

ON THE TIP OF THE TOES

ANNUAL REPORT 2016



THERAPEUTIC ADVENTURES
FOR YOUNG PEOPLE LIVING WITH CANCER



THE MISSION

The purpose of the On the Tip of the Toes Foundation is to help young people with cancer to regain confidence in their strength, their courage and their potential by meeting the challenge of an exceptional therapeutic adventure expedition. Supervised by experts from the outdoor field and from the medical community, the expeditions are also intended to change the image of the disease among both participants and the public.

THE GOAL

To offer young people affected by cancer the opportunity to leave the hospital and get away from civilization and their usual environment.

We then create a situation which aims to rebuild self-esteem and to restore hope in life through the challenge and self-transcendence provided by these therapeutic expeditions.

THE OBJECTIVES

- To push one's physical limits to stimulate self-esteem and regain confidence in the future.
- To discover new destinations and to meet a physical challenge: reaching a summit, paddling down a river, trekking through the wilderness.
- To encounter different cultures in order to learn from each other and discover other ways of dealing with life and illness.
- To familiarize young people with history and geography, flora and fauna, the concepts of climate and geomorphology, and show them the importance of interactions between the environment and human beings.
- To change the perception and the image of cancer in both the young people who are the victims, their relatives and the general public.

A WORD FROM THE PRESIDENT



Dear friends:

I am delighted to present our annual report for 2016.

We are very proud to say that nearly 450 young people from across Canada have participated in the 46 expeditions that have been mounted since our inception. We have brought well-being, confidence and self-esteem to these young people and have also had a positive impact on their friends and families.

To make this mission a reality, I am surrounded by an exceptional team. The permanent staff—Jean-Charles, Catherine, Marc-André and Claire—are the cornerstone of our organization. Thank you for your efforts. The successes we have had in 2016 have been largely thanks to you and for this, thank you!

The Board of Directors ensures good governance and builds on our successes in order to ensure the continuity of the organization—a Board involved in the cause with unparalleled dedication!

Parents and young adventurers, you are in good hands with a team of passionate and dedicated professionals. Thank you for your many testimonials; they are a source of inspiration for us.

I cannot conclude without mentioning the immense contribution of our generous volunteers and donors. Your ongoing efforts make success possible.

To all, a very big thank you,

MARC-ANDRÉ BLAIS, CPA, CA
President

A WORD FROM THE GENERAL DIRECTOR



Dear readers:

2016 was a significant year for the On the Tip of the Toes Foundation!

Firstly, it was our 20th anniversary, and for the occasion, we gave ourselves a few gifts: new brand image, new logo, new Internet site, new corporate documentation.

We also received a gift: the “Coup de Cœur” mention from our Regional Chamber of Commerce during its annual gala, an award to be added to those that we received at the end of 2015 from the Ministère de la Santé du Québec and Aventure Écotourisme Québec.

We also celebrated this jubilee by organizing four expeditions, including a rafting trip on the Magpie River, recognized as one of the top three rivers in the world for white water sports. We also received another truly extraordinary gift: a waterfall! Indeed, the commission de toponymie du Québec officially named a waterfall on this river after our organization, the “On the Tip of the Toes” fall. This recognition is particularly gratifying given that each year several similar requests are refused by the Commission.

Finally, we were very proud to learn of the results of a scientific study conducted by Dr. Linda Paquette of Université du Québec à Chicoutimi. She invested five years of research evaluating the psycho-social impact of our expeditions on our participants. The results are unequivocal: self-esteem, self-confidence and the quality of relations with parents and friends are increased significantly. She also noted significant progress at the level of identity development and autonomy.

The annual report that you hold in your hands will allow you to learn about our achievements and about some of the milestones in the evolution of our Organization. Thanks to our generous donors, dedicated volunteers and seasoned professionals, we are succeeding in our mission. You are at the core of this success. Without you, none of this would have been possible. We are very grateful.

Enjoy your reading!

J-CHARLES FORTIN, MGP

TYPE :

GRAND EXPEDITION WINTER



FEBRUARY 27 TO MARCH 6



BLOG EXCERPTS

DAY 2 - FEBRUARY 28, 2016

(...) Before dinner, we took a little time for everyone to explain to the others their reasons for joining the expedition. "It forces you out of your comfort zone," notes Antoine. "It is a way to regain the autonomy that I lost during my treatment," considers Colette," and an opportunity to spend time with young people who have experienced the same hardships as me," says Tabitha. (...)

DAY 4 - MARCH 1, 2016

(...) No, life in the woods is not simple, all the tiny comforts which seem so natural to us at home, here, they must be earned. Water for example: rather than turn on a tap, we must...break the ice in the river with a spike, then fill a bucket, and then the canisters. The water has a funny yellow colour, but it's ok, it's just the minerals. However, to make sure that it is drinkable, we boil it for several minutes. Then it is used to make delicious hot chocolate and to fill our canteens. (...)

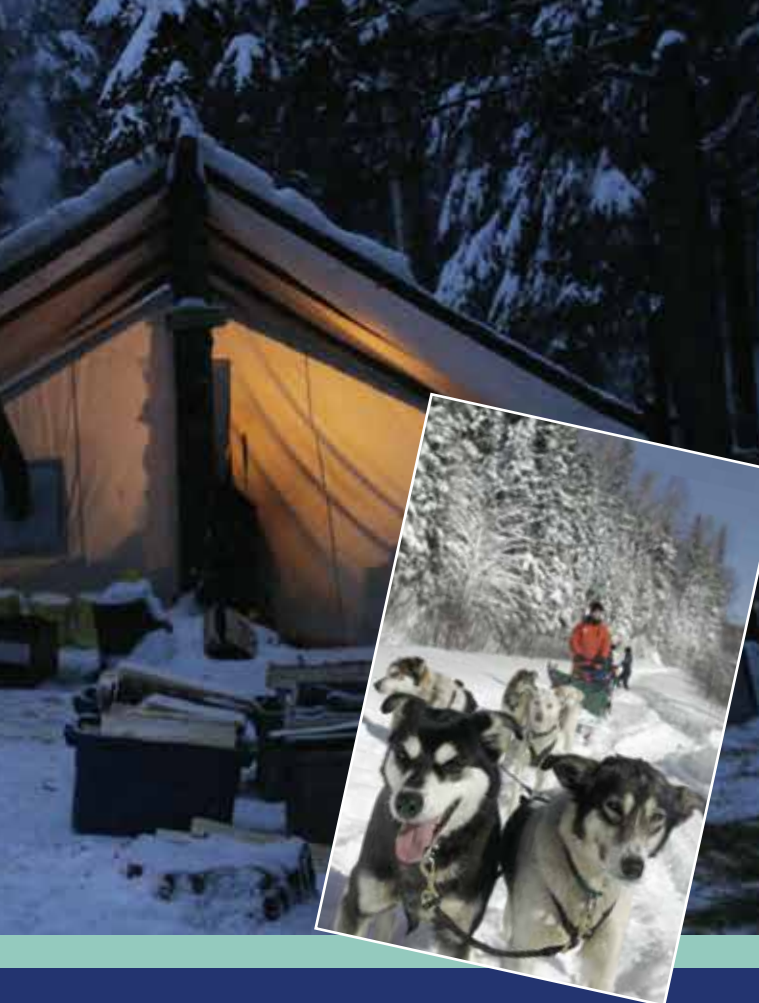
DAY 6 - MARCH 3, 2016

(...) In the morning the thermometer flirts with -30°C. Not easy to motivate ourselves to get out of the warmth of our sleeping bags... We listen... the noises of the camp waking up. The first logs crackling in the stove, the first steps crunching in the snow, and of course the dogs. Tied up to sleep, they are quiet as angels, but as soon as they feel that we are getting ready to leave, the concert begins. Some howl like wolves, snouts lifted to the sky, others seem to cry like babies, some like sea lions in a circus, and some chirp like birds.. (...)

DAY 8 - MARCH 5, 2016

(...) Yesterday, during our last evening in the forest, we tried to summarize our experience in a single word. For Dawson, the experience was "interesting", from all points of view, and Elliot, in one word it was just "incredible". For Antoine it was a true "adventure" with a capital A. He admitted that at the beginning he felt stressed to have to spend a week with an a group of fifteen strangers, without even knowing where he was going to sleep. Étienne's choice was the "complicity" that everyone was able to develop with others, and even with the dogs. For her part, Tabitha feels "grateful" for this new family that she feels part of, and Merceades stressed the word "strength", because "nobody ever gave up." (...)

EXPEDITIONS



DAY 9 - MARCH 6, 2016

(...) We leave, but we all retain a small part of this unforgettable adventure and our new friendships. On the last night, to symbolize what unites us, we discovered another tradition of the On the Tip of the Toes Foundation. Catherine passed around a long piece of blue and white string that we all shared in as many bracelets as there were participants in this great expedition. Then, it is the end of this adventure, but just the beginning of all the others awaiting us, together or each on our own. (...)



DESTINATION :
**PARC
ALGONQUIN, ON**

GPS :
N45.702665, 079.38389



ACTIVITY :
DOGSLEDDING



PARTICIPANTS :
14 YOUTHS

FROM :
IPE, N.S., QC, ON, MAN, AB, B.C.

SEVERAL TESTIMONIES

The expedition was such a great opportunity, the dog sledding was amazing—such an incredible feeling. Thank you for the experience; it will be something I will always remember.

- Colette B.

Initially, I already had my own idea of what the dogsled expedition would be, but I was completely mistaken. I thought it would be easy and for everyone, but I saw right away that it was not. The activity was physically tough, but really fun. Although I was tired at the end of the week, I wish it could have lasted longer. It was awesome!

- Esteban G.

Dog sledding was very fun and the people there were great. I never thought I would ever do something like this. I made some really good friends, too. Even though the weather was a bit cold, our equipment was good, so I was warm. Definitely a trip I will remember for the rest of my life!

- Noah S.

I really enjoyed the expedition, the volunteers, the people from the Foundation, the Chocpaw guides, the activities, the dogs, the atmosphere, the material, the participants, the place, the weather, EVERYTHING AND THANKS AGAIN!!

- Étienne G.

I have recently experienced a trip of a life time... This was an amazing experience and I would do it again in a heartbeat. I made so many new friends and in the end we were all like a giant family. At the beginning of the trip I was nervous about what it was going to be like but I had a close friend with me and I ended up having such a great time. When I think about the On the Tip of the Toes Foundation, I feel extremely lucky that I had the chance to be a part of such a great organization and I will always have the memories in my mind and a wonderful connection with the family I made.

- Tabitha P.

There are no words to explain how much this trip has made an impact on me. One day, I want the group to get back together. I miss everyone

- Mercedes R.

TYPE :

GRAND EXPÉDITION SUMMER



AUGUST 19 - 28



BLOG EXCERPTS

DAY 1 - AUGUST 19, 2016

(...) Fifteen strangers left Quebec City this morning with one common goal: to go beyond their comfort zone. "By standing on tiptoe, we can see a little further," says Mario Bilodeau, co-founder of the Foundation, to explain its name.

The game plan: paddle down the Magpie River for seven days, one of the three most beautiful white-water rivers in the world, according to National Geographic. (...)

DAY 3 - AUGUST 21, 2016

(...) In addition to being in a new environment, everyone has to find their place in a group of people that were strangers just a few days ago. "It does not happen in a day, but we've already begun to grow together," says Mario. Miracles happen in nature, and from the stars in your eyes, I already see a miracle unfolding before me.

"Tomorrow the rafting descent begins and everyone may feel a bit uncomfortable. "Once you get comfortable with people, the environment and activities, nothing will stop you," says Mario (...)

DAY 4 - AUGUST 22, 2016

(...) Then we see the mouth of the river. A few hundred meters further we hear the sound of the approaching rapids, which immediately increases our adrenaline levels. Big waves can be seen on the horizon – everyone listens attentively to the guide's instructions and we navigate the current just like experts would have done. That's it; the white water baptism is over! (...)

DAY 6 - AUGUST 24, 2016

(...) To celebrate the 20th anniversary of the Foundation and the courage of people who are facing cancer, a waterfall on the Magpie River was named On the Tip of the Toes Fall. An original way to mark history!

'This incredible fall is a huge challenge for paddlers on the Magpie River because you either have to portage or make tough decisions to find the best way to descend,' explains one of the expedition's guides. 'This reflects your courage and demonstrates that you can get through important challenges.' (...)

EXPEDITIONS



DESTINATION :
**MAGPIE
RIVER,
QC**

GPS :
N50.695122, O64.582306



ACTIVITY :
RAFTING



PARTICIPANTS :
15 YOUNG ADULTS

FROM :
N.S., N-B, QC, ON, B.C.



DAY 9 - AUGUST 27, 2016

(...) Almost two hours later, we reach another obstacle: Magpie Falls. To avoid the falls, we have to portage with more difficulty because we now have to carry the canoes. The hard work is worth it because the view is fantastic. 'It's a world-class panorama,' said Dany, the expedition leader. And he's absolutely right. (...)

DAY 10 - AUGUST 28, 2016

(...) When it's time to leave, the emotions are at their highest, the tears of joy and sadness too. A strong tribute to the importance of such a journey, where each participant was able to expand his comfort zone to regain control over his life.

'When you return home after an expedition, you realize that nothing has changed. It is all of us who have changed inside' concluded Bilodeau. (...)

SOME TESTIMONIES

We want to thank all of you who participated in the Magpie River expedition in late August.

As parents of a participant, we were, first of all, pleased to have the blog available every day along with photographs, not to mention knowing your location at all times! This was very, very appreciated and facilitated our "letting go". Moreover, together with Valérie's narratives on the events of each day, we were aware of and able to appreciate the smallest details of the organization.

Now, nearly a month later, we marvel at the impact of the expedition on Valérie: she is more self-confident, feels more capable of undertaking what she feels is important, etc.

For all these reasons and many others that could be listed here, we would like to thank you most warmly for the wonderful influence that the expedition has had and will have on Valérie's life. She has had an extraordinary expedition, with outstanding therapeutic adventure facilitators with big hearts. Again, a huge thank you and congratulations for your excellent work, so meaningful to those around you.

- Martine and Michel B., parents of Valérie B.

It changed my life forever. For the first time in a little over five years I felt like the people I was with actually wanted me there, instead of just including me out of pity. I made such strong bonds with everyone in the group; I never thought ten days could make such a huge impact on me. I shared things with this group of almost-strangers that I've never shared with anyone before, and some of them are even on camera!

Very few life-changing events are for the better, but I think I can safely say that was the most positive and most life-changing experience so far in my life. Dear participants and staff of the Magpie Rafting Expedition 2016, thank you all. I love you, and

I hope to hear from, or even see you soon ☺. Very soon, because I miss you already.

- Anthony S.

I am finally back to my life ... the past week just seems surreal. I went on the trip of a lifetime. The moment I got there I almost jumped on a bus back to Montreal, I was so terrified. That would have been my greatest regret in life. I never knew I could meet such incredible people and bond with them on such a deep level so quickly. Ten days was all it took and I made 29 of the most amazing friends I will ever have.

I just can't put it in words how incredible the experience was. I surpassed myself on so many levels I never thought I would be able to. Faced many of my fears and insecurities and just kept on charging forward and slaying those dragons. Thank you to all the guides, medical staff, film crew, participants and foundation staff. Even if we all had different titles we were one group and it was the trip of a lifetime that I will never forget.

- Arièle W.

TYPE :

GETAWAY EXPEDITION



AUGUST 22-25



BLOG EXCERPTS

DAY 1 - SEPTEMBER 22, 2016

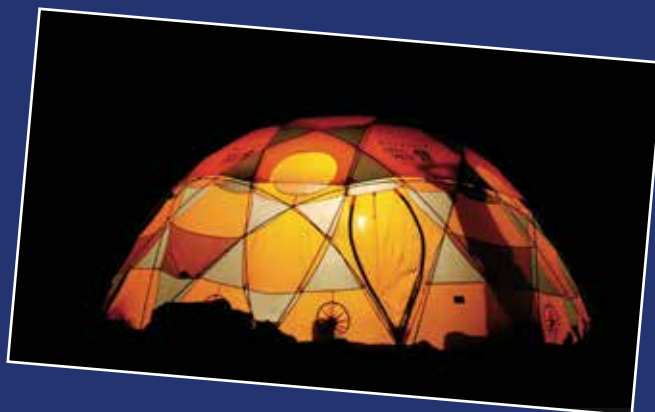
(...) Experiencing this adventure is without doubt their common goal. However, other objectives have brought them to this rendezvous. Some talk about having fun, others want to establish closer contact with nature, to break their routine, to live in the present moment or to share a life journey that isn't exactly what they would have chosen. Gently, naturally, a few minutes after we start, they are already friends. (...)

DAY 3 - SEPTEMBER 24, 2016

(...) The superb feeling that I felt through the waves of the Poisson Blanc reservoir, the feeling that made us want to continue moving and that made us forget all the tiny hassles of life. The emotions that we all felt together in the voyageur canoe with the wind at our backs, whereas yesterday it was against us. In short, the "thing" that made us vibrate... was simply traveling with the people that we are learning to love forever, while we overcome so-called insurmountable difficulties. It's as simple as that. (...)

DAY 4 - SEPTEMBER 25, 2016

(...) Without a doubt, these expeditions reveal something magical. In my opinion, it represents humanity in its simplest form. A group that seems so diverse at the beginning, in a short time reveals so many similarities. To quote the metaphor that Antoine used yesterday to express the image he perceived of the group, "The group reminds me of a bouquet of flowers. At first the group is together, but is slow to show its true face, to express its true essence. Once in the water, the flowers begin to emerge and shortly after, the bouquet turns heads by its splendour ... and all its colours. In my opinion, the flowers that opened in this expedition on the Poisson Blanc ... will never fade". (...)



EXPEDITIONS



SEVERAL TESTIMONIES

As you know, cancer comes with its share of losses for our youths:

- loss of part of one's schooling;
- loss of hair, eyelashes and eyebrows;
- significant weight loss;
- loss of body image;
- loss of one's favourite activities and sports;
- loss of enjoyment of life;
- loss of vacation;
- loss of family routine;
- and above all, loss of innocence.

But the Tip of the Toes Foundation offers gains, BIG GAINS, for our youth such as:

- adventure;
- fun and zest for life;
- meeting other young people with similar life experiences;
- creating new links and friendships;
- connecting with nature;
- extraordinary experience;
- getting more of everyday life and excelling;
- a pause to enjoy life;
- a sense of well-being;
- and overall, of a powerful inner strength!

MERCI, MERCI, MERCI mille fois pour ce que vous faites pour nos jeunes, notre gratitude est inestimable!

-Bonnie H., mère de Nicolas H.

THANK YOU, THANK YOU, THANK YOU a thousand times for what you do for our young people, you have our eternal gratitude!

- Bonnie Helwer, Mother of Nicolas"

I'm glad I got on this trip and get to know everyone. It was such an amazing and one-of-a-kind trip, like the friends I made there and you're one of them Roya Destroya and Alexia—such purity people in and out. Hope we can all see each other soon.

- Diego M.

I am going to miss everybody from this expedition and I will never forget the amazing moments that I had in this trip. It was truly the greatest thing of my life and I am grateful for that. I have become a stronger person. I will remember everybody.

- Mario J.

In a word, I am grateful for everything, everything, everything!!!!

- Alexia N.

Wow, what an adventure! The expedition really made me grow as a person. Everything was well balanced, and I really enjoyed every minute. I think we had an incredible group, and I really feel I've grown from having spent time with every member of the team. A big thank you to the Foundation for this expedition that has changed my life. It helped me turn my back on several negative emotions.

- Aurélie V.G.

DESTINATION :
**RESERVOIR DU
POISSON BLANC,
QC**

GPS :
N45.910388, O75.737072

ACTIVITY :
**VOYAGEUR
CANOE**

PARTICIPANTS :
7 YOUTH

FROM :
QC

TYPE :

GETAWAY EXPEDITION



OCTOBER 2-4



BLOG EXCERPTS

DAY 2 - OCTOBER 2, 2016

(...) Once the preparation is completed, it is with enthusiasm and satisfaction that the two voyageur canoe teams are formed and take their first paddle strokes in very light drizzle. The Poisson-Blanc reservoir is mystical, calm and welcoming. The thick mist is an additional challenge to those who are navigating. Finding a route on this large reservoir dotted with big and small islands is not easy, but they manage. (...)

(...) Tonight, laughter and stories show that everyone is happy and comfortable among their new expedition companions. The group settled warmly in the tent for the night, hoping for a little more sun. Tomorrow is a new day full of promises and unknown challenges. (...)

DAY 3 - OCTOBER 3, 2016

(...) We dismantle the camp, pack our canoes and leave: the adventure begins again! With great agility, our two captains bring us to our first destination, a U-shaped island where we will hike. It's hot and the ????

chemin monte beaucoup. Pour plusieurs, cette randonnée est un bon défi! Un défi qui a par contre grandement valu la peine. Une fois arrivés au sommet, la vue qui nous est offerte est à couper le souffle. C'est avec un grand sourire, une grande fierté et un profond sentiment de quiétude que tout le monde se trouve un endroit pour profiter de la vue et de la chaleur du soleil. Quel beau moment! (...)

JOUR 4 - 4 OCTOBRE 2016

(...) Le moment des au revoir est arrivé et Morgan quitte le groupe la première à Gatineau. Dans l'autobus, sentant la fin approchée, elle avait écrit un petit témoignage qu'elle a lu avec beaucoup d'émotion à tous ses nouveaux compagnons de route. Bien que ce moment soit chargé d'émotion en raison de la fin de quelque chose, il faut se rappeler que c'est également le commencement d'une autre aventure. Pour reprendre les sages paroles d'un participant hier soir autour du feu, « Cette expédition a semé une graine en moi et c'est à moi d'en prendre soin et de l'arroser. Pour moi ce n'est pas la fin, c'est un départ! » (...)



EXPEDITIONS



SEVERAL TESTIMONIES

Back home! What an adventure. I wish I could explain how therapeutic the canoeing expedition really was, but words fall short. It was wonderful to meet so many new people who were gracious enough to share their time with me, and showed me that young adults with cancer are not their diagnosis, something I struggle with often. I didn't see cancer, but instead vibrant personalities, humour, kindness and honesty in every participant and supporter during the trip. I feel like I've made significant connections to people I would never have met otherwise, and can't emphasize the healing that was done over a short 4 days. Thank you so much to On the Tip of the Toes Foundation for including me on this trip.

If any of you have some spare cash you want to do well with, I strongly recommend a donation to this foundation.

- Morgan M.

On the way home, I sit at the back of the bus between my two new friends and watch all the extraordinary people there in front of me. All these young people who have, like me, had some difficult moments. Together, we all spent a week full of surprises and filled with twists and turns, all extraordinary. I got to know them, learned to live with them and learned to have fun with these great people, even if ages and languages separate us. There is also the team of facilitators who have greatly improved this expedition week. I thank them all very much, and I wish more than anything else that we could meet again one day, to simply have fun and to share more incredible moments.

Thank you for everything, I love you all.

- Esteban G.

Everything is perfect. Thank you all for the beautiful and good times spent with you. I'll remember it all my life. Thank you for this beautiful experience. I love you all. The time spent relaxing with you was amazing.

- Samuel D.

You're all the ones I most admire, with great intentions and loving desires. Passion and trust and knowing that you all cared, brings a lifetime of happiness for us to share ... in such a short time. Being so gentle, understanding and kind brings comfort, faith, and when love and friendship coincide, this is truly a blessed event. Never going to forget you guys. This rafting trip definitely changed my life for the better.

- Aaron D. H.

I had the best time of my life!!!! This trip truly changed my life I love all of you who shared it with me.

- Mario B.L.

The best time! Miss you all so much! The foundation works so hard and does so much good (:

- Roya G.



DESTINATION :
**RÉSERVOIR DU
POISSON BLANC,
QUÉBEC**

GPS :
N45.910388, O75.737072



ACTIVITY :
**VOYAGEUR
CANOE**



PARTICIPANTS :
8 YOUNG ADULTS

FROM :
QC, AB

TWENTY YEARS

OF THERAPEUTIC ADVENTURES,
For the benefit of hundreds of young
people, thousands of parents and
tens of thousands of their relatives...

1996-2016



Logo of the Foundation in 1996

L'Université du Québec à Chicoutimi (UQAC) provides a space, furniture and office equipment. The General Secretariat of UQAC collaborates in the drafting of the founding charter of the foundation.

1999



2001
Marie-Hélène Côté Shave-o-Thon

Moving into our own offices.

The documentary «Souris Marie, la vie est belle» is broadcast on Radio-Canada and «Larger than Life» on CBC

First edition of the Marie-Hélène Côté Shave-o-Thon

Reunion of past participants' for the 5th anniversary of the Foundation

2001



Logo of the Shave-o-thon



2001 Reunion of past participants



2005 Modamitié

First edition of the event «Modamitié», which will become «Celebrate Life» in 2007

2005

1996

The very first therapeutic adventure expedition in Canada for young people with cancer, dog sledding on Monts-Groulx (Qc)

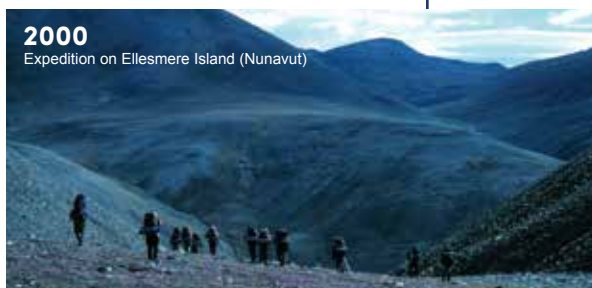


1996
Expedition on Monts-Groulx

2000

Obtaining the Foundation's articles of incorporation.

Fifth On the Tip of the Toes Foundation expedition, the first outside Quebec: hiking On Ellesmere Island (Nunavut)



2000
Expedition on Ellesmere Island (Nunavut)

2004

New logo and first Website

Publication of a first scientific study (Stevens et al.) describing the Experience of young participants In our expeditions.



Fondation Sur la pointe des pieds

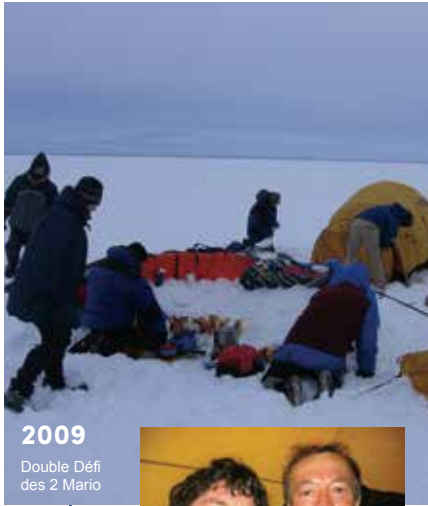
Logo of the Foundation in 2004

2006

Reunion of former participants highlighting the 10th anniversary of Foundation Broadcasting of documentary «Chute libre» on Radio-Canada



2006 Reunion of past participants



2009
Double Défi
des 2 Mario



First edition of
Double Défi
des 2 Mario
2009



2013 Expédition avec une clientèle de jeunes adultes



First expedition
With a group of
young adults
(19-29 ans)
2013



2015
Prix Excellence - AEQ

Cancerology Award,
given by Ministère
de la Santé et des
Services sociaux du
Québec

Excellence Award -
Quality and services,
given by the
regroupement
Aventure
Écotourisme Québec
2015



2015
Prix
du Ministère
de la Santé
et des Services
sociaux du Québec



2012
Expédition with
young people who
have had a
transplant

2012
Pilot-project expedition
With young people
having had a
transplant followed by
Hematology/Oncology
treatments

2014
First Évasion
expedition with
young people
undergoing
treatment.

2016
«Coup de cœur» Award, attributed by the
Chambre de commerce et d'industrie du
fjord

Presentation of the results of a
scientific study (Paquette et al.)
on the psycho-social impact of
our expéditions

New corporate
look, new logo and
new website

The event
«Celebrate Life»
Reaches milestone
of 3 millions dollars



2014 Évasion expedition



2016 Celebrate Life

**ON
THE
TIP
OF
THE
TOES**

COMING IN 2017...

Le Rase-o-thon Marie-Hélène Côté franchit le cap
des 2 millions de dollars accumulés!

Une 50^e expédition pour la fondation Sur la pointe des pieds!





Yves Taschereau

Célé- brons la VIE

On the Tip of the Toes Foundation's tenth "Celebrate Life" fundraising event was held on November 23, 2016, for the benefit of young people living with cancer. A very generous sum of \$386,300 was collected.

This unique, cheerful and enjoyable event featured a trip through the humorous universe of Stéphane Rousseau. Business people from the Greater Montreal area gathered to support the On the Tip of the Toes Foundation's mission. Their presence is a result of the hard work of our team of ambassadors who, year after year, promote our organization among their families and friends and solicit their contributions. We are greatly indebted to them.

The invitation is already launched for next year. The musical review 'American Story', nominated as show of the year at the last ADISQ gala, will headline an event which promises to be flamboyant. We look forward to seeing you at this eleventh edition, on November 22, 2017!

FUND-RAISING



Double Défi

des deux **Mario**

The eighth edition of the Double défi des deux Mario was a great success! After three days of walking across Lac St-Jean, the participants arrived at the Roberval 'Village on Ice' all smiles, proud of having survived the cold and having met this significant challenge.

The Double défi des deux Mario is a unique event in which multiple teams complete a winter traverse of Lac St-Jean, allowing them to face the same physical and mental challenges experienced by the young people who participate in an expedition with the On the Tip of the Toes Foundation. Participants strap on their skis or snowshoes, tie their luggage to a sled and walk across the ice surrounded by spectacular scenery.

The Double défi des deux Mario was born from an encounter between two adventurers, Mario Bilodeau and Mario Cantin. These two men with hearts of gold decided to find an innovative way to raise funds to allow young people with cancer to participate in a therapeutic adventure.

In 2016, 39 people crossed Lac St-Jean, raising \$69,240 for the On the Tip of the Toes Foundation.



Rase -O- Thon

Marie-Hélène Côté

The sixteenth edition of the Shave-a-thon has once again highlighted the generosity of the Québécois and their commitment to supporting the On the Tip of the Toes Foundation. This year, the event was held under the honorary chairmanship of Marik Pilote and Marc Larouche and raised a total of \$95,626.

In all, 50 people shaved their heads to raise money for the On the Tip of the Toes Foundation. Whereas most did it in front of family and friends in the St-Bruno arena, others shaved their heads before the event in various locations: at their workplace, the Séminaire de Chicoutimi, the training centre L'Oasis and the coffee-bakery La Bête à Pain in Montréal.

This event takes place every year thanks to the strength and energy of its organizing committee and the many volunteers who return each spring to support the cause. The Foundation would like to sincerely thank the event's generous sponsors and partners as well as the co-presidents of honour for their involvement, energy and availability throughout the year.

FUND-RAISING

SOME GOOD NEWS FROM THE YEAR 2016...

ACKNOWLEDGMENT FROM OUR PEERS

L'excellence du travail de la fondation Sur la pointe des pieds a été reconnu par la Chambre de commerce et d'industrie le fjord qui a choisi notre organisation comme récipiendaire de son prix «Coup de cœur» lors de son gala annuel au printemps 2016. Ce fut pour nous véritable un honneur de recevoir ce prix de la part de nos pairs. Qui a dit que nul n'était prophète en son pays?



A SCIENTIFICALLY PROVEN IMPACT

More than 150 parents and young people participated in this important research project led by Dr. Linda Paquette, Professor and Researcher in the Department of Psychology of UQAC. The objective was to measure the psycho-social impact of the On the Tip of the Toes Foundation therapeutic adventure expeditions. The results of the study showed a significant impact on the self-esteem of the participants and the quality of relationships with their parents and friends. It also highlighted major progress in the development of identity and autonomy which the participants and their parents attribute to the expedition experience. The possibility of reducing isolation by connecting youths undergoing similar experiences in an environment conducive to exchange is also revealed as highly worthwhile. We are proud of this unequivocal recognition!

Reference: Linda Paquette, Ph.D. Study on the Impact of Participation in a Therapeutic Expedition on Psychosocial Adjustment and Quality of Life of Adolescents with Cancer. Unpublished research report. 2016.

A WATERFALL NAMED IN OUR HONOUR

In honour of the 20th anniversary of the Foundation and of our trip down the Magpie River, the Commission de toponymie du Québec has officially named a waterfall after our organization, the On the Tip of the Toes Fall. This recognition is particularly gratifying given that each year several similar requests are refused by the Commission.



A NEW BRANDING CONCEPT

Our promotional materials have a fresh new look! An up-to-date, dynamic and inspiring image can be seen throughout our different promotional platforms. We treated ourselves with well-deserved gift for our twentieth anniversary!

Thanks to the Prospek and Transcontinental teams who graciously developed and printed these tools!



MAIN CONTRIBUTORS AND SPONSORS

\$ 10,000 AND MORE	Camp Cayuga	100 000 \$	BETWEEN \$ 2,000 AND \$ 4,999	Cole Foundation	4 000 \$
	Power Corporation	50 000 \$		La Bête à pain	4 000 \$
	Bell Media	38 000 \$		Atmosphère Chicoutimi	3 900 \$
	Prospek	30 000 \$		Fondation Phila	3 600 \$
	Aimia	20 000 \$		A. Lassonde inc	3 500 \$
	CN Corporation	20 000 \$		BNY Mellon	3 500 \$
	Fiera Capital	15 000 \$		Deloitte	3 500 \$
	TC Transcontinental	15 000 \$		Execaire	3 500 \$
	Canadian Tire Good Start Foundation of Quebec	14 400 \$		Sanpalo	3 500 \$
	Fondation CHU Sainte-Justine	12 500 \$		Air Medic	3 300 \$
	BCF	10 000 \$		Capital one	3 000 \$
	Clarins	10 000 \$		Centria	3 000 \$
	Fondation J.A. Bombardier	10 000 \$		Mike Elrick Tribute	3 000 \$
				Fondation Gordon	2 500 \$
				Groupe TMX	2 500 \$
BETWEEN \$ 5,000 AND \$ 9,999	Capinabel	8 500 \$	Hydro Québec	2 500 \$	
	LSM	5 400 \$	Montreal Children's Hospital Foundation	2 500 \$	
	Ville de Saguenay	5 200 \$	Promotion Saguenay	2 500 \$	
	BMO	5 000 \$	SAQ	2 500 \$	
	Brigitte Brunet, avocats	5 000 \$	The North Face	2 500 \$	
	CIBC	5 000 \$	Transforce	2 500 \$	
	Coast to Coast Against Cancer	5 000 \$	OACIQ	2 400 \$	
	Fondation Bellini	5 000 \$	André Filion & Associés	2 200 \$	
	Fondation Lise et Richard Fortin	5 000 \$	Christina Miller	2 000 \$	
			Denis LeVasseur	2 000 \$	
			Fondation Richelieu	2 000 \$	
			PME Inter Notaires	2 000 \$	

A WORD FROM THE TREASURER

For its fiscal year ending December 31, 2016, the On the Tip of the Toes Foundation has registered a deficit of \$65,573. This loss is due in large part to an increase in exceptional expenses such as the production of a promotional video as well as costs associated with the Great Summer Expedition (20th Anniversary Expedition) which were higher than usual.

Nevertheless, the balance sheet of the Foundation as of December 31, 2016, shows a healthy financial situation and that we have the resources required to continue our mission.

I conclude by sincerely thanking the volunteers, donors, employees and partners supporting us in the achievement of our mission.

*Lydia Gaudreault
Treasurer*

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**ON
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TIP
OF THE
TOES**



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