

PROGRESS

AN INFORMATIONAL GUIDE TO PROGRAMS AND SERVICES OF THE
Ulster County Regional Chamber of Commerce

Supplement to the SUNDAY FREEMAN

January 15, 2017

Come and Hear New Congressman Faso Addresses Chamber Jan. 18th

U.S. Rep. John Faso won't be a stranger when he addresses the Chamber's next breakfast meeting on Jan. 18.

The Kinderhook Republican last appeared before local business leaders in September when he debated Democrat Zephyr Teachout.

This time, the podium will belong exclusively to Faso, who succeeded former U.S. Rep. Chris Gibson on Jan. 1. The breakfast is scheduled for 7:30-9 a.m. at the Best Western Plus in Kingston.

Faso, who easily defeated Teachout in November with 54 percent of the vote, stressed the annual budget deficit, national debt and struggling upstate economy during his last Chamber appearance and indicated his breakfast remarks would be similar.

"Economic growth is key to creating jobs and maintaining our commitments to veterans, seniors and others. Unfortunately, the burdensome regulatory and tax climate of the past eight years has



Congressman John Faso

reduced economic growth to the weak levels we see today," Faso said. "This must change, and I will work with my colleagues on both sides of the aisle to seek common ground and get things done."

Faso said his top priority will be improving the job market and economy of upstate.

"The status quo has hurt

families and depopulated this region, limiting employment opportunities for those who remain," he said. "I share in the administration's vision for a vibrant, growing economy that provides opportunities for our small businesses and the communities they support. I'm ready to get to work."

Faso said the transition with

JANUARY BREAKFAST
Wednesday, January 18
7:30 - 9:00 am



503 Washington Avenue
Kingston

GUEST SPEAKER:
Congressman John Faso

Gibson's office has gone "great." Gibson, who also is a Kinderhook Republican, decided to step down after three terms in Congress to take a post in academia.

Meanwhile, Faso said his Kingston district office will be in the same place as Gibson's—in the Seven21 Media Center at 721 Broadway in Kingston.

"We have had the full support of Congressman Chris Gibson every step of the way," Faso said. "And I am happy to report that we will be retaining many of Chris's staffers at the district and DC levels in order to provide top-quality service to 19th District residents."

Faso, 64, served in the state Assembly from 1987 to 2002. He was minority leader from 1998 to 2002, when he surrendered that post to make a run for state comptroller. He also ran for governor in 2006.

He worked as an attorney after leaving politics and watched upstate New York struggle. During his last Chamber appearance, Faso discussed the nation's \$20 trillion national debt, which has doubled in the last eight years, and stressed that the current GDP slump must end.

"Our nation is in crisis," Faso said. "We're headed in the wrong direction and we're particularly facing a financial crisis that looms large over the next decade, which will threaten our standard of living and the prospects of a happy future for our children and grandchildren."

"Job one for me is getting the economy moving," Faso said. "We need much stronger economic growth."

New York's 19th Congressional District includes all of Ulster, Greene, Columbia Delaware, Otsego, Schoharie and Sullivan counties and parts of Broome, Dutchess, Montgomery and Rensselaer counties.

See CONGRESSMAN on page 4

JANUARY BREAKFAST SPONSORED BY ULSTER SAVINGS BANK

Ulster Savings Bank is proud to sponsor the first Chamber breakfast of 2017. We look forward to sharing our morning with you and this month's guest speaker, newly-elected Congressman John Faso.

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As we begin this New Year, we look forward to working with the many opportunities and challenges that businesses and non-profit organizations like yours face each and every day. Please call upon US anytime with any questions or concerns you may have along the way – our goal remains to help you succeed and grow, which ultimately benefits us all as part of the greater Ulster County community.

May 2017 be your most successful year yet!
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2016 In Review

2016 was a year of immense challenges as well as opportunities but also a year of great successes at the Ulster County Regional Chamber of Commerce. Thanks to a dedicated and committed Board of Directors and a trained, professional staff, 2016 was our best year ever! Last year:

- We welcomed 126 NEW local businesses and organizations
- We engaged more of our members with record attendance at our events
- We hosted a Bigger & Better Buy Local Expo
- We toasted Business Leaders at our Business Recognition Dinner
- Leading advocate and cheerleader for local small and medium size business

In 2016, more than 2,000 Chamber members attended our Breakfast Meetings, when we hosted Congressman Chris Gibson – World Class Business CEOs Robert Tonner and Garry Kvistad – County Executive Michael Hein – new SUNY Ulster President Alan Roberts – HealthAlliance CEO David Scarpino – Kingston Mayor Steve Noble – County Comptroller Elliott Auerbach – Candidates for US Congress – Candidates for NYS Senate – BOCES Superintendent Chuck Khoury and

See 2016 on page 5

It's A January Tradition MAC Hosts Record Mixer Jan. 26th

Lyle Schuler is pretty sure he holds the record. This will be his 14th consecutive year hosting the Chamber's January Business-After-Hours Mixer, and no matter how many times he's welcomed Chamber members into one of his gyms, it still feels new and exciting.

That's because Schuler knows how to treat people and motivate them as the year gets started. He does, after all, own MAC Fitness at 743 East Chester St. Bypass and another located in the Kingston Plaza, where you are known by name and treated like family.

"It was 14 years ago in the fall of 2003 when (Chamber President) Ward Todd and I were having a conversation," Schuler said. "He said that he was going to implement a monthly Mixer to give people a chance to network and see each other outside of work, and I remember saying to him, 'What a great idea. Count me in.'"

All these years later, Schuler still gets excited about showing people his state-of-the-art fitness facilities and offering hearty yet healthy samples of food and spirits to ring in the New Year.

Schuler will open the doors to his Kingston Plaza facility from 5-7 p.m. on Jan. 26—and he is once again going all out.

He has invited Ole Savannah Southern Table and Bar to provide good eats that will include carving stations and fruit preparation. JK's Wine and Liquor will

January Mixer Sponsored By



pour out the libations, while Keegan Ales spotlights its specialty beer and ales. Refreshments aside, the real highlight will be an introduction to his facilities, known for their personal touch and variety of programs to suit every fitness level.

Schuler, who keeps apprised of the latest health and wellness news and trends, said he is impressed to see how today's aging population is taking advantage of facilities like his to fight Father Time.

"Ten thousand people a day from the Baby Boomer generation are turning 70, and it's nice to see that they're less accepting of the aging process than my parents' generation," he said. "We're seeing a lot more seniors recognize that if they want to stay mobile and independent, they've got to exercise."

"If you're staying physically active, you're going to enjoy life more. You could be chronologically 70, but your fitness age could be much less. We see an impressive number of people who are 65 or 70, and they get into the club two to three times a week. It's part of their life. It's a mandatory weekly activity, and they walk and move around like they're 20 years younger. It's



Lyle and Holly Schuler of MAC Fitness Clubs

very motivating."

With that in mind, the congenial Schuler likes to remind fellow Chamber members each year that January is a great time to prioritize their health, wellness and fitness goals.

"Health literally is wealth. If we don't have it, we can't do what we want on a daily basis," he said. That's where Schuler and his team of more than a dozen certified personal trainers and 20 class instructors step into the picture nicely. MAC offers the "most popular group exercise classes on the planet," according to Candida Ellis, the group exercise program manager. "Every 90 days, the exercise routines and the music completely change to provide the greatest degree of

variety – not to mention our team of instructors knows how to keep it fun and engaging."

In addition to offering more than 200 monthly classes that range from spinning to kickboxing to yoga, Schuler and his team also keep their facilities neat and clean and are constantly updating the equipment and floor layout.

"One of the factors important for members to be consistent with a fitness program (is that) the club needs to be reasonably convenient. That's why nine years ago, we committed to a second location in the Kingston Plaza," Schuler

See MAC on page 7

Mixer

January Mixer

Thursday, January 26
5-7 pm

MAC Fitness

338 Plaza Road
Kingston Plaza

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UPCOMING CHAMBER EVENTS

January 18 | 7:30 - 9:00 am

Chamber Breakfast Meeting Congressman John Faso BEST WESTERN PLUS

503 Washington Avenue | Kingston, NY
\$25 Members-Advanced Pay • \$30 Members-At The Door
\$35 Non-Members

Sponsor: Ulster Savings Bank

January 26 | 5:00 - 7:00 pm

Membership Mixer @ MAC Fitness Kingston Plaza

338 Plaza Road | Kingston, NY
There is no cost for Members and Prospective Members.
Reservations are required.

Sponsor: Bank of Greene County

February 7 | 9:00 - 10:30 am

Business Card Exchange Courtyard by Marriott

Conference Center | 500 Frank Sottile Blvd. | Kingston, NY
There is no cost for Members to attend.
Reservations are required.

Sponsor: Hudson Valley Federal Credit Union

February 23 | 7:30 - 9:00 am

Chamber Breakfast Meeting Ulster County Executive Mike Hein BEST WESTERN PLUS

503 Washington Avenue | Kingston, NY
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\$35 Non-Members

Sponsor: Gateway Community Industries ~ Celebrating 60 Years

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ULDI Marks 25 Years in '17

Preparing Tomorrow's Leaders

This year's graduating class of the Ulster Leadership Development Institute (ULDI) will be the 25th—and the program has taken giant leaps in the last few years.

Chamber President Ward Todd was quick to credit Ingrid Kulick, who has managed the ULDI program since 2014 when she became Executive Director of the Ulster County Regional Chamber of Commerce Foundation.

"Ingrid has succeeded in taking the ULDI program to the next level," Todd said.

ULDI is a community leadership and training program, which educates future leaders about the community, local and state government, law enforcement, arts and culture and community development.

The ULDI program began in 1992 and has stocked Ulster County's boards, nonprofits and community organizations with trained leaders.

Kulick said the program has been expanded in recent years to include seven panel discussions featuring leaders from a variety of business, nonprofit and government sectors. In addition, each ULDI session must complete a class project that benefits a nonprofit or community service organization.

"As a result, [ULDI] participants are networking with over 45 regional leaders via the 18 sessions of the program," Kulick said.

"The class project not only serves to provide a powerful bonding experience for the class members, but has already impacted two nonprofits—Family of Woodstock and Circle of Friends for the Dying—in positive financial and volunteer ways."

In honor of longtime former Chamber President Len Cane, who founded ULDI, the Foundation has established the Len Cane Memorial Scholarship Fund to provide tuition assistance for ULDI students from small nonprofits and entrepreneurial businesses.

"To date, the scholarship has supported the tuition for four program participants," Kulick said.



Donations to the scholarship fund are accepted at any time of the year and are used for the upcoming ULDI season.

Cane, who died in 2015, started ULDI with the 1992-1993 class and explained why it was so important in a 2011 interview.

"Every meeting I would go to—and in those days I went to a lot of meetings—I would see pretty much the same people," Cane recalled. "We decided to do something to create more of a cadre of leadership in the county who could then attend these meetings and get involved on boards of directors and foundation boards."

Kulick said Cane's vision has succeeded. "Since then, more than 380 local leaders have completed our program and are now further immersed into the fabric of our community," Kulick said. "We strongly believe that our ULDI program has had a significant impact on the quality of life here in Ulster County."

The Foundation has also established a ULDI Alumni Association to host networking and educational programs. The group has also created a monthly Leadership Book Club.

"Activating the Alumni Association has also resulted in alumni renewing their commitment to each other and

See ULDI on Page 8

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Taking exit nineteen

Uptown Store Creates Buzz

John Krenek gets a lot of questions about the name "exit nineteen," one of the newer up-and-coming businesses in Uptown Kingston.

And, yes, as you might have guessed, the name is a nod to Kingston's exit on the New York State Thruway.

"It's a catchy name," says Krenek. "Everyone loves it, and everyone relates to it, and it's right here in the heart of Kingston, in the Stockade."

The Uptown neighborhood has seen a renaissance in recent years driven by trendy new restaurants and hip businesses like exit nineteen, which is located at 309 Wall St.

"Uptown is really changing," Krenek said. "The momentum of people buying second homes and making this their full-time residence and the Brooklynites coming here ... the energy is amazing."

That's what drew Krenek to the area. Krenek and partner Jamie Niblock opened a similar business 14 years ago in High Falls. They moved to Rhinebeck a decade ago and also opened a pop-up store similar to exit nineteen in Kingston four years ago.

"We loved what was going on in Kingston at the time, but it didn't have the momentum or the energy that it does now," Krenek said.

Krenek always had plans to open a store in Kingston and that came to fruition last November with exit nineteen. The bright store features an eclectic mix of furnishings, art and lighting from the 1940s to the 1970s, both American and European.

"It's an emporium of style is how it's often described because we have something for everyone," Krenek said. "We do bring in unexpected items to blend in. The store is set up in vignettes so you can really see it as it would look in a room."

For example, the store features a section called "Dinner Party" that includes everything to host a cocktail or dinner party.

"We're always bringing in new things to accessorize with," Krenek said. "We mix in some European items and some arts and crafts and some country pieces. We bring in Asian pieces. We have local artists that

we represent.

"There's nothing like it in the neighborhood. There are not that many high-end stores here. That's what sort of separates us from everyone else.

Krenek said exit nineteen has been well received and business has been good.

"We've done amazing," he said. "The response to the store has been unbelievable. We opened in November and we've already expanded the size of the store.

"There's something for everyone. That's our goal. Things start at \$4 in the store and go all the way up to \$6,000 or \$7,000. Our intent is for everyone to go out with a bag of something."

A Texas native, Krenek has traveled the world and knows what works. He has worked in the luxury fashion business for such companies as Gucci and his last job was as international creative visual director for Ferragamo, a Florence, Italy-based company that sells luxury Italian goods.

"I was responsible for everything that was visible to the consumers' eye globally," he said.

Like many others, Krenek bought a weekend home here and when the High Falls business became a success, he left that world for "my dream job."



Krenek's store in Rhinebeck and exit nineteen are actually a small part of what Krenek does. He also owns an interior design company and is in New York City Monday through Wednesday each week when he isn't traveling.

"We work seven days a week, but we love what we do," he said.

Krenek said he finds goods to sell at exit nineteen while traveling for his interior design business. He scopes out the Paris Flea Market and also shops in London, Marrakesh and other locations.

"We shop globally," he said. "We travel all over the world. Everywhere we travel,

we're constantly shopping either for our design clients or one of our stores."

He may be a world traveler, but Krenek said he is a "big believer" in the future of Uptown and Kingston.

"The energy is right," he said. "The players are here. The momentum is here. That's the exiting part about it. We're fine being one of the stores that are sort of the trailblazers. We know what's coming."

exit nineteen, located at 309 Wall St. in Kingston, can be reached at (845) 514-2485.

Congressman Faso To Speak at Breakfast

continued from page 1

"I work for the people of the 19th District. I want to hear from you," Faso said. "If you have a question or concern, please call or email our office."

Faso said visits to his Washington, D.C., office can be arranged by contacting Hope Costa at hope.costa@mail.house.gov.

Chamber breakfast programs are a great way to network with other local business leaders and stay on top of current events. Pre-registration is strongly encouraged. For more information or to register, call the Chamber at (845) 338-5100 or go online at www.ulsterchamber.org.

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2016 In Review

continued from page 1

selected another Honorary Irish Person (Cheryl Bowers) at our Huge Annual St. Patrick's Breakfast.

Our Monthly Networking Mixers attracted more than 3,200 Chamber members, who had a chance to see and tour the New Senate Garage – Hudson River Maritime Museum – Ole Savannah Southern Table and Bar – The Chateau – MAC Fitness – YMCA of Kingston & Ulster County – The Emerson Resort – UPAC – The Bank of Greene County – Santa Fe Woodstock – The Ashokan Center and Mariner's Harbor.

Our 20th Annual Buy Local Expo at Diamond Mills in Saugerties was sold out! With more sponsors and exhibitors than ever!

Our Annual Business Recognition Awards Dinner at The Chateau was another huge success as we honored Kevin Pitcock – Central Hudson Gas & Electric Corp – J&A Roofing – Kelder's Farm – Bruderhof – and Historian Ed Ford.

The Chamber's Community Resource Guide and Membership Directory was distributed to all Chamber members and 10,000 copies distributed at high traffic locations throughout the region.

More and more Chamber members are logging on to our Interactive Website (www.UlsterChamber.org). They're posting their events, job openings, special deals and sales.

The Chamber's Young Ulster Professionals (YUP) engaged more and more members and conducted several outstanding networking events in 2016.

The Chamber is the leading proponent of "Keep it Local" which has developed into a 12-month a year multimedia campaign, designed to promote Local businesses and organizations. We urge all consumers to Buy Local



2016 Ulster County Chamber staff

– Shop Local – Learn Local – Insure Local – Dine Local – Give Local – Keep it ALL Local!

In 2017, we welcome several new members to our Board of Directors (a complete listing is on Pg. 2) and a new Executive Committee. The new Chairman of the Board is Don Verity (WBPM/Pamal Broadcasting). Chair-Elect David Gagnon (Daniel Gagnon, CPA). Vice Chair John Burlingham (American Solutions for Business). Treasurer Crystal Jacob (Catskill Hudson Bank). Secretary Tim Allred (The Williams Lake Project). Immediate Past Chair Larry Begnal (Begnal Motors).

Thanks to all for your dedication and leadership to the Ulster Chamber.

A special thanks also to our Chamber Ambassadors/Membership Committee, chaired by Jeff Lowe (Lowe Plumbing, Heating and Air Conditioning). Ambassadors are the volunteers who meet new Chamber members at our events and introduce them to other members and help grow our membership base.



Ole Savannah Mixer 2016



February Breakfast with guest speaker Mike Hein

All-in-all, 2016 was a banner year! The Ulster Chamber would like to thank our more than 1,000 loyal members who appreciate and value the importance of supporting the region's largest business-advocacy organization.

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Ulster County Regional Chamber of Commerce

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Ulster County Regional Chamber of Commerce

BUY LOCAL Expo

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2017 Ulster County Business Recognition Awards

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For more info contact Carol Ricken
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 The Arc of Ulster-Greene
 Archie Lawrence & Son, Inc.
 Arconic Fastening Systems and Rings
 Aristeia Metro, Inc.
 Armin's Tree Service
 Arnoff Moving & Storage
 Artco's Copy Hut
 Arthur F. Mulligan, Inc.
 Arts Mid-Hudson, Inc.
 Arts Society of Kingston
 Ashokan Center, Inc.
 Assemblymember Kevin A. Cahill
 Astor Services for Children & Families
 AT&T
 ATM Locations
 Augustine Nursery
 Autism Society of America Hudson Valley
 Auto Tech
 AVR Realty/Hudson Landing
 Bailey Pottery Equipment Corp.
 Bali Originals
 Bank of Greene County
 Barcone's Music
 Bar-Jan Jewelry Repair
 Beautiful Bodies Auto Body
 Beauty Prophet
 Beer World III Corporation
 Begnal Motors
 Bell Copiers
 Belleayre Conservatory
 Belleayre Mountain Ski Center
 Belleayre Region Lodging and Tourism Association
 Bell's Christmas Trees
 Benchmark Payment Networks
 Benedictine Health Foundation, Inc.
 Benefit Counseling Associates
 Benny's Pizzeria
 Berger & Solomon, Inc.
 Berkshire Farm Center & Services for Youth
 Berkshire Hathaway HomeServices Nutshell Realty
 Berner Financial Services
 BEST WESTERN PLUS Kingston Hotel and Conference Ctr.
 Better Homes & Gardens®/Rand Realty
 Bill's Auto Service
 Binnewater Ice Co., Inc.
 Birchez Associates, LLC
 Blair Collectibles
 Blanchard Electric
 Blue Hill Lodge & Cafe
 Blue Mountain Bistro-to-Go
 bluesource NA
 Boice Brothers Dairy
 Boiceville Wines and Spirits
 Boitson's Restaurant
 Bond, Schoeneck & King, PLLC
 Booked By Barthel Travel
 Bop to Tottom
 Bottini Fuel
 Boulevard Liquors
 Bounce Trampoline Sports
 Boy Scouts of America/Rip Van Winkle Council
 Boys and Girls Club of Kingston, Inc.
 Bradley Farrier Service
 Brad's Barns & Gazebos
 Brainstorm Computers and Technology
 Brand Riffs Inc.
 Brian Hommel Home Improvement, LLC
 Bri-Er Pet & Feed
 Brinnier and Larios, PC
 Broadway Photo Booth
 Broadway Strand LLC
 Brooks and Brooks Land Surveyors
 Bryant Staffing
 Buonsignore Construction Corp.
 Buttermilk Falls Inn & Spa
 Byron's Hudson Valley Hearing Aid Centers

C/T Marketing
 C2G Environmental Consultants, LLC
 Cabinet Designers, Inc.
 Callanan Industries, Inc.
 Camp Belly Rub, LLC
 Camp Huntington High Falls, LLC
 Camping World of the Hudson Valley
 Cantine Veterans Complex, Town of Saugerties
 Capacity Business Consulting
 CareMount Medical, P. C.
 Carl Cox Studios
 Carole Amper, Inc.
 Catello Viviani
 Caterino's Hairstyling
 Catherine Charuk, Attorney at Law
 Catholic Charities Community Services of the Archdiocese of NY
 Catskill Animal Sanctuary
 Catskill Art & Office Supply, Ltd.
 Catskill Hudson Bank
 Catskill Interpretive Center
 Catskill Mountain Printing Services
 Catskill Mountain Railroad Company, Inc.
 CDPHP
 Cedar Winds Farm
 Cellular Sales/Verizon Wireless - Saugerties & Kingston
 Center for Spectrum Services
 Central Holidays
 Central Hudson Gas & Electric
 Cerebral Palsy of Ulster County
 Ceres Technologies, Inc.
 The Chateau
 The Chazen Companies
 Chic's Restaurant & Sports Bar
 The Children's Home of Kingston
 Chops Grille
 Christie's Appliance Repair
 Cindy O'Connor Bookkeeping Service
 Circle of Friends for the Dying
 Citilinc International, Inc.
 City of Kingston
 City of Kingston Police Dept.
 City of New York Department of Investigation
 Clark Patterson Lee
 Clear Channel Outdoor
 Clinton Avenue United Methodist Church
 Close Out New York, Inc.
 Club Pet
 Coffee System Of The Hudson Valley, Inc.
 Coldwell Banker Timberland Properties
 Coldwell Banker Village Green Realty
 Collier Construction LLC
 Collision Research Ltd.
 Colonial Roofing & Siding Co., Inc.
 ColorPage Marketing & Publishing Services
 Combined Energy Services
 Comfort Inn
 Community Foundation of Ulster County
 Community Products CP LLC
 Concert Ideas, Inc.
 Construction Tool Warehouse
 Cook, Netter, Cloonan, Kurtz & Murphy, PC
 Cornell Cooperative Extension of Ulster Co.
 Cornerstone Family Healthcare
 Cornerstone Services, Inc.
 CornerStone Telephone Company
 Corporate Image Photo Studio
 Corporate Protection Group Inc.
 The Council of Industry
 Country Care Carpet Cleaning
 County Waste & Recycling
 Court Appointed Special Advocates for Children
 Courtney Strong, Incorporated
 Courtyard by Marriott
 CPM Service
 CPS Excavating Co., Inc.
 CR Telecommunications & Data, Inc.
 Cracker Mill Hearth & Emporium
 Crafts People
 Craig Thomas Pest Control
 Crawford Door & Window Sales, Inc.
 Crazy Bowlz Restaurant, Inc.
 Cricket Wireless (MFK, LLC)
 Crossroads Ventures LLC
 Culligan Water Company
 Cummings Engineering, PC
 Curious Minds Media
 Cushman & Wakefield / Pyramid Brokerage Company
 Cutting Edge Spray Foam Services, Inc.
 Cypress Creek Renewables
 D & J Distributors
 Daily Freeman
 Dale Carnegie Systems
 Daniel D. Gagnon, CPA, PC
 David J. Clegg, Esq.
 David Laks Videography
 De Cicco's Cabinetry, Inc.
 De Luxe Packaging Corp.
 DeForest Group, Inc.
 Deising's Bakery & Restaurant
 DeLucas Management Resources
 The Den of Marbletown
 Dentists' Office of the Hudson Valley
 Design Principles
 Destinations Ireland & BEYOND
 Diamond Mills Hotel & Tavern
 Dietz Stadium Diner
 Discovery Pre-School
 District Sun
 DNS Computing Inc
 Donkey Park, Inc.
 Dorothy Pismopoulos Real Estate
 Downes Property Development
 Dr. Cutugno Oncology & Hematology Specialist, PLLC
 DragonSearch
 Drs. Chasin & Guarente Optometrists, PC
 DSW, INC. Designer Shoe Warehouse
 Duet Fine Wood Work, LLC
 Dutchess Beer Distributors
 Dutton Architecture, PLLC
 Dwyer Contracting
 Eight Point Contracting
 Ellenbogen Group, Inc./Seven21 Media Center
 Ellenville Central School District
 Ellenville Regional Hospital
 Emergency One Urgent Care & Diagnostic Center
 Emerson Resort & Spa
 Emery & Webb, Inc.
 Empire State Bank
 Enchanted Cakes Inc.
 Energy Conservation Specialists LLC
 EnergyNext, Inc.
 Eng's Restaurant
 Enviro-Clean
 Esopus Business Alliance
 ESOTEC, Ltd.
 Ester Wine & Spirits
 Ethan Allen Transportation
 Ethan Allen Workforce Solutions
 Eugene R. Gruner, NYS Lic. R.E. Appraiser
 Eureka!
 EVK Realty LLC
 EvolveD Interiors & Design Showroom, LLC
 Evolving Media Network
 Excel Auto Glass Corp.
 Excelsior Wood Products
 exit nineteen
 Expert Cleaning Service

Facilities Maintenance Corp.
 Fair-Rite Products Corp.
 FALA Technologies, Inc.
 Family Health Center of Ellenville/Healthy Start/Family Dental Care
 Family Health Center of New Paltz
 Family Health Center of Port Ewen
 Family Of Woodstock
 Family Practice Center of Hyde Park
 Family Practice Center of Kingston
 Family Practice Center of Kingston / Kingston Dental
 Family Practice Center of Kingston / Kingston Pediatrics
 Family Practice Center of Kingston/Kingston Behavioral Health
 Family Services
 FASTSIGNS
 Fidelis Care
 Fine & Park, LLC
 Fine Home Designs
 Finkelstein & Partners
 Fireside Warmth Inc.
 Firmbach & Firmbach, CPAs
 Fitz's Liquor Store, Inc
 Flanigan's Cleaners, Inc.
 Fleisher's Craft Butchery
 The Flooring Source
 Flower Nest
 Focus Media Inc.
 The Forsyth B&B
 Forward Solutions
 Fox Oldies 98.9FM (WGNV-FM)
 Francis P. Flynn, CPA
 Frank Guido's Little Italy
 Freedom Home of Upstate New York, Inc.
 Freer Abstract, Inc.
 Frida's Bakery & Cafe
 Friends of Senate House, Inc.
 Frost Valley YMCA
 Functional Fitness of Ulster County, LLC
 Galileo Technology Group
 Gardiner Animal Hospital
 Gateway Community Industries, Inc.
 Gene DeStefano, DDS
 George Kackos
 George W. Redder, Esq.
 Gilday Creative, Inc.
 Gillette Creamery
 Gilpatric VanVliet Funeral Home
 Girl Scouts Heart of the Hudson, Inc.
 Glasco Abstract, Inc.
 Glenn Shepard Seminars
 Global Dwelling
 Globaltransol LLC
 Golden Hill Nursing & Rehabilitation Center
 Goode Vapes
 Goosetown Communications
 Graff Law, LLC
 Grandpa Pete's Gourmet Sauces
 Graphic Ally
 Green Heat Inc.
 The Green Janitor, Inc.
 Grist Mill Real Estate
 Gruner Law Office
 GSB Surgical Services
 Guerin & Guerin Agency, Inc.
 Gunks, Inc.
 H & H Environmental
 H & V Collision Center
 Hair by Carolina
 Halter Associates Realty
 Hampton Inn by Hilton, Kingston
 Hand in Hand Marketing
 Headless Horseman Hayrides & Haunted Houses
 Health Quest
 HealthAlliance Foundation
 HealthAlliance of the Hudson Valley, a member of Westchester Medical Center Health Network
 HealthlinkNY
 Heartland
 Heidecker Land Surveying, PLLC
 Hello Dolly Real Estate
 Helmsmoortel Insurance
 Helmsmoortel Realty
 Henry A. Gleich, CPA, PC
 HeritagEnergy
 Herzog Law Firm PC
 Herzog's True Value Home Center
 Hickory Barbecue & Smokehouse
 Highland Pet Resort
 Highland Rotary Club Inc.
 Historic Huguenot Street
 Historic Kingston Waterfront Development
 HITS Endurance
 HITS, Inc.
 Hoffman House Restaurant
 Hokkaido Japanese Restaurant
 Holiday Inn Express & Suites
 Home Health Care & Companion Agency, Inc.
 Home Plate Deli & Caterers
 Homespun Tapes Ltd.
 Homestead Funding Corp.
 Hometown Bank of the Hudson Valley
 Honor's Haven Resort & Spa
 Hotel Dylan
 Howard Johnson Inn
 Hudson Cruises, Inc.
 Hudson Heritage Federal Credit Union
 Hudson River Cruises/Rip Van Winkle
 Hudson River Maritime Museum
 Hudson River Technologies, Inc.
 Hudson River Transports
 Hudson River Valley Environmental, LLC
 Hudson River Valley Tours LLC
 Hudson Solar
 Hudson Valley Appraisal Corp.
 Hudson Valley Business Alliance
 Hudson Valley Certified Home Health Agency
 Hudson Valley Creative Arts Therapy Studio
 Hudson Valley Current
 Hudson Valley Federal Credit Union
 Hudson Valley Financial Services
 Hudson Valley Foot Associates
 Hudson Valley Foundation for Youth Health
 Hudson Valley Hospice
 Hudson Valley LGBTQ Community Center, Inc.
 Hudson Valley Mall
 Hudson Valley Mental Health, Inc.
 Hudson Valley Office Furniture
 Hudson Valley Pattern for Progress
 Hudson Valley Rehabilitation & Extended Care Center
 Hudson Valley Renegades
 Hudson Valley Resort & Spa
 Hudson Valley Senior Residence
 Hudson Valley Sportsdome
 Hudson Valley Startup Fund
 Hudson Valley Sunday School
 Hudson Valley Sunrooms
 Hudson Valley Telephone
 Hudson Valley Wine Village
 HudsonValleyHelpWanted.com
 Hunter Mountain Resort
 Hurley Veterinary Hospital PC
 iHeart Media
 ILoveKickboxing.com-Saugerties
 In Flight
 Independent Financial Services
 Information Mine, Inc.
 Inland Lamp, LLC

Innate Movement Parkour
 Interior Analysis
 Interstate Battery
 Irish Cultural Center Hudson Valley
 Iron Mountain
 Iron Rose Productions
 Ivy Lodge Assisted Living
 J & A Roofing Co., Inc.
 J & B Apartments
 J & C's Fine Furniture Repairs & Refinishing
 J & J Sass Electric, Inc.
 J&J Tree Works, Inc.
 J. Michael Bruhn, Jr., Esq.
 J.R.'s Auto Body, Inc.
 Jackson Lewis P.C.
 Jaffer Electric, Inc.
 James E. Quigley III, CPA
 James Lyman Reynolds, Architect PC
 Janine Weil, Ltd.
 Jasmine Foundation, Inc.
 JBT John Bean Technologies Corp.
 Jerry's Wood Floor Refinishing
 Jewish Federation of Ulster County, Inc.
 JFS of Ulster County
 Jim Bracco Classic Auto Broker Service
 Jim's Mufflers Inc.
 JK's Wine & Liquor
 Joan B. Grant, Realtor
 John A. Coleman Catholic High School
 John Carroll Spiritual Counseling & Healing
 John Hinson Realty
 Johnny-on-the-Spot Disposal Service, Inc.
 Johnson's Signs and Tees
 Jordan Trading, Inc.
 Joseph Cohen, Optometrist
 Joseph Diacovo, DMD
 Joseph Hurwitz & Associates - Architects
 The Josh Persico Memorial Golf Fund
 Joyce Beymer Real Estate
 JSP Plumbing and Heating
 Junior Achievement of Northeastern New York, Inc.
 Junior League of Kingston, NY Inc.
 Just For You Event Space
 Karina Dresses
 Karrze Truck & Trailer Repair
 Kate's Lazy Meadow
 Kathleen H. Dittus, Esq.
 KC Engineering and Land Surveying, PC
 Keegan Ales, LLC
 Keith Bennett's Karate Academy
 Kelder's Farm
 Ken Ostrander Stone Works
 Kenco, the Work and Play Outfitter
 Kenneth Mironer Construction, LLC
 Kenyon Press Inc.
 Kerhonkson Diner
 Keriosity: Reimagined Home Decor
 KeyBank
 Keyser Funeral and Cremation Service Inc.
 Kingston Alliance Church
 Kingston Animal Hospital PC
 Kingston Audiology Center
 Kingston Buffet
 Kingston Catholic School
 The Kingston Cigar Shoppe
 Kingston CITGO
 Kingston City School District
 Kingston Community Acupuncture
 Kingston Creative
 Kingston Cyclery
 Kingston Fine Jewelry
 Kingston Housing Authority
 Kingston Kiwanis Club
 Kingston Land Trust
 Kingston Lanes
 Kingston Library
 Kingston Nissan
 Kingston Oil Supply Corp.
 Kingston Overhead Door
 Kingston Physical Therapy & Sports Rehab, PC
 Kingston Plaza
 Kingston Post Office
 Kingston Risk Management
 Kingston Rotary Club
 Kingston Security Center
 Kingston Sunrise Rotary Club
 Kingston Veterans Association
 Kingston Wok
 Kingstone Insurance Company
 Kingston's Opera House Office & Retail Building
 Kingston-Ulster Commerce Park
 Kirchoff Medical Properties LLC
 Kлом Construction
 Kovo Rotisserie
 Kristen Willson
 KTA Resources LLC
 KUBA-Kingston Uptown Business Association
 Laborers' Int. Union of N.A. Local No. 17
 Landmark Development Co. Inc.
 Lane Financial Management
 Larsen Restoration and Design
 The Law Firm of Sharon C. Fletcher, PLLC
 The Law Office Of Scott A. Klion, PLLC
 Law Offices of Brett Ian Harris
 Lawn Doctor of Ulster & N.W. Dutchess Counties
 The Lazy Swan Golf & Country Club Village
 LCS Companies
 Lekker
 Levon Helm Studios
 LHV Precast Inc.
 Liazon Benefits
 Liberty Mutual Insurance
 Liberty Pest Control and Environmental Management
 Lifeguard Systems Inc.
 Lighthouse Solar
 Lime Energy
 Lions Club of Kingston
 LISAB, LLC
 Local Economic Opportunities (The LEO Group)
 Local Economies Project
 The Lodge
 Lou Kolano, EA Tax/Financial Services
 Louis Werbalowsky Long Term Care Insurance Specialist
 Love-Effron
 Lowe Plumbing, Heating & Air Conditioning Inc.
 Luminary Media
 Lyft
 Lynn S. Formica, CPA
 M & M Masonry LLC
 M&T Bank
 MAC Fitness 9W
 MAC Fitness at Kingston Plaza
 Made From Coins
 Mainetti, Mainetti & O'Connor, PC
 Manpower Staffing
 Marg Garvila, MSW, LCSW-R, CT
 Marianne E. Wood-Jensen Tax and Accounting, Inc.
 Mariner's Harbor
 Marist College (Office of the President)
 Mark Anderson & Progeny LLC Plumbing Heating & A/C
 Marshall & Sterling Insurance
 Martino Electrical & Air Conditioning, Inc.
 Mary Ann Miller - Coldwell Banker Village Green Realty Associate Broker
 Matthew C. Hall & Company, CPAs, LLP
 Matthews & Grieco, Esqs.
 Mauri Architects PC
 Maverick Concerts, Inc.

2017 Ulster County Regional Chamber of Commerce Membership Directory

Maynard, O'Connor, Smith & Catalinotto LLP
 MB Financial
 McClure Construction
 McDonald's of Kingston #837
 Medenbach & Eggers
 Medical Associates of the Hudson Valley, PC
 Meltzer & Hill Wealth Advisory, LLC
 Mental Health Association in Ulster Co., Inc.
 Metroland Business Machines Inc.
 Michael DeWan Appraisal & Associates
 Michael's Candy Corner
 Mid-Hudson Oral and Maxillofacial, PC
 Mid-Hudson Photo ID
 Mid-Hudson Valley Federal Credit Union
 MidHudsonNews.Com, A Div. of State-wide News Network, Inc.
 Mid-Valley Cardiology/St.Peter's Health Partners
 Mike's Office Furniture
 Miles of Hope Breast Cancer Foundation
 Miller/Howard Investments Inc.
 Milne, Inc.
 Mindful Ones Consulting LLC
 Minnewaska Distance Swimmers Association (MDSA)
 Minnewaska Lodge
 Miron Wine & Spirits
 MNTM Engineering-Land Surveying
 Mobile Life Support Services, Inc
 Mohonk Mountain House
 Mohonk Preserve, Inc.
 Morgan Stanley Wealth Management
 Moss Photo Greeting Cards
 Mother Earth's Storehouse, Inc.
 Mountain Meadows B & B
 Mountain Valley Manor Adult Care Home
 Moving Right Along
 Mowers And More
 Murphy Realty Group
 MVP Health Care
 N & S Supply Inc.
 Naccarato Insurance
 Nana's Angels Day Care
 National Business Equipment, LLC
 Nekos-Dedrick's Pharmacy
 netEffx, Inc.
 Nevele Resort and Spa - Nevele ProSport Campus
 Never Alone
 New Beginnings Farmstead LLC
 New Hope Community, Inc.
 New Horizons
 New Visions
 New York State Bridge Authority
 Newburgh/NYC North KOA
 Next Boutique
 Nicholas Pascaretti
 Night Owl Productions Inc.
 NJoy the Ride
 Normann Staffing
 North River Architecture & Planning P.C.
 Northeast Off-Road Adventures
 Northeast Paving and Sealcoat, LLC
 Northeast Solite Corp.
 Northern Auto Parts
 Northwestern Mutual
 Nostrand Productions
 Nostrano Vineyards
 Novella's New Paltz
 Numrich Gun Parts Corp.
 NYS United Teachers (Mid Hudson Regional Office)
 NYSED-ACCES/VR
 O Positive Festival Inc.
 OB/GYN & Specialty Care Center of Kingston
 Off Track Betting Corporation
 Old Republic Title
 Ole Savannah Southern Table & Bar
 Olive's Country Store & Cafe
 Olivieri Development & Consulting (ODC)
 Olympic Diner
 The Onrust Project
 Ophira Sailing/Farber Brothers Inc.
 Optimum Window Mfg. Corp.
 Optometrists Network
 Opus 40
 Orthopedic Associates of Dutchess County

Osprey Marine Ltd.
 Oz Farm LLC
 P J L Construction Inc.
 PAKT
 Paper House Productions, Inc.
 Paraco Gas
 Paradise Energy Solutions
 Pardee's Agency Inc.
 Park View Terrace, LLC
 Parrots For Peace, Inc.
 Partner Rentals
 Pattison, Koskey, Howe & Bucci, CPAs, PC - Kingston
 Pattison, Koskey, Howe & Bucci, CPAs, PC - Saugerties
 Patty Conti Realty Group LLC
 Paychex
 PDQ Printing Plus Signs
 Peaceful Thunder Coaching
 Peak Engineering PLLC
 PEOPLE, Inc.
 People's Place
 The Perfect Blend Yarn & Tea Shop
 Perfect Flow Inc.
 Perfezione Painting Inc. WBE/DBE
 Perry's Service Station
 Pestech - Pest Solutions
 Pestmaster Services
 Philliber Research and Evaluation
 Phoenicia Diner
 Phoenicia Festival of the Voice Foundation
 Pine St. Dental Associates PC
 Pinewoods Farm
 Pioneer Group
 Plaza Pizza
 POH Music
 The Pool Chemist
 Port Ewen Diner
 Portable Cooler Rentals LLC
 Postage Inn, Inc.
 Potter Brothers Ski & Patio Furniture
 Poughkeepsie Day School
 Praetorius and Conrad, P.C.
 Prajna Inc.
 Prism Solar Technologies, Inc.
 Pro Printers
 Probuild
 Professional Computer Associates
 Prostate Cancer 101
 PuroClean Professional Restoration
 Quality Inn and Suites
 Questar III BOCES
 Quilty, Dwyer & Larkin Insurance Agency
 Quinlan Optometry
 R C Horowitz & Company, Inc.
 Rainbow Drive-In
 Raleigh Green Inc.
 Record Storage Solutions
 Recoursa Information Solutions, Inc
 Redeemer Broadcasting, Inc.
 Redwood Bar + Restaurant
 Reginato Ristorante
 The Reis Group
 Renna Engineering Design, PLLC
 Reservoir Road Productions
 Residence Inn by Marriott Kingston
 Resource Center For Accessible Living, Inc.
 The Rhinebeck Artist's Shop
 Rhinebeck Bank
 River Radiology, PLLC
 River Valley Radio, Inc.
 Riverside Hearing Aid Service
 Riviera Produce Corp.
 Robert G. Baum Commercial Real Estate
 Rocking Horse Ranch Resort
 Roeber & Rausch Custom Builders Inc.
 Romeo Chevrolet-Buick-GMC
 Romeo Kia of Kingston
 Ron Barringer Trucking & Excavating
 Rondout Golf Club/Ivan's Restaurant
 Rondout Inn
 Rondout Savings Bank
 Rondout Valley Central School District
 Rondout Valley Family Dentistry, PC
 Rondout Yacht Basin, Inc.
 Rose and Kiernan, Inc.
 The Rosendale Theatre
 Roudigan's Steakhouse
 Royal Carting
 RSS Agency

RUPCO
 Ryan & Ryan Insurance Brokers, Inc.
 Ryan, Roach & Ryan, LLP
 S.A.P. Exteriors Inc.
 Safeco Alarm Systems, Inc.
 Salvation Army
 Sam's Club
 Sanitall
 Santa Fe Uptown
 Santa Fe Woodstock
 Saratoga National Golf Club
 Saugerties Pharmacy LLC
 The Saugerties Stallions
 Saugerties United Methodist Church
 Saugerties/Woodstock KOA
 Saunderskill Farms
 Sav-On Party Central
 Savonas Trattoria & Pizza
 Savor Beauty + Spa
 Sawyer Motors
 Sawyer Savings Bank
 Scanlon's Cleaners
 Schaffer Excavating LLC
 Schain and Company, CPAs
 Schneider's Jewelers Inc.
 Schwartz's Inn
 SCORE (Chapter 533)
 Security Plumbing & Heating Supply
 SELUX Corporation
 Senate Garage
 Senator George Amedore
 Senator William J. Larkin, Jr.
 ServiceMaster Of Kingston
 SERVPRO of New Paltz-Kingston; Western Dutchess
 SERVPRO of Orange, Sullivan & So. Ulster Counties
 Shadowland Stages
 Shannon Data & Audit, Ltd.
 Shawangunk Building Corp.
 Shawangunk Journal
 Shawangunk Wine Trail
 Sheldon Hill Forestry Supply
 Ship to Shore Restaurant, Inc.
 Shuster Associates, Inc.
 Sickler, Torchia, Allen & Churchill, CPAs, PC
 Simply Business Inc.
 Simpson-Gaus Funeral Home
 Simulaids
 Site Optimized
 Skate Time 209
 Sky Top Motel, Inc.
 Skydive The Ranch
 Smaldone Sports Chiropractic
 Snippers of Kingston, Inc.
 Snyder Printer
 The Solar Energy Consortium (TSEC)
 SolarFlair
 Soltanoff Chiropractic Center
 Somsak Bhitayakul, MD, FACP & Saharat Bhitayakul, MD
 Sound of LIFE Radio Network
 Soyuzivka - Ukrainian National Association
 SPAF (Saugerties Performing Arts Factory)
 Spencer Daniels Agency, Inc.
 Spin City Laundromat
 Sportsman's Alamo Cantina, Ltd.
 St. Joseph School
 Stainless Design Concepts - SDC
 Stainless Steel Welding Service
 Star Gas Products Inc.
 State Farm - Mike Rennie
 Steamco Carpet Cleaning
 Stedge & Associates
 Stewart's Shops
 The Stone House Bed & Breakfast
 Stone Ridge Electrical Service, Inc.
 Stone Ridge Insurance
 Stone Soup Food Company
 Storage 28 LLC
 Stuart Okorofsky
 Sunrise Bagels & Deli
 Sunshine Tees and Embroidery, Inc.
 SUNY New Paltz
 SUNY Ulster
 Super 8 Kingston-NY
 Superior Telephone Systems
 Supreme Auto Body LLC
 SVN Deegan-Collins Commercial Realty

SwimKing of Ulster
 Taylored Real Estate
 TD Bank
 Tech Smiths
 TechCity
 Ten Broeck Commons
 The Tender Land Home
 That Storage Place on 209
 TheCommunityGuide.net / First Connections, Inc.
 Thomas F. Lindgren, CPA, PC
 Thomas K. Petro, Esq.
 Tiano Electric Inc.
 Tighe&Bond
 Tim Hurley, Realtor
 Time Warner Cable
 Timely Signs
 Times Herald Record
 Timothy J. Donovan, Inc.
 Tischler Dental
 Tobacco Free Action Communities in Ulster, Dutchess & Sullivan
 Tonner Doll Company, Inc.
 Tortorella Appraisals, Inc.
 Toshiba Business Solutions
 Town of Esopus
 Town of Hurley
 Town of Saugerties
 Town of Ulster
 Town of Ulster Public Library
 Town Tinker Tube Rental
 TownSquare Media
 Trast & Gyenes, Inc.
 The Trataros Law Firm, PLLC
 TripToFind Records LLC
 TrueNorth Financial Solutions
 Trustco Bank
 Turner Construction Company
 Tuthilltown Spirits
 The Twaalfskill Club
 Twin Gables of Woodstock
 Two Ravens Tavern
 Ulster BOCES
 Ulster Chamber Music Series
 Ulster County Agricultural Society
 Ulster County Board Of REALTORS
 Ulster County Clerk
 Ulster County Community Action Committee, Inc.
 Ulster County Comptroller
 Ulster County Democratic Committee
 Ulster County Farm Bureau, Inc.
 Ulster County Glass & Mirror, Inc.
 Ulster County Government
 Ulster County Habitat For Humanity
 Ulster County Italian American Foundation
 Ulster County Legislature
 Ulster County Office of Economic Development
 Ulster County Regional Chamber of Commerce Foundation
 Ulster County Resource Recovery Agency
 Ulster County SPCA
 Ulster Federal Credit Union
 Ulster Gardens
 Ulster Gastroenterology
 Ulster Insurance Services Inc.
 Ulster Literacy Association Inc.
 Ulster Payroll Services, Inc.
 Ulster Performing Arts Center (UPAC)
 Ulster Publishing Co. Inc.
 Ulster Savings Bank
 Ulster Uniform Service Inc.
 Ultra Seal Corp.
 Uniforms USA Inc.
 United Way Of Ulster County
 UnitedHealthcare
 Universal Land Abstract, Inc.
 The UPS Store
 Uptown Coffee
 US Health Equipment Co., Inc.
 USALLIANCE Financial
 Usheco, Inc.
 Valley Agency
 Valley Business Services
 Valley Courier & Delivery Service
 Valley Vista
 Valuation Consultants, Inc.
 Van Deusen House Antiques
 Van DeWater & Van DeWater LLP
 Van Kleec's Tire Inc.
 Vaz-Co Reclaiming Service

Vecc Videography
 Verizon
 Veronica L. Kugelman, CPE, Electrologist
 VetPath Services - Registered Mill Rock LLC
 Viking Industries Inc.
 Villa Veritas Foundation, Inc.
 Village Apothecary - Woodstock
 Village of Saugerties
 Vincent Guido Construction
 Visionexcel
 Volunteer Firemen's Hall and Museum of Kingston NY
 Voom
 VW of Kingston - Volkswagen of Kingston
 W & J Palkowics
 Wachtel Missry LLP
 WAKA Kickball & Social Sports
 Walgreens / Kingston Plaza
 Walkway Over the Hudson
 Wall Street Abstract
 Wallkill Central School District
 Wallkill Valley Federal Savings & Loan
 Walmart
 Walters-Storyk Design Group (WSDG)
 WAMC 90.9 Northeast Public Radio
 Waste Management
 WBPM Radio
 WCD Window Coverings, Inc.
 WDST 100.1FM Radio Woodstock
 Webjogger
 Weichert Realtors - The Spiesman Group
 WellCare
 Wells Fargo Advisors, LLC
 Wendy Henderson
 Westchester Medical Center
 Westwood Metes & Bounds Realty, Ltd.
 WIEDENKELLER INSURANCE
 Wiedy Furniture Center
 Wildberry Lodge
 WILLCARE
 William J. Jacobs Fund Management
 William P. Brinnier, Architect, PLLC
 The Williams Lake Project
 Williams Lumber & Home Centers
 Willow Manor, Inc.
 Witwyck Golf Club, Inc.
 Win Morrison Realty
 Windham Mountain Resort
 WineRacks.com, Inc.
 Wolberg Lighting Design & Electrical Supply
 Women's Enterprise Development Center, Inc.
 Women's Health and Fitness Foundation
 The Wonderly Company
 Wood 'n Wheel Family Fun Center
 Woodland Pond at New Paltz
 The Woodstock Byrdcliffe Guild
 Woodstock Chamber Orchestra
 Woodstock Chimes
 Woodstock Day School
 Woodstock Golf Club Inc.
 Woodstock Harley-Davidson
 The Woodstock Inn on the Millstream
 Woodstock Land Conservancy
 Woodstock Landscaping & Excavating, LLC
 Woodstock Meats/Butcher's Blend
 Woodstock Music Shop
 Woodstock Tattoo Studio
 Woodstock Works
 World's Coolest Rain Gauge Co.
 Wright Architects
 YMCA of Kingston and Ulster County
 Yonnetti's Restoration Unlimited LLC
 YWCA Ulster County
 Zena Recreation Park
 Zephyr Float
 Zumtobel Lighting Inc.

MAC Fitness Hosts January Mixer at Kingston Plaza

continued from page 1

said. "Another important factor is the quality of programming—the variety of classes—and the experience and skill sets of our personal training team. The ability to provide individualized programming and a wide variety of services are also keys for exercise adherence. Most of the time, people will get bored if they're just doing a treadmill or the same circuit of equipment. Challenging the body in different ways will generally produce better and faster results."

Schuler said he hears it all the time and is pleased to see many of the county's leaders in government, law enforcement, education and business choose his gym over other national franchise gyms.

Perhaps they recognize that he and his wife, Holly Snow, not only run a good operation, but they are active in the community with local causes and

charitable contributions.

They also go out of their way to get to know their customers and help them feel at home at their facilities.

"At MAC, we recognize a large percentage of the population is a bit anxious about joining a gym. We're always striving to create the right atmosphere where people can be comfortable and fortunately, we attract a large number of beginners at both clubs. All new members receive a complimentary personal training session, which provides our training staff an opportunity to design a program around someone's current fitness level, restrictions, goals, availability and personal workout preferences, which makes all the difference," Schuler said. "Everybody's goals are different and the chances for success and long-term results are so much better when you get off to the right start."

"In this past year, we've created more open space in both clubs, so members have more flexibility to develop their own routines, which might include flipping tires or the use of ropes and kettle bells. Most machines have one plane of motion and many members have moved past using just the machines. "Workouts now might be comprised of walking lunges

with kettle bells, bear crawls, pushing sleds on an indoor track, all of which opens up a new dimension for results and improved functional strength. When you see an 80- or 90-year-old man or woman pushing a weighted sled 60 or 70 feet, it is pretty inspiring to watch."

Chamber Mixers are a great way to

network and promote your business. Be sure to bring plenty of business cards. This free networking event is open to Chamber members and prospective members. Reservations are a must and can be made by calling the Chamber office at (845) 338-5100 or by registering online at www.ulsterchamber.org.



Trainer Kerry Dotson with client Shari Miller



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ULDI Celebrating 25 Years in '17

Continued from Page 3

to the nonprofit and service organizations within the region, with several already stepping forward to serve on boards and committees," Kulick said.

Kulick said the next networking event will be something a bit different, though something the organizers are certain will be a hit, a Zombie Valentine Soiree. It will be from 7-10 p.m. Feb. 17 at the Seven21 Media Center in Kingston.

"This will be a fun-filled event with food, wine and beer and raffle prizes to reconnect alumni and raise funds for the Len Cane Memorial Scholarship Fund," she said.

Kulick and the Foundation's board of directors have also worked with the Chamber's board and staff to offer educational seminars on topics requested by the Chamber membership throughout the year and at the Chamber's Buy Local Expo.

Attendees have learned about such topics as social media and technology, changes in human resources law, emergency preparedness and marketing.

ULDI's silver anniversary will be

celebrated at the Diamond Mills Hotel on June 12 when the 2016-17 class graduates. Kulick said the event would also feature a keynote speaker and honor a ULDI alum who has excelled in leadership.

Looking ahead, Kulick said the Foundation is working to launch a youth-focused ULDI program this fall geared toward Ulster County high school students.

"Our effort is to connect students with leaders in the region, introduce them to career and employment options and help them prepare for life after high school," she said.

ULDI starts each fall with a weekend retreat and includes sessions throughout the year where participants hear from community leaders about what made them successful.

Applications are now being accepted for the 2017-2018 ULDI class, which starts with a retreat in the fall.

For more information, contact the Chamber at (845) 338-5100 or go to www.ulsterchamber.org. For specific questions, contact Kulick at Ingrid@ulsterchamber.org.



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