

OCTOBER  
2019  
E-NEWSLETTER



# NEW MEMBERS!!

## West Martinsburg Mercantile



Welcome to the Old “Footes Grocery” and the New “West Martinsburg Mercantile”. This Circa 1825 Mercantile has been revitalized and the doors have been reopened following 25 years of closure after the retirement of prior store owners, Warren and Marie Foote, in 1994.

With a rich history dating back to the Stage Coach Era in the early 1800’s, the current store honors a wealth of history of 100+ years as the local general store at the hustling crossroads of the Hamlet of West Martinsburg with its original storefront.

4815 West Martinsburg Rd Lowville, New York  
13367  
(315) 376-8363

## Josh's Riverside Restaurant



Josh's Riverside Restaurant is a family friendly establishment in Croghan, New York. Featuring home-style cooking at it's finest, enjoy our full breakfast, lunch and dinner menus and ice cream on our outdoor patio (seasonal) or check out our newly renovated interior!

9861 NYS Route 812 Croghan, New York 13327  
(315) 346-1270

# Monthly Events

Friday, October 04, 2019

## "Hybrid Life, Accident, and Health Insurance Pre-licensing"

The Life, Accident & Health Insurance Pre-licensing course will consist of an intensive study of various insurance topics to qualify prospective agents and brokers to take NYS insurance examinations. This course will address insurance regulations, general insurance; life insurance basics; and life insurance policies, provisions, and riders; annuities; federal tax considerations; qualified plans; life settlement; accident and health insurance basics; individual health insurance policy provisions; disability and related insurance; medical plans;

Affordable Care Act; long-term care insurance; group health and blanket insurance; government health insurance plans; and private insurance for special populations. Please note: This pre-licensing course fulfills the requirements to sit for the NYS Life, Accident & Health insurance licensing examination --- \*pending attendance at all required course sessions and successful completion of the course exam. Participants are required to pick up and review the required textbook in advance of the course session to support participation in discussion and successful completion of the required exam. Chapters 1-10 in the LIFE Section and Chapters 3-11 in the HEALTH Section must be read prior to the first class to support successful participation.

Please contact the Continuing Education Division at 315-786-2233 about the availability of books in advance. This course requires 20 hours self-study and 29 hours classroom instruction.

When: from Friday, October 04, 2019 8:00 AM thru Monday, October 07, 2019 1:00 PM

Where: Lewis County Jefferson Community College Education Center

For More Info: Kathleen Morris 315-786-2233

Saturday, October 05, 2019

## "Rocky Fawcett Memorial Fall Foliage Tour"

For More Info: Lewis County Chamber of Commerce 315-376-2213  
admin@lewiscountychamber.org

Fall Foliage Guides are available for \$2 at Kinney Drugs in Lowville or the Chamber office. 10% of proceeds will be donated to Lyons Falls ALIVE

Saturday, October 05, 2019

## Lewis County Search and Sip

When: 2-8pm

Join us for a county-wide scavenger hunt! Start at the Lowville library to get your list of hunt items and meet back at the 1812 House for scoring, prizes, drinks and snacks. Teams of 2-4 people can register--ONE TICKET PER TEAM. Each team must have access to a car and a camera.

For more information call 315-376-2131

# Monthly Events

## Monday, October 07, 2019 "Prepare to be a Notary Public"

This workshop prepares you for the New York State Notary Public test and will provide you with a comprehensive view of the Notary Public Office. Confusing laws, concepts, and procedures will be clearly explained and clarified. Examples will be provided to illuminate situations that a Notary Public Officer is likely to encounter. Topics include avoiding conflicts of interest, maintaining professional ethics, charging proper fees, handling special situations, when to defer to an attorney, and minimizing legal liability. This workshop is a must for Notary Public candidates to become fully aware of the authority, duties and responsibilities involved in this office. All materials will be provided including website links to NYS Department of State licensing information, booklets and forms. Also featured is an 80 question Practice Exam which attempts to emulate the actual New York State mandatory exam. Monday, October 7: 2:00 PM – 5:00 PM / \$55 / LCJ 453 701 XX

When: Monday, October 07, 2019 2:00 PM thru 05:00 PM

Where: Lewis County Jefferson Community College Education Center

For More Info: Kathleen Morris 315-786-2233

## "Chakra Necklace & Essential Oils"

Create a beaded necklace, learn about chakras, and how to use essential oils to support energy and a sense of well being.

Where: Health & Vitality Zone - 7840 State Route 26 Lowville NY

When: 6-8pm

For more information go to: <https://www.healthandvitalityzone.com>

## Thursday, October 10, 2019

### "Nutrition Class: Mindful Eating"

One hour nutrition class with Certified Nutrition Specialist, Megan Dolhof, MS, CNS. Classes are held monthly at the Lewis County JCC Education Center. The "Mindful Eating" nutrition education session will focus on how to develop a positive relationship with food. This will be an interactive session with a demonstration.

When: Thursday, October 10, 2019 12:00 PM thru 1:00 PM

Where: Lewis County JCC Education Center For More

Info: Megan Dolhof 315-376-2256

## "Lewis County Chamber of Commerce Business After Hours"

Join us for an evening of networking with business and community members at DoublePlays new Teen & Senior Center. Light snacks, refreshments, good conversation and great company will be provided.

Be entered to win one of the great door prizes provided by our hosts!

Where: DoublePlays new Teen & Senior Center on North State Street

When: 5:30pm-7pm

RSVP by October 4th by contacting the Chamber of Commerce at 315.376.2213 or [admin@lewiscountychamber.org](mailto:admin@lewiscountychamber.org)

# Monthly Events

**Friday, October 11, 2019**

## **"Arctoberfest"**

Our signature fundraising event in Lewis County is back! We hope you can join us for great food, friends, and spirits as we raise money to support under and unfunded programs and services at The Arc!

Where: DoublePlay's new Teen & Senior Center on North State Street

When: 5 - 9pm

Where: SnowRidge Wax House

For more information please go to: <http://www.thearc.org>

**Saturday, October 12, 2019**

## **"1st Annual Run/Walk for Drug Prevention"**

Join us for our first ever Zombie Run/Walk for Drug Prevention. Saturday, October 12th.

Registration begins at 8 am

Run starts at 9 am

Walk start at 9:15 am

\$25 race entry fee

Go to [www.uplewiscounty.org](http://www.uplewiscounty.org) to pre-register today.

Those who pre-register receive a water bottle and t-shirt. (Day of registration as well, but t-shirt and water bottle may not be available)

## **"RidgeFest 2019"**

The annual Fall celebration is back and better than ever this October 12th! We've beefed up the offerings this year and can't wait to celebrate Fall in the North Country with YOU! Check out all the fun activities we have planned this year!

When: 12-4pm

Where: Snow Ridge

Admission is FREE

For More Information please go to [Snowridge.com](http://Snowridge.com)

**Friday, October 18, 2019**

## **Autism Speaks & Relay For Life Fundraising Paddle Auction**

Hosted by Double Play Community Center and Team Faith, Lewis Co Relay For Life Double Play Community Center (Shady Ave Former St.Peter's School location) is playing host to this great event for 2 separate causes once again! Autism Speaks & Relay For Life will both receive the proceeds. Doors open @ 5:45 pm, auction begins at 6:30. Admission is \$5. For more information please call to: 315-376-7001

# Monthly Events

**Saturday October 19, 2019**

## **"Haunted History Fall Pairing Dinner"**

Join us for a night of local folk lore and delicious seasonal dishes paired with tasty beverages! Enjoy a four course meal paired with four drinks chosen to bring out the unique flavors of each dish. As you eat and drink your way through the evening, you'll hear local stories of hauntings and unexplainable phenomena, highlighted by the tales of Tug Hill Annie!

6:30-8:30 PM

Where: Snow Ridge Ski Resort

For More Info and to buy tickets go to: [snowridge.com](http://snowridge.com)

## **Rachel White - Chalk Artist & Ventriloquist**

All are invited....Rachel White, a renowned artist who creates pictures with chalk, she draws as she speaks. She performs skits of ventriloquism and song.

Where: William H. Bush Memorial Library 1-2pm

**Tuesday October 22, 2019**

## **"Ceramic Pumpkin Fresh Florals"**

We are having 2 different nights of this class. In this class you will learn how to design flowers in a ceramic pumpkin. This is a great keepsake! Cost is \$30/person. Please call to sign up (315) 376-8092.

6:30-8:30 PM

Where: Lisk's Florals

**Wednesday, October 23, 2019**

## **"NOCATV Club Meeting"**

When: From Wednesday October 23, 2019 6:30 PM thru Thursday, February 07, 2019 11:30 AM

Where: Harland J Hennessey VFW Post 3358 Park Ave Boonville

**Thursday, October 31, 2019**

## **"5th Annual Trunk or Treat"**

The annual Fall celebration is back and better than ever this October 12th! We've beefed up the offerings this year and can't wait to celebrate Fall in the North Country with YOU! Check out all the fun activities we have planned this year!

When: 12-4pm

Where: Snow Ridge

Admission is FREE

For More Information please go to [Snowridge.com](http://Snowridge.com)



**2019 Rocky Fawcett Fall Foliage Tour**  
**October 5, 2019**

Pick up your brochure at the Lewis County  
Chamber of Commerce or Kinney Drugs in  
Lowville.



## Volunteer Transportation Center, Inc.

24865 State Route 37, Watertown, N.Y. 13601

(315) 788-0422 Fax: (315) 788-8021

[www.VolunteerTransportationCenter.org](http://www.VolunteerTransportationCenter.org)



United Way  
of Northern New York, Inc.

### **MEDIA ALERT**

# 2019-09-27

**CONTACT:** Jeremiah S. Papineau, Foundation Director

(315)755-2918 | Fax (315) 788-8021

[jeremiah@volunteertransportation.org](mailto:jeremiah@volunteertransportation.org)



**CAPTION:** Sylvia M. Woodhouse of the Northern Cruisers Auto Club presents a donation for \$500 to Jeremiah S. Papineau, Foundation Director for the Volunteer Transportation Center, Inc. The club regularly gives to causes in the community.

## **Volunteer Transportation Center Receives Donation from Northern Cruisers Auto Club**

(WATERTOWN, N.Y.) – The Volunteer Transportation Center, Inc. (VTC) is proud to announce it has received a \$500 donation from the Northern Cruisers Auto Club in Lewis County.

Sylvia M. Woodhouse, Lowville, recently presented a check from the club to Jeremiah S. Papineau, Foundation Director for the Volunteer Transportation Center, Inc. The donation will be earmarked for providing transportation to residents of Lewis County.

#### *Board of Directors*

Drew Boulter  
Lloyd Huribut-Trs.  
Trisha Seymour-VP  
Kathy Webster

Celia Cook-Sec.  
Patricia Fralick  
Ruth Soules-Pres.  
Jeff Wood

Alice Fisher  
Makenzie Platt  
Scott Soules  
Ben Coe, emeritus

Jamie Garter  
Daphne Pickert  
Jennifer Voss  
Sam Purlington, ED





**LCPT Bus Advertisement Program**

On January 1, 2020, Lewis County Public Transportation, LCPT, will once again lease space on four County-owned buses. There is a total of 20 advertising opportunities between four buses and they include curb-side, street-side, rear showcase, and interior showcase options (see Appendix).

All costs related to the sign production, installation and taxes are to be paid by the advertiser. Advertisers have the option of using a vendor of their choice; however, in past years the following vendors have been utilized by advertisers:

**RuMar Vinyl Designs**  
315-376-6700  
maridee@rumarvinyl.com

**Production Unlimited**  
315-836-1443  
kjmalone@jeffrehabcenter.org

**Inkwell Graphix**  
315-788-2621  
mail@inkwellgraphix.com

**2020 Lewis County Public Transportation Advertising Rates**

Qty.	Location	Annual Advertising Rate
1	18" x 60" Curb-side or Street-side	\$480.00
2+	18" x 60" Curb-side or Street-side	\$400.00 for each additional sign
1	15" x 50" Curb-side	\$480.00
2+	15" x 50" Curb-side	\$400.00 for additional sign
1	12" x 22" Rear Showcase	\$360.00
1	10" x 20" Rear Showcase	\$360.00
2+	12" x 22" and/or 10" x 20" Rear Showcase	\$300.00 for each additional sign
1	10.25" x 30" Interior Showcase	\$360.00
2+	10.25" x 30" Interior Showcase	\$300.00 for each additional sign

Each curb-side and street-side space is priced at \$480.00 for each sign. If you should choose to advertise on multiple curb and/or street-side spaces, each additional sign is only \$400.00 annually. Signs for these locations should be corrugated plastic.

Each rear showcase and interior showcase space are priced at \$360.00 annually for each sign. If you should choose to advertise on multiple rear showcase or interior showcase spaces, each additional sign is only \$300.00 annually. Signs for rear showcase locations should be vinyl decals. Signs for interior showcase locations should be on poster paper (no more than 1/8" thick).

If you are interested in leasing space on a Lewis County Public Transportation bus, please fill out the Advertising Request Form (see Appendix) and email it to Casandra Buell at [casandrabuell@lewiscounty.ny.gov](mailto:casandrabuell@lewiscounty.ny.gov). For additional information, please contact the Lewis County Planning Department at 315-376-5919.

Sincerely,

Senior Planner, Lewis County Planning Department and Lewis County Public Transportation

# SETTING GOALS IN LIFE AND BUSINESS

“A goal is a dream with a deadline” – Napoleon Hill. Goal setting is one of the most important life skills you can have to help accomplish whatever you put your mind to. One of Henry Ford's most famous quotes is “Whether you think you can, or you can't – you're right.” Here are some reasons why goals are so important in our lives:

- 1- Goals help you be who you want to be. You can have all the dreams in the world, but you if you fail to act on them, how will you get where you want to go? When you know how to set goals, and start going after them, you will be creating a new path of action that can take you step by step towards the future you deserve, and more importantly, the future you want.
- 2- Goals stretch your comfort zone. in pursuit of your goals you may find yourself talking to more people, attending new events, joining different associations, enrolling in unique training workshops or many other activities. Pushing yourself past your normal comfort zone is the fastest way to grow and have life satisfaction.
- 3- Goals help boost your self-esteem and confidence. When you set a goal, and follow through, you have proven to yourself and others that you've got what it takes to get things done. Goals not only increase your confidence; they also help you develop an inner strength.
- 4- Goals help you rely on yourself. Don't let the people around you decide your life for you. You can take charge of your life by setting goals and making plans to reach them. Once you get into a goal setting habit you will notice that you feel more assertive and independent. People around you may also start to notice your presence. Goals enable you to turn the impossible into the possible.
- 5- Goals improve your mindset and help you move forward. Moving towards a positive direction is much better than doing the same thing but moving backwards. The momentum you will gain is a real-life energizer.
- 6- Goals leads to empowering emotions. Studies have shown that people who set and reach goals are readily performing at their best and are generally satisfied with their life overall.

Goals utilize a proven concept such as the SMART system from [fitsmallbusiness.com](http://fitsmallbusiness.com) for creating attainable goals. Whether it be in your personal or professional life, breaking down seemingly hard to achieve goals into small, manageable and practical steps will give you the ability to turn your “someday dreams” into real-life accomplishments.



**Kristen Auter**  
**Executive Director**  
**Lewis County Chamber of Commerce**

# Up coming Event Flyers



**Family Farm Day**  
**Saturday, October 5th**  
 Public Open House: 10am-3pm  
**Hans & Corien Vanderveeken**  
**and Mike & Jamie Foster Farm**  
 10300 State Route 126, Castorland, NY 13620  
 ~ Refreshments Available ~

**Directions:**  
 → From Carthage - take Route 126E towards Beaver Falls, 7.0 miles on left.  
 → From Lowville - take State Route 26N towards Carthage, turn right onto NY 410E, turn left on NY 126W 1.7 miles on right - 12.5 total miles from Lowville.

- \* Educational Displays
- \* Free Ice Cream & Yogurt
- \* Children's Activities
- \* Machinery Display
- \* Farm Tours
- \* Scavenger Hunt
- \* Wagon Rides
- ...and much more

Sponsored by Cornell Cooperative Extension—Lewis County  
 Lewis County Farm Bureau and Lewis County Soil and Water  
 For more information: 315-376-5270 (Cornell Cooperative Extension)



**Autumn Celebration at the Homestead**  
 8778 Erie Canal Road, Croghan  
 Celebrating 30 Years!  
 Saturday, October 5 – 10 a.m. to 3 p.m.

- First vintage exhibit of quilts and comforters of the Mennonite community 30 years and older in the lower barn and house.
- Marketplace open and comforters for sale in the upper loft.
- Demos of cider making, corn shelling, hay fork, and barn loom.
- Tours of the open-air homestead (house, barn, and granary).
- Free popcorn, cider, and pumpkins.
- Homemade apple pie available.

[www.mennoniteheritagefarm.com](http://www.mennoniteheritagefarm.com)



**DENMARK GARDENS**  
 APPLE ORCHARD  
 FOLLOW US ON   
 OPEN LATE AUGUST - NOVEMBER  
 1 - 5pm WITH SELF-SERVE  
 10080 OLD STATE ROAD, DENMARK, NY

Lewis County  
 Microenterprise  
 Grant Program



**SMALL BUSINESS GRANTS**  
**\$5,000-\$35,000**

Are you a new business of 6 months or less?  
 Are you an existing business with 5 or fewer employees?  
 Do you need to purchase equipment or machinery?

**You may qualify for grants through the Lewis County Microenterprise Program!**

Visit [www.naturallylewis.com/business-support/microentprise](http://www.naturallylewis.com/business-support/microentprise)  
 Or contact Brittany Davis at Lewis County Economic Development:  
[brittany@naturallylewis.com](mailto:brittany@naturallylewis.com)  
 315-376-3014

THE LEWIS COUNTY MICROENTERPRISE GRANT PROGRAM IS OFFERED THROUGH THE NEW YORK STATE OFFICE OF HOMES AND COMMUNITY RENEWAL (HCR)




**Attention** Jefferson County nonprofits  
 Jefferson Economic Development Fund

Grant proposals are due  
**Friday, Nov. 15**  
 Contact Assistant Director Max DelSignore,  
[max@nnyef.org](mailto:max@nnyef.org), or 315-782-7110 to learn more!

Northern New York  
 Community Foundation  
 Your Community. Your Foundation. Your Legacy.



**Earn College Credit in 8 Weeks**

Fall Late Session Classes Start Oct. 21  
 Online \* On Campus \* On Fort Drum  
 Lewis County Education Center

**3 Weeks Online**

[www.sunyjefferson.edu](http://www.sunyjefferson.edu)

YOU'RE INVITED TO

# LISK'S FLORALS ANNUAL OPEN HOUSE

NOVEMBER 22ND 9AM-5PM  
NOVEMBER 23RD 9AM-3PM

JOIN US FOR GREAT SALES,  
REFRESHMENTS, RAFFLES AND  
MORE!

6276 Blue Street Glenfield, NY  
315-376-8092



## Baskets For A Cure



October 16th - 10AM-4PM  
October 17th - 10AM-7PM  
October 18th - 10AM-1PM

Lewis County General Hospital  
Main Lobby

Tickets are \$1.00 each or 15 for \$5.00



Proceeds will benefit the LCGH Fund for Hope



You can place all of your tickets in one bag or spread them out to try to win multiple items and baskets donated by LCGH employees, friends, and local businesses.



Tickets are also on sale to win this lottery board valued at \$200

Tickets are \$1.00 each or 6 for \$5.00

**PUBLIC IS WELCOME!**



## Finding New Markets

Tuesday October 22, 2019

1:00PM-3:00PM

or

6:30pm - 8:30pm

Lewis County Education Center

7395 East Road

Lowville, NY 13367

Speaker: Lindsey Pashow Agriculture Business Development and Marketing Specialist with Harvest New York.

This program will explore strategies and techniques for finding new markets locally and outside of your current local markets. It will include the following topics: Market Development, Branding and Re-Branding, Expectations of Buyers, Transportation and Cost of Production.

Please register by calling the office at 315-376-5270 or email at lewis@cornell.edu



Cornell Cooperative Extension  
Lewis County

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and individuals with Disabilities and provides equal program and employment opportunities.



7840 State Route 26 • Lowville, NY 13367

## OCTOBER

*Wellness Programs*

### 7 Chakra Necklace & Essential Oils

6:00-8:00PM, Center for Business, Rte 26  
Create a beaded necklace, learn about chakras and how to use essential oils to support energy and a sense of well being  
Class Fee: \$15

### 16 Succulent Diffusers

6:00-8:00pm, Center for Business, Rte 26  
Create a natural diffuser with succulent plants and moss  
Class Fee: \$12

### 23 Forks Over Knives

6:00-8:00pm, Center for Business, Rte 26  
Watch the documentary on plant-based eating.  
Discussion to follow  
Class Fee: \$10

### 29 Essential Oils for Wellness

6:00-8:00pm, Facebook, Health & Vitality Zone  
Class Fee: FREE

To register: email [heid@healthandvitalityzone.com](mailto:heid@healthandvitalityzone.com), online at [www.healthandvitalityzone.com](http://www.healthandvitalityzone.com), or call 315.775.8292

Save the Date!

# BUSINESS LEADERS BREAKFAST

NOVEMBER 14, 2019

8:00-9:30AM

Snow Ridge Ski Resort  
Twin, NY



Hosted by  
Lewis County Economic Development

Stay tuned for more information on [naturallylewis.com](http://naturallylewis.com)!

LOWVILLE FREE LIBRARY PRESENTS

# SEARCH & SIP

A LEWIS COUNTY SCAVENGER HUNT & AFTER PARTY

SATURDAY, OCTOBER 5

Lowville Free Library

5387 Dayan St.



**COSTUME CONTEST:**  
"BOOKS AS MOVIES"  
TEAM & INDIVIDUAL PRIZES

Registration at Library

2:00 - 2:45 PM

Scavenger Hunt

3:00 - 6:00PM

After Party at 1812 House

6:00 - 8:00PM

2-4  
Person  
Teams

TICKETS:

Prior to 10/5: \$40 / Team

Day-of: \$50 / Team

FOR MORE INFORMATION:  
CONTACT THE LOWVILLE FREE LIBRARY AT (315) 376-2131

Search & Sip is a family friendly event. Any participant under 18 must be accompanied by a guardian. Registration is non-refundable. Search & Sip will take place rain or shine. All participants must sign a waiver. A camera phone or digital camera will be required for each team. Registration does not imply endorsement.