

# Lakeside Store Is Priceless to Visitors, Residents

By Jessica Ford  
Newsline Editor

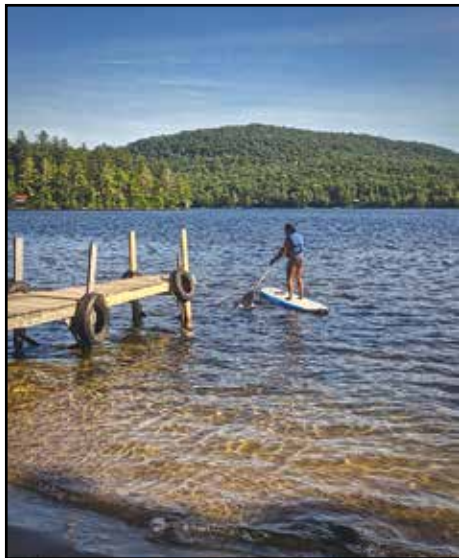
Longevity, adaptability, dedication, industriousness. These are just a few words that describe the legacy and hallmarks of the owners of the Canada Lake Store & Marine, a small but mighty presence in the hamlet of Canada Lake in the town of Caroga.

## Longevity

The iconic lakeside store was opened in 1973 by Bill & Dorothy Fielding. Although the couple are retired, they still have a strong presence there, and their work has made it a haven and source of income for their children and grandchildren.

The lion’s share of the business is run today by the Fielding’s children, daughter Merryn Byrnes who manages the site’s general store, gift shop and grocery; son Bret Fielding, who oversees the marina portion of the business; and daughter Heather Fielding-Owen, who runs the popular seasonal Lake Effect Cafe onsite.

During a traditional season (one without a global pandemic), the Canada



**A stand-up paddle board renter enjoys a few hours on pristine Canada Lake on a sunny day. Boards and boats are available for rent throughout the summer season.**

Lake Store is a perfect Adirondack-style hub of activity among the camps and lake houses that dot the area. The store is open year round, serving the locals from Stratford to Caroga Lake and beyond in the winter, and then the many summer-folk who arrive in



**Canada Lake Store & Marine serves as a lakeside hub for year-round residents and seasonal visitors, and held a special place in the lives of those quarantining from the COVID-19 virus this winter/spring.**

spring to enjoy the lakes and woods and mountains throughout the region. Additional bodies of water nearby include Stoner Lake, Pine Lake, Pleasant Lake, Green Lake and Caroga Lake.

## Adaptability

Merryn Byrnes explained that over

the 43 years that the Store has been in business, the family has curated what they believe is the perfect mix of items for their customers, and the offerings vary as much as those who visit. “We

**See Store, on page 6**

# Swany Donates Specialized Face Masks to Emergency Management Office

The Fulton Montgomery Regional Chamber of Commerce praised Johnstown glove maker Swany America Corp. for its donation of 1,200 self-sterilizing face masks to the Fulton County Office of Emergency Management.

While working to create a master list of businesses that provide personal protective

equipment in the region, the Chamber sent out a call to ask which businesses in the area were either manufacturing PPE or had surplus. Chamber President Mark Kilmer said Swany America, the Johnstown manufacturer of high-performance winter sport gloves and mittens, responded saying they would like to of-

fer 1,200 Swany “ViralOff” self-sterilizing fabric face masks to be used by providers in the area. According to Swany product information, “ViralOff” is an antimicrobial treatment added to textiles to protect the product from contamination, with 99% viral reduction on fabric in 2 hours.

Swany and the Chamber worked together to research agencies that could utilize the masks, and eventually settled on the Fulton County Office of Emergency Management.

Kilmer said Swany has always been a generous donor to the area, and is a “proven neighbor.” He thanked the company for “continuing to show devotion to this community with this generous donation.”



**Johnstown glove maker Swany America Corp. donates PPE face masks to the Fulton County Office of Emergency Management. Shown L-R: Fulton County Emergency Management Office Director Steven Santa Maria, Fulton County Board of Supervisors Chairman Warren Greene, Fulton Montgomery Regional Chamber of Commerce President Mark Kilmer, and Swany’s President Ichiro Kuwahara**

Swany President, Ichiro Kuwahara said, “At Swany, we are grateful to be a part of this close-knit community, as well as the global economy.

When we saw the chance to adapt some of our manufacturing capabilities to create

**See Swany, on page 6**





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## Letter from the President

# Census More Important Than Ever to Our Community



**Mark Kilmer**  
President/CEO

The COVID-19 pandemic has impacted our lives in ways that most of us have never experienced before. The disruption to our business, social and financial norms has hit every level of society in ways that we could have never imagined. Everyone is feeling the pain in some way.

Sadly, although this horrible virus will be defeated, the impact caused by this storm will have to be weathered for some time. When considering the number of businesses disruptions, lost jobs, the cost of government disaster programs as well as added costs and lost revenue to federal, state and municipal treasuries, everyone will continue to struggle with the negative effects for years to come.

Several weeks ago, most of us received our 2020 Census forms in the mail, and I'm sure many were set aside with the intention of getting to it later. Suddenly we're hit with this disaster, and the many distractions that came with it, and those forms may have been forgotten.

This year it is more important than ever that you complete and send in the Census, especially considering all that we are, and will continue to be, going through. Residents of New York State, our region, and your community will need to be counted so that we can get our fair share during a very uncertain future. It is critical in times like these that our hospitals, first responders, schools, etc., as well as local and state governments continue to get the proper amount of funding to ensure that all essential programs remain intact to help return us to normal.

The Census will also determine districting and amount of representation at both the state and federal levels.

I filled out and returned mine and it only takes minutes. It can be done online, by phone or by mail. Help better secure the future of you and your children by completing the 2020 Census. What you do – or in this case, don't do – will matter.



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# Chamber Honors Fulton County Athletes In 33rd Annual Ceremony

Winners of the 33rd annual Fulton County Sports Awards were honored in June by the Fulton Montgomery Regional Chamber of Commerce and its Sports Awards Committee at the Holiday Inn Johnstown-Gloversville.

In light of the COVID-19 pandemic, the Chamber held a pared-down celebration this year, including the top male athlete and two female co-awardees, along with their families.

Lindsey Hampton of Mayfield and Brytney Moore of Northville were named Co-Female Athletes of the Year, and Dante Calderone of Broadalbin-Perth was named Male Athlete of the Year.

The awards committee solicited the nominations of the top six male and female athletes around the county from the athletic directors at each school.

Hampton is a three-sport athlete at Mayfield Central School, excelling in soccer, basketball, and softball.

Moore is a three-sport athlete at Northville High School, excelling in soccer, basketball and softball. She is also the Class of 2020 Valedictorian.

Calderone is a three-sport athlete at Broadalbin-Perth High School, excelling in football, basketball and baseball.

**At BOTTOM RIGHT:** Jim Landrio, right, addresses the winners, parents and members of the Sports Awards Committee at a pared-down Fulton County Sports awards event in June, held on the patio at the Holiday Inn Johnstown-Gloversville.



Front row, L-R: 2020 Fulton County Athletes of the Year Lindsey Hampton, Dante Calderone and Brytney Moore pose with their awards in front of the marquis sign at the Holiday Inn Johnstown-Gloversville. Back row, L-R are the Chamber Sports Awards Committee members: John Mancini, Larry Peck, Geoff Peck, Jim Landrio, Jim Del Savio, Chamber President Mark Kilmer, Mike Hauser and Tom Roehl.



## Visitors Welcome Soon

The front of the Fulton County Visitor's Information Center at 3687 State Highway 30 in Broadalbin (just off the traffic circle) is being spruced up to welcome visitors in July. Once the center opens, tourists and local residents can stop from 10 a.m. to 4 p.m. every day for brochures from local tourism properties, information from staff, and even see a special exhibit of regional artists' work.



## Chamber Members Can Enhance Visibility Online

Fulton Montgomery Regional Chamber Members that currently take advantage of enhanced advertising on the Chamber's website will be contacted in the next several weeks by the internet marketing team at Internet Marketing Concepts, to ensure that members do not experience any breaks in their online visibility.

In addition, all Chamber Member Businesses can expect four campaign emails, promoting IMC's assistance and support with Members' online business information as well as advertising options available.

For more information, contact the Chamber at (518) 725-0641.



# Local Purveyor Discusses CBD, Hemp, and Beyond

By Kayoko Lomanto

NY state registered pharmacist and owner of Drgnfly Botanicals LLC.

In December of 2018, President Trump signed the Agricultural Improvement Act of 2018 (aka the 2018 farm bill) into law. That Act included a section removing hemp from the Controlled Substances Act. Hemp and marijuana are both cannabis, but the most important difference is the federal government now considers cannabis with less than 0.3% THC, the intoxicating cannabinoid found in marijuana, to be legally classified as “hemp.”

The 2018 Farm Bill officially removed hemp from the definition of marijuana in the Controlled Substances Act. We started to see CBD (Cannabidiol) products popping up at gas stations, natural food stores, and gift shops. Soon we will see them in national chain stores in the near future.

## So Why CBD Now and What is CBD?

CBD is one of the two major constituents of cannabis. The other constituent is well-known THC. As of today, CBD is legal all states, except Iowa, Idaho, and South Dakota. Eleven states and Washington, D.C. have already legalized recreational marijuana, plus New York State is getting ready to legalize recreational marijuana.

Not just general populations, but healthcare providers will soon need to educate themselves about the science of cannabinoids, the endocannabinoid systems, and safety considerations. There is still stigma over cannabis, but the conversations about cannabinoids between friends and families, patients and healthcare providers will become unavoidable.

In this article I cover the history of hemp and marijuana, the discoveries of CBD, THC, and the endocannabinoid system.

Over the centuries, people have used and applied various types of cannabis for different purposes. The earliest extant evidence for cannabis usage



**Drgnfly Botanicals LLC CBD oils are available locally at Gloversville's Mohawk Harvest Co-Op and the Paul Nigra Center for Creative Arts gift shop.**

is 10,200-year-old dried cannabis seed found in clay on a small island in Japan. As a non-medical product, hemp was widely used for its fiber production<sup>1</sup>. When the thirteen US colonies were getting established, farmers were required to produce crops consisting of at least 25 percent hemp. Sails and ropes were needed for trade ships. It was the common source of paper and clothes. The Declaration of Independence was written on hemp paper. Both George Washington and Thomas Jefferson were hemp farmers.

Cannabis was a part of the American pharmacopoeia until 1942. Americans were very familiar with “cannabis” because it was present in almost all tinctures and medicines available at the time. The word “marijuana,” which refers to the exact same plant, was associated with cannabis grown in Mexico.

For very political reasons, the Marijuana Tax Act of 1937 was passed as the first Federal law against marijuana (or cannabis), despite the objections of the American Medical Association (AMA). The Controlled Substances Act of 1970 classified marijuana as a Schedule I controlled sub-

stance. During this period, the majority of marijuana came from Mexico<sup>1</sup>.

By the mid-20th century, the perception of cannabis and its extracts had devolved from being a safe and effective medicine to a dangerous narcotic in the USA.

Scientists did not stop studying cannabis during this long prohibition period of cannabis. Cannabinol (CBN) was the first of the cannabinoids to be isolated at the end of the nineteenth century. Its chemical synthesis was first achieved in 1940 in the laboratories of R. Adams in the United States and Lord Todd in the United Kingdom. A second component, cannabidiol (CBD), was first obtained from cannabis in the same year by Adams and his colleagues. THC was first extracted from cannabis in 1942.<sup>2</sup> CBD was overlooked due to the lack of psychoactive properties and no one assumed CBD possessed potential benefits to human body, while THC has become the main subject of cannabis over the next decades.

In the 1960s, Dr. Raphael Mechoulam in Israel understood the complete structures of CBD and THC.

Cannabinoid receptors were discovered in human body. “Receptors don’t exist because there’s a plant out there, receptors exist because we, through compounds made in our body, activate them.” Dr. Mechoulam discovered two chemical messengers in the human body that attach to the cannabinoid receptors. In the 1990s, led by these discoveries, we now know the human body has what is called the endocannabinoid system. It plays a vital role in optimal human performance. I will discuss the endocannabinoid system and how CBD works in our system to regulate homeostasis in a later article.

My name is Kayoko Lomanto. I am a NY state registered pharmacist and the owner of Drgnfly Botanicals LLC. I provide CBD products, CBD educational sessions, and individual counseling. I also work at a medical marijuana dispensary in Albany. Currently, I am working with a hemp supplier for a second batch of CBD products aiming



**Kayoko Lomanto**

to be released in mid-to-late July.

Any questions about this article or products, please visit [drgnflybotanicals.com](http://drgnflybotanicals.com) or call 518-722-4412. To pre-order the new products with a special price, please sign up at visit [drgnflybotanicals.com](http://drgnflybotanicals.com). Mohawk Harvest and Paul Nigra Gift shop carries Drgnfly Botanicals CBD oils.

1. Michael Backes. *Cannabis Pharmacy*. Black Dog & Leventhal Publishers

2. Leinow, Leonard. *CBD*. North Atlantic Books. Kindle Edition.

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## Store, continued from page 1

try to have everything that everyone needs," she said. They stock a varied list of items to help fix a boat, for example. Groceries are plentiful if someone needs milk, and they even offer freshly-sourced meats and seafood in the shop and by special order. There are toys for the kids, floats for the lake, homemade pie and Boar's Head deli sandwiches and even crafted coffees. The only product line they haven't gotten into is hardware, she said.

On any given summer day, you can see folks gathered at the store to enjoy a lunch, rent a boat, fuel up for the day, or sharing a conversation over ice cream.

### Dedication

This particular season has been quite different for the Canada Lake Store and the Fielding Family. Byrnes said that when the COVID-19 pandemic began, and people were quarantined to their homes, they realized that the Store could serve the community in a greater capacity. They began to share their foodservice and local farm connections with their customers, creating a co-op style form for locals to fill out, so they could get supplies of hard-to-find meat and produce. Customers filled out the forms by a certain day of the week, and the following week stopped into pick up their orders.

Byrnes worked with their favorite local suppli-

ers like Antonucci Foods and Bowman's Market in Gloversville for produce, fresh, frozen and custom cut seafood; and Fictitious Farm in Stratford for eggs and pastured pork and poultry. The service was extremely popular and customers expressed gratitude for the owners willingness to become more than just a stop-in grocery provider.

"It just seemed like the right thing to do," Byrnes said. "We were all helping each other." As a result, the store staff didn't get the usual winter-time lull they are used to, in fact business picked up quite a bit on the grocery side due to the custom-ordering. They also instituted curbside pick-up as well as phone, email and text ordering of food and other items. "I feel like I've already gone through a whole summer!" She said with a laugh.

### Industriousness

As the pandemic wanes and summer begins, the store is ramping up for a new way of doing business. Because of the large variation in locales from which their customers come from, they have been extremely careful in following CDC and New York State protocols for safety and sanitizing, which means a whole new way of serving customers.

Throughout the spring, and into the summer, Canada Lake and surrounding areas see an influx of people from down-



Customers order from the window at the Lake Effect Cafe, featuring an extensive menu of coffees, sandwiches and more.

state and other distant locations where the virus was more prevalent. Byrnes said they are taking every precaution to maintain the safety of all. As of June, the store building and gift shop itself was closed to customers, and all service was being done through a window on the front porch of the store; and through a window for the cafe on the side of the store.

The window system doesn't preclude a customer from having a fun shopping experience though. On a week-

day recently, a Mom and her young daughter came to the window to ask for a toy, as the child "graduated" from preschool that morning. Two of Byrnes young adult sons diligently searched the inside of the store for anything "horse or glitter-related" for the girl, and to her delight, brought 4-5 fun presents to the window for her to choose from. She and Mom walked hand-in-hand through the parking lot afterward, and the girl carried her toy proudly.

Offerings: The Canada

Lake Store features groceries with local milk and eggs, a variety of breads and baked goods, local maple products, peanut butter and potato chips, and more. The gift section is stocked with quaint Adirondack-style gifts, clothing and souvenirs.

The Store boasts, "If you're not sure if we have it, we probably do. Just ask!"

The Lake Effect Cafe's menu includes a full deli with signature sandwiches made with Boar's Head meats and cheeses; quiches and freshly-baked scones, muffins and pies; as well as a large selection of coffees, latte and specialty drinks. Hershey's ice cream is also available for a sweet treat.

The Marine offers water tubes, water skis, wakeboards, life jackets and accessories, along with unleaded gasoline for cars and boats, and propane. Boat rentals include pontoon boats, motor boats, canoes, a paddle boat and stand-up paddle boards. Rentals are by the day for larger vessels, or by the half-day and hour for the smaller crafts.

Several cabins are also available for weekly rental. One is only accessible by boat (and a boat comes with the rental just for that purpose).

For more information about the Canada Lake Store and its products and offerings, visit on Facebook, or check out their website at [www.canadalakemarine.com](http://www.canadalakemarine.com). Hours are currently 8 a.m. to 7 p.m. weekdays, and 8 a.m. to 8 p.m. on weekends.

## Swany, continued from page 1

masks that will serve the greater good, we jumped at the chance. We really are 'in this together,' and we hope that this donation will help keep our friends and neighbors who are first responders safe, while they go about serving others."

Director Steven Santa Maria at the Fulton County Emergency Management office said "We were was thrilled to get the donated masks, and are thrilled that Swany is such a great community partner." He said this donation helps solve a void that hasn't been easy to fill. "We have been able to provide masks for first responders and healthcare workers, but they have

been difficult to get for the private and not-for-profit organizations in the area, such as food banks, food pantry workers and others." He said the State and Federal stockpiles have been adequate, but that supplies are designated mostly for front-line providers, adding, "This donation goes a long way toward filling that need for those who are doing a lot of the grassroots work in our county."

The Emergency Management Office's mission is to "provide the residents of, and visitors to, Fulton County with the assistance and services necessary for Preparedness, Response, Recovery and Mitigation from natural and man-made disasters.

This mission is accomplished with the help of an Emergency Management Assistant and 8 Volunteer Deputy Fire and Emergency Management Coordinators."

Fulton County Board of Supervisors Chairman Warren Greene also thanked Swany for their donation. He said, "On behalf of the Board of Supervisors I would like to thank Swany Corporation and their President, Ichiro Kuwahara for their generous donation of 1,200 masks to be used by First Responders and others in the fight against COVID 19. The donations made by Swany and other local businesses and agencies is very much in keeping with being good corporate citizens and very much appreciated by the County Supervisors and residents of Fulton County."

Kilmer lauded Swany / Elmer Little's longtime presence in Fulton County, and thanked the company for

their longevity as a 45-year Chamber member. Swany America acquired the Elmer Little & Sons glove company in 1987. Today the brand has grown exponentially in depth and popularity. Swany has offices around the globe and has a presence in thousands of retail stores, as well as the loyalty of many world-class athletes and snow-sport enthusiasts.

Area businesses that are providers of PPE can visit the Chamber's website, [www.fultonmontgomeryny.org](http://www.fultonmontgomeryny.org), to add their name/logo to the list. Kilmer said, "As New York State begins to reopen the economy and allow businesses to once again open their doors, employers will be in need of PPE and other safety products to meet state requirements." The webpage is meant to connect Chamber members with businesses selling safety and sanitary products that may be hard to source during the pandemic.

Visit The Chamber online at:  
[www.fultonmontgomeryny.org](http://www.fultonmontgomeryny.org)



## Mohawk Harvest Cooperative Market Launches Fundraising Campaign

The Mohawk Harvest Cooperative Market (Co-op), 30 N. Main Street in Gloversville, launched a "Spring 2020" Fundraising Campaign, with a goal of raising \$80,000 over the next three months.

The campaign is raising funds to help the store through the COVID-19 crisis and for its future.

Monies raised will go to help pay vendors and increase inventory; ensure staff is present and paid; and pay down debt. Co-op Board President, Nicole Campbell, said of the campaign, "Our board and staff are dedicated to the success of Mohawk Harvest Cooperative Market. We are, and with

a successful campaign will continue to be, an anchor for downtown Gloversville and its development efforts, a gathering place for community members, and a necessary grocery store providing healthy, fresh, and delicious food from local producers."

The Co-op has already raised \$17,000 toward the campaign's goal. Campbell said, "We know that raising this kind of money within three months is a big lift, but we already have seen a number of our members, board members and supporters step up and gift us the first \$17,000 we need for sustainability. This is so encouraging as we continue

to navigate through this public health and economic crisis that all of us are facing."

Interested people can donate online at the Co-op's website at [www.mohawkharvest.org](http://www.mohawkharvest.org) or by sending a check, made payable to the store, to PO Box 289, Gloversville, NY 12078. Store hours at this time are Monday through Saturday 9 a.m. to 4 p.m.

For more information, contact the Co-op at [board@mohawkharvest.org](mailto:board@mohawkharvest.org). The store can be reached at (518) 706-0681. More information can also be found through the store's Facebook page ([facebook.com/MohawkHarvestCoOp/](https://facebook.com/MohawkHarvestCoOp/)) or on Instagram.

## Gloversville Co-Op Market Establishes 'Mohawk Harvest Home' Section

Mohawk Harvest Cooperative Market (Co-op), 30 N. Main Street, Gloversville, is expanding its inventory with the creation of "Mohawk Harvest Home," a curated selection of vintage kitchenware. Items will be donated to the market, and sold to support the organization.

This new section of the store, which is expected to launch in July, will have as its first theme "Baking." Themes will be changed for Mohawk Harvest Home throughout the year, depending on seasons and donations received.

The Co-op seeks donations from its membership and community to help establish this section. Mohawk Harvest Home will accept donations of vintage kitchenware and home goods, such as bakeware, non-teflon cookware, glasses, mugs, dishware, silverware, etc. during their normal business hours, which have been amended during COVID-19.

Until further notice, the Co-op's hours are Monday through Saturday from 9 a.m. to 4 p.m.

Those who donate are asked to leave a note with their donations including their name and

email, so the Co-op may thank them appropriately. Donations that are not deemed appropriate for this managed section will be donated to a not-for-profit businesses in downtown Gloversville that serves the community.

The Mohawk Harvest Home component of the Co-op's inventory will be curated by the store's Publicity and Outreach Committee, headed by Committee Chair Aaron Enfield, who may be contacted for further information about the project at [outreachmohawkharvest@gmail.com](mailto:outreachmohawkharvest@gmail.com).

The store can be reached at (518) 706-0681. More information can also be found through the store's website, [www.mohawkharvest.org](http://www.mohawkharvest.org), Facebook page ([facebook.com/MohawkHarvestCoOp/](https://facebook.com/MohawkHarvestCoOp/)) or on Instagram.

As consumer, producer, and farmer members of a cooperative, Mohawk Harvest members are committed to the creation of a healthy, sustainable community by providing wholesome foods, empowering artisans and fostering lifelong learning.

## Elizabeth Cady Stanton Association Postpones Bike Ride

Due to concerns about COVID-19, the the Elizabeth Cady Stanton Hometown Association has postponed the three-day two-night fully-supported bike ride planned for August. The ride will be held next August 20-22, 2021

To ride was to celebrate the 100th anniversary of the passage of the 19th amendment. The ride will start in Johnstown – the birthplace of both Elizabeth Cady Stanton and her revolutionary ideas – and end at her home in Seneca Falls, where she shared those ideas at the world-changing 1848 Women's Rights Convention.

The 2021 ride will feature a kick-off with Sue Macy, author of *Wheels of Change*, a book about the importance of bicycling to both the suffrage movement and women's lives. Cyclists will enjoy several attractions, including a stop at a school where Susan B. Anthony taught; a boat ride on the Erie Canal - an information highway in the days of Elizabeth Cady Stanton; a visit to the home of Matilda Joslyn Gage; a visit to the NYS Equal Rights Heritage Center; a visit to the home of Harriet Tubman; and a visit to Elizabeth Cady Stanton's Seneca Falls home.

Breakfast, snacks, dinners, speakers and lots of history are all included in the tour. To register for next year's event, visit [ecstantonhometown.org](http://ecstantonhometown.org). Registration is limited.



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## Health Insurance News

Brought to you by:



Since being established as part of the Coronavirus Aid, Relief and Economic Security Act in March 2020, the Paycheck Protection Program (PPP) has been the subject of additional stimulus bills, legal guidance and interim final rules. In the latest development, Congress passed the Paycheck Protection Program Flexibility Act of 2020, which is a bill that provides borrowers with greater flexibility in spending PPP funds without com-

## President Trump Signs Bill Amending PPP Into Law

promising forgiveness eligibility. President Donald Trump signed the bill into law on Friday, June 5, 2020.

### What Is Included In The Bill

The bill, which passed with a bipartisan vote, makes the following amendments to the PPP to provide relief to borrowers:

— **Loan repayment terms** — The bill extends the minimum loan term for unforgiven PPP loans from two years to five years.

— **Payroll costs vs. nonpayroll costs** — For forgiveness eligibility, the bill reduces the portion of PPP funds that must be spent on payroll costs from 75% to 60%, and raises the nonpayroll cost limitation from 25% to 40%.

— **Covered period extension** —

The bill extends the covered period during which borrowers must spend the PPP funds to be eligible for forgiveness from eight weeks to 24 weeks from the date of origination of the loan.

— **Payroll tax deferment** — The bill permits borrowers to defer payroll taxes without being penalized while still remaining eligible for loan forgiveness.

— **Extension of rehiring safe harbor** — The bill extends the rehiring safe harbor by six months to provide borrowers with additional time to restore payroll levels or rehire employees without facing a reduction in the amount of forgiveness for which they are eligible. The original date was June 30, 2020, and the new date is Dec. 31, 2020.

In addition to the provisions above,

the bill provides loan forgiveness eligibility exemptions for borrowers that are not able to rehire an employee or a replacement. There are also exemptions for loan forgiveness eligibility for borrowers that are not able to return to the same level of business due to complying with COVID-19-related orders or circumstances.

### What's Next?

Borrowers should review the bill carefully and speak to their lender should they have any questions. In addition, borrowers should direct any questions regarding their PPP loan to their lender.

For more information about the PPP, contact Bouchey & Clarke Benefits, Inc..

## Returning to Work After COVID-19

At the time of this writing, New York businesses continue to open as most of the State's Regions are now on Phase 2 of New York's 4 Phase Reopening Plan and New York City enters Phase 1.

As businesses begin to reopen, business owners and employees are faced with a variety of challenges, including employees who are hesitant to return to their positions and work place.

According to recent research conducted, there appears to be three main reasons that cause employees to be hesitant about returning to work; 1) Concerns with loss of income as some are earning more in unemployment benefits than they will earn when they return to their jobs, 2) fear that they will contract COVID-19 at their workplace, and 3) concerns with the health of a loved one they live with or the health of a relative they provide care for on a regular basis that has a compromised immune system may be contaminated if they are exposed to COVID-19 when they return to work.

So, what is an employer to do when faced with these circumstances?

According to legal experts, employees don't have a blanket right to refuse to work during the pandemic, but that doesn't mean they can't demand protection from obvious risks. Lawyers are advising business owners to think carefully about the safety of their employees as they

prepare their plans to begin to open up operations and deal with a "new normal."

### As New York Reopens for Business, Employers and Employees are Facing New Challenges amidst A "New Norm"

As a business trying to return to operations, what should you do? How should you respond to the concerns of your employees?

Most experts recommend a multipoint approach to dealing with employee concerns as we open up our businesses.

**1) Communicate with Your Employees Openly and Often.** It is critical that you share with your employees the requirements that New York State is imposing on businesses as a condition of reopening and your commitment to having and maintaining a safe and healthy workplace. Let your employees know that you had to develop a safety plan and that you are required to set in motion a number of steps recommended by the Centers for Disease Control, the Occupational Safety and Health Agency (OSHA) and the New York State Department of Health.

**2) Inform Employees of Rules Related to Programs to Assist Them.** Make sure that employees are aware of the rules under the Families First Coronavirus Response Act (FFCRA) and the New York State COVID-19 Sick Leave as it pertains to employees and COVID-19 and employees and the lack of childcare.

These rules are very specific and apply only to specific situations

outlined in the Act. For further information please see the following information from the United States Department of Labor – [www.dol.gov/agencies/whd/pandemic/ffcra-employer-paid-leave](http://www.dol.gov/agencies/whd/pandemic/ffcra-employer-paid-leave) and the information from the NYS Department of Labor at [paidfamilyleave.ny.gov/COVID19](http://paidfamilyleave.ny.gov/COVID19)

**3) Employees Need to Know and Understand the Rules of Unemployment.** Make sure that employees understand their obligations under New York State Unemployment Law and the requirements of the CARES Act as it pertains to the Federal \$600 a week supplemental unemployment insurance benefit that expires on 7/31/2020. Employees should understand that if they refuse an offer from their employer to return to work, they could lose their eligibility to receive their unemployment benefit as they could be deemed to have resigned from the position that was offered to them and therefore, refused a job offer.

The law does not recognize that an employee is earning more on unemployment than they will earn working at their job.

**4) Be Mindful of Other Legal Requirements.** The COVID-19 pandemic did not eliminate employee legal requirements that were in place prior to the pandemic. Keep in mind that you are still responsible for complying with other requirements such as the Family Medical Leave Act, The Americans with Disability Act, the Equal Employment Opportunity Commission rules and regulations, the New York State Human Rights

Law and the NYS COVID-19 Sick Leave Law to mention a few.

**5) Be as Flexible as You Can Be.** Gallup, in their article titled Let's Rethink Workplace Flexibility, indicates that COVID-19 shined a bright light on the need for employer flexibility when it comes to work arrangements and schedules. Gallup suggests that employers consider these key items: 1) Flexibility in work schedule. Are the standard work schedules that were in place before COVID-19 still applicable? Do other work schedules work for the employer and the employee? Some businesses had to adapt new work schedules to ensure that the number of employees on site met the required density.

**6) Flexibility in work location.** Not all jobs may require employees to be physically present to complete their assignments/tasks. Review your business operational needs and determine if all employees have to be physically present or can they continue to work from home.

In summary, re-opening New York businesses presents lots of challenges for employers and employees. However, through effective and open communication, by demonstrating flexibility whenever possible, and by employers and employees being diligent about the things they must do, we can work together to ensure that we maintain a safe and healthy workplace as New York continues to move through the various phases of reopening our State's businesses and our economy.



## Cleaning Teams Sought for 'Keep Mohawk Valley Beautiful' Effort

Keep Mohawk Valley Beautiful (KMVB), a six-county NYS affiliate of the national Keep America Beautiful (KAB) program, is launching a "QuaranTeam" Cleanup in conjunction with KAB's annual Great American Cleanup Effort scheduled for June 1 – October 18.

KMVB is a standing committee of the Mohawk Valley Economic Development District, Inc.

This year marks KMVB's 19th annual Great American Cleanup Effort where community volunteers come together to aesthetically improve our environment by creating cleaner parks, streetscapes and public spaces through litter removal and elimination.

While the country begins to open back up and more people are spending time outside, KMVB's "QuaranTeam" Cleanup effort is intended to keep its commitment to bringing people together to beautify our communities, even during a global pandemic.

The KMVB "QuaranTeam" Cleanup is a project for individuals and families who are quarantined together to break up their day by taking a walk outside alone or as a family to clean up litter along their property/streets and surrounding areas.

"We intend to have adults and children in the six-County Mohawk Valley Region take action to work on beautifying and cleaning areas across their communities while adhering to federal, state and local public health guidelines regarding the COVID-19 pandemic," said Sam Russo, Chair of KMVB Committee.

KMVB reminds volunteers participating in the "QuaranTeam" Cleanup to wear Personal Protection Equipment (PPE) such as masks and

gloves when appropriate during litter cleanups.

By registering your "QuaranTeam" Cleanup project on the Oneida-Herkimer Solid Waste Authority's website at [www.ohswa.org](http://www.ohswa.org), you will be entered in a prize drawing that will take place following the conclusion of the Great American Cleanup on October 18.

"QuaranTeam" individuals and/or groups must submit the reporting form provided upon registration to be eligible to receive prizes.

Jamie Tuttle, Recycling Educator of the Oneida-Herkimer Solid Waste Authority and partner in the Cleanup Program, said, "While this year's cleanup effort may not involve large groups gathering together, the actions, large or small, of individuals and families who participate will help KMVB continue its mission to remove litter and beautify the region we call 'home' while inspiring generations of environmental stewards. KMVB is cleaning up, yes, but we are also changing behaviors by engaging the enthusiasm of involved young people."

"From Boonville to Cobleskill, from Oneonta to Northville, and all along the Mohawk Valley, volunteers will be working together to make a difference in their communities. Projects such as the KMVB "QuaranTeam" Cleanup, community gardens, recycling and beautification help leverage other public and private resources to positively impact our region," said Russo.

To register your "QuaranTeam" Cleanup, visit [www.ohswa.org](http://www.ohswa.org). (Click "QuaranTeam" Cleanup.) You may also contact Mohawk Valley Economic Development District with any questions related to the Cleanup at (315) 866-4671.

## New Provider at Broadalbin Primary Care Center

Jeremiah Benoit, MD, FACP, has joined the medical staff at Nathan Littauer Hospital, practicing Internal Medicine at Littauer's Broadalbin Primary Care Center (PCC). Dr. Benoit brings to Littauer over ten years of medical expertise and experience.

"I've had many different experiences in my time as a medical provider," says Dr. Benoit. "Just in my short time with Littauer, I've been very pleased with how supportive the healthcare organization is. I'm given flexibility with my schedule, and the staff I work with are very approachable – my patients are better for it."

Dr. Benoit was once Chairman of the Medical Department and Physician Advisor at St. Mary's Hospital. "We are proud to have Dr. Benoit join our Broadalbin site," says Nathan Littauer Vice President of Primary and Specialty Care Services, Patrice McMahon. "We are also proud that he has entrusted us with his practice. He is a welcome addition to the Broadalbin PCC and NLH."

Dr. Benoit says that he feels he is "providing great healthcare, while taking care of his community."

The Broadalbin PCC is located at 103 County Highway 138, Broadalbin, NY 12025. Patients may contact the office by dialing (518) 883-1023.



Jeremiah Benoit,  
MD, FACP

## JAVAC Donates to Nathan Littauer for COVID-19 Fight

Johnstown Area Volunteer Ambulance Corps INC. (JAVAC) made a \$25,000 donation to Nathan Littauer Hospital & Nursing Home to aid the hospital in the fight against the Coronavirus pandemic.

Included with JAVAC's donation was a letter that stated: "This donation is to be used towards the purchase of a ventilator and/or supplies needed for the hospital to fight the battle against the COVID-19 pandemic.. on behalf of JAVAC, thank you and your staff for the support during a very difficult time. We hope this donation will make a difference in the treatment of COVID-19 patients now, and in the future."

Nathan Littauer Hospital & Nursing Home officials



Two ambulances park outside the JAVAC headquarters in Johnstown.

said they are extremely grateful for all donations given to the organization. Executive Director of the Nathan Littauer Foundation, Geoffrey Peck, said, "JAVAC's volunteer and paid staff displayed selfless community commitment for decades. As a chapter of area history closes, JAVAC once again has served our commu-

nity by helping Littauer fight the COVID-19 virus."

Donations can be made to Nathan Littauer Hospital by contacting the Nathan Littauer Hospital Foundation Coordinator, Kelly Colby, at: (518) 773-5505. You may also make a contribution online by visiting the organization's website at: [www.nlh.org/giving](http://www.nlh.org/giving).

Fulton Montgomery  
REGIONAL CHAMBER OF COMMERCE

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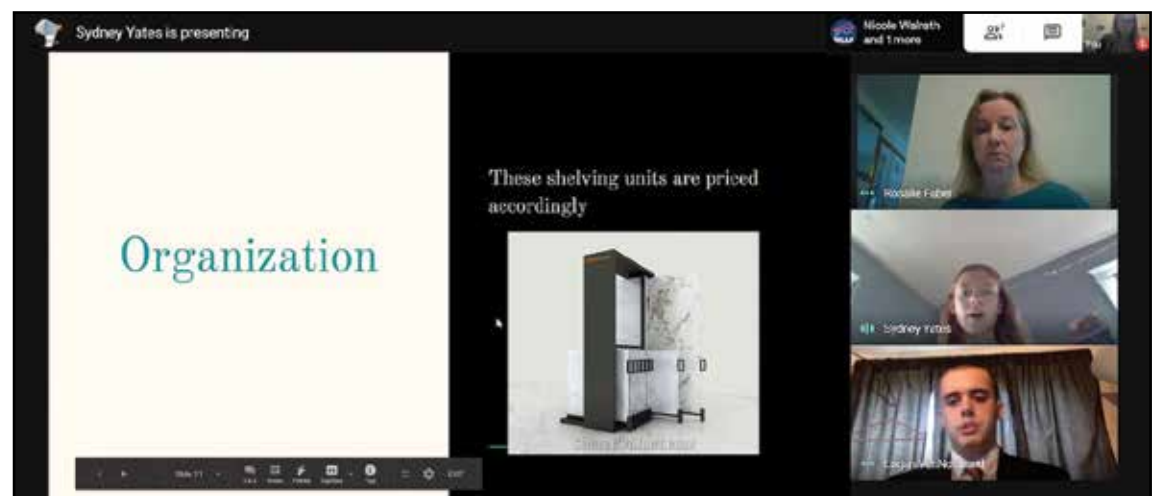
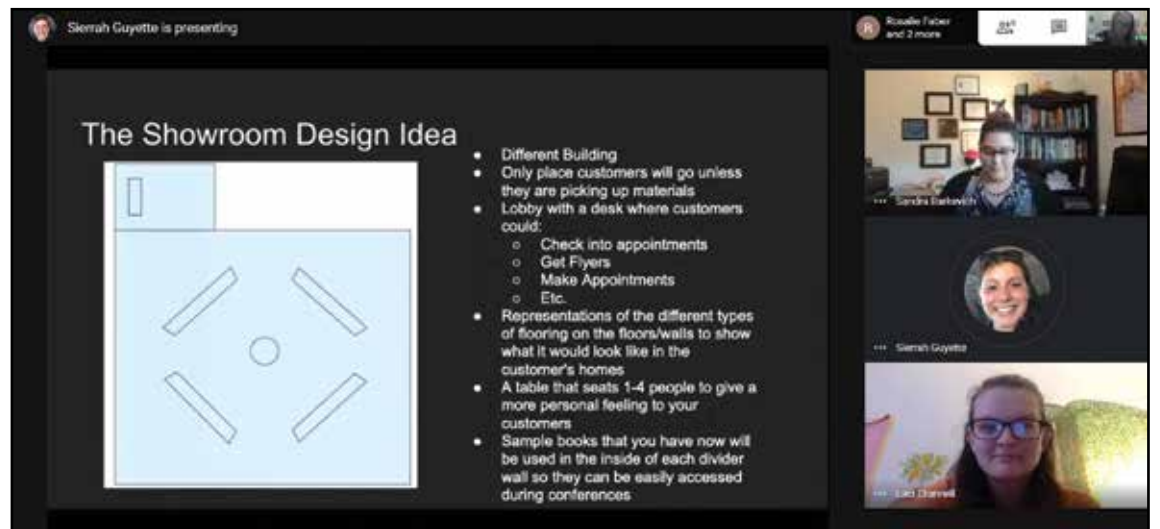
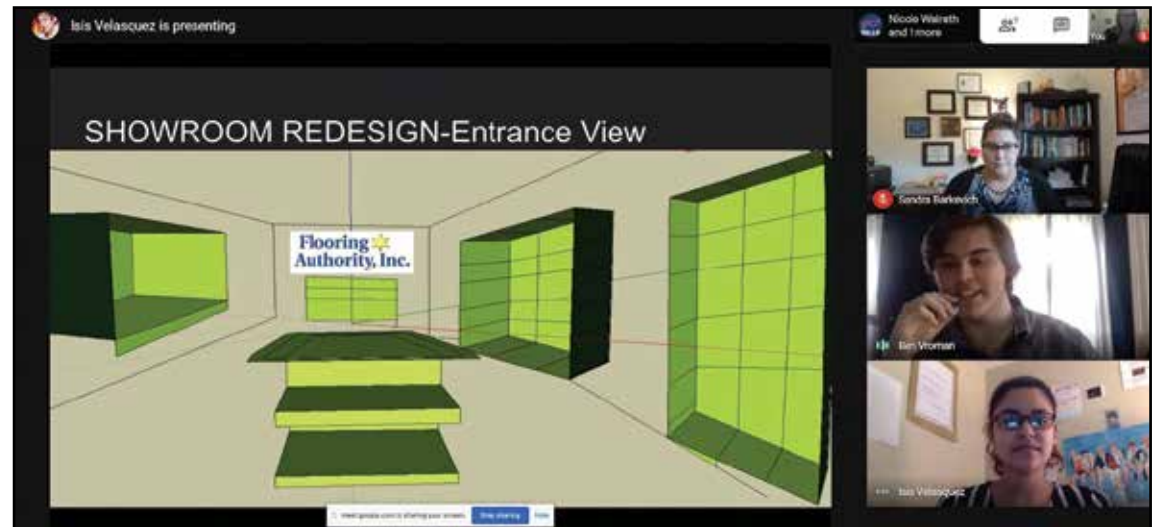
## Business Education Partnership News



**Nicole Walrath**  
Director of  
Workforce Development  
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**Jenna Patterson**  
Business and Education  
Partnership Coordinator  
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change how they work. It gave them the opportunity to see that all businesses had to shift, not just technology businesses," Faber said.

One team of students made sure to incorporate curbside pickup in their

plans for Flooring Authority. "We thought that including that would be most realistic right now," student Alexa Savage said.

Barkevich said students are dealing with many factors as they do their school work

from home, including having to babysit siblings, but they are engaging.

"At PTECH, many students

**See BEP,  
on page 11**



### HFM PTECH

Much like a team from a marketing firm making its pitch to a potential client, each group of HFM PTECH students in Sandra Barkevich's Principles of Business class took their turn this past week laying out their plan for boosting sales and customer satisfaction for Flooring Authority, one of the school's business partners.

Though the COVID-19 school closure forced the group work and presentations to be done online, Barkevich embraced the change as a way for students to have to adapt to unexpected circumstances. "This is what businesses have had to do during the pandemic," Barkevich said. "It's a great example of how PTECH is right with the times."

As each team member popped into the GoogleMeet space during their assigned meeting time, they introduced themselves to Rosalie Faber, business development manager for Flooring Authority. In line with the typical protocol for PTECH's presentations, students dressed professionally to deliver their video-conference pitches.

One student from the

group then shared their screen, going through a series of slides to show Faber computer sketches for a new showroom design, complete with images of creative ways to display the company's many flooring samples.

Known as a "workplace challenge," Barkevich used the project as an opportunity for students to demonstrate the marketing concepts they learned in class this year. Students looked up costs for the different elements of the showroom. They researched target markets and laid out social media strategies. Some groups made suggestions for improvements to the company's website, and one created a month-by-month marketing plan for Faber, who followed up with questions and feedback.

Faber said with so much going on with the global health crisis, she wouldn't have expected to continue with the plan for the project, which had been made months before the school closure. However, she was pleased Barkevich and her students were able to proceed. "This was a perfect example for the students to see how professionals have had to



## Tourism News

### Be A Tourist In Your Town



**Anne Boles**  
Director of  
Tourism Development  
tourism@fultonmontgomeryny.org

As the Mohawk Valley and New York State work together to figure out post-COVID-19 phases and strategies for summer and beyond, we are encouraged to think about tourism differently. We have natural beauty to enjoy in Fulton and Montgomery Counties, and the Tourism Department is asking for your help as a local social influencer.

Yes, we do want people to visit our area, but at this time, why not explore the beautiful place we have chosen to live? Support local shops and businesses, so they are here for tourists to enjoy when the

state opens!

Go get takeout from a local restaurant and explore Schoharie Crossing, or take a walk in Downtown Johnstown to Johnson Hall State Park.

Go on [www.mohawk-valleyhistory.com/](http://www.mohawk-valleyhistory.com/) and take a drive through the beautiful valley to see the historical landmarks in our area. Go explore our beautiful Fulton Montgomery County Quilt Barn Trail."

Studies are showing that once things open fully again, tourists will want to take a drive across the state, and not take mass transportation.

While we are in the opening phases, the Tourism Department will also promote safety precautions at attractions and restaurants, as we want our community and tourists to feel safe as they visit our area.

Along with Tourism Associate Tara Ryzcek, I encourage you to share your favorite spot, by sending a picture and a blog post to [tourism@fultonmontgomeryny.com](mailto:tourism@fultonmontgomeryny.com). Please include a bio of

yourself and your business, and it will be shared online on social media and websites. Your post will be featured so that future visitors can see your favorite spot, and be encouraged to come to the Fulton/Montgomery region.

As attractions and museums remain closed, we will be communicating with them throughout the season to promote virtual experiences for the summer. As of right now, Schoharie Crossing, Fulton County Museum, and the Caroga Lake Arts Collective will offer virtual experiences, and the Tourism Department will continue to share information about all open venues on social media, on the Fulton and Montgomery County tourism website pages and on the Chamber's website.

For more information, please call 518-725-0641, or email [tourism@fultonmontgomeryny.com](mailto:tourism@fultonmontgomeryny.com). Please visit [www.44lakes.com](http://www.44lakes.com), [www.visitmontgomeryny.com](http://www.visitmontgomeryny.com), or [www.fultonmontgomeryny.org](http://www.fultonmontgomeryny.org).

## BEP, continued from page 10

have been active and participating and are proving that it can be done and done well," Barkevich said. "But because teachers had to switch to remote instruction so quickly, we've been saying it's like flying the plane while building it."

The same could be said for the students, who also had to adapt to the new circumstances. "We've adjusted to the technology, but it is harder to work together," student Sierrah Guyette said. One of her teammates on the project, Kirsten Draper, agreed. "It's difficult when we're not in person to consistently give each other feedback," Draper said.

Even after students return to the classroom, Barkevich said she will pull from this experience. "Understanding and knowing how to do an online presentation is going to be something I have students do going forward," she said.

Fulton Montgomery Regional Chamber of Commerce Workforce Development Director Nicole Walrath also attended the presentations to give students feedback on their presentation skills. She said based on the success of the online sessions, she will likely look to incorporate more virtual connections between students and business partners into the school's mentoring program.

"Our business partners' time is valuable, and in-person mentoring isn't always possible," she said. "We are constantly looking for ways to adapt and find opportunities for mentoring, and this is a way to do it face to face but virtually."

Visit our tourism event calendars for more information on these and other events happening in Fulton County,

[www.44lakes.com/calendar](http://www.44lakes.com/calendar)

and Montgomery County,

[www.visitmontgomerycountyny.com/events-calendar](http://www.visitmontgomerycountyny.com/events-calendar).

## Hill & Markes Launches Online Cleaning Institute

Hill & Markes, the family-owned janitorial and food service distributor based in Amsterdam, has launched the Hill & Markes Institute to offer one-of-a-kind training through an annual CMI online subscription and CMI Certified Basic and Advanced online courses for cleaning industry frontline custodial technicians.

The Hill & Markes Institute, a division of Hill & Markes, features online courses to provide foundational training for daily cleaning tasks, and best practices for disinfecting surfaces, as well as cleaning hard floors, carpets and restrooms. Courses will also detail how to successfully strip and re-finish floors, extract carpets and more.

Upon completion, employees will receive a certified custodial technician certification valid for two years.

"I am proud of our team for putting a responsive disinfecting and cleaning online training program together in less than two months to respond to the new chal-

lenges market segments are facing when reopening," said Jason Packer, CEO of Hill & Markes.

"Businesses require proper training and processes to keep their customers and employees safe and the Hill & Markes Institute empowers your workforce."

A press release explained, "Without leaving your house, you are able to absorb best practices for proper cleaning, disinfecting and restorative, project-based tasks."

The Institute is powered by ISSA Worldwide Cleaning Association. ISSA officials said, "ISSA and Cleaning Management Institute is thrilled to partner with Hill & Markes. With a combined experience of nearly 200 years, the partnership is going to forever change the landscape of knowledge for cleaning and disinfecting within the NY region!"

The institute's web address is [www.hillnmarkes.com/hnminstitute](http://www.hillnmarkes.com/hnminstitute).

## Attn: Gloversville Businesses



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**Gloversville Economic  
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For more information, contact the Fulton Montgomery Regional Chamber of Commerce, at **(518) 725-0641**.





**Janet Davis**

Director of Membership  
and Member Services

Membership@fultonmontgomeryny.org

**Visit The Chamber  
online at:**

[www.fultonmontgomeryny.org](http://www.fultonmontgomeryny.org)

## Membership News

Over the last 3 months we have worked tirelessly to help our Chamber members through this rough patch in history. The Chamber called each member during this time and either talked to them or left a message to see if we could help in any way.

Each member had different concerns and we answered their questions or gave them a call back in a timely manner. Now, more than ever, the Chamber can help our Members get back to the new normal. The Chamber is here to help businesses.

Here are a few reasons why businesses should continue to be members or become a member:

### Advocacy

— Chamber will represent the business community in the halls of government.

— Members have direct access to local, state and federal decision makers through the Chambers representation.

### Referrals

— The Chamber receives thousands of inquiries annually, and when members of the public call, only Chamber Members are referred. This gives members an edge over the competition!

### Community Marketing

Promote your business through:

- Chamber Website: [www.fulton-montgomeryny.org](http://www.fulton-montgomeryny.org)
- Visitors Guides
- Local Maps
- Calendar of Events
- *Focus Fulton Montgomery* magazine
- The Chamber's *Newsline* Newsletter

### Events:

These are just a few of many events that you can enjoy as a member.

- Annual Celebration and Awards
- Sports Award Banquet
- Student Recognition Breakfast
- Business and Industry Council

Breakfast and Luncheons

- Fulton Montgomery Chamber Scholarship Golf Classic

### Web Site Listings:

- Job Postings.
- Free Hyperlink, as well as a mini web page that can be updated and personalized to your business.
- Hot Deals which can be submitted to the Member Event Calendar.
- The Chamber's website has over 75,000 hits a month, and the site is being

accessed by people across the country, and across the globe.

### Free Publicity:

— You can submit articles about your business for publication in our Chamber *Newsline* Newsletter. The *Newsline* is also posted electronically on our website for added exposure.

— Brochures can be displayed at our offices and at the Vail Mills Information Center.

### Health Insurance:

— We partner with Bouchey and Clarke for a variety of health insurance plans.

### Advertising Opportunities:

— *Newsline* Newsletter (3200 contacts monthly)

- Websites
- Annual Membership Directory

We are here to help our community. We can help businesses by being there to support and answer any concerns they may have. These are just a few advantages of being a member. Our Chamber Website is easy to navigate and has all the benefits the Chamber has to offer.

## Chamber Member Anniversaries

*The following businesses have found value in their Chamber investment and have renewed their membership in the months of May/June of this year. Please note these member businesses and the year they joined! Thank you to all our renewing Chamber members.*

### Less than 5 Years

Brittany's Diner & Grocery Store .....	2019
Hugh Johnson Advisors .....	2019
Ciera Paige Photography .....	2019
HANYS Benefit Services .....	2018
MCJ Construction .....	2018

### 5 to 9 Years

Employer Alliance for .....	
Affordable Health Care .....	2015
Rolling Hills Country Club .....	2014
Evolution Recycling .....	2014
Lakeside Tavern & Marina .....	2014
McFee Memorials .....	2014
McMurray's .....	2012
Route 30 Wine & Liquor Depot .....	2012
The Geek Pantology .....	2011
Cioffi, Slezak, Wildgrube P.C. ....	2011
First Choice Professional Services, Inc. ...	2011

### 10 to 19 Years

Sam's Seafood Steakhouse .....	2010
Distinct Home Designs, Inc. ....	2009
Spirits of the Adirondacks .....	2007
Hermance, Deborah R., D.D.S. ....	2007

### 10 to 19 Years continued

Steet Toyota Johnstown-Gloversville ....	2007
Sunshine Gardens .....	2006
L M Mason Contractors .....	2006
Schwartz Law Firm .....	2005
Brownell Lumber Co. ....	2003
Junell Realty LLC .....	2003

### 20 to 29 Years

City of Amsterdam .....	1998
Riley Mortuary, Inc. ....	1998
Kinowski Agency, Inc.-Amsterdam ....	1998
Randall Implement Co., Inc. ....	1998
Arkell Hall Foundation, Inc. ....	1998
Gloversville Public Library .....	1996
Sunset Bay Vacation Resort-RV Park & Marina .....	1996

### 30 to 39 Years

Correll Contracting Corp. ....	1987
Patti's Greenhouses, L.L.C. ....	1987
Main Motorcar Chrysler Dodge Jeep Ram .....	1986
Dunham's Spring Shop, Inc. ....	1985
Century Linen & Uniform .....	1984
Andy's Service Station .....	1983
Jankowski Agency, Inc. ....	1983

### 40 to 49 Years

Noble ACE Hardware .....	1978
--------------------------	------

## Welcome New Member!

Thank you for making an investment in your business, and in our region, with Chamber membership.

### Anthony Cosentino

New York Life Insurance Company  
26 Century Hill Rd., Ste 301  
Latham, New York 12110  
(518) 332-8815  
[acosentino@ft.newyorklife.com](mailto:acosentino@ft.newyorklife.com)

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