



TOWNSHIP OF SOUTHAMPTON

5 Retreat Road, Southampton, NJ 08088
(609) 859-2736

www.southamptonnj.org

JANUARY 2023 NEWS



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Quote:

“Life is 10% what happens to you and 90% how you react to it”

Charles R. Swindoll

MEETINGS

Board of Health Reorganization Meeting: 01/03/2023, 5:45 pm

Committee Reorganization Meeting: 01/03/2023, 6 pm

Planning Board Meeting: 01/05/2023, 6 pm

Zoning Board Meeting: 01/12/2023, 7:30 pm

Preservation Commission 01/18/2023, 7 pm

Planning Board Workshop Meeting: 01/19/2023, 6 pm

Committee Meeting: 01/17/2023, 6 pm

Office closed on the following dates:

Monday, January 2 – New Year’s
Trash will be picked up on Tues. January 3
Monday, January 18 – Martin Luther King Day
Trash will be picked up on Tues. January 19

Hello fellow Southampton Residents and Happy New Year!

On behalf of the entire Township Committee, Ms. Hoffman, our Administrator, and all our staff, we hope you have a healthy, happy and prosperous 2023.

We look forward to all that 2023 has to bring. A few reminders.... Christmas trees will be picked up by Public Works but you must call to be placed on the list. Please leave by the side of the road.

When and if snow storms arrive this winter, please keep the streets as clear as possible to allow the plow trucks to get through.

As always, if we can be of any assistance or answer any questions, please do not hesitate to contact us at the Township building (609 859-2736 Option 5).

Mayor Michael Mikulski



Leaf Collection



Leaves will be picked up in **bags** only.

Do not rake to the curb. Leaves will be picked up from **Until February 28, 2023.**

You must call 609 859-2736 to be placed on a pick up list.

No more than 10 bags of leaves will be picked up at a time.

If the leaves are in the trash, your trash will NOT be picked up.

Weather permitting, Public Works will be picking up **Holiday Trees** starting January 3, 2023 until January 27, 2023— please call to be put on a list.

Brush pick up will begin in April.

Vincetown Historic District



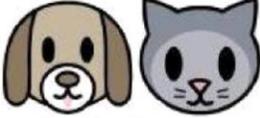
The **Vincetown Historic District** is a 92-acre historic district roughly bounded by Mill, Church, Pleasant, Main, and Race Streets, and Red Lion Road encompassing the community. It was added to the National Register of Historic Places on September 21, 1988 for its significance in architecture, commerce, industry, religion, and social history. The district includes 160 contributing buildings and 3 contributing sites. The

John Woolston House, a two and one-half story brick house with Federal style, was previously documented by the Historic American Buildings Survey in 1938. The house at 57 Main Street is a three story Italianate style house featuring a cupola with a tree-type finial. It was built c. 1865 and is a key contributing property.

**The Southampton Township office will be closed
Closed January 2 to observe New Year's Day
Trash will be picked up January 3
Closed January 18 to observe Martin Luther King Day
Trash will be picked up January 19**

2023

RABIES
VACCINATION **Clinic**



**Date: Saturday
January 28, 2023**

**Time:
10 am to noon**

**Where:
Vincent Fire House
Race Street**



**Free Rabies Clinic
Register your dog at the same time**

**\$9 for spayed/neutered
\$12 for non-spayed/non-neutered**

Please bring exact change or check



**For more information call:
609 859-2736**



**Animals must be at least
6 months of age or
a full set of teeth
whichever comes first
to receive a rabies vaccination**



VINCENT FIRE CO. #1

\$3,000 Winter Bingo

January 15th 2023

6 Regular Games - \$175.00

2 Special - \$325.00

1 Special - \$300.00

1 Cover All - \$1000.00

Presale Event!

Limited Seating

In-House 50/50

Basket Auction

Purchase Tickets Every
Tuesday From 6-8

Follow Us on Facebook
For Additional
Ticket Sale Dates &
Locations

Nice Selection Of Dinner
Food, Snacks & Beverages
Available For Purchase!
No Outside Food!

Email any questions to:

Christine.Meekes@vincentfire.org

Ticket Cost: \$35 PP or \$200 For 6
Doors Open @ 1pm, Game Start @ 3pm
16 Race St, Vincentown NJ

BURLINGTON COUNTY 2023 RECYCLING BROCHURE

Find Where to Recycle TVs, Batteries & More!

recycle coach

Download the **FREE** app today!

Available on the App Store and Google Play.

January - December 2023

Recycling cart questions?
Contact your municipality.

Curbside Recycling Issues:
609-267-6889 • Email: recycling@otcbc.org

General Recycling Information:
609-499-1001 ext. 271
Email: recycle@co.burlington.nj.us

TAKE A VIRTUAL TOUR OF THE RECYCLING PLANT AT BURLCORECYCLES.COM

YOUR RECYCLING PROGRAM IS FUNDED BY THE BURLINGTON COUNTY BOARD OF COMMISSIONERS.

BURLINGTON COUNTY REGIONAL CURBSIDE RECYCLING PROGRAM

RECYCLING DATES FOR PAPER, CARDBOARD, BOTTLES & CANS

MONDAY		THURSDAY	
Bordentown City, Bordentown Twp., Chesterfield, Fieldsboro Boro., Florence, Mansfield	Eastampton, Lumberton, Mt. Holly, Southampton	Beverly, Delanco, Edgewater Park, Willingboro	Joint Base MDL, New Hanover, North Hanover, Pemberton Boro, Pemberton Twp., Tabernacle, Washington, Wrightstown
2023 January 2, 16, 30 February 13, 27 March 13, 27 April 10, 24 May 8, 22 June 5, 19	2023 January 9, 23 February 6, 20 March 6, 20 April 3, 17 May 1, 15, 30 June 12, 26	2023 January 5, 19 February 2, 16 March 2, 16, 30 April 13, 27 May 11, 25 June 8, 22	2023 July 7, 20 August 3, 17, 31 September 14, 28 October 12, 26 November 9, 24 December 7, 21
TUESDAY Medford Lakes, Medford Twp., Shamong		FRIDAY Burlington City, Burlington Twp., Springfield, Westampton	
2023 January 3, 17, 31 February 14, 28 March 14, 28 April 11, 25 May 9, 23 June 6, 20	2023 July 5, 18 August 1, 15, 29 September 12, 26 October 10, 24 November 7, 21 December 5, 19	2023 January 6, 20 February 3, 17 March 3, 17, 31 April 14, 28 May 12, 26 June 9, 23	2023 July 8, 21 August 4, 18 September 1, 15, 29 October 13, 27 November 10, 25 December 8, 22
WEDNESDAY Deiran, Moorestown, Riverside		Deiran, Moorestown, Riverside	
2023 January 4, 18 February 1, 15 March 1, 15, 29 April 12, 26 May 10, 24 June 7, 21	2023 July 6, 19 August 2, 16, 30 September 13, 27 October 11, 25 November 8, 22 December 6, 20	2023 January 10, 24 February 7, 21 March 7, 21 April 4, 18 May 2, 16, 31 June 13, 27	
Curbside Recycling Hotline 609-267-6889 Email recycling@otcbc.org		DURING THE FOLLOWING HOLIDAY WEEKS, RECYCLABLES WILL BE COLLECTED THE DAY AFTER YOUR USUAL COLLECTION DAY, INCLUDING FRIDAY COLLECTIONS, WHICH WILL TAKE PLACE ON SATURDAY.	
2023 Holiday Collections: Memorial Day - Tues. thru Sat. Independence Day - Wed. thru Sat. Labor Day - Tues. thru Sat. Thanksgiving Day - Fri. & Sat. Christmas - Tues. thru Sat.		NOTE: Recyclables WILL be collected on: New Year's Day (observed) - January 2, 2023 Martin Luther King, Jr. Day - January 16, 2023 President's Day - February 20, 2023 Good Friday - April 7, 2023 Juneteenth Day (observed) - June 19, 2023 Columbus Day - October 9, 2023 Veteran's Day - November 10, 2023	

RECYCLING CARTS WITH PLASTIC BAGS WILL NOT BE COLLECTED

RECYCLE:

Paper and Cardboard
EMPTY, FLATTEN AND FOLD

MAGAZINES
 PAPER ENVELOPES
 Cereal

Plastic Bottles and Food Containers
 Empty and rinse containers.
No loose caps.

Glass Bottles and Jars
 Labels are okay!
No caps or lids.

Metal CANS Only
 Remove labels on aluminum cans.
Don't crush!

Cartons
 Rinse and recap.

SET RECYCLING OUT BY 6 AM
 Metal bar must face the street.

DO NOT RECYCLE:

- NO STYROFOAM**
 - NO** shredded paper
 - NO** plastic with a 3, 4, 6 or 7 recycling symbol
 - NO** plastic bags, wrap, plastic envelopes, or shipping packaging
 - NO** plant pots, straws, trays, lids, cups, or loose caps
 - NO** hoses or hangers
 - NO** hardback books, food soiled, or frozen food boxes
 - NO** foil items, bulbs, cookware, or window glass
 - NO** motor oil, batteries, or hazardous items
- NEVER** put syringes in recycling!
 Learn more at burlcorecycles.com

PLEASE FOLLOW THESE RULES:

CARDBOARD RECYCLING RULES AND REMEMBER...

We are finding hazardous materials hidden in cardboard boxes that residents set out for recycling. For this reason, **CARDBOARD BOXES MUST BE FLATTENED AND EMPTIED BEFORE RECYCLING.**

- Empty and rinse containers.
- Do not flatten aluminum cans.
- Do not recycle Amazon plastic mailers.
- Do not recycle hard back books.

To learn more, visit burlcorecycles.com, call (609) 499-1001 or download the **RecycleCoach App**.

RECYCLING CARTS ARE MUNICIPAL PROPERTY
 It is illegal to put trash in your cart or move it to a new property.

Due to a serious rise in contamination, recycling carts are subject to inspection.

More Recycling Tips

Keep shredded paper out of your curbside recycling bucket, as it cannot be sorted at the recycling center. Instead, bring shredded paper to a local paper shredding event.

Do your best to keep recyclable bottles and cans free of excess food residue.

Be aware that a product or package is not necessarily recyclable just because it has a recycling symbol on it.

Visit your local recycling program website or Recycle Coach first before putting the item in your recycling bucket, bin or cart.

recycle coach

GLASS PAPER PLASTIC BOTTLES

Download the **Recycle Coach** app to your cell phone!

Learn more about recycling here:
www.nj.gov/dep/dshw/recycling/
 @NewJerseyDEP @NJ.DEP

WARNING!

CARTS WITH PLASTIC BAGS AND OTHER "DO NOT RECYCLE" ITEMS WILL NOT BE COLLECTED!

Follow the guide in this brochure or visit burlcorecycles.com to "RECYCLE RIGHT"

NEVER PUT SYRINGES IN RECYCLING!

Correctly package and dispose of syringes at a participating hospital or in your household trash.

DO NOT RECYCLE!

Two Virtua Hospital locations will accept used syringe containers:
 (however, no exchanges!)

1. **Virtua Marlton of Burlington County:** 90 Brick Rd, Marlton, NJ 08053. Drop-off Location: Security Desk in Main Lobby. Mon. - Fri. from 8:30am to 4pm. Contact Environmental Services Dept. with questions (609) 267-0700.
2. **Virtua Memorial of Burlington County:** 175 Madison Ave., Mt. Holly, NJ 08060. Drop-off Location: Security Desk in Main Lobby. Mon. - Fri. from 9am to 3pm. Contact Environmental Services Dept. with questions (609) 267-0700.

Virtua will not accept needles or syringes in plastic bags. No syringe needles. *Virtua will NOT replace a used container with an unused container (no exchange program).

Benefits of Yoga...It Just Takes Practice!

Yoga is an ancient and complex practice, rooted in Indian philosophy. It began as a spiritual practice but has become popular as a way of promoting physical and mental well-being. What a great way to help manage holiday stress.

Research suggests that yoga may:

- ▼ Help improve general wellness by relieving **stress**, supporting good health habits, and improving mental/emotional health, **sleep**, and balance
- ▼ Relieve low-back pain and neck pain
- ▼ Relieve menopause symptoms
- ▼ Help people manage anxiety or depressive symptoms associated with difficult life situations (but yoga has not been shown to help manage anxiety disorders, clinical depression, or posttraumatic stress disorder [PTSD])
- ▼ Help people quit smoking
- ▼ Help people who are overweight or obese lose weight
- ▼ Help people with chronic diseases manage their symptoms and improve their quality of life.

Check out all the free sessions on YouTube! Try a few and start with even a few minutes a day. You will be surprised how good you feel afterwards! You can do it!

And you don't
have to be
flexible to
try it.



Resource: <https://nccih.nih.gov/health/yoga/introduction.htm>

10 Basic Yoga Poses for beginners



JANUARY 2023

Holidays + Observances



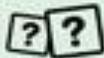
JANUARY 1

New Year's Day



JANUARY 2

National Science Fiction Day



JANUARY 4

Trivia Day



JANUARY 10

Houseplant Appreciation Day



JANUARY 14

Dress Up Your Pet Day



JANUARY 18

Martin Luther King Jr. Day



JANUARY 20

National Cheese Lovers Day



JANUARY 29

National Puzzle Day