



**Upstate Circle Of Friends (UCF) is a not for profit organization located in Greenville, South Carolina. Our mission is a solid commitment to expand opportunities, enhance the quality of life, and the progression of at-risk children and their families through various educational recreational, and social programs.**



## Uniting Our Community for a Brighter Future

George Singleton-Vice President/COO

May 2023 marks 17 years that Upstate Circle of Friends has been at the Belle Meade location, doing our very best to adhere to the mission and vision of the organization. In this 17<sup>th</sup> year, Upstate Circle of Friends is honored to participate in Greenville County District 25's



60<sup>th</sup> Anniversary! Additional information will be provided soon about the planned activities throughout this year.

As we celebrate Black History Month and the announcement of this year's District 25 celebration, we would encourage all of our supporters to join us in adhering to the words of Dr. Carter G.

Woodson, the individual who created Negro History Week. He stated, "As the African American Community diversifies and splinters, it is crucial to find mechanisms and opportunities to maintain our sense of community. As some families lose the connection with their southern roots, it is imperative that we understand our common heritage and history. The communal nature of black life has provided substance, guidance, and comfort for generations. And though our communities are quite diverse, it is our common heritage that continues to hold us together."

As we celebrate 60 years of District 25, let's not forget the history, the legacy, and all who sacrificed so much to give us the ability to carry the memories of yesterday, the ideas for today, and the wisdom forever!

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# SUMMER CAFÉ BREAK

Upstate Circle of Friends is a sponsor for the Summer Break Café under the State Department of Education Food Program. We are accepting new locations to serve summer meals. We can feed Summer Camps, Summer Reading Programs, and Vacation Bible Schools.

We offer hot or cold meals.

2 of the following meals are offered.  
Breakfast, Lunch, Snack and Supper.

**IF YOU ARE INTERESTED CALL:**  
Deloris Pinson-864-201-8591



# B.I.T.S. Program

## BEEN IN THOSE SHOES



### WHAT WE PROVIDE:

- A Weekend Backpack Program for children in dire need of nutritious food. They will receive non perishable food items to cover the weekend.
- Pay past due balances on children's school meal accounts so they can receive hot meals
- Ensure an annual toy drive for needy children

### HOW CAN YOU HELP

#### DONATE:

- INDIVIDUAL PACKETS OF OATMEAL
- PEANUT BUTTER & JAM
- FRUIT CUPS IN 100% FRUIT JUICE
- SMALL POP TOP VEGETABLES, LOW SODIUM SOUP/STEW
- CEREAL AND SHELF MILK
- SMALL BAGS OF POPCORN
- FRESH ORANGES & BANANAS
- BREAKFAST/ GRANOLA BARS
- INDIVIDUAL PACKETS OF MAC & CHEESE
- APPLESAUCE
- INDIVIDUAL BAGS OF GRITS
- 2 GALLON ZIP LOCK BAGS

 **\$BITSPROGRAM**

**FOR MORE INFO  
864-652-1879**



UPSTATE CIRCLE  
OF FRIENDS



## The Edible Garden

Toya M. Moore, Edible Garden Program Manager

Hey honey child! Do y'all know anything about the 5 core social and emotional learning (SEL) competencies? They are:

- Self-Awareness
- Self-Management
- Responsible Decision Making
- Social Awareness
- Relationship Skills

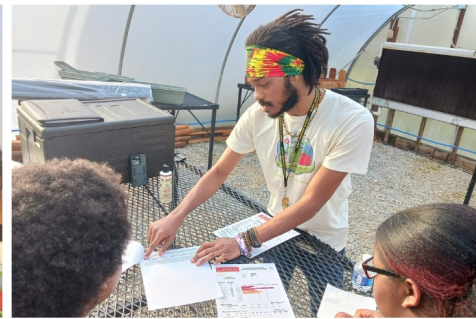
Which competency do you think we were doing when we were reviewing the results of the soil function test? The goal was to learn about our planting zone, what we can plant and if the soil around the OUTSIDE of our greenhouse is healthy enough to allow for growth. We want to pretty it up on the outside.

Our Intern from Clemson

University (Isaiah), was able to translate the results for us. the students had lots of questions! Isaiah is a Horticulture student, and did a great job explaining the results to us. it's very fascinating.

I'm inclined to say we applied responsible decision making and social awareness, but what do you think?

We planning for a spring garden sale/give away, and the beautification planning has me excited!



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## Hello From The Urban Teaching Farm

Kim Gibson, Urban Teaching Farm Manager

It's February and I am wholeheartedly embracing the expectations of warmer weather and loads of green in our garden beds. The final frost date for our region is April 6th. Right around the corner!

We have begun seed starts indoors and are planning for our first plant sale at Westside Market on August Road. Also we have a name for our UCF Urban Farm market. Drum roll please. Kuumba Market will be open to receive our neighbors and friends every Thursday starting in late Spring. Kuumba is also the name of the 6th day of Kwaaza. Kuumba means to always do as much as we can, in the way we can, more beautiful and beneficial that we inherited it. We thought that perfectly defined the mission of our farm.

# kuumba MARKET



FEEDING OUR PEOPLE SHARING OUR JOY  
COMMUNITY PRODUCE MARKET



I am continually grateful for the opportunity to grow love, food and people. If you or someone you know would like to volunteer or donate to the farm. Please visit our new website [www.ucfurbanteachingfarm.com](http://www.ucfurbanteachingfarm.com) and register as a volunteer or make a tax-free

donation.

Keep shining,

Kimberly Michelle

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**Tiffany Davis**

*Feed Your Inner Chef*

## **TEACHING A TASTE OF AFRICAN HERITAGE WITH AMBASSADOR TIFFANY DAVIS**

Upstate Circle of Friends (UCF) is a nonprofit organization located in Greenville South Carolina. It is in the Historic Bell Meade neighborhood, which unfortunately due to red lining and other factors is an economically disadvantaged neighborhood. When the local grocery store closed down, the neighborhood and the surrounding areas became a Food Desert. In order to increase access to fresh healthy foods, Upstate Circle of Friends has

decided to utilize the land that we own to establish an urban farm. This farm will be able to yield healthy, nutritious fruits and vegetables that will be available for the community. Additionally, Upstate Circle of Friends was awarded two USDA Grants to support our farming and gardening initiatives. These grants have expanded our capacity to providing quality nutrition education, both at a local high school through the greenhouse after school program and also through the farm on the main campus. A portion of the farm on the main campus has been designated as an Urban Teaching Garden. By collaborating with local farming experts like Kim Gibson, the Clemson Extension office, and Oldways' A Taste of African Heritage Ambassadors, we have been able to bring culturally relevant and quality nutrition education to the Bell Meade Community. Place article copy here. Be sure to make the articles short and concise as people tend not to read much more than a couple of paragraphs.



[Read The Full Article Here](#)

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Located On Upstate Circle Of Friends Campus

To Set Up A Consultation Or Book  
Email: [myarticlemedia@gmail.com](mailto:myarticlemedia@gmail.com)



## Weekly Events

### LINE DANCING

Monday & Thursday 6-8:30PM

### THE GATHERING: SEASONED ADULTS WITH FLAVOR

Tuesday & Thursday 10am-2pm

### URBAN TEACHING FARM MARKET

Farmer's Market Every Thursday  
Coming Soon

[UCFGREENVILLE.ORG](http://UCFGREENVILLE.ORG)



Upstate Circle of Friends | 29 Ridgeway Dr, Greenville, SC 29605

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