It's A January Tradition
MAC Hosts Record Mixer Jan. 26th
January Mixer Sponsored By
Lyle Schuler is pretty sure he holds the record for the best financial preparation you’ll have this January as he hosts the January Chamber Breakfast. At Keller Williams, Lyle understands the financial record that matters most is your current financial future, but many times this record slips away on the wayside, courtesy of life’s unexpected challenges. This year, Lyle’s January Breakfast will provide the chance for business owners to meet with Lyle Schuler and his team to map out the road ahead. Lyle will provide tips on successful financial strategies to help keep your business moving forward. The Breakfast will be held at The Kingston Plaza, January 15, 2017 at 7:00 am. The Breakfast is open to the public and is free to attend.

Lyle Schuler is the President of MAC Fitness Clubs, which was founded 20 years ago in Kingston. MAC Fitness Clubs has been named “Best of the Hudson Valley” six times and was also named “Best Gym in the Hudson Valley” in 2009. MAC Fitness Clubs is a vital part of the Kingston community, providing not only great fitness facilities but also opportunities to meet friends and neighbors. MAC Fitness Clubs has grown into a network of clubs, offering a wide variety of fitness and other programs. They are known for their friendly, professional staff and state-of-the-art fitness facilities.

In 2016, the MAC Fitness Clubs were awarded “Best of the Hudson Valley” for the 10th time, a testament to their commitment to providing quality fitness and wellness programs. The company has also been recognized as a “Best Place to Work” in the Hudson Valley, and has been named a “Top Workplace” in New York State.

MAC Fitness Clubs is committed to providing a welcoming and inclusive atmosphere for all of their members, regardless of age or fitness level. They offer a wide range of programs and classes, including group fitness classes, personal training, and more. The company is dedicated to helping people achieve their fitness goals and live healthier lives.

In addition to their fitness programs, MAC Fitness Clubs is also committed to giving back to the local community. They support a variety of local charities and organizations, including the American Cancer Society, the United Way, and the Salvation Army.

MAC Fitness Clubs is proud to offer the most comprehensive fitness programs in the Hudson Valley, and they are committed to helping people of all ages achieve their fitness goals. Whether you’re a seasoned fitness enthusiast or just starting out, MAC Fitness Clubs has the program for you.
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.

“In 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.”

“Since then, more than 380 local leaders have completed our program and are now further immersed into the fabric of our community,” Kulick said. “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 Preparing Tomorrow’s Leaders
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, he has 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 former 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 or 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 store features an eclectic mix of furnishings, art and lighting from the 1940s to the 1970s, both American and European. “It’s an enigma of style is how it’s often described because we have something for everyone,” Krenek explained. “We 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 cater to everyone,” Krenek said. “We mix some European items and some arts and find some Asian pieces. We have local artists that we represent.”

“Then 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 terrific. 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 goal is for everyone to go out with a bag of something.”

A Texas native, Krenek has traveled the world and known what works. He has worked in the luxury fashion business for such companies as Gucci and his last job was as an 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,” he said.

Krenek was responsible for “my dream job.” When he isn’t traveling. 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 cater to everyone,” Krenek said. “We mix some European items and some arts and find some Asian pieces. We have local artists that we represent.”

“This is what we do,” he said. “We work seven days a week, but we love what we do.”

Krenek said exit nineteen are actually a small part of what Krenek does. He also owns an interior design company and is in New York City office can be arranged by contacting Hope Costa at hope.costa@mail.house.gov. “If you have a question or concern, please call or email our office.”

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

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.”

Krenek said exit nineteen, located at 309 Wall St. in Kingston, can be reached at (845) 314-2485. Congressmen Faso To Speak at Breakfast

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) 338-3100 or go online at www.ulsterchamber.org.

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14 January, 2017 PROGRESS Ulster County Regional Chamber of Commerce Supplement to the SUNDAY FREEMAN
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 Adirondack 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 – 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 Broadcastings). Chair-Elect David Gagnon (Daniel Gagnon, CPA). Vice Chair John Burlington (American Solutions for Business). Treasurer Tim Allred (The Williams Lake Project). Immediate Past Chair Larry Bregal (Regional 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.

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.

Now going strong for 114 years – the Ulster County Regional Chamber of Commerce ..."Creating a Climate Where Business Can Thrive!"
MAC Fitness Hosts January Mixer at Kingston Plaza

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Another important factor is the quality of programming—the variety of classes—of a personal training team. The ability to offer a wide variety of programs is critical. Many fitness centers offer a wide variety of services are also key for exercise adherence. Most people, of all ages, will drop off if they don’t see a variety of machines or a treadmill or the same old circuit of exercises.

Challenges like this are already in existence. Many gym members will generally produce better and faster results.

Schuler said he hears all the time and is plagued by many of the county’s leaders in government and law enforcement, and education and choose his gym members over other options.

Perhaps they recognize that he and his wife, Holly, have not run a good operation, but they are active in the community with local causes and charitable contributions. This is their way of getting to know their customers and help them feel at home at their facilities.

We can pursue a large percentage of the population is a bit daunting. However, striving to create the right atmosphere where people can feel comfortable and enjoy themselves, we attract a large number of beginners at both clubs. All new members receive a comprehensive orientation session, which provides our training team with a complete picture of members’ goals around someone’s current fitness level. We also offer one-on-one personal and personal training preferences, which makes all the difference.

Schuler said: “Every client is different and we have to get to know those who are new to fitness. We offer a wide range of programs and we are always looking to expand our offerings to meet the needs of our members.”

MAC Fitness is a great way to work with kettle bells, bear crawls, pushing sleds or coursework, all of which opens up a new dimension for members and improved functional strength. When you start with a low weight, pushing a weighted sled for 60 or 70 feet, it is a pretty good start.”

MAC Fitness is a great way to network and promote your business. MAC Fitness is a not-for-profit business. This free networking event is open to members and prospective members of the local business community. For more information, call 845-274-5400 ext 131 or by registering online at www.macfitness.org.
Our Mixer Sponsor, Rondout Savings Bank, Jodi Reyes, Jim Davenport (President & CEO), Cheryl Bowers, Bryan Smith, Seanne Crozier, Jennifer Fabiano, Gaelen Grogan-Doughman, Terri Ferris, Stephanie Earl.

Our Mixer Host, Mariner’s Harbor Staff including Owner, Mark Guido (far right)

Scott Schwark (Walgreens-Kingston Plaza), Lori Lisiecki-Hand, Terri Reuter (both from Emery & Webb)

December 19, 2016

Mariner’s Harbor
1 Broadway, Kingston

December Mixer
Sponsored By

Scott Herrington (Sav-On Party Central), Anne Burhans, Bob Burhans (both from Hudson River Maritime Museum)

John Balducci (HeritagEnergy), Bruce Utter, Khattar Elmassalemah (both from Praetorius & Conrad)

Dr. Lori Perry (Kingston Audiology), Tom Cummings (Cummings Engineering) Stephanie Earl (Rondout Savings Bank)

ULDI Celebrating 25 Years in ’17

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.

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.

Continued from Page 3

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