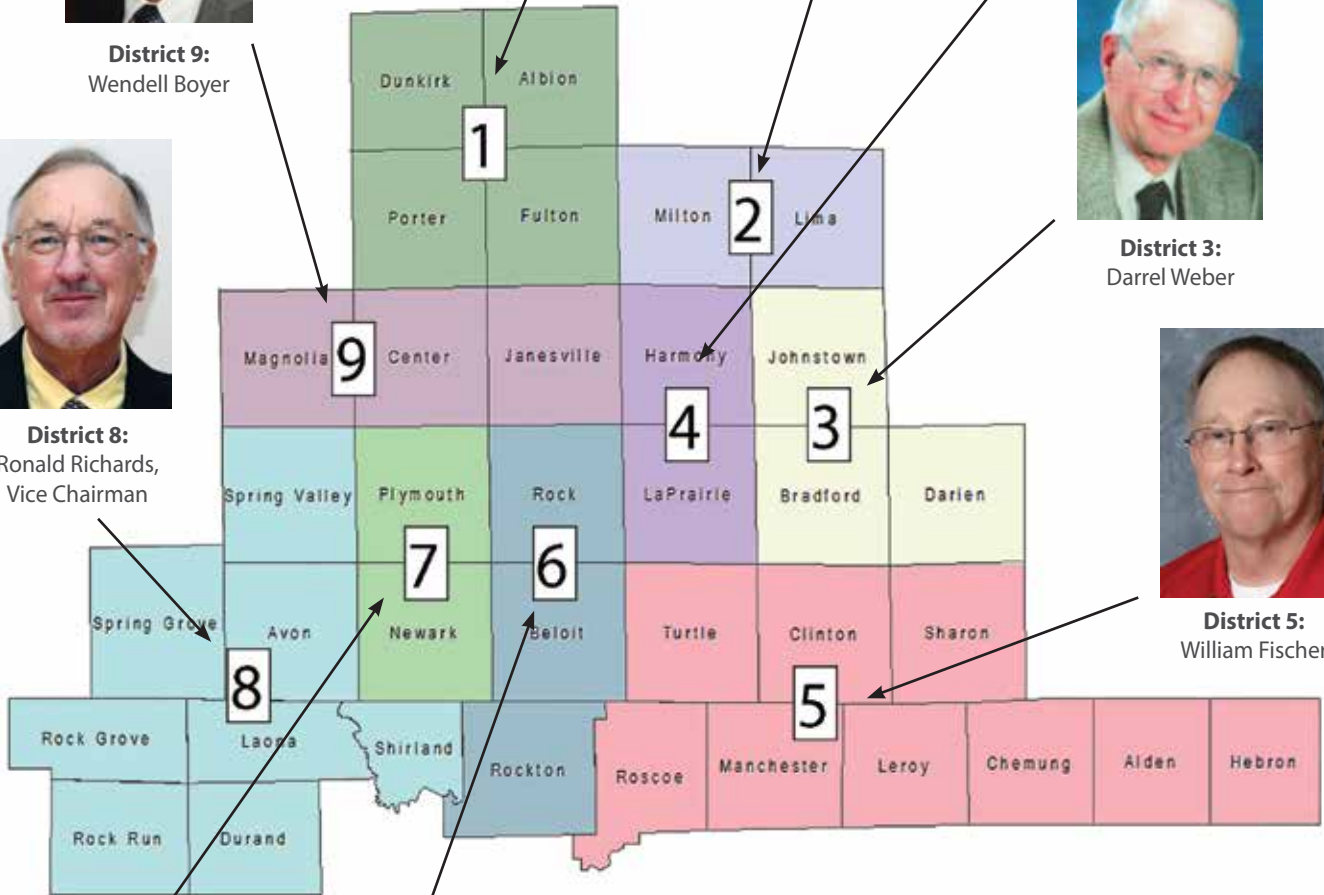
District 3:
Darrel Weber



District 8:
Ronald Richards,
Vice Chairman



District 5:
William Fischer



District 7:
William Dietsch,
Chairman



District 6:
Clark Schoonover

DIRECTOR NOMINATIONS OPEN

The Rock Energy Cooperative Nominating Committee will be selecting candidates to run for board of director positions that will be on the ballot at the March 26, 2018, annual meeting.

Districts up for election are:

- District 1: Fulton, Porter, Albion, and Dunkirk townships in Wisconsin.
- District 3: Bradford, Johnstown, and Darien townships in Wisconsin.
- District 5: Clinton, Sharon, and Turtle townships in Wisconsin; Alden, Chemung, Hebron, Leroy, Manchester, and Roscoe townships in Illinois.

Active members who are interested in running for a position on the REC Board of Directors must permanently reside in one of the areas up for election and meet all other qualifications. For more information, please contact the co-op at 866-752-4550 or send an e-mail to questions@rock.coop by Dec. 1.



EVEN RUSTY SHOULD CALL 811 BEFORE DIGGING!

For details, go to
www.rock.coop/call811



**Know what's below.
Call before you dig.**

MY CO-OP





Are you protected?

Make sure your personal, professional information is secure

Sony, Target, Home Depot, Yahoo, Equifax, and even the U.S. Office of Personnel Management have all been attacked by cybercriminals. Let's face it: In today's world, the cybersecurity threats facing our nation can seem overwhelming—and downright scary.

Cybersecurity, specifically the protection and security of consumer-members' assets and the nation's complex, interconnected network of power plants, transmission lines, and distribution facilities is a top priority for electric cooperatives and other segments of the electric power industry.

This October, Rock Energy Cooperative is recognizing National Cybersecurity Awareness Month. The special design

October
is National Cybersecurity Awareness Month.

Cybersecurity Tip
Create long passwords that only you will remember and change them every six months. Remember, a strong password is at least 12 characters long.

nation began in 2004 under leadership from the U.S. Department of Homeland Security and the National Cyber Security Alliance. Since then, it has grown exponentially, reaching consumers, small- and medium-sized businesses, corporations, educational institutions, and young people across the nation.

By raising awareness and understanding of basic cybersecurity practices, the country can unite to combat cyberthreats. Everyone has a role to play in ensuring the security of your personal and professional data.

Use these tips to safeguard your computer:

- Keep all software on internet-connected devices—including personal computers, tablets, and smartphones—up to date to reduce risk of infection from malware.
- Create long passwords that only you will remember, and change them every six months. Remember, a strong password is at least 12 characters long.
- Avoid the use of thumb drives and other portable memory devices.
- Don't click on weblinks or attached files in emails when you're not certain of who the sender is.
- Keep pace with new ways to stay safe online. Check trusted websites for the latest information. Share security tips with friends, family, and colleagues, and encourage them to be web wise.

To learn more about National Cybersecurity Awareness Month, visit www.staysafeonline.org.

UTILITY POLES ARE NOT BULLETIN BOARDS

Think before you post that sign!
Staples, nails and tacks used to hang signs and fliers create dangerous obstacles for electric lineworkers. Their jobs are dangerous enough - help us keep them safe!

Energy Efficiency Tip of the Month

Fall/Winter Energy Tip: When you are asleep or out of the house, turn your thermostat back 10° to 15° for eight hours and save around 10 percent a year on your heating and cooling bills. A programmable thermostat can make it easy to set back your temperature—set it and forget it!

Source: U.S. Department of Energy

Shane Larson, CEO

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Barbara Uebelacker, Editor



ROCK ENERGY COOPERATIVE
Empowering Members Since 1936