



# TOWNSHIP OF SOUTHAMPTON

5 Retreat Road, Southampton, NJ 08088  
(609) 859-2736  
[www.southamptonnj.org](http://www.southamptonnj.org)



## AUGUST 2023 NEWS

### UP COMING EVENTS

- 08/03/2023 Planning Board Meeting 6 pm
- 08/10/2023 Zoning Board Meeting: 7:30 pm
- 08/15/2023 Committee Meeting 6 pm
- 08/16/2023 Preservation Commission 7 pm
- 08/17/2023 Planning Board Workshop Meeting 6 pm
- 08/18/2023 Southampton Recreation Commission 7 pm

### In this issue:

Vincentown Train  
Rocko  
Summer Concerts  
Clean up Day  
Triathlon  
Restaurant Week  
Arts in the village  
Shredding Dates  
Healthy Living  
National Days

### Taxes are due

August 1<sup>st</sup> with a grace  
period until August 10<sup>th</sup>

### Quote for the Month:

**“If people are doubting how far you can go, go so far that you can’t hear them anymore.”**

**Michele Ruiz**

## SEPTEMBER 4th CLOSED

### Greetings fellow Southampton Residents:

Another summer is in full gear and once again we were fortunate to have the rain clear out just in time for the fireworks show on July 8th. A special thank you to all who made the day possible.

As we get into the “dog days” of summer as the temperature rises, please keep an eye on your neighbors, particularly those with health conditions. The summer concert series continues every Wednesday night at the Township Building. Come enjoy a free night of entertainment!

Finally, we welcome Dunkin’ to the Township as it has opened at the old bank building on the 70/206 circle.

Enjoy the rest of your summer!

*Mayor Michael Mikulski*



## Vincentown Railroad

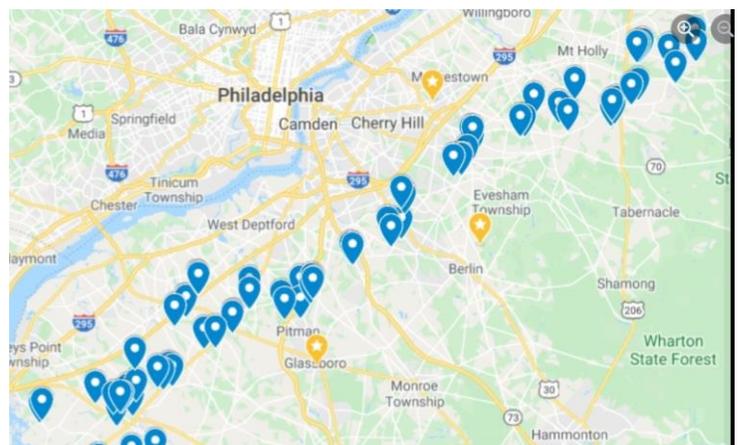
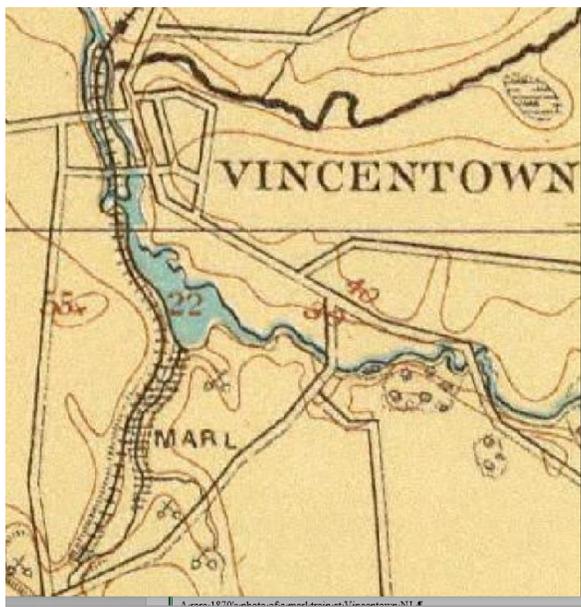
A rare 1870's photo of a marl train at Vincentown NJ.

After the Civil War & for the next 50 years, the mining of marl was a large industry in South Jersey. Marl aka Greensand is a sedimentary soil that was used for fertilizer. It is found in a thin 5 mile wide zone that runs

from Salem County to Central NJ, passing thru/near Woodstown, Mantua Twp, Hurfville, Blackwood Kirkwood, Marlton, Vincentown. Dozens of old marl pits exist throughout these areas. Chemical fertilizers replaced marl and this industry died out.

The photo shows a train along the Vincentown Branch of the Camden & Burlington County Railroad that ran from Camden, thru Merchantville, Maple Shade, Moorestown, Mount Holly to Pemberton. There were branches to Vincentown & Birmingham, built mainly to serve the marl industry there.

It shows cars loaded with marl that was being mined along a small tributary of the South Branch of Rancocas Creek. The marl was likely destined for the docks of Camden & Phila. The train itself was likely leased from the Camden & Amboy RR (C & A is marked in the side of the tender car). The president of the Camden & Burlington County Railroad Co is the man on the front left with the cane. He was General John S Irick who at the time was one of the richest men in South Jersey. He was also in the iron, lumber, banking and insurance business with had multiple homes and farms in Vincentown & Mt Holly



## ROCKO – the charming Snake



and Southampton's very own pet Anaconda!

The purpose of Rocko, the snake rock, is to come together as a community by building onto the rock snake, which is now 37 rocks long.

You can paint any rock and add it to Rocko. By doing so it shows a sign of community involvement.

Rocko is located in front of the Municipal Parking Lot Playground  
Keep Growing little buddy

---

## SOUTHAMPTON TOWNSHIP

### Cleanup Day

#### THE TOWNSHIP WILL HOLD ITS QUARTLERY CLEANUP DAY

on Saturday, August 5.

Dumpsters will be placed at  
the Public Works Garage  
on Buddtown Road from  
8:00 a.m. to 12:00 p.m.

Drop off unwanted items from house/garage  
This not for demolished buildings.

**PLEASE - NO HAZARDOUS MATERIALS!**

Southampton Township a Clean Community



# Southampton Township **FREE SUMMER CONCERTS** **2023**

**Aug 2 - Gloucester City String Band**

*Sponsored by: LeisureTowne Assoc. & Leisuretowne Civic League*

**Aug 9 – Tri-County Band**

*Sponsored by: JR. Mechanics & Central Lodge #44 R&AM*

**Aug 16 - Bonsal Blues Concert Band**

*Sponsored by: All Risk, INC*

**Aug 23 – Bonsal Blues Dance Band**

*Sponsored by: White Dotte*

**Aug 30 – US 1 Country Band**

*Sponsored by: Allen's Oil & Propane*

**Bottled Water donated by Alloway Associates Realtors  
and**

**Water Ice/Ice cream donated by Evergreen Dairy Bar**

**All Concerts are from 7:15 pm to 9:00 pm**

**Route 206 & Retreat Road \* Please bring your own chair**



# DQ Vincentown Super Sprint Triathlon & Duathlon \*#

Thu August 3, 2023

Vincentown, NJ 08088 US [Directions](#)



DQ VINCENTOWN SUPER SPRINT TRIATHLON & DUATHLON \*#

Thu August 3, 2023 Vincentown, NJ 08088 US [Directions](#)

## Event: Triathlon

200 yard Swim, 5.75 mile Bike, & 1.3 mile Run

Start Time: 6:30pm EDT

Price: \$70.00 Race Fee + \$5.20 Sign Up Fee

Registration: Price increases to \$75.00 after July 5, 2023 at 11:59pm EDT

## Event: Duathlon

1.2 mile Run, 5.75 mile Bike, 1.3 mile Run

Start Time: 6:30pm EDT

Price: \$70.00 Race Fee + \$5.20 SignUp Fee

Registration: Price increases to \$75.00 after July 5, 2023 at 11:59pm EDT

See website for more information

<https://www.trisignup.com/Race/NJ/Vincentown/VincentownSuperSprintTriathlon>



*Sponsored by:*  
***Burlington County Commissioners***  
***NJ Senator Troy Singleton***  
***Burlco Regional Chamber of Commerce***  
***#BurlcoRestaurantWeek #BurlcoEats #BestFoodinBurlco***

For a list of participating restaurants:  
<https://www.co.burlington.nj.us/1844/Summer-Restaurant-Week-2023>



## In the Village Market Day

Saturday, September 23, 2023

9am-3pm

Main Street, Vincentown

Join us for an open air market on Main Street with booths by artisans, music, food, book and plant sales. School museum open and yard sales around the village. Something for everyone!

Proudly supporting  
the Arts in  
Southampton

More info on  
Facebook: Arts  
in the Village  
Market Day

FALL 2023

# PAPER SHREDDING EVENTS

"The fall will be here before you know it and the Board of Commissioners is pleased to offer three fall paper shredding events for your confidential documents. Mark your calendars today to take advantage of this free County service!"



- Tom Pullion, Deputy Director,  
Board of County  
Commissioners



 **Find Paper Shredding dates and more!**

 Download the **FREE** app today!

**SUNDAY**  
**SEPT 24**  
**OCT 22**  
and  
**NOV 19**

All events are from 9 AM until 1 PM\*  
**RAIN OR SHINE**

**Burlington County  
Resource Recovery Complex**

(Landfill)

22000 Burlington-Columbus Road  
Florence, NJ 08518 (Exit 52A off I-295)

**\*EVENTS MAY END PRIOR TO 1PM IF  
SHREDDING TRUCKS REACH CAPACITY.**

- Remain in your car.
- Put paper in your trunk or truck bed; our staff will remove it from your vehicle.
- Confidential files ONLY - ABSOLUTELY NO MAGAZINES/JUNK MAIL!**
- Limit of 4 bags/boxes of unshredded paper weighing no more than 10 lbs. each. Shredded paper is also accepted.
- No businesses or non-profits.

**SPECIAL PLASTIC  
COLLECTION**  
AT SHRED EVENTS

*Bag up separately and bring clean and dry plastic bubble wrap, plastic shipping mailers, and plastic wrap from cases of water and paper products.*

**BURLINGTON COUNTY RESIDENTS ONLY.  
IDENTIFICATION REQUIRED.**

Questions? Call **(609) 499-1001 ext. 271 or 266**  
or email **recycle@co.burlington.nj.us**

**✗ AVOID**

Fatty foods, like greasy fry-ups and bacon sandwiches, which can contribute to indigestion and bloating

**✗ AVOID**

Too much salt can cause bloating and promote dehydration, so avoid crisps, pretzels or salted nuts

Pair a portion of protein, such as natural yoghurt, nuts and seeds, with fibre-rich foods like oats, wholegrain cereals or whole-wheat bread to maintain sugar levels and digestive function

Satisfy hunger with lean protein and wholemeal bread for slow release energy

Dark berries for their antioxidants and hydrating powers

Try skinless chicken breast or fish options

Boost your immune system with colourful fresh fruit

For protein-rich vegetarian fillings opt for hummus, beans or egg

**BREAKFAST**

**LUNCH**

**RECOMMENDED MEAL**

Creamy Greek style probiotic yoghurt with blackcurrant from **Caffè Nero**



**RECOMMENDED MEAL**

Scottish Smoked Salmon sandwich on malted wholegrain bread, or the Cracking Egg Salad sandwich for vegetarians from **Pret a Manger**



**RECOMMENDED MEAL**

**Costa's** Peppermint or Camomile tea. For a light snack, try Pret's reduced salt Miso Soup or their Superfood Salad



**RECOMMENDED MEAL**

**Est Caffè's** Lemon & Lime Chicken is an ideal choice or the Sweet Potato & Chickpea Cake for vegetarians



**SNACKS & DRINKS**

**DINNER**

Stay hydrated with natural de-caffeinated drinks such as herbal teas and bottled water



Keep it light, digestion is harder for your body at 35,000 feet, so don't be tempted by a 3 course dinner



Prepare your own wholefood snacks such as veggie slices, fruit, nuts or hard-boiled eggs



Keep hunger at bay with a light and nutritious salad or soup



Pair grilled, steamed or baked lean meat or fish with colourful vegetables or a side salad



Monitor fat intake by asking for accompaniments like cheese, mayonnaise or salad dressings on the side



**✗ AVOID**

Carbonated drinks: these can cause bloating and also have a diuretic effect, meaning you'll be queuing for the toilets on the plane

Alcoholic beverages which can lead to dehydration and have ill-effects when flying

Sugary snacks that will trigger mood swings

**✗ AVOID**

Rich, fatty or processed foods  
Refined grains like white bread, white rice and enriched pasta

*your*  
**HEALTHY GUIDE**  
to airport  
**FOOD**

# AUGUST

## HOLIDAYS

---

- 1-Swiss Day
- 2-National Ice Cream Sundae Day
- 3- Campfire Day (1st Saturday)
- 3-National Watermelon Day
- 4-Sister's Day
- 4-International Forgiveness Day (1st Sunday)
- 6-Wiggle Your Toes Day
- 6-National Root Beer Float Day
- 7-National Lighthouse Day
- 9-Book Lover's Day
- 10-Lazy Day
- 10-National S'mores Day
- 12-Middle Child's Day
- 13-Left Handers Day
- 14-National Creamsicle Day
- 16-National Tell a Joke Day
- 17-National Thrift Shop Day
- 19-World Photo Day
- 21-Spumoni Day
- 22-Be an Angel Day
- 26-Dog Appreciation Day
- 31-National Eat Outside Day