



Spring/Summer 2023

# UPPER SOUTHAMPTON *Township*

Official Township Newsletter

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## Welcome to Our Spring/ Summer Newsletter 2023

### *Dear Residents and Friends*

Upper Southampton Township is pleased to present our Spring/Summer 2023 Township newsletter. This publication provides you with information on municipal services and officials, contact numbers for municipal offices and other agencies, and updates on current projects being undertaken within Upper Southampton Township.

We extend a special thanks to the businesses and professional members of our community whose support through advertising has made publication of this newsletter possible. Please support the local businesses that support Upper Southampton Township.

We would like to take this opportunity to encourage all residents of Upper Southampton Township to contact the municipal offices for any assistance you may need. Community service is a priority of the Township. We strive to do our best to make this community better for all our residents.



**939 Street Road,  
Southampton, PA 18966**

**Phone: (215) 322-9700  
Fax: (215) 322-0405**

# Pike's Pub

Southampton, PA

- 455-457 Second Street Pike in Southampton
- Great place to watch sporting events with 30 Flat screen TVs and a giant projection TV
- 5 PA Skillz machines
- Terrific food with a complete menu
- 3 Diamond Pool Tables
- Dart boards, pinball, Golden Tee, Pinball, Baggo, and plenty of other fun activities
- Live Entertainment
- Pool Leagues
- Dart Leagues



**Pediatric Dental**  
ASSOCIATES



**Healthy Kids Start  
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**Dentistry Designed with Kids in Mind!**

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- Welcoming Tots to Teens
- Board-Certified Pediatric Dentists



**Southampton Offices**  
928 Jaymor Road, Suite 130A  
Southampton, PA 18966



Sasha Manchanda, DMD  
Erin McGrath, DMD  
Dana Chianese, DMD

877-PDA-KIDS

TeethForKids.com

Pediatric Dental Associates welcomes most dental insurances, including CHIP and Medicaid.

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the Best!



## TANNER BROS.

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**The Warminster Symphony Orchestra**  
Joseph Lovecchio, Music Director/Conductor

Presents

**"An Overture to Spring"**

Aaron Copland's *Appalachian Spring* and other timely works welcome a new spring season. Young Artist Competition winners perform Vitali's *Chaconne* for Violin and 1<sup>st</sup> movement of Mendelssohn's *Violin Concerto in E minor*.

MARCH 18, 2023 8 PM at Archbishop Wood High School

**"An Evening with Ciaran and Friends"**

Broadway's Phantom returns, joined by soprano, Kristen Plumley, and guitarist/entertainer, Gabe Donohue, for a rousing evening of Broadway favorites and Irish humor.

[www.ciaransheehan.com](http://www.ciaransheehan.com) [www.kristenplumley.com](http://www.kristenplumley.com)

MAY 13, 2023 8 PM at William Tennent High School

For complete concert information and how to purchase individual concert tickets  
[www.warminstersymphony.org](http://www.warminstersymphony.org) • 215-672-9650

Like Us on Facebook





## About Upper Southampton Township

Upper Southampton Township is a second class township of the Commonwealth of Pennsylvania. It is governed by a Board of Supervisors consisting of five elected members who serve six-year terms.

This five-member board appoints a manager to oversee the daily operation of government. The supervisors enact, by majority vote, ordinances and resolutions, levy taxes, approve land development plans, approve all expenditures and budgets, approve the hiring and/or termination of all township employees, and make appointments to advisory boards, committees, and commissions which serve the township.

### CURRENT POSITIONS HELD BY THE BOARD OF SUPERVISORS

Thomas A. McCullough, Chairperson  
Raymond M. Grossmuller, Vice Chairperson  
Stephen A. Wallin, Secretary/Treasurer  
Margaret M. Hoeger, Asst. Secretary/Treasurer  
Keith E. Froggatt, Sr., Member

The Board meets for regular public meetings the second Tuesday of each month at 6:30PM in the Southampton Free Library, Lower Level Meeting Room, 947 Street Road, Southampton, PA 18966.



## Southampton Days Home Grown and Growing!

*Southampton Days Country Fair*

*Save the Date Now!!*

**July 3rd – July 8th 2023**

Follow us on Facebook

Visit our website: [www.southamptondays.com](http://www.southamptondays.com)

## TOWNSHIP FACILITIES

### Township Municipal Building

939 Street Road  
Southampton, PA 18966

### Southampton Free Library

947 Street Road,  
Southampton, PA 18966

### Schaefer Field

Gravel Hill Rd. near Industrial Blvd  
Southampton, PA 18966

Facilities: baseball fields, softball fields, soccer fields, snack bar

### Veterans Field

400 Street Rd.  
Southampton, PA 18966

Facilities: soccer fields, playground, snack bar, walking path

### Community Center & Recreation Office

913 Willow Street  
Southampton, PA 18966

Facilities: baseball fields, basketball courts, walking path, playground, tennis court, gymnasium, football field, office, meeting room, snack bar

### Tamanend Park

1255 Second Street Pike  
Southampton, PA 18966

Facilities: softball fields, Lion's Grove stage, snack bar, tennis courts, sand volleyball court, playground, horseshoe pit, disc golf course, gaga court, bocce ball court, pavilions, fireplace, Carriage House, Farmhouse, office

### Newtown Rails to Trails

A two-mile walking and biking trail from County Line Road to Bristol Road.



## TOWNSHIP NEWS:

### DEPARTMENT OF EMERGENCY MANAGEMENT

#### *Snow Emergency Parking Restriction Reminder*

The Department of Emergency Management would like to remind residents of the parking restrictions during "Declared Snow Emergencies." Although not every snowfall requires a Snow Emergency Declaration, there are storms that produce significant snow accumulation hindering the movement of traffic to the extent that it is necessary for the Township to declare a "Snow Emergency." Once a Snow Emergency is declared, residents are required to remove all vehicles from all Township streets during the snow emergency. Information on the existence of a snow emergency will be given through the Township website at [www.ustwp.org](http://www.ustwp.org), the Township Facebook page, radio stations, newspapers, and other available media. Residents are asked to check this media during fall to keep up with current information.

Parking is prohibited on snow emergency routes during a declared snow emergency. All streets in the Township of Upper Southampton are designated as snow emergency routes. After a snow emergency is declared, it shall be unlawful, at any time during the continuance of the snow emergency, for any person to park a motor vehicle or to allow that vehicle to remain parked anywhere on any Township street. The police department is authorized to issue parking citations and remove vehicles parked on any Township street during a snow emergency.

Thank you for your cooperation.

### UPPER SOUTHAMPTON POLICE DEPARTMENT

The police department would like to remind residents of the Townships Snow and Ice Emergency Parking Ordinance. Keeping our streets cleared of vehicles during snow emergencies is essential as it allows the Townships snow plows to properly clear the streets of snow. Clear roadways enable emergency vehicles such as police cars, ambulances and fire trucks to quickly & safely respond to assist our residents during times of need. As soon as the Township declares a snow emergency, the police department will post it on our website as well as our Facebook page.

The Upper Southampton Snow and Ice Emergency Parking Ordinance 174-34 is the following: After any snow emergency is declared, it shall be unlawful, at any time during the continuance of the snow emergency, for any person to park a motor vehicle or to allow that vehicle to remain parked anywhere on any street within the Township. **Vehicles found parked on any Township roadway during the snow emergency are subject to a \$300.00 fine and towing of the vehicle.**

The police department thanks everyone in advance for their cooperation in assisting us keep our community safe during these types of emergencies.



## EMPLOYMENT OPPORTUNITIES

### INSTRUCTORS WANTED!

Do you have a hobby or skill you love and want to share with the Community? Upper Southampton Township is looking for instructors for new programs. We welcome you to apply and teach! Please submit a short description of the class or activity you would like to offer, photos of your work, if possible, and your contact information to [amunshaw@ustwp.org](mailto:amunshaw@ustwp.org) or mail to Upper Southampton Township Parks and Recreation, 913 Willow Street, Southampton, PA 18966.

### SUMMER CAMP EMPLOYMENT OPPORTUNITIES

Are you looking for a fun summer job? We are looking for seasonal staff for Upper Southampton Summer Camp! This position will require a high energy, flexible employee that is willing to work Monday through Friday for the duration of the summer. All employees of the camp will be interacting with children ranging in ages from 5-15. There are also several physical demands of the position including, but not limited to, enduring hot temperatures, walking, and involvement in contact sports. Schedules and compensation vary based on position. Dates of Employment: June 19 - August 18.

You must be 15 years of age before June 19, 2023 in order to apply. If interested contact Alexandria Munshaw, [amunshaw@ustwp.org](mailto:amunshaw@ustwp.org), or you can pick up an application at the Community Center, 913 Willow Street, Southampton, PA 18966.



# STORMWATER MANAGEMENT

**Three things you should know about Stormwater Runoff.**

## **1. Stormwater runoff can cause a number of environmental problems:**

- Fast-moving stormwater runoff can erode stream banks, damaging miles of aquatic habitat.
- Stormwater runoff can push excess nutrients from fertilizers, pet waste and other sources into rivers and streams. Nutrients can fuel the growth of algae blooms that create low-oxygen dead zones that suffocate marine life.
- Stormwater runoff can push excess sediment into rivers and streams. Sediment can block sunlight from reaching underwater grasses and suffocate shellfish.
- Stormwater runoff can push pesticides, leaking fuel or motor oil and other chemical contaminants into rivers and streams. Chemical contaminants can harm the health of humans and wildlife.
- Stormwater runoff can also lead to flooding.

## **2. What happens to a drop of rain when it falls onto the ground?**

- It may land on a tree and evaporate;
- It may land on a field and soak into the soil; or
- It may land on a rooftop, driveway or road and travel down the street into a storm drain or stream.

Precipitation in an urban or suburban area that does not evaporate or soak into the ground but instead runs across the land and into the nearest waterway is considered stormwater runoff. Increased development across the watershed has made stormwater runoff (also called polluted runoff) the fastest growing source of pollution.

## **3. How you can minimize runoff**

- Minimize impervious surfaces on your property
- Line impervious surfaces with gravel trenches.
- Install rain barrels to collect water that drains off your roof to irrigate landscape beds and lawns.
- Replace lawn areas with native plants.
- Add organic matter to your soil.
- Don't leave soil exposed.
- Plant trees and preserve existing ones.
- Don't create runoff when washing your car.
- Create a rain garden.
- Reduce the slope of your yard.
- Install berms and vegetated swales.

## **FEMA Flood Hazard Areas – Flood Insurance – Zoning and Building Permits**

Upper Southampton Township has many waterways including Mill Creek, Little Mill Creek, Southampton Creek and unnamed tributaries. On occasion, these waterways overflow their banks and flood properties. Certain waterways areas are regulated by the Pennsylvania Department of Environmental Protection and the Federal Emergency Management Agency (FEMA). FEMA establishes floodplains and Flood Hazard Areas and regulates these areas. These regulations are designed to protect communities from flooding and resultant hardships and losses.

The Township participates in the National Flood Insurance Program (NFIP). This allows its residents who use NFIP for flood insurance to receive the lower premiums. In order to participate in the NFIP program, the Township enacted and enforces minimum regulatory standards imposed by FEMA for Flood Hazard Areas.

In these areas, improvements such as buildings, sheds, fences and other structures may be prohibited or allowed but only in strict accordance with FEMA guidelines and regulations. Upon the filing of the Application for Zoning and Building Permit, the Township reviews the property and proposed improvement(s) for compliance with FEMA guidelines and regulations. Any proposed improvement in a Flood Hazard Area must strictly comply with all FEMA guidelines and regulations. Information on whether a property is in a Flood Hazard Area is available at <https://msc.fema.gov/> and <https://msc.fema.gov/nfhl>. Floodplain Regulations, including requirements and standards for improvements, are established in the Upper Southampton Zoning Ordinance and are available on the township website.

Please contact the Township Licenses and Inspections Department for any needed assistance.

## ELECTRONIC RECYCLING COMING SOON FOR UPPER SOUTHAMPTON RESIDENTS:

Township Residents will soon be able to recycle anything with an electrical cord or that operates on batteries.

AC adapters, all-in-one computers, audio and video equipment, ballasts (non-PCB's), batteries: car, laptop, cell phone, lead acid, cd player, cell phones, computer and parts, DVD, E-readers, fax machines, game consoles, scanners, hard drives, hoverboards, keyboards, laptop, mice, pc speakers, microwave ovens, motherboards, MP3 players/iPod, PC fans & power supplies, radios, scales, stereos (no wood), televisions, toner cartridges, VCR.

Stay tuned for more information of this program by visiting the Township Website at [www.USTWP.org](http://www.USTWP.org)



### SOUTHAMPTON BUSINESS & PROFESSIONAL ASSOCIATION

P.O. Box 144, Southampton, Pa 18966  
[www.SouthamptonBusiness.org](http://www.SouthamptonBusiness.org)

*Serving the Community  
Since 1953*



*We are proud to sponsor the following activities:*

- Danenberger Memorial College Awards
- Veterans' Memorial Plaza Maintenance
- Business Lunch Meetings at Area Restaurants
- Business Card Exchanges and Community Events
- Focus on Advertising and Marketing to Help Our Members



**Become a member: Visit our unique website at [www.SouthamptonBusiness.org](http://www.SouthamptonBusiness.org)**

Membership is open to any owner, part-owner, member or employee of a business located within Upper Southampton Township and adjacent communities, or a resident of Upper Southampton Township involved in a business.



Parks and Recreation Director:  
Alexandria Munshaw  
Email: [amunshaw@ustwp.org](mailto:amunshaw@ustwp.org)  
Phone: (215)-355-9781

Parks and Recreation  
Facilities Coordinator:  
Ray Horn  
Email: [rhorn@ustwp.org](mailto:rhorn@ustwp.org)  
Phone: (215)-355-9781

Parks & Recreation  
Administrative Assistant:  
Stephanie Martin  
Email: [smartin@ustwp.org](mailto:smartin@ustwp.org)  
Phone: (215)-355-9781

#### **Park and Recreation Advisory Board**

Patricia Myers, Chairman  
Rick Grillone, Member  
Dominic Cintofanti, Member  
Andy Pickford, Member

#### **Contact Us**

Address: 913 Willow Street,  
Southampton, PA 18966  
Phone: (215)-355-9781  
Fax: (215)-355-4093  
Website:  
[www.USTWPREC.com](http://www.USTWPREC.com)

#### **Office Hours:**

Monday-Friday  
8:00 AM - 4:30 PM

#### **Follow us on Facebook:**

Upper Southampton Township  
Parks and Recreation

**Instagram:** @ustpr

The Parks and Recreation Board meets for regular public meetings the fourth Tuesday of each month at 7PM in the Upper Southampton Township Building, First Floor Meeting Room, 939 Street Road, Southampton, PA 18966.

# Your Parks & Recreation Department

## Get Involved with Our Parks

### FRIENDS OF TAMANEND PARK

**Our Mission:** The mission of the Friends of Tamanend is to maintain, conserve, and protect the unique natural and historic features of Tamanend Park.

You are cordially invited to our monthly meetings.

Meetings are held in the Farmhouse on the third Tuesday of every month at 7 PM.

Visit our website to get involved: [FriendsofTamanend.org](http://FriendsofTamanend.org)



### Tamanend Park Herb Garden Club

The Tamanend Park Herb Garden Club was started in the summer of 1983 by four residents of Upper Southampton Township who were interested in the various aspects of herb gardening and herb use. The Herb Club now has over 60 members!

The Herb Garden Club meets on the third Wednesday of each month from January through November. Meetings start at 7:00 PM with a brief review of monthly business, followed by a guest speaker, or a group activity. Dues are \$10 a year.

For more information visit us on Facebook @ Tamanend Park Herb Gardening Club or email [tamanendparkherbclub@comcast.net](mailto:tamanendparkherbclub@comcast.net)

### Park Patrons Program

Parks Partners is a Parks and Recreation initiative that enables groups, individuals and businesses to assist with improvement projects and maintenance of Upper Southampton parks. Parks Partners will work with the Park's staff to keep the parks clean, attractive and safe. Donations can also be made by check, payable to Upper Southampton Township. To get involved, email Alex Munshaw at [amunshaw@ustwp.org](mailto:amunshaw@ustwp.org).

### Park Gifts Program

Support our parks through giving. Our Parks Gift Program offers a great way to honor the special people and milestones in your life. Your contribution will enhance the beauty of the park and allow you to memorialize loved ones or special events.

The park gift program includes benches, trees and shrubs and plaques.

For more information please call the park office.

**PLEASE DONATE**

### **DONATIONS NEEDED!**

Donations of new or gently used games or other recreational activities are very much appreciated.

## RENTAL INFORMATION

**Rental Facilities:****Farmhouse** (45 Person Maximum)

1255 Second Street Pike, Southampton, PA 18966  
 Monday thru Sunday - 9AM to 10PM  
 Includes: Twelve-6 foot tables; One-8 foot table; 55 chairs  
 Res. \$40/hr | Non. \$50/hr

**Carriage House** (60 Person Maximum)

1255 Second Street Pike, Southampton, PA 18966  
 Monday thru Sunday - 9AM to 10PM  
 Includes: Twelve-6 foot tables; 60 chairs  
 Res. \$50/hr | Non. \$60/hr

**Picnic Pavilions** (100 Person Maximum)

1255 Second Street Pike, Southampton, PA 18966  
 Monday thru Sunday - 8AM to 10PM  
 Includes: Ten-picnic tables  
 Res. \$75/day | Non. \$125/day

**Meeting Room** (150 Person

Maximum)  
 913 Willow Street,  
 Southampton, PA 18966  
 Monday thru Sunday -  
 9 AM to 10 PM

Includes: Twelve-8 foot tables; 130 chairs  
 Res. \$50/hr | Non. \$75/hr

**Gymnasium** (300 Person Maximum)

913 Willow Street, Southampton, PA 18966  
 Monday thru Sunday -  
 9AM to 10PM  
 Res. \$100/hr | Non. \$150/hr

**Lion's Grove Amphitheater**

1255 Second Street Pike, Southampton, PA 18966  
 Monday thru Sunday - 9AM to 10PM  
 Includes: electric and bathrooms  
 Res. \$25/hr | Non. \$50/hr

**Veterans Field** - Athletic Field

400 Street Road, Southampton, PA 18966  
 Day: \$50/Game or \$25/hr/field | Night: \$75/Game or \$50/hr/field  
 Includes: lights and bathrooms

**Tamanend Park Athletic Field**

1255 Second Street Pike, Southampton, PA 18966

**Schaefer Field** - Athletic Fields

Gravel Hill Road, Southampton, PA 18966

**Security Deposit**

Gym: \$150 | Pavilions: \$250/Pavilion | \$1,500/Both Pavilions | All other facilities: \$100

## Renting a facility is as easy as 1...2...3...

**To book a facility:****1. Choose your location**

Whether you view images online, or decide to visit the office to view the spaces yourself, determine the best location for your next event. You can check the availability of your desired facility online or by calling the park office (215-355-9781). Rentals are scheduled on a first come first serve basis.

**2. Complete Rental Forms**

The forms necessary to rent one of our facilities can be found online at [www.ustwprec.com](http://www.ustwprec.com). A Facility Use/Rules And Regulations Application must be completed and submitted with payment to the Parks' Office.

**3. Rental Fees**

Rental fees must be paid in full at the time of booking. There is a minimum rental of four hours at each location. A security deposit must also be made at the time of booking. This separate check will only be cashed if damage has taken place or facility has been left in bad condition. A full refund of rental fee and security deposit will be issued if cancellation is made more than 30 days before scheduled rental.



For more information call the Parks' Office or visit us online.





## ADOPT-A-TRAIL

The Adopt-A-Trail program has been developed to help maintain and preserve the two mile Rails-to-Trails through Upper Southampton Township. The program allows for community, civic organizations and groups to support the trail through trail maintenance.

### Maintenance Requirements:

- The adopted area will be a quarter of a mile in length.
- The adopted area is to be cleaned every 4 weeks removing vines, fallen branches, debris and/or litter although clean-ups are permitted to be done more regularly.
- Inform the Parks & Recreation Director of any major maintenance problems or large debris that volunteers are unable to handle, such as down trees.
- Following each clean-up, adopting organizations will contact the Parks & Rec Director to notify as to where the bags of collected trash and/or debris have been left. Bags of collected trash and/or debris should not exceed 20-25 pounds.

### Rules & Regulations:

- A supervising adult must accompany all participants under 18 years of age.
- No motorized vehicles permitted on the trail without the permission of the Parks & Recreation Director or Facilities Coordinator.
- No trespassing on private property.
- All members must conduct themselves in a safe and responsible manner.
- Do not construct any structures, add signage, alter the trail or add any unapproved items to the trail.
- No power equipment tools such as chain saws, mowers, and weed trimmers are permitted.
- All maintenance activities shall be coordinated with the Parks & Recreation Director or Facilities Coordinator.

If interested in the program contact Alex Munshaw at [amunshaw@ustwp.org](mailto:amunshaw@ustwp.org)



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App: <https://app.kw.com/KW2T06M9U>

### JOHN IANNARELLI

C: 610-952-4452  
O: 215-860-4200  
[johniannarelli@kw.com](mailto:johniannarelli@kw.com)  
App: <https://app.kw.com/KW2T0CUZP>

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## SOUTHAMPTON FREE LIBRARY UPCOMING EVENTS

**Come visit the library to browse for materials, use our computers or attend a free program!**

All of the following are available at the library:

- Books, Magazines & Newspapers
- Audiobooks
- Ebooks
- Movies
- Board Games
- Museum Passes
- Rokus
- Hotspots



**Monday to Thursday, 10 AM to 8 PM  
Friday & Saturday, 10 AM to 5 PM**

### Kids's Programs:

- Baby Storytime (Ages 0 – 3), Tuesdays at 10:30 AM
- Preschool Storytime (Ages 3 – 5), Fridays at 10:30 AM
- Story Stroll in Tamanend Park – Starting opposite the Carriage House, enjoy reading a children's story while taking a walk through Tamanend Park. Stroll is available whenever the park is open.
- Junior Master Gardeners program in March at Tyler State Park.
- Little Master Gardeners program in April.

### Adult's Programs:

- Starting Your Garden, Saturday, March 25th at 2:00 PM
- Puzzle Swap and Sale, Saturday, April 22nd, All Day
- Plant Swap and Sale, Saturday, May 13th, All Day

## You can borrow WHAT from the library?

Have you ever explored our Library of Things?

- Roku Streaming Stick loaded with Netflix, Hulu, Amazon Prime Video, Acorn TV, Disney + and Apple TV
- Over 20 different Museum Passes including Elmwood Park Zoo, Buck's County Children's Museum, Mutter Museum, Penn Museum, National Constitution Center and Chanticleer
- Hotspots with free WiFi and a large collection of Board Games

**ROKU**



**ALL PROGRAMS SUBJECT TO CHANGE. PLEASE CHECK OUR WEBSITE FOR CURRENT INFORMATION.**

947 Street Road, Southampton, PA, 18966 (215) 322-1415 • [Southamptonfreelibrary.org](http://Southamptonfreelibrary.org)

# Your Goal is to Go Home—We Can Get You There!

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- 48 private rooms with private bath and shower
- We partner with Benchmark Therapies, a leading therapy provider based here in PA



**Christ's Home**


1 Shepherd's Way, Suite 100  
Warminster, PA 18974-3710  
215.956.2270 • [www.ChristsHome.org](http://www.ChristsHome.org)



# Penn's Woods Puppet Theater

## *Captain Crook and the Missing Treasure*

*An 18th century farce about love,  
greed and mistaken identities*



It is problematic enough  
that Claude Clouseau and Captain Crook  
share the same initials, but when we learn that Crook's  
ship bears the same name as Clouseau's object of adoration,  
confusion ensues. The day is saved, however, by the  
show's hero, Newton the mouse.

Robin & Sue Tafel

215-441-4154 <https://www.youtube.com/user/PennsWoodsPuppets>

## Parks & Recreation Department Programs

USPR 2023 • June 19 - August 18, 2023 • Camp Programs for Ages 5-15  
9-Week Full-Day Programs • Pick Your Own Week Options  
Nationally accredited by the American Camp Association



**Mission:** Together we encourage choices and behavior that foster individual growth through the development of self-confidence and acceptance of others.

**Overview:** We encourage campers to tap into their strengths and then we recognize their achievements.

Whether they are an athlete, an artist or just interested in having fun, we have the activities and staff that will, without a doubt, bring out the best in each camper. Our campers are encouraged to try new things, learn new skills and develop old ones. We want our campers to play, get dirty, explore nature, make friends, and discover themselves as a member of our camp community. Our staff is trained to encourage team building and create an environment where campers feel that anything is possible.

**Our Staff:** The most important factor of summer camp is the staff. No matter how many activities or special events are offered, it is the background, enthusiasm and personality of each staff member that determines whether or not camp is fun, exciting, and safe. Our counselors are selected according to their experience and interest. Our staff is enthusiastic, caring, well-trained, and safety conscious. They encourage team building among campers and themselves to create a positive and safe environment. All staff are required to participate in our training program which prepares them to carry out their daily responsibilities and emergency situations.

### Camp Basics:

- 2023 Camp Dates: June 19 - August 18, 2023
- Daily Camp: 7:50AM - 5:15PM
- Daily Transportation is NOT available.
- All employees are screened in accordance with Township and American Camp Association policies.
- Before/Aftercare is not available.
- Parent/Guardian must use pickup passes.
- If a child leaves for an illness or injury a doctor's clearance may be required upon return to camp.
- No camp July 4th.
- All program policies are subject to change at the Parks and Recreation Director's discretion.

### Youth Camp Fees & Payments

#### **Register for the full 9-weeks**

Resident: \$1175/9-weeks

Non-Resident: \$1310/9-weeks

#### **Pick Your Own Weeks**

(4-week minimum)

Resident: \$155/Week

Non-Resident: \$170/Week

Resident rate applies to only those who live in Upper Southampton Township.

Please note that ALL residencies will be verified.

Registration will be forfeited for falsification of residency documentation.

All payments and registrations due by June 9.

\$50 late fee applied to unpaid registrations after June 9.

No refunds are given for any reason.

**REGISTRATION IS NOW OPEN!** Space is Limited. 215-355-9781 | [www.ustwprec.com](http://www.ustwprec.com)

#### **Register Now**

**Register Online** at [www.ustwprec.com](http://www.ustwprec.com) Pay by credit card. We accept Visa, Master Card, American Express and Discover. Credit Card information is not stored for future payments.

**Register in person** at the Southampton Community Center, 913 Willow Street, Southampton, PA 18966.

**Register by mail** by downloading the Program

Registration Form from our website, [www.ustwprec.com](http://www.ustwprec.com) and mailing to 913 Willow, Southampton, PA 18966.

Whenever practicable Upper Southampton Township's Summer Camp attempts to accommodate children with special needs, however, in situations where accommodation exceeds the capability of the staff/facilities, or if the child could pose a danger to other participants or the staff, Upper Southampton Township reserves the right to decline an application for cause.

## YOUTH CAMP - Ages 5-12

Youth Camp provides a safe, structured, fun-filled environment for campers to reconnect this summer! Activities include daily sports, fun-theme days, weekly arts & crafts themes, water play and more! We have created a program that allows campers to enjoy their summer learning new things, having fun, making new friendships and just letting them be kids in a safe and supervised environment.

**Youth Camp Locations:** Community Center, 913 Willow Street, Southampton, PA 18966

Tamanend Park, 1255 2nd Street Pike, Southampton, PA 18966

### Youth Camp Information:

Field Trips are INCLUDED.

Children must have attended Kindergarten.

Trips will be announced in May/June 2023.

All activities and trips are subject to change.

### Fun Theme Days

Crazy Hair Day

Pajama Day

Spirit Day

Halloween Day

Christmas in July

Sports Day

Neon Day

Backward Day

Decades Day

Crazy Sock Day

\*Theme Days will be announced in the weekly camp newsletters



## CIT CAMP

Counselor in Training • Ages 12-14

Upper Southampton Community Center

Our Counselor-in-Training Program is designed to offer young people an opportunity to prepare for positions as camp counselors or recreation leaders. Emphasis is placed upon developing leadership skills, sensitivity to children, and program skills. This program will provide basic training in such skills as first aid, group leadership, time management, and a variety of other skills. Campers will spend Mondays, Wednesdays, and Fridays, learning the skills needed to become a great leader while on Tuesdays and Thursdays they will be able to apply those new skills shadowing counselors and working with young campers directly.

### CIT Camp Basics:

8-Weeks

2023 CIT Camp Dates: June 19 -August 11, 2023

Daily Camp: 9AM - 12PM

(Please note this program is a half day program, all campers must be picked up at 12pm)

No camp July 4th

Fee Includes Three Camp Trips and a CIT T-shirt

### CIT Camp Fees & Payments

Resident: \$550

Non-Resident: \$650

\*Payment plan available

**\*Please note that completion of the CIT program does not guarantee a paid position with the township.**

## CAMP FAQs

### Family Communication

Please check out our Summer Camp Parent Page under "Summer Camp Programs" at [www.ustwprec.com](http://www.ustwprec.com) where you can read the Upper Southampton Camp Parent Handbook, view camp schedules, updates and newsletters!

\*Camp Newsletters are also emailed each week during camp outlining the daily activities, special events and guest speakers for the week.

### Lunch & Snack

**Lunch:** Please send three bottles of water and a nutritionally balanced, non-perishable lunch to camp. (We do not have refrigeration so include an ice pack if needed). If your child forgets his/her lunch you will be called to bring their lunch to camp.

**Snack:** Provide your child with a snack for daily scheduled snack time.

### Trips

Trips are included in the price. Trips will be announced before the start of camp.

### Drop Off/Pick Up Procedures

Camp runs Monday thru Friday 9AM-4PM. Parents can drop their campers off between 7:50AM and 9AM and pick-up is from 4PM and 5:15PM. All campers should be picked up by 5:15PM, late pick-up fees start at 5:16PM and parents will be charged \$20 per child for every 15 minutes they are late

(parents will be sent an invoice). A pick-up pass is required for each camper and must be shown in order for kids to leave camp. Each camper's safety is our number one priority and the pick-up passes help ensure that your child does not go home with any unauthorized person. On the first day of camp, signs will be posted and staff will be directing your drop-off and pick-up procedures.

\*Parents will receive pick-up passes before the start of camp.

### Allergies/Medications

We work carefully to educate our staff about food allergies. Campers with food allergies should contact the Parks & Recreation Director for additional information.

### Personal Belongings

Campers should wear comfortable play clothes, socks, sneakers and sunscreen. Please dress in weather-appropriate clothing. No open-toed shoes, sandals or flip-flops for safety reasons. LABEL ALL YOUR CHILD'S ITEMS SENT TO CAMP. Please do not send toys, games, cards, etc. to camp; we are not responsible for these items. If you choose to send in electronic devices with your child include the items on your homeowners insurance policy. The camp is not responsible for the loss or damage of any personal property brought to camp. Firearms, ammunition of kind, or any items that we deem unsafe are NOT ALLOWED. Lost & Found will be put out each Friday at each site at the pick-up area.

# Parks & Recreation Department Programs

## 2023 SEASONAL EVENTS

### AMERICAN RED CROSS BLOOD DRIVE

Upper Southampton Parks & Recreation is Partnering with the American Red Cross for a Blood Drive. Every two seconds someone in the United States needs blood. Right now, there is a significant shortage of blood for hospital patients and the American Red Cross has issued an emergency request for people to donate. You can help. Giving blood doesn't require much time, in an hour and one pint of blood you can save three lives. Join us to help. **Schedule your appointment at <https://www.redcrossblood.org/give.html/find-drive> and use code UpperSouth.**

**Date:** Ongoing Dates

**Time:** 3PM - 8PM

**Location:** Community Center

### FARMHOUSE CRAFT SHOW AT TAMANEND PARK

There is nothing more lovely than handmade items and crafts and the Fall Craft Show has it all - Wreaths, Florals, Jewelry, Painted Slates, Garden Art, Homemade Candy, Gourmet Foods, Kids Clothes, and much more - So whether you are looking for a one-of-a-kind gift or something for yourself, stop by to see all we have!

**Date:** March 25 - April 1

**Time:** 10AM -6PM

**Location:** Farmhouse

For more information visit our website at [ThreeDCrafts.com](http://ThreeDCrafts.com)

### CARRIAGE HOUSE ARTIST ART SHOW

Spring has arrived so come, get out and join local artists in the Carriage House at Tamanend Park on Saturday, March 18th and Sunday, March 19th from 10am to 4pm to see some beautiful works of art. A variety of original artwork will be on display as well as for sale (so don't forget your wallets.)

**Date:** Saturday March 25 - Sunday, March 26

**Time:** 10AM - 4PM

**Location:** Tamanend Park Carriage House

### A HOPPY EGG HUNT

Our bunny has hidden eggs in Tamanend Park that are waiting to be found. Bring your whole family (and a basket) to search for some goodie-filled eggs and make a fun craft! Our silly Bunny will be there too so don't forget to bring your cameras. This event is free but **REGISTRATION IS REQUIRED FOR EACH CHILD.** Little hunters (0-5) will have their own small patch for hunting. Registration will be limited.

**Date:** Saturday, April 1

**Time:** 10AM - 11AM

**Location:** Tamanend Park

\*This event will start at 10 AM sharp & is weather dependent

### EARTH DAY CLEAN UP AT TAMANEND PARK

Are you looking for volunteer hours or a feel good project? Come join park staff to clean up and help get our beautiful park ready for spring! Water and snacks will be provided. Register to volunteer on our website.

**Date:** Saturday, April 22

**Time:** 11AM - 2PM

**Location:** Tamanend Park Pavilions

### TOWNSHIP-WIDE YARD SALE

Are you interested in reducing, reusing, up-cycling or decluttering items found in your home? All Upper Southampton residents are invited to participate in a township-wide yard sale. You can participate by registering on our website at [www.ustwprec.com](http://www.ustwprec.com) - An interactive map with all participating addresses will be posted on our website and Facebook page. This event will be advertised. All participants will receive a numbered Yard Sale Sign for the event.

**Date:** Saturday, May 13

**Time:** 8:00AM - 2:00PM

**Location:** Upper Southampton Township

### ANNUAL HERB SALE

Get your gardens (and kitchens!) ready for the Spring & Summer at the Annual Herb Sale hosted by the Tamanend Park Herb Club. Profits raised by the Herb Sale goes towards high school and college scholarships. The Club gives two \$1,000 college scholarships to students planning a career in horticulture.

**Date:** Saturday, May 20 - Sunday, May 21

**Time:** Saturday, 9AM - 3PM | Sunday, 9AM - 1PM

**Location:** Tamanend Park Farmhouse, 1255 2nd Street Pike, Southampton, PA

### SPRING ART SHOW

Just Painters, a group of local artists, will be exhibiting works of art on Saturday, May 20, 2023 from 9:00 AM to 3:00 PM, in the Carriage House located in Tamanend Park, 1255 Second Street Pike, Southampton, PA 18966. Original paintings in watercolor, oil, pastel and acrylic, along with portfolio paintings, prints and cards will be for sale. Come shop, browse and enjoy. Refreshments will be served.

**Date:** Saturday, May 20

**Time:** 9AM - 3PM

**Location:** Tamanend Park Carriage House

### TOUCH-A-TRUCK

Come out and join us for a FREE family event. Explore and learn about all kinds of trucks and vehicles. Additional activities will be held such as Corn Hole, arts & crafts, music and more. Have a truck, tractor or other vehicle to display? Contact Alex Munshaw at [amunshaw@ustwp.org](mailto:amunshaw@ustwp.org) to register.

**Date:** Saturday, May 20

**Time:** 11AM - 2PM

**Location:** Community Center

***Have a business you want to promote? Sponsor one of our events! Contact Alex Munshaw at [amunshaw@ustwp.org](mailto:amunshaw@ustwp.org) to learn more!***

continued on next page

# Summer Movie Nights in the Park

We will be holding a movie night at Tamanend Park throughout the summer months. We have a huge 24-foot movie screen, amplified sound system, and premium projection. The movie will take place in the field between the pavilions at dusk. All you need to bring is your family, neighbors, blankets or chairs and sit back and enjoy the movie under the stars. This event will be weather permitting.



**DATE:** Saturday, June 17, 2023  
**TIME:** Dusk (approx 8:30PM)  
**LOCATION:** Tamanend Park Pavilions  
**MOVIE:** Coco



**DATE:** Saturday, July 29, 2023  
**TIME:** Dusk (approx 8:30PM)  
**LOCATION:** Tamanend Park Pavilions  
**MOVIE:** Moana



**DATE:** Saturday, August 19, 2023  
**TIME:** Dusk (approx 8PM)  
**LOCATION:** Tamanend Park Pavilions  
**MOVIE:** Encanto

JOIN US FOR A  
**HOPPY EGG HUNT**  
APRIL 1, 2023  
TAMANEND PARK PAVILIONS  
CANDY • GAMES • CRAFTS • & MORE!  
10AM

REGISTRATION REQUIRED | 1255 2ND STREET PIKE  
Our bunny has hidden eggs in Tamanend Park that are waiting to be found. Bring your whole family (and a basket!) to search for some goodie-filled eggs. Little Hunters (0-5) will have their own small patch for hunting.  
WWW.USTWPREP.COM | (215) 355-9781

UPPER SOUTHAMPTON TOWNSHIP PARKS & RECREATION

**TOUCH-A-TRUCK EVENT**

RAFFLE BASKETS NEEDED! FREE ADMISSION

SATURDAY, MAY 20TH  
11AM - 2PM  
UPPER SOUTHAMPTON COMMUNITY CENTER  
913 WILLOW STREET, SOUTHAMPTON

**Construction Trucks, Fire Trucks, & More**

JOIN US FOR GAMES, FOOD, A RAFFLE BASKET FUNDRAISER, MUSIC AND FUN!

## Parks & Recreation Department Programs

### PROGRAMS FOR TOTS (0-5)

#### PEE WEE PICASSO'S

Arts & Crafts time with your little ones without all the mess in your house! Join us for some artsy fun from coloring to painting to all the things your little tots love. Each session has a different theme and crafts.

**Ages:** 2-5

**Date:** Tuesday, January 17      Tuesday, April 11  
           Tuesday, February 14    Tuesday, May 16  
           Tuesday, March 14        Tuesday, June 13

**Time:** 11:00AM - 11:45AM

**Location:** Community Center

**Fee:** \$5 Res. | \$7 Non-Res.

#### LIL' EXPLORERS

Bring your little ones to explore Tamanend Park. We'll read a story, then take a fun-filled nature hike to try to see some new and different friends. We'll meet at the Carriage House, 1255 2nd Street Pike, Southampton, PA 18966

**Ages:** 2-5

**Date:** Friday, April 28  
           Friday, May 26  
           Friday, June 16

**Time:** 11:00AM - 11:45AM

**Location:** Carriage House at Tamanend Park

**Fee:** Free

#### LITTLE GARDENERS

Let your little ones get ready for spring by learning to plant, dig and grow flowers and vegetables. Students will plant seeds in a flower pot and can take their plants home to watch it grow. We will be playing in the dirt, so please dress accordingly.

**Ages:** 2-5

**Date:** Thursday, April 20  
           Thursday, May 25

**Time:** 11AM - 11:45AM

**Location:** Tamanend Park Farmhouse

**Fee:** \$5 Res. | \$7 Non-Res

### DANCE FOR TOTS

#### Ballet for Tots

Students will learn all the basics it takes to be a ballerina. This class will enhance the child's rhythm, balance, coordination, flexibility and posture. The children will also dance to song and dance routines. Ballet Shoes Required.

#### Ballet/Tap Combo

Students will learn all the basics to be a ballerina and a tap dancer. Classes will enhance rhythm, coordination, balance, flexibility and posture. Ballet/Tap Shoes Required.

**Ages:** 3-5

**Date:** March 21 - April 25

**Ballet for Tots:** Mondays, 5:00PM - 5:45PM

**Ballet/Tap Combo:** Mondays, 5:45PM - 6:30PM

**Location:** Carriage House

**Fee:** \$70

#### SUPER SOCCER STARS (3-4)

Join Super Soccer Stars for a 6-week soccer program starting Saturday, March 4th! The program will run every Saturday until April 8th. They will focus on skill-based drills, individual development, and teamwork in a positive, active, and fun environment. Each group will have an age-specific curriculum and a low child to coach ratio to ensure the best learning environment possible.

**Ages:** 3-4

**Date:** March 4 - April 8

**Time:** Saturdays, 9AM - 9:45AM

**Location:** Tamanend Park

**Fee:** \$135

### PROGRAMS FOR YOUTH (6-12)

#### LET'S COOK! COOKING CLASSES FOR KIDS

Join Chef Monica of "Let's Cook!" in the kitchen this winter! Junior chefs will learn foundational cooking techniques and will prepare delicious dishes to enjoy. Chef Monica has been teaching children and adults for over 10 years. Please let her know if your child has food allergies or sensitivities. [www.letscookpa.com](http://www.letscookpa.com)

**Ages:** 7-12

**Session 1:** February 13 - February 27

**Session 2:** March 13 - March 27

**Time:** Mondays, 5:30PM - 6:30PM

**Location:** 1725 Huntingdon Road, Huntingdon Valley, PA 19006

**Fee:** \$110/session

#### SUPER SOCCER STARS (5-7)

Join Super Soccer Stars for a 6-week soccer program starting Saturday, March 4th! The program will run every Saturday until April 8th. They will focus on skill-based drills, individual development, and teamwork in a positive, active, and fun environment. Each group will have an age-specific curriculum and a low child to coach ratio to ensure the best learning environment possible.

**Ages:** 5-7

**Date:** March 4 - April 8

**Time:** Saturdays, 10AM - 11AM

**Location:** Tamanend Park

**Fee:** \$135

#### SUPER SOCCER STARS (8-10)

Join Super Soccer Stars for a 6-week soccer program starting Saturday, March 4th! The program will run every Saturday until April 8th. They will focus on skill-based drills, individual development, and teamwork in a positive, active, and fun environment. Each group will have an age-specific curriculum and a low child to coach ratio to ensure the best learning environment possible. Campers must bring their own ball due to sanitary reasons.

**Ages:** 8-10

**Date:** March 4 - April 8

**Time:** Saturdays, 11:15AM - 12:15PM

**Location:** Tamanend Park

**Fee:** \$135



continued on next page



## SLIME TIME

Let's get ready to SLIME! Get your hands dirty trying all different types of slime recipes from normal slimy slime to glow-in-the-dark slime to magnetic slime, the possibilities are endless!

**Ages:** 8-15

**Date:** Wednesday, February 22  
Wednesday, March 29  
Wednesday, April 26  
Wednesday, May 24

**Time:** 6PM - 7PM

**Location:** Community Center Meeting Room

**Fee:** \$7 Res. | \$9 Non-Res.

## PROGRAMS FOR ADULTS

### TAROT FOR BEGINNERS

This is a beginners class for anyone interested in the fascinating and esoteric world of Tarot. You'll learn all the meanings of the cards and their symbols, plus various layouts and types of readings. Requirement for the class-HAVE YOUR OWN DECK. If you don't have one I suggest the Rider-Waite deck, the most popular, and buy it on Amazon, but a NEW deck, NOT USED! Teacher, Robert Hazzon, has been reading cards for over 50 years and has a significant and enthusiastic audience on Facebook. His followers have lovingly dubbed him,

"The Wiz." In the meantime, feel free to join my group on Facebook: Hazzon Has It Tarot.

**Date:** March 21 - April 25

**Time:** 3:30PM - 4:30PM

**Location:** Tamanend Park Farmhouse

**Fee:** \$72

**Instructor:** Robert Hazzon

### TAI CHI

Tai Chi is an ancient Chinese martial art that can reduce stress and improve flexibility, balance, and overall health. A series of slow movements align the body's internal energy paths, enabling chi (internal energy) to flow through the body. Qi Gong (Chi Kung) is an ancient Chinese exercise to control and increase the body's internal energy.

**Ages:** 18 and older

**Session:** April 6 - May 11

**Time:** Thursdays, 6:30 PM - 7:30 PM

**Location:** Tamanend Park - Carriage House

**Fee:** \$35.00 Res. / \$45 Non-Res.

**Instructor:** Michel Denarié

\*Sessions are ongoing, every 6 weeks, check our website for all session dates.

### FINDING YOUR VISION IN YOUR PAINTING

For many people, painting is an important part of their self expression, and it can be quite helpful to find ways to hone in on one's abilities at capturing that essence. Teacher, Robert Hazzon,

an artist for the last 55 years, has exhibited his work in NYC and the surrounding areas and has won various awards for his work. In these classes, Robert will teach various methods of understanding your voice in your art and will, as well, be working with each student to increase their painting skills. Two weeks will be allotted to portrait, two weeks for landscape, and two weeks for still life. The first class will be an introduction, without charge, to get a feeling of what to expect, and it is suggested that you bring some pictures of previous work for discussion. By exploring these three different genres, it's aim is to give students a clearer direction for their work. Everyone must have their own supplies and the class will basically be limited to acrylics.

**Date:** March 21 - April 25

**Time:** 1:30PM - 3PM

**Location:** Carriage House

**Fee:** \$72.00

**Instructor:** Robert Hazzon

### BOAT AMERICA

#### UNITED STATES COAST GUARD AUXILIARY

Boat America is a boating certificate class that offers an in-depth and interesting boating safety course, and provides the knowledge needed to obtain a boating certificate. Topics include Introduction to Boating, Safety Equipment, Safe Operation and Navigation, Boating Emergencies, Trailering, Sports and Boating as well as Boating Law.

This course is provided by the United States Coast Guard Auxiliary Flotilla 053-17-2.

Some insurance companies will also offer discounts on boating insurance to boaters who successfully complete this course.

#### LUNCH PROVIDED

**Date:** Saturday, March 25

Saturday, April 15

Saturday, May 6

**Time:** 8AM - 5:30PM

**Location:** Community Center Meeting Room

**Fee:** \$50

### YOGAMAZIA CLASSES

- Prenatal Yoga
- Postnatal/Baby Yoga
- Toddler & Caregiver Yoga

Yogamazia is a premier studio "Empowering kids to learn and love yoga" in order to strengthen their body, mind and spirit starting from the womb. Yogamazia aims to create an embracing sense of community, diversity, respect, and resilience. We provide pregnant persons, children, families and schools an opportunity to learn and practice yoga poses, breathing activities and mindfulness techniques, in an engaging and non-competitive way while having fun at the same time!

**Sessions are ongoing, check our website for all session dates. [www.ustwprec.com](http://www.ustwprec.com)**



continued on next page

**CAR CARE 101**

Learn all the basics about car care from how to change your car's oil to filling your window washer fluid. We'll learn how to check your tire pressure and even how to change a tire. Don't be afraid to get your hands dirty, come join us and learn car care 101.

**Ages:** 16+  
**Date:** Saturday, May 13  
**Time:** 10AM - 11AM  
**Location:** Community Center  
**Fee:** Free  
**Instructor:** Michel Denarié

\*This class is free but please register so we have a head count.

**PICKLEBALL**

You might have heard of it but have you played it? Pickleball is a quick, fast-paced game which combines tennis, badminton and table tennis. If you want to try something fun and new and also get in a workout, check it out! Pay Yearly, Monthly, or for a 5 Day Pass.

**Date:** September 1 - May 30  
**Time:** 8AM - 10:30AM (Session 1)  
 10:30AM - 1:00PM (Session 2)  
 1:00PM - 3:30PM (Session 3)  
**Location:** Community Center  
**Fee:** \$80 RES. | \$85 NON-RES (Full Season)  
 \$15/Month  
 \$8/Week

\*Each membership allows for 2½ hours of play each day (Monday-Friday).



**GET HEALTHY WITH REGINA**

**PILATES**

Pilates is a body conditioning routine that helps build flexibility and long, lean muscles, strength and endurance in the legs, abs, arms, hips, and back. It puts emphasis on spinal and pelvic alignment, breathing to relieve stress and allow adequate oxygen flow to muscles, developing a strong core or center (tones abs while strengthening the back), and improving coordination and balance. This class is best served while using a small Pilates ball, flat therabands and round versa loop bands. This class is for men and women!

Bring with you every week a mat, towel and water. Get ready to feel your best ever!

**This program is ongoing, see our website for all dates.**

**REVED**

This 5-week course is a community favorite, with teachings, recipes and support information that will change the way you view your body's natural and evolving chemistry. Estrogen dominance can contribute to the symptoms that plague you most: unexplained weight gain and those stubborn pounds that just won't budge brain fog and other hormonal mental health challenges sudden changes in your skin, hair, belly and disposition tenderness you feel in your breasts or ovaries peri- and menopausal symptoms like hot flashes, mood swings and sleep problems.

The good news is that by shifting the foods you consume, the water you drink, and certain key lifestyle factors, you can bring back the balance, address those niggling symptoms and finally get your life back. And it's easier than you think!

In REVED you will learn how to care for the fine web of hormones that rule your body and your mind so that YOU (and not your hormones) can sit in the driver's seat.

continued on next page

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One class will be released each week with new information, suggested diet plans and action steps. You'll also receive recipes and handouts to support that week's teachings. A private Facebook Group will also be available for daily accountability.

Please Contact Functional Nutrition Counselor Regina Szczesniak @regina@iamliving360.com for any questions.

**This program is ongoing, see our website for all dates.**

### SUGAR FREE SNACKS KIDS WILL LOVE

A 5-week interactive functional nutrition course that encourages changes in your relationship to sugar. You will learn and make-n-take smarter choices for you to pack into your kids lunchboxes, and after work and school snacks for your entire family. Each week we will go over topics such as:

- Sweeteners... what are they?
- Sugar Cravings
- Where's the Hidden Sugars (reading labels)

Where to go for sweet satisfaction and a 5-step plan for making changes

COME LEARN MAKE and Bring home the goodness of SUGAR FREE SNACKS!

A \$50 CLASS SUPPLY FEE IS DUE TO THE INSTRUCTOR AT THE BEGINNING OF THE CLASS

**This program is ongoing, see our website for all dates.**



## SENIOR PROGRAMS

### KNOW YOUR MEDICARE OPTIONS

During this free seminar you will learn: How Medicare works and what it covers. How Part "D" prescription cards work and how to pick the right one for you. The differences between Medicare supplements and Medicare Advantage plans. Have your questions answered so you can make the right choices when planning for Medicare or Medicare Advantage decisions. Presented by: Steve Perlman, DelVal Senior Advisors, Independent Medicare Planning.

If you are interested in attending this program you must register with the Parks & Recreation Dept. We do have limited seating for this program.



- Ages:** 55+
- Date:** Monday, April 24
- Time:** 6:30PM - 9PM
- Location:** Community Center
- Fee:** Free

### AARP SAFE DRIVER REFRESHER COURSE

Take the AARP Safe Driver™ Course and you could reduce your overall maintenance and car insurance costs! Refresh your driving skills and learn the new rules of the road. Learn research-based driving strategies to help you stay safe behind the wheel. After attending this, you can qualify for a multiyear discount on your auto insurance! (Consult your auto insurance agent for details). Space is limited, so register online now. The classroom course costs \$20 for AARP

continued on next page

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Thank you to our community for voting us one of Bucks County's Best Orthodontists year after year!

2021 best of Bucks County  
LIST FINALIST BEST

members and \$25 for non-members. This is the refresher course. It takes place during one four hour session. You need to be present for the entire four hours. You need to have previously completed the standard 8hr course to be eligible for the refresher course.

**Ages:** 55+

**Date:** Thursday, March 16  
Wednesday, May 31

**Time:** 9AM - 1PM

**Fee:** \$20 AARP Member & \$25 Non Members

**PAYMENT FOR CLASS IS DUE DAY OF AND MUST BE IN THE FORM OF CASH OR CHECK MADE OUT TO AARP.**

**BINGO**

Come join friends and play the classic game that everyone loves. No admission fee charged, coffee & light refreshments are served. So come join us and let us hear you yell BINGO!

**Date:** Ongoing - Every Friday

**Time:** 12:00 PM - 4:00 PM

**Location:** Community Center



**REGISTER NOW**

**FOR PROGRAMS**

**Registration Forms**

Registration forms can be found and completed online at our website [ustwprec.com](http://ustwprec.com).

**ONLINE**

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

Create a household account, then add members to register the whole family for different programs we have available. Online payments can be made through credit cards\*

\*Credit card information is not stored for further payments.

We accept Visa, Mastercard, Discover & American Express.

**IN PERSON**

Registration forms may also be printed and brought into the office to be processed. The forms and payments can be dropped off at the Parks and Recreation Department office, located at the Community Center, 913 Willow Street, Southampton, PA 18966.

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**Cell: 215-370-1382 • Office: 215-860-4200 • E: [dawnlittle@kw.com](mailto:dawnlittle@kw.com)**


Nervous about your property adventure? Don't be. Whether you're getting ready to buy or sell, in the middle of it, or just looking for some answers, my top-notch skills ensure you get the best experience.



Upper Southampton Township gratefully acknowledges the generosity and support of the businesses and individuals who have placed advertisements in our newsletter. This newsletter has been designed and printed at no cost to you, our residents. We encourage you to patronize these businesses as they play a vital role in the economic stability of our community.

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- Slow-pitch Softball
- Meet and greet neighbors and local business people
- All teams must be sponsored by a business
- Cost per team is \$700 ( includes umpire fees, softballs and insurance)
- Season starts April 14, 2023 and goes until July 28, 2023

#### Deadline for Teams to Register

**March 31, 2023**

For more information or to register your team call:  
Gerry Bowen (215) 704-4512



continued on next page



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# Parks & Recreation Department Programs

## SPORTS PROGRAMS

### GIRL'S FASTPITCH SOFTBALL

President: Jeff Milano  
915Milano@gmail.com

**Ages:** 6U (T-BALL) through 18U leagues.

**Registration:** January 1 to March 15

**Website:** www.southamptongirlssoftball.org

### BASEBALL

President: Scott Torok  
215-990-3014  
ST10@comcast.net

**Ages:** 4-19

**Email:** Centbaseball@gmail.com

**Registration:** Open January 6th

**Website:** Centennialbaseball.net

**Location:** Community Center

### CHEERLEADING

President: Laura Martin  
southamptonknightscheerleading@aol.com

**Ages:** 3-14 Sideline & Competition Cheer

**Registration:** Email southamptonknightscheerleading@aol.com or check website

**Website:** www.southamptonknightscheerleading.com

### FOOTBALL

**President:** Sue Dutka  
sdutkasouthamptonknights@gmail.com

**Ages:** 4 - 5 (Fall Flag Football)

6 - 15 (Tackle Football)

4 - 16 (Spring NFL Flag Football)

**Registration:** Tackle - April - August  
Spring Flag - November - March

**Website:** www.southamptonknights.com

**Social Media:** Facebook @SouthamptonKnightsFootball  
Instagram @Southampton\_Knights

### SOCCER

President: Mike Rich  
southamptonsoccer@comcast.net

**Ages:** 4 - 18 Boys & Girls

**Registration:** Open Now

\*Online Only- see website for details

**Website:** www.southamptonsoccer.org

### BASKETBALL

President: Bob Lynch  
southamptonbasketball@gmail.com

**Ages:** K-8th Grade (Boys & Girls) / 9th-12th Grade (Boys)

**Registration:** September/October for Winter  
April/May for Summer

See website for more information

**Website:** www.uppersouthamptonbasketball.com

**Location:** Community Center



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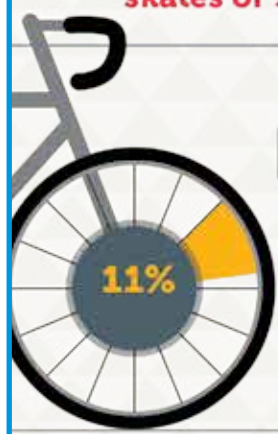
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**moppertbros.com**

# Kids and Wheeled Sports Safety

Every hour, nearly 50 children visit emergency departments with an injury related to **bikes, scooters, skates or skateboards.**



**Serious head injuries (concussions, internal injuries and fractures)** made up 11% of ED visits across the four wheeled sports.

**Fractures** to the **shoulder, arm, elbow, wrist or hand** were the most frequent diagnoses for hospital admissions.

19% of hospital admissions for **scooter injuries** to children in 2015 were because of a **head injury.**



**Almost 40% of parents** of children ages 5-14 years indicated that their **child did not always wear a helmet** when participating in one of the four wheeled sports.



Among parents who say they **always wear a helmet** when riding a bike, 86% say their child also does. However, among parents who say they **never wear a helmet**, only 38% say their child always does.



## Reasons why parents report their children do not always wear a helmet:



Why no helmet?



## Top Tips to Keep Kids Safe on Wheels

- All riders should wear a properly-fitted helmet. It is the best way to prevent head injuries and death.
- Ensuring correct fit of a helmet can increase comfort and use.
- Knee pads and elbow pads are recommended for scooters, skaters and skateboarders. Wrist guards are also recommended for skaters and skateboarders.





# Electrical Safety

around swimming pools, hot tubs, and spas

- If you are putting in a new pool, hot tub, or spa be sure the wiring is performed by an electrician experienced in the special safety requirements for these types of installations.
- Outdoor receptacles must have covers that keep them dry even when appliances are plugged into them.
- Ground-fault circuit interrupters (GFCIs) are special devices designed to protect against electric shock and electrocution. They are required for most pool, spa or hot tub equipment. They may be in the form of an outlet or a circuit breaker. Test the GFCIs monthly according to the manufacturer's instructions.
- Electrical appliances, equipment, and cords should be kept at least 6 feet away from the water. When possible, use battery operated appliances and equipment, such as televisions, radios, and stereos.
- Avoid handling electrical devices when you are wet.
- Make sure that any overhead lines maintain the proper distance over a pool and other structures, such as a diving board. If unsure, contact a qualified electrician or your local utility company to make sure power lines are a safe distance away.
- Do not swim during a thunderstorm.
- Have a qualified electrician periodically inspect and—where necessary—replace or upgrade the electrical devices or equipment that keep your pool, spa, or hot tub electrically safe.
- Have a qualified electrician show you how to turn off all power in case of an emergency.

*For many of us, water activities equal fun. But it's important to be aware of electrical hazards while enjoying the water. Know how to be safe around swimming pools, hot tubs, and spas.*

## KNOW THE RISKS!

Electrocution is death by an electrical shock. Be aware when skin is wet or when surrounding surfaces, such as the grass or pool deck, are wet. Wet skin or wet surfaces can greatly increase the chance of electrocution when electricity is present.

There are several signs of electrical shock. Swimmers may feel a tingling sensation. They may experience muscle cramps. They may not be able to move. They may feel as if something is holding them in place.

If you think someone in the water is being shocked, turn off all power, but do not attempt to go in the water. Use a fiberglass or other kind of rescue hook that doesn't conduct electricity to help the swimmer. Have someone call 9-1-1.

If you think you are being shocked while in the water move away from the source of the shock. Get out of the water.



[www.nfpa.org/education](http://www.nfpa.org/education)



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# Lightning Safety

Thunder and lightning storms happen all the time. Know what to do to keep you and your family safe when storms strike!

## Safety Tips

### Outdoor Safety

- »» If you can hear thunder, you are within striking distance of lightning. Look for shelter inside a home, large building, or a hard-topped vehicle right away.
- »» Do not go under trees for shelter. There is no place outside that is safe during a thunderstorm.
- »» Wait at least 30 minutes after hearing the last clap of thunder before leaving your shelter.
- »» Stay away from windows and doors. Stay off porches.
- »» There is no safe place outside. Places with only a roof on sports fields, golf courses, and picnic areas are not safe during a lightning storm. Small sheds should not be used.
- »» If a person is struck by lightning, call 9-1-1. Get medical help right away.

### Indoor Safety

Turn off computers. Stay off corded phones, computers, and other things that put you in direct contact with electricity or plumbing. You can use a cell or cordless phone.

Do not wash your hands, bathe, shower, do laundry, or wash dishes.



### FAST FACTS

Lightning may strike as far as 10 miles from any rain.



Your Source for SAFETY Information

NFPA Public Education Division • 1 Batterymarch Park, Quincy, MA 02169



## Upper Southampton Municipal Authority

945 Street Road • P.O. Box 481 • Southampton, PA 18966  
 Phone: (215) 364-1390 • Fax: (215) 364-9410  
 Email: [info@usauthorities.org](mailto:info@usauthorities.org)

### How to Read Residential Water Meter

The top half on the face of the water meter is a solar panel. Use a powerful flashlight and shine straight down into the face of the meter.

The first set of numbers with a dash in the middle that appears is the serial number of the meter.

The second set of numbers consists of 9 digits with a decimal between the 7th and 8th number. This is your meter reading. If the last digit on the right is counting up there is water going through the meter.

The third set of numbers says "RATE" at the top of the window. If it also has ".0.00" that means no water is going through the meter at the time of reading.

#### ***THE BIGGEST CULPRIT OF HIGH USAGE IS YOUR TOILETS***



### A Message from the Upper Southampton Municipal Authority

Although not a common occurrence, having to deal with a sanitary sewer back-up can be a horrible experience. The most common causes of sewer backups range from improper disposal of FOG's (Fats, Oils & Grease) and paper products, tree roots, illegal connections such as sump pumps, floor drains and downspouts. Occasionally, the blockage occurs in the sanitary sewer main in the street from these conditions.

What you should know is that most homeowner and business insurance policies do not cover sewer back-ups unless specific coverage is added to the policy, according to the Insurance Information Institute. You should study your insurance policy to determine if you have that coverage.

As a general rule, the Upper Southampton Municipal Authority (USMA) is **not** liable for any costs for clean-up or repairs relating to sanitary sewer back-ups in your property under the laws of the Commonwealth of Pennsylvania. In the rare case that conditions meet the criteria required to be covered by the USMA, the property owner is only entitled to the actual cash value of the items damaged, **not** the replacement value.

The USMA strongly encourages property owners and renters to contact your insurance agent directly for additional information.

***Visit us on the web at [www.usauthorities.org](http://www.usauthorities.org)***

### Go Paperless

The Upper Southampton Municipal Authority (USMA) encourages our customers to go paperless. By receiving your quarterly bill electronically, the following benefits are achieved:

- Quarterly email reminder.
- Easy and secure payments.
- Saves money.
- Saves space.
- Simplifies the transfer of information.
- Enhances account security.
- Promotes the environment.

At the USMA, we are always working to serve our customers better. Go paperless today! Contact the USMA at 215-364-1390 or at [info@usauthorities.org](mailto:info@usauthorities.org).

## Selling a Property in Upper Southampton Township

In an effort to reduce the amount of ground and surface water that enters the sanitary sewer the USMA Board adopted Resolution 2019-05 that established the Sewer Lateral Inspection Program that requires property owners to demonstrate that their sewer lateral is free from Inflow & Infiltration (I&I). This shall be conducted prior to the sale or resale of any property. Each private lateral serving the property shall be inspected in accordance with this Resolution by a Certified Contractor.

In addition, and as part of the inspection and certification process, the Certified Contractor shall confirm that:

- All clean-outs and vents are fitted with caps that are manufactured to fit the type and size pipe affixed to the lateral and will provide a tight seal against inflow of stormwater.
- All clean-outs and vents shall be a minimum of four(4) inches above grade, but not less than a height sufficient to preclude the flow of stormwater into the vent.
- All area drains, foundation drains, roof leaders, sump pumps or other direct connections to the sanitary system do not exist.

It is important to note that this inspection shall also confirm that the sewer lateral is free of any blockages, broken or missing pipe, sags, offset joints or any other defect that could allow I&I to enter the sanitary sewer system.

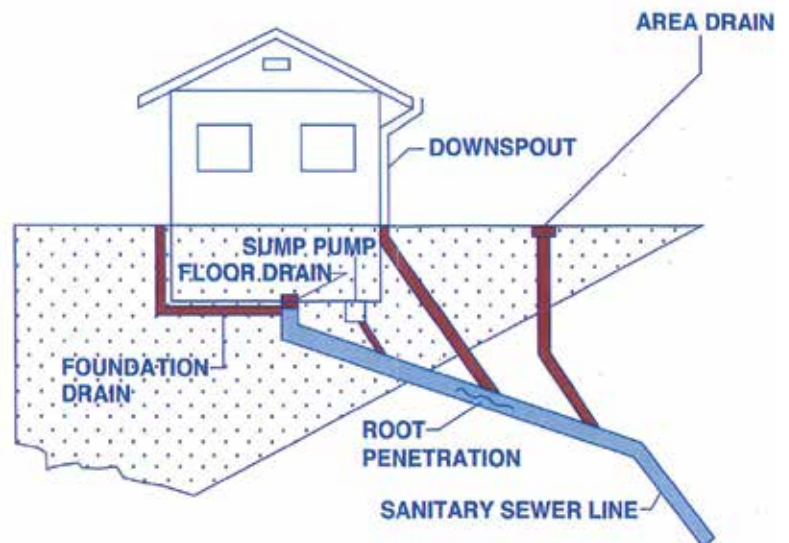
### DID YOU KNOW THAT.....

- A single sump pump can discharge 30 gallons per minute or over 40,000 gallons per day?
- That 40,000 gallons per day of additional flow into the sanitary sewer system can cause capacity issues?
- Under these conditions, when several sump pumps are illegally connected to the sanitary sewer system, serious overflows can result at the mains and pumping stations?

### BUT MORE IMPORTANTLY...

- Illegal connected sump pumps place a tremendous strain on our sanitary sewer system and result in increased costs. When this happens, YOUR rates must be increased.

**REMEMBER—EVERY SUMP PUMP COUNTS!!**



**Sump Pumps, Foundation, Floor and Area Drains, and Downspout Connections to the Sanitary Sewer Line are Illegal and Result in Increased Costs.**

### REMEMBER...

*Should an illegal connection be found, a penalty will be assessed if, after proper notification, the connection is not promptly removed.*

***Illegal drainage connections cost everyone money***



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## Children and Skin Cancer



Skin cancer is the most common cancer in the United States, and it only takes one blistering sunburn during childhood or adolescence to nearly double a person's chance of developing melanoma, the deadliest form of skin cancer, later in life.

As a parent, you play a crucial role in protecting your children's skin from the sun's harmful ultraviolet rays, which can cause skin cancer. Teaching your children about the importance of sun protection can help them develop sun-safe habits that last a lifetime.

### SUN PROTECTION TIPS FOR CHILDREN

UV exposure is the most preventable risk factor for skin cancer. Here are some tips to help you incorporate sun safety into your child's life:

#### Be generous with sunscreen:

- Apply sunscreen to your child's skin 15 minutes before sun exposure.
- Use a broad-spectrum, water-resistant sunscreen with an SPF of 30 or higher.
- Apply enough sunscreen to cover all exposed skin, including the ears, the tops of the feet and the part in your child's hair.
- Reapply your child's sunscreen approximately every two hours, even on cloudy days, and immediately after swimming or sweating.
- If using spray sunscreen, hold the nozzle close to your child's skin and spray generously to cover all exposed skin. Rub it in afterwards to ensure you didn't miss any spots. For your child's face, spray the sunscreen into your hands first, then apply it to your child's face.
- Set a good example by applying sunscreen to your skin as well.

#### Choose protective clothing:

- Whenever possible, dress your child in lightweight, long-sleeved shirts and pants, a wide-brimmed hat and sunglasses with UV protection.
- Most clothing absorbs or reflects some UV rays. However, light-colored and loose-knit fabrics as well as wet clothes that cling to the skin do not offer much sun protection. In general, the tighter the weave of the fabric and the darker the fabric color, the more UV protection clothing offers.

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To find a free SPOTme® skin cancer screening in your area, visit [SpotSkinCancer.org](http://SpotSkinCancer.org) or call 888-462-DERM (3376)

**Limit time in the sun:**

- The sun's rays are strongest between 10 a.m. and 2 p.m. Try to schedule activities to avoid these peak hours.
- When your child is outdoors, remind them to look at their shadow. If their shadow appears to be shorter than they are, the sun's rays are strongest, and they should seek shade.
- Use extra caution near water, snow and sand because they reflect and intensify the damaging rays of the sun, which can increase the chance of sunburn.

**SUN PROTECTION TIPS FOR BABIES**

Sun protection is important at every stage of life, including infancy. Follow these tips to keep your baby safe from the sun:

**Stay in the shade:**

- Shade is the best way to shield your baby from the sun, especially if he or she is younger than 6 months old.
- If you can't find shade, create your own using an umbrella, canopy or the hood of a stroller.

**Choose protective clothing:**

- Dress your baby in lightweight long-sleeved shirts and pants.
- Make sure your baby wears a wide-brimmed hat and sunglasses with UV protection.

**Consider sunscreen:**

- Sunscreen use should be avoided if possible in babies younger than 6 months old. However, if shade and adequate clothing are not available, parents and caretakers can apply a minimal amount of sunscreen on children younger than 6 months.
- Choose a broad-spectrum, water-resistant sunscreen with an SPF of at least 30.
- Sunscreens containing titanium dioxide or zinc oxide are less likely to irritate a baby's sensitive skin.
- Reapply your child's sunscreen every two hours or immediately after swimming or sweating.

**Be safe on hot days:**

- Make sure your baby does not get overheated and drinks plenty of fluids.
- If your baby is fussy, crying excessively or has redness on any exposed skin, take him or her indoors immediately.

Whether you're enjoying a day together at the beach or watching your child participate in an outdoor sport, it's important to develop sun protection habits that will protect the whole family. If you have any questions about sun protection, talk to a board-certified dermatologist.





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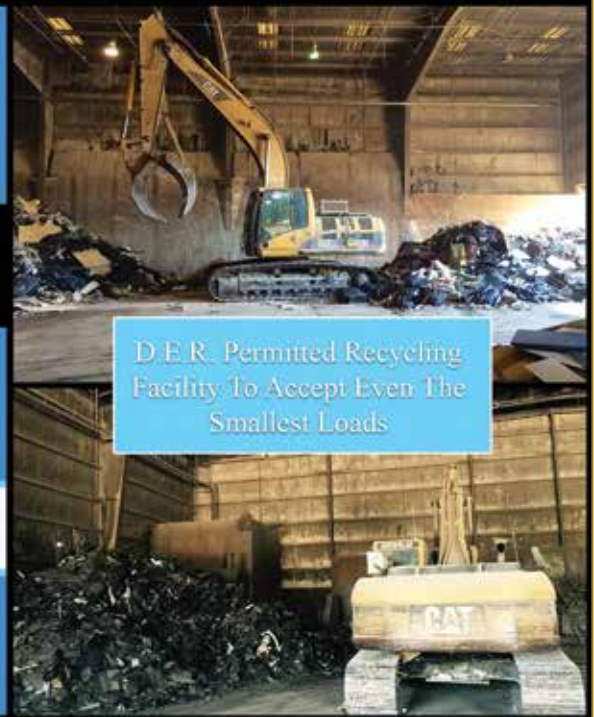
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