

THE FOUR STEPS OF HOTEPC'S EDUCATIONAL KIT (4STEPS) TO BUILD HEALTHY ECONOMICS IS A 28 PAGE GUIDE TO BUILD HEALTHY ECONOMICS IN ANY COMMUNITY.

4STEPS CONNECTS HOTEPC'S THEORIES INTO REAL LIFE COMMUNITY DEVELOPMENT STRATEGIES.

THESE STRATEGIES INCORPORATE INTERGENERATIONAL ACTIVITIES THAT FUNCTION LIKE A "DO NOW" LOCALLY PLAN FOR BUILDING SUSTAINABLE COMMUNITIES.

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INTRODUCTION



This book is written for someone or some organization that is looking for sustainable solutions for any community.

It's my personal journey from starting Mo' Better Food in 1997 to building Healthy Economics today. I define Healthy Economics as, "the day a community once termed low-income, underserved, becomes a normal, sustainable community."

To find information about the history of Mo' Better Food visit:

<http://mobetterfood.com/press.html>

To find more information about Healthy Economics (where we are going) visit: <http://healthyeconomics.org>

This book - The Four Steps of Hotep connects this quote from Hotep, "Pick a fruit. Feed a child. Plant a seed. Feed a nation." to the four programs of building Healthy Economics.

Someone once said, "do as I say, not as I do." This quote applies to this book. The reader will witness the order of implementing the four programs of Healthy Economics are different from the path we took.

For example, our first step was Mo' Better Food. However, I am recommending Mo' Better to be the fourth step towards building Healthy Economics in this book.

Mo' Better Food was more of a natural fit for me at McClymonds High School

introduction

Continued from page 2

because I already worked full time at the school. Therefore, I knew the students and the West Oakland community fairly well. However, fairly well is not enough to achieve Healthy Economics.

The meaning of the Four Steps of Hotep, can be interpreted by the four programs of Healthy Economics The Four Steps of Hotep are: 1) Pick a fruit, 2) Feed a child, 3) Plant a seed and 4) Feed a nation.

For example, Hotep's first step is "Pick a fruit." Although Hotep is holding an apple in the picture, one could assume the fruit is an apple. Which is true (an apple is a fruit). But, that's not necessarily what Hotep is talking about. Hotep is referring to the People as the fruit. Basically, he is saying recruit people around you to join Healthy Economics.

For example, we attempted to start a farmers market and believed the people would come. Some did, however, we could have accomplished more, by having more people (the fruit) involved.

As you will see, two of The Healthy Economic Program's - The Friends of School Program and the Intergenerational Enterprise serve the purpose of getting people involved .

(see friendsofschool.org)

Hotep's second step - "Feed a child," could be interpreted as a baby being fed by her mother or something like that, however, Hotep is not talking about food to feed a child's body, but rather, food to feed a child's mind and body.

Healthy Economics feeds a child a vision that say's once you work at the farmers market, the school garden and the cooperative grocery store as a student, when you graduate and become an alumni, you will have various rights and privileges within your own community.

Hotep says, "The Feed a child phase is complete when the Big Head is created."

Hotep's 3rd step is - "Plant a seed." Like the steps before, the meaning is not verbatim. Hotep is not talking about a single seed, but rather the idea of planting the seed of building Healthy Economics within the community. The seed grows by others knowing Healthy Economics. Hotep says, "the Plant Seed phase is complete when the people plan with vision."

Hotep's last step is, "Feed a nation." Feed in a nation is the only step that means exactly what it says - Feed a nation!

Everybody needs to eat healthy food. According to Healthy Economics , the nation becomes fed by every school playing its role in developing Healthy Economics in its respected community and sharing it's best practices.

Hotep says, "The Feed a Nation phase is complete when the schools share."

For more information visit:

<http://healthyeconomics.org/>

THE SITUATION

In most underserved communities, there are very few businesses that exist. And very few, if any of these businesses enable youth from the neighborhood to train or work at their establishment. Since every community has a high school, and high school students are just at the age when they should begin attaining work experience, The Healthy Economics Model defines the high school as the nucleus for community organizing and community development.

Thus far, “education” has not been seen, as the passport to the future of building a better community, but as a way out of the community for those educated within it.

The majority of students attending schools in low -income communities, upon graduation, seek to leave their community as soon as the opportunity arises.

In formulating the Healthy Economics

Plan, a major role of our campaign is to motivate the educated ones to stay in their community. “Staying” does not necessarily mean to physically stay in the community after graduating. Rather, to stay abreast of the affairs of the community.

Healthy Economics systematically promotes students to get involved in their communities future developments through the Intergenerational Enterprise.

Improving one’s community is a major purpose of “education” according to Healthy Economics.



Congresswomen Barbara Lee appreciates Mo’ Better Food

our history and vision

The relationship between Mo' Better Food and The African American Farmers of California began with our organization - The Familyhood Connection in front of my fathers sandwich shop in 1997. The sandwich shop was called Mack's Meat, located on Macarthur and 91st in East Oakland. On that day, the farmers sold their produce on the sidewalk in front of the sandwich shop.

At the time, I was the Director of the Business Academy at McClymonds High School. Prior to McClymonds, I taught at Castlemont High School, where one of my students returned to visit with her new born child. She was feeding her child candy in my classroom. I asked, "why are you feeding your child candy and not fruit? Her response was, " where am I going to find some fruit around here Mr. Roach?"

Her comment stayed with me. The following year, we established a permanent farmers



Students at McClymonds High School planning The Plaza of Peace

market in front of McClymonds High School. My students in the business academy marketed and operated the market. We sold fresh produce grown by the African American farmers of California without any funding.

"Our vision was and still is to utilize the school to create a student run farmers market to train the students in the basics of business, while providing a market that provides healthy food in the neighborhood, while creating opportunities for disenfranchised African American farmers to sell their produce.

Once the students were trained, through the farmers market, they would be ready to operate a cooperative grocery store in the neighborhood.

our history and vision



We moved Mo' Better Food from McClymonds to Mandela Parkway and renamed the market Mandela Farmers Market but Hotep stayed on board.

While directing the Business Academy at McClymonds High School, my students started the first farmers market at a school site (at least in Oakland).

Some of their task were working on the mobetterfood.com website, learning Excel, Word, etc, to manage and promote the farmers market. They also learned how to provide healthy food in their community by working with small family farmers.

From our efforts, I was asked to become the co-director of the West Oakland Food Project, which I accepted for a few years.

Prior to starting the West Oakland Food Collaborative, Mo' Better Food had received some financial support from the San Francisco Foundation, and the East Bay Community Foundation and other awards (see mo-betterfood.com/press.html).

The West Oakland Food Collaborative was awarded a three year grant to expand upon the Mo' Better Food Market and our relationship with The African American Farmers of California, while planning for a cooperative grocery store in West Oakland.

Today's, Mandela Foods Cooperative is the cooperative open for business initiated through the efforts of the West Oakland Food Collaboration, initiated by Mo' Better Food.

Our model of developing farmers markets to build cooperative grocery stores with a direct connection with local farmers is part of the model we call building Healthy Economics.

(continue on page 7)

intergenerational sustainability?

continued from page 6

The other part of developing is the Intergenerational sustainability component of Healthy Economics.

Healthy Economics utilizes both the Friends of School and the Intergenerational Enterprise programs to achieve a sustainability by bridging the generations that share a common concern of improving their school and it's surrounding community.

Together, the Friends of School and The Intergenerational Enterprise create work experience for the students, jobs for the adults and ownership and pride from within the community.

The intergenerational aspects can be best described by understanding the functions of both The Friends of School Program and the Intergenerational Enterprise Program.

The function of the Friends of School Program (www.friendsof-school.com) is to pull together various school organizations into the social enterprise conversation of improving the food system.

For example, the older generations (Alumni, PTSA, Business part-

ners) understand their role will be mentoring/working/owning the businesses they start/manage and the younger generations (the students) understand, they will intern/work at these businesses until they graduate to later assume the mentor role as an alumni.

Healthy Economics defines the collaboration of the organizations focused on improving the food system, as the Intergenerational Enterprise.

Each generation has:

1) a specific role within this community improvement process.

Each generation is

2) aware of what the other generations are doing.

Healthy Economics communicates these roles and updates the progress towards the vision the community has established through 1stSaturdays.com.



Tuskegee to healthy economics

During my years at Morehouse College, I was given an assignment by Dr. William Sheftal, then head of the Business Department to seek economic solutions for the African American community.

Around this time, I had read the book, Up From Slavery, written by Booker T. Washington. This book inspired me to seek solutions for economic development in our community.

I thought, if students, out of slavery, from Tuskegee, could build forty buildings from their own bricks, then we could also rebuild our poor communities throughout this land today.

After reading The Four Steps of Hotep, I recommend reading Up From Slavery by Booker T. Washington, The Movable School Goes to the Negro Farmer, by Thomas Campbell and George Washington Carver Scientist and Symbol by Linda O. McMurry.

I believe if others knew the story of the Tuskegee Normal School, they would also become inspired.

For this reason, I have included some information about Tuskegee as we work towards building Healthy Economics today.



Hotep seen on billboard promoting Black farmers / family celebration

For some reason, even with Black History Month, this history is commonly overlooked in today's educational system. However, as you will find, it gives his-

torical proof that low-income communities can become food secure and sustainable.

The following pages (9-12), give the reader an overview of what I call the Tuskegee Model- A Farm to School Model over 100 years ago.



The Tuskegee Model

"A Farm to school model over 100 years ago"



Booker T. Washington

Just eighteen years after Abraham Lincoln signed the emancipation Proclamation, abolishing slavery in the United States,

Booker T. Washington recruited a staff of individuals to demonstrate to the world a long-term plan for establishing self-sufficiency for the newly freed Africans held captive in America's slave system.

Booker T. Washington founded the Tuskegee Institute in 1881. Washington's goal was to educate the masses of these newly freed Africans in America's legal slave system with practical training essential to meet the immediate needs of the people.

His desire to educate the masses ignited other dedicated staff members including Dr. George Washington Carver and Thomas Campbell to educate the man "farthest down.



Dr. George Washington Carver

George Washington Carver was born the son of a slave. Raised in Missouri, slavery had

ended in the South and newly freed Africans lacked the skills necessary to compete in a free enterprise system.

Carver was at a further disadvantage, because he suffered from the whooping cough at a young age, which prevented him from normal work expected at his age.

He, therefore wandered about discovering many facets of nature including painting.

However, when it came to Dr. Carver choosing a career, he doubted if he could actually make a living as an artist and decided to pursue a career in agriculture.



The Tuskegee Model

"A Farm to school model over 100 years ago"

Being the first African -American to receive a masters in Agriculture from Iowa State, Dr. Carver received enough fame to gain the attention of Booker T. Washington in Tuskegee, Alabama

Dr. Carver excepted the offer. Later saying, "this has been Gods plan for me all along."

From their partnership, The

In April of 1896, just after completing the requirements for his Masters of Science degree in agriculture, Carver received a letter from Booker T. Washington,

requesting Dr. Carver to bring his agricultural expertise to Tuskegee.

In the letter, Washington stated: "I cannot offer you money, position, or fame...I offer you in their place work-hard, hard, work - the task of bringing a people from degradation, poverty and waste to full manhood."



Dr. Carver and Booker T. Washington at the Tuskegee Institute market stall, 1896. Photo by the Tuskegee Institute.

The Sierra Club Magazine captures Mo' Better Food

Tuskegee developed its current reputation as one of America's leading educational organizations. During slavery, Alabama grew a lot of cotton, which strips nutrients from the soil. Through Dr.

Carvers leadership, Tuskegee grew peanuts and other crops to revitalize the soil and to produce enough food from their farms to feed the school, staff, etc.

(continued on 11)



The Tuskegee Model

"Each one teach many"



Dr. George Carver

From utilizing peanuts to fertilize the soil, Dr. Carver acquired a surplus of peanuts and developed what he called “waste products from the peanut.”

From the peanut, he created over 385 products. It is said that from the products Carver developed, the South grossed over \$200,000,000 annually.

While living in Georgia, Thomas Monroe Campbell, at the age of sixteen, ran away from home to attend The Tuskegee Normal School in 1899.

Upon arriving, he worked and volunteered at Tuskegee to pay his expenses. He soon studied

under Dr. Carver and learned to present the teachings of agriculture to others.

After Thomas Campbell graduating from Tuskegee, Booker T. Washington asked Thomas Campbell, “to begin a new and rather peculiar type of work... the reason I am anxious for you to begin the work is that the farmers who need instructions most, I fear are not getting it. We must take, in a larger measure, the information to them... use actual demonstrations rather than speech making only... instead of telling the farmer what to do, show him how to do, and he will never forget it.”

By the time the idea of a traveling school became a reality, Thomas Campbell had built the kind of trust in Booker T. Washington that would make him the first paid demonstrator of Tuskegee to drive what became known as the Jessup Wagon. The Jessup Wagon was drawn by Dr. George W. Carver, financed by a man named Jessup



The Tuskegee Model

"REach the man farthest down"

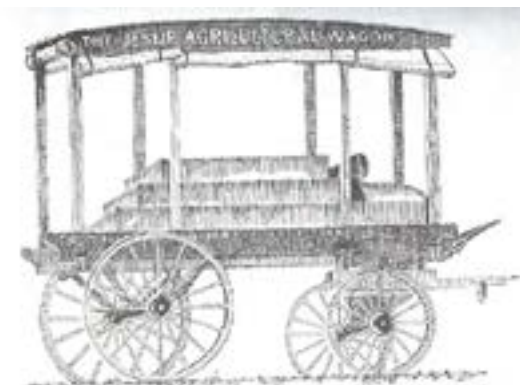


THOMAS MONROE CAMPBELL

and driven by Thomas Campbell to take the teachings at Tuskegee to poor communities outside of Tuskegee.

in the night by countless bed bugs. Occasionally, they were so numerous that by morning the pillows were smeared with blood...it is true that with much effort and inconvenience, I could have found better homes and there in some communities, but my aim was to reach "the man farthest down."

Thomas Campbell wrote about his experience driving the Jessup Wagon



The Jessup Wagon drawn by Dr. George W. Carver

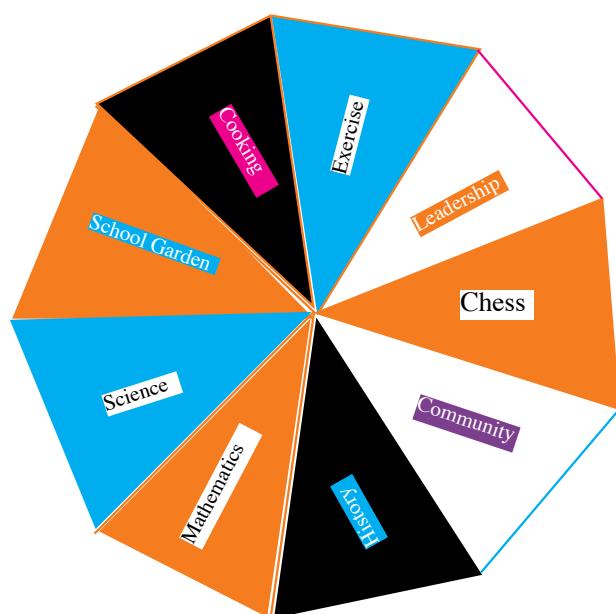
(later became known as the Movable School) in the book, "The Movable School Goes to the Negro Farmer.. He wrote, " in many places after a hard days work, I went to bed only to be disturbed

"Reaching" the man farthest down."is the aim of The Healthy Economics Model for Self Development.





plant a seed the seed of change curriculum



The following school subjects are taught hands on through Healthy Economics: Science, Cooking, Mathematics, History, Leadership and Business through the following projects: Chess, Farmers Market, School Gardens, Cooperative Grocery Store. A brief description about each is provided below.

HISTORY

The history portion of Healthy Economics can be found on pages 9-12 of The Four Steps of Hotep.

This true American story of the construction of a college - The Tuskegee Normal School is rarely discussed in schools today.

The Tuskegee Model is one of several inspiring stories that miss the school books. For this reason, we start the year off with the game “**Black Like**

Me,” Card Game to enable students to have fun while learning Black history trivia. Each school should also send representatives to compete in the annual Dr. Carter G. Woodson Black History Bowl around the later part of February. For details visit: kulturefreedom.com

SCIENCE

Our **science** curriculum revolves around utilizing a school’s **garden** as an outdoor science laboratory. Planting seeds and watching them grow, is educational and exciting for anyone.

COOKING

Our goal is to consume **cooked/raw** healthy fruits and vegetables every-day. After school, a lot of our kids are hungry. We see this as an opportunity to teach our children how to eat healthy and inexpensively.

EXERCISE

Exercise 20-30 minutes everyday. Healthy Economics realizes students and school staff should sieze a time each day for physical activity. Organized exercises is also a way to build teamwork amongst our students.



the seed of change curriculum

CHESS

We utilize chess to shift the thinking of our students from short - term survival mode to long-term building Healthy Economics mode.

The Chess pieces, starting with the King (i.e. President Obama), The Bishop (i.e. churches in the community) all the way down to the Pawns (the majority of the people with the potential of becoming Queen) enable students to identify who these people/organizations are in and around their community.

MATHEMATICS

Healthy Economics connects **mathematics** to the real world through a number of hands on exercises. A few mathematical examples are: weights and measures through cooking; determining square footage to plant in container boxes; preparing budgets for fundraisers - All of these hands on business exercises connect mathematics to the real world.

LEADERSHIP

We must have the “ buy in” of the student population to reach Healthy Economics. Student participation is the most important aspects of our program.

Healthy Economics promotes the Student Government Association’s to accomplish the goal of increasing student participation.

Once, the schools student government is functioning, the student government seeks business partners / mentors to assist the development of Healthy Economics.

BUSINESS / FARMERS MARKET/GARDEN / CO-OP /

Healthy Economics utilizes a number of enterprises to economically empower the school and its surrounding community. These enterprises are used as projects for experimental learning, while creating training for students and jobs for adults.

Enterprise examples are: The Mo’ Better Food Farmers Market, Garden and Store.

VOLUNTEERISM - 1st Saturdays Promotes Monthly

The 1st Saturday’s program identifies the first Saturday of each month to bring together the Inter-generational Enterprise (students, alumni, parents, and business partners).

School Year At a Glance (K-12)

The agenda includes: monthly updates of their particular organizations. Updates on how each generation is improving the farmers market/grocery store, etc.

By the end of the 1st Saturdays event, each generation should leave with assignments to present the next month.

SEPTEMBER - OCTOBER

Organization Structure
Roberts Rules of Order
Student Government
Developing Communication
Verbal and Written Skills
Leadership / Social responsibility
Study of Non-Violence
Muhammad Gandhi
Dr. Martin Luther King Jr.
Booker T. Washington,
George Washington Carver
Thomas Campbell
Parts of a Business Plan
Learning about your market
Research and Development
Understanding Surveys
Researching your market

NOVEMBER- DECEMBER

The four p's of Market
(product, place, promotion, price)
The Cost of being in business
Business Mathematics- Finance
Income Statement, Balance Sheet
Projecting future profits
Cash Flow Analysis
Break - Even point

Return on Investment
Economics
Basics in Economics
Supply and Demand
Being a consumer
What is advertising and marketing?
How is it used today?
Being a Producer
Creating Content

JANUARY - MARCH

Establishing email accounts, press releases, creating sound bites, creating flyers, newsletters, web-sites, T.V., commercials.
Cooperative Economics
Organizational structure
Technology Exploration
Using technology to reach customers.
Email- Entourage/Outlook
Desktop publishing-Indesign
Creating a database- Excel
graphic design- photoshop
web-sites- Dreamweaver, Joomla
video- flash
School newsletter
Establishing emails
Build a web-page
Friends of school.org

APRIL-JUNE

incorporating science into business
science lab
Testing Water
Testing Soil
Incorporating your environment into your business
You and your environment
Knowing your neighborhood,
The People, your food, water, what is green?

healthy economics overview



**Mo' Better Food @
Beebe Memorial Church**



**Will Scott, President of the African
American Farmers of California,
addresses a school of young visitors at
farm location in Fresno, California.**

HEALTHY ECONOMICS ?

Healthy Economics is not a program, but rather an intergenerational network that shares the focus of improving the communities food and educational system by utilizing the school (often the high school) as the center of the community.

benefits of healthy economics

The community becomes physically healthier from increasing access to fresh fruits and vegetables and economically healthier from establishing the needed businesses within the community that provide healthy food, jobs, training and community pride.

STRATEGY improve food system

Our strategy to improve the food system, is to increase the production and distribution of healthy food within a community by setting up farmers markets and cooperative grocery stores (the main role of mo' better food).

improve the educational system

Healthy Economics emphasizes governance in the schools, i.e. student government, parent teacher associations, alumni associations collaborating to manage and operate the farmers markets and cooperative grocery stores. When these organizations come together, we call them the Intergenerational Enterprise.

The 4 programs of healthy economics



Step 1 -Establish a Mo' Better Food farmers market in your community.

By starting and managing farmers markets, school gardens, and other food related activities, students and adults gain training in basic business operations and cooperative economics, while providing the basic food needs of the community.

visit: www.mobetterfood.com



Friends and Alumni of
McClymonds on Flash Back day

Step 2- Start a Friends of School at your school.

Friends of School's role is to identify the stakeholders on campus, i.e. school leaders, alumni association, and network these organizations to serve the overall vision of the schools principal and the surrounding community. Friends of School Program connects youth to alumni and other professionals who share the vision of improving the school and its surrounding community.

visit: www.friendsofschool.org



Step 3 -Establish The Intergenerational Enterprise at your school.

The Intergenerational Enterprise is the name we use to describe the group of the generations coming together to start and manage social enterprises connected to the school site.

visit: www.intergenerationalenterprise.com



Hotep T-Shirt 's
adventuresofhotep.com

Step 4 -1stSaturdays is the monthly reminder to maintain the garden and other projects you started in the community.

We call it the official monthly service day!

visit: 1stsaturdays.com

4 Steps

step 1 of 4 steps of Hotep Friends of school OVERVIEW



The “Friends of school Program is a toolbox used to build “The Big Head” or The Complete School.

The Friends of school program is a method of developing a community by increasing the spirit of

Our mission is to create sustainable communities by bridging the gap between the generations through social enterprises and other initiatives. These enterprises enable local residents to gain work experience to promote self - empowerment and community ownership.



Volunteers Construct Aquaponic System

In order to create sustainable communities, residents must be educated and inspired to utilize their education to improve their community.

Since every community typically has a school, our strategy of educating the community stems from partnering with the schools through The Friends of School Program.

the local high school and utilizing the high school as a nucleus for the generational development that grows from the wisdom of its elders and the strength of its youth.

Consider learning what the vision and plans are at the high school near you. Maybe you specialize in a particular career and would like to share your career to the improvement of the high school in your community.

Step 1 of 4 steps of Hotep friends of School Program



THE HEALTHY ECONOMICS CAMPAIGN UTILIZES THE FRIENDS OF SCHOOL PROGRAM TO BUILD THE COMPLETE SCHOOL

The Complete School consists of, but is not limited to these elements:

(THE BIG HEAD)

- 1. A functioning Student Government Association*
- 2. A functioning Alumni Association (of the High School)*
- 3. A functioning Parent Teacher Student Association*
- 4. Mo' Better Food School Gardens on campus.*
- 5. Mo' Better Food Farmers Market on and off campus.*
- 6. Working towards establishing The Intergenerational Enterprise
(the following step of The Friends of School Program.*

These two programs overlap.

THE COMPLETE SCHOOL HELPS ESTABLISH THE INTERGENERATIONAL ENTERPRISE IN THE NEIGHBORHOOD.

*If this sounds like something you would like to support,
join us today!*

visit: friendsofschool.org

4 Steps

step 2 of 4 steps of hotep 1st Saturdays



Dr. Martin Luther King Day of Service is usually held each year on or around Dr. King's birthday.

On MLK day, volunteers conduct a number of duties including but not limited to, picking up trash,

After planting a garden on MLK day, what happens to that garden after the event? one month later? four months later?



**Garden at Castlemont
before volunteer day**



**After Volunteer
Event**

1st Saturdays is a monthly reminder to improve upon projects already started.

*Join today!
1stSaturdays.com*

4 Steps

Step 3 of 4 (The big head) the intergenerational enterprise

What is the Big Head?

The Big Head picture visually captures the people connected to a school.

The big eyes bring to life all these people working together. Similar to the saying, “If these walls could talk.” If the school could see or even think like a person, or rather be a person, how would it reach it’s full potential? And since the school resides in a community, how can the school improve its surroundings? These questions and others we seek to answer and implement as we advance towards building Healthy Economics.

The Friends of School program has the primary function of building these basic organizations (i.e. alumni association, PTA’s, student government association) to build ***The Big Head*** at the school.

In theory, the four programs share the intent of making ***The Big Head*** bigger.

How does the Big Head grow?

The Big Head grows each year through the membership of the key organizations on campus. Healthy Economics defines the school as complete, once these basic organizations are functioning as individual organizations at a school.

After becoming complete, The Intergenerational Enterprise’s main function is to collaborate “the Big Head,” or the Complete School, with community / business partners to volunteer on and off campus to improve the school and it’s surrounding community.



<http://IntergenerationalEnterprise.com>

Where do we begin?

Start a 1st Saturdays monthly volunteer event in your community!

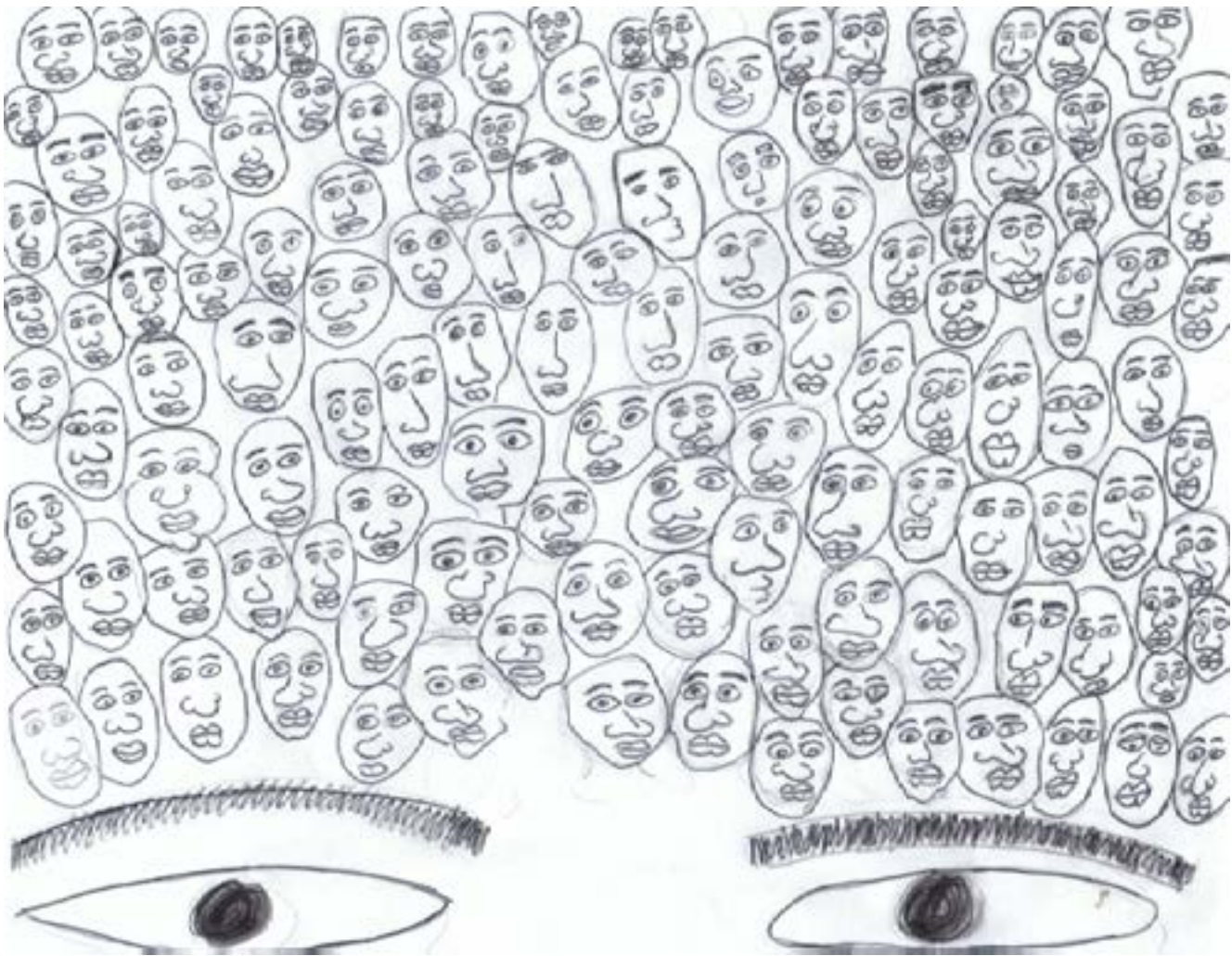
Volunteer once a month in your community and help build a BIG HEAD in your

community!

1stSaturdays.com is the official monthly volunteer day of the Healthy Economics Model.

more info: visit: ***1stSaturdays.com***

The big head



All the heads working
together builds
healthy economics!

Step 4 of 4 (food enterprises) the Mo' better food program

The Mo' Better Food Program officially begins when the Intergenerational Enterprise is planning and volunteering monthly through the 1st Saturdays Program.

Since the nucleus of Healthy Economics are the schools, it's important to align the 1st Saturdays of each month with the schools calendar as soon as possible.

Due to the frequency of changes in our schools administration these days, an actual calendar (one that includes school specific events) may not exist.

If there is no school calendar, create one. Here lies an example of one the responsibilities the Friends of School Program can assume. Be a friend and assist the school's administration with developing a school calendar. During the calendaring process, make sure the 1st Saturday of each month is blocked off for the entire year (including the summer months). We don't want that beautiful garden we constructed or adopted to die during the summer months.

Each month, the Intergenerational Enterprise's agenda stems from their particular organizations updates and the Mo' Better Food Enterprise brainstorm/updates.

An Example Agenda

1st Saturdays

Date : Oct 6th, 2012

Location: McClymonds H.S.

*Principal welcome /announcement
(or school rep)*

reports from :

Parent Teacher Association

topic-mentoring student leaders

Student Body President (or rep)

topic-homecoming chaperones

President of Alumni Association

topic- Upcoming college fair

BRAINSTORM/UPDATE

farmers market

topic-last month sales

grocery store

topic -possible location

Volunteer Garden Task today

volunteer task today:

*pull weeds, plant starters, build
more containers.*

Next meeting date: Nov 3rd

End - Thanks! Hotep!

healthy economics -faq

Question 1: What is our vision?

Answer: To build Healthy Economics

Question 2: What is Healthy Economics?

Answer: The day a community once termed low-income, underserved, becomes self sufficient, independent.

Question 3: How does Healthy Economics work?

Answer: It partners the food system to the educational system through four main programs (websites). Each program (site) has a specific function of uniting the schools to their community. Through intergenerational activities, “the people systems” of the school participate in the development of the school and its community.

Question 4: What do you mean by a “People system?”

Answer: A People System is a collaboration of organizations that seek members. For example, The PTSA collaborating with The Student Government Association in collaboration with the School’s

Alumni Association is a people system. Each of these organizations capacity grows through increased membership. When they come together, you have a people system in place that enables the school to manage a school garden, farmers market and cooperative grocery. The function of the Intergenerational Enterprise is to connect this “people system” to these types of activities.

Question 5: What is the role of the Intergenerational Enterprise?

The Intergenerational Enterprise has several roles / purposes within the Healthy Economics Campaign. To create governance for sustainable social enterprises. We focus initially on social enterprises that improve the food system, i.e, school gardens, farmers market, cooperative grocery stores.

The Intergenerational Enterprise consists of representatives from the student body representatives, PTA, alumni Associations, local college representatives, including graduates from Historical Black Colleges and Universities.

healthy economics- faq

The Intergenerational Enterprise seeks funding for social enterprises decided by the Intergenerational Enterprise.

Question 6. What is the role/purpose of Friends of School?

Answer: In most low-income, underserved communities, rarely do you find a functioning organization on campus outside of the schools administration. Each school needs functioning organizations, prior to having the People System in place to build an Intergenerational Enterprise. The function of the Friends of School is to strengthen these school - based organizations, so that, once strengthened, can become the people system necessary for the economic opportunities prevalent in these communities.

Since, some schools may have a strong student government association, and another school may not have one at all, The Friends of School Program addresses each school differently. We evaluate the strengths and weaknesses of the school, with

in mind our strategy of building the complete school and The Intergenerational Enterprise.

The Friends of School Program seeks to build and preserve the communities historical continuity by documenting all the new alumni each year and connecting these recent graduates to the affairs of the association.

Question: 7. How did the Friends of school begin?

When we started the Friends of McClymonds High School, we brought together older and younger McClymonds Alumni Association to get involved with the schools affairs. Since, several students, upon graduation, have joined the Alumni Association of McClymonds.

Since many alumni and current student body of McClymonds live in West Oakland, it's a win win for the school, city, etc, to seek the assistance of high school graduates in it's future development.

Where do we go here?

In the book, “*Where Do We Go From Here? Chao’s or community*,” written by Dr. Martin Luther King Jr, he mentions a leadership conference where a visiting African head of state attended and spoke.

After hearing the various African American leaders speak, the African Head of State had these words to share, “ I have heard you speak about what the white man is doing to you, but I have yet to hear what you are doing for yourself.’

If the same Head of State were to attend a conference today of similar representatives from our community, I’m fairly sure he would re-state his previous comments now some 40 years later. Primarily because, we have so many problems facing our community, by the time we finish sharing them, little time is left to solve them.

The Four Steps of Hotep - The Educational Kit towards building Healthy Economics is the type of program we would share with this Head of State as a plan.

In short, The Four Steps of Hotep and the Wheel of Change’s annual curriculum gives a school and its community, a process of planning and evaluating improvements at and around the school, while improving a communities ability to feed itself.

One of the reasons for emphasizing the school garden and school farmers

market as an enterprise is because both ventures have low start- up costs.

Low start- up costs means, we can start today. The people involved, do not have to wait for someone or some organization for funding to get the ball rolling. Once the ball gets rolling, we improve upon these ventures to build the cooperative grocery store and eventually Healthy Economics.

The journey will not be easy. People are different. If your goal is organizing a community inflected with ill’s of poverty and generations of poor education, assume people are different and may not get along at first. Also assume, if your goal is to utilize Healthy Economics in an affluent community, everyone still will not get along. Why? Because people are different.

Regardless of our differences, we can agree to start planning our first 1st Saturdays event. Each 1st Saturday we work out our differences by working with what we share in common - the need for a healthy community.

For example, while we are working out our differences, we are planting seeds or pulling weeds. Each 1st Saturday serves this purpose.

Join our efforts today!
Your servant,
Hotep Means Peace,

David Roach
adventuresofhotep@gmail.com

About - author and hotep



David Roach

I cannot recall the book at this time, but it mentioned a Dwarf from below KMT (source of the Nile River) that was given to a Pharoah as a gift from one of his governors upon returning from an expedition.

The Pharoah described the Dwarf as his favorite gift “from the land of their ancestors.” The Pharoah praised the Governor and requested to give the Dwarf the best treatment, accommodations, etc.

I imagined who this Dwarf was and came up with the name Hotep.

Hotep is an ancient Kemet (Egyptian) word for “peace.”

I wondered, what kind of wisdom did Hotep bring the Pharoah from the ancients? And what kind of wisdom could he bring us today?

I started drawing Hotep imagining others who have carried the name of peace and/or who have fought for justice in our past. I attempt to connect, thru Hotep, this sort of spirit to the present.

I added to Hotep's face, certain quotes to promote peace and justice. His first t-shirt was “Hotep Means Peace.” His second, “Peace in self, is where peace begins.” After the Rodney King incident, Hotep had these words, “Before violence, there was

injustice. Before injustice, there was peace.” The most popular was and still is, “Pick a fruit. Feed a child. Plant a seed. Feed a nation which was promoted through the Mo' Better Food Campaign.

The Four Steps of Hotep takes the Mo' Better Food program to the internet with each of Hotep's four steps representing each of the four programs The Familyhood Connection Inc (which I co-founded) is using locally (in the Oakland, CA area) and promoting nationally and internationally as a strategy to build healthy, sustainable communities thru the sites

The Four Steps of Hotep or The Four Programs to build Healthy Economics are:

[1st Saturdays.com](http://1stSaturdays.com)

FriendsOfSchool.org

intergenerationalenterprise.com

mobetterfood.com

They all work together to build Healthy Economics. See: healthyeconomics.org



The Adventures of Hotep

Lets spread Hotep Together!
Kind regards,

David Roach
You can follow me at:

Follow: twitter.com/hotepsadventure
Website: <http://adventuresofhotep.com>



HOTEP MEANS PEACE

THE FOUR STEPS OF HOTEPE'S EDUCATIONAL KIT (4STEPS) TO BUILD HEALTHY ECONOMICS IS A 28 PAGE GUIDE TO BUILD HEALTHY ECONOMICS IN ANY COMMUNITY.

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