



SANDHILLS FAMILY HERITAGE ASSOCIATION SEPTEMBER NEWSLETTER 2019

Sixth Annual Rural Heritage Food Tasting

The stage was set on September 28th with grounds at the Sandhills Farmers and Heritage Market of Spring Lake adorned with cuttings from nature. Long leaf pine and magnolia branches, wild flowers and a variety of grasses. We extend a special thank you to guest speaker and home girl, Glodean Robinson, for this "back in the day" touch to our market site.

THE PEOPLE CAME! They came from communities in the Sandhills, from Ohio, New York, Illinois, Virginia and even as far away as California!!! Most of the out-of-town folks were part of the **Fruits and Roots** Tour organized by Deanna McRae King whose family roots are in the Sandhills. Others in attendance were partners from Resourceful Communities, RAFI, our members, supporters, family and friends who return year after year for this anticipated gathering. Town of Spring Lake Mayor Larry Dobbins also stopped in to dine, fellowship and offer words of support and thanks to SFHA.



Sandhills Family Heritage Association

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Faith, Family, Friends, Food, and Fellowship



Mistress of Ceremony, and Sankofa Players Director, Evelyn Frett, engaged the group immediately with a 'name that tune' activity. Her creative juices kept everything flowing. Sankofa Youth from Johnsonville AME Zion performed a praise dance. A short trip back in time by Lonell Smith and Earl Hailey, Jr. gave us a glimpse of what children did to have fun. Glodean Robinson shared her duties and some of her unique experiences while employed on the Overhills Estates in the 1970's. Helpful information was shared by Executive Director Ammie Jenkins as well as Grant Consultant Beverly Parks about programs of the organization and the Heritage Center renovation project. Janet Brower-Penn used this opportunity to talk briefly about the Oldways African Heritage Diet Pyramid and encourage attendees to begin eating healthier for a healthier life. Those interested in learning more signed up for cooking classes.



Preparation for this event requires lots of hands to see that things run smoothly. Thanks to Chanai Winborn for designing tickets and flyers. Priscilla Burton and Priscilla Brower were excellent in accounting for our financial transactions for the day. Service ware, chairs and tables were supplied by Bethel AME Zion Church, Spout Springs Presbyterian Church and Creative Space Station. Setting up and cleanup were faster thanks to the assistance of Ed Davis, DeVal Penn, Rhomez Brower, Glodean Robinson, Bob Wholey and Tony Jenkins.



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Enough cannot be said about the food! There was such a variety and everything was so delicious! Beginning with entrée of chicken, chittlins', pig feet, chicken and dumplings, chicken lizards and gizzards, guests moved along the serving line to have a 'taste of this and a taste of that' heaped onto their plates. Vegetables included collards, cabbage, slaw, green beans, and succotash. Mouth-watering pinto beans, potato salad and sweet potato pudding, rice and gravy, corn bread, rolls and fried fat back topped off the main part of the meal. No decent food tasting is complete without a spread of desserts to taste also. Some of our favorites returned like the scrumptious pinto bean cake, apple pie, sweet potato pie, pound cake, and chocolate cake. This year strawberry cake joined the lineup.

The food tasting is possible because of the generosity of volunteers and supporters who understand the important work of SFHA and the resources needed for community programs. A heartfelt thank you is extended to our food preparers-Thomas Arnold, Jr., Priscilla Burton, Doris Lucas, Josephine Robisch, Mattie Williams, Annie Simpson, Glodean Robinson, Sharon Fleming, Bobbie Gilchrist, Mary Scott, Willie Mae Brinkley, Mary Arnold, Natalie King, Tierra Walford and Janet Brower-Penn. Food and beverage servers who hung in despite the humidity were Sylvia Mason, Melissa & Marva Arnold, Annie Simpson, Senorita King, Glodean Robinson and the Sankofa Youth.



Vendors in attendance were Cumberland Beekeeper Association representatives Bob Wholey and Tony Jenkins who had a wealth of information and first-hand knowledge to share. Naturally Blessed owner, Chanai Winborn had a variety of chemical free cleaning products for consumers to purchase. Suzanne Pate from the Cumberland County Public Library shared resources available at the library. Book marks, fans, pamphlets and other helpful resources were distributed.

Mark Your Calendar

You are encouraged to add The Annual Rural Heritage Food Tasting to your calendar **NOW** for the last Saturday in September 2020. Thank you for coming and for any way that you contributed to help make this event a memorable and successful event.



Don't forget to check out our website to learn more about the SFHA building project, community events and youth activities. <https://www.sandhillsfamilyheritage.org/>

There is a place in SFHA for you and your specific skill set, knowledge and talents. We welcome all that you have to offer SFHA to help make an even greater impact in the Sandhills Community.

Call: 910-497-0628 Email: sandhillsfamily@yahoo.com

THANK YOU!

