

# ON THE TIP OF THE TOES

ANNUAL REPORT 2015



# THE MISSION

The Mission of the On the Tip of the Toes Foundation is to help young people living with cancer regain their well-being by facing the challenge of an exceptional therapeutic adventure expedition. Supervised by medical and outdoor experts, these expeditions also aim to change the image of cancer for the participants and the general public alike.

# THE GOAL

The goal of the Foundation is to offer young people living with cancer the opportunity to leave hospital settings and to go away from civilization and their usual environment.

In this way, we create a situation that aims to rebuild self-esteem and to restore hope in life through the challenge that these therapeutic expeditions pose as well as the possibility for them to improve on their past achievements.

# THE OBJECTIVES

- To surpass themselves physically to stimulate self-esteem and regain confidence in the future.
- To discover new destinations where they will be able to respond to a physical challenge: reaching a summit, going down a river, exploring wild areas.
- To meet different cultures so as to mutually benefit from one another and to discover new ways of approaching life and the disease.
- To take advantage of this adventure to familiarize young people with history and geography, fauna and flora, the notions of climate and geomorphology, and to show them the importance of the interactions between the environment and human beings.
- To change the perception and the image of cancer in the young people who are victims of this disease, as well as in their relatives and in the general public.

## A WORD FROM THE PRESIDENT

Dear friends,

I am pleased to present to you our 2015 Annual Report.

This year, thanks to an extraordinary team, the On the Tip of the Toes Foundation had a record year in the number of expeditions and participants: 42 young people took part in one of our 5 expeditions.

This team is made up of, among others, the full-time staff, which prepares these expeditions, discusses with the young people during the year, organizes our fund-raising events, and engages in many more activities as well. Jean-Charles, Claire, Catherine, and Marc-André, “thank you”.

The members of the Board of Directors and the members of the many committees, who direct the Foundation’s actions throughout the years, are also part of this team. Dear colleagues, “thank you” to every one of you for your involvement and your dedication.

“Thank you” to you, parents and young participants, for giving us the energy to carry out our mission year after year, with the same enthusiasm that we had at the very beginning of our Foundation.

Finally, I express my heartfelt thanks to you, donors and volunteers, and tell you “see you next year”.

**MARC-ANDRÉ BLAIS**  
*President*

## A WORD FROM THE GENERAL MANAGER

I am sincerely pleased to address you through this Annual Report.

It relates not only our victories, which are both inspiring and numerous, but also our challenges, which are singular and surmountable. For almost 20 years, we have relentlessly pursued our mission and have achieved success in doing so, as the following pages once again demonstrate. Year after year, we notice the highly significant benefits of therapeutic adventure for our young participants with a constantly renewed pleasure; the many testimonies that adorn this document prove it.

I’m fond of saying that the On the Tip of the Toes Foundation is not just a mere non-profit organization. Our aim is to help young people living with cancer regain their well-being. Through our therapeutic adventure expeditions, over 400 young people have benefited from our approach not only distinct, but also possibly unique in the world. Four hundred young people indeed, but also many hundreds of parents and thousands, even tens of thousands of people who are part of the everyday life of these young people and who also take advantage of the benefits of our approach.

The year 2016 will be marked by the twentieth anniversary of our organization. To reach such a milestone naturally generates a strong feeling of accomplishment and pride. We will highlight this remarkable achievement in a variety of ways. We are hoping that you will once again celebrate with us a ceaselessly growing number of young people who will see their lives changed by the On the Tip of the Toes Foundation.

**JEAN-CHARLES FORTIN, MGP**  
*General Manager*



## 38<sup>th</sup> Expedition

# MULTI ACTIVITIES

### Young adults (19 to 29 years old)

Parc des Monts-Valin

These young people coming from across Canada have gotten together at the foot of these towering mountains, which are emblematic of the Saguenay region (Quebec). In the first evening, everyone receives the equipment that they will need to brave the freezing cold expected on the mountain in the course of the week. The finger on the map, the guides are sketching the outline of the adventure they are about to embark on. A journey punctuated with words and names still unknown, landscapes to be captured, and challenges to be taken up. Under a starry sky, crystallized by a freezing -20°C and bathed in the cold moonlight, the members of the expedition are going to sleep, protected by the mountains as perpetual guardians.

When they wake up, the participants have the delightful surprise of seeing these mountains that were watching over them even under the black night. Monts-Valin are standing before them like many immense physical features that exist even though no one is staring at them. During the morning, the participants first go for a walk at Lac des Pères. This activity gives them the opportunity to try snowshoeing and to enjoy a nice moment under the sun and talk about the concept of adventure. To most participants, it is

defined by where the limits are reached; there, outside their comfort zone. Once the group members have arrived at the shelters, they set up the first camp, and three courageous participants settle in the arctic tent for the night.

During this nice cold winter day that followed, there is ice fishing and traction kiting. From below the thick ice layer that covers the lake, the fishermen proudly raise four nice little trout while the afternoon's strong gusts of wind threw snow to those who hung on to their kite tightly.

On day 4, the path will be longer and more difficult, but filled with magnificent scenery. The goal of the day is to make progress as a team; the necessary measures are therefore taken to remain grouped together. We feel a bit dizzy on arriving at the camp site: it is difficult for us to fathom that we will be in the warmth within a few hours and be comfortable enough to drift into sleep on this snow bank. After a few hours of team work, the three arctic tents are put up, and we begin to see smoke rising from the chimneys, which indicates that we will be able to warm ourselves up soon.

Another night below -25°C; the group members

# TESTIMONIES

The expedition was super fun from the beginning to the end. I have only positive comments to make about it, and I will retain only happy memories from it. I can even say that I wasn't expecting to have so much fun. The staff were wonderful, and so were the participants. What nice people everyone met during this expedition, and what pleasant memories they will cherish from it. Congratulations to all of you who make these expeditions possible. Thank you!!!

*Joanie R.  
Participant*

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Much needed and appreciated! 5 stars!

*Ariane L.  
Participant*

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An experience beyond my expectations. The expedition was as surprising as gratifying. Many warm THANKS to all the team!!!

*Marie-Joel G.S.  
Participant*



don't let themselves be overawed: They are motivated by the challenge that lies ahead: the exploration of "Vallée des Fantômes" in ski-hok. Halfway between skiing and snowshoeing, this activity allows them to explore the forest off the beaten track, the heavy blanket of powder snow enabling the most unlikely ski manoeuvres and the most audacious descents. They fearlessly and confidently started to fall in as many funny ways as possible. A day filled with good laughs, frightening descents, nice viewpoints, and snow in the pants.

The group keeps on making progress. They first ascend until they reach the "Fantôme" shelter, where they have a sumptuous lunch. Then, they do a lot of going up and down during the afternoon to get to the last shelter. After sharing a hearty meal, everyone goes to sleep early. It is expected that the group will be at the "Pic de la Hutte" viewpoint by sunrise the following morning, which implies that they have to wake up at 4:00 a.m.

Braving the freezing morning cold, the group makes steady progress toward the summit lit only by the light of their headlamps. When they reach the summit, the temperature is -35°C, the sky is pink, the sun is still under the horizon line, everyone's eyelashes are covered in frost, and their hearts are filled with happiness as they see such a breathtaking sight. Once the sun has risen, the group heads for a shelter where they can get a hot and

well-deserved breakfast. Afterwards, it is the last day's walk, the long descent of the Monts-Valin massif to the park reception. The farther we go down, the hotter the temperature is in the heart of the valley. We feel the heat on our faces! In the warmth of the chalet, the team is spending the evening together recalling the good memories and sharing their pride.

To end this adventure happily, the group is spending the day dogsledding. Everyone is enjoying themselves steering their dog-teams, some are better than others at taking bends, the less skilful ones wind up thrown into the snow and their sleds end up on the side of the path, everyone once again sharing good laughs.

The time to part ways unfortunately arrives too quickly. Happy to go back home, the participants are saddened to leave their new comrades with whom they have created strong bonds of friendship. These frosted memories of their adventure in "Monts-Valin" will forever remain engraved on their minds and on their hearts. Stronger, greater, and proud of themselves, they greet one another for one last time. "The orchestra is going away, but the music is still there". These are the wise words told by one of the guides at the time to say farewell.

I'm the mother of Richard Maynard, who made the trip with you in February of this year. I think you remember him! I'd like you to know how you helped Richard! Our happy young man is back!!! When Richard went on this trip, he was a young man frustrated and furious about the world. He has been happy since he came back. He has accepted his disease and has realized that he is not the only young person living with cancer. You gave us back our Richard! There's no word to describe how you touched Richard. This is the best experience he has ever had.

We are immensely grateful to you for everything you did to Richard. Even Richard says that it was the best week of his life! Know that the impact you had on him is limitless! We are and will always be deeply indebted to you. Many heartfelt thanks to you and your team. You are angels.

A thousand times, thank you!!!

*Christine and Raymond M.  
Parents of Richard M.  
Participant*



## 39<sup>th</sup> Expedition

# MULTI ACTIVITIES

### Adolescents (14 to 18 years old)

#### Parc des Monts-Valin

Unknown people amid unknown lands, they will have 9 days to forge lasting bonds of friendship and to recreate a comfort zone favourable to surpassing themselves in this new environment. Before setting off on the expedition as such, every participant must be well prepared; they receive the explanations of the guides as well as the equipment for the expedition. A cheerful chaos reigns in the chalet while everyone is packing their luggage. In the afternoon, before the "Fantôme express" shuttle leads them right in the heart of the mountains, the young people take the time to test the snowshoes on a path that gives them a longing for it. They want more. They will get their money's worth in the next few days...

In order to savour winter and the nice sunny day, a day of activity on Martin Valin Lake is scheduled: ice fishing and traction kiting are activities on the menu. However, as nature has the last word, for lack of wind and fish, the young people are spending most of the day going down the slope that leads them to

the lake in the sleds, which makes them rather happy.

On the followed day, the participants resolutely take on the first challenge. A few breaks are necessary to not only adjust the outdoor outfit and drink water, but also to appreciate the sight and the landscapes that change as we make the ascent. The warmth of the shelter that welcomes the group for lunch relaxes more than one participant, but the day is not over yet. They have to put up the tent and to build a snow shelter to sleep. Filled with tremendous excitement, the group sees a participant end up two metres under the snow because he fell into a hole at the base of a spruce tree... These are nature's traps. Fortunately for him, he has already made many good friends who put in a lot of effort to get him out of there.

The discovery of the mythical "Vallée des Fantômes" will be made at the same time as the one of a new sport: ski hok. Halfway

between snowshoes and skis, these boards enable the participants to get off the beaten track to go to these heavy trees filled with snow called ghosts. When they go down, everyone's pirouettes causing them burst into laughter in the heart of the valley while the young people and the adults in turn wind up the four limbs up in the air with snow in the coat.

After this incursion in the heart of "Vallée des Fantômes", the group steadily goes back to the foot of the mountain. There, they will be setting up a two-day base camp, which is time long enough to learn how to build an igloo. They are fully committed to this project; you should see how carefully they are taking the measurements of the snow blocks to be sawed. When putting the last block on the top of the igloo, the participants are very proud of the work accomplished.

A last challenge must be addressed by the participants during the last day in Parc des

# TESTIMONIES

Being away from home; my parents and family, challenging myself in terms of my strengths and capabilities and especially having the opportunity to be myself while trying new exciting things like flying on a plane by myself and in the end being able to say I climbed the mountain on my own. It made me believe that I am capable of accomplishing anything and everything. Thank you for such a great expedition and an amazing opportunity.

*Sara A.M.  
Participant*

I want to thank all of you for allowing me to be part of the expedition; I'm very grateful to you for that! I had a lot of fun, and you took care of me well hihhi :) The activities were really fun, and I enjoyed spending time with everyone! I already miss the experience ☺. Thank you very much; I love all of you!!

*Angélica D.  
Participant*

I just wanted to let you know, Dawson came home from the Quebec expedition grateful for the experience. He truly enjoyed himself and made some wonderful friends. Thank you again for this amazing opportunity for our son to experience.

*Tina & John L.  
Parents of Dawson L.  
Participant*

I liked the expedition a lot. I would go on it again anytime if I could. It was very well organized throughout, and we always had something to do. There were many varied activities, and the guides and the staff were super.

*Ludovic L.D.  
Participant*

Super expedition and good preparation by the team. Very good support during the psychological workshop (day summary, choice of course...). Thank you.

*Marika .A.L.  
Participant*



Monts Valin: a walk that will lead them to a belvedere where will be able to enjoy the sight. The ascent is not easy, but their efforts will be rewarded, the sight being beautiful.

A day's dogsledding ends this week of winter activity, during which a lot was done. Everyone is impressed to see with how much energy these dogs are rushing forward on the paths and pulling their sleds. Alternately, every participant has the opportunity to steer a dog-team and to feel all the strength of the dogs. Back to the kennel, all the attention is directed to the too

cute puppies. It is not easy to leave this place!

A last evening of celebration is scheduled, during which a supper in a restaurant satisfies the tastes of everyone. The traditional graduation that ensues fills each participant with pride. These adolescents are strong and heavily laden with hope and energy. They are hugging each other the following day at the time to say farewell. As they go back home, they are aware that this great adventure will forever remain engraved in their memories and will be part of their personal story for good.



## 40<sup>th</sup> Expedition **SEA KAYAKING** Adolescents (14 to 18 years old) Mingan Archipelago

After a long bus trip, the group finally arrives in *Minganie*! This did not prevent all members of the group from waking up early the following morning in a good mood.

We had a St-Lawrence sea kayaking practice on a lake located near the camp site because we were not able to go on the river due to the strong winds. After spending a nice afternoon on and in the water, the young people went back to the camp to get ready for the Real start. Unfortunately, Mother Nature was showing no sign of collaboration. The strong winds forced us to remain where we were. This is what happens when we sail on the sea; we have to be able to listen to the sea and respect it.

The following morning, the wind had not yet died down. In the morning, it seemed to drop, so we decide to go. Finally, to try to go... A few minutes before going into the water, we saw the clouds gathering and pouring their content on our band. Everyone wound up wet and miserable.

Canadian author Georges-Hébert Germain wrote in French: "La mer, c'est comme la vie. On craint toujours le pire, on est au désespoir, et soudain, sans qu'on sache trop comment, tout s'arrange." This quotation may be translated into English the following way : "The sea is like life. We always fear that the worst will happen, we are in despair; and suddenly, we see everything work out well in a way that we do not fully know". This writer was once again right. While the group had decided to remain on the ground, the sun finally appeared. We therefore enthusiastically put the kayaks on the water. The adventure had only begun, but it was already working in the lives of these young people who were only asking to leave hospital settings and to live at the rhythm of life.

Halfway through the adventure, the group decided to do what is called an "Alpine Start" This term was coined by mountaineers who set off very early in the morning to begin their ascent of the

well-frozen glacier. They woke up at 4:30 a.m. to set out as early as possible; the effort put in to do so was worth it. In this morning, the young people had the opportunity to see many common minke rorquals. It was also the first time that we had been able to go sea kayaking on still water. It was absolutely amazing! Mother Nature was encouraging us and had decided to make her presence felt throughout this adventure.

The second part of the expedition went off very – too – quickly. We spent very nice days on Havre de Mingan Island, where we were able to take the time to discover the marine life of St. Lawrence River even more. The participants would have been delighted to have the expedition last longer. The young people were really happy and well together.

A surprise was waiting for them on their arrival in Havre-Saint-Pierre. They were given a warm welcome by the director and

# TESTIMONIES

Thanks to the Foundation for giving happiness to sick children! You play such an important role in the lives of all these families. Thanks again. Let's give generously to a good cause. We must carry on.

Thanks to all of you who made this great adventure possible; the participants could not have embarked on it without your support. When I'm reading the blog, I have tears in my eyes, and the farewells are always sad. Thanks to all the staff members for their dedication and their love for these young people. This rewarding experience will forever be engraved in their memory. Thanks for giving these young people the opportunity to enjoy this wonderful experience and to bring them happiness. I end this text by expressing my sincere thanks to all of you! Thank you and thank you again!

*Lisette H.*

*Grandmother of Jacob H.H.  
Participant*

Every morning, I'm eager to read your marvellously well written blog. I laugh and I'm always very moved by reading your new journeys. I think that you, the gang, are lucky to have this experience, surrounded by all these people who are totally ready to have you savour unforgettable moments. Keep on taking advantage of them at the maximum!!! You fully deserve it!!! I'm looking forward to meeting you again soon!

*Karine M.*

*Mother of Émile A.  
Participant*

As I go back home, I will remember all of you. I will have a part of you in me until we meet up again in the other world. Everyone, whether the staff or the participants, was very endearing, and I will regret to have to leave everyone.

*Ali A.A.*

*Participant*

It was such a gift to be able to take part in this expedition – thank you! The staff of the foundation and the kayaking guides were phenomenal. The equipment was more than adequate, and food and lodging were great. I especially enjoyed the beautiful scenery and the whale sightings!

In my opinion, we would have kayaked more, and played less of "Loup Garou". But all in all, it was a wonderful trip ☺

*Allegra F.E.*

*Participant*



an employee of Mingan Archipelago National Reserve. They congratulated the young people on their achievement and gave them souvenirs. They were then invited to have an ice cream at the local milk bar, "Chez Marina". The owner, a very welcoming woman who had been following our epic in the media, wanted to meet these young people and to congratulate them. Her generosity and her hospitality were

highly appreciated. We went to a youth hostel in La Malbaie, where we had a last supper together. There, we were able find rest from the long return journey. Shedding tears, embracing each other, and promising to keep in touch, the young people went back home filled with memories to tell their relatives.



## 41<sup>th</sup> Expedition **VOYAGEUR CANOE** Getaway Expedition - Adolescents (14 to 18 years old) Poisson Blanc Reservoir, Quebec

They were therefore all present on Friday morning, ready to set off for the adventure that was proposed to them. In the bus, the participants quickly introduce themselves to each other and then talk about some other things. They are happy to be able to discuss with other young people who are also leading a courageous fight against cancer. They seem to be comfortable among their new companions and confident that this group will respect their personal limits.

Everyone is there for different reasons, some wanting to disrupt the routine of life to learn more about themselves, to listen to their bodies, to meet new people, or to be in nature to relax. So, it will not be difficult to convince them to hand in their watches and their cell phones for four days.

While they are all equipped to face temperatures nearing the freezing point, the group members put on their swimming trunks and costumes to go into the lake as they reach the Île Verte lagoon and end their

day in so doing. What a nice way to celebrate the achievement that this first day represents: ten kilometres of paddling under the sun! This evening, around the fire and under the big tent that welcomes all the group members, everyone bursts into hearty laughter.

The following morning, the sweet sound of the guitar wakes them up. Soon after the large breakfast, they will go back on the water. They agree to tackle the challenge that is offered to them, which is to make the ascent of a path that leads to a viewpoint at the top of an island. There, they should be able to observe all the distance they have travelled up to now. The climb is hard for some, but the group is respectful to each other; they will therefore get to the summit together so they can enjoy the sight and the fresh breeze that is blowing on top of the mountain.

Back on the water and with a good facing wind, the participants are approaching the

beach that will serve as a place for rest and for having lunch. Not hanging about too much, the young people get back to paddling toward the South of the Reservoir. Paddling offers them a good opportunity to fraternize with each other and to exchange confidences. Between two strokes of paddle, those who want to tell their life stories find the sympathetic ear and the comfort that they need in those who are beside them.

They touch the ground in this end of afternoon and plant their flag in the beach sand with a lot of pride. They set up the camp and install themselves in it for the night before enjoying the evening. The supper is delicious and comforting by the fire. Tonight, there's a party atmosphere. The sound of the guitar is lively, and everyone indulges themselves in performing a few dance steps.

Comfortably sat in their camping chairs on the beach, all participants are filled with



# TESTIMONIES

As I said during our next-to-last evening, such an experience is for me an indispensable activity. The fact of surpassing ourselves, of meeting new people, and of course having fun during this expedition, will forever remain engraved in my memory. Many WARM THANKS to the Foundation and to all the team that organized and planned this expedition.

*Francis P.  
Participant*

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Alexia talked to me about her exciting adventure and of all of you for more than an hour. Thank you for having our warriors enjoy these wonderful moments. They will forever remain engraved in their hearts! Many HEARTFELT thanks.

*Marie-Claude N.  
Mother of d'Alexia N.  
Participant*

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The trip means getting out of your cage  
Forgetting the rage  
That we left in our footsteps.  
As a mirage,  
We see the shore.  
A good presage  
Dispersing the clouds  
Allowing us to turn the page  
Toward a wiser future

*Jeffrey P.F.  
Participant*

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Once upon a time there were adolescents like every other ones, who had gone on a rabaska expedition for 4 days. Bonds were formed and friendships were forged. Only one thing made them different from the rest of the world, their strength and determination were incomparable...

*Alexia N.  
Participant*



wonder before the celestial sight of the lunar eclipse and the super moon that is then shining in a fiery red light in the sky. To all a little magic, a few shooting stars are appearing under their attentive eyes."It's a lot hotter than watching TV", says one of the participants. That evening, after everyone had expressed what they gained from their experience, they are going to sleep in their sleeping bags with a heart bursting with a feeling of pride and well-being.

The participants are spending the last of the adventure going back to the Air Eau Bois camp, cleaning the equipment, having a good shower and putting on their urban clothes. When the time to say "goodbye" has come, no one is sad, because they will definitely remember the moments that they spent together.



## 42<sup>nd</sup> Expedition

# VOYAGEUR CANOE

## Getaway Expedition young adults (19 to 29 years old)

Poisson Blanc Reservoir, Quebec

On this, the first Friday of October 2015, another team of adventurers is getting ready to start on a new adventure! Most members congregated in Montreal; except our super nurse, who will join us in Gatineau, and our two logistics specialists. The destination of this crew: Poisson Blanc Reservoir!

In the minibus, even before this adventure gets under way, there is laughter and smiles everywhere. Once at Air Eau Bois camp, we all introduce ourselves and take a practice run in the Voyageur Canoe. For this first foray on the reservoir, we're facing a headwind and strong waves. It turns out to be a good preparation for the rest of the trip, as we will be facing a headwind all through the expedition. After the equipment distribution, after a wonderful meal and after rather long discussions, we went to bed ready to leave in the morning.

On the early morning of day 2, Marc-André puts on his adventurer's hat: "OK, gang, the adventure is officially underway!" So there we go, in our two Voyageur Canoe on the Poisson Blanc Reservoir. The skies are partially cloudy. At noontime, the sun makes a long enough presence for a few courageous participants to take a swim! On first day on the water is one of joy and happiness! We reach our campsite, on "Île Mystérieuse", late in the afternoon. We set up the tent, we have our evening meal, and we sing with the loons, around the campfire.

The smells of fall and the view of the reservoir are calming for our souls. After a good breakfast, we take down the tent and get back on the water. It appears this will be a nice day! During the day, we paddled in a headwind and climbed the "Elephant wall". A difficult test, but well worth it! At the top, the view is simply breathtaking and we take a five-minute break to reflect in silence, and

appreciate the beauty around us. After this serene pause, we climb down and board our Voyageur Canoe one again headed for "Île Verte" for lunch. The sun keeps us company during lunchtime and many participants just take in the warmth while others go swimming.

After that good lunch, the team takes to the reservoir again. This time, we head for our last campsite. Once there, we set up camp, supper and congregate around the campfire. After a touching discussion during which the participants were invited to share their thoughts and emotions, the evening ends under the stars.

The expedition members wake up early on the last day of the journey. The time has already come to take down everything and to get ready to get back home. Valérien will write in his blog: "Time flies. Quickly, too quickly..." The expedition passed quickly,

# TESTIMONIES

This expedition couldn't have been better! At the outset, I didn't believe in its therapeutic part. However, in the end, the adventure changed me and made me understand and learn so many things about myself and the others! I would definitely go on an expedition again with all of you! You do excellent work and change the lives of so many people!

*Alexia N.  
Participant*

I ADORED my weekend. I adore the outdoors, but since I've been undergoing treatment, I've not had the opportunity to do outdoor activities. The places were magnificent and favourable to relaxation. We ate like kings... I admit that I was rather impressed! The accommodation, the equipment, and the preparation were without reproach, which calmed everyone down and helped them loosen up and enjoy the present moment. The stay wouldn't have been as charming as it was without these 13 newly met people, the interesting discussions we had, the clear communication there was, as well as the hearty and communicative laughs we gave. There was obvious sincerity. It was a memorable trip. I would gladly go on it again, and I recommend it to everyone.

*Sophie D.C.  
Participant*

Wow! As usual, the expedition energized me. I sorely needed to get out of daily life and I've been feeling calmed down and serene since I came back.

Mission accomplished! Thank you!

*Christine M.  
Participant*



but all the participants agree to say that it energized them. We had fun, laughed, shared precious moments and fully

appreciated the beauty of nature as well as its healing power all through this time.

# FUND-RAISING EVENTS

## CELEBRATE LIFE WITH RACHID BADOURI



The ninth edition of the fund-raising event "Celebrate Life" was held on November 19, 2015. The proceeds went to the young people living with cancer of the On the Tip of the Toes Foundation. A very generous sum of \$290,000 was raised.

This unique, happy and fun evening took inside the humorous universe of Rachid Badouri. Business people from Greater Montréal had convened to support the mission of the On the Tip of the Toes Foundation. Their participation in

this event is made possible by the tireless work of our team of ambassadors, who year after year promote our organization in their relatives and solicit their contribution. We are highly indebted to them.

You are cordially invited to next year's event. A show promising to be colourful will feature Stéphane Rousseau. We're sincerely hoping that you will be there for the tenth edition, which will be held on November 23, 2016!

# SHAVE-A-THON MARIE-HÉLÈNE CÔTÉ



The 15<sup>th</sup> edition of the Shave-A-Thon Marie-Hélène Côté will have shown once more all the generosity that the population extends to the On the Tip of the Toes Foundation and the attachment that the general public feels toward this organization. This year, the event, which was held under the honorary presidency of Mr. Yves Thivierge, resulted in the collection of \$69,215.

In total, 75 persons agreed to have their heads shaved for the sake of the Foundation. Although most of them will have done it before their family and friends at St-Bruno Arena, some of them had their heads shaved before the event, at their workplaces or at their schools, among which were "Séminaire de Chicoutimi" and the "L'Oasis" training centre. This year, Annick Dufresne, cofounder and former general manager of the On the Tip of the



Toes Foundation, made the Shave A Thon Marie-Hélène Côté cross the Laurentians Wildlife Reserve. With her spouse, Marc-André Royal, she held a first edition of the event that gathered fifteen shaven persons in their "La Bête à Pain" café-bakery, in Montreal.

This event is year after year driven by the strength and energy of its organizing committee and by the many volunteers who come back each spring to support the cause. The Foundation sincerely thanks the generous sponsors and partners of the event, as well as Mr. Yves Thivierge for his involvement, his energy, and his availability throughout the year.

# DOUBLE DÉFI DES DEUX MARIO



The seventh edition of "Double défi des deux Mario" enjoyed a tremendous success! After a three days' walk on St-Jean Lake, the participants arrived in "Village sur glace de Roberval". They were happily smiling and proud to have managed to overcome both the cold and the challenge.

"Double défi des deux Mario" is a unique event that allows the participants to face the physical difficulty and the internalization challenge experienced by the young people when they embark on an expedition with the On the Tip of the Toes Foundation, by giving many teams the opportunity to cross frozen St-Jean Lake. They put on skis or snowshoes, pack their luggage in a sled, and then move forward on the ice within spectacular scenery.



"Double défi des deux Mario" was born thanks to the initiative of two adventurers, Mario Bilodeau and Mario Cantin. These two men with a golden heart decided to find an innovative way to raise funds to allow young people living with cancer to participate in a therapeutic adventure.

In total, 40 persons crossed the lake, which resulted in the collection of \$66,500 for the On the Tip of the Toes Foundation.

# MAIN DONORS AND SPONSORS

## \$10,000 AND MORE DONORS

Bell Media	\$39,325
Power Corporation	\$25,000
Corporation Fiera Capital	\$20,200
CN	\$18,000
Aimia inc.	\$15,000
Fondation Bon Départ de Canadian Tire du Québec	\$15,000
Prospek	\$15,000
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Atmosphere Chicoutimi	\$11,350
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Fondation Bellini	\$10,000
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## BETWEEN \$5,000 AND \$9,999

Capinabel	\$8,500
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Fondation pour l'enfance CIBC	\$5,000
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Coast to Coast Against Cancer	\$4,675
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# DOUBLE RECOGNITION

## AVENTURE ÉCOTOURISME QUÉBEC (AEQ)

The On the Tip of the Toes Foundation is an accredited member of Aventure Écotourisme Québec (AEQ), which gathers almost 150 businesses working in the sector of adventure and ecotourism. During its audit, AEQ observed that the risk management tools and processes of the Foundation are exemplary and far exceed what is expected from its members. Our internal procedures, the extremely personalized accompaniment of the participants, the provided documentation, the close bonds that we have formed with the health network, the academic setting, the regional population, as well as the quality of our staff members are a few among many examples. Our organization is dedicated to having the participants live an "adventure" experience involving positive effects on them and therefore puts a lot of emphasis on risk prevention, control, and reduction. In addition, the On the Tip of the Toes Foundation promotes therapeutic adventure in the general public and in medical settings, which enlarges the concept of adventure tourism and has beneficial consequences on the sector's businesses. It was a tremendous honour for us to receive the "prix d'Excellence – Produit et service de qualité" from AEQ on last November 4th, the highest distinction awarded by this organization.



## MINISTÈRE DE LA SANTÉ ET DES SERVICES SOCIAUX

The excellence of the work done by the On the Tip of the Toes Foundation was recognized by Quebec's "Ministère de la santé et des services sociaux" (MSSS), a department that granted one of its 2015 cancerology prizes to the Foundation. Indeed, MSSS's "Direction québécoise de cancérologie" conferred this prestigious honour on the On the Tip of the Toes Foundation for its best practices in the Quebec cancerology network. Officials of this organization emphasized the considerable added value of our programs in French in the following way: "l'aventure thérapeutique (...) une approche novatrice, efficiente et efficace dans le processus de guérison holistique des jeunes atteints de cancer". This quotation may be translated into English as: "The therapeutic adventure (...) an innovative approach, effective and efficient in the holistic healing process of young people living with cancer." This is a highly esteemed prize in this milieu. The On the Tip of the Toes Foundation is immensely proud to receive recognition from peers and the state after almost 20 years in existence.



## A WORD FROM THE TREASURER

For the fiscal year ending on December 31, 2015, the On the Tip of the Toes Foundation incurred a deficit of \$114,574. This loss is mainly due to a slight decrease in incomes related to some fund raising activities in comparison to 2014.

The Foundation's balance sheet on December 31, 2015 shows a healthy financial position. We therefore have the resources required to pursue our mission.

In conclusion, I sincerely thank the volunteers, donors, employees and partners, for supporting us in carrying out our mission.

*Lydia Gaudreault*  
Treasurer

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