

# RG&E consumer news



## RG&E's Services On Energy Conservation

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Staff Assistant-Consumer Affairs

RG&E offers many programs to provide you as a residential consumer with energy conservation advice and assistance. Here are some of the major ones:

**Residential Marketing Representatives** hold classes to teach electrical and heating contractors and building inspectors the fundamentals of designing, installing and servicing heating systems, including proper insulation for the most efficient use of energy. This benefits you directly because you will be more likely to have an adequate and reliable system if you deal with a contractor who has had this training.

**Residential Representatives** also consult with individuals about their heating plans. They will advise you about the various types of heating systems available, and recommend the proper size system required for your house. They can also advise you on the proper amount and type of insulation your house should have, and provide you with an operating cost estimate for heating your home. Much of this subject matter is covered every April at our Annual Home Owner's Energy Conservation Seminar.

The Consumer Information Center display on RG&E's Main Floor features different subjects such as the Watt Watcher display, which gives the energy cost of appliances and pictures the ways you can use appliances more efficiently to conserve energy.

The Home Service Department has conducted tests on the energy consumption of refrigerators, electric ranges, and slow cookers. They provide this information as well as information on efficient home lighting, and the wise use and care of household appliances to individuals and in talks to groups of consumers.

The Speakers' Bureau provides talks and slide presentations to groups and schools at all levels on energy conservation and the energy supply problem, with the opportunity to get answers to your questions. A wide variety of energy conservation literature is continually offered on this page. Keep an eye out for the topics that interest you.

Let us know of other ways we can provide you with energy conservation information by filling out

the coupon and mailing it to the Corporate Communications Department.

## Prepare Ahead For The Holidays

Here are some time-saving ideas on a few of the various types of foods that can best be prepared and frozen before the coming holiday season. The following is a freezing guide that should help.

**Vegetables:** Fresh vegetables such as squash, candied yams and stuffed baked potatoes can all be prepared and frozen ahead of time. If you are planning on freezing a casserole, line the dish with heavy duty foil before adding the food. Then seal tightly. Once the casserole is frozen, you can remove the foil-wrapped food and reuse your dish. Vegetable casseroles can be stored in the freezer up to 3 months. To serve, all you need to do is unwrap the food, place in a casserole dish, allow time to defrost, and then heat.

**Breads:** Breads and rolls should be wrapped in freezer paper while still warm, and can be frozen for as long as 4 to 6 months. For future convenience, it would be best to package in the quantity needed per meal. Before serving, allow to thaw 3 to 4 hours at room temperature. You may warm frozen rolls by unwrapping and placing them in a brown paper bag. Then heat in a 325°F oven for 20 to 30 minutes.

To make your own "brown-serve" rolls, bake the rolls at 250°F for 20 minutes. Then wrap in freezer paper, also while they are warm, and freeze. These should be stored no longer than 3 months. When ready to use, allow the rolls to defrost at room temperature and then brown for 7 to 10 minutes at 400°F.

**Pies:** For best results, freeze fruit pies before baking. These have a storage time of 6 months. When needed, just place the frozen pie in a pre-heated oven (400°F) and bake 1 to 1-1/4 hours.

Chiffon pies, and pies that have been thickened with cornstarch, may also be frozen. Fill the pre-baked pie shell with a cool filling, package in freezer wrap, and freeze up to 3 months. Before serving, allow the pie to thaw at room temperature in unopened package for 1 hour.

It is not advisable to freeze custard or meringue pies.

## The Heat Pump Will Be Displayed At RG&E's CIC For Another Week

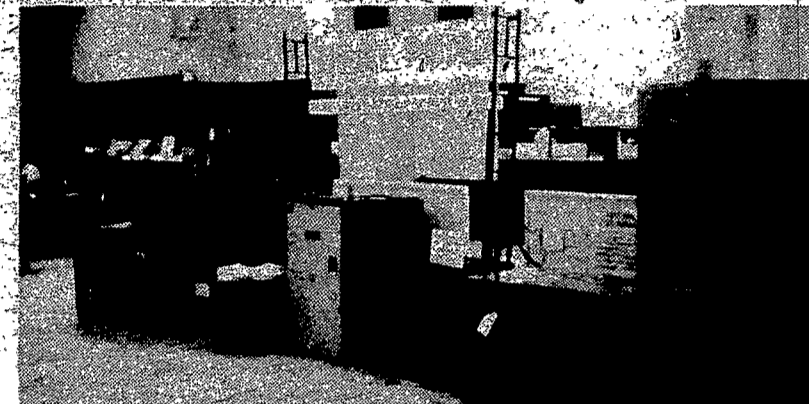
The heat pump, the most efficient electric heating system known today, will be on display at our Consumer Information

Center at 89 East Avenue one more week.

We invite you to stop in Monday through Friday between the hours of 8 a.m.

and 5 p.m. to see the heat pump exhibit. Pick up a copy of the amazing "Heat Pump Story"; and, if you need additional information, speak with one of our heating specialists who will answer your questions. Or you can fill out the coupon below and mail it to us for a copy of the "Heat Pump Story."

If a new home or large addition to your present home is in your future plans, consider the possibilities of installing the heat pump. It could be one of the best investments you'd ever make.



See the heat pump on display at RG&E's Consumer Information Center.

**Cookies:** Baked — Most cookies freeze well. Wrap for the freezer while they are still warm. To enable you to remove a few cookies at a time, you can place them in a plastic or foil-lined box separating the layers with waxed paper. Then seal the package, label, and freeze for up to 12 months. Unbaked — You can store unbaked refrigerator-type dough for up to 1 month. Just shape into a roll, wrap, and freeze. When ready to use the dough, defrost, slice and then bake your cookies.

## Bring your family to the Brookwood Science Information Center

Want to do something a little different with your family tomorrow? Something that costs nothing, has no parking problems, and the whole family will enjoy?

Then visit Brookwood, RG&E's Science Information Center, where you will have the unique experience of seeing nuclear energy's place in the world of today and tomorrow. Through animated displays with audio descriptions, your family can learn how man has harnessed this energy for the clean, efficient production of electric power.

One display graphically demonstrates the generation of electricity. Another explains the structure of the atom and the occurrence of nuclear fission.

One of the most exciting exhibits depicts the operation of the nuclear reactor used in RG&E's nearby Ginna Plant. A narrated flow diagram shows how heat from the reactor produces steam to operate the turbine that drives the electric generator.

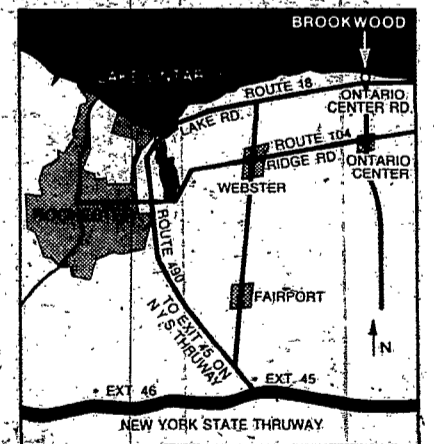
Actual Geiger counters demonstrate the detection of radiation and the effects of various shielding materials on it. Other displays follow the story of

uranium fuel from the mine to the final fuel element used in the Ginna Plant.

In the auditorium you will see slide-illustrated lectures and movie presentations elaborating upon the nuclear energy story. And competent staff members will be on hand to answer any questions you may have.

Brookwood will be open from 10 a.m. to 4 p.m. on Sunday through Thursday this week; Sunday through Wednesday during Thanksgiving week; and starting on Sunday, November 28, Brookwood will be open to the public on Sunday's only. However group programs are available at other times by calling us at 546-2700, ext. 2225 for an appointment.

As you can see from the following map, Brookwood is a pleasant drive from wherever you may live.



## If you can Read this...

You are luckier than 21 million Americans who can't. In Monroe County alone, there are over 20,000 adults that read at less than a fourth-grade level. And because they can't read well, many of them cannot manage their own lives effectively.

There is an organization that is trying to help overcome this problem called the Literacy Volunteers of America. This non-profit, volunteer organization is dedicated to helping people who cannot help themselves.

Volunteers are needed to continue this valuable service. Volunteers that would be willing to be trained to teach on a one-to-one basis, or to do some office work, or some telephoning, or even to contribute financially. There is a genuine need for everyone's help in any form.

You can find out further information about this most worthwhile organization by calling the Literacy Volunteers of Rochester at 232-6968 any weekday from 9:30 a.m. - 4:00 p.m. Or stop by their office at 50 Main Street West and find out how you can help someone else to lead a better, more productive life.

FILL OUT AND RETURN THIS COUPON TO: CJ-44

Dept. 34 Rochester Gas and Electric  
89 East Avenue, Rochester, N.Y. 14649  
546-2700

I would like more information on the following items:

Name \_\_\_\_\_  
Address \_\_\_\_\_ Phone \_\_\_\_\_  
Town \_\_\_\_\_ Zip Code \_\_\_\_\_