



A Walk Through Santropol Roulant

Annual Report April 1, 2005 – March 31, 2006



François Charbonneau

Walking through Santropol Roulant, you may turn a corner and come upon a room full of seedlings, a volunteer brushing her hand over the plants to acclimatize them to a windy life at the rooftop garden. Turn another corner and you may find a bike workshop, a worm composting room, an impromptu meeting, a used clothing friperie, and a Meals-on-Wheels kitchen full of good food smells as volunteers prepare the 100 meals we deliver daily.

What binds these seemingly disparate activities is the feeling of a place that embraces possibility – a place that lives in the realm of *why not?* We see this spirit manifested in the daily cycles at Santropol Roulant: a volunteer program that is robust and engaging, a membership model that empowers people young and old to participate actively in community life, and an attitude towards growth that ensures that as we branch out, our roots grow deep within our local community.

In the past year over 1,500 volunteers prepared and delivered meals, worked in Santropol Roulant's bike workshop and rooftop garden, and participated in deep organizational visioning. Our kitchen prepared 23,500 delicious hot meals and we built a new addition to our space, welcoming the 45,000 worms that help close the loop of food production, distribution and waste cycling.

Santropol Roulant is a vibrant example of positive intergenerational collaboration and a more sustainable urban food system. Each year builds upon the last, and our changing space is testament to the cumulative impact of hundreds of individual efforts. Beyond Santropol Roulant's walls, we are starting to see the impact of our work in new friendships, changing how people navigate the city, and the potential for cumulative and collaborative efforts towards social transformation.

We invite you for a walk through Santropol Roulant!

Beyond the Walls of Santropol Roulant

“The first time I walked into the Roulant, it felt both unique and familiar. Like the other partners we work with around the world, it offers respect, love and commitment to its community — and the conviction that we already have everything we need to create lasting change at home.”

—Deborah Frieze, Co-President, The Berkana Institute

The stories we write and read in Santropol Roulant's annual report account the magic that we see alive in our community every day. This magic exists elsewhere in Canada and beyond, and we have much to share with and learn from individuals and organizations beyond our walls.

This past year, we set out to be in community with groups that we see expressing a spirit akin to what we nurture and observe in our own work. In some cases, these organizations resemble the Roulant – working with food, building relationships, focusing on intergenerational collaborations. Others do not share an obvious resemblance, but we approach our work in a similar way and can learn from our different perspectives.

This community is asking the following question: *What can we do together that we can't do on our own?* We are exploring this question within the Santropol Roulant community, with partners and friends in India, Mexico, Brazil, South Africa, Zimbabwe, elsewhere in Canada, and with other Meals-on-Wheels organizations in Montreal.

At the same time, we are developing internal culture so that learning and growth are shared as much as possible by as many people as possible, and so we live our values as much in our daily interactions as in exchanges overseas. Where once we were concerned that growth could compromise the heart of our mission, we now realize that our core programs give meaning to our external relationships, and these relationships in turn nourish the foundation of Santropol Roulant.

Our Living Labs project is an inquiry into dissemination at Santropol Roulant, and this has been quite an inspiring experiment! We will continue asking difficult questions as we share our experience in community engagement and organizational life, working with other groups, supporting each other and inspiring each other in our work.



Bob Stilger

The annual gathering of Learning Centers held this spring in Oaxaca, Mexico. The gathering brought participants from Canada, the United States, Mexico, Brazil, India, South Africa, Zimbabwe and Pakistan to dream about how we might connect our local work to cooperation on a global scale.

Living Labs

Developing our Internal Culture

Every Thursday, we take time to reflect. This is time to work with our members and think about how we want to live and grow as an organization. We are increasing the opportunities for community members to participate in dissemination activities, and increasing our capacity to participate in external partnerships as we retain and celebrate Santropol Roulant's unique, idiosyncratic spirit.

Meals-on-Wheels in Greater Montreal

March 2006 marked the fortieth anniversary of Meals-on-Wheels in Quebec! Santropol Roulant took this event to heart, and we have been connecting with groups that resemble our core activities the most, thinking about how we can work with this sector in the years to come.

The Canadian Context

Since the Living Labs project began in 2004, we have been connecting with organizations participating in the *Applied Dissemination working group* supported by the J.W. McConnell Family Foundation. We are exploring Santropol Roulant as teacher and student, sharing our inspiration and learning from other groups' experiences with growth and change.

An International Community

One of the most significant results of the Living Labs project, this past year heralded a host of new friends for Santropol Roulant. We are working with the Berkana Institute as a member of an international community of organizations thinking about leadership and social change – be it through social service, the notion of a 'trans-local' movement, or sustainable building design. We are at the beginning of this particular voyage and can already see the value this work brings to Santropol Roulant and our members.

The Seedling Room

Number of seedlings grown in the seeding room over the winter and transferred to the rooftop garden:

700



The Vermicompost Room

Number of worms living in 3 containers in the basement processing our kitchen's organic waste:

45,000

The Bicycle Workshop



The bicycle workshop is a unique community space, bringing volunteers together to learn, repair their bikes, and help maintain the Roulant meal delivery fleet. At the same time, we promote ecological transport and generate revenue for the Meals-on-Wheels!

"You cannot imagine the comfort I feel when I receive one of your meals ... It smells good, it tastes good, and it warms the heart and soul!"

—Mme M., client

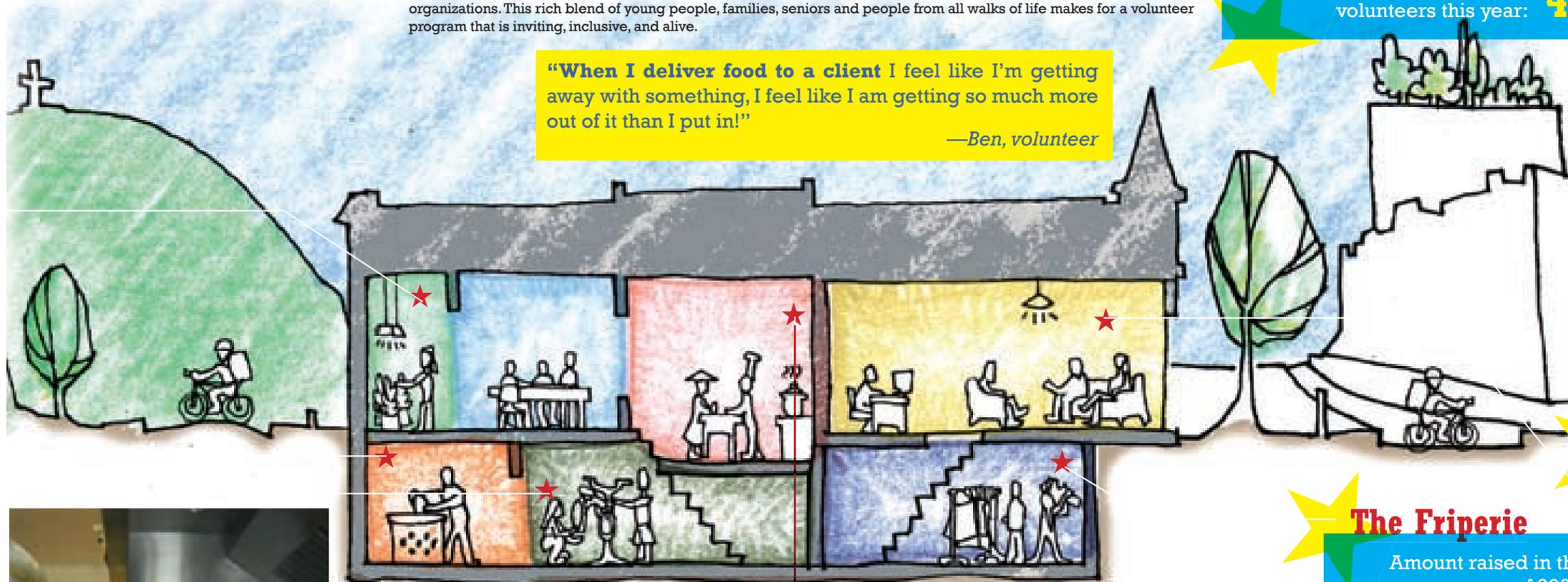
Volunteers Transform all the Spaces at the Roulant

Santropol Roulant is a hub where people of all ages experiment with and define the role they want to play in the world. A steady flow of 20 new volunteers every two weeks makes for a thriving volunteer program! Over 100 volunteers are directly involved with the Meals-on-Wheels each week, and volunteers participate in so many other ways. Whether it is weekly shifts in the garden or bike workshop, helping with translation and fundraising, flying down Mount Royal on a toboggan or getting the dance floor going at a Roulant party, volunteers are invited to bring their full selves to the work they do and can deepen their involvement depending on their own interests, ideas and energy.

At the heart of the Roulant is a desire for our volunteer program to encourage personal and professional growth for everyone who takes part. We work intimately with universities, high schools, Alternate schools, CEGEPs and youth organizations. This rich blend of young people, families, seniors and people from all walks of life makes for a volunteer program that is inviting, inclusive, and alive.

"When I deliver food to a client I feel like I'm getting away with something, I feel like I am getting so much more out of it than I put in!"

—Ben, volunteer



A Tailor-Made Volunteer Experience

- ★ 3 shifts per day for the Meals-on-Wheels
- ★ 3 shifts per week at the rooftop garden
- ★ 3 shifts per week in the bike workshop
- ★ 3 volunteers per week in the friperie

Number of hours contributed by Santropol Roulant volunteers this year:

45,589

The vegetable in the rooftop garden with the biggest flowers:

zucchini

The Friperie

Amount raised in the summer of 2005:

\$4203



The Kitchen Changes Hands

This year was a transitional year for Santropol Roulant in many ways. One of the most significant shifts happened in the kitchen, at the heart of our operations. With a new head chef and new meals on the menu, the kitchen is just as inspiring as always - warm, bright and welcoming.

Monthly kitchen workshops are another addition since the beginning of 2006. Open to everyone, with a theme that changes every month, these workshops provide a chance to cook together, learn tips and tricks, and share in a delicious meal prepared collectively.

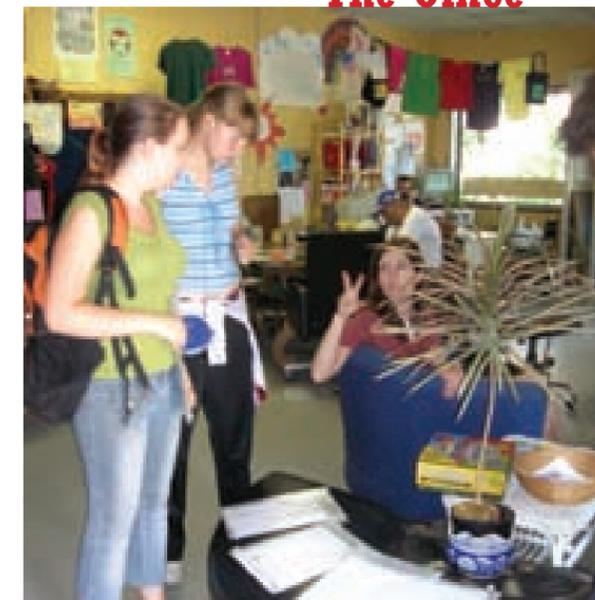
New dishes on the menu this year:

Coq au Vin, Beef Bourguignon, Turkey with Mushroom Sauce, Quiche Lorraine

"The Santropol Roulant environment is one of constant learning. I feel spoiled by all the opportunities I have to meet new people here. The atmosphere in the kitchen changes with each workshop and each new group of volunteers, always different and always rewarding. I feel unconditionally supported, as much by my work colleagues as by the volunteers. Living this experience day after day, I can tell you, this can change a life!!!"

—Armel Névo, Kitchen Manager

The Office



Santropol Roulant staff & board 2005–2006

It is an incredibly committed, passionate and creative team of people who work at Santropol Roulant, and who volunteer on the board of directors. Thank you thank you!

Full-time Staff

Jane Rabinowicz, *Executive Director* (2006)

Vanessa Reid, *Executive Director* (2005)

Allison Griffith, *Living Labs Coordinator & Transition Team Leader*

Amélie Germain, *Rooftop Garden Coordinator* (2006)

Andrea Taylor, *Volunteer Coordinator* (2006)

Armel Nevo, *Kitchen Manager* (2006)

Benjamin Grégoire, *Rooftop Garden Technical Coordinator*

Catherine Simard, *Kitchen Manager* (2005)

Cheryl Williams, *Client Manager*

Emma Davenport, *Director of Operations* (2006)

Fiona Keats, *Director of Development and Communications*

Marc Nisbet, *Meals-on-Wheels Team Coordinator*

Martin Janvier, *Director of Operations* (2005)

Martin Saint-Pierre, *Volunteer Coordinator* (2005)

Part-time or Short-contract Staff

Elana Ludman, *Fundraising Intern*

Micheal Guetta, *Special Projects coordinator*

Sylvie Palardy, *Book-keeper, Treasurer*

Todd Stewart, *Design Coordinator*

Summer Projects and Students

Catherine Rouleau, *Summer Events Coordinator*

John Paul Grosso, *Bike Workshop Coordinator*

Emploi-Quebec

Assistant Kitchen Co-ordinators:

Robin Henderson, David Parker, Sarah Low

MOW Coordinator: Daniele diFrancesco

Friperie Coordinator: Emma Davenport

Community Experience Initiative Intern

Elana Ludman

Paid Drivers

Andrew Davidge, Franca Cacchione, Juan Manuel

Pascal, Louise Payeur, Miriam Toure

Board of Directors

Mallar Chakravarty, *Chair* ★

Lynne Cooper ★ Danièle MacKinnon ★ Tana Paddock

★ Alain Pilon ★ Suzie Raphals ★ Campbell Stuart ★

Claire Tuason ★ Fred Bild (2005) ★ Louise Davey (2005) ★

Eric Steedman (2005)

Staff and board meet during Santropol Roulant's annual retreat, February 2006. Our team has been working to bridge the gap between staff and board, and collaborating more and more on project development and visioning.



Armel Nevo



Santropol Roulant

la popote intergénérationnelle / nourishing our community

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Santropol Roulant is an award-winning community organization founded and run by young people. We use food as a vehicle to break social and economic isolation between the generations and to strengthen and nourish our local community. A social service with an environmental and social change ethos, Santropol Roulant aims to bring the most nutritious and ethically produced food to our community.

Since 1995, with the energy of thousands of volunteers, we have made over 335,000 meals and delivered them by bicycle, on foot and by car to seniors and people living with a loss of autonomy across Montreal. We are innovating and experimenting with new ways of connecting people to food, to their environments and to each other.