



Shane L. Larson,
Chief Executive Officer

More Power to You

DAD'S PHILOSOPHY OF LIFE LEADS TO A HAPPY, HEALTHY SOUL

We've had a lot of fun at our annual Rock Energy Family Night at the Ballpark, but I don't think any have been as special as this year's event on June 18.

There's always plenty of food, fun, and fireworks for the hundreds of co-op members who fill the stands. But this year was exceptional because one of our members was named *Illinois Country Living* magazine's Father of the Year. Jon Lang of South Beloit and his family were the guests of honor at a pregame picnic on the third-base deck, where a brief presentation was made. A video of the event is available on our YouTube channel. Just go to www.youtube.com and search for Rock Energy Cooperative.

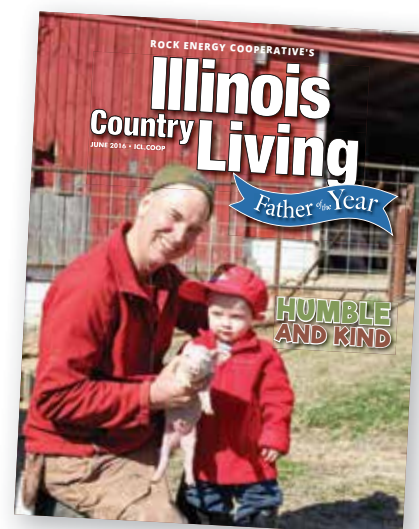
The magazine for Illinois electric cooperative members sponsors the contest every year, alternating between Father of the Year and Mother of the Year. Winners have come from across

Illinois—north and south, east and west—and we're honored that one of our co-op members was chosen this year.

Lang worked as a Rockford firefighter for 30 years while operating a small hog farm southeast of South Beloit. Since he retired, the farm has expanded from four to 45 sows with a new litter coming every two weeks.

During the presentation, Duane Noland, chief executive officer of the Association of Illinois Electric Cooperatives, explained that this award is special because individuals are nominated by their family members. He invited Amy Smith of South Beloit to read her Top Ten list of reasons why her dad should be selected. The list includes hardworking, honest, passionate, generous, positive, present, and role model. Here is her explanation of the top three reasons:

These last three are my dad's philosophy of life. Keeping these three items



balanced leads to a happy, healthy soul.

No. 3: Friends. He has many friends from farming to firefighting to board members that respect his opinion and dedication he pours into whatever he does. They are always willing to stand beside him.

No. 2: Family. There isn't anything that my dad wouldn't do for any family member from doctor appointments to lunches to a simple tractor ride. He will be there when called upon.

No. 1: Faith. He is a man of faith. He believes strongly that God has blessed him with everything he has. God put him here to give back to others. He wants to bless others the way the Lord has blessed him.

Rutger and I admire that most about Dad/Grandpa. He sets a strong faith example for us to follow and to live by. We are blessed to be part of his family and why we feel so strongly that he is the Father/Grandfather of the Year.

Lang was presented with a Rock Energy stadium blanket and camp chair, an *Illinois Country Living* Father of the Year jacket, a framed magazine cover announcing the award, and a wall hanging with the Paul Harvey quote: "And on the eighth day, God looked down on his planned paradise and said, 'I need a caretaker.' So God made a farmer." In ▶



Jon Lang with his grandson, Rutger, is presented the Father of the Year award by Duane Noland, chief executive officer of the Association of Illinois Electric Cooperatives, left, and Shane Larson, chief executive officer of Rock Energy Cooperative.



Above left: Jon Lang throws out the ceremonial first pitch at the June 18 Beloit Snappers game. Above right: Little Rutger is lucky enough to go on the field with Grandpa when he throws the first pitch and talks to Snappers catcher Jose Chavez.

addition, a \$100 donation was made in his honor to the Rock River Food Pantry, where he volunteers and serves on the board of directors.

It was a pleasure visiting with Lang and his family at the Snappers game. The magazine article announcing Lang as Father of the Year was titled “Humble and Kind,” and he definitely embodies those two qualities.

In accepting the award, Lang said, “This is a family tribute, not just a tribute to me. If it wasn’t for my parents and the influence they had on me when I was growing up, my in-laws once I found my wife and their influence on me, and most of all, my wife (Jane), I couldn’t do any of this without her support.” He also thanked God for all the blessings bestowed on him and his family.

In addition to being humble and kind, Lang also has a good

sense of humor. Whenever he messes up, he said he’ll show his family the DVD of the presentation and remind everyone, “Hey, I’m not so bad after all.”

That’s truly an understatement. As I watched Lang and his grandson, Rutger, in their matching shirts and caps, it was

“This is a family tribute, not just a tribute to me.”

—Jon Lang

evident to me that he was not only Father of the Year, but also Grandfather of the Year. Little Rutger apparently is his grandpa’s shadow, following him around while doing farm chores. They even

went to the pitcher’s mound together to throw the ceremonial first pitch of the game.

The timing of our Family Night at the Ballpark couldn’t have been better. Lang was honored as Father of the Year on June 18, and the next day appropriately was Fathers’ Day. It certainly was quite a weekend for the Lang family.

As always, please let us know if there’s anything we can do to improve our service to you. We truly are grateful to be your energy provider.



Amy Smith and her son, Rutger, nominated Jon Lang for Father/Grandfather of the Year.

Discounted Tickets Available

Discounted tickets are still available for Beloit Snappers home games. Rock Energy Cooperative members can buy them for \$2 each at Janesville or South Beloit co-op offices, and they can be used during any 2016 regular season game. The tickets are originally priced at \$7.



MEMBERS CAN LOCK IN NATURAL GAS RATES

Rock Energy Cooperative is offering a program for residential members who want to lock in their natural gas rates for the winter to avoid the risk of price increases.

Rock Lock is a fixed-rate plan that ensures members will always pay the same price per therm for their natural

gas. Even if demand increases and supplies decrease, members on a fixed-rate plan would continue to pay the same rate throughout the winter.

There is no guarantee of savings from participating in the Rock Lock program. It only guarantees that the price you pay per therm of natural gas will not change

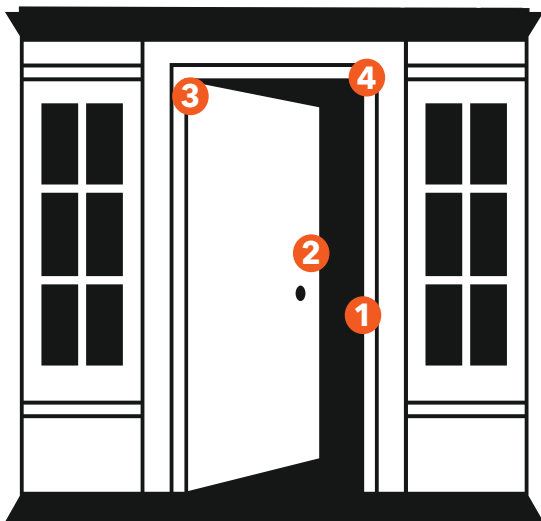
during the contract period. The number of participants in the program will be limited.

If you're interested in learning more about Rock Lock, contact Mike Salmons, energy services manager, at (866) 752-4550.

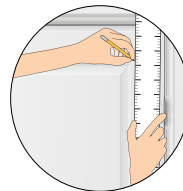
WEATHER STRIPPING DOORS

Capturing Energy Savings by Sealing Air Leaks

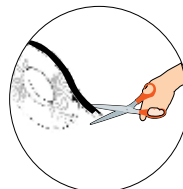
Save energy and seal air leaks by weather stripping exterior doors. How do you know if you need to weather strip? If you can see any amount of light between the door frame and the floor, weather stripping should be applied to eliminate energy waste. This DIY energy-saving project is relatively easy and inexpensive depending on the type of materials selected. The most common weather stripping material is self-adhesive foam strips, although rubber, vinyl, metal, or a combination of materials may also be used.



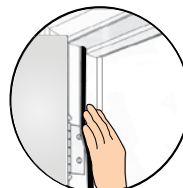
1 CLEANING SURFACES - Clean the door and door jamb to be weather stripped. For best results, weather stripping should be applied to clean, dry surfaces above 20°F.



2 MEASURING DOOR & DOOR JAMBS - To ensure greater accuracy, measure your space twice before cutting the material. It is best to plan for one continuous strip for each side of the door and door jamb.



3 CUTTING FOAM - Cut long pieces of self-adhesive weather stripping material (foam, vinyl, etc.) for each side of the door jamb and door.



4 APPLYING WEATHER STRIPPING - Peel back the self-adhesive foam. Apply one continuous strip of material snugly along each side. Make sure the weather stripping meets tightly at the corners and is pressed firmly onto the door and door jamb. The material should compress tightly between the door and door jamb, without making it difficult to shut.

SOURCE: Department of Energy



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Add Up Your Savings!

Tell us how much you have saved by using your Co-op Connections Card. If you have a story you'd like to share, e-mail Barbara Uebelacker at BarbU@rock.coop or call her at 866-752-4550.



Member Appreciation Day 2016 PANCAKE BREAKFAST

Saturday, Sept. 17 • 8 to 10:30 a.m.

REC Headquarters, 2815 Kennedy Road, Janesville, Wis.
Watch for details!

TEACH KIDS ABOUT ELECTRICAL SAFETY

We all know electricity plays a major role in our everyday lives, and it's a powerful resource that should be respected. Unfortunately, our children often do not understand the dangers of electricity.

At Rock Energy Cooperative, we encourage you to share electrical safety tips and lessons with your little ones as often as possible. We also understand their attention spans run short, so here are a few creative ways to get them involved.

Depending on the age of your child, consider designating an "electronics deputy." The deputy should be responsible for pointing out electronics in your home that are not in use and keeping appliances safe from liquids. Reward your deputy for pointing out overloaded outlets or other potentially dangerous situations.

Emphasize the importance of fire prevention with your children, and create a family fire drill plan as an extra precaution. Reward those who followed the plan.

While it is fun and engaging to turn safety into a game, it is important to ensure your children understand the risks they are facing if they do not practice electrical safety.

One of the most important safety tips you can give your kids is to avoid any downed power lines. In fact, it is best to avoid power lines, transformers, and substations in general. A downed power line can still be energized, and it can also energize other objects, including fences and trees.

Make sure your kids understand the potential dangers of coming in contact with a downed power line or low-hanging wire. And, if they encounter a downed power line, ask them to tell you or another adult to call Rock Energy.

Shane Larson, CEO

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Barbara Uebelacker, Editor



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