



THE BERRY BEST OF WHITESBOG

NEWSLETTER OF THE WHITESBOG PRESERVATION TRUST

FALL 2001

PRESIDENT'S REPORT

Welcome to Stephan Thompson who is the Trust's new Executive Director. Steve's major responsibility will be to develop funding for village restoration, to catalog and display trust documents and artifacts, and the many interpretive programs that have been developed by Trust and PINES volunteers. To be successful, Steve will need the full support of the Trust's great volunteer membership.

We also welcome Margaret Westfield as the Trust's architect. Margaret is well known, in this state and nationally, as a specialist in historic restoration. She will be responsible for preparing and implementing the Whitesbog Village master restoration plan. The three projects that will have the highest priority are the repair of the machine shop, restoration of the old general store, and stabilization

of the cranberry packing facility.

Our newest project, coordinated by Trustee and Historian Bill Bolger is the restoration of the Whitesbog blueberry fields. The "modern" fields, which have recently been included in the Trust's lease, will be restored by a commercial grower who

will pay rent to the Trust for the use of these fields. The rental funds will be used to support the volunteer effort to restore the Elizabeth White garden.

The "original" fields where wild berries were first domesticated will be restored by the Trust and the Pinelands Antique Engine Assn. volunteers. If you are interested in volunteering for these projects please contact Sue Goldstein, the Trust volunteer coordinator.

Fred Gibbs,
President- Board of Trustees



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Copyright 1976 By T. Stephan Thompson Blueberry harvest at old Whitesbog

EXECUTIVE UPDATE

Hello. I would like to thank you, the members and volunteers, for your assistance in the past year. The volunteer support I witnessed during my first months with Whitesbog was very impressive and leads me to believe that with this kind of support we can go all the way. The plans we have on the table now will restore the village to a level that will draw visitors from far and wide.

The operating grant we received in July enabled us to update the office equipment and to add new capabilities. Our latest grant, from the NJ Historic Commission, will allow us to hire Margaret Westfield to be the village architect. Margaret will start the first of two phases in the planning effort to provide the analysis that will enable the Trust to manage Whitesbog effectively. With Ms. Westfield's firm working on the Whitesbog Village master restoration plan our overall master plan can be completed. At the same time, the second part of this grant will allow us to proceed with a cultural landscape survey of the entire village and historic farm district. The Cultural Resources Geographic Information Systems Facility, the Heritage Preservation Services, and the National Park Service will carry this out.

In addition to the above, or perhaps because of it, the state of New Jersey has shown a renewed interest in helping move the restoration along. The state has added the blueberry fields to the Trust's lease and in turn, the Trust will sublease most of the fields to a local blueberry farmer who will renovate them. This will add more activity to the village and more income for the Trust. This additional rental income will go towards the restoration of Elizabeth White's garden and other blueberry fields for use by the Trust.

Rowan University, through the P.I.N.E.S. program, is also considering making a substantial investment in the facilities at Whitesbog. Rowan U., working with the State, could bring about the restoration of one, or even two, of the original sections of the Packing House.

We have three additional fundraisers in the works for this coming year. First we plan to finish the interior of the General Store and have it open two weekends a month, staffed by volunteers. The Trust will sell

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merchandise and offer guided tours to visitors. Second, we will institute a running race event in the spring. The third will be the return of the popular fall cranberry running race. In order to keep this momentum up we are in need of more income and more volunteers. If you have skills you would like to donate, or if you would like to learn a new skill, please see the "Volunteer Opportunities" section. Training will be provided. I hope you'll join me for what surely will be an exciting year here at Whitesbog Village.

T. Stephan Thompson
Executive Director

BUILDINGS COMMITTEE UPDATE

After a very busy winter that included the completion of several high profile and very costly projects, the WPT Buildings Committee has continued to meet every other month as the sub-lease account balance is replenished with rental income. Small maintenance projects such as carpenter ant/termite treatments, ventilation improvements at Suningive, and upgrades to the Power House for the antique engine museum have been accomplished. The sub-lease account has also continued to bolster the general fund with two quarterly deposits that totalled \$3,448.

Perhaps the most important development for the committee was the application to the state for a Historic Site Management (HSM) Grant which was awarded Sept. 25, 2001. The grant will fund 75% (\$39,000) of a \$52,000 plan that will be written by Margaret Westfield Associates. This plan will enable the Trust to get professional building condition assessments and cost estimates on repairs to all the structures in the village. The Trust can then prioritize the repair/restoration work and proceed on a more deliberate course in our efforts to restore the village. The HSM Plan will also help the Trust to compete more successfully for other state grants that will provide direct funding for building restorations.

A unique aspect of the grant application is the inclusion of a large landscape management component. This will provide planning dollars for an effort to assess the entire Whitesbog tract, including the 19th century canal system that was used to supply water to the bogs. The plan will also include initiatives that will address various wildlife management issues in order to enhance habitats for the wide variety of fauna that are found throughout the tract. I would like to thank Janet Robbins and Bill Bolger for their efforts in helping write this application. The committee and the Trust are very pleased with the state's decision.

John Joyce,
Buildings Committee Chair

MEDICINAL USES OF CRANBERRY: TO THE BLADDER AND BEYOND!

Amy Howell, Ph.D., Research Scientist
Marucci Center for Blueberry Cranberry Research and Extension
Rutgers University Chatsworth, NJ

When people think of cranberries and health, they think of the benefits that these little red fruits have on urinary tract infections (UTIs). But, recent studies are revealing that the benefits of cranberry consumption are broader than initially thought. Cranberry (*Vaccinium macrocarpon*) is the close cousin to blueberry (*Vaccinium corymbosum*), a fruit which also has an astounding spectrum of positive health effects. Cranberries appear to have a unique “dual action formula” effective against an array of diseases and infections. Like some common fruits, cranberries have potent antioxidant activity. They exhibit *in vitro* anti-cancer effects and appear to provide positive cardiovascular benefits. But it is their powerful bacterial anti-adhesion properties that make them special, contributing to the maintenance of urinary tract health and showing promise for the oral cavity and gastrointestinal tract. These biological activities are attributed to the abundant supply of phenolic compounds found in cranberries that help protect the plants themselves from disease and predatory attack.

The role of cranberries in the prevention and treatment of disease dates back to Colonial days. The fruits were widely used as food, medicine and for trading in New England by the Native Americans and Colonial settlers. Medically, Native Americans used cranberries for treating blood poisoning in poultices for wounds. The plant leaves were used for urinary disorders, diarrhea and diabetes. Since citrus fruits were not grown in New England, American sailors used cranberries to prevent scurvy on the long ocean voyages to Europe and England.

Today, we know a lot more about why cranberries are so good for you. Much of the research in the past century has focused on the role of cranberry in the maintenance of urinary tract health. There is mounting scientific evidence to suggest that cranberries help ward off UTIs. A 1994 clinical study at Harvard University published in *JAMA* found that drinking 10 ounces of a 27% cranberry juice drink on a daily basis reduced urinary tract bacteria in elderly women by nearly 50%. UTIs are caused by *E. coli* bacteria adhering to the walls of the urinary tract and multiplying to cause toxin release and infection. For years, it was falsely assumed that the acidity of the cranberry juice prevented the bacteria from growing. In 1998, our lab at Rutgers University extracted a specific group of compounds called proanthocyanidins (condensed tannins) from the fruit. These tannins prevent the bacteria from attaching to the walls of the urinary tract. If the bacteria cannot bind to cells, they don't multiply and cause infection. These compounds have a

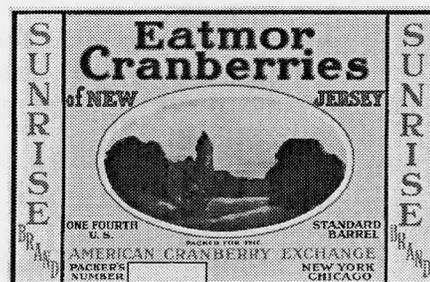
unique molecular shape compared to proanthocyanidins from other tannin-containing foods, such as grape and cocoa. It is this structural difference that may help explain why drinking a glass of wine, or eating a chocolate bar do not help alleviate a UTI.

Researchers in Israel have found that the bacterial anti-adhesion mechanism may extend beyond UTIs and be beneficial for reducing stomach ulcers and gum disease. They found that extracts of cranberry containing condensed tannin prevented *Helicobacter pylori* (the bacteria that causes stomach ulcers) from attaching to isolated stomach cells. They also found that the same extract inhibited the attachment of oral bacteria in the mouth. Both of these studies are preliminary and clinical work needs to be done to further

substantiate these effects. If a product were made from cranberries for oral and gastrointestinal health, it would likely be in an extract form other than cranberry juice drink.

Cranberry's antioxidant effects are currently being studied and hold much promise. Antioxidants aid in eliminating excessive free radicals in the body. Free radical reactions are believed to contribute to a number of chronic diseases including cancer, cardiovascular disease, cataracts, Parkinson's disease, arthritis and some signs of aging. Again, it is the rich supply of phenolic compounds found in cranberries, such as condensed tannins and anthocyanin pigments that contribute to the fruit's antioxidant activity. Early research on cardiovascular health is demonstrating that cranberries may not only lower LDL cholesterol but also prevent its oxidation, which is protective against plaque formation in blood vessels. Other studies have shown that cranberries can inhibit cancerous tumor growth. A preliminary study in Canada found that cranberries reduced breast cancer cell growth in animals.

It is exciting to think that eating (or drinking) a serving of these little tart berries could do so much for your health. Consumers can get the urinary tract benefits from either a serving of cranberry juice drink, Craisins (dried cranberries), or cooked sauce. More tests are needed to determine what form of the fruit is best for antioxidant activity.



WHITESBOG PRESERVATION TRUST

Calendar of Events January - June 2002

January

- 26th * **Moonlite Walk** 7pm
1-2 or 3-5 mile walk around the village and bogs

February

- 9th * **Tundra Swan Tour** 10am and 12 noon
16th * **Tundra Swan Tour** 10am and 12 noon
23rd * **Moonlite walk** 7pm

March

- 9th **Volunteer Work Day** 10am to 3pm
If you are interested in helping the Trust with repairs, maintenance, garden or office work, please call to register
- 23rd * **Star Party** 6pm Come join the Astronomical Society of the Tom's River Area (ASTRA) as they explore the skies, stars and planets with powerful telescopes. Great for everyone aged 7 and up. (rain date 3/30)
- 30th * **Moonlite Walk** 7pm



April

- Date to be announced **First Annual Spring Run**
- 6th **Volunteer Work Day** 10am to 3pm
- 21st **Annual Meeting** 12:00 noon
All members invited
- 27th * **Moonlite walk** 7pm

VOLUNTEER OPPORTUNITIES

The trust has many projects in the works for the next twelve months. Volunteer help is needed to carry out the tasks for completing these projects. If you have the skills, or would like to learn new skills please consider volunteering for any of the following positions.

SECRETARY for THE BOARD of TRUSTEES: This person would make a year's commitment to attend monthly meetings, record and mail minutes, and be responsible for other Board correspondence. Please call the office if you think you can help.

SHOPKEEPER: The Trust plans to have the general store finished by spring and open two weekends a month. The shopkeeper would be the store manager charged with choosing/tracking inventory, pricing etc.

DOCENTS: Will receive training to qualify them to lead the village tours or the moonlight walks. They will operate the store and offer tours to the weekend visitors.

CARPENTERS: Reconstruction of the floor in the barrel warehouse this winter will require replacing floor joists and putting down new floorboards.

May

- 4th **Volunteer Work Day**
10am to 3pm
- 25th * **Annual Canoe/Kayak Trip**
11am to 2pm.
Bring your own canoe/kayak and a brown bag lunch and join our guide as you travel the canals of Whitesbog.
- 25th * **Moonlight walk** 7pm



June

- 1st **Volunteer Work Day** 10am to 3pm
- 22nd * **Moonlight Walk** 7pm
- 29th **19th Annual Whitesbog Blueberry Festival**
Join us as we celebrate the cultivation of the Blueberry at Whitesbog. Tours, children's activities, exhibitors, crafters, artists, music, food, antique engines, blueberries, baked goods and much more. Parking is \$5 per carload. Come early, space is limited. (raindate 6/30)

**starred events are \$5 per person or \$10 per family*

*Please call ahead to register and verify dates and times.
609.893.4646*

All events meet at the Whitesbog General Store. Historic Whitesbog is located at mile marker 13 on Route 530, southeast of Browns Mills in Pemberton Township, NJ.

*For directions and the latest updates visit our website:
www.whitesbog.org*

FINISH CARPENTERS: Setting up the general store will mean building several shelving units to duplicate the originals. Woodworkers or helpers wishing to increase their woodworking skills are encouraged to call.

OFFICE HELP: General office help for answering the mail and telephone.

PUBLIC RELATIONS: PR staff to take our display to county events and spread the word.

BOOKKEEPER/TREASURER: some experience required.

MUSEUM STAFF: to catalog and preserve the archives and artifacts, set up displays of same.

LANDSCAPERS: Various projects including Elizabeth White's garden, general maintenance and the restoration of older blueberry fields are planned.

CRAFTERS: to make Bluebird houses and other items to be sold in the general store.

Whitesbog is administered by the State of New Jersey, Department of Environmental Protection, Division of Parks and Forestry as part of the Lebanon State Forest.

WHITESBOG WISH LIST

A new or used copier (not more than 5 years old) that is capable of producing 10,000 copies a year ❖ A folding machine to help with our mailings ❖ Adjustable desk chairs ❖ Financial Bequests ❖ A new air conditioner ❖ A computer/ monitor 15" or larger ❖ We are also looking for old store items, period items from 1900 to 1960, to serve as interpretive material on the store shelves.

Whitesbog News Bits

- ❖ Welcome to Steve Thompson, our new Executive Director. Steve started with the Trust on July 1 and has already made great strides. We look forward to a long and fruitful relationship.
- ❖ Our heartfelt sympathies go out to Janet and Everett Robbins on the untimely passing of Janet's brother and sister-in-law in a fire. Our condolences to the entire Robbins family from the Board, staff and volunteers of the Trust.
- ❖ The Whitesbog Garden Club has donated native species plants to the Native Plant Society of New Jersey. The plants will be used at the Plant Society's gardens at Rutgers University.
- ❖ Many thanks to the family of Donald R. Wells, Sr. who has designated the Whitesbog Preservation Trust as the recipient of memorial donations in Mr. Wells' name. We have received several donations and are very grateful. Our condolences and sympathy go out to Mrs. Wells and her family.
- ❖ The Trust is seeking volunteers willing to work one or two weekends per month. These volunteers will staff the General Store, sell merchandise, provide information and conduct interpretive tours for visitors. A complete training program will be provided. This new venture is expected to begin in the spring. If you are interested, please call the Trust Office.
- ❖ The Volunteer Recognition held on September 9 was a wonderful event. Over 50 guests attended and were treated to a sumptuous buffet and ice cream sundae bar provided by the Trust. Each volunteer received a certificate of appreciation. Some volunteers who gave "above and beyond the call" were feted with special awards.
- ❖ The 18th Annual Whitesbog Blueberry Festival held on June 30 was a great success. Over 5000 visitors attended, the most ever, and the event netted nearly \$13,000 for the Trust. Next year's plans include improved parking and traffic flow to accommodate the ever increasing number of guests that attend.
- ❖ More good news! The Trust is the recipient of a general operating expense grant from the New Jersey Historical Commission. This money will help with salaries and some new office equipment which is sorely needed.
- ❖ Congratulations to Janet Robbins for being named Volunteer of the Year by the State of New Jersey, Department of Environmental Protection, Division of Parks and Forestry, an award richly deserved by our unofficial "Miss Whitesbog"!
- ❖ Congratulations also go out to our volunteer Jack Cashman on the completion of his successful surgery. It is so good to see Jack's smiling face back in the village.
- ❖ The cranberry harvest for fall 2001 was greatly interrupted. Ocean Spray is producing a white cranberry juice and asked the farmers for two harvests: one with white or green berries, and one with the ripe red berries we see at Thanksgiving time. Our event schedules had to be adjusted but the harvest proceeded as planned. We are anticipating the new product and hope to offer it to our visitors in the near future.
- ❖ Thanks to Joy Jaworowski for submitting her T-shirt designs. We have yet to settle on just what we want but we thank those who sent in samples.
- ❖ The culmination of the ambitious oral history project is an award winning video "Voices of Whitesbog". We now have copies of that video available for purchase. The price is \$10 from the office or \$13 by mail.
- ❖ Many thanks to all the contributors to this newsletter and to all our volunteers who make such a difference in our organization. We can't do this without YOU.
- ❖ Please visit us at www.whitesbog.org for updates and events.
- ❖ If you like Whitesbog by day, you'll love it by night. Join us for our monthly moonlite walks. We now offer a 1-2 mile or a 4-5 mile hike depending on preference.

Established in 1982, the Whitesbog Preservation Trust is a non-profit organization. Your interest and support can help the Trust in its mission to preserve and restore the village of Whitesbog and to offer public recreational and educational opportunities.

There are many ways to be involved:
Become a trust member
Schedule an event for your group
Volunteer

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Support the Restoration of Historic Whitesbog Village

The Whitesbog Preservation Trust is a non-profit, Tax-exempt Corporation established to restore, protect, and enhance the land, sites and buildings at Whitesbog. Your valuable membership contribution enables the Trust to continue the successful restoration, educational and interpretive programs.

\$1000 +	Partner
\$500	Benefactor
\$250	Sponsor
\$100	Patron
\$50	Supporter (Family)
\$25	Contributor (Individual)

In addition:

Patron receives:

Name recognition in Blueberry Festival Program and Newsletter
Free parking at Blueberry Festival

Sponsor receives all of the above plus:

Blueberry Festival T-shirt

Benefactor receives all of the above plus:

A set of Whitesbog mugs

Partner receives all of the above plus:

Invitation to Breakfast with the Board of Trustees Chairperson

Each membership includes: membership card,
one free field trip, bi-annual newsletter

Name _____

Yes, I'd like to volunteer

Address _____

Phone (day) _____ (night) _____ E-mail _____

Please make checks payable to: Whitesbog Preservation Trust, 120-13 Whitesbog Road, Browns Mills, New Jersey 08015

***Donations are tax deductible to the fullest extent of the law.

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Division of Parks and Forestry as part of the Lebanon State Forest.**

Visit our website: WWW.WHITESBOG.ORG or call: 609.893.4646

Whitesbog Preservation Trust
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