



THE CHAMBER CONNECTION

Published by The Warwick Valley Chamber of Commerce, Inc.

Warwick Valley Chamber of Commerce, Inc.

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Membership Categories

Corporate Member \$350 16+ employees, 2 representatives	Small Business Member \$150 1 - 6 employees
Medium Business Member \$250 7 - 15 employees	New Business Member \$115 In operation less than 1 year
Non-Profit Organization \$75	

All meetings are open to WVCC members.



Warwick Valley's 22nd Annual Applefest

The Applefest committee is grateful for the support of this year's sponsors. At the Gold level are **BAE Systems, County Waste, St. Anthony Community Hospital, Pure Terror Screampark at the Castle, Price Chopper, Warwick Valley Apple Trail, and TransTech Bus.** Sponsors at the Silver level are **David Lerner & Associates, Geico Insurance, Provident Bank, ShopRite of Warwick, WVT Communications, News 12, Mt. Creek, WTBQ, Crystal Springs, and Orange County Golf Carts.**

Produced every fall by the **Warwick Valley Chamber of Commerce** and the

Warwick Valley Community Center, Applefest is a major fundraising event. The festival is host to more than 240 craft and food vendors, a variety of free live stage performances including music, theatre and dance groups, rides, games and amusements for children, and a traditional apple pie baking contest.

Applefest coordinator Louise Hutchison says, "The Applefest committee has been hard at work for many months organizing our wonderful craft and food vendors, as well as numerous musical and performing acts, so our visitors will experience a fun and memorable day."...continued on page 2

Dates to Remember

October 3	Applefest Food & Craft Fair 10:00 am – 5:00 pm	November 21	Warwick Valley Farmer's Market Last Sunday, 10:00 am – 4:00 pm
October 12	Power Networking Luncheon Fratello, 11:30 am – 1:30 pm	November 22	Home for the Holidays Warwick Merchants Guild Village of Warwick, 10 am – 5 pm
October 21	Business Mixer Optimum Performance Physical Therapy, 5:30 – 7:30 pm	December 3	Board of Directors Meeting Mt. Alverno, 8:00 am – 9:00 am
November 5	Board of Directors Meeting Mt. Alverno, 8:00 – 9:00 am	December 7	Holiday Business Mixer Glenmere Mansion 6:00 – 8:00 pm
November 13	A Twilight Bistro, 71st Annual Chamber Membership Event Greenhouses of Heaven Hill Farms, 6:30 - 9:30 pm	December 14	Power Networking Breakfast La Petite Cuisine 7:30 am – 9:30 am

Let's Get Physical, October 21 After-Hours Mixer



Physical Therapist Rick Rutkowski will host the Chamber Business Mixer at **Optimum Performance Physical Therapy**.

Join the Warwick Valley Chamber of Commerce for an evening of good food and drink while finding solutions to all your aches and pains this Thursday, October 21st. **Optimum Performance Physical Therapy**, located at 214 West Street in Warwick, will host an after-hours business mixer from 5:30 to 7:30 p.m. Take a break from the hustle and bustle to gather with fellow business professionals from around the Warwick Valley to network in a calming Feng Shui environment. Learn how the art of hands-on care is balanced with the science of healing. FREE flexibility and balance screenings will be offered.

Cost is \$5 for members, \$15 for non-members. To make a reservation, call the Chamber (845) 986-2720 or e-mail info@warwickcc.org.

New regulations for young drivers in New York

New rules went into effect for 16 and 17 year old drivers in New York State this February. If you are unsure of the how these new laws affect your teenage driver, please call Charlie LaVerdi at **Plaza Auto Driving School** for an explanation.

An ounce of prevention can help your teen driver avoid a possible traffic ticket for noncompliance. The numbers are (845) 988-2277 or (845) 783-4822 for all driving needs. Also visit www.plazadrivingschool.com.

Greater Hudson Bank, N.A. continues to be profitable and liquid in 2010

Making great strides by setting and surpassing goals, **Greater Hudson Bank** is committed to the community. The bank hosted its second annual block party September 18th with live entertainment from WHUD and K104 radio stations. Warwick businesses were invited to participate in the celebration. Many held raffles for prizes and offered free refreshments, food, or activities. Donations were made to local charities and a great time was had by all. Thank you to everyone from **Greater Hudson Bank**.



APPLEFEST ...continued from page 1

Photo by Carol Fauerbach

Friday and Saturday before the Sunday Applefest, families can enjoy rides, games, music and food at the Stanley-Deming Park carnival evenings hosted by the **Warwick Valley Community Center**. The Applefest 2010 Visitors' Guide is distributed free on the day of the event. It contains schedules of Applefest events, transportation information, directories to craft and food vendors, u-pick apples, and a map of the festival area. A link to the Visitors' Guide appears on www.warwickapplefest.com. The proceeds from Applefest are used for town-wide community projects by the nearly 50 non-profit organizations that participate in the annual festival.

Totes for Fund Raising

The Merchant Guild is encouraging members of the Warwick Valley Chamber to join in the Guild's bag-stuffing program. It's a great opportunity for all local businesses to offer promotions for use during the holiday season. The local school PTAs will sell these totes as a fundraiser for \$10 each.

The Guild will be filling 800 of the totes with coupons and "golden tickets" to use for Home for the Holidays in November through Christmas. The golden tickets award a very special gift or discount exclusively from your store. Please have at least 10-20 (the more the better) to enhance the value of these bags.

All participating businesses and services must have their coupons and golden tickets available for the bag stuffing on or before October 10. This program enables us to support our non-profits and promote local shopping during the holiday season. Please contribute coupons for discounts only, no flyers or business cards. For information, please call the Chamber, 986-2720. Let's get together to make our holidays extra special and prosperous!

Edward Jones is #1 in Investor Satisfaction

Ed Lynch, Financial Advisor of **Edward Jones'** Warwick branch, announced his financial-services firm is once again ranked number one in the industry (that's 5 times in the last 6 years) according to the J.D. Power and Associates 2010 study.

JD Power's study measured the 12 largest investment firms based on 7 investor satisfaction factors. **Edward Jones** "performed particularly well across the two highest-weighted factors: Investment Advisor and Investment Performance."

According to J.D. Power, "**Edward Jones** advisors strive for personal attention and pro-actively address investor concerns in many areas, including retirement planning strategies and portfolio asset allocation." For a free consultation, call Ed Lynch at (845) 987-7220.

Chamber Crowd Pleasers

The program committee has planned new and exciting year-end activities for the Chamber membership. First up in October is our Power Networking luncheon on **Tuesday, October 12th at Fratello** starting at 11:30 a.m.

In recognition of Physical Therapy Month, our next Business Mixer will be, hosted by Rick Rutkowski at **Optimum Performance, on Thursday October 21st** from 5:30 to 7:30 p.m. As always, refreshments, light fare and some surprises are in store.

Save the date for our Annual Membership Event, "**A Twilight Bistro**". It will be held on **Saturday, November 13th** from 6:30 to 9:30 p.m. at **The Greenhouses of Heaven Hill Farm**. You won't want to miss this unique extravaganza featuring a transformed bistro-style venue, entertainment, awards, and delicious delights from the **Catering House of Ed Fava!**

Last, but certainly not least, we are pleased to announce that our very popular **Holiday Business Mixer** will be held at the *Architectural Digest* award winning **Glenmere Mansion** on **Tuesday, December 7th** from 6:00 to 8:00 p.m. Cost for Chamber members \$50, non-members, \$65. RSVP to make reservations for all of these events to the Chamber, (845) 986-2720.

Interested in serving on the Program Committee in 2011? Volunteers are always welcome. Please call Diane Massey, at (845) 325-2247.

Go mobile at SussexBank

To ensure that customers always have the best tools available for their banking experience, **SussexBank** recently announced their latest service, Mobile Banking. Mobile Banking is a convenient service that gives on-the-go customers the ability to take care of many banking needs by cell phone. With Mobile Banking, customers can check account information, pay bills, transfer funds and more.

Mobile Banking is secure and free to **SussexBank** customers. Customers can also get Quick Text Updates on their account, just by texting the bank. To learn more, visit your nearest branch of **SussexBank** or their website at www.sussexbank.com.



From the Caboose

by Executive Director Michael Johndrow

For those of you who missed the TASTE OF WARWICK this year, my condolences. We were blessed with 28 wonderful restaurant/food vendors and three wine tables. Our "fabulous chefs of the Warwick Valley" truly outdid themselves, serving the most delectable samplings you could imagine.

Their presentation equaled their cuisine, and we can't thank them enough for donating their time and efforts to the occasion. E'LISSA JONES, as always, proved to be a magnificent enhancement to the event. New this year was the amazing contribution of outdoor lighting by Ron Muller of ASPEN ENVIRONMENTAL. Seriously, it was a sight to behold.

Our wonderful Merchants' Guild had two highly successful events recently—THE SIDEWALK SALE and LADIES' NITE OUT. Due to continuing rave reviews, these events remain significant draws to downtown businesses.

APPLEFEST number 22 is eminent, and we are more than ready with our capable committee that ensures it will run like clockwork from beginning to end with their year-long efforts. As always we need volunteers, so if you have time please call the caboose!

Our Annual Chamber Dinner will take on yet another unique transformation this year: "A TWILIGHT BISTRO" promises to be a fun experience for all those who attend. It will take place on Saturday, November 13 from 6:30 to 9:30 p.m. This year's venue will be THE GREENHOUSES OF HEAVEN HILL FARM in Vernon, NJ— just over the border. Don't miss it!

The culmination of the Chamber year is truly spectacular. Our Holiday Business Mixer will have the distinction of being held at none other than the GLENMERE MANSION, one of our newest members outside the village of Florida. I'm sure you have heard of it, and if you haven't had the pleasure, make it a point to join us for a wonderful, festive evening. December 7th is the date, so get your reservations in early.

Chamber statistics that occurred in the past 3 months and that I would like to share with all of our members are: we had 8 ribbon cuttings, we hosted 5 networking events, and we welcomed 16 new members. My very best to all of you as we look forward to our fall season!



WVT Communications changes TV watching

The single-most favorite feature that WVTC customers love about their DIRECTV is the DVR service. With this feature you can push one button and record a show, push it twice and record the series. You can fast forward and rewind live TV.

Left the house and forgot to record tonight's game?

With the DVR scheduler you can set your DVR to record from any cell phone or computer. Plus, with whole-home DVR, every HD set in your house can share and manage recorded programs from the same HD-DVR. WVTC invites you to start watching TV on your terms. Call (845) 986-8080.



Yesterdays proprietor John Christison recently celebrated 25 years in business. Here he is flanked by Town Supervisor Michael Sweeton and Village Mayor Michael Newhard.

Cozumel in March

Welcome to the **Warwick Valley Chamber of Commerce's** second fund-raising cruise—a cruise for the entire family, departing March 5th, 2010.

The EPIC, the 'most innovative ship on water' is has world-class entertainment including the famous Blue Man Group, the Ice Bar, Nickelodeon, and the Aqua Park. Departing from Miami, set sail for seven amazing days in the Western Caribbean. At the ports of Roatan, Costa Maya and Cozumel you will discover ancient Mayan ruins, sophisticated cities, pristine beaches and snorkeling in extraordinary underwater reefs.

You need not be a Chamber member to join in the fun. Exclusive booking for this cruise is arranged through Warwick Valley Chamber member Marci Oakley from **Castle Cruises & Travel**. View www.WarwickChamberCruise2011.com, e-mail info@CastleCruises.com or phone (845) 651-2250 for details.

How to Avoid Identity Theft on Social Networks

By Robert Baier, www.bobbaierinfo.com

Users of social networking sites are making it easy for cybercriminals to steal your identity for financial gain. Not all of your "new friends" are who they say they are.

Some of them are criminals looking for information they can exploit or sell. When you share where and when you were born anyone can get a copy of your birth certificate. With that can be obtained a duplicate social security card.

With the security card can be obtained a driver's license, and with the license, a passport. With the passport anyone can travel anywhere and be you as much as they want. Your best move would be to remove this personal information from the social networking sites you visit.

Missing opportunities

Are you driving around town with no lettering on your vehicle or is your sign lettering so small people can only read it when they're on top of it?

You could be missing a great opportunity to establish your business as the one people think of first. Customers like to deal with the business with high visibility, the business name they recognize and "always see around town."

Don't keep your company a secret. Call Debby Haney at **Telltale Signs**, (845) 986-1746, for a sign that will make your business stand out from the crowd.

Children comfortable playing music for others

The **KidStrings** method is a child-centered, self-directed approach to learning stringed instruments which leads to each child taking responsibility for teaching him or herself. Students learn to explore and create, to ask why and be responsible for mastering developmentally appropriate techniques and skills.

Together, **KidStrings** and the child develop an environment of excellence where students are able to experience the satisfaction of accomplishing difficult things, thus fostering a love for music. A parent attends and participates in all lessons and guides home practice. Learning with peers offers support to both parent and child. From the beginning, students learn to be comfortable playing for others. Please contact Gene Giordano, www.kidstrings.com, (845) 545-1950.

Montanaro elected to Orange Chamber board

Lisa Montanaro of **LM Organizing Solutions, LLC** has been elected to the **Orange County Chamber of Commerce** Board of Directors and is looking forward to serving as a liaison between the two chambers. She has been a member of the **Orange Chamber** since 2003, and currently serves as the Co-Chair of the Young Professionals Council, finishing her second term with the **Warwick Chamber** Board in December. Lisa is eager to share her skills at the county level. If you have any suggestions or ideas for Lisa to bring to the **Orange Chamber** Board, please contact her at (845) 988-0183.

Get up to 43% discounts

Computer Discount of New Jersey, located at 1499 Union Valley Road in West Milford is offering 10% to 40% discounts on ALL Radio Shack brand products. In addition, they offer aggressive pricing on all printer supplies that meet or beat Staples and OfficeMax. **Computer Discount** understands what it means to "shop local" and are independently owned and operated. Joe and Mike Russo offer a further discount of 3% to all customers who pay with cash. Get a break on the products you use most.

September is a 2-year milestone month for Savvy Chic Consignment Boutique

Warwick's premier consignment boutique for women and teens is celebrating it's two-year anniversary this September. The store is a must stop-and-shop for those wanting to find bargains in high fashion. With over 800 consignors, new items arrive daily to add to the treasure hunting experience. Owner, Lisa Pearce and daughters, Rachel and Micaela, count themselves blessed to have the continued support from the community. "A big part of our shop is our choice to donate to worthy causes. We love giving because we have received so much," says Lisa. Visit **Savvy Chic Consignment Boutique** at 26 Ronald Reagan Boulevard in Warwick. Open Monday to Saturday, 11 to 6 p.m. Log on to www.MySavvyChicBoutique.com to take a peek.

Welcome New Members

911 MEDICAL ID OF ORANGE COUNTY NY

Gerson Levitas
PO Box 4823
Middletown, NY 10990
(845) 343-0091

AUTHENTIC PRODUCTIONS

24 Cedar Terrace West
Glenwood, NJ 07418
(973) 570-4078

CIAO BELLA OF WARWICK

Tricia Foust
382 Kings Highway
Warwick, NY 10990
(845) 469-6811

COUNTRY SAAB OF ORANGE COUNTY

Rob LoForese
120 South Main Street
Florida, NY 10921
(845) 651-4603

CROSSFIT WARWICK

Kathryn Hansen
56 Forester Avenue
Warwick, NY 10990
(845) 986-7800

DEZIGN CONCEPTS

Dorian DeHaan Rossi
1389 Kings Hwy
Chester, NY 10918
(845) 469-5342

EDDIE'S ROADHOUSE

Ed Cullari
18 Main Street
Warwick, NY 10990
(973) 508-5273

EDUCATION PLUS

Ernestine Hansen
PO Box 180
Middletown, NY 10940
(914) 850-2512

GEORGALAS ENDEAVORS, LLC

Arthur Georgalas
Warwick, NY 10990
(845) 987-9353

GREENWOOD LAKE ELK'S LODGE

Phil Lotus
PO Box 862
Greenwood Lake, NY 10925
(845) 477-2067

HANNAH MAXWELL PHOTOGRAPHY

Hannah Maxwell
80 West Ridge Road
Warwick, NY 10990
(845) 544-1365

HELPING HAND CONSULTING

Nancy McKee
25 Colony Drive
Monroe, NY 10950
(845) 986-5944

ISAGENIX INTERNATIONAL

Susan Fogel
3 Points of View
Warwick, NY 10990
(845) 986-0986

JCHM ENTERPRISES, LLC

Channabel Latham-Morris
17 Laura Lane
Warwick, NY 10990
(877) 987-9779

KIDSTRINGS MUSIC

Gene Giordano
PO Box 1316
Warwick, NY 10990
(845) 545-1950

MIND-BODY-SPIRIT CONNECTIONS LIFE COACHING

Sheila Pearl
75 Broadway
Newburgh, NY 12550
(201) 303-5990

OAKIE DOKEY ENTERTAINMENT

Kevin Anthony Ryan
46 Main Street
Warwick, NY 10990
(201) 963-9247

PRICE CHOPPER OF WARWICK

Frank
142 State Hwy 94
Warwick, NY 10990
(845) 986-8008

TWO HOUNDS AND ONE HORSE

Belinda Macke
20 McEwen Street
Warwick, NY 10990
(845) 986-8708

WALLY MART SUNOCO

9 Maple Avenue
Warwick, NY 10990
(845) 544-7035

WARWICK PROPERTIES

Bob Loughrey
145 N. Franklin Tpke
Ramsey, NJ 07446
(201) 327-0933

YOU ARE BEAUTIFUL PEOPLE

Jan Brunkhorst
13 First Street
Warwick, NY 10990
(845) 986-5944

YOUR SOUL KNEADS

Linda Zwolinski
13 Oakland Avenue
Warwick, NY 10990
(973) 600-1498

Third Quarter Renewed Members

ACTING OUT PLAYHOUSE

AKINS

APPLEWOOD ORCHARDS & WINERY

AVANTI

BEVERAGE PLUS II

BLACK DIRT GORMET

BRIAN KELLY BH GARDENS

CAFÉ AMORE

CARPE DIEM COUNSELING

CHATEAU HATHORN

COMPUTER DISCOUNT OF NJ

CONNECTED CONTRACTORS.COM

COPPER BOTTOM

DIGIDR

FISHER'S AUTO REPAIR

FRATELLO

FREEMAN'S SERVICE STATION

GOSHEN ACUPUNCTURE

GREENWAY TECHNOLOGIES

HANNAH MAXWELL PHOTOGRAPHY

IRACE ARCHITECTURE

JONES CHEMICAL

KATHERYN DECLERCK BH GARDENS

KEYBANK

NEWHARD'S

OWEN MCSHANE

PEACH GROVE INN

RED CROSS

REGAL HOMES & PROPERTIES, INC.

ROYAL TITLE AGENCY

SILVIO'S ITALIAN VILLA

SLEEPY VALLEY INN

STARITZ, CHRIS BHG RAND REALTY

STONEBRIDGE BUILDERS

STRONG-BASILE FUNERAL HOME

STYLE COUNSEL WOMEN

THE COMPUTER GUY

THE ORIGINAL TUBE T-SHIRT COMPANY

THOM WOGLOM CONSTRUCTION LLC

TRACK 7 POSTAL

TUSCAN CAFE

WARWICK VALLEY B&B

W. ROGOWSKI FAMRS

WARWICK OPTICAL

WARWICK VALLEY COMMUNITY CENTER

WARWICK VALLEY FARMER'S MARKET

YESTERDAYS



Rick Rutkowski, PT, of Optimum Performance Physical Therapy of Warwick and Assemblywoman Annie Rabbitt in Albany

Patients' rights to prompt physical therapy care

Rick Rutkowski, PT, owner of **Optimum Performance Physical Therapy of Warwick**, met with local legislators in Albany, including **Assemblywoman Annie Rabbitt**, to advocate for patient's rights. He was lobbying in support of two bills which would lower high copayments for physical therapy services and secondly, allow injured workers to receive more prompt care.

Both bills would help patients receive adequate and immediate physical therapy care thereby alleviating the pain and disability associated with their injuries. **Assemblywoman Rabbitt** was open and accepting of Mr. Rutkowski's advocacy and the concerns of the NYS Physical Therapy Association.

Rick Rutkowski, PT, who has spent the summer upgrading his knowledge of research-based physical therapy techniques and philosophies while attending the American Physical Therapy Association's annual conference in Boston said, "Our profession has been very prolific in performing and reporting on the latest research in physical therapy to better assist our patients in achieving a full recovery from all their painful injuries." **Optimum Performance Physical Therapy** specializes in spine care, and orthopedic and sports medicine rehabilitation.

Fall season fun recipe

First, heat things up by coming to **Heaven Hill Farm**. Take one day at the Pumpkin Land Festival and throw in some Hayrides, Pumpkin-Picking, Pig Races, Corn Maze Confusion, Carnival Rides, Farm Animals, Pony Rides, and Gem Mining. Spend one day creating farm art for prizes at the 'What The Hay' contest, then gather your team to build hay sculpture at the festival September 18th and 19th. Add one night of fright on the Haunted Acres Hayride to ride through Jersey's most fear-filled abandoned villages encountering unimaginable horror.

Mix them all together for the most exciting country entertainment possible. Visit www.heavenhillfarm.com to see all there is to do, or call (973) 764-5144.

Work to play on deck

Jimmy Sturr Travel Agency is pleased to announce their new "Work to Play" affiliation with Norwegian Cruise Line. As part of this new program, **JS Travel** is able to extend special discounts to business professionals, their co-workers and families. When you book your NCL cruise with **JS Travel**, you will save an additional 10% off of the current published cruise rate (discount on base rate only, not taxes). The **Jimmy Sturr Travel Agency** is also conducting luncheons aboard various vessels. Spend the afternoon on a beautiful ship and partake in a complimentary ship tour. Contact Lisa Zaro, Manager, for additional details if you are interested. Call (845) 651-4441 or email jstravel@warwick.net.

Plastic drinking bottles turned into outdoor banners

Dream Green Productions, an eco-digital printing and product development company, specializes in printing 100% recycled plastic drinking bottle fabrics for indoor and outdoor banners, trade show displays, home decor, hospitality products and promotional products.

Owner and local resident Victoria D'Angelo relocated **Dream Green Productions** to Warwick to be part of a more environmentally-conscious community. It became apparent there was a need to convert to more a friendly printing process along with recycled fabrics, and move away from toxic inks.

Made from recycled drinking bottles with a cotton canvas look, the banners are visually dimensional and 'life like', durable and environmentally friendly. Call Victoria at (917) 267-8920 to learn more.

Learn to be organized

Are you ready to make positive changes in your life, home, and work environments? Join certified professional Organizer, Lisa Montanaro, for the 6-week **DECIDE™ to Be Organized** group coaching program. There will be 6 (six) 90-minute teleclasses in a row on Tuesday evenings from October 5 to November 9, 2010, each starting at 7:30 p.m. EST. Registration is only \$199 if you act now. The Early Bird Special ends 9/14 so don't delay. After that, the regular rate is still only \$249. Visit <http://lmorganizing.com/groupcoaching.html> for details and to register. Contact Lisa at (845) 988-0183 or Lisa@**LMOrganizingSolutions.com** if you have any questions.

Still a wrinkled mess

What's your "pain" level and when are you going to stop complaining about "the mess"? If you had all summer and your closet was never was "cleaned out", stop your daily frustration and let **Hudson Valley Closets** show you how easy it is to get a well organized and affordable closet system. A single shelf and pole at eye-level is a waste of space. Imagine your folded clothing and footwear on adjustable shelving, hanging clothing at correct heights, all installed in just one day. This fall, enter the computer drawing and get a free estimate. Call (845) 986-6001, visit www.hudsonvalleyclosets.com, or email fred@hudsonvalleyclosets.com.

Health & Wellness Group

Come be a part of our newly formed Health & Wellness Group at **Sports, Fitness & Fun**. Roberta Kruse Fordham will be leading the group through a series of discussions, book readings, nutritional demonstrations, open dialogue and much more. The group's intent is to be a free service to the community to help individuals learn how they can achieve excellence in health and wellness. Roberta looks forward to sharing her knowledge to those who attend and encourages a supportive and inspiring environment. Contact Roberta with any questions at rfordham@sportsfitnessfun.com.

ShopRite's 2010 Veterans Campaign

Please join **ShopRite** in supporting our local heroes. The supermarket chain has partnered with The Committee for the Families of Iraqi War Veterans, The Tower of Hope, and the Orange County Veterans Food Pantry to provide funding for local veterans and their families in the Hudson Valley.

The campaign's goal is to assist veterans returning to the Hudson Valley with the hardships of everyday living. Contributions may be made as you check out, as well as by purchasing specially-marked products in the store.

The company goal toward the 2010 Veterans Campaign is to raise and donate \$100,000. **ShopRite** thanks the community for their drive in reaching this goal.

Shopping Season Commercial Deal

It will be three years this Thanksgiving that WTbQ moved into its new studios in Warwick and to celebrate, WTbQ is offering Chamber members a WTbQ 3rd anniversary



package. Sign up before Thanksgiving and receive three (3) thirty-second commercials per day, Monday through Friday. Your commercial will start the Monday of Thanksgiving week (for "Black Friday" sales) and end at Christmas. Instead of the normal \$300 per week, WTbQ will charge one-third the price—that's only \$100 per week!

Celebrate the 3rd anniversary of WTbQ's new location and get your business name out there for one-third of the regular cost! Contact Souzie at (845) 651-1110.

Ten % Challenge

The 10% Challenge is a campaign to engage our community (beginning with municipalities, school districts, and libraries) in fostering energy awareness and reducing energy use by 10% in one year. The campaign is sponsored by **Sustainable Warwick**.

Any business or individual can take the challenge. **Sustainable Warwick** is looking for groups that would like to join. Go to sustainablewarwick.org for more details and advice. Come to the official kickoff at the 10% Challenge Energy Fair, Saturday, October 17, from 1 to 4 p.m. at the Wisner Library in Warwick to experience the displays, talks, music, storytelling, children's art activity, and the acknowledgment of supporters.

Strength and Conditioning Facility

CrossFit Warwick is a strength and conditioning facility located on Forester Avenue with a mission to prepare its members for all of life's challenges. The success of **CrossFit's** methodology of fitness is based on constantly varied functional movements, performed at high intensity.

Is **CrossFit Warwick** for everyone? Absolutely. From the seasoned athlete to the novice, young or old, it's **CrossFit's** job to ensure that members receive the best coaching possible. If you are plagued by injuries and think you won't be able to keep up, consider all the options available. Workouts are scaled to fit your ability and intensity, relative to what your body can handle.

Call (845)-986-7800 or visit www.crossfitwarwick.com and find out how to become strong and feel great again.



Executive Director of the Warwick Valley Chamber of Commerce, Michael Johndrow and Debby Haney from TellTale Signs.

New Sign for Chamber Caboose

The chamber would like to acknowledge the wonderful new sign that Debby Haney from **TellTale Signs** created for us. Initially, we were interested in a touch-up of the old sign, but after review, Debbie found it had rotted and had become unusable.

Debbie, with the help of her husband, was able to work with us to change the look of the sign to better advertise the purpose of the caboose. We are looking forward to many years of use.

Hidden causes of illness discovered

The advance testing program identifies underlying causes of health problems. Ladies age 35 to 55 are the most productive and deserving segment of our society, but suffer the most due to stress, nutritional deficiencies and change of life cycles.

Raising children, maintaining the household, handling elderly parents, working, spouses—it all takes a toll. Nutrition Response

Testing offered by **Kramer Nutrition**, is the only health-care system to find the 7 main interference factors which prevent proper nutrition and exercise from working.

For a limited time, **Dr. Robert Kramer** is offering a free consultation and test of your supplements. Visit www.kramernutrition.com to see if this is right for you.

**A Twilight Bistro
November 13**

Heal high cholesterol naturally without prescription drugs or side effects

High cholesterol, low levels of Vitamin D, not enough fiber in your diet—is this what you hear from your doctor? We all know side effects of prescription drugs are not always pleasant and look for other options, but whom or what do we trust? Coming home from a convention in California, Sharlene was in awe of **Shaklee's** strategy. With 50 years of research, over 100 scientific papers, (90 published in peer-reviewed journals) clinical research and proven studies supporting safety and efficacy, the decision is easy. For new information on an FDA-approved supplement for high cholesterol, contact Sharlene at dsharlynn3@aol.com or (845) 987-7870.



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Splendid evening for Taste of Warwick, Chefs and Sponsors

The Chamber would like to extend a very special public note of thanks to our **Silver** Taste of Warwick sponsors, **Seely & Durland** and **Maines Paper & Food Services**; our **Bronze** sponsors, **Country Chevy-Olds** and **Coppola Services, Inc.**

A note of thanks to our chefs from **Amuzae, Black Dirt Gourmet, Blarney Station, Breezy Point Inn, Chumley's**

BBQ and Catering Co., Coquito's, G's Restaurant, Grappa, Iron Forge Inn, Jean-Claudes Patisserie & Dessert Café, LaPetite Cuisine, Landmark Inn, Restaurant Latour, Lisa's Cookie Shop, Nana's Southern Kitchen, Nobel Pies, Price Chopper, Quaker Creek, Royal Buffett, ShopRite of Warwick, The Copper Bottom, The Dautaj,

The Harvest Grill at Pennings Farm Market, Trattoria Viviano, and Tuscan Café. Thank you **Peck's Wines and Spirits, Pine Island Wine & Liquor** and **The Warwick Valley Winery & Distillery** for providing an exquisite selection of wine. To our florists, **Corwin Florist** and **Scheuermann Greenhouse**, we thank you for such beauty.