

Happy Birthday, Kingston!

It's Been 150 Years Since Merger

It's going to be a year of celebration as the city of Kingston officially turns 150 years old. One of the many events celebrating the mergers of the villages of Kingston, Rondout and Wilbur will be the Chamber's next breakfast on May 26 at The Venue Uptown at the Best Western Plus in Kingston.

The guest speakers will be Kingston Mayor Steve Noble, Ulster County Clerk Nina Postupack and Kingston Historian/Ulster County Archivist Taylor Bruck. The breakfast, sponsored by Mid-Hudson Valley Federal Credit Union, is scheduled for 7:30-9 a.m.

"The city of Kingston is reaching an enormous milestone this year—celebrating 150 years since the villages of Kingston, Rondout and Wilbur joined together to form what we now know of as our city," Noble said. "It was a bold action, and we celebrate the vision and forethought that brought our great city into being."

Bruck said many Kingstonsians know the city dates back to the 1600s, but they don't often think about the villages of Kingston, Rondout and Wilbur as three separate entities.

"This celebration focuses on the merger of the villages into the unified city that we have today," he said. "Without this merger, it's not certain we would have basic municipal functionality that we have today—things like a police force, hospitals, water department, high school and our beautiful City Hall."

A bit to the backstory: The village of Kingston was settled in 1652 and became the first capital of New York in 1777 before it was burned by the British during the Revolutionary War that same year. The village of Rondout was officially incorporated in 1849 after experiencing an explosion of growth in both population and wealth due to the completion of the D&H Canal in 1828. The hamlet of Wilbur similarly experienced a period of rapid growth in the early 1800s due to the lucrative bluestone trade which lined New York City sidewalks.

Among the original records on display at the Chamber breakfast will be the first Common Council meeting minutes from the newly merged City of Kingston from 1872, as well as



Steve Noble

the last meeting from the trustees of the Village of Rondout in 1871 prior to the merger.

The city of Kingston and Ulster County Clerk's Office is planning a year of exhibits, reenactments, lectures, conferences and other events to commemorate the merger.

Postupack, in her breakfast remarks, said she will present an overview of upcoming events sure to be of interest to local business leaders.

"I'm going to talk about Kingston's 150th exhibit, which is here in the Ulster County Office Building," she said. "We'll talk about our exciting new season at the Matthewis Persen House, as well as the schedule and some of the guest hosts and events we have planned throughout the summer months."

Among those events will be:

- A celebratory kickoff at Kingston City Hall on May 13 involving several elected officials and a time capsule created by students in the Kingston City School District. The capsule will be buried in the "hidden basement" of City Hall and not opened again for another 150 years, in 2172.

- The Kingston 150th exhibit in the Ulster County Building includes an interactive map that is available online and features historic photos of buildings. A version of the same exhibit will be available at the Matthewis Persen House, which opens May 28 and will have a full schedule of new artifact exhibits, traveling exhibits, reenactments, lectures, and more.

- The Association of Public Historians of New York State (APHNYS) will hold its



Nina Postupack

annual conference at the Persen House Sept. 19-21. Between 100-150 historians will tour the city on Sept. 20.

- A Revolutionary War 250th Committee is being established between the Ulster County Clerk's Office and Ulster County Executive's Office. The 13-member committee will rotate every three years starting in 2023 to plan events for the 250th anniversary. Events will kick off in 2024-2025 and go through 2033. The state is looking to Ulster County for a "Burning of Kingston" revival in 2027.

- Keith Garmire, vice president of Friends of Historic Kingston, has designed a "Burning of Kingston" card game. Local businesses can buy the game and sell it wholesale. For more information, go to Bokthegame.com.

- The Kingston Guards, an 1860s vintage baseball team, will play games this year with period rules, uniforms and equipment. The team is part of the Vintage Base Ball Association (VBBA), sponsored by Kingston Rotary and Ulster Savings Bank. The first game is May 14 at Hutton Park in Kingston.

Postupack said Ulster County is home to an abundance of history and the Persen House, the county museum run by her office, is one way to showcase our past.

"We have thousands of people walk through that house every single year," she said. "It's an amazing tourist destination for the city of Kingston and Ulster County."

"Our history here in Ulster County is really a tourist attraction and brings people from all over the world to Ulster County and specifically



Taylor Bruck

May Breakfast

May 26
7:30-9:00 am

The Venue Uptown at the Best Western Plus
503 Washington Ave.
Kingston, NY

Sponsor:

to the four corners of John and Green streets."

Postupack also plans to remind breakfast attendees, who likely drive or walk by significant landmarks every day, how lucky they are to live in such a historic place.

"We really want people to understand how rich in history our county really is," she said. "We really want to open that up and educate individuals within our community, as well as far and wide, about the history of Ulster County."

Chamber Breakfasts are a great way to stay on top of current events and connect with other local business leaders. Reservations are required. Tickets are \$25 in advance and \$30 at the door for Chamber members (\$35 for non-members.) For more information, contact the Chamber at (845) 338-5100 or go online at www.ulsterchamber.org.

May's Breakfast Sponsor is Mid-Hudson Valley Federal Credit Union

There's no denying Kingston's rich history. In fact the entire Hudson Valley is steeped in history – and we see evidence of it in centuries-old structures, commemorative plaques, even the names of our towns.

But what about your financial history?

What evidence are your financial choices leaving behind? That of a confident approach to money management...or that of someone struggling to make sense of it all?

Here are three money mistakes history has taught us to stop repeating.

1. Racking up credit card debt. Credit is so convenient – sometimes too convenient. We may think that using our card here and there is a smart move. But if it's not getting paid off each month, you're setting yourself up for a frustrating cycle of debt. And if we do pay our card down, it's tempting to start using it again...promising ourselves we'll be better this time.

But history does repeat itself, so be diligent about using cash or only charging what you can pay each month. Bonus: increasing your credit capacity (how much credit you have available) is good for your score, and you'll have room on your credit card in case of an emergency.

2. Skimping on retirement savings. One common area to cut back or skimp on is retirement. We convince ourselves that we need the cash now, and we can always catch up on retirement savings later. But we're essentially robbing ourselves of future financial success. Retirement savings work because they rely on compound interest – your money is making money for you. There are alternatives to increasing your current cash flow that won't destroy your retirement goals. Talk to your financial institution for guidance.

3. Overspending. Oh how easily we can justify spending! But unless it's something we really need, or can comfortably

afford, buying things just because we want them chips away at our financial security. Sometimes we spend money without even knowing it (looking at you, app subscriptions we forgot about). You don't have to live like a miser but practicing discipline when it comes to spending leaves more money in your pocket, and less stress on your shoulders. Make it a habit to decide against a few purchases each week and throw that money into a savings account instead.

Head to mhvfcu.com/learn for more tips on money management, credit, and smart spending. Build a financial history you can be proud of.



A Rejuvenated 'Y' Kingston YMCA Hosts May Mixer

There's something remarkably different about the YMCA at 507 Broadway in Kingston. You'll notice it the moment you turn and drive down the ramp and into the parking lot.

Notice the updated and more aesthetically pleasing fencing and landscaping. Observe the smooth, repaved parking lot and marvel at the new O+ mural on the building.

The improvements aren't just exterior. Almost everything inside has been refreshed to help members feel good about their environment in these post-COVID times, according to Heidi Kirschner, President and CEO of the YMCA of Kingston and Ulster County.

She will gladly show Chamber members all the changes at the May 17th Mixer from 5:00 -7:00 p.m. The Mixer is sponsored by Sunshine Smiles. The food sponsor is Rondout Savings Bank.

For those unfamiliar, the Y is a longtime staple of Ulster County, known for its fitness classes, leadership and educational programs and myriad youth enrichment activities.

"Everything has been revamped," Kirschner said. "If there was one silver lining during COVID, it was that we were able to forge ahead and get all this work done."

That includes the welcome center, which has been moved from the second floor to the first, as well as a lower-level men's locker room with private changing rooms, new shower stalls and floor tiling.

The same is true of the second-floor women's locker room, which likewise sports new private showers with doors and modern tiles. Additionally, the boys' locker room has been gutted and opened. New private changing rooms and lockers have been added, Kirschner said.

"We also have a family locker room for those who don't feel comfortable being in any of the other locker rooms. It offers options for parents. We wanted to offer spaces for everyone to feel comfortable," she said.

The new main gym floor is something Kirschner can't wait to show off at this month's Mixer. Further upgrades include new LED lights and padding and safety fencing around the upper track.

"We also entirely gutted our upper and lower gyms and redid the walls and ceilings and replaced the lights in those gyms with LED lights. We needed to do an abatement project with our gym floors, and the flooring in our childcare rooms has been redone," Kirschner said, adding that the kitchen has been updated.

"We have also cleaned and patched up our walls and created a nice conference room. It's semi-private and large enough to seat 120 people and has an area for an electronic presentation."

Perhaps the brightest gem of all is Y's vastly improved pool, which had to be rebuilt after a water main break in October 2019.

"The beautiful thing is we were able to redo it during COVID," Kirschner said. "We had to build a three- or four-story building to do the abatement process in the ceiling. It was a huge project, but it came out great. It's a six-lane pool, and we have floor-to-

ceiling windows on the side. It gives you that extra light and really is a pleasant effect. All the colors are very calming."

Built in 1970, the new and improved YMCA is something the community can be proud of, Kirschner said, but some work still needs to be done in the community space known as the "Zen Den."

"It's our place for quiet gatherings, whether people want to pray, meditate or curl up with a book," Kirschner said.

She added that more improvements are being made to the outdoor patio playground.

"We're excited to show off that space. It's perfect for outdoor yoga or Tai Chi classes," Kirschner said.

Another thing she can't wait to share with Chamber members is who did all the restorations. The YMCA leadership made it a point to call on local businesses, including Brinnier and Laros; N & S Supply; J & J Sass Electric; Lowe Plumbing Heating and Air Conditioning; Timely Signs; J & A Roofing; Safeco Alarm Systems and Herzog's Home and Paint Centers.

"God bless Herzog's Home and Paint Centers. When COVID hit, the supply chain came to a screaming halt. They got us the supplies and tiling we needed as well as the lockers and stalls for our locker rooms. I'm eternally grateful for the local support that we got from all these great local businesses. We couldn't have done it without them," Kirschner said.

For more information on the YMCA, call (845) 338-3810 or go to ymcaulster.org.

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.



May Mixer
Tuesday, May 17
5-7 pm

YMCA of Kingston & Ulster County
507 Broadway, Kingston, NY

Sponsor:

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Food Sponsor:



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Flower Power This Mother's Day

Dancing Tulip Specializes In Delivering Happiness

Here's a reminder: Mother's Day is Sunday May 8th. This year don't wait till the last minute to get flowers from the nearest convenience store for that special Mom in your life. "It actually says I didn't think of you until a half-hour ago.

While it's the thought that counts, very little effort went into that purchase," said Hazel Sherburne, the owner of the Dancing Tulip Floral Boutique at 114 Partition St. in Saugerties.

No worries. Sherburne stands ready to help Dads, sons, daughters, grandchildren and others show their appreciation in a heartfelt way. Her shop, the pink and purple one in the heart of the village, not only offers a fresh selection of high-quality unique and seasonal blooms but well-curated gifts and home decor that will show how much you cherish her.

"Flowers bring an immediate smile. They bring instant pleasure, even when you're sad," Sherburne said, pointing to a 2002 behavioral study by Rutgers University about how flowers boost happiness. "I do believe that's why people send flowers to funerals. They cheer people up. They say, 'I appreciate you.' There is a fleeting and luxurious quality to them. You know they're not going to last forever, but at that moment, they have an immediate impact on happiness."

It was the spring of 2014 when Sherburne opened Dancing Tulip at a smaller store across the street from her current location. Prior to that, she had never operated a floral shop. In fact, she was working part-time at a wine store in the village when something clicked and inspired her to start a new venture.

"At the time, the smaller businesses were really starting to take off. People, a lot of them from Manhattan and Brooklyn, would come in and ask where they could buy flowers, so I kind of realized there was a bit of a vacuum in the village.

"I've had multiple careers in multiple fields and wanted to be around beautiful things and be part of the vibrant village business scene. I'm a Saugerties native. I know everyone and they know me, so I knew I would have a good chance at a supportive clientele."

After doing gobs of research and taking intensive classes at the New York Flower School, Sherburne connected with a man who had spent his life in the floral industry. He taught her the basics and helped her set up the original 900-square-foot shop. Afterward, she was ready to introduce her full-service Dancing Tulip to the public.

Sherburne, an avid gardener and painter, had just the right blend of skills to take the shop to the next level, and by 2019, she had outgrown the store and moved to her present 2,000-square-foot space.

"We've had fantastic community support and have quietly and comfortably grown over the years. I just hired a full-time retail manager to pay attention to the front of the house. We're developing our wedding business by leaps and bounds, working with many venues from Albany to Beacon," she said.

One of the things that sets Dancing Tulip apart is its design-driven arrangements from classically elegant to trendy or rustic. Sherburne also makes it a point to source locally whenever possible.

"We have a signature style. Ours is more of a garden approach. We try to always have interesting and unusual blooms," she said.

Most as important as the flowers to Sherburne is the true sensory experience she has created at her boutique. She carries impeccably curated pieces such as pillows, candles, museum-quality vases, gardening aprons, cutting boards and other products for shoppers as an adjunct to their flower purchases.

"I try hard to promote local artisans, fair-trade products and women-owned businesses. Most of the time when we make a conscious choice, we focus on ethical or some kind of give-back. I don't want to compete with chain stores. We try hard to have interesting things that you won't find anywhere else," she said.

Not surprisingly, Dancing Tulip fared well during the COVID-19 shut-downs in 2020, according to Sherburne.

"Think about it. If you could not see your elderly mother, who lived far away, what would you do? You would deliver flowers.

"We didn't have to pivot much. When everybody had to shut down and my employees needed to stay safe at home, I continued as a sole proprietor. I ran the business myself. I would go to the wholesaler and pick up the flowers and deliver them myself. We really didn't have much of a hiccup.

"During COVID, a lot of people did small weddings and put their money more toward flowers and food. They just made it more special on a small term. There was a clear shift in people's



Hazel Sherburne

focus. They wanted to support locally. They were trying to support our Main Street, and I got new customers from it."

That brings us back to the here and now. Naturally, Sherburne would welcome first-time shoppers during the Mother's Day buying blitz, and she again has a word for those who wait until the last minute like that guy in the convenience store."

"I would have been so upset to have gotten them. It would have disappointed me wickedly. If you're going to get flowers, for gosh sakes, don't get a sad version of them. Giving that special gift has a lot to do with the effort that you put into it," she said.

Dancing Tulip Floral Boutique, located at 114 Partition St. in Saugerties, can be reached at (845) 247-3164 or dancingfloraltulip.com.

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UPCOMING CHAMBER EVENTS

Thursday May 12 | 9:00 - 10:30 am

Business Card Exchange

Holiday Inn Express & Suites - Kingston
1835 Ulster Avenue | Lake Katrine NY
Space is limited. Reservations are required.

Sponsor: Hudson Valley Credit Union

Tuesday May 17 | 5:00 - 7:00 pm

Networking Mixer @ YMCA of Kingston & Ulster County

507 Broadway | Kingston, NY

There is no cost for Members and Prospective Members. Reservations are required.

Sponsor: Sunshine Smiles

Food Sponsor: Rondout Savings Bank

Thursday May 26 | 7:30 - 9:00 am

Chamber Breakfast Meeting

"150th Anniversary of the Merger of the Villages of Kingston, Rondout & Wilbur"

The Venue Uptown at the Best Western Plus
503 Washington Avenue | Kingston, NY

\$25 Members • \$30 Members at the Door • \$35 Non-Members

Sponsor: Mid-Hudson Valley Federal Credit Union

Wednesday June 15 | 5:00 - 8:00 pm

Ulster County Black Business Achievement Awards and Community Connect

Ulster Savings Bank
Corporate Headquarters Main Conference Rooms
180 Schwenk Drive | Kingston NY

There is no charge for admission but space will be limited. Reservations are required.

Sponsor: Ulster Savings Bank

**More Info and Registration UlsterChamber.org
Questions (845) 338-5100**

Ulster County Regional Chamber of Commerce

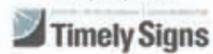


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Online Nomination Form @ www.UlsterChamber.org

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A Howling Hit!

Pooches Passionate For Peace Love Jerky Treats

Dogs just can't resist the healthy and delicious meat snacks made at the Saugerties-based Peace Love Jerky Treats kitchen.

Owner Deb Boan saw it firsthand last fall at the Spa City Farmers' Market in Saratoga Springs. A man passing by her booth said his dog was sick and not eating. Boan sympathetically offered it a chicken stick from her vending booth, hoping it would spark the animal's appetite.

"Ten minutes later, the man came flying back and said, 'Oh, my God. She devoured it. Can I buy some?'" said Boan, a self-described lover of all things canine.

"That was in October, and now it's spring 2022. He's become one of my regular customers and writes me these heartfelt notes about how these treats have helped his dog. That's why I do what I do," said Boan.

Her company sells the all-natural beef, chicken, liver, and turkey treats online at peacelovejerkytreats.com and at weekend farmers' markets in Kingston and Saratoga Springs. Several stores such as Adams Fairacre Farms in Kingston, Saugerties Pet Supply in Saugerties and Saunderskill Farms in Accord also carry them.

Boan said only "human-grade" meats go into the product, and no preservatives, salt, GMOs, or gluten are added to the small batches made at her home.

"There's literally nothing in them except dehydrated meat," Boan said. "It's all chicken, beef and turkey that is sourced locally, and I work with an area farmer for the sheep livers."

The reaction to her jerky is a bit like that TV commercial that shows cats flipping over backward for a nibble. Boan, who doesn't make products for cats, laughs at the analogy, and said it's accurate.

"During my first season at the Kingston Farmers' Market, a woman came walking by with her rescue dog, Betty. I asked if I could give her a treat, and she said she wasn't sure the dog would go for it. I put a chicken treat down, and the dog nearly took my hand off and leaped in the air for another," Boan recalled. "The woman said, 'Wow, my dog just called me a liar.' Six years later, she still comes every week to pick up treats for Betty."

To say that Peace Love Jerky Treats began out of pure love for dogs is an understatement. Boan, who attended Cornell University with the aim of becoming a veterinarian, said after allergies got in the way of her dream, she waited until the right moment to do something meaningful for dogs. That happened after she got laid off from her job.

"I always had that entrepreneurial spirit, and I figured maybe it was time to make the leap. I was lucky. I had a cushion. My husband was working, so I came up with the idea of making treats for

our dogs. They're our children. We had always fed them an all-natural diet, but when it came to treats, we struggled to find something that was healthy and wowed their spoiled palates, so this was a bit of a niche. It took a while to get them just right, but once we did, they were an instant hit."

Boan then shared them with her friends' dogs. As they were being passed around in dog circles, word was spreading about these magnetic meat nuggets, and Peace Love Jerky was born in 2017.

Boan's husband, George Boice, even built a 12-by-20-foot kitchen specifically for the company in the couple's garage. They work as a team making the small-batch treats, mainly on the weekend.

"It's roughly an 11-24 hour process, depending on which jerky it is. We cut all the fat off and then cube it, grind it, roll it, freeze it, and slice and dehydrate it. That's our process to get it porous, so we can be sure it's fully dried. Generally, we make hundreds of bags a week," Boan said.

Aside from the taste of the product, it's the colorful logo and groovy company name that set it apart from the pack, according to Boan.

"There are quite a few dog-treat companies in the area, so I remember brainstorming about the name. I wanted something unique, and it just kind of happened. Peace Love and Jerky Treats seemed like a cute choice because of where we live and because it just sounded kind of like a Woodstock thing. It really does grab a lot of attention."

While she said she's comfortable with the growth of the company—shipping her products all over the United States—she hopes her fellow Chamber members will look her up if they want to give their pooch something tantalizing.

"It really is a saturated market. There are so many different types of treats out there, but ours really stand out. I love the weekends when I'm out at the farmers' markets, and the dogs see me and run over, knowing they're going to get delicious samples. It's a great experience seeing their reactions. I do it because I love dogs and they love my treats," Boan said.

Peace Love Jerky Treats, located at 4 Robbins Lane in Saugerties, can be reached at (845) 706-2205 or peacelovejerkytreats.com.



Deb Boan

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Mixer



April 27, 2022
MAC Fitness

Kingston Plaza, 338 Plaza Rd., Kingston, NY



Our Mixer Host, MAC Fitness with Holly Snow (center) and staff.



Our Mixer Sponsor, Bank of Greene County with President & CEO Don Gibson (2nd from Left top) and staff.



Marie Brown, Eugene Waterbury, Dan Miller (all with Begnal Motors), John Burlingham (American Solutions for Business), Paul & Jillian Hammerl (both with Simpson-Hammerl Funeral Home).



Jared Kross, Nicole Digilio (both with JK's Wine & Liquor), Jon Beever (PuroClean Professional Restoration).



George Bradford, Desmond Vera (both with D&J HVAC), Dr. David Smaldone (Smaldone Sports Chiropractic), Richard Aidoo (Advanced Disaster Recovery).



Theresa Mulkins (United Way of Ulster County), Anthony Troccia (Ulster Savings Bank), Su Marcy (United Way of Ulster County).

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- Begnal Motors
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- ColorPage Marketing & Publishing Services
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- Cummings Engineering, PC
- Destinations Ireland & BEYOND
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- Glasco Abstract, Inc.
- Golden Hill Nursing & Rehabilitation Center
- Halter Associates Realty - Kingston
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- Heritage Financial Credit Union
- Hudson Valley Rehabilitation & Extended Care Center
- Imedview, Inc
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- Keith Bennett's Karate Academy
- Kelder's Farm
- MAC Fitness
- Mental Health Association in Ulster County., Inc.
- Murphy Realty Group
- MVP Health Care
- Northeast Paving and Sealcoat
- NXG Insurance Group - A Risk Management Firm
- peace love JERKY treats
- Professional Computer Associates
- Redder, Bock & Associates
- River Radiology, PLLC
- Scanlon's Cleaners
- Schneider's Jewelers, Inc.
- Shadowland Stages

- Stockade Maids
- Taylor Real Estate
- Ten Broeck Center for Rehabilitation & Nursing
- The Children's Home of Kingston
- The Woodstock Byrdcliffe Guild
- Ulster Federal Credit Union
- Villa Veritas Foundation, Inc.
- Village Bagels
- Village Pizza
- Woodstock Harley-Davidson
- Woodstock Land Conservancy

| Anniversaries: | |
|--|--|
| 30 Years | 5 Years |
| Ten Broeck Center for Rehabilitation & Nursing | Frank Guido's Port of Call |
| | Halter Associates Realty - Kingston |
| 15 Years | 1 Year |
| Culligan Water Company | CR Media Consulting |
| Saratoga National Golf Club | Creekside Bar and Bistro |
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AMERICAN HEART ASSOCIATION
www.heart.org
Eleni Smalley - Senior Regional Director
Categories: Human Services; Non-Profit Organizations
Description: Since its inception in 1924, the AHA has grown rapidly in size and influence — nationally and internationally — into an organization of more than 33 million volunteers and supporters dedicated to improving heart health and reducing deaths from cardiovascular diseases and stroke.

BERGSTRAESSER STRATEGIES
Rhinebeck, NY 12572
www.bergstraesser.com
Ed Bergstraesser - Founder, Bergstraesser Strategies
Category: Public Relations
Description: Broad international and domestic leadership experience in public and government affairs, content development, corporate communications, and media strategy • A highly accomplished communications executive with extensive experience in the creation and maintenance of strategic alliances, and the forging of partnerships with policymakers and government entities, as well as the implementation of grass roots and advocacy initiatives. Adept at storytelling (from perspective of a former journalist), crisis communications and executive positioning • Multi-million-dollar budget responsibilities.

CRANE ACUPUNCTURE & HOLISTIC MEDICINE
785 Broadway, Suite 3
Kingston, NY 12401
www.craneholisticmedicine.com
Jennifer Meta Crane - Doctor of Chinese Medicine
Category: Health Services
Description: Crane Acupuncture & Holistic Medicine is health clinic specializing in the treatment and prevention of chronic disease. We have a special passion for untangling stubborn conditions that defy standard care. Our services include holistic health consultation, acupuncture, infrared sauna sessions, and custom formulation of herbal medicine. We have a history of success in helping our patients manage chronic Lyme disease, digestive dysfunction, thyroid issues, hormonal imbalances, insomnia, anxiety, depression, autoimmune presentations, nervous tics, fatigue and of course, pain management.

HUDSON VALLEY AMBITION
Kingston, NY 12401
www.hudsonvalleyambition.com
Ryan Naccarato - Owner
Category: Fitness/Health Clubs
Description: Hudson Valley Ambition is an innovative outdoor group fitness boot camp. We specialize in motivating and providing a comfortable environment for all team members to succeed in. We train 100% outdoors and offer a unique experience that you will go through with an amazing team! In addition to our boot camp, we offer the following services: 1 To 1 Mobile Personal Training (we come to you!), Online Coaching, Nutrition Plans, Performance Supplements, Workouts for Sports Teams, Corporate/Business Team Building Events, Family & Friends Fun Days (games!), Motivational Speaking.

ULSTER STRONG
231 Clinton Avenue
Kingston, NY 12401
www.ulsterstrong.com
Anthony Marmo - Board Member
Category: Economic Development
Description: ULSTER STRONG SUPPORTS adding good-paying jobs, diversifying the local economy so it's more resilient, encouraging new investment, balancing environment with local economic needs, growing local tax base to support community services including schools, infrastructure and emergency services. We are a subsidiary of Hudson Valley Economic Development Corporation.

WINSTON FARM
Saugerties, NY 12477
www.winstonfarm.com
Josh Sommers - Consultant
Category: Real Estate Development/Investment
Description: Proposed mixed-use development project in Saugerties.

XTHETICMD
130 N. Front St. Ste. 8
Kingston, NY 12401
www.xtheticcmd.com
Thea Aslanoglou - Physician Associate
Category: Health & Wellness
Description: Medical aesthetics which include procedures such as Botox, filler, PRP injections, RF, laser skin rejuvenation, hair restoration from hair loss, sexual enhancement, wellness with IV vitamin drip infusions. We also provide basic urgent care services and concierge medicine. This includes sick visits for upper respiratory infections, ear infections, eye infections, sinus infection, strep throat, flu, COVID, bronchitis, gastrointestinal issues, rash, Lyme dis, UTI's, STI's and more.