

Supporting Businesses ~ Supporting Our Community



Mayor Noble Next Virtual Breakfast Guest Get Your Own 'State Of The City' Update

Chamber Members will get an update on all things Kingston when Mayor Steve Noble appears at the next virtual Breakfast from Nov. 12th.

The event, sponsored by UnitedHealthcare, will be Live on the Chamber Facebook page from The Venue Uptown at Best Western Plus, Radio Kingston provides technical support.

Noble said he will offer kudos to business leaders for their valiant battle against the COVID-19 pandemic.

"What I think we're trying to do is reassure the business community that we're here to support them as a community." Noble said. "We know that 2020 has been a really difficult year, but we're in this together and there are support systems in place to help them."

While the pandemic has been a difficult time for businesses. Noble said the city has been able to complete vital infrastructure work, such as paying, sidewalks and sewer projects.

"We think that's going to prime the wheels for future growth," the mayor said. "I'm going to give an update on all of these projects and how we see this as such a critical part of our economic development agenda."

Noble said he will discuss his proposed \$43.2 million budget for 2021. For the sixth straight year, the budget holds the line on the property tax levy despite the COVID-19 shutdown.

"The budget is an important tool for us to be able to provide all the resources our residents and businesses depend on, but we also know that if not done well, it can be a strain on businesses through the tax rate," Noble said.

"We've tried to do our part to even shift the burden from our businesses. Their tax rates have gone down substantially since I took office. It's a little thing that we can do to help our small businesses, but we think in the end, every little penny helps."

Noble will update business leaders on The Kingstonian, a \$60-million residential/commercial project, which the mayor called "transformative" for Uptown Kingston. He also will tell business leaders how they can help push the project along.

"We feel really strongly that the Kingstonian is going to check a lot of boxes that the Uptown community and Ulster County as a whole have been looking for," Noble said. "We need more parking. We need more housing. We need more affordable housing. We need more public space to gather and have events in Uptown Kingston."

Noble said the economic impact of having 143 apartments full of people in Uptown "is really going to drive

a lot of the small business growth that has struggled over the years" in Kingston.

"We know the ups and downs that Uptown Kingston has had, but we think the more people that live there really makes a difference for all of our local stores." he said.

Noble said he would use the breakfast to thank the business community for keeping people employed throughout the pandemic, "often while not taking a paycheck themselves."



"Many have put their hearts and souls into their businesses to be able to make it through this," he said. "I think that is what differentiates Kingston from so many other places around the country where they've lost lots and lots of businesses.

"We have been very lucky so far that we haven't lost as many businesses and that's really due to just the pure determination of our local business owners," he said.

The breakfast can be viewed on the Chamber's Facebook page at www.facebook.com/Ulster.Chamber/

Virtual Breakfast Sponsor for November is UnitedHealthcare

UnitedHealthcare is dedicated to helping people live healthier lives and making the health system work better for everyone by simplifying the health care experience, meeting consumer health and wellness needs, and sustaining trusted relationships with care providers. In New York State, UnitedHealthcare offers the full spectrum of health benefit programs for individuals, employers, and Medicare and Medicaid beneficiaries, and contracts directly with more than 110,000 physicians and care professionals, and 360 hospitals and other care facilities. Our Kingston/Ulster office is one of the largest UnitedHealth Group offices in the state with around 600 employees tied to this facility. Its employees are actively engaged in the local communities joining in food drives, community clean-ups, health-related walks and races, and other activities.

I can't begin to explain the hierarchy within UHG, given that we are an international company, made up of many divisions. However, the sponsorship for this breakfast came from Paula A. Gazeley Daily, Vice President on the Empire Plan account. The Empire Plan account (medical/surgical coverage for 1.2 million NYS employees) has been administered out of the Kingston office



2020

since 1985. Over the years, the Kingston office has been home to other accounts, but none as large, or as consistently as the Empire Plan.

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UPCOMING VIRTUAL CHAMBER EVENTS

Thursday November 12, 2020 | 9:00 am

Virtual Chamber Breakfast Meeting **Mayor Steve Noble** State of the City Address Livestream on Facebook from

The Venue Uptown at BEST WESTERN PLUS, Kingston Sponsor: UnitedHealthcare

Thursday December 3, 2020 | 9:00 am

New Member Meet & Greet via Zoom Meeting There is no cost for Members to Attend. Reservations are required. Sponsor: Hudson Valley Credit Union

Thursday December 10, 2020 | 9:00 am

Virtual Chamber Breakfast Meeting Annual **Holiday Breakfast**

Livestream on Facebook from The Venue Uptown at BEST WESTERN PLUS, Kingston Sponsor: Rondout Savings Bank

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Helping Veterans Reintegrate Group Has New TechCity Home

Kevin Keaveny dropped a few pounds and came away with sore arms and legs, but he said it was all worth it.

Keaveny, co-founder and President of the Hudson Valley Center for Veteran Reintegration in Kingston, has been on a mission to raise attention about the alarming rate of suicide among veterans. In late September, he and a few other vets walked 50-plus miles to Albany from Kingston, stopping along the way to speak to individuals and groups about the tragic suicide rate.

If that wasn't strenuous enough, the group then embarked on a kayak trip down the Hudson River, all the way to New York City. They stopped in Kingston and were ushered on land by an Ulster County Sheriff's Office color guard for their efforts to help veterans. They then headed down river with stops in Poughkeepsie, Newburgh, and Garrison before arriving in New York City. It was an exhausting, but a rewarding experience, Keaveny said.

Now back at the non-profit's headquarters in Kingston, Keaveny talked more about those he tries to help. He said he sees a lot of himself in the veterans he meets with.

Keaveny was a combat vet in Afghanistan in 2010-11 as a member of the Army National Guard. Like many veterans, he saw things he doesn't like talking about.

"I was exactly like the veterans we work with now," Keaveny says. "I was struggling and, like many of the veterans, I was too proud to ask for help. I tried to navigate the challenges on my own, and after several years, I just knew I had to reach out and take those steps to heal.

"When you're in the military, you're taught to just suck it up. You don't talk about your problems. That's a sign of weakness. No matter how bad it is, you just keep driving forward. That's exactly what I did and it destroyed my life and my family. Thankfully I saw the light and I was able to seek services."

Keaveny said he selfisolated and described himself as "angry, aggressive and a jerk" when he returned in 2011. He struggled for five years before buying a set of boat plans and set out to build the vessel in his backyard.

"I noticed that when I was doing that, it grounded me and my family would actually come around me and we'd speak and we'd get along," Keaveny recalls. "Turns out, I didn't know it then, but that was occupational therapy. I was getting my mind off the challenges I was facing."

Keaveny helped start The



Hudson Valley Center for Veteran Reintegration in 2016. The group became a non-profit a year ago and after years of bouncing around, finally found permanent quarters at 320 Enterprise Drive in the TechCity complex.

"We work with struggling veterans, service members and their families," he said. "We work with other agencies and organizations to get them the help they need, whether that's housing, food or just peer mentoring."

The organization offers programs, including Vet2Vet, where veterans serve as peer specialists and provide colleagues with non-clinical support.

There are also classes such as Warrior Writers, a creative writing group; Wooden Boat workshop; wildness retreat; woodshop; financial readiness; and even yoga.

Keaveny said the organization is about providing peer mentorship.

"We're therapeutic," he said. "We're not therapy. If you say therapy to a lot of veterans, it's a four-letter word. We're the step before that.

When they come and work with us, we tell them it's not bad to ask for help. It's OK not to be OK. It's a cliché, but it's a fact. We build a bond and use positive aspects of the military."

Keaveny said nearly every volunteer and employee is a veteran who saw action and faced pretty serious challenges.

"When they see that we weren't afraid to ask for help and that we reached out and were successful, it makes it easier for them to do the same thing," he said. "We're there with them every step of the way."

The new space at TechCity features office space, a conference room and more.

"The way we have the space set up, it's like a USO," Keaveny said. "We have computers, big comfortable couches, a TV and Internet.

It's just a big open space for veterans to come together and just be with their comrades. While they're here, and we're working with them, we find out what resources they may need and we get them for them."

As we celebrate Veteran's Day this month, Keaveny



Contact Hudson Valley Hospice 845-240-7557 or visit www.hvhospice.org said readjustment is the largest struggle veterans face.

"They'll come out of the service, or even during service when they're getting ready to transition, they're just not being provided with the tools that are required to successfully come out and find that job that they need or cohabitate with their families," he said. "There's that feeling of loss, that they're stuck."

Keaveny said the vets who show up are not just recent military personnel from Iraq and Afghanistan. He also sees plenty of Vietnam vets and a recent trip the group took involved five generations of warriors.

"We try to let vets know that generational gap doesn't matter," he said. "We work with all veterans. It's thankfully a nice mix of groups that come in, not just the younger guys."

Keaveny said helping his fellow veterans changed his life and career. He left his IT job and studied social work at SUNY Ulster, where he also connected with other veterans.

"Social work is the foundation of what we do here," he said. "It's social work 101. We find out what the vets need and get the resources and mentor them, peer to peer."

The Hudson Valley Center for Veteran Reintegration, located at 320 Enterprise Drive in Kingston, can be reached at (845) 481-4004 or www.hvcvr.org.



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Coming Back From COVID-19 *Postage Inn Remains First Class*

COVID-19 has wreaked havoc on many Hudson Valley restaurants, forcing them to adjust and reinvent themselves.

The iconic Postage Inn, located along Route 32 in Tillson between Kingston and New Paltz, is one such eatery that has been affected by the pandemic. The restaurant has remained open throughout the pandemic, offering takeout and curbside pickup to ensure the safety of their customers.

"We are very fortunate that we have a wonderful customer base and a supportive community," says owner James Jerkowski.

"COVID-19 has had a significant impact on small businesses.



The key is to adapt to the new normal as quickly and efficiently as possible. We've adapted leveraging the power of social media and ensuring the highest of safety standards to keep everyone safe. This year has definitely been a learning experience for all business owners. In the 32 years we've been operating, you learn to reinvent your experience and innovate when challenges arise."

Jerkowski said The Postage Inn offers takeout from 4-8 p.m. Wednesday to Sunday. Orders can be placed starting at 2:30 p.m.

"This has been our most challenging year to date, but I remain optimistic because we are doing everything we can to adapt and our community is very supportive," Jerkowski said.

"The impact on the restaurant industry has been substantial since it is a high-contact industry. As a result of COVID-19, there are a lot of restaurants that unfortunately will not be able to reopen. It's heartbreaking."

Jerkowski said he has also offered themed pop-up menus during COVID-19, which feature new creative dishes in addition to classical favorites.

The restaurant's American continental menu features a wide range of offerings, including steak, seafood, sandwiches, burgers and more. They are currently posting their daily menu offerings on their Facebook page. (www.facebook.com/postageinn).

Jerkowski said the restaurant will continue to serve takeout and curbside pickup until it is safe to reopen for full dining service.

"Right now, these are the best measures we can take to ensure the safety of our guests," he said.

During normal operations, the restaurant seats around 100 in the main dining room, 45 in the pub and 25 on the outdoor patio. The restaurant is a popular spot to celebrate banquets, weddings, graduations, religious events and more.

Jerkowski, along with his wife Mary and his parents, George and Ann, started the restaurant in 1988 at the former Tillson



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post office. Some artifacts from the old post office are still on display.

Jerkowski had graduated two years earlier from the prestigious Culinary Institute of America (CIA) in Hyde Park. He was only 21, but knew he loved the restaurant business.

The restaurant will mark 33 years in business next March.

"The key to our success over the years has been our consistency and love of the culinary world," Jerkowski said. "We're passionate about delivering quality meals in a comforting atmosphere, and our favorite thing to see is a smiling customer. As a family business, we own every part of the customer experience, whether it be social media or the preparation of the food."

The Postage Inn has always been a family affair. Jerkowski's wife, Mary, is the pastry chef and has worked alongside Jim since their opening night in 1988. The couple's children, son James Jr. and daughter Caitlin, also have prominent roles. Together, they oversee the customer experience, marketing,

social media, and other operations.

Jerkowski's son recently published a book to help businesses survive challenging times like COVID called: Survive to Thrive: A Business Guide - How to Secure the Future of Your Business During Challenging Times.

James Jr. spent the last decade working in several different fields, from technology to sales and marketing. When the pandemic began, James Jr. decided to publish his book, started his own digital marketing company, and relocated back to the area to help his family through the challenging year ahead.

"I took pretty much everything I learned from working at the enterprise level, in both technology and sales/marketing, and created a field guide for small businesses to become more operationally mature to withstand the hardships associated with a financial recession or a global pandemic," the younger Jerkowski said.

The Postage Inn, located at 838 state Route 32 in Tillson, N.Y., can be reached at (845) 658-3434 or <u>www.postageinn.</u> <u>com</u>. The restaurant can also be found on Facebook and Instagram. Wednesday, November 4, 2020 • Daily Freeman Advertising Supplement



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1923 Route 9W Lake Katrine, NY 12449 www.angelaspizzarestaurant.com Brandon Vladich - Managing Partner Categories: Restaurants; Pizza Description: Pizza, wings, and a whole lot more.

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4162 Rt. 209 **Stone Ridge**, NY 12484 www.cherriesstoneridge.com **Alyson Reidy** - Owner Category: Ice Cream & Frozen Desserts Description: *Ice Cream and Deli.*

EMILY'S COOKIE JAR

www.facebook.com/Emilyscookiejar Emily Gorman - Owner Category: Bakeries/Baked Goods Description: Birthdays, holidays, weddings, showers, office celebrations or just because you want to sweeten someone's day. Make any special day even more special with customized handmade sugar cookies from Emily's Cookie Jar.

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715 Route 213 **Rosendale**, NY 12472 www.islandviewafc.com **Emily Casey** - Owner/Manager Category: Health Services Description: Island View is a residential care home located in Rosendale, New York. Our home has a tranquil atmosphere, perfect to relax and spend quality time with friends and loved ones, yet also has an atmosphere that emphasizes the joy of human connectivity, incorporating children and animals that ensure residents are never bored or lonely. We offer 24 hour supervision, assistance with ADL's, and medication administration. We also provide all meals, individualizing meals to the needs/likes of the residents. We have a medical doctor and Podiatrist on call. Come Enjoy Life With Us!

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117 Canal Street **Ellenville**, NY 12428 www.ja-mar-liquors.business.site **Harry Patel** - Owner/Manager Category: Liquor & Wine Description: Shop JA-MAR Liquors for a unique selection of rare cognacs and bourbans, the finest organic and Kosher wines as well as a large selection of local New York Wines & Spirits. 10% off all cases of wine. 15% off cash purchases.

JERKY HUT OF NY

817 Neighborhood Road **Lake Katrine**, NY 12449 www.jerkyhutny.com **Joe DeMercurio** - Co-Owner Category: Gifts - Specialty Description: *We offer a wide range of jerky versions from beef*,

venison, poultry, exotics (alligator, bison, elk), salmon, or tuna. We even have jerky that comes in mild, medium and extremely hot temperatures. For you enthusiasts who love to match food with your beverage, check out the beer jerky to go with domestic or imported beers, sweet and spicy to match with a glass of red wine, or a chipotle habanero to go with a chunk of dark chocolate. Our flavors are barbecue, teriyaki, garlic, hickory smoked, peppered that are vacuum sealed to marinate and preserve your choice of jerky.

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Description: Ice cream, frozen bessens; rast rood/beis Description: Ice cream, frozen yogurt, hot dogs, nachos and more! The Jolly Cow has been serving our customers for over 50 years, we look forward to serving you!!

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www.mattressbyappointment.com/locations/ny/kingston Rachel Snydstrup - Owner/Operator

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152 Canal Street **Ellenville**, NY 12428 www.topshelfjewelry.store **Barbara Hoff** - President Categories: Retail; Antiques Dealers Description: Retail boutique - mix of Top Shelf locally made jewelry, antiques, vintage & new clothing.

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404 Old Neighborhood Road **Kingston**, NY 12401 www.unclebscarwash.com **Bart Panessa** - Owner Category: Car Wash Description: We offer single washes and monthly unlimited memberships. With the unlimited the customer can wash as many times per month. We offer FREE vacuums and mat cleaner to any customer that washes. Gift cards also available. Simple, easy and quick with pay stations.

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These Members Have Renewed

850 Rt. 28 LLC AAA Fuel and Service, Inc. Albany Co Airport Authority American Foundation for Suicide Prevention (AFSP) Ande Roonev Companies Inc. Annarella Ristorante Arrowood Farms, LLC AT&T ATM Locations Bailey Pottery Equipment Corp. Bank of Greene County Binnewater Ice Co., Inc. Bop to Tottom Bowery Dugout Center for Creative Education Chasin & Guarente Optometrists, PC, Drs. Chic's Restaurant & Sports Bar Chronogram Media Clear Channel Outdoor **Combined Energy Services** Country Care Carpet Cleaning County Waste & Recycling Courtyard by Marriott CoWork Kingston Craig Thomas Pest Control Cushman & Wakefield/Pyramid Brokerage Company De Cicco's Cabinetry, Inc. Deising's Bakery & Restaurant Diamond Mills Hotel & Tavern Dietz Stadium Diner eOneMedia Ethan Allen Workforce Solutions FASTSIGNS of Kingston Fehr Bros. Industries, Inc. Firmbach & Firmbach, CPAs Frank Guido's Little Italy Gagnon & Associates CPA's Glen F. Kubista & Associates Go Beyond Greatness, Inc. Green Heat Inc. Grunblatt Psychology & Counseling Offices, PC

Halter Associates Realty - Woodstock Hannaford Supermarket #8444 Woodstock hash Headless Horseman Havrides & Haunted Houses HealthAlliance Hospitals, members of WMCHealth HITS Inc. Holidav Inn Express & Suites - Kingston Home Health Care & Companion Agency, Inc. Hot Water Solutions. Inc. Hotel Dylan Hudson Valley Appraisal Corp. Hudson Valley LGBTQ Community Center, Inc. Hudson Valley Sportsdome Hurley Veterinary Hospital PC Information Mine. Inc. J. Mullen & Sons, Inc. lackson Lewis PC Jim's Mufflers, Inc. Joseph Diacovo, DMD KevBank Kingston Athletics Kingston Audiology Center Kingston Overhead Door Kingston PBA Inc. **Kingston Post Office** Kingston Proud LLC Kingston Rolloffs, LLC Liberty Mutual Insurance Lifequard Systems Inc. Local Economic Opportunities (The LEO Group) Lowe Plumbing, Heating & Air Conditioning Inc. Mainetti & Mainetti, PC Marigold Home Marist Brothers Center at Esopus Markertek Marshall & Sterling Insurance McClure Construction MidHudsonNews.Com, A Div. of Statewide News Network, Inc. Modern Shacks N & S Supply Inc. Never Alone Normann Staffing Northwestern Mutual NYSED-ACCES/VR Optimum Window Mfg. Corp. Pardee's Agency Inc. Patty Conti Realty Group LLC Peekamoose Restaurant + Tap Room Pine St. Dental Associates PC Plumbers & Steamfitters Local 21 HVAC-R Svc. PuroClean Professional Restoration Radio Kingston WKNY Reservoir Road Productions Resource Center For Accessible Living, Inc. Rhinebeck Bank S.A.P. Exteriors Inc. Savonas Trattoria & Pizza Senate Garage Shandaken Historical Museum Sky View Mexican Restaurant Smaldone Sports Chiropractic Snippers of Kingston, Inc. Soyuzivka - Ukrainian National Association Stainless Steel Welding Service Stella Bella Salon and Beauty Supply Strand House SUNY Ulster The Saugerties Stallions Timely Sians Turner Construction Company Tuthilltown Spirits Ulster County Community Action Committee, Inc., dba Community Action Universal Land Abstract, Inc. Van Kleeck's Tire Inc. Visionexcel

WayFinder Advisory Group LLC WCD Window Coverings, Inc. Woodland Pond at New Paltz Woodstock General & Implant Dentistry Wright Architects

Anniversaries:

<u>40 Years</u> Normann Staffing

<u>35 Years</u> Center for Spectrum Services

<u>30 Years</u> Gagnon & Associates CPA's Universal Land Abstract, Inc.

<u>25 Years</u> Bailey Pottery Equipment Corp. Local Economic Opportunities (The LEO Group)

20 Years

Country Care Carpet Cleaning WCD Window Coverings, Inc.

15 Years

Courtyard by Marriott Craig Thomas Pest Control Never Alone N & S Supply Inc. Rhinebeck Bank Ulster County Farm Bureau, Inc. Woodland Pond at New Paltz

10 Years

Ande Rooney Companies Inc. Binnewater Ice Co., Inc. Boitson's Restaurant Catskill Mountain Railroad Company, Inc. County Waste & Recycling Liazon Benefits

<u>5 Years</u>

Albany International Airport Collision Research Ltd. De Cicco's Cabinetry, Inc. Holiday Inn Express & Suites – Kingston Hotel Dylan NYSED-ACCES/VR The Saugerties Stallions Senate Garage Turner Construction Company

<u>1 Year</u>

850 Rt. 28 LLC Sky View Mexican Restaurant Bowery Dugout Susan Casey CoWork Kingston Law Offices of Cathy J. Frankel Grunblatt Psychology & Counseling Offices, PC Kingston Athletics Marist Brothers Center at Esopus Plumbers & Steamfitters Local 21 HVAC-R Svc. Shandaken Historical Museum Stella Bella Salon and Beauty Supply Strand House WayFinder Advisory Group LLC

CONGRATULATIONS TO OUR

Ulster County Regional Chamber of Commerce





Business Person of the Year CLAYTON VAN KLEECK VAN KLEECK'S TIRE

Business of the Year SUNY ULSTER

Small Business of the Year
TOWN & COUNTRY LIQUORS

Emerging Young Leader NICOLE FUOCO - YUP

Hospitality Business of the Year WILTWYCK GOLF CLUB

Commitment to the Community Award **PEOPLE'S PLACE**

> The Heritage Award KENCO

Len Cane Heart of Ulster County Award ULSTER COUNTY'S HOMETOWN HEROES



If you missed the Celebration, you can view it on our website www.UlsterChamber.org