

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

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# Table Of Contents

3. The Community
4. What is #Familyhood?
5. Two Roads to Community Engagement
6. A Healthy School Leads to a Healthy Community
7. The Thread of Community Leadership
8. Equal Education for All
9. #Familyhood -School Based Enterprises
- 10 What is #1stSaturdays?
11. Typical Agenda for 1st Saturdays
12. How Companies Can Get Involved
13. Schools Used for Local Training/ Hiring
14. The Big Picture
15. The Big Picture Image
16. Mo' Better Food
17. Mo' Better Food -The Garden
18. Mo' Better Food - The Farmers Market
- 19.** Mo' Better Food - Grocery Store
20. Familyhood Benefits to Students
21. Benefits to Parents, Alumni, Community
22. #Familyhood Attained
- 23- Other - Friends of School
- 24- 1st Saturdays Flyer

## The Community

Imagine “the community” being a person...and visualize this person explaining to a school the needs of the community. The community might say to the school, “ School, I need you to graduate all my children. I need some of them to become business men and women. I need them to convert my abandoned areas into housing and community centers for the elderly and the children. I need some to go into medicine to help the sick. I need some to own grocery stores to provide healthy food for all...etc.”

This list could go on. The school hears the communities needs.

Familyhood is the schools attempt to search in its database of intelligence i.e its Alumni/Alumna, community partners, student body to solve the problems the community raised.

#Familyhood actively pursuits administrating the needs of community by utilizing the school’s location and the schools three main school- based organizations to address these problems from an inter-generational perspective.

# What is #Familyhood

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

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

#Familyhood is driven by two main mottos.

- 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 school's #Familyhood plans and operates their school garden, school's farmers market and school's grocery store.

#Familyhood is a vision of a a healthy, sustainable, peaceful community. When this happens the definition of #Familyhood is achieved!

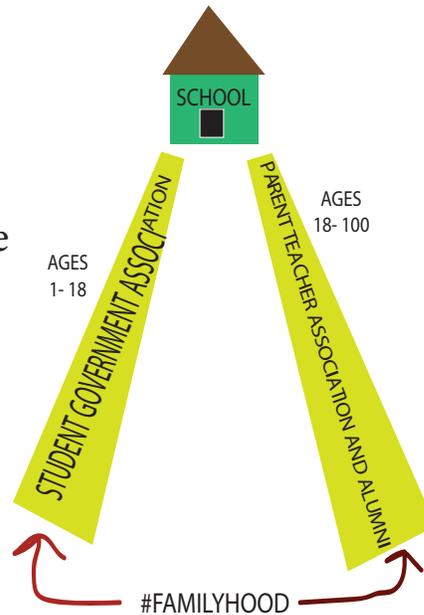
The loose net of intelligence created by Familyood, plants a seed in the minds of the students that one day they will become an Alumni and assume the role of mentoring the next generation of students.

The above illustration shows how a school engages students from the age of 1-18 through Student Government Association and keeps them engaged from the next 62 years through the schools Parent Teacher Association and/or Alumni Association.

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.

#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 messages that success is to be found somewhere else.

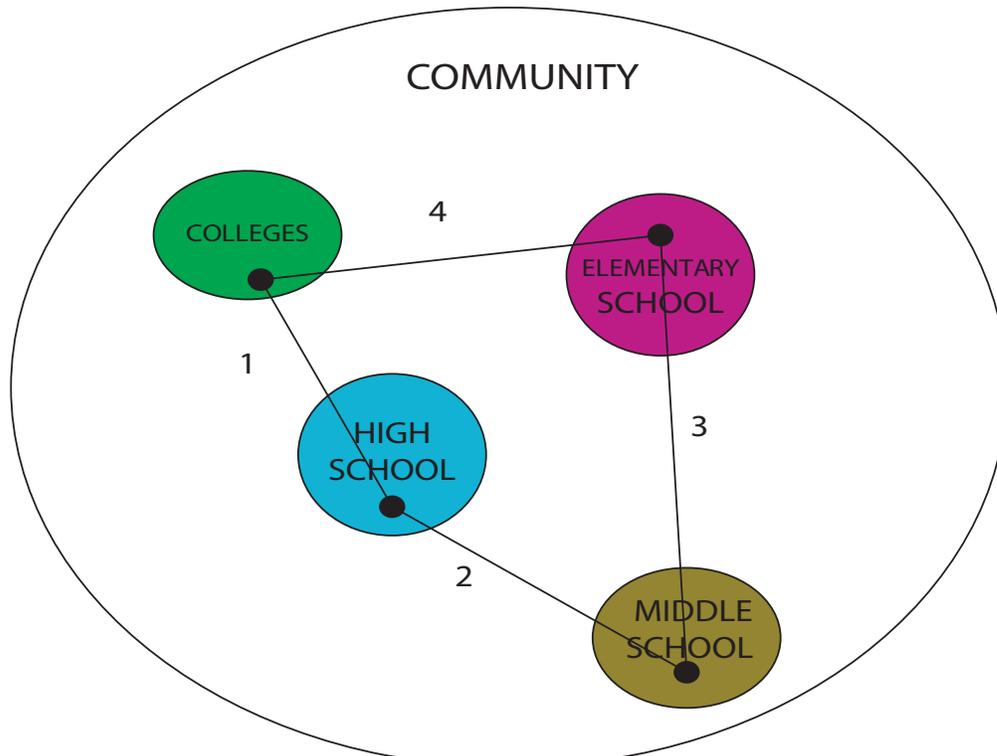
#Familyhood seeks to connect its residents through the schools to all of the opportunities that come with solving problems a community may have.

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

The thread of communication 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).

An example of community problems impactng schools Food security. Providing students with 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 healthier.

## THE THREAD OF COMMUNITY LEADERSHIP



Once each school has a functioning Student Government Association, which is the root of community development, each Student Government Association grade level has a responsibility to mentor the younger Student Government Associations.

The Diagram above shows a typical community that has a college, a high school, a middle school and an elementary school.

The thread or lines above illustrates the college mentoring the high school and the high school mentoring the middle school.

# Equitable Education for All

Since we want equitable education for “all”, how can we have equitable 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 humans need 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).

When a school has no Student Government functioning, this means the school never held an election. Which means students never had a chance to cast their vote in support of another student they felt best represented their interest. Which means, the student was never given a chance to represent the concerns of the Student Body. Which means, a missed opportunity in hands on training in democracy for some students, while other students are receiving this training and being prepared to lead tomorrow.

## #Familyhood's - School Based enterprises

Motto 2 of Familyhood states, "every school shall have a garden, a farmers market and a grocery store."

In action, the garden is the suggested meeting place and 1st project for the Familyhood to meet and plan for the development of the other food enterprises in the future. If a school does not have a garden, meet somewhere on campus where a future garden could exist.

Being the least costly start-up of three with a high return is the reason to start with the garden. Gardens at schools can be seen as an outside science laboratory and a place for outdoor classes. In terms of being an enterprise, a packet of tomato seeds cost around \$3.50 for 100 seeds. Each seed could become a starter plant that retails for \$5.00 at the local farmers market. Which means \$500.00 (100 seeds x 5:00 each) from 1 pack of seeds minus the cost of soil and containers and maybe a booth space from the farmers market.

Since, Familyhood consist of volunteers, there is no labor expense in the early stages. Once the Familyhood grows in numbers, new recruits can assume the role(s) as decided by the group. All of these school based ventures are hands-on experiential learning for the students and vehicles for volunteers from the community to offer support/mentorship to the students.

## What is #1stSaturdays?

#1stSaturdays, representing the 1st Saturday of each month, as a monthly volunteer/recruitment day at schools, is a “do now” strategy to advance a community towards #Familyhood.

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 organizations (SGA, PTA, AA) of the school.

Externally, 1st Saturdays utilizes 1stSaturdays.com to showcase various schools around the world offering volunteer opportunities to their communities and social media handles Twitter.com/1stSaturdays and 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 advise's schools to dedicate a portion of the 1stSaturdays agenda to discussing updates or next steps in having the organizations 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 Principal 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 in ways companies can get involved in their community.

## Schools Used for Local Training/Hiring

Typically, high schools have “career centers” to assist students in determining careers/higher education after high school. Familyhood complements these programs by being very intentional in gathering employment information and opportunities from the schools Alumni Association and Parent Teacher Association and disseminating this information to these “Career centers”.

For example, many Alumni of these institutions are aware of employment opportunities at their job or in the community. During Alumni meetings and 1stSaturdays monthly volunteer events, on the General Agenda, “any new jobs?” should be on listed on it. Jobs collected, would be sent to the “career center” at the school.

Community partners, Familyhood defines as local businesses that have articulated a priority to hire students for employment /training/ interships from the schools in their neighborhood.

In addition to the benefit of participating in the improvement of the community, community partners may be granted a booth space on 1stSaturdays to outreach their jobs, training, resources.

## 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 improve the school and its surrounding community.

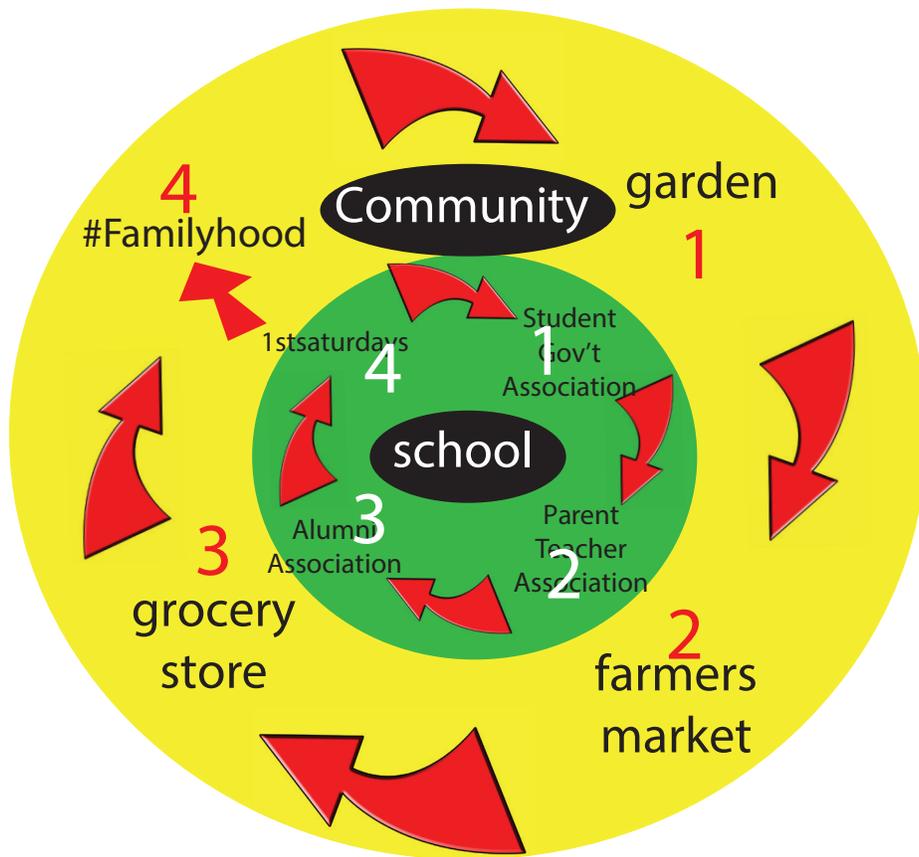
The community circle (outside of the school) shows the school-based enterprises (as described by motto 2, “every school a garden, a farmers market, and a grocery store”).

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



#Familyhood = S.G.A.+P.T.A. + A.A.

## Mo' Better Food

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 organizations grow, so does #Familyhood.

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

Since, each school is different, each garden at a school will be different. Similarly, 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](http://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 comprises of canopies, to shelter each farmer, and three or four tables to display their produce for customers to purchase.

Other costs affiliated with farmers markets 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 produce farmers are growing and selling on their certificate match.

Matching certificates to farmers production is very important in the pursuit of tracking contaminated produce. Each farmer should possess a producers certificates which lists the various crops farmers may grow on their land. So, for example, if someone gets E coli from spinach, inspectors would be in search of the farmers who have spinach on their certificates.

Food Safety/Handling /Preparation, should be taught at the school for #Familyhood to best train students in the various careers that relate to food and agriculture.

Operating a garden, a farmers market and a grocery store are hands on projects to expose students and Familyhood to the food industries, while providing healthy food options for the entire community.

## Mo' Better Food - Grocery Store

Hosting a Farmers Market at a school gives farmers market a few benefits other Farmers Market do not have. At schools, farmer markets have running water, bathrooms, refrigeration, storage space, certified kitchens (the cafeteria).

From the above benefits of hosting a Farmers Market and growing the market by increasing the number of participants (farmers and vendors) the transition to hosting a Grocery Store at the school becomes closer to reality.

After a few years of hosting a Farmers Market, additional relationships with new farmers and vendors will expand the schools inventory of products to sell in their future grocery store.

Simultaneously, as the garden grows, additional produce from the school garden can be sold at both the schools farmers market and its grocery store.

Many companies hire consultants to prepare market research campaigns to best determine the best products to sell in their line of business. Familyhood promotes these “marketing research campaigns” as educational opportunities” for Familyhood to assume to expand their brand in the affairs of the community they plan to serve.

## #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.*

# Others - Friends of School

With Familyhood's vision of creating a collaboration at schools through the schools Student Government Association, Parent Teacher Association and Alumni Association, one might ask: what about people who did not graduate or attend the school? What about volunteers in the community?

The answer is: create a "Friends of Your School's" organization. The picture above was from Flash Back Day presented by the Friends and Alumni of McClymonds (FAM) High School. We came together to reactivate McClymonds Alumni Association to better support the students at McClymonds High School.

For schools starting without functioning PTA's and Alumni Associations, I recommend starting this type of organization. At least until the main i.e. Parent Teacher Association or Alumn Association are established.

As I mentioned earlier, all school districts typically require background checks, finger prints, TB tests, etc, of all volunteers to increase the protection of students.

"Friend's of Your School" enables adults i.e. Parents/ Alumni / Community leaders/ Partners to get involved with the overall vision of Familyhood under the supervision of other adults first. Meaning, before, they interact with the students, they are first screened through the Friends of Your School.

As mentioned earlier, all Familyhood's are different. The above are just recommendations to increase participation from different individuals who may be able to assist your school.

## 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](http://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](http://familyhoodconnection.org/donations) supports #Familyhood.**

*#Familyhood = S.G.A.+P.T.A. + A.A.*

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VOLUNTEER  
HOURS

1ST  
SATURDAYS

A MONTHLY  
VOLUNTEER  
WORK DAY

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garden!

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For more details about this event visit  
[1stsaturdays.com](http://1stsaturdays.com)

