

# ROCK ENERGY NEWS

FOR ROCK ENERGY COOPERATIVE MEMBERS

www.rock.coop

November 2009



Three Rock Energy Cooperative directors received their Credentialed Cooperative Director certificates in September during the NRECA Region V meeting in Springfield, Ill. Pictured with NRECA President Wally Wolski (far left) and NRECA Vice President Martin Lowery (far right) are REC Directors, from left, Jo Miller, Stan Dybevik, and Marian Trescher. They successfully completed five courses designed to provide advanced industry knowledge and skills required of directors.

## Dec. 1 deadline nears for board nominations

The Rock Energy Cooperative Nominating Committee will be selecting candidates to run for board of director positions that will be up for election at the March 29, 2010, annual meeting.

Districts up for election are:

- District 2: Milton and Lima townships.
- District 4: Harmony and La Prairie townships, city of Janesville.
- District 9: Magnolia, Center, and Janesville townships.

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.

Please contact REC headquarters at (608) 752-4550 or (866) 752-4550 or send an e-mail to [questions@rock.coop](mailto:questions@rock.coop) by Dec. 1.

## Together We Save

Flip the switch. Lower the blinds. Insulate your attic. Lower the temperature on your thermostat.

These sound like simple tasks. Take all of these steps around your home or business, though, and you can rack up big savings.

Touchstone Energy Cooperative has launched its "Together We Save" campaign, which promotes small changes in members' behavior that can help co-ops deliver efficient, reliable, and affordable energy. Rock Energy

Cooperative is one of nearly 700 local, consumer-owned electric cooperatives in 46 states participating in the campaign.

Each month this newsletter will focus on one of these topics to show members how they can take simple steps to save both energy and money.

Members also can visit [www.togetherwesave.com](http://www.togetherwesave.com), where they will find more than a dozen energy-efficiency web applications linked to a virtual home tour.



Touchstone Energy<sup>®</sup>  
Cooperatives

**TOGETHERWESAVE.COM**

*Happy  
Thanksgiving!  
Our offices will be closed  
Thursday, Nov. 26,  
& Friday, Nov. 27,  
in celebration  
of Thanksgiving.*

# Stay Healthy This Flu Season

## Follow These 3 C's: Clean, Cover, Contain

Simple steps can help prevent you from becoming sick during the flu season. Both the seasonal flu and H1N1 (swine) flu are contagious respiratory illnesses that can cause mild to severe illness.

Health officials recommend that people remember the 3 C's:

### 1. Clean your hands.

- Place hands together under warm water.
- Rub them together for at least 20 seconds with soap.
- Be sure to wash both hands thoroughly, including wrists, palms, back of hands, and underneath fingernails.
- Rinse soap from your hands.
- Dry with a clean towel by patting your skin instead of rubbing to avoid chapping and cracking.



### 2. Cover your cough.

- Use a tissue to cover your nose and mouth when you cough or sneeze.
- If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands.
- Remember to discard the tissue after using it.
- Avoid touching your eyes, nose, or mouth. Germs spread this way.



### 3. Contain your germs.

- If you are sick with flu-like symptoms, health officials recommend that you stay home for at least 24 hours after your fever disappears except to get medical care or for other necessities.



## Health Departments Offer H1N1 Flu Vaccines

Certain people should receive the H1N1 vaccine when it first becomes available, according to the Centers for Disease Control and Prevention. The target groups include pregnant women, people who live with or care for children younger than 6 months, health care and emergency medical services personnel, people between the ages of 6 months and 24 years, and people with chronic health conditions or compromised immune systems.

At press time, only Rock County had announced its schedule of H1N1 flu clinics. For details about clinics in other counties, check their web sites or call the agencies.

A communitywide clinic is scheduled for 9 a.m. to 2 p.m. Saturday, Nov. 14, at the Rock County Job Center, 1900 Center Ave., Janesville, for people in the target groups. Appointments also can be made by calling Rock County Health Department at (608) 757-5440.

The following Rock County school H1N1

flu clinics are specifically for vaccinating individuals ages 6 months through 24 years. There is no charge for receiving the vaccine. A parent must be present with their minor children. Clinic hours are 3 to 7 p.m.

- Clinton High gym: Tuesday, Oct. 27.
- Beloit Turner School District, Powers gym: Wednesday, Oct. 28.
- Beloit School District: Converse gym, Tuesday, Nov. 3; Aldrich cafeteria, Wednesday, Nov. 4.
- Parkview Junior/Senior High cafeteria: Thursday, Nov. 5.
- Janesville School District: Edison cafeteria: Tuesday, Nov. 10; Franklin cafeteria: Wednesday, Nov. 11; Monroe gym: Thursday, Nov. 12.
- Edgerton Elementary School gym: Tuesday, Nov. 17.
- Milton High commons/cafeteria: Wednesday, Nov. 18.
- Evansville High commons/cafeteria: Thursday, Nov. 19.

## Get Connected



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

### Evansville Health Club

Evansville, WI - (608) 882-5644

Offering cardio and strength equipment, personal training, and 24-hour access. No contracts.

7-Day Free Trial

### Faith & Destiny Christian Store

Janesville, WI (608) 757-1555

Bookstore and coffee shop. Offering books, Bibles, gifts, jewelry, toys, music, movies, and greeting cards.

5% Off In-Stock Items

(Wednesdays-discount off lowest marked price)

### GlassWorks of Wisconsin – Edgerton, WI

(608) 290-6200 – [www.glassworkswi.com](http://www.glassworkswi.com)

Automotive glass repair and replacement. The premier specialty shop in the Autarea. Certifications from the National Glass Association and the Institute of Automotive Service Excellence. Competency is of the utmost importance when replacing the glass in your automobile. Avoid catastrophic failure or moisture damage to the hidden areas of your vehicle or even adverse effects on the structural integrity and future resale value of your vehicle. Our modern, fully equipped mobile service vehicles are prepared to assure quality installations and can meet your needs at any location.

10% Off Glass Installation

### Hearth & Garden Gift & Coffee House

Durand, IL – (815) 248-2282

Coffee house with sandwiches. Handmade candles, lotions, and ceramics. Local handmade gifts and more.

10% Off selected items

For a listing of current deals,  
visit [www.rock.coop](http://www.rock.coop).

### Agency Phone Numbers

- Rock County: (608) 757-5440 or (608) 364-2010
- Walworth County: (262) 741-3200
- Green County: (608) 328-9390
- Madison & Dane County: (608) 243-0555
- Winnebago County: (815) 720-4000
- Boone County: (815) 544-2951
- Stephenson County: (815) 235-8271
- McHenry County: (815) 334-2800

### Useful websites

- Centers for Disease Control and Prevention: [www.cdc.gov/H1N1flu](http://www.cdc.gov/H1N1flu)
- List of Wisconsin county health departments: [dhs.wisconsin.gov/LocalHealth/counties/countyalpha.htm](http://dhs.wisconsin.gov/LocalHealth/counties/countyalpha.htm)
- List of Illinois county health departments: [www.idph.state.il.us/local/alpha.htm](http://www.idph.state.il.us/local/alpha.htm)



Know what's below.  
Call before you dig.