

ON THE TIP OF THE TOES

ANNUAL REPORT 2017

A young person with short hair, wearing a red life vest with yellow straps, is smiling and paddling a canoe on a calm lake. The background shows a forested shoreline under a clear blue sky. Other people in life vests are visible in the background.

THERAPEUTIC ADVENTURES
FOR YOUNG PEOPLE
LIVING WITH CANCER

OUR MISSION

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 aim to change the image of cancer for the participants and the general public alike.

OUR GOAL

To provide young people living with cancer the opportunity to leave the hospital and to take a break from civilization and their usual environment. We create a situation which aims to rebuild self-esteem and restore hope in life through the challenge and self-transcendence that these therapeutic expeditions allow.

OUR OBJECTIVES

Allowing our participants to:

- Have fun
- Share their experience living with illness
- Become aware of their strengths
- Develop their sense of autonomy and responsibility
- Surpass their physical and psychological limitations
- Live an experience based on social inclusion

A WORD FROM OUR PRESIDENT



Dear Friends:

It is with great pride that I present our Annual Report for the year 2017. Once again this year we have attained and even surpassed our objectives, thanks to a team of exceptional people.

Firstly, I would like to thank my colleagues on the Board of Directors for their commitment and their rigour. With this team, I can be confident that the foundation is in good hands and is developing according to plan.

I also have a permanent staff that exceeds all my expectations in management and provision of services to our young people. This team brings together young people around the common goal of regaining confidence in life.

This staff works with volunteers who give of their precious time. This includes, of course, our expedition volunteers but also those involved in our fundraising activities.

All of us – board members, staff and volunteers – work with all of you – donors and friends of the foundation – who have supported us over the years. I am sure that the young people living with cancer join me in saying a big THANK YOU for being there in our lives!

MARC-ANDRÉ BLAIS, CPA, CA
President

A WORD FROM OUR GENERAL MANAGER



Dear Readers:

If I had to sum up the year 2017 in one word, that word would likely be 'magnificent'.

On one hand, our fundraising efforts were magnificent, both in terms of the amount of money raised and the smooth functioning of the event. Our flagship event "Celebrate Life" once again attracted several hundred guests who grooved to the sounds of the musical review "American Story", all the while generating more than \$400,000 in donations. Our grand classic, the "Shave-a-thon Marie-Hélène Côté", in its 17th year had the support of the Desjardins Group and saw more than fifty courageous people have their heads shaved, raising a total of more than \$151,000. Not to mention the Double Défi which, far from running out of steam after nine years, collected a record amount of nearly \$145,000.

Even more importantly, the concept of magnificence applies to the 2017 programs of therapeutic adventure expeditions. These programs were developed in partnership with health professionals who helped identify the needs of young people living with cancer and used this to clarify the objectives which guide our programs.

Finally, 47 young people from seven different provinces benefited from these programs and several hundred family members and friends have also been affected by our approach over the past twelve months. Even more magnificent is the fact that these impacts will be long-lasting, as shown by a recent scientific research study*.

The annual report that you hold in your hands will familiarize you with these magnificent results. There are generous donors, devoted volunteers and a talented team of professionals behind our success and if you are reading this report, there is a good chance that you are part of the team. Without you, none of this would be possible. We offer you our warmest thanks.

Enjoy your reading!

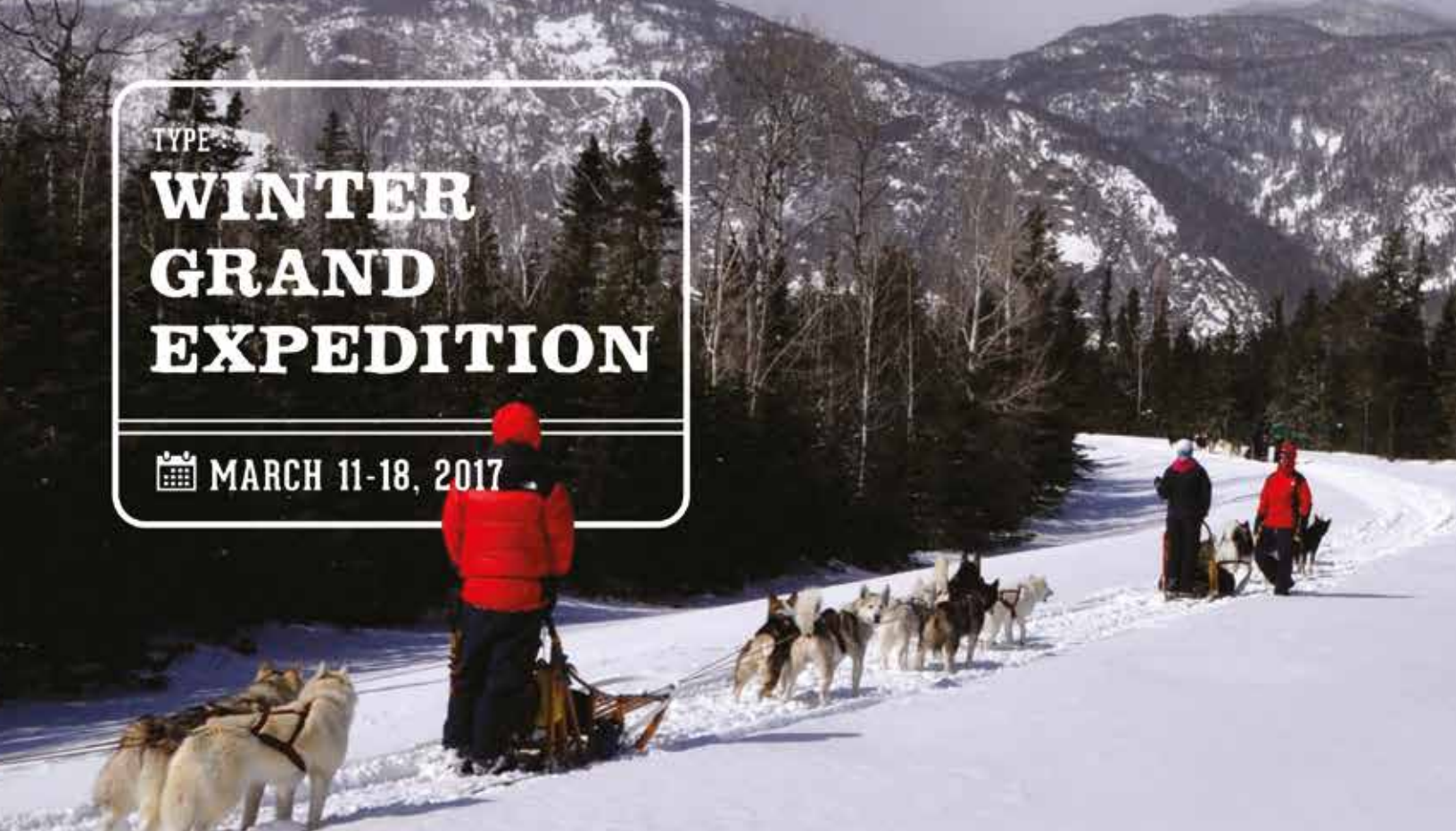
J-CHARLES FORTIN, MPM
General Manager

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

TYPE

WINTER GRAND EXPEDITION

 MARCH 11-18, 2017



EXCERPTS FROM THE BLOG

DAY 2 - MARCH 12, 2017

The air was cool, and we realized that handling a dogsled is an art that takes some time to develop. It was impressive to see the level of excitement of the dogs in harness whose desire to run is beyond human comprehension; the Charlevoix mountains filling the sky; the muted, almost silent sound of the sled runners on the crusted snow; the panting of the dogs running at a constant pace; and the ever-changing landscape that passes in front of our eyes.

DAY 3 - MARCH 13, 2017

So here we are, this morning we abandoned for good the comfort of running water, showers and toilets, power switches at hand to light our way (...) Who knows where we will sleep, what we will eat, and how will we deal with the outhouse.... And we also have to put out a lot of energy and logistic effort to not forget anything.

DAY 5 - MARCH 15, 2017



When we woke up this morning, there was a good foot and a half of snow which had fallen and gusts of wind had blown snow into every available cavity, every crack – there was even snow in the toilet paper roll! We got up expecting to leave early for a long day.... and the first person to stick his nose outside decided to re-evaluate the situation. There was snow up to our thighs on the path to the outhouse and the windows and doors were almost completely blocked with snow.

DAY 6 - MARCH 16, 2017

It's the last evening of the expedition, tomorrow we will be clean and warm in a lodge, back in civilisation. So we try to take advantage of the last moments in the little cocoon that the group has created. The supper was extraordinarily tasty and a bit smoky, as it was cooked on a wood fire. After indulging in the feast, a particularly motivated gang of youth changed clothes to gather for a final sharing session around the fire. It was a beautiful exchange which, yet again, confirmed to us that nature is the best medicine – that, and good friends!

EXPEDITIONS



	DESTINATION: CHARLEVOIX, QC
	COORDINATES: N 47.756350, O 70.444127
	ACTIVITY: DOG SLEDDING
	PARTICIPANTS: 14 TEENAGERS, 14-18 YEARS OLD
	FROM: BC, MAN, ON, QC

DAY 7 - MARCH 17, 2017

It was the end of the trip and the beginning of the good-byes. We leave the dogs with heavy hearts. These dogs who gave and received love like there was no tomorrow, these dogs who gave 110% to enable us to cover the immense terrain of the Charlevoix; on the hills, in the powder snow and under the wind, from morning to evening, always with the same will to keep running; a bottomless well of energy. In short, we love those dogs!

DAY 8 - MARCH 18, 2017

It is an unforgettable memory to have taken part and contributed to a group that made this expedition a complete success. To have met totally incredible people who share the same nostalgia for this important moment in our lives and who will probably be there for important moments and adventures in the future. To have changed inside, in our willingness to face the unknown, our capacity to go beyond our capabilities and to gain independence. These things help give us a strong will to forge ahead.

A FEW TESTIMONIES...

"Thank you so much for everything you've done for us this week. You were always there for us and made this week unforgettable. Having this adventure let me gain my independence back and just be happy. On the sleds, with the wind in our faces, it was freeing! Gave us the chance to just forget and live in the moment. Thank you for all the new experiences for which I'll be forever grateful!

You guys are so sweet and just generally happy, amazing people! Forever grateful to call you my friends! Stay strong! Stay happy!"

– Jennifer W.

"During the expedition, we sat in a circle to talk about our cancer and our emotions. I cried all the way through, I was so moved by peoples' stories. At first, I didn't want to talk about my cancer because I had never accepted the fact that I had cancer. When I spoke, it felt good because I felt that everyone listened to me and understood me. This week, I had an unforgettable experience and I will never forget you! I would like to say an enormous thank you to the On the Tip of the Toes Foundation. Thank you for letting me live an unforgettable experience and meet some incredible people."

– Tamara A.

TYPE :

SUMMER GRAND EXPEDITION



JULY 19-28, 2017



EXCERPTS FROM THE BLOG

DAY 1 - JULY 19, 2017

Just before supper, we have our first sharing circle. We invite the participants to share their personal objectives on this therapeutic adventure expedition. The moment is moving. Very moving. There is talk of reducing anxiety, building self-confidence, asserting oneself, getting the most out of life, getting in shape, getting out of one's comfort zone, sharing with others who have had similar experiences. Frankly, these participants are superb! Open, authentic, sensitive, supportive. It promises to be a good week...

DAY 3 - JULY 21, 2017

The river flows under a gentle breeze full of the smell of conifers. The winged creatures sing their hearts out with happiness. The participants laugh, sip their coffee, eat their breakfast and savour the moment. An expedition morning just how we like it. We take some time to examine the map of the river and share the daily plan with the group. Today we encounter our first rapids! Motivated by this good news, the participants hurry to pack the canoes and get ready to launch them.

DAY 5 - JULY 23, 2017

In the evening, we have a discussion circle. We are nearing the mid-point of the expedition and it's important to take the pulse of the group. What we hear confirms that, once again, the therapeutic adventure is bearing fruit... "I am re-learning how to be happy." "At last I am living life to the fullest." "I feel understood, surrounded by people who have lived the same thing as me." "I can be myself." "I realize that I am able to do things that I did not think possible."

DAY 6 - JULY 24, 2017

Without a doubt this was, by far, the most difficult day since the beginning of the expedition; a real miserable day! We were up very early, covered a good ten kilometres in the canoes, made two portages (one was quite difficult), and dealt with the cold and torrential rain. At supper time, it felt good to warm ourselves near the fire under a tarp. The first participants left to go to bed at 6:30PM. Less than an hour later, all the participants were in their tents. They have earned their rest, a sleep fit for grand champions.

EXPEDITIONS



DESTINATION :
RIVIÈRE NOIRE,
QC

📍 **COORDINATES:**
N46.372480, O77.225562



ACTIVITY:
WHITEWATER
CANOE



PARTICIPANTS :
13 YOUNG ADULTS
19-29 YEARS OLD

FROM :
AB, QC



DAY 9 - JULY 27, 2017

From a distance, I watch the participants. They are magnificent. Radiant. Inspiring. Several of them say that, setting aside their experiences with cancer, they have now climbed their Everest. Indeed, this was no easy expedition. Of course, we had sun, beaches, rapids to paddle in, friendship, solidarity, mutual support, good food and many other things. But there was also rain, sore muscles, portages, blisters, wet socks, mosquitoes, too-early mornings, and other things besides. There were moments of discouragement and doubt, tears and the desire to quit. But most importantly, there were moments of pure joy and tremendous pride, tears of laughter, and the desire to never see the end of what is happening right now.

A FEW TESTIMONIES...

“Far from stress, close to a group of super people. The river and the feeling of lightness that comes with it. The greenery that refreshes us during our repetitive efforts. People who are nice enough to devote themselves to us, complete nights of sleep and the warm sand, it’s marvelous.”

– Alexy T.

“During this trip I grew. I grew because I lived the expedition fully, overcame my fears, my anxiety, the group life in the outdoors. I also learned that I was able to overcome obstacles like a second language, portages and rapids, but I had difficulty respecting my limits. I come out of this adventure transformed. I made plenty of friends. I am returning to my normal life with new goals, including maintaining my new friendships. Thank you to everyone for your support.”

– Cynthia G.

“The expedition allowed me to go further to see that it is not because I have cancer that I can’t do anything anymore, it allowed me to live in the present moment and focus on the here and now. Meeting other young people who, like me, live with cancer was very instructive...and being treated like that by the staff... I adored the time on the river, it made me feel good in the present moment. The portages showed that I was in better shape than I thought. And despite the aches and pains, I never gave up.”

- Sophie RdC.

TYPE :

GET-AWAY EXPEDITION



SEPTEMBER 21-24, 2017



EXCERPTS FROM THE BLOG

DAY 1 - SEPTEMBER 21, 2017

Everyone has their own reasons for being here, whether it is to take time for yourself, to experience new things, to excel at new challenges or to spend time with people of your own age. As for me, I am grateful to have the chance to meet these young people and to share the adventure with them. I believe in the power of the human-nature connection, but even more in the connection between human beings. These young people are all extremely beautiful and strong and already I am inspired by them. I am happy to spend time with them, to listen to them and to share and capture their best moments.

DAY 2 - SEPTEMBER 22, 2017

After 8 km on the magnificent Poisson Blanc reservoir, we dock on a huge beach at Pointe Dallaire where we will spend the night. The forest is majestic; we are surrounded by pine and hemlock trees over 200 years old. It's impressive! Charles, the director of Air-Eau-Bois camp speaks to us passionately. We then divide up the tasks to be done and set up the camp. Tonight, this is our

home. Anna, Tristan, David and several others team up to erect the dome. It is essential to work together, as it is not easy to put up a tent for 12 people! Everyone pitches in and then we finish off the day with an intense game of ultimate frisbee on the sand.

DAY 3 - SEPTEMBER 23, 2017

Life on the Getaway Expedition is peaceful, a haven of calm. Team spirit is everywhere. I watch them all from a bit of a distance. They are radiant, you'd think it was a big family, a gang of beautiful human beings disconnected from the city and reconnected with each other and the environment. I find them beautiful. Like them, I am happy to be living this experience. (...) Our paddling is zen. Our goal: mindfulness. To let go. Live in the present moment. Take a break from our lives that often go too fast. We are happy to not know what time it is. The point Natjelem appears in the distance, like a mirage. During the last few paddle strokes of the day, I take the opportunity to ask the participants to describe their experience in one word. "Magic, getaway, first time, heat, paradise, connection, breathtaking, perfect, relaxed, good life, extraordinary, fantastic, splendid and peaceful." Sometimes just a few words are enough.

EXPEDITIONS



DAY 4 - SEPTEMBER 24, 2017

This is the story of nineteen lives that have intersected over the length of an expedition. The story of a group in which strong friendships and a rich complicity were born. A team that was able to help each other, encourage each other, face challenges and connect in order to disconnect from the city and the daily routine. Beautiful young people who found themselves in a refreshing environment to find the time to recharge and to create an ambiance of tranquility where without a doubt pleasure is the priority. Around the fire last night, the shooting stars reminded us that we have the right to dream and especially that we have the power to believe in ourselves, to be and to become the person that we want to be. We can get away, but we must especially and always find the courage to move ahead and to face our realities.



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

↙ COORDINATES:
N45.910388, O75.737072



ACTIVITY:
**VOYAGEUR
CANOE**



PARTICIPANTS:
**9 TEENAGERS
14-18 YEARS OLD**

FROM:
BC, ON, QC

A FEW TESTIMONIES...

"I loved the expedition, I stopped thinking about school work and I could relax and contemplate without wondering what to do next."

- David Q.

"Sometimes I feel like I don't connect as much as I do with people who haven't gone through the same thing as me. The people I met on this expedition are so awesome. I almost feel lucky to have been sick so I could do all this and meet those awesome survivors."

- Anonymous

"I just wanted to say a giant thank you for the wonderful 4 days that you guys made possible for me and the rest of us. I truly feel like those were the best four days of my life. I felt so warm inside with joy and love for everybody. I don't know how else to say it but, THANK YOU SOOO MUCH for this truly amazing journey. I felt something that I had never felt before when I was talking with everyone and when I was laying in the sand, looking up at the shining stars."

- Tristan G.

"The whole experience in nature and being physically, completely disconnected from the online connecting world and my normal life brought a blissful emotional and psychological separation from the internet and busy life. I especially felt a sense of well being and peace when I was swimming in the lake, relaxing by the camp fire, having meals with the other campers, and gazing at the stars at night. Those moments will be with me for a long time, and the feelings I experienced in those moments were wonderful."

- Anna Joy R.

TYPE :

GETAWAY EXPEDITION



SEPT. 30 TO OCT. 3, 2017



EXCERPTS FROM THE BLOG

DAY 1 - SEPTEMBER 30, 2017

We settle in and get used to the new surroundings and people around us. Everyone introduces themselves, we prepare our things for our canoeing course. As the participants come from all across Canada, the expedition is bilingual, even trilingual, since Janos is Hungarian. We do our best to translate our discussions, a challenge that has already produced some good laughs. The quote of the day goes easily to Marie-Camille: "It's autumn, we must get 'all-dressed', you know, like a pizza".

We take a few moments to discuss, then go to the beach. Paddles in hand, we spend some precious moments on the water in a Voyageur Canoe in this colourful setting. Some are just learning to paddle, for others it feels like coming home. (...)

The ambiance of the group is relaxed and calm. Energy is mainly focused on discussion, support and sharing. Here we can say anything, we just need to find the right way to say it. It feels good to be together and more than ever we are looking forward to starting the adventure and simply being outdoors.

DAY 2 - OCTOBER 1ST, 2017

Our day is coming to a close, the sun is slowly setting, the light is beautiful and, when we listen closely, we can hear the echoes of nature. The sound of the waves, the noise of the scurrying squirrels, the song of the loon and the murmuring forest; all these things calm us, help us to let go and remember that we are part of something larger.

Laughter increases, complicity is slowly forming.

The adventure feels good. Time is passing quickly.

DAY 3 - OCTOBER 2ND, 2017

The camp is dismantled, our bags are ready and we leave our first site. The lake is like a mirror, so calm that we can see the sky in it – it's beautiful! The fog has dissipated and gives way to perfect weather. Not too hot, not too cold, and almost no wind. Our Voyageur Canoes have never moved so quickly! (...)

Re-energized and filled with energy, we return to the water for our last paddle-strokes of the day. Larissa is now Captain, and proud of it! Her expression when she arrived at the site was glowing and satisfied. Everyone seems to have loved their day on the water and have exceeded expectations in one way or another. They are proud and beautiful. This evening we will have a good meal and

EXPEDITIONS



	DESTINATION: RÉSERVOIR DU POISSON BLANC, QC
	COORDINATES: N45.910388, O75.737072
	ACTIVITY: VOYAGEUR CANOE
	PARTICIPANTS: 11 YOUNG ADULTS 19-29 YEARS OLD
	FROM: BC, ON, QC

A FEW TESTIMONIES

then sit together around the fire. The last evening of an expedition is often magical and punctuated by unforgettable moments and touching discussions.

I wouldn't miss it for the world!

DAY 4 - OCTOBER 3RD, 2017

Maybe we just had to simply get away from everything to get closer to ourselves and to others. To let go, to shout for no reason, to breathe, to find self-realization, to adopt a more positive attitude, to show determination and to be free.

Maybe we need to find ourselves outdoors, in nature, away from all forms of technology in a beautiful place to remember how rich and precious it is to share and appreciate real human connection. To immerse ourselves in this outdoor lifestyle that makes us stronger and makes us grow. For sure, we can go further than we had thought in just four days.

"Meeting all of you during this trip has left footprints in my heart forever. No one knows pain like we do, and I'm happy, I'm not alone."

- Larissa M.

"It was simply a unique experience. I think that to go on a canoe camping trip when you have cancer is really a proof that you can achieve great things in life. On the river there were many different obstacles and tests which everyone was able to overcome. I think that you can make a good comparison with the battle against the disease.

It was the first time that I could really talk about what I have been through. The others really understood what I was feeling because they have lived through essentially the same thing. If I had the chance to go on another expedition with the Foundation, I would surely do it again. Thank you so much to the Foundation."

- Guillaume R.N.



WORDS FROM OUR 2017 ADVENTURERS



"I really loved my experience. It was a change of scenery and routine but also a total immersion in a group of young people passionate about life. The richness and depth of the discussions, to feel our muscles and our souls working toward common goals, whether that be to move the rabaska or to put up a tent. I will have precious memories of this expedition. The beauty of nature, the encounter with myself and others. I would do it again in a minute! I have so much more to say!"

- *Cindy T.*

"Today, I realize how important it is to take the time to live in the present, to live our life 100% and to appreciate the time with those we love. I am very happy to have met you. Thank you very much."

- *Anonymous*

"We left like a family. I was amazed to realize I can still make friends. I hid behind my illness and kept everyone at bay. I was scared to explain and not be understood. I don't feel that way anymore. Thank you everyone for a triumphant journey. I love you all."

- *Jody H.*

"The expedition was fantastic. I love you all!"

- *Marjolaine B*

"I had the chance to have very enriching discussions not only with the team members, but also with several participants. I always felt understood. I loved my experience. I feel I have grown. It was an unforgettable expedition. I needed it so much, especially getting off the phone, and the notion of time."

- *Jemmy N.*

"To all my new friends: Never have met people as strong as you. Although we have had long and hard fights with our illness, we have come out on top. No matter the effects you are all still beautiful and handsome. When you are feeling down effects and alone, always know there are people who love you and need you in their life."

- *Aiden P.*

"I felt a sense of accomplishment and pride."

- *Félix G.*

"I relaxed a lot these past few days and it did me a lot of good. You are extraordinary people with whom I shared precious moments. Thank you to everyone, including members of the On the Tip of the Toes Foundation who make these expeditions possible!"

- *Mégane T.*

"Thank you to everyone for the welcome and heart-opening that we had. At first, I was afraid to come, afraid to be rejected and not welcome, but that wasn't so. Everyone is nice and welcoming, we quickly became friends. So, thank you."

- *Simon B.*

"Now I know that I am stronger than I thought, that it's not because I am tired that I can't function, that the pain is not an end in itself. From the beginning, the group became a unit, a whole. No one was excluded. We felt good and included. Any time there was a problem, someone was there. I was there to get out of my comfort zone and to grow. I feel like I am 6 foot 2 now. I went through zones that I didn't think were problematic. I loved challenging my self."

- *Sophie R.C.*

"The expedition went very well, and I really appreciated all the support we received throughout the adventure! It was a privilege to meet you and to share this unforgettable experience with you all. It made me feel good to work hard physically to achieve pre-established goals."

- *André-Anne O.*

"Little by little I am moving towards my ultimate goal and I think that the expedition was a turning point, a big dose of vitamins, a lot in a short period of time."

- *Ali A.*

"It's been immeasurably fulfilling, and I am so grateful to everyone who made this opportunity possible. I will surely never forget this & I will hold these experiences close to my heart as long as I'll live. As Marjorie said, our backpacks are getting bigger as we grow and discover new adventures."

- *Anonymous*

TESTIMONIES



"I missed my son, but being in nature 24/24 made me feel so alive! Quitting work, the treatments, meetings, the family, obligations, I always felt tired and sometimes depressed. I realized that in the end it was me and the doctors who imposed the barriers. I realize that I should trust myself and not the doctors to decide what my limitations are. I had gone on expeditions in the past, but not in the past few years because I was afraid I wouldn't be able to keep up... Now I have more reasons to go on adventures! Thank you for everything to the foundation and the whole team; you did me so much good!"

– Justine J.

"Thank you all & I wish everyone an amazing, long life. Love and admire you all so deeply."

– Kaelyn M.

"I want to thank everyone involved in this expedition. I feel like this trip is another important part of the healing process in our journeys. I deeply appreciate all the effort put into this by the foundation and the volunteers who were able to make this happen for us. I feel so grateful to have been a part of this expedition. I will miss everyone so much and our adventures will not be forgotten."

– Kiera O'C.

"We all had a mutual sickness in our past, I leave happy knowing we have found peace from this tragic time. Leaving this trip, I can proudly say I feel so connected to everyone, this truly was the journey of a lifetime. I know we are saying goodbye, but I will never forget this trip and all the special people I have met. I leave missing you all, but I know it is not good bye, only see you later."

– Nolan McL.

"This was an experience I will never forget. The people were amazing, and I had such a good relationship with each person in the expedition. It was such a fulfilling experience. I have gained new friends, new skills, and have become more accepting of being sick. I am going to miss each of you so much."

– Katie S.

"It's so good to find people who understand me. I feel so emotional right now that I don't know if I can finish this. These people are so incredible, and have touched my heart so much, they will never leave it."

– Mariam A.



"I wanted to say a special thank you to all of you. It was such an amazing week! I will remember this expedition for my whole life!"

– Marine B.-P.

"I loved the expedition. I came in search of something in particular; to meet people who have fought the same battles as me. I found that and more. Since 2015, I had not taken the time to take stock of everything that has happened in my life. The day after our rainy day, I woke up changed; I had finally made peace with the cancer which didn't bother me any more. I accepted it and I was ready to accept that it could come back, but I was at peace with that. It was then that I realized that the expedition had given much more than I was originally looking for.

Canoeing for ten days, I never thought I would be able. But every day I realized how strong I was, and that the cancer had not got the best of me. Once back at home, I realized that I could apply what I had learned on the expedition to the rest of my life. Before, I was afraid of this cancer, I let it control my life, it made everything frightening in my life. Thanks to this expedition, I could make peace with what I had lived, and it really gave me a sense of control over my life."

– Marianne M.

"At the beginning of the expedition I had doubts that the physical part of the trip would be too much for me, but I surprised myself and felt great afterwards. I also went home with new friendships that will last a life time. The other people on the expedition are the only ones who understand me so when I returned I felt like a weight was lifted off my shoulders and I felt like I had a new boost of confidence and positivity."

The Getaway Expedition was a blast! It was very therapeutic to be able to talk to other young adults who share very similar experiences. I was able to get away and share my thoughts with others who truly understand me. Being out in nature was also a nice break from my busy life."

– Katharine B.

"This getaway allowed me to open up about my cancer experience and it felt really good being able to let it all free into the air and talk about it with people that have gone through the exact same things that I have gone through. Most of my time with this illness has been really hard because, I kind of isolated myself from a lot of people and just pushed my problems away so I wouldn't have to think about it; but on the trip I was able to speak freely without being judged and I felt so wonderful that everyone else knew exactly what I was feeling."

– Tristan G.



Célé- brons la VIE

The eleventh 'Celebrate Life' benefit event was held on November 22, 2017 to benefit young people living with cancer, supported by the On the Tip of the Toes Foundation. A generous sum of more than \$400,000 was raised. This unique and festive event took place in the colourful universe of the musical revue 'American Story', nominated as Show of the Year at the last ADISQ gala. The business people of Greater Montreal met to support the mission of the On the Tip of the Toes Foundation. The presence of these people is a result of the hard work of our team of ambassadors who, year after year promote our organisations to their friends, family and colleagues and solicit their contributions. We are highly indebted to them.

The twelfth edition of Celebrate Life will feature the illusionist Luc Langevin who will set the stage on fire with his brand-new show "Maintenant-Demain". Mark your calendars now for November 20, 2018!



Double Défi

des deux **Mario**

The ninth edition of the *Double défi des deux Mario* was a great success!

This is a unique event that allows participants to experience the physical and mental challenges that the young people face during an 'On the Tip of the Toes' expedition. Participants put on skis or snowshoes, strap their supplies to a sled and make a winter crossing of the spectacular Lac Saint-Jean.

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 2017, 46 people crossed Lac St-Jean, raising nearly \$145,000 for the On the Tip of the Toes Foundation.



Rase -O- Thon

Marie-Hélène Côté

The seventeenth edition of the Shave-a-thon showed once again the dedication of the population and their generosity toward the On the Tip of the Toes Foundation.

Sponsored by the Desjardins Group, the event was held under the honorary chairmanship of Mr. Stéphane Breton, Regional Vice-President of the Desjardins Group, and raised more than \$151,000.

In all, about more than people put a price on their heads for the On the Tip of the Toes Foundation. While most of them had their heads shaved in front of friends and family at the St.-Bruno arena, others did it at their workplace, at the Chicoutimi Seminary or at the Oasis Training Centre in Chicoutimi.

This event takes place year after year through the strength and energy of its organizing committee and the many volunteers who return each year to support the cause. A sincere thanks goes out to the generous sponsors and partners of the event, as well as the honorary president and his organization for their involvement, energy and availability throughout the year.

PRINCIPAL DONORS AND SPONSORS

\$10,000
AND
MORE

Molson Foundation	\$50,000
Bell Media	\$49,320
Power Corporation	\$40,000
Pomerleau	\$25,000
Aimia	\$20,000
CN	\$20,000
Air Canada Foundation	\$20,000
Fondation CHU Ste-Justine	\$20,000
Prospek	\$15,000
TC Transcontinental	\$15,000
Desjardins	\$13,000
Fondation Bon départ de Canadian Tire du Québec	\$13,000
Fiera Capital Corporation	\$12,000
Clarins	\$10,000
Bombardier Foundation	\$10,000

\$5,000
TO
\$9,999

Résolu Forest Products	\$7,583
Montreal Children's Hospital Foundation	\$7,500
Banque Nationale	\$6,000
Coast to Coast Against Cancer	\$6,000
Sports Experts / Atmosphere Chicoutimi	\$5,869
RBC Dominion Securities	\$5,500
BCF Business Lawyers	\$5,000
Brigitte Brunet Lawyer	\$5,000
Sanpalo Investment Corporation	\$5,000
CST Foundation (Ultramar)	\$5,000
Lise et Richard Fortin Foundation	\$5,000

\$2,000
TO
\$4,999

Phila	\$3,600
A. Lassonde inc.	\$3,500
BMO Capital Markets	\$3,500
Capinabel	\$3,500
Cascades Canada ULC	\$3,500
Chades and Associates	\$3,500
Execaire	\$3,500
Bellini Foundation	\$3,500
CIBC Children's Foundation	\$3,500
Deloitte Management	\$3,500
Hydro-Québec	\$3,500
IA Placements Clarington	\$3,500
Quebecor	\$3,500
Sanpalo	\$3,500
The Colella Family	\$3,500
Vézina Inc	\$3,500
Rocoto Toyota	\$3,000
Xerox	\$3,000
Cole Foundation	\$2,500
Promotion Saguenay	\$2,500
TSX Inc.	\$2,500
Claudine Harnois	\$2,000
Denis Le Vasseur	\$2,000
Gagnon Frères	\$2,000
Luc Jobin	\$2,000
Nemar Ltd	\$2,000

WORD FROM THE TREASURER

For the fiscal year ending December 31, 2017, the On the Tip of the Toes Foundation reported a surplus of \$14,075 in income over expenses.

The balance sheet of the Foundation as at December 31, 2017 shows a healthy financial situation. We have the resources to continue our mission.

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

*Alexandra Pednault, CPA, C.A.
Treasurer*

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**ON
THE
TIP
OF THE
TOES**



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