



# 2017-2018 YEAR IN REVIEW PROGRAMS, PROJECTS AND PARTNERS



## HIGHLIGHTS

**SANKOFA YOUTH • FOOD DISTRIBUTION • HEALTH-WISE PROGRAM  
CIVIC CENTER PROJECT • FARMERS MARKET • WILLS CLINIC**

Sandhills Family Heritage Association  
PO Box 754, Spring Lake, NC 28390  
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sfha-nc.org

## A MESSAGE FROM BOARD CHAIR



**Janet Brower**

Sandhills Family Heritage Association continues to evolve! If you ask anyone who has been a part of the organization for any length of time to explain what SFHA is about, be prepared to listen for a while. Why? The work of the organization is varied, and multi-faceted in that programs, service projects, and cultural activities continues to change as does the community which is becoming more diverse. This special work connects SFHA to many interesting individuals who have amazing talents, special skills and a passion for making a difference in the lives of others in the Sandhills and across the country!

The work being done by SFHA is made possible by a large volunteer base of members, friends, family, universities, churches, businesses, organizations etc. The generosity of more than 125 volunteers (youth and adults) resulted in record volunteer hours accumulated in 2018. The board alone donated more than 400 hours for meetings, training, and various organization tasks.

The Board of Directors and staff are proud of and grateful for new partnerships formed in 2018. It is our desire that these new relationships formed will open the door for more conversations and greater engagement with SFHA's mission in the Sandhills and beyond. Working together has impacted many lives; the effects far-reaching and we believe long lasting.

# 2017-2018 SFHA PARTNERS AND FUNDERS

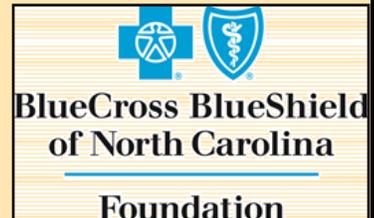
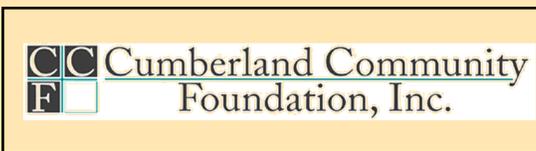
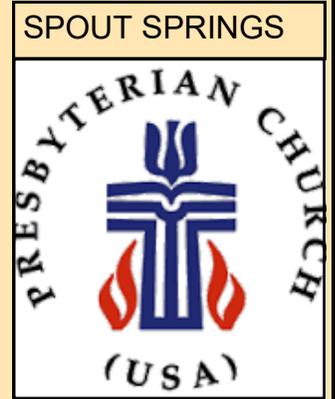


Z. Smith Reynolds  
FOUNDATION



NORTH CAROLINA CENTRAL UNIVERSITY  
SCHOOL OF LAW

Kingdom CDC



## SFHA YOUTH PROGRAM

### Sankofa Youth Leadership Team



Chanai Winborn  
Coordinator



Pamela Marks & Marie Smith  
Team Members



Marie Smith & Liz Adams  
Team Members

Sandhills Sankofa Youth is a youth-led program consisting of middle and high school students. Members learn the history of African Americans in the Sandhills region, and serve as volunteers and ambassadors of SFHA.

Sankofa Youth's first year has been more successful than was imagined during initial planning. Youth participants evolved quickly into leadership roles. They immediately suggested activities to meet project goals, explore their interests and meet needs in their communities. Many of the Sankofa Youth are recipients of SFHA food assistance to meet their basic needs. One outcome of youth leadership and decision-making is that Sankofa Youth participate in our food collection and distribution to families in need.

As Sankofa Youth participants became more visible in their activities, more youth joined, families expressed interest and community partners stepped up to collaborate on projects and help the program meet its goals. Most importantly, the leadership for Sankofa Youth has been performed solely by volunteers, including the Program Coordinator, who is also a SFHA Board Member.

Below are some of the meetings and activities Sankofa Youth completed in its first year.

- ◆ Created Sankofa Youth Facebook Group Page and launched the Photography and Journalism Project, which entails photographing activities at the Farmer's Market for upload to the Facebook page.
- ◆ Ammie Jenkins, SFHA Founder and Executive Director, discussed plants and herbs in preparation for the group's herb garden project.
- ◆ Dr. Belinda Wilkerson, Educational Consultant, discussed college preparation and admissions. Ammie Jenkins shared stories about African-American history and culture in the Sandhills and discussed the native plants and herbs used for home remedies.
- ◆ Sankofa Youth members participated in hosting and assisting with food service and clean-up at the annual Sandhills Heritage Food Tasting event.

## SANKOFA YOUTH ACTIVITIES



### Back-to-School Bash

Students received book bags, personal care items, school supplies, and food.



### Christmas Outing

Students enjoyed CiCi's Pizza and Holiday Lights at the Cape Fear Botanical Gardens.



### The Sankofa Concept

**A quest for knowledge of our history and heritage**

Twenty youth along with 14 adults and 4 young guests gathered at CiCi's Pizza in Spring Lake On December 23<sup>rd</sup> for food and fellowship. This was the start of an afternoon of joyous Christmas activities organized by youth leaders Chanai Winborn, Pamela Marks, and Marie Palmer. The group was shown appreciation for their participation in various projects including recent food distributions following Hurricane Florence.

Raffle tickets were donated to each Sankofa Youth for a chance to win a hand-made quilt made by long time member and community elder, Mavis Fleming. (*The lucky winner was Jackie Brower.*) Youth members were very happy to receive door prizes and thankful for pre-packaged holiday food boxes to take home.

Christmas cheer continued for the group at "Holiday Lights in the Garden" a part of Cape Fear Botanical Garden. An anxious group waited in anticipation for the doors to open and the fun to begin. The chill in the air and the aroma of coffee and hot chocolate prepared palettes for these comforting beverages later in the evening.

The mile-long stroll through the garden featured thousands of colorful lights along the twisted trails. Young and the not so young enjoyed hayrides, photos with Santa in the Santa House and roasting delicious S'mores over the fire pit.

Activities were enjoyed tremendously by Sankofa Youth and all attendees! Many thanks to organizers and all who helped to make this event so special and memorable for the youth.



### Herbal Garden Project

Students learned how to make herb infused oils

## SFHA FOOD DISTRIBUTION



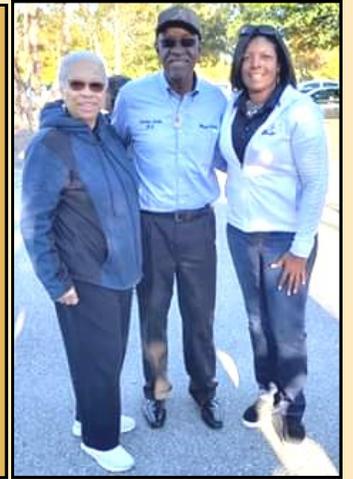
From September-December, the Sandhills Family Heritage Association, in partnership with the A.M.E. Zion Church – Dunn-Lillington District and Second Harvest Food Bank sponsored four food distribution events at the Recreation Center and Big Lots parking lot in Spring Lake. Persons who were impacted by Hurricane Florence and those who were in need of food were invited to participate. Sandhills Sankofa Youth leaders and community volunteers were on hand to give out food, water, personal care products, and household items. SFHA has distributed over 45,600 pounds of food, water and supplies to serve low income families, persons evicted from their homes, and community members impacted by the Hurricane Florence. SFHA is a registered agency with the Second Harvest Food Bank of Fayetteville and will continue monthly distributions during the 2019 year.



### Food Distribution Partners

Left: Pamela Marks, SFHA Food Distribution Coordinator

Right: Ammie Jenkins, SFHA Executive Director  
Larry Dobbins, Mayor of Spring Lake  
Hanna Broome, Presiding Elder, AME Zion Dunn-Lillington District



Sankofa Youth, Town of Spring Lake, Spout Springs community members, Bethel AME Zion Church, Johnsonville AME Zion Church, Sandhills Worship Church of God, Fayetteville Fall-In Bikers, Omega Psi Phi Fraternity, military families, and many other volunteers played a key role in making this Program a success. In 2019, SFHA will expand the food distributions throughout Harnett and Cumberland Counties.

## SFHA HEALTH-WISE PROGRAM



### SFHA HEALTH-WISE PROGRAM HELPS REDUCE CHRONIC DISEASES IN CUMBERLAND COUNTY



#### **Heart Disease**

The reduction in Heart Disease rates in Cumberland County 2015 and in 2016 was a collaborative effort with Quitline NC, 2017 NC Fruit and Vegetable Outlet Inventory, Sandhills Family Heritage, American Heart Association, and Mid Carolina Area Agency on Aging.

#### **Diabetes/Obesity**

The reduction in the Diabetes/Obesity rates in Cumberland County 2015 and in 2016 was a collaborative effort between Better Health, School Health Advisory Council, 2017 NC Fruit and Vegetable Outlet Inventory, Sandhills Family Heritage, American Heart Association, Healthy Churches 2030, and Mid Carolina Area Agency on Aging. Also implementation of Diabetes Self-Management Programs.

#### **Cancer**

The reduction in Cancer rates in Cumberland County 2015 and in 2016 was a collaborative effort with Quitline NC, 2017 NC Fruit and Vegetable Outlet Inventory, Sandhills Family Heritage, American Heart Association and Mid Carolina Area Agency on Aging.

The 2017 NC Fruit and Vegetable Outlet Inventory conducted in Cumberland County provided an opportunity to identify the farmers markets within the community, ask residents where they access fresh food within the local community, and share information on Health Promotion. The Cumberland County 2017 Fruit and Vegetable Outlet Inventory findings included 2 major outcomes: 12 farmers markets were identified, 2 of which are open all year, and 8 which accept S.N.A.P. benefits. The farmers market owners were appreciative to be identified as a part of the solution for the community to reduce diabetes, hypertension and cancer.

Efforts were continued in Spring Lake with the Sandhills Farmers Market. The Sandhills Family Heritage Association received a grant and the community was funded to start a farmers market in 2011. The market has been up and running and has held several events including health fairs, cooking demonstrations, and utilized social media to get the word out about its new facility.

Source: Cumberland County Health Department—State of the County's Health Report 2017

## SANDHILLS HERITAGE CENTER



Many of the SFHA activities take place at the Sandhills Heritage Center (formerly Spring Lake Civic Center) located on Chapel Hill Road. The building has been declared a “Building of Historical Significance” by unanimous vote of the Spring Lake Board of Aldermen. The site serves as “A Model for Neighbor Revitalization” and “Placed-Based Economic Development.” The building sets on almost two acres of land and was gifted to SFHA by the Spring Lake Civic Association.

## BUILDING RENOVATION PROJECT

In 2018, SFHA started the Civic Center Renovation Project to restore the building for use as an African American Heritage Center and tour site. We have obtained the services of a nonprofit Consultant to guide us through the process of getting funding for building restoration. The Spring Lake inspections department has provided an assessment report that shows the poor condition of the building and recommends that repairs to the roof be done as soon as possible to prevent further damage. We have received letters of support from the Town Mayor and our State Representative and partial funding for for the services of an architect. We have also received two estimates for roof replacement.

The Building Renovation Project is SFHA’s number one priority for 2019. On Saturday, February 23, 2019 SFHA will host a Community Summit to solicit community involvement in making the Heritage Center the only historic African American site of its kind in the State of North Carolina.



## A UNIQUE AFRICAN AMERICAN HERITAGE CENTER



A HISTORIC CIVIL RIGHTS BUILDING  
 A COMMUNITY HUB FOR FAMILY GATHERINGS  
 A MODEL FOR COMMUNITY REVITALIZATION  
 A PLACE-BASED ECONOMIC CENTER  
 AN AFRICAN AMERICAN TOURIST SITE  
 A FARMERS & CRAFTERS MARKET  
 A COMMUNITY LEARNING CENTER  
 HISTORIC RE-ENACTMENTS  
 NATIVE PLANT TRAIL  
 AN OUTDOOR THEATER  
 A PLANK ROAD REPLICA  
 A MEETING FACILITY  
 A BRUSH ARBOR



## FARMERS MARKET ACTIVITIES



Health screenings and cooking demonstrations were performed, and nutritional information distributed. Exercise, yoga, and Thai Chi classes are also taught at the farmers market site.



Young entrepreneurs developed their skills in sales, customer service and time management. Kids learned about nutrition and eating fresh fruits and vegetables.



Local vendors increased their income by selling honey, fresh produce, value added products, and handcrafted items at the Sandhills Farmers Market. SNAP customers doubled the value of their purchases up to \$20.

**We Accept  
SNAP  
Benefits**

**Double Your EBT Dollars**  
with Fresh Bucks at the  
Sandhills Farmers and Heritage Market of Spring Lake

**\$20 = \$40**  
of EBT at the Farmers' Market

1. Swipe your EBT card at the info booth & get tokens
2. Double your tokens with a dollar-for-dollar match up to \$20
3. Shop with your tokens for SNAP-eligible foods at the market!

**SANDHILLS FARMERS MARKET**  
of Spring Lake, NC

Sandhills Farmers and Heritage Market of Spring Lake  
June 3 | July 8 | August 5 | September 9  
9am - 1pm  
230 Chapel Hill Road, Spring Lake  
sandhillsfamilyheritage.weebly.com (910) 568-5809

\*While supplies last. Fresh Bucks is a program of NRP USA.

## SANDHILLS HERITAGE FOOD TASTING



Sandhills Heritage Food Tasting is our annual fundraiser that is held at the farmers market site the last Saturday in September. This event featured African culture-based heritage foods, storytelling, Sankofa Players historic re-enactments, youth performances, farm produce, health screenings, and other cultural activities. This event was an opportunity for attendees of all races and backgrounds to learn about African American foodways and our connections to the land.

In 2018, the Heritage Food Tasting raised over \$2,000 from community supporters.



## WILLS CLINIC



In October 2018, SFHA sponsored its third Wills Clinic at the Spout Springs Presbyterian Church. The Clinics have been a tremendous success for qualified members of the Sandhills community. The partnership with the North Carolina Central University School of Law, the Land Loss Prevention Project, Conservation Trust of North Carolina and North Carolina Pro Bono Attorneys has already provided such piece of mind for participants in these workshops.



I am so happy to tell everyone how I was afforded the opportunity to get a will, living will and healthcare power of attorney, because of this wonderful organization. The experience actually made me feel like a weight was lifted off of me. All of these documents were at no cost to me through their network of partnerships with NCCU School of Law, Land Loss Prevention and Conservation Trust of North Carolina (CTNC).

## SANDHILLS HERITAGE KEEPERS

### Mavis Fleming, Traditional Hand Quilter

The generosity of 92 year-old Heritage Keeper, Mavis Fleming is of special recognition. A long time member and supporter of SFHA, Mrs. Fleming recently donated her time to hand sew a quilt for the organization's quilt raffle fundraiser. Her words were, "This is my contribution". She is not sure how many hours she spent making this one-of-a-kind piece of art. For her this is not work, but a *pastime* that gives her something to do each day. She received the 2013 SFHA Heritage Keeper Award and has been a tremendous source for helping us to understand our history and heritage.



### Evelyn Frett, Director of Sankofa Players

Evelyn is Director of the Sandhills Sankofa Players, a historic re-enactment group that performs at all SFHA events. She is also the recipient of the 2015 Sandhills Heritage Keeper Award.

The Sankofa Players make Sandhills African American history come alive through re-enactments based on historical documents and stories passed down through generations.

The Sankofa Players have performed at local church conferences, Black History celebrations, women's conferences, family reunion tours, heritage tour groups, university student groups, and senior citizens tours.



### Val Jones, Edutainer

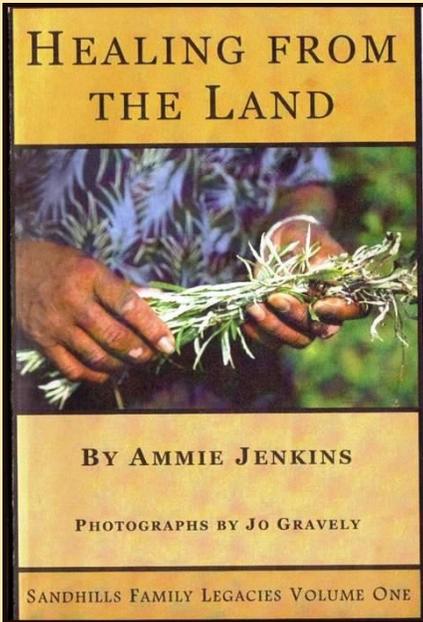
Val Jones is an educator and an entertainer. A great teacher and a hilarious comedian. An inspiring leader and an engaging performer. A recipient of the 2013 SFHA Heritage Keeper Award. She also delivers powerful messages of Black pride and self-awareness that educates while entertaining.

Val is a long time supporter of SFHA and performed at our Sankofa Festivals and Heritage Food Tastings.

"Everywhere I go and everything I do is my stage!" ~ Val Jones



## UPCOMING EVENTS



### Healing From The Land Presentation

Saturday, February 16, 2019

Time: 2PM

Location: Volta Space

116 Person Street

Fayetteville, NC 28301

Daphne Fuller: 910-916-6657



### SFHA Community Summit

Saturday, February 23, 2019

11AM—1PM

Bethel AME Zion Church

255 Vass Road, Spring Lake, NC

Engaging Our Community

Honoring Our Leaders

Preserving Our Heritage

Ammie Jenkins: 910-497-0628



### Sandhills Family Heritage Association

hosts

Sankofa Village

At Spring Fling Street Festival

Saturday, April 13, 2019

11AM—5PM

Ammie Jenkins: 910-497-0628