

The Vision - #Familyhood and it's “do now” strategy #1stSaturdays

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This Pamphlet is a guide for community development utilizing schools as the center for development. It is written to be used as the first hand out for the 1st gathering. Read it out loud from cover to cover.

After reading this pamphlet and having discussions about #Familyhood in your community and its “do now” strategy #1stSaturdays, visit:

1stSaturdays.com/qualify and get your school qualified. Once qualified your school will be listed on our map of schools open for #Familyhood!

In order to get qualified, each person must pass our on-line examination. This pamphlet contains all of the answers to pass the on-line examination.

What is #Familyhood ?

#Familyhood (# representing the twitter.com/familyhood) is an inter-generational collaboration that utilizes schools as the center for community development.

This inter-generational collaboration at a school site consists mainly of the schools Student Government Association, Parent Teacher Association and Alumni Association working together.

#Familyhood is driven by two main motto's. 1) every school shall have a functioning Student Government Association, Parent Teacher Association and Alumni Association. 2) Every school shall have a garden, a farmers market and a grocery store.

In short, every schools #Familyhood plans and operates their school garden, their schools farmers market and their schools grocery store.

#1stSaturdays (representing the twitter.com/1stsaturdays) is the “do now” strategy to advance a community towards #Familyhood.

#Familyhood is also the vision of a a healthy, sustainable, peaceful community. We call this definition #Familyhood Attained!

The Philosophy of #Familyhood

When we visualize a school, we tend to envision a physical building as the school. #Familyhood's vision of a school is more similar to a school of fish. This vision of #Familyhood is "The Big Brain" (cover page).

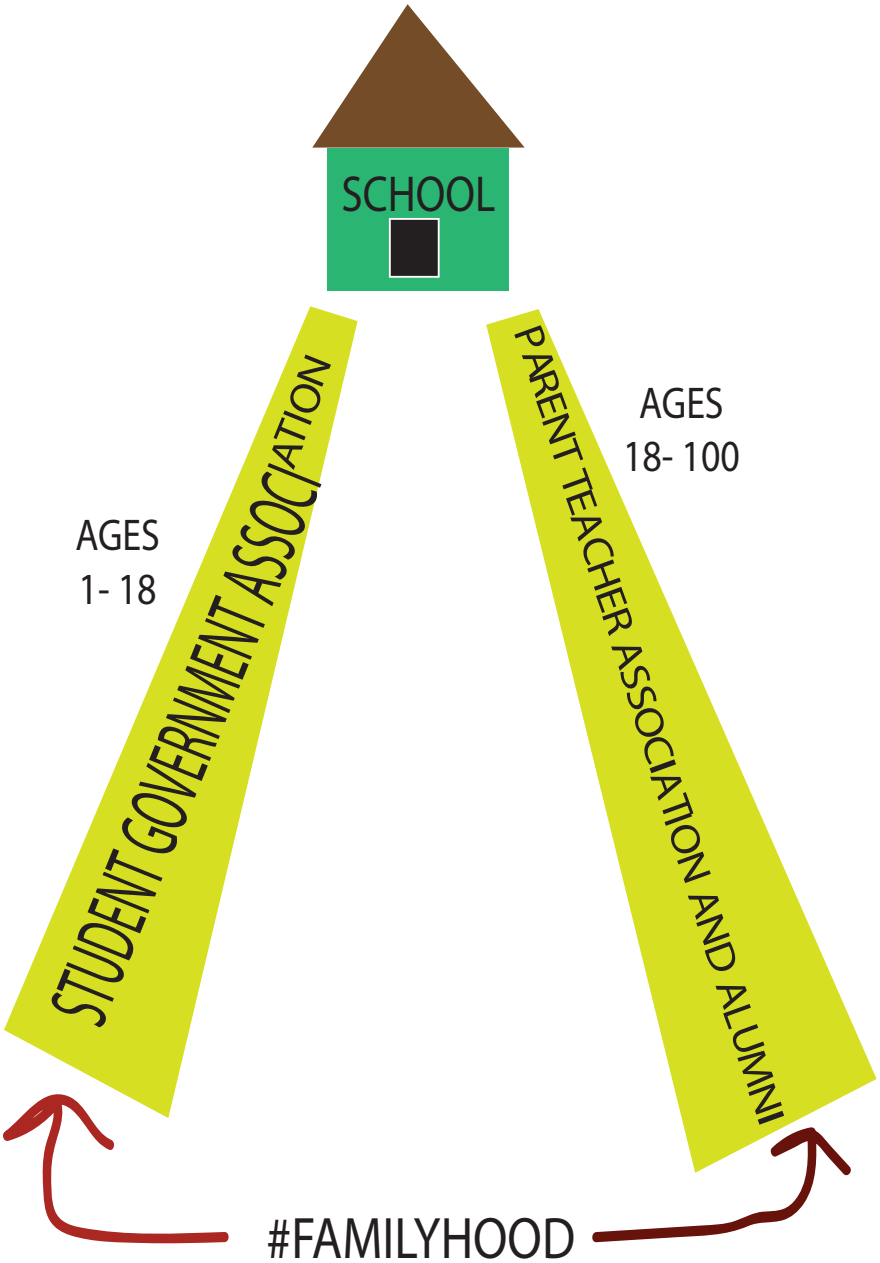
We use the image of a big brain that contains all the intelligence of all the students attending the school, its alumni, its parents, its teacher's, community partners in collaboration.

#Familyhood also expands the role of a school to its residents beyond the years of their physical daily attendance.

For example, if we look at a life timeline of let's say someone who is 80 years old, during their life, they were in high school between the ages of 15-18 (four years) and then Alumni the next 62+ years of their life. (See page 5 diagram).

#Familyhood expands the schools role to provide a pathway into its surrounding community by paying greater attention to the 62 years after high school - the Alumni years.

TWO ROADS OF COMMUNITY ENGAGEMENT



A Healthy School leads To a Healthy Community

The idea of “getting out of the hood” as a personal goal of one born or raised in that hood, subconsciously tells one success is to be found somewhere else.

#Familyhood seeks to connect its residents through the schools to all of the opportunities that come with solving problems a community may have.

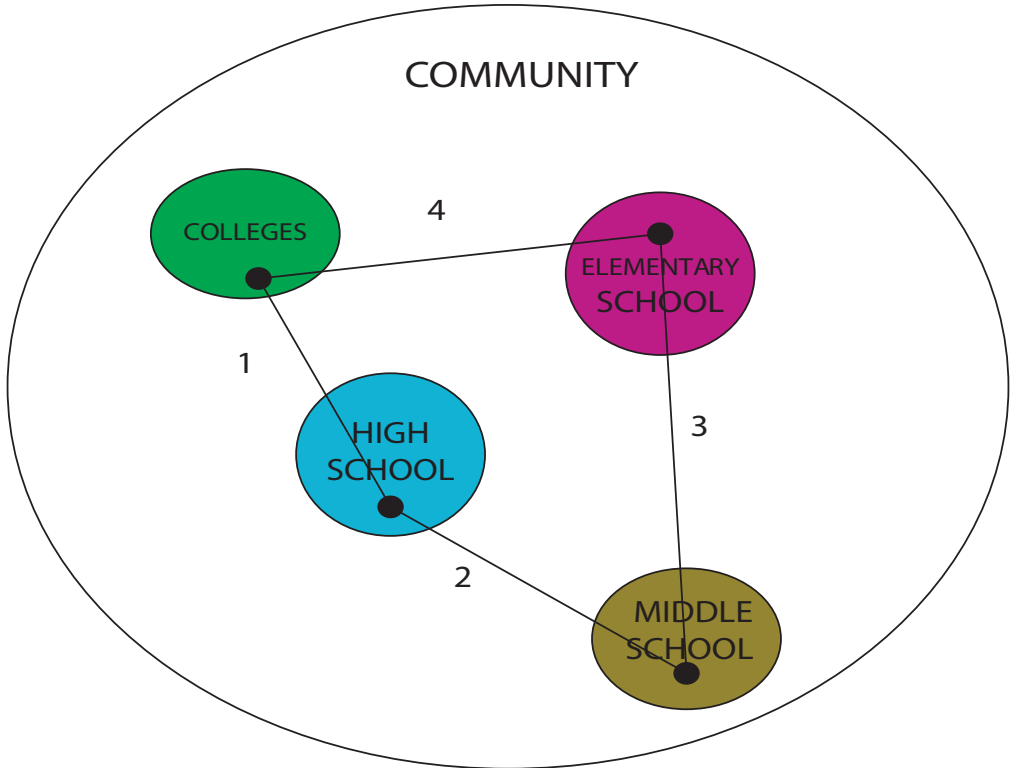
#Familyhood considers these problems educational at the school and possibly jobs off of campus by some of the parents/alumni involved.

The thread of communion facilitated by the schools Student Government Association is to connect our children to these problems/opportunities as early in their life as possible. (see page 7).

Food security is one of the problems we need everyone involved with to solve. There are too many people who do not have access to healthy food and when they do, cannot afford it.

Giving our youth hands-on business training while in school with a vision to later patronize/ mentor these food related ventures (as Alumni) is how #Familyhood advances a school and its community to become more healthier.

THE THREAD OF COMMUNITY LEADERSHIP



ONCE EACH SCHOOL HAS A FUNCTIONING STUDENT GOVERNMENT ASSOCIATION, WHICH IS THE ROOT OF COMMUNITY DEVELOPMENT, EACH SGA GRADE LEVEL HAS A RESPONSIBILITY TO MENTOR THE YOUNGER SGA'S. THE DIAGRAM ABOVE SHOWS A TYPICAL COMMUNITY THAT HAS A COLLEGE, A HIGH SCHOOL, A MIDDLE SCHOOL AND A ELEMENTARY SCHOOL. THE THREAD SHOWS THE COLLEGE MENTORS THE HIGH SCHOOL, THE HIGH SCHOOL MENTORS THE MIDDLE SCHOOL, ETC.

Equal Education for All

Since we want equal education for “all”, how can we have equal education for “all” if some schools have functioning Student Government Associations and some do not? Or if some schools have gardens and some do not? The educational experience or opportunities should be the same for all children.

Like a human body needs a healthy heart, lungs, kidneys to operate a healthy body, a healthy school, needs to have three main school based organizations functioning and in collaboration at the school site. These organizations are Student Government Associations (SGA), Parent Teacher Associations (PTA) and Alumni Associations (AA).

#Familyhood calls these three organizations “the schools vital org’s.”

To remind the school of building its own vital org’s,

#Familyhood is driven by two motto’s.

1) “Every school shall have a functioning Student Government Association, Parent Teacher Association and Alumni Association and these organizations should collaborate.

2) “Every school shall have a garden, a farmers market and a grocery store.”

#Familyhood - The Three Definitions

These start -up food based enterprises (Garden, farmes market and grocery store) are hands-on experiential learning for the students and vehicles for volunteers from the community to offer support/mentorship to the students.

The first definition of #Familyhood is “an inter-generational governance that utilizes schools as the center for community development.” The Schools vital org’s in collaboration create the inter-generational goveranance #Familyhood seeks to accomplish.

The youth are represented by their schols Student Government Association. Adults are represented by both the Parent Teacher Association and the Alumni Association.

These organizations are the root of the development to create the critical mass necessary for real change in a community. However, #Familyhood does not rely on every student to join the Student Government Association. Nor does #Familyhood rely on all the parents joining the PTA.

As soon as these orgs are in place, opportunities will arise for even non-members and students who may have dropped out of high school.

What is #1stSaturdays?

#1stSaturdays. is defined as the “do now” strategy to advance a community towards #Familyhood.

#1stSaturdays represents the 1st Saturday of each month as a monthly volunteer/recruitment day at schools.

The school “saves all of the 1st Saturdays of the month” of the year and defines them as Volunteer / Recruitment Days.

Internally, the school utilizes 1st Saturdays to attract volunteers from within the school i.e. students, teachers, parents, and community partners/leaders and attempts to recruit each of these individuals into the schools three vital org’s (SGA, PTA, AA) of the school.

Externally, 1st Saturdays utilizes 1st Saturdays.com to showcase various schools around the world offering volunteer opportunities to their communities.

We also utilize social media handles [Twitter.com/1stSaturdays](https://twitter.com/1stSaturdays) and [Facebook.com/1stSaturdays](https://facebook.com/1stSaturdays) to spread the good news of communities coming together.

Typical Agenda for 1st Saturdays

Since many schools do not have these organizations functioning at their school sites, #1stSaturdays advises schools to dedicate a portion of the 1stSaturdays agenda to discussing updates or next steps in having the organizations actually functioning.

An agenda of a typical 1st Saturdays would look something like:

Meet at the Garden

8:00 - 8:30 a.m.coffee/welcome -

The Principle or site leader welcomes everyone and shares briefly the vision

8:30 -9 a.m. - overview of todays task

The person in charge of the garden gives a list of task they would would like to accomplish during the 1st Saturdays volunteer day.

9:00 a.m. - 12 :00 am. - work in the garden

While we work in the garden, we suggest hearing updates from the schools Student Government Association, Parent Teacher Association, etc.

How Companies Can Get Involved

A few suggestions are:

- Volunteer once a month at a school on 1st Saturdays
- Assist the schools Student Government Association in meeting, planning, etc.
- Assist the schools Parent Teacher Association in meeting, planning, etc.
- Assist the schools Alumni Association in meeting, planning, etc.
- provide technical assistance to improve the schools garden, farmers market, grocery store.
- Share internships, jobs, training programs, etc at the schools for students and parents.
- donate directly to these organizations at schools to assist in their development.

The above are just a few recommendations. The sky is the limit!

Schools Used for Local Training/Hiring

Typically, high schools have programs on campus that promote jobs and careers for students. #Familyhood seeks to complement these programs by assisting in the dissemination of information to students, parents, alumni, residents, local businesses, partners, etc.

In addition to sharing resources that may be housed in these “career spaces” on school sites, The #Familyhood Network seeks to bring additional resources to these “career spaces” for the school and its surrounding community.

To illustrate, many Alumni have jobs. The companies they work for often have employment opportunities. During the Alumni meetings, #Familyhood suggests Alumni to have on their agenda “any new jobs?” Whatever jobs are collected would then be sent to the “career center” at the school.

During 1st Saturdays monthly events, we promote local businesses to join the volunteer efforts at the school garden like everyone else. When everyone is involved in doing one thing that accomplishes something bigger than the individual the group builds momentum to tackle bigger projects.

1stSaturdays also promotes #Familyhood to dedicate space i.e. tables to be allocated to local businesses to share jobs, training, resources, opportunities that may be connected to their companies/industry.

The Big Picture

The Big picture diagram (see page 15) shows #Familyhood being created as a result of the school in the center building its Student Government Association, Parent Teacher Association and Alumni Association.

The diagram also shows 1st Saturdays meetings being held each month.

After a school hosts several 1stSaturdays, we believe these school based organizations will grow in membership, and therefore grow in capacity to do more for the school and its surrounding community.

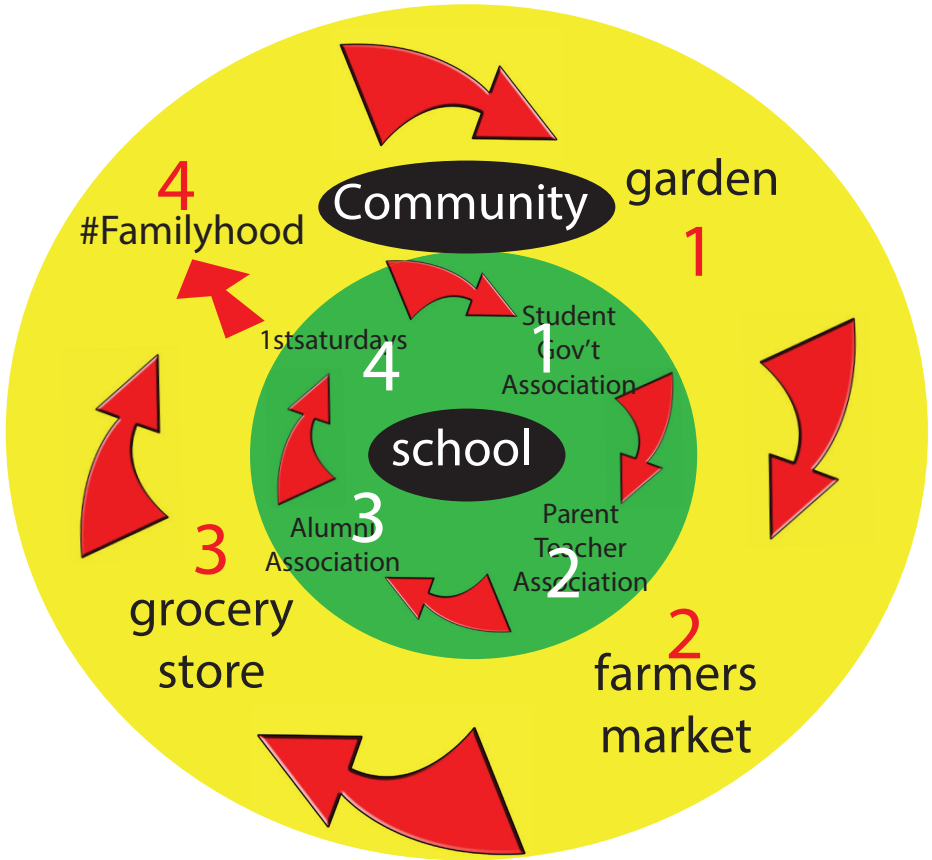
The community circle (outside of the school) shows the school-based enterprises (as described by motto 2, “every school a garden, a farmers market, and a grocery store”).

At this stage of growth, #Familyhood is growing beyond the borders of the school to include local businesses/ partners/customers.

The diagram shows volunteers from the community joining in (i.e. local businesses that share internships/jobs to the students/parents/alumni).

The benefits of #Familyhood in the school, bridges into serving the community, while giving students hands-on business training with the vision of continuing these projects one day as future Alumni .

The Big Picture



Every school a Garden, farmers Market, Grocery store

Motto 2, also called The Mo' Better Food Motto states, "every school shall have a garden, a farmers market and a grocery store."

To elaborate further, The Garden is the recommended first venture of the three, followed by the Farmers Market and lastly the Grocery Store.

We suggest starting with the garden for several reasons. *To begin, a garden beautifies a school.* There is no limitation to the beauty and joy plants bring to environments. The plants bring the Bees! The plants bring the butterflies!

Create an outdoor space/science lab/inventory for all to gather/ classes.

The Garden, through the efforts of 1st Saturdays becomes a special place on campus for all the volunteers to meet and a future location for outdoor classes.

After hosting several 1stSaturdays, the schools #Familyhood should increase in membership. This increase in membership can happen several ways. Students show up and join their Student Government Association. Parents show up and sign up for the Parent Teacher Association. Local Business owners/representatives show up, volunteer and sign up to become local business partners.

Mo' Better Food - The Garden

The #Familyhood formula is $\#Familyhood = SGA + PTA + Alumni$. When the 3 vital org's grow, so does #Familyhood in potential.

The Garden being the first venture of the three, means #Familyhood (volunteers meet there) and eventually create a garden that can generate revenue.

Each school is different. So therefore each garden at a school will also be different. As well as each #Familyhood at a school will consist of different people with different skill levels.

With a goal of generating revenue, suggestions for #Familyhood are to utilize as much land to generate revenue at the school site. Consider every classroom in a school having starter plants which cost less than .50 that are planted by students and two weeks later sold at \$5.00 each.

In addition to growing in soil, consider growing food in Gravel aka Geological Agriculture. Geological Agriculture is changing the way food is grown (see tosoilless.com for more details). Also, consider growing food indoors (especially in the Winter months).

Mo Better Food - The Farmers Market

Like the garden, Farmers Market are low-cost start-up ventures. The start-up cost typically comprise of canopies to shelter each farmer and three or four tables to display their produce for customers to purchase.

Other costs affiliated with farmers market vary in each county. Here in Alameda County (which is the county Oakland, CA resides) The Agricultural Division has some initial fees that help cover inspectors to travel to farmers market to verify the food they are selling is on their certificate. This is very important in case someone gets sick from food purchased at the Farmers Markets.

Each farmer should possess a producers certificates which lists the various crops farmers may grow on their land. So, for example, someone gets E Coli from Spinach, inspectors would be in search of the farmers who have Spinach on their certificates and then able to trace back possible locations where the disease is prevalent.

Food Safety/Handling /Preparation, should be taught at the school for the entire community to understand some of the above and to prepare #Familyhood to best administer these food related enterprises.

These classes at the school should also provide continued educational training to support #Familyhood to plan and operate it's garden, farmers market and grocery store.

Mo' Better Food - Grocery Store

Hosting a Farmers Market at a school site gives the farmers market a few benefits most Farmers Market do not have. Running water, bathrooms , refrigeration, storage space, certified kitchens (which means able to prepare cooked food) are a few benefits of hosting a farmes market at a school.

From the above added benefits of hosting a Farmers Market at a school, the transition to hosting a Grocery store is not that far away. The only thing really missing are the groceries!

But after hosting a Farmers Market for a period, relationships with new farmers can expand the schools inventory to eventually provide the “groceries” necessary to operate a school based grocery store.

Also produce from the school garden could be sold. Gravel starter plants with recycled containers can be sold at the schools farmers market, other markets and in the store.

The inventory of products that could be sold in a grocery store at a school site has amazing possibilities. Survey's asking the entire school, faculty, parents, community... “what products should we carry in our store?”

Students/ Familyhood should go out to other stores and study how businesses design their facilities to sell their products.

#Familyhood Benefits to Students

The Student will gain.

Hands -on training in democracy

From having the ability to run for office and lead change to evaluating candidates that best support their beliefs /concerns.

Connections to internships/programs/resources/support

In addition to the monthly volunteer efforts of 1stSaturdays as a way for students to meet local business connections, #Familyhood seeks space on school campuses to provide general information about jobs/training, etc.

Volunteer Hours

Some schools require volunteer hours. Why not volunteer each month to better your own school?

The Alumni- will gain

Staying connected to ones community

Growing up in a neighborhood should not end once we graduate from High School. In fact, it is at this time the community needs the intelligence one has gathered from all the years of education to improve the community once raised as a child.

Apart of the largest community network

Many high schools have been in neighborhoods for many decades. Which means, in some cases, generations of families have attended the same schools in their neighborhood. This network of families connected to schools has great potential if organized on behalf of the school and its surrounding community. #Familyhood is very intentional in its attempt to empower Alumni to empower their own community through the school they all once attended.

Benefits to Parents...Alumni...Community

The Alumni will gain

Improving the food system empowers everyone involved

Alumni involved in the school based food enterprises (i.e. the school garden, farmers market and grocery store) will have employment opportunities managing student entrepreneurs.

The Alumni Network is a great network to stay abreast of ones community.

The Parent will gain

A better understanding of the school affairs

Being apart of the P.T.A and apart of #Familyhood gives parents and teachers a monthly indicator of communication between the various parties connected to the school. For parents in particular, they will know to get their child into the schools Student Government Association.

The Community will gain

- *responsible, caring adults connected to improve the lives of future generations.*
- *Improve the bridge between schools and local businesses*
- *healthier food options for all residents.*
- *youth with work experience with the ability to work with others.*
- *residents more prepared to enter the work force /higher education, etc.*

#Familyhood Attained!

Take The Communities Perspective

Imagine “the community” telling “the school” what it needs. The community might say to the school, “ I need you to graduate all my children... I need some of them to go into business to convert those abandon areas into houses...I need some to go into medicine to help the sick ...”

#Familyhood attained is when the school gives the community what it needs.

In order for the school to know what the community needs the community utilizes the school’s location, classrooms, etc to share it’s problems, opportunities, concerns, etc.

Since there is no “Community” person to share, #Familyhood and the 1st Saturdays strategy is geared to open up the school one day a month to revisit where the school is (in regards to #Familyhood) and where we are headed.

#Familyhood attained is the map on the site 1stSaturdays.com of the world with little dots on various cities around the world. These dots indicate those cities are in pursuit of building #familyhood in their communities and sharing with us their best ways of building their community.

#Familyhood attained is seeing these schools grow healthy, sustainable, peaceful communities.

From The Author - David N. Roach

I was given an assignment in my Urban Economic Public Policy class at Morehouse College to seek economic solutions for the African - American community and discovered the plight of African-American farmers. At this time, African -American farmers were losing 500,000 acres of land a year (according to the Federation of Southern Cooperatives Land Assistance Fund).

During my research, I discovered Tuskegee's Normal School founded by Booker T. Washington, who recruited Dr. George Washington Carver to direct the Agricultural Division at Tuskegee. Dr. Carver, designed "The Jessup Wagon" later called The Movable school, to drive into poor neighborhoods throughout the South and demonstrate various techniques being taught at Tuskegee to improve production on small farms.

I concluded, we needed a modern day version of Tuskegee as an economic solution today. We could feed ourselves out of poverty by creating a food system that connected produce grown by our farmers to markets that lacked healthy food.

I co-founded The Familyhood Connection Inc to take these theories into action. One of our programs aka Mo' Better Food sold produce grown by African -American farmers out of Fresno, CA.

From our work, over the years, we have received numerous awards and recognition including KPFA Peace Awards, Community Service Award from The Morehouse National Alumni Association, Certificate of Appreciation from Congresswoman Barbara Lee to name a few. See: mobetterfood.com. #Familyhood and its "do now" strategy #1stsaturdays is an extension of this past experience mentioned above. However, today's stance is to not only grow a program in a community, but to embed it deep enough within the institutions of the community to empower generations to come.

Sincerely, David N. Roach
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The Familyhood Connection Inc's is a 501(c)(3) non-profit corporation based in Oakland, CA.

Our mission is to promote programs that bring the generations together to improve communities.

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Donations appreciated at familyhoodconnection.org/donations supports #Familyhood.

GET
VOLUNTEER
HOURS

1ST SATURDAYS

A MONTHLY VOLUNTEER WORK DAY

Come help us clear the
garden!

EVERY 1ST SATURDAYS | 8AM-11AM
Come out and join the fun!

For more details about this event visit
1stsaturdays.com

