



NOVEMBER 2025



A Continuation of Service: **VET'S REST STOP**

Navy veteran Jeff Ingall had a dream to help other veterans, and today that dream is coming true.

Ingall's idea to give veterans "A hand up, not a hand out" began around 1985, when he was coming home from a mission on an American civilian plane which was hijacked by Hezbollah terrorists. He suffered a traumatic brain injury and PTSD as a result of the torture, interrogations and beatings he experienced while in captivity for 17 days.

Later, in counseling and hearing other veterans' experiences, Ingall was called once again to service: he would create transitional housing and a community center for other veterans from all the armed services – Vet's Rest Stop (VRS). Ingall worked tirelessly on his dream and as it started to come to fruition he died suddenly of a heart attack in 2020 just as work on a community center was starting.

Thankfully, Ingall's drive and spirit had already captured the hearts and minds of those in the Woodstock community and today, two of six planned houses and the community center are complete. All were built by area volunteers.

"Over 100 of my neighbors have worked on these homes," said NH Electric Co-op Board Treasurer Jerry Stringham of North Woodstock. "We each do what we can and have seen the buildings approach completion as we near the arrival of the first veterans in need. It's an important way to give back and to honor Jeff's service and make his vision a reality."

Cindy Simmons, a long-time friend of Ingalls and the only non-military person to sit on the VRS board, has been involved in the project since it began, initially connecting VRS with the Co-op's Energy Solutions Program Administrator Kurt Campbell.

"We got the ball going with rebates and an energy evaluation," Kurt said, noting that the Co-op helped the project with heat pump mini-split rebates, ENERGY STAR® New Home rebates and \$5,000 in home energy services and testing, as well as offering guidance on the homes' air quality and insulation.

"It has been a wild ride but it's been an amazing ride, to know that people just care about veterans," said Simmons, adding that many of the building materials, furniture and funds have been donated by scores of businesses and individuals. VRS' goal is to have all six buildings – including four, one bedrooms and two larger units with lofts – completed by the end of next year.

"We have been blessed by this amazing community," she said.

In the meantime, Simmons said they are contacting the VA and others in homeless shelters to find candidates to screen.

"We need to be sure each person is the right one," she said.

A dream come true.



Anyone wishing for more information or would like to make a donation in any form can email VRS at vetsreststop@gmail.com or mail to PO Box 1151, Lincoln, NH 03251.

MEMBER SPOTLIGHT

Distilling Energy

There are a number of reasons to embrace energy efficiency. Maybe to save money. Or maybe, the environment. For Chris Burk, co-founder of Cathedral Ledge Distillery, it was both.

“I guess I’ve always been environmentally conscientious and that probably does come from my parents. I’m kind of a practical environmentalist. I try to reflect it in my actions and in our business decisions,” said Burk, a veteran of the finance industry, who opened the distillery with his wife in December 2020, a challenging time for any business.

Burk credits the Co-op for its assistance in a variety of ways, from help with funding options to connecting him with engineers whose expertise was significant in the building’s function.

“The Co-op is great. They’ve been very helpful in navigating the process,” Burk said. “They helped with different grants and rebates and the engineers helped finalize and fine tune our design elements and what kind of equipment to procure.”

Distilling is an intense consumer of energy. Heating and cooling of spirits all goes on in the same day. For Burk, being as efficient as possible is not only being a good steward of the environment, it also makes good business sense. Between technology like high-performance drive pumps, insulated underground tanks, and an energy-efficient boiler, and the distillery’s practices, Cathedral Ledge is sustainable and exceeds ENERGY STAR® standards.

Cathedral Ledge is also the first distillery in New Hampshire to achieve national recognition through

the Better Bev craft beverage program for producers who improve energy efficiency and manufacture sustainably. The distinction involves a rigorous evaluation, including an audit of the business’s energy efficiency and sustainability on several fronts from water conservation to minimizing waste.

“Chris is very enthusiastic about his business’s environmental commitment. This enthusiasm attracts and inspires interest in sustainability. His commitment to achieving a more sustainable process can encourage other distilleries’ efforts to lower their own environmental footprint and prevent pollution,” said Ann Astarita, the Pollution Prevention Coordinator of the New Hampshire Department of Environmental Sciences, who worked with Burk throughout the vetting process.



Aside from being a pinnacle of energy efficiency, Cathedral Ledge is also USDA-certified organic and is deeply connected to its New Hampshire roots. Its building pays homage to old New England architecture, and all its distillery grains are sourced regionally from New Hampshire, Maine, and Upstate New York and are grown without GMOs, synthetic fertilizers or pesticides.

“We didn’t take all these measures to be environmentally sensitive as a marketing strategy. We did it because that’s who we are and that’s what we care about. This is a passion project,” Burk said. “We’re doing this because we want to do it. We’re focused on making premium spirits.”

Whatever your motivation is to embrace energy efficiency, the Co-op is here to help.

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New Hampshire Electric Cooperative, Inc.

Co-op Power Resources Information - 2024

Electric providers are required by the New Hampshire Department of Energy to provide customers with an environmental disclosure label with information to evaluate services offered by competitive suppliers and electric utilities. Further information can be obtained by calling NHEC (800-698-2007), your competitive electric supplier or the NH Department of Energy. Additional information on disclosure labels is available at: www.energy.nh.gov or www.nhec.com.

Link to the NH Department of Energy website: [Environmental Disclosure Labels - Frequently Asked Questions](#) | NH Department of Energy

Power Source	NHEC's Default Service (Co-op Power)			New England System Mix
	Known Resources	Residual Mix	Total	
Geothermal/Other	0.0%	0.0%	0.0%	0.3%
Hydro	2.0%	0.2%	2.2%	8.6%
Nuclear	0.0%	0.2%	0.2%	19.1%
Solar	3.0%	0.6%	3.6%	6.7%
Wind	7.6%	0.0%	7.6%	5.4%
Total Emissions Free	12.5%	1.0%	13.5%	40.1%
Biomass	1.9%	0.1%	1.9%	2.0%
Coal	0.0%	0.3%	0.3%	0.2%
Imported Power	0.0%	12.2%	12.2%	8.4%
Landfill Gas/other	1.4%	0.0%	1.4%	1.1%
Municipal Trash	0.0%	0.3%	0.3%	2.0%
Natural Gas	0.0%	62.4%	62.4%	41.2%
Oil	0.0%	8.0%	8.0%	4.9%
Total	15.74%	84.3%	100.0%	100.0%

Air Emissions	Carbon dioxide (CO ₂), nitrogen oxide (NO _x), and sulfur dioxide (SO ₂) emission rates from the above sources compared to the total emissions for New England	
	Total NHEC Mix (Lbs/MWh)	NEPOOL System Mix (Lbs/MWh)
Carbon Dioxide (CO ₂)	794.77	661.06
Nitrogen Oxide (NO _x)	0.68	0.51
Sulfur Dioxide (SO ₂)	0.29	0.21

Power Sources:

The electricity consumed in New England is created from a variety of power plants both in and outside the region. When you choose a power supplier, that supplier is responsible for generating and/or purchasing power in an amount equivalent to your electricity use. In the table above, 'Known Resources' include resources that are owned by, or under contract to NHEC. 'Residual Mix' represents power purchased in the regional electricity market, of which some will have had its renewable attributes removed through the sale of Renewable Energy Certificates (RECs) to meet regional Renewable Portfolio Standards (RPSs). NH Electric suppliers are required to obtain a certain amount of RECs in accordance with the state's RPS law RSA 362-F. Suppliers and utilities may offer energy options that contain a higher level of RECs than required by the New Hampshire's RPS. Please see <http://www.energy.nh.gov> for more information on New Hampshire's Renewable Portfolio Standard. System Mix' represents all power generated in New England, including power used to meet RPS requirements.

Emissions:

Please see NH RSA 125-O for annual emission caps.

Carbon Dioxide (CO₂) is released when fossil fuels (e.g., coal, oil and natural gas) and some solid fuels (e.g. wood and biomass) are burned. CO₂, a greenhouse gas, is a major contributor to climate change. The amount of CO₂ released by the power sector within New England is capped by the Regional Greenhouse Gas Initiative (RGGI). Please visit RGGI.org for more information.

Nitrogen Oxides (NO_x) form when fossil fuels and biomass are burned at high temperatures. They contribute to acid rain and ground-level ozone (or smog), and may cause respiratory illness when there is frequent high level exposure. NO_x also contribute to oxygen deprivation of lakes and coastal waters which is destructive to fish and other animal life.

Sulfur Dioxide (SO₂) is formed when fuels containing sulfur are burned, primarily coal and oil. Major health effects associated with SO₂ include asthma, respiratory illness and aggravation of existing cardiovascular disease. SO₂ combines with water and oxygen in the atmosphere to form acid rain, which raises the acid level of lakes and streams, and accelerates the decay of buildings and monuments.

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www.nhec.com

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800.698.2007 (8-5, M-F) or
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