Campaign '22 In Full Swing Meet The Congressional Candidates

Ulster County will have two congressional seats in 2023 and the four candidates for those offices have been invited to the Chamber's next breakfast meeting from 7:30-9:00 a.m. on Sept. 27 at The Venue Uptown at the Best Western Plus in Kingston. Sponsoring this breakfast is Nuvance Health.

Ulster County Regional

Chamber of

Commerce

The Business OF THE YEAR

It's been an unprecedented and confusing year for local politics. It all started back in May when U.S. Rep. Antonio Delgado resigned from the 19th Congressional District seat to become New York's Lieutenant Governor. Then, New York lost yet another congressional seat in redistricting, and parts of Ulster County ended up in the newly drawn 18th and 19th congressional districts.

Adding even more confusion was that a special election was held on Aug. 23 to fill the four-month remainder of Delgado's term in a district that won't even exist after Dec. 31. U.S. Rep. Pat Ryan, the former Ulster County executive and a Gardiner resident, narrowly





Pat Ryan (NY18)









Marc Molinaro (NY19)

Josh Riley (NY19)

defeated Republican Dutchess County Executive Marc Molinaro of Rhinebeck.

Meanwhile, Ryan and Molinaro are on the ballot again in November-but in different districts and against different opponents. Ryan will run against Republican Orange

County Assemblyman Colin Schmitt in the new 18th Congressional District. Molinaro will match up against Democrat Josh Riley, who won a Democratic primary on Aug. 23, in the revamped 19th Congressional District. All four candidates have been invited to the Chamber breakfast. Chamber President Ward Todd said the

candidates will be given time to offer opening statements and then will answer questions from those in attendance. The League of Women Voters will assist the Chamber and facilitate

A tech entrepreneur, U.S. Army veteran, and graduate of the U.S. Military Academy at West Point, Ryan ran unsuccessfully for Congress in 2018 in a seven-way primary. He was elected to the county's top job the following year when former Ulster County Executive Mike Hein resigned to take a position with the state. Ryan earned a full four-year term later in 2019.

Ryan led the county through the COVID-19 pandemic and made his special election against Molinaro largely about abortion. He also talked about environmental protection,

community safety, "leveling the playing field" and "protecting our foundational freedoms."

Schmitt, a businessman who started his career as an Assembly aide, is now the ranking minority member of the Assembly's Committee on Local Government. A New Windsor resident, he is a sergeant in the Air National Guard and has focused his campaign on inflation and the economy, crime, high gas prices, immigration, tax relief, and support for The new 18th Congressional District

includes the city of Kingston and the towns of Rosendale, Marbletown, Rochester, Gardiner, Lloyd, Esopus, Marlborough, Plattekill, and Shawangunk in Ulster County, along with the village and town of New Paltz parts of the town of Wawarsing and village of Ellenville. Orange County and a sliver of southern Dutchess are also in the district.

The new 19th Congressional District featuring Molinaro and Riley takes in the towns of Hardenburg, Denning, Shandaken, Olive, Woodstock, Saugerties, Hurley, Ulster, and Kingston in Ulster County, along with a portion of Wawarsing. The sprawling district also includes the counties of Columbia, Greene, Sullivan, Delaware, Otsego, Chenango, Broome, Tioga, Tompkins, and Cortland.

Molinaro was elected to the Tivoli board of trustees at 18 and has had a long career in public

service, including a run for governor in 2018. He also was mayor of Tivoli-the youngest mayor in the country at the time-and served in the Dutchess County Legislature and state Assembly before becoming county executive.

During his campaign against Ryan, Molinaro touted his fiscal conservatism and raised the issues of high gas prices, inflation and rising food prices, cashless bail, and high utility costs.

Riley, a Broome County Democrat who won an Aug. 23 Democratic primary, is a former staffer for the late U.S. Rep. Maurice Hinchey. He is a policy analyst at the U.S. Department of Labor and counsel for the U.S. Senate Judiciary Committee.

His issues include defending democracy and strengthening the economy "in a way that lifts everyone up and brings everyone along while supporting rural America, healthcare, and abortion rights. He vowed to fight rising costs, climate change, and crime.

Chamber Breakfast Meetings are a great way to stay on top of current events and connect with other local business leaders. Reservations are required. Tickets are \$30 in advance and \$35 at the door for Chamber members (\$40 for non-members.) For more information, contact the Chamber at (845) 338-5100 or go online at www. ulsterchamber.org.

The Breakfast Sponsor for September is Nuvance Health

Nuvance Health wants to help those who live in our communities get back to living their best life and maximize wellness in this post-pandemic era.

If you are worried about monkeypox, COVID-19 or haven't had a checkup in a while, Nuvance Health has primary care and urgent care locations throughout Ulster County and now offers online appointment scheduling.

Visit the Nuvance Health website to search for the best time and day to be seen by hundreds of physicians and providers, including those at Nuvance Health's Kingston Multispecialty Center at 1240 Ulster Avenue.

It's nearly October, which is Breast Cancer Awareness Month and time to think about this important screening. Request a mammogram online, or schedule a colonoscopy, if you need one of these vital exams. Worried about your heart health? Nuvance Health is now an affiliate of Cleveland Clinic's Heart, Vascular & Thoracic Institute — a collaboration that will enhance opportunities to provide new treatments and therapies to patients, as well as explore cutting-edge technologies and techniques.

Recruiting new clinical staff to the mid-Hudson Valley remains

Nuvance Health's priority, and several experienced physicians have recently joined our system to serve Ulster County residents and professionals.

Located in the Kingston Plaza location, Kellie Forshey joined the primary care team while Dr. Elizabeth Elsagga is an obstetrics-gynecologist new to our region. And, primary care provider Susan Begnal was recruited last year to serve the Woodstock community with adult gerontology as her specialty.

Nuvance Health is also creating a pipeline of new talented doctors to the region. Seven of the 30 doctors who recently graduated from the health system's residency programs in internal medicine and family medicine have joined the network to work locally. With hundreds of residents remaining in emergency medicine, neurology, psychiatry, surgery, anesthesiology and more, the graduate medical education programs at Nuvance will continue to enhance the health and well-being of our communities for decades to come.

Across the Hudson River, Northern Dutchess Hospital excels in bringing quality healthcare to the region. The hospital was one of eight in New York state to earn a five-star rating from Centers for Medicare and Medicaid Services (CMS). The hospital was Nuvance

also "High Performing" in hip replacement, hip fracture and chronic obstructive pulmonary disease, or COPD, in the US News and World Report Best Hospitals national rankings and remains on the "A list" with the Leapfrog Group's Hospital Safety Grades.

With nearly \$1 million raised in philanthropic support, Northern Dutchess plans to expand its emergency department to include additional triage and patient rooms. Renovations and upgrades are also underway at its Birth Center and radiology

Escape To The Ashokan Center Chamber Mixer Will Be Outdoors & Indoors

The peace and tranquility of the picturesque Ashokan Center cause even world-famous musician Jay Ungar to wax poetic.

"When you drive through the gates and you come down the hill, there's a feeling of leaving the busy, hectic world behind and entering a special place, an almost magical world," Ungar said at the last Chamber Mixer there in 2019. "While we now have WiFi and cell service, it's good to ignore them at Ashokan. It is a great place to connect with people and nature and disconnect from the crazy world we

That's exactly what Ulster County's business leaders will do for a few hours at the Chamber's next Networking Mixer from 5:00 – 7:00 p.m. on Sept. 7 at the outdoor Conference and Retreat Center at 477 Beaverkill Road in Olivebridge.

schoolchildren for its outdoor education program.

"We also host public events and cultural events," said Ruth Ungar Merenda, the Center's Director of Community Outreach. "We want to raise awareness about those aspects of the Ashokan Center to the community and local businesses.

our community so that's one of the main reasons we wanted to host a Chamber of Commerce Mixer. It's a beautiful campus and a really lovely natural setting."

Ungar and other invited musicians entertain the crowd. Jay Ungar and his wife, Molly Mason, are sure to play "Ashokan Farewell," which was the theme song for the 1992 PBS

food, just as he did the last time the center hosted a Mixer in

The Ashokan Center just finished its biggest event of the year, the "Summer Hoot," from Aug. 26-28. This year marked the event's 10th anniversary. The center will now pivot back to hosting retreats, and weddings, and will soon host thousands of

"Part of our mission is building community and connecting to

Merenda said site tours of the campus will be available as miniseries "The Civil War" by Ken Burns. Meanwhile, the center's Chef, Bill Warrens, will prepare



2019, Merenda said.

The Ashokan Center, whose theme is "Where Nature Inspires," is located on 385 acres of woodlands, ravines, ponds, and open spaces traversed by the Esopus Creek. The property's Cathedral Gorge includes waterfall views, and you can also see one of the few surviving covered bridges in the state.

The Center's mission is to "teach, inspire and build community through shared experiences in nature, history, music, and art."

Meanwhile, the center hosts all sorts of events, including festivals, retreats, lectures, weddings, tech camps, and more. Chamber members will want to make sure they see the Esopus Lodge and dining hall. The Center is also famous for running music and dance camps

for adults and families for the last four decades. A peek at the Center's calendar (www.ashokancenter.com) shows a host of concerts, dances, and other musical events. However, the Ashokan Center's most famous visitors are the

5,000 schoolchildren from all over who visit each year. The center's signature benefit each year is the "Summer

Hoot," which has drawn such luminaries as the late Pete Seeger. The "Winter Hoot" will be held in February. SUNY New Paltz formerly owned the center from the 1950s

to 2008. In 2006, when SUNY put the property up for sale, Jay Ungar and Molly Mason put together a group to save the property and the programs. In 2008, the Open Space Institute helped broker the deal in which the property was transferred to the new Ashokan Foundation and the New York City DEP. Merenda said the center is excited to once again host Ulster

County's business leaders to show off the property.

You never know who's going to be at a Mixer," she said. "Maybe it's someone whose son or daughter is getting married and they're looking for a place. Maybe they're interested in learning how to play the claw-hammer banjo. Maybe they're a teacher whose school has never come here on one of our amazing outdoor education field trips. There are many ways

people may find that we fit into their world."

Learn more about Nuvance Health services at

nuvancehealth.org and visit the health system on social media @NuvanceHealth.

> Merenda said the center is always looking for corporate sponsors, including for its annual August

> 'It's always nice to socialize and see people faceto-face that maybe you've emailed or seen their billboard somewhere, but you actually get to meet them," Merenda said. "It's a nice social experience.

> "People feel really relaxed when they're here and out in nature. It's not far away, but it feels like it when you're tucked away here away from everything. It puts people's minds at ease and it's a really fun location.'

The Ashokan Center is located at 477 Beaverkill Road, Olivebridge, NY, and can be reached at (845) 657-8333 and www.ashokancenter.org.

Hoot and Winter Hoot.

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.





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UPCOMING CHAMBER EVENTS

Wednesday September 7 | 5:00 - 7:00 pm

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Wednesday September 14 | Noon - 5:00 pm

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Meet the Congressional Candidates (NY18 & NY19)

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Thursday October 27 | 5:30 Cocktails 6:30 Dinner

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Keith Bennett

US. Army Veteran

Keith Bennett's Karate Academy

Chamber News

The official publication of the Ulster County Regional Chamber of Commerce is a special advertising section to the **Daily Freeman,** PO Box 4470, Kingston, NY 12402 – A Media News Group publication

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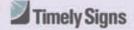
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Description: Hypnosis and Hypnotherapy are very powerful tools that can treat a vast array of issues and conditions. Hypnotherapy is a natural and organic process of tapping into the power of your own mind to achieve your self-improvement goals. Whether it is the achievement of a personal improvement goal or the urgent need to find a healthy more fulfilling path, the therapeutic use of hypnosis, imagery and mindfulness is a powerful resource to comfortably and efficiently assist you to achieve your goals. Many people think of hypnotherapy only for use with habits such as smoking cessation or losing weight. While it certainly is good for those, the power of the mind has no limits for personal application. As a Hypnotherapist, I work with an almost endless array of personal achievement goals. In some cases a medical referral may be required for issues of pain management and other medical related issues. If you are working with another counseling professional already or have goals beyond personal self-improvement then I may ask for a referral from the appropriate psychology Call for a free phone consultation and professional. explore the potential of hypnotherapy to help achieve your goals.

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Skydive The Ranch Star Gas Products Inc.

Stone House Tavern

Tobacco Free Action Communities in Ulster, Dutchess & Sullivan (TFAC)

United Way of Ulster County Woodstock Golf Club, Inc.

The Kingstonian Project

Wraparound Services of the Hudson Valley

Anniversaries:

Hoffman House Restaurant 40 Years

KoscoHeritage/HOP Energy

<u> 20 Years</u>

Firmbach & Firmbach, CPAs Gillette Creamery Salvation Army

Woodstock Golf Club, Inc.

<u> 10 Years</u>

5 Years

Armadillo Bar & Grill

Charlet Wenzel Realty Clapper Structural Engineering Hannaford Supermarket #8444 Woodstock **Hutton Brickyards**

Kingston Ceramics Studio The Kingstonian Project Rip Van Winkle Campgrounds

> <u> 1 Year</u> Berardi Realty

Corcoran Country Living Dallas Hot Wieners Krupa Bros Pierogi Company, LLC

Maeve's Place Max's Kansas City Project

Moonburger