Whether you’re running your business or simply running your life, your financial journey is almost never going to go as you plan. Life seems to find its greatest pleasure in surprising us, throwing the inevitable curveballs to keep us on our toes. Just because your journey twists and turns though, and sometimes feels like it’s going backwards, that doesn’t mean you’re off the path altogether. Like a trusty map, informed guidance will keep you on track.

Since 1963, Mid-Hudson Valley Federal Credit Union (MHV) has worked with its members and the communities it serves to help guide financial journeys. We provide the tools, resources and expertise needed to manage all of life’s financial surprises. From resources including a library of eBooks, financial literacy videos and complimentary seminars, to professionals in 13 Branch locations who work to help people manage their financial journeys, MHV offers the navigation life sometimes requires.

Within the business community, MHV

Continued on page 4
UPCOMING CHAMBER EVENTS

June 10 | 5:30 - 8:30 pm

Ulster Leadership Celebration
Ulster Leadership Class of 2019 Graduation
Honoring ULDI Hall of Fame Inductees
Joan Eck, Christopher Marx, John McHugh
This event is open to the public
Diamond Mills Hotel & Tavern | 25 S. Partition St. | Saugerties
Tickets: $75 per person | Cocktails 5:30 pm | Dinner 6:30 pm

June 12 | 5:00 - 7:00 pm

Networking Mixer
@ The Catamount at the Emerson Resort & Spa
5368 Route 28 | Mt. Tremper, NY
There is no cost for Members and Prospective Members.
Reservations are required.
Sponsor: Alfandre Architecture

June 17 | 5:30 - 7:00 pm

Greece - A Land of Gods and Heroes
Informational Meeting
Courtyard by Marriott
500 Frank Sottle Blvd. | Kingston, NY
No cost to attend this meeting but reservations are required.
This group rate travel trip is open to Chamber Members and the general public.

June 19 | 7:30 - 9:00 am

Chamber Breakfast Meeting
Dr. Paul Padalino - Superintendent of Schools
Best Western Plus
503 Washington Avenue | Kingston, NY
$25 Members-Advanced Pay • $30 Members-At The Door
$35 Non-Members
Sponsor: MHVFCU
Next Mixer Offers Breathtaking Views

See The Latest Renovations At ‘The Cat’

If you haven’t been to The Catamount at the Emerson Resort & Spa lately, you might have missed the $500,000 renovation to one of Ulster County’s more iconic banquet venues. The good news is you can see it all at the Chamber’s next Networking Mixer from 5-7 p.m. June 12. The Mixer sponsor is Alfandre Architecture.

“We thought doing a Mixer would be a great way to show off the renovation,” said Tamara Murray, Director of Marketing and Sales for the Emerson.

The 2,000-square-foot Catamount, located at 5368 state Route 28 in Mount Tremper, received an upgrade of the bar, restrooms and overall color scheme as well as all new tables and reupholstered chairs, Murray said.

“While we did this renovation, we were able to mix in some of these modern touches and changes, while still keeping the overall feel of The Catamount,” Murray said. “The Catamount has always been a local favorite. There’s so much history to it. In the past it’s been a restaurant and an event venue and people have a legitimate affection for The Catamount, or ‘The Cat’ as we like to call it.

“For people who have been here before, I think they’ll appreciate the new touches, and for people who haven’t been here or to the Emerson, it will be a great way for them to become familiar with us and what we offer.”

The Cat, which can seat 150 people for all your business or personal needs, offers some of the more picturesque views that symbolize northern Ulster County. That makes this Mixer a can’t-miss event.

“It’s a beautiful location,” Murray said. “The deck of The Cat, which will also be open the night of the Mixer, has one of the most beautiful views of the Esopus Creek. We’re hoping for a really nice early summer evening and we encourage everyone to come for the Mixer to welcome in summer, get to know us a little bit better, and of course, network and meet people.”

Billed as a “hidden treasure” in the Catskills, the Emerson also offers spacious lodging styles in the contemporary Inn or Adirondack-style Lodge. The Emerson also offers one of the region’s most popular luxury spas.

There’s also “Catskill Creative Cooking” in the Woodnotes Grille restaurant; shopping in the Country Stores; and the World’s Largest Kaleidoscope. The Emerson draws thousands each year who take advantage of the area for skiing, hiking, biking, tubing, fishing and the Catskill Supergroup™, the Emerson’s summer concert series held along the banks of the Esopus Creek.

There are also plenty of special events coming up like the Road to Woodstock Weekend July 5-7 with original Woodstock organizer Michael Lang and others. Yankees historian Marty Appel will be on hand July 17 and will likely talk about pitcher Mariano Rivera, who is inducted into the National Baseball Hall of Fame that month.

The Emerson has hosted several past Chamber Mixers and the resort’s staff regularly attend the monthly networking events.

“The Ulster County Chamber really epitomizes what a Chamber should be doing,” Murray said. “These Mixers are so well-attended. If you’re a new business, you can’t miss any of these events that the Chamber puts on. It’s such a perfect opportunity to meet other people and get leads for your business.

“Their Mixers and events are also held in such comfortable atmospheres, whether it’s the Emerson or any of the local businesses. We’re all so truly supportive of the Chamber.”

For more information about The Cat or the Emerson Resort & Spa, call (845) 688-2828 or go to www.emersonresort.com.

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.
Kingston Schools Chief Addresses Chamber

Continued from page 1

Padalino, former superintendent of the Watervliet City School District, has been on the job since January 2012 and says he is looking forward to addressing the Chamber for the second time in his tenure.

“We’ll be past our budget vote by then and I think we’ll probably be talking about what Kingston will look like in September when the kids come back,” he said.

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

June’s Breakfast Sponsor

Continued from page 1

MHV is grateful for the chance to sponsor this month’s Chamber Breakfast, and we invite you to learn more about how we can partner with you. Visit mhvfcu.com today.

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Daily Freeman Advertising Supplement • Wednesday, June 5, 2019
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‘Spotlight’ is heard on these great Hudson Valley Radio Stations:

• WBPM 92.9 FM
Saturday 7:30 am & Sunday 6:00 am

• WKNY 1490 AM
Sunday 6:00 am

• WKIP 1450 AM
Sunday 6:00 am

• WBWZ 93.3 FM
Sunday 6:30 am

• WGHQ 920 AM
Sunday 8:00 am

• WGHQ 92.5 FM
Sunday 8:00 am

If you miss a show, past programs are archived at www.UlsterChamber.org

Ulster County Regional Chamber of Commerce
Creating a Climate Where Business Can Thrive!

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F: 845.338.0968
info@UlsterChamber.org

NOMINATIONS NOW OPEN!

Ulster County Business Recognition Awards 2019

Nominate a Local Business or Business Leader
WE’RE LOOKING FOR THE BEST OF THE BEST!

Nomination Categories:
• Entrepreneur or Business Person of the Year
• Business of the Year (50+ employees)
• Small Business of the Year (less than 50 employees)
• Tourism or Hospitality Business of the Year
• Commitment to the Community (Not-for-Profit) Award
• The Heritage Award
• Emerging Young Leader of the Year

Download Nomination Forms @ www.UlsterChamber.org

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Let Nostrand Productions Tell Your Story

Company Known for ‘Passionate Storytelling’

As a teenager, Christopher Nostrand remembers commandeering his mother’s camcorder and blank VHS-C tapes to make movies.

“I would run away with it to go play with my friends,” Nostrand said. “It started out as a hobby at a very young age, and as I graduated from high school and went to college, I wasn’t exactly sure what to major in, so I just kept on following what my hobby was.”

The Kingston resident went on to SUNY Ulster and SUNY New Paltz before earning a master’s degree in Integrated Media Arts from CUNY Hunter College. He moved back to the Hudson Valley in 2015 and started Nostrand Productions, a Kingston-based digital film and video production company.

“We offer video projects and campaigns from concept development to distribution,” he said. “We’re a full-service production company.”

Nostrand is the sole proprietor and hires freelancers as needed based on the scope of any given project. He says what sets his company apart is “passionate storytelling.”

“We’re really able to evoke emotions from an audience and captivate them,” he said. “We regard ourselves as master storytellers. We don’t rely solely on ‘pretty’ visuals or a ‘cookie cutter’ aesthetic. At Nostrand Productions, we mix cinema quality visuals with a custom style per

Continued on page 7
Through story strategy, we’re able to inspire, motivate, empower and influence an audience to create the deep-seeded connection between a company or an organization and their audience, clients or customers.

“Most of our client-based work is corporate video marketing and advertising,” Nostrand added. “We tell a business’ story for advertising and marketing solutions. That might include a welcome video to efficiently introduce a business on their home page website. It could be a testimonial campaign to build a business’ reputation. It could be an event-highlight video to encapsulate a business’ event, gala or fundraiser.

“We can take a documentary approach, which is a non-fiction style where we’re really giving a face to the business in a real personal way. We can also approach it from a more constructed narrative style, starting with a real film script to tell the story.”

Examples of Nostrand’s work, along with an impressive list of awards, can be found at: www.nostrandproductions.com. Anyone interested can also watch some of Nostrand’s independent films for entertainment purposes on Amazon Prime searching “Nostrand Productions.”

Nostrand Productions is currently working on various new projects for multiple clients. Follow them on Instagram and like them on Facebook to check out the behind-the-scene processes and upcoming releases. Nostrand is also in post-production of a six-episode series on wineries in the Hudson Valley which was shot last year that can be found at www.winewhopee.com.

Simultaneously an adjunct professor who teaches digital media production at SUNY New Paltz, Nostrand said joining the Chamber was a wise move for his growing company.

“The Chamber has really enhanced my relationship with the business community in Ulster County,” he said. “The Chamber has helped foster those connections and made me feel like a part of the business community.”

Nostrand Productions, located at Suite 125C at 721 Broadway in Kingston, can be reached at (845) 532-3403 or info@nostrand-productions.com.
As spring’s flowers begin to poke through the Earth, there’s that itch to get out and explore new spots or familiar, invigorating ones.

Opus 40 in Saugerties is a good place to start as the temps climb and our souls long to reconnect with nature.

Created by the late sculptor and quarryman Harvey Fite over a 37-year span, the 6.5-acre outdoor sculpture park at the foot of Overlook Mountain has been described as an “awe-inspiring, total artistic environment,” as well as a place dedicated to preserving the Hudson Valley’s bluestone past.

Caroline Crumpacker, the executive director at Opus 40, said Fite built it mostly by hand, using bluestone harvested on site.

Fite purchased the property, an idle quarry, in 1938. The following year, he traveled with an archaeological team to Copan, Honduras to do restoration work on an ancient Mayan monument. His work there using dry-key stone masonry techniques inspired him to do something extraordinary with his property.

He began his work locally in 1940. It took him more than three decades to build the outdoor labyrinth that consists of “ramps and terraces constructed around pools and trees and fountains, rising out of bedrock a half-mile deep,” according to Opus 40’s website.

The centerpiece is a nine-ton, bluestone monolith known as “Flame.” According to a New York Times story, Fite and his colleagues had to use a flatbed truck to move the colossal rock from a stream to his property.

Crumpacker noted that one of the remarkable features of Fite’s land sculpture is that guests can engage with it directly.

“People can walk on it, under it and through it. They can also make little sculptures with small pieces of bluestone in one area.”

Opus 40 draws its share of day trippers and tourists as well as locals who appreciate what’s in their backyard, she added. In fact, many have described it as Ulster County’s Stonehenge.

“There are all different kinds of Earth art experiences, but I don’t know of anything quite like Opus 40,” she said. “I think it’s a really great aggregate of what’s compelling about the Hudson Valley—our history, our local culture and our natural beauty. It’s a tribute to bluestone quarrying, and it’s a cultural resource.

“It lets you engage with it in so many ways. You can picnic, you can visit the Quarryman’s Museum. You can see terrific local artists in the Fite Gallery at Opus 40. You can take workshops that use Opus 40 as a springboard.

“I think that people are realizing more and more that the Hudson Valley is an incredible place. Some of the most important parts of the history of New York state are right here.”

This year, Opus 40 has several events planned, including poetry, drawing and photography workshops, bird walks, wine tastings and theatrical performances, including Cirkus Luna! on June 22, Makbet on June 23 and “Jesus Christ Superstar” on July 27.

Opus 40, located at 50 Fite Road in Saugerties, can be reached at (845) 681-9352 or www.opus40.org for information about memberships and day passes.
Our Members Tell Us...

“The Chamber has been instrumental in helping CareMount Medical to get the word out on our new services and offerings... We are happy to partner with such a tremendous resource and advocate for local businesses in our community.”

- Dr. Scott Hayworth, President and CEO
CareMount Medical

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237 Forest Hill Drive
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www.alebrijesrestauranlkston.com
Susana Herrera - General Manager
Categories: Restaurants; Caterers
Description: Mexican restaurant featuring homestyle, delicious, fresh Mexican food. Serving lunch and dinner Tuesdays through Sundays. Daily happy hour 3-6 pm. Catering room available for larger parties. Patio dining.

VINEYARD COMMONS
1642 Merlot Drive
Highland, NY 12528
www.vineyardcommonsny.com
Daphne Scarafoni - Property Manager
Categories: Retirement Communities; Apartments - Townhouses - Rentals
Description: Located in the heart of the Hudson River Valley, Vineyard Commons is a luxury active adult rental community unlike anything you have seen before. The beautiful appointed 2 and 3 bedroom apartments offer spacious layouts, vaulted ceilings, unprecedented closet space and gourmet kitchens with granite counter-tops and stainless steel appliances—all on a single level.

WHY CAN’T WE SERVE
2297 Glasco Turnpike
Woodstock, NY 12498
www.whycantweserve.com
Marty Klein - Producer/Writer
Category: Arts & Entertainment
Description: Marty Klein is a blind veteran from Woodstock who recently released a feature-length documentary called “Why Can’t We Serve.” The film focuses on why high-functioning soldiers with disabilities—incurred while serving—should have the option to remain in the military with a chance for a career of dignity if they so choose. Right now, that option is not available. Klein wrote and produced the film, which was shot at various locations across the country. It features vets, national policymakers, business leaders and counselors. He is currently screening the film throughout the nation.

TMI PROJECT
721 Broadway, Suite 110
Kingston, NY 12401
www.tmiproject.org
Blake Pfeil - Operations Manager
Category: Non-Profit Organizations
Description: TMI Project is a non-profit organization offering transformative memoir workshops and performances.

Hudson Valley Center for Veteran Reintegration
Box 33
Shandaken, NY 12480
www.hvcvr.org
Kevin Keaveny - Founder
Category: Non-Profit Organizations
Description: Veteran Reintegration through purpose, dignity and respect. The Center provides Alternative programs and training that assist veterans struggling with the transition from military service to civilian life.

Team Build with Horses
98 Sherman Road
Kerhonkson, NY 12446
www.TeamBuildwithHorses.com
Cori Nichols - Lead Facilitator
Category: Business Coaching
Description: Dynamic, enlightening team-building workshops addressing soft-skills, leadership and management training and professional development—all in the company of horses. “Highly informative”, “So much fun!” All activities take place on-the-ground (there is no riding.)
YUP TRIP

YANKEES vs BLUE JAYS GAME

@ Yankee Stadium | Section 306 | Budweiser Party Deck

Saturday, July 13, 2019 | 8 am – 10 pm

THIS TRIP IS OPEN TO EVERYONE IN THE LOCAL BUSINESS COMMUNITY

Tickets: $130 pp
Only 50 tickets available! (First come first serve basis)

For more info or to register:
www.UlsterChamber.org

LEADERSHIP

ULSTER

A program of the Ulster County Regional Chamber of Commerce Foundation

Today’s Leaders
Inspiring Tomorrow’s Leaders

REGISTER TODAY!
for the 2019-2020 Leadership Ulster Class Beginning in September
Deadline: August 1, 2019

Michael Campbell
Mid-Hudson Valley Federal Credit Union

“Leadership Ulster was a great opportunity to meet and network with other driven professionals. This experience also allowed me to take a deeper dive into what motivates others in Ulster County and what makes other leaders successful and impactful. One of the many take-aways from this program I’ll keep with me is there is so much we can learn from each other and through this absorption of knowledge and information, I can expand and evolve my outlook, my approach to problem solving, and enhance my professional career as well as my personal life. A work/life balance is what I was after, and a work/life integration is what I found works best for me.”

For Information/Application Contact Ingrid Kulick
845.338.5100 | Ingrid@UlsterChamber.org
www.UlsterChamberFoundation.org

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Our Mixer Sponsors - PKHB, CPA's - Scott Lang, Pollini da Silva, Susan Heigl, Gary Newkirk, Matt VanDerbeck and Katie Zell.

Our Mixer Host The Ashokan Center with Board of Directors President and Vice President Jay Ungar and Molly Mason (left bottom and top).

Bernadette Rexford (Benedictine Health Foundation) with Michele McClure and Clint McClure (both with McClure Construction).

Deborah Barrow (WAMC 90.9 Northeast Public Radio) with Joshua Parker (Culligan Water Company) and Dora Roman (Emerson Resort & Spa).

John Finch, Debra Benn, Lynn Heffernan, Anique Morrison and Samantha Awand-Gortel (all with Ulster Savings Bank).

Joshua Thibault and Joseph Procyk (both Lockwood Architecture) with Pat Horner and David Ekroth (Alfandre Architecture).