

ON THE TIP OF THE TOES

ANNUAL REPORT 2018

THERAPEUTIC ADVENTURES
FOR YOUNG PEOPLE
LIVING WITH CANCER



OUR MISSION

To help young people living with cancer regain their well-being by taking part in an exceptional therapeutic adventure expedition, supervised by health care professionals and outdoor adventure facilitators.

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

OUR OBJECTIVES

Encourage our participants to:

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

A WORD FROM OUR PRESIDENT



For the past eight years I have been involved with our foundation; eight years of research for donors and sponsors for Célébrons la vie (Celebrate Life), three participations in our Rase-o-thon (Shave-a-thon), over fifty Board meetings, nearly 350 committee meetings, thousands of phone conversations and most importantly ... no regrets!

This year I decided to go even further and take part in one of our winter crossings of Lake St-Jean, a fundraiser better known as the Double Défi. And it was a memorable one: for the first time in 23 crossings, we were forced by strong winds to rescue the group of 45 walkers and 20 volunteers and bring them back to terra firma.

Through it all I was impressed by our incredible team of professionals. With thoroughness and attention to detail, they executed the emergency measures plan which was developed by our permanent staff, reviewed by our expedition committee and which I myself endorsed; ironic, eh?

Every second of the Double Défi is a battle against the cold. During this trip, my mind was fixed on one goal: to emerge victorious from this fight which, for a city dweller like me, represented a big obstacle.

However, this fight is nothing compared to what young people with cancer experience and all the treatments they must undergo. Likewise, it is so little compared to the uncertainties of their families who go to bed night after night with the hope of a better tomorrow.

And it is so little compared to the renewed commitment of our volunteers, sponsors and donors. So little compared to the exemplary dedication of our permanent staff.

Thank you all for helping me - for helping us - to stay on course. I hope to see you next year, during one of our activities!

MARC-ANDRÉ BLAIS, CPA, CA
President

A WORD FROM OUR GENERAL MANAGER



So quickly, another year has passed.

On behalf of the foundation, I would like to say that this has been another year full of successes, victories and conquests, as you will read in the following pages.

But above all, this is a year marked by a major shift for our young participants and their families, that of taking part in an extraordinary, transformative, life-saving program; a therapeutic adventure with the On the Tip of the Toes Foundation.

For these hundreds of Canadians - people like you and me - this is a year that may lead to success, to victory, to the attainment of health, normality, well-being and happiness. Thanks to the collaboration of caring health professionals, dedicated volunteers, generous donors and a great team, we can change the lives of these families.

In the following pages you will find passages from blogs written during our therapeutic adventure expeditions. I invite you to take the time to fully enjoy these few slices of life.

It is certainly difficult – next to impossible – to put into words the whole range of emotions that our young participants experience during their stay with us. Beyond words, we are hopeful that the images of the broad smiles on these young faces will remind you of the absolute necessity of our mission.

A sincere thank you for being part of our team I hope you enjoy browsing the pages that follow.

Enjoy!

J-CHARLES FORTIN, MGP
General manager

TYPE :

WINTER GRAND EXPEDITION



MARCH 3-11 2018



EXCERPTS FROM THE BLOG

DAY 1 : MARCH 3, 2018

(...) Last night we talked about our goals, our fears. Believe it or not, some of us are afraid of dogs. Still, we have seven days of walking, along with sled dogs, discussions and mutual support. In short, life with strangers and discoveries. Onward ho!

DAY 4 : MARCH 6, 2018

(...) We set up camp at noon and spent a good part of the afternoon collecting the wood we will need to heat the two tents. Donald, one of the guides, admitted that he has never collected so much wood in one afternoon! Our team was energetic! We got water from the river and boiled it to make sure it was clean. In short, we are living the life of the coureurs des bois! (...)

DAY 6 : MARCH 8, 2018

Our goal for the day was to cover 25 kilometres. A first for many of us. Quickly, everyone took their place, got used to their dogs and everything went perfectly. We were all surprised by the effort required. No sitting down and letting yourself be pulled. On the contrary, we had to push, run, jump, bend. When we arrived at the Twin Lakes camp, everyone said: "I didn't think it would be so difficult".

And it's not over: we had to tie up the dogs, thank them, give them fresh straw, put away the sleds, feed them. We cut wood and fetched water from the lake. Some even found the strength for a snowball fight. (...)

DAY 7 : MARCH 9, 2018

We were quick getting ready to leave this morning, preparing for a 36-kilometre trek along dogsledding trails. The first part was in the undergrowth; a path dotted with bumps where we had to cross a few rivers and avoid branches. A few sleds turned over, which triggered laughter among the participants, but they all held on while sledding along the trails. The second part was done on unobstructed trails where the dogs could get up some speed. It is amazing to experience such a wonderful adventure. (...)

EXPEDITIONS



DAY 9 : MARCH 11, 2018

Here we are back at the starting point. But a geographical starting point only... There is a whole universe of differences between the group of young people we met at the beginning of the journey and today! We have accomplished a lot together. Definitely, there will be a before and an after of this expedition.

There is quite a difference between the outward and the return journey. While there was shyness and discomfort during the first part, the atmosphere on the bus is now one of complicity, trust, honest friendships, and cascades of laughter. (...)



DESTINATION :
**ALGONQUIN PARK
ON**

COORDINATES :
N 45.702665, W 79.38389



ACTIVITY :
DOG SLEDDING



PARTICIPANTS :
**13 YOUNG PEOPLE
14-18 YEARS OLD**

FROM :
NS, QC, ON, MB, AB

A FEW TESTIMONIES

"Dog sledding was so so so much fun with you all! I had so many good times with each and every one of you. Thank you all for making my trip a once in a life time experience! I hope that we can all stay in contact."

- Ethan T.

"This expedition has allowed me to be much more confident about the choices and decisions to be made in my life. It gave me a boost of energy. We were a united group and I never felt isolated or disrespected. I have a lot more confidence and self-esteem now thanks to this great expedition. "

- Youssef K.

"Thanks for being an awesome group of guys and girls to spend ten days with. I can't remember a time that I have laughed more. All of you are truly amazing people and can do anything you put your mind to. I will look back on the times and remember how accepting you all were and the bonds we have created. I will always call you my friends and would fly anywhere to hangout. Hope we will have many more good times."

- Aidan P.

TYPE :

SUMMER GRAND EXPEDITION



JULY 15-19 2018



EXCERPTS FROM THE BLOG

DAY 2 : JULY 16, 2018

(...) The activity was very demanding. For many of us, climbing these rock walls would have been too difficult. But for these young people, it was an ideal platform for building self-esteem. You would have loved to see the pride in their eyes! Some of them, who were rather reserved yesterday, had stars in their eyes at supper time. I don't want to name him, but I am thinking of Mika at this moment. It was impressive to see his determination to climb a route he thought impossible. Tonight, during a discussion on the objectives of the trip, he revealed that today's activity zone gave him access to the human zone. Going beyond his limits made him feel much better with the group. (...)

DAY 5 : JULY 19, 2018

(...) Yesterday, I mentioned the interest the participants had in contributing to this blog. Tonight I'll turn it over to Cindy.

I am relieved to announce that all my fears disappeared today. It was a wonderful day, and several times I felt so lucky to be here. One of my dreams was to swim in a lake at the foot of a glacier, a pleasure which is multiplied by sharing it. I also cried yesterday, and the day before yesterday... Living with cancer twice has made

me suspicious of my body and my abilities. I am crying with joy as I write how at the end of this day, after climbing a high peak, I have regained my confidence and see that I am capable of much more than I thought.

And those who know me will be surprised to read that by going at my natural pace without a schedule I'm a very efficient person in the morning!"

DAY 6 : JULY 20, 2018

(...) The morning tasks are becoming routine. Everyone executes his or her task and some switches are made to accommodate one another. Before leaving, our nurse Julie and Dr. Simon prepare for the foot-care clinic. Almost every participant takes their turn getting the treatment they want. The back of the heel up to the Achilles tendon is the most stressed part. Caring for toes is also in demand.

DAY 7 : JULY 21, 2018

(...) "It is a unique opportunity that we have to see these places. The mountains are overwhelming, a symbol of power and longevity. We cannot help but stop and contemplate everything from time to time. I find a lot of parallels with life, with resilience and patience.

Unlike us, these giants live for hundreds of thousands of years. But like us, they face unpredictable and changing weather every day. Nevertheless, the mountains are there, grandiose and unwavering.

EXPEDITIONS



DAY 10 : JULY 24, 2018

(...) The last few kilometres were painful. It seemed like the end would never come. The last three kilometres were the three longest kilometres in human history. We could see the top of the Sunshine Village ski resort without ever reaching it. The pain was doing its work, and some of us got rid of some baggage, with the help of others who didn't hesitate to take on a little more. It was only after great effort and teamwork that we all proudly succeeded. The moment was filled with heartfelt hugs and incredible pride!



DESTINATION :
**MOUNT
ASSINIBOINE
PROVINCIAL PARK, BC**

COORDINATES :
N 50.8942803, W 115.6725004



ACTIVITY :
**CLIMBING
AND HIKING**



PARTICIPANTS :
**14 YOUNG PEOPLE
19-29 YEARS OLD**

FROM :
QC, ON, AB

OFFICIAL CARRIER OF
THE ON THE TIP OF THE TOES FOUNDATION



**FONDATION
AIR CANADA**

A FEW TESTIMONIES

" INCREDIBLE! To meet all these people and to get to know them in a simply heavenly setting. The mountains gave us so much energy! I think it gave me the confidence to be sure that I will succeed. It showed me that my fitness is still there and that I can do what I want. "

- Aurélie O.

"It was certainly not easy, but I succeeded. There are days when I would have liked to be able to teleport to the top of the mountain and not have to climb it, but each time I pushed myself and I succeeded. I took a lot of time to think about my life and especially about my future. I now know a little more where I want to go in life. In addition, I definitely proved that I was stronger than I thought, thanks to the last two days. I'm not going to lie to you, I'm still proud of myself. Thank you to the On the Tip of the Toes Foundation and thank you to all the participants who made this trip unforgettable. Xxxxx »

- Janny M.

TYPE :

GET-AWAY EXPEDITION



SEPTEMBER
20-23 2018



EXCERPTS FROM THE BLOG

DAY 1 : SEPTEMBER 20, 2018

(...) After the customary briefing, we got onto the water, the group separated into two huge Voyageur canoes. They are big, heavy canoes, but we had no problem launching them and making them glide across the water. We were on the water for a short time to get acquainted with this new means of transportation and to learn how to paddle in rhythm. That is how we move forward most quickly and with the least effort.

Marie-Michelle invited us to dare to make the most of the experience, while respecting our limitations. It is an adventure and there will be unforeseen events. Our plans may change quickly. For example, the forecast tomorrow is for a thunderstorm and strong winds. The organizers have planned everything to keep us safe and also to ensure that we have a great experience. So maybe we'll do the trekking instead of canoeing. We will see.

DAY 2 : SEPTEMBER 21, 2018

(...) I fell asleep again, lulled by sweet music until they came to wake us up for breakfast. I was glad to see the group again. I feel more comfortable with the whole group. It is good to be able to talk about everything and nothing with people who have experienced cancer like me. It's new for me to be able to talk about illness, hospitalization, and treatment without the person in front of me feeling like he or she is caught between pity and fear of illness. Here I can talk about chemotherapy and radiation therapy in a known territory. We all share that. (...)

DAY 3 : SEPTEMBER 22, 2018

I really feel that I am on an expedition. That is why I came here. At times, my arms hurt from paddling, but at least I can take breaks. And then to see the other ten that continue valiantly, it gives me courage. I didn't think I could make that effort. Over the course of the day, we travelled, I think, close to 15 kilometres.

Around the campfire, we share the word that best symbolizes our expedition. It is strange, but the words of each participant also resonate a little in me: Challenging, friendship, spontaneous, fun, enlightening, sharing, meeting, collaboration, inspiring, teamwork, unforeseen, memorable, different, special, exploration, space, beauty, signature, empowerment, love, recognition.

EXPEDITIONS



DAY 4 : SEPTEMBER 23, 2018

What a quiet night compared to previous ones! No rain, no wind, barely any snoring. Towards the end of the night, I broke into a cold sweat when I heard wolves howling in the forest, not that far away.

- But what are you talking about? It wasn't wolves; it was a couple of loons on the reservoir.

That is what I was saying: a couple of loonies were singing the Canadian dollar anthem. I managed to get back to sleep for a little while, but not for long. We had to get up early to return to our starting point. Today is departure day. What? We already have to go back home?

Tonight I go home and tomorrow it's the blood test and the chemo again. PICC line, Port-a-Cath, pump, IV lines, Decadron, Zofran ... the routine. I am convinced that my immune system is fully boosted. Bring on your chemo! I am returning with great new energy and, more than ever, with the desire to live.



DESTINATION :
**POISSON BLANC
RESERVOIR QC**

COORDINATES :
N 45.910388, W 75.737072



ACTIVITY :
**VOYAGEUR
CANOE**



PARTICIPANTS :
**10 YOUNG PEOPLE
14-18 YEARS OLD**

FROM :
PEI, QC, ON, MB, AB, BC

A FEW TESTIMONIES

"I loved being on the Poisson blanc Reservoir; the scenery was beautiful and the place was peaceful. The group was energetic and united, there was a unique bond amongst the youth of the expedition. Volunteers and officials were smiling and reassuring. I loved this expedition; I am bigger because of it. When we were all singing together in the rabaska, I felt happy to be there, surrounded by nature and with an energetic and friendly group. When we exchanged our stories around the fire, I felt a connection in the group. I was happy to be able to share with people who understood. During this experience, I met people of my age living the same ordeal as me. This really allowed me to regain hope in my situation and my abilities. "

- Adélie D.

The expedition was amazing, and it was great to meet new friends and try a new activity like Voyageur canoeing. In addition, the other activities were really, really fun. I would like to pass along a big thank you to the donors - it's wonderful that people support teenagers like me and give us the chance to do something as awesome as this. THANK YOU! MERCI!! I felt great accomplishment when we were canoeing, and when we were able to reach our goals of making certain distances. I felt very proud when we finished the really big canoe day to Eagle Island."

- Jack G.

"I thought it was very good: the food, the activities, the participants. The temperature and the wind made it difficult, but we cannot control the temperature. I thank the volunteers for making decisions which helped us a lot to complete the trip, [by modifying] the departure plans. "

- Félix G.

TYPE :

GET-AWAY EXPEDITION



SEPT. 29-OCT. 2, 2018



EXCERPTS FROM THE BLOG

DAY 1 : SEPTEMBER 29, 2018

(...) We honestly shared our expectations and fears about this expedition. The words respect, sharing, listening to oneself and to others emerged from this discussion. Everyone wants to go beyond their limits, join the group and have a lot of fun. We have just gone through our first moments of sharing. A relaxing evening of listening, filled with laughter and emotion.

We certainly have a wonderful group: unique, inspiring, funny, quiet, energetic, passionate, adventurous and determined people. We are ready for this exciting expedition and look forward to enjoying every minute.

DAY 2 : SEPTEMBER 30, 2018

This morning marked the beginning of the great adventure. We prepared our barrels and waterproof bags; today, we will be on the water! After a short game on the beach to warm up, the group was divided between the two large voyageur canoes. From the start, the atmosphere settled. (...)

The pace was good, and we reached Eagle Island just in time for lunch. "Vanessa's Boat Restaurant" was waiting for us with warm soup around a campfire. A well-deserved break to warm up and relax a little. (...)

On the waterfront, Adam and Roxanne showed Leena and Nikki some fishing techniques while around the fire some people sewed and others chatted. In the last rays of the sun, we enjoyed nature and these moments together. What a joy it is to be here, to let go and to simply live. (...)





DAY 3 : OCTOBER 1, 2018

(...) We sailed serenely, rocked by the waves, listening to the Canada geese honking. We took a moment of silence. A moment of peace. A moment to be present, to breathe, to enjoy the experience fully, to immerse oneself in it in order to remember it better afterwards.

It was a quiet evening again today, and we were all very proud of ourselves, with smiles on our faces. The campfire warmed us up while we waited for supper. Together for our last expedition night, we reminisced about our best moments, sharing our experience, singing and laughing. Chatting full of laughter and emotion.

EXPEDITIONS



	DESTINATION : POISSON BLANC RESERVOIR, QC
	COORDINATES : N 45.910388, W 75.737072
	ACTIVITY : VOYAGEUR CANOE
	PARTICIPANTS : 10 YOUNG PEOPLE 19-29 YEARS OLD
	FROM : QC, ON, MB, AB, BC

DAY 4 : OCTOBER 2, 2018

(...) One last time we enjoyed our surroundings and the outdoor breakfast. The smell of toasted bread on the campfire and hot chocolate comforted us, and luckily, the rain stopped. On the waterfront, with wide open eyes, we took in the scenery that left us speechless. Take the time, imprint this moment in our memory so that we will never forget it and can return to it if necessary. (...)

Last moments on the water, last moments in nature, we ended this adventure with joyful hearts and filled with memories. New friendships, moments of pride, outdoing ourselves, sharing, showing kindness to others and, more importantly, to ourselves. We learned a great deal during those four days, but above all we lived. We took time for ourselves and the benefits of the adventure made their mark.



A FEW TESTIMONIES

«At the end of the day, around the campfire, drinking hot chocolate, hearing everyone's thoughts that sounded very similar to my own made me feel less alone in what I had been through. During the days when we were paddling and everyone was quietly dipping their paddles in rhythm, those moments brought me a lot of peace. I doubted my ability to enjoy camping again after my surgeries and treatments. I know I don't have as much stamina as I used to and paddling all day followed by setting up and dismantling camp sounded like more than I could handle. That being said it was actually very manageable with the whole group and team helping, it made me realize that asking for help and respecting my limits is okay and that with help I can do more than I think I can. Everyone on the expedition, facilitators and participants were incredible. It was amazing to share this journey with others who had been through similar struggles. I'm leaving this expedition with a new perspective and knowing that I am capable of more.»

-Roxanne V.V.

"The days in the canoes allowed me to go beyond my limits, to accomplish my goals and be proud of myself."

-Samuel D.

FEEDBACK FROM OUR ADVENTURERS



"I had a great time. I'll miss you all. We've become friends over this week and I hope we'll still talk. Love."

- Emily K.

"I had a blast with all of you! You all have such amazing hearts and such kind souls! Facing such hard challenges is a struggle sometimes but I would say we all made an amazing team! I'm gonna miss you guys a lot!"

- Katie Z. D.

"Thanks for an amazing expedition guys! It was great getting to know you all for the past week or so and I'm just so grateful to have done this. We have so many moments that we can look back on, I will always remember each of you for their own reason. We should definitely stay in touch somehow."

- Cameron B.

"Thank you for putting together such a wonderful program year after year, it really blew my mind and when I heard about it from other kids in my support group, I had no idea it would have been that amazing and eye opening."

- Alexander W.

"The kind of experience where we can (finally!) talk about cancer and feel quickly understood and supported, our experience recognized, and where we can also completely forget and feel like any other young healthy adults, ready to face any challenge. I talk more and more freely about my cancer and it has become part of my identity. Since the experience, I have taken great steps forward, becoming a more integrated and authentic person, more self-assured."

I had some fears and insecurities but having so many competent people to talk to – the guides, the doctor, the nurse, the psychosocial worker – made the whole thing much easier. I would never have gone on this kind of expedition by myself and the fact that we were so well supervised made me feel safe on all levels (physical, nature, relationships).

Of course, I also had fears about my physical condition; a general loss of confidence in my body, which I sometimes did not recognize. The experience proved to me that I could do a lot in terms of physical endurance ... :) The fact that we managed so well in a situation where there were few modern comforts showed me that I can handle many situations."

- Cindy T.

"I was physically stronger than I thought. I was able to achieve a flow that I hadn't felt for a long time. My goal was to be comfortable being uncomfortable. All the "discomforts" of the trip made me realize so many things. As a result, I feel more confident about my career."

- Jemmy N.

"It was a lot of fun and I really loved being with kids that have gone through similar experiences as me. I appreciated the opportunity to challenge myself. Getting in and out of the boat by the end of the trip was a great sense of accomplishment for me. "

- Jocelyn P.

"The experience has been incredible. I realize it more and more since I've returned. As if I lived it during the expedition and now I am integrating it. In the end, we live extraordinary things every day, because having a chemo is extraordinary ... so to have lived this experience is also extraordinary, but in a good way, and I realized that after the fact! It was also an introduction to the organisational and clothing aspects of this kind of adventure – me who knew nothing! I discovered the importance of sport in life and its therapeutic effects, now I also know thanks to you that nature is also important and therapeutic. In short, I think it should be programmed directly into treatments! Chemo 1, 2 then an expedition and then back to treatment!"

- Alexandra S.

«This was one of my goals : to get back to myself of being helpful to people and to prove that I can do physical activities again. This definitely proved that.»

-Adam V.H.

"It was an amazing expedition full of adventure. This trip made me do all sorts of things and helped me forget all my worries! I would love to take part in a similar adventure very soon."

-Charles V.

«The expedition helped me clear my head and put everything into perspective. I see myself in a better light and I am more mindful of my strengths and weaknesses, physically and mentally. I'm glad I was able to try new things and that I made friends from across the country. I really appreciated the planning because it made it a stress-free experience. Ultimately, it was something I had never done before. But it introduced me to something I need to do more often. »

-Thessalonica N.

TESTIMONIES



"I really enjoyed this expedition because it lets me escape from the city and all of my problems and I get to meet new people/make new friends, all thanks to the foundation."

- *Tristan G.*

"The games that the leaders planned were also so much fun! The whole expedition was a blast! I think that the expedition challenges you to do things that you might not do on a regular day. So you definitely find some of your strengths. Just flying on a plane to a location that I have never been before and where I don't know anyone gave me a sense of responsibility. I think that it grew throughout the trip too. I felt that everyone was included in the group. I felt that every single person grew closer and closer with each other as the week went on!"

- *Ethan T.*

"It was a life changing experience. I learned a lot while in the expedition and made lots of new friends. It was nice to meet people who know what we go through as a child with cancer. It was overall fun, new, exciting, and a great life experience. I was able to share my whole story to people who understood and went through the same thing. I was unaware of some of the strengths I had until I found some on the expedition. We were responsible for our own equipment and for cooking meals and collecting our wood and water. I developed a sense of responsibility on this trip."

- *Taylor M.*

"There were always smiling faces around whenever I needed help."

- *Eric M.*

"Being with other cancer patients is a big help with boosting your confidence level and showing that you're not alone in your fight against cancer. Being away from my usual routine and comfort zone was good to help me to become more self dependent"

- *Aidan P.*

"I realized that no matter our condition, if we take a step forward, we are always closer to our goal, regardless of the pain, the sadness or the joy that we feel. "

- *Jessy L.*

"This was an amazing trip. I loved exploring and getting to know everyone. [...] I will hold these memories and friends with me for a lifetime."

- *Leo C.*

"An extraordinary experience that makes you grow, that teaches you more about nature, about yourself, and about relationships with others. The experience allowed me to open my eyes again. After my cancer, I wrote myself a 'to-do' list of dreams to accomplish, activities to try. The years have passed, but most of the activities and dreams have not been checked off my list, out of fear of failure. I want to revisit this list, to add dreams and activities and to live them. "

- *Myriam L.*

"I did not know what to expect when I started this journey. In the end, I learned a lot and had a lot of fun. Hats off to you for organization and logistics! It is clear that you are pros in your field, nothing was left to chance. I really had an amazing experience and I must say that some of the days of the trip were some of the most beautiful of my life. Nothing less. We have just returned from the trip but already I feel a confidence that I did not have before the trip. My girlfriend looked into my eyes on Thursday morning and said, "Something has changed in you." I had never been part of a group where people listened so well to each other. It was really, really special, in the best sense of the word. People authentically wanted to know each other. "

- *Vincent P.*

"I just want to reach out and say thank you to you and everyone involved with this winter expedition for Zack. It has truly touched his heart and mine for that matter. We are in shock at this amazing experience he has been a witness to. We cannot thank you all enough. There are really no words that can describe this beautiful gift, that will be with our child for the rest of his life! He became quite emotional at the thought of possibly never seeing all these amazing people at the same time - same place ever again! What else can we say???? Thank you seems like it falls a bit short!! I can truly understand the magnitude of effort, love and work that went in to make this expedition come together as it did. Zack has come back a changed boy and we are forever indebted! Thank you all again and we wish you all much love, health and happiness."

- *Maria T., Zackory's mother*

"Just wanted to send a quick note to say a huge thank you for the wonderful expedition! Ethan had such an awesome time and we were so excited to hear all about it. I enjoyed following the blog and seeing all the pictures. I am so happy that Ethan was able to participate in this adventure. He will cherish the memories he made with this group for his life! Tip of the Toes is Awesome! Thank you!!!"

- *Jennifer T., Ethan's mother*



Célé- brons la VIE

On November 20, 2018, the twelfth annual Célébrons la vie event was held to benefit young people with cancer supported by the On the Tip of the Toes Foundation. A generous sum of more than \$340,000 was raised.

This unique and festive event took place in the magical universe of the illusionist Luc Langevin. Over 700 business people from Greater Montreal came together to support the mission of the On the Tip of the Toes Foundation. Their presence is due to the hard work of our team of ambassadors who, year after year, promote our organization to their loved ones and solicit their contribution. We are highly indebted to them.

The invitation is out for the next edition! Sylvain Cossette will take the stage with his 80's musical revue. We look forward to seeing you for the thirteenth edition on November 20, 2019!



Double Défi

des deux **Mario**

RioTinto

The tenth edition of the Double Défi des deux Marios, presented by Rio Tinto, was a great success!

The Double Défi is a unique event in which several teams make a winter crossing of Lake St-Jean. This allows participants to experience the physical challenge and the challenge of internalization that young people experience when they go on an expedition with the On the Tip of the Toes Foundation. Participants strap on skis or snowshoes, load their luggage onto a sled and trek across the ice surrounded by spectacular scenery.

The Double Défi was born from the meeting of two adventurers, Mario Bilodeau and Mario Cantin. Two men with hearts of gold who came up with the idea of this innovative way of raising funds to enable young people with cancer to participate in a therapeutic adventure.

In the end, 122 people crossed Lake St-Jean in February 2018 and raised just over \$251,000 for the On the Tip of the Toes Foundation.



Rase -O- Thon

Marie-Hélène Côté



The eighteenth edition of the Marie-Hélène Côté Rase-a-Thon once again demonstrated people's dedication to and generosity towards the On the Tip of the Toes Foundation. Presented by Resolute Forest Products, the event was held under the honorary chairmanship of Mr. Karl Blackburn, Senior Director of Public Affairs and Government Relations, and raised a total of nearly \$185,000.

In total, more than 80 people put a price on their heads for the On the Tip of the Toes Foundation. Most of them shaved in front of family and friends at the St-Bruno arena, but some of them did it elsewhere – at their workplaces, at the Seminary of Chicoutimi or at the Oasis Training Centre in Chicoutimi.

This event takes place year after year through the strength and energy of the organizing committee and the many volunteers who come back each spring to support the cause. The Foundation wishes to sincerely thank the generous sponsors and partners in the event, as well as the Honorary President and his organization for their involvement, energy and availability throughout the year.

EVENTS

PRINCIPAL DONORS AND SPONSORS

\$10,000
AND
MORE

Bell Media	\$45,000
Power Corporation	\$40,000
Resolute Forest Products	\$24,000
CN	\$20,000
Air Canada Foundation	\$20,000
Arc'téryx	\$18,000
Atmosphère	\$16,000
Clarins	\$15,000
Rio Tinto	\$15,000
TC Transcontinental	\$15,000
Prospex	\$14,000
Safari Condo	\$13,000
Alimentation Couche -Tard	\$10,000
André Desmarais and France Chrétien	\$10,000
J. Armand Bombardier Foundation	\$10,000
Montreal Children's Hospital Foundation	\$10,000
Jean-Louis Lévesque Foundation	\$10,000
Colleen MacLeod	\$10,000

\$5,000
TO \$9,999

Fondation Bon départ de Canadian Tire du Québec	\$7,500
KOA Camp Care	\$7,500
Coast to Coast Against Cancer	\$7,000
Corporation Fiera Capital	\$7,000
Deloitte	\$6,000
Aimia	\$5,000
Arnaud Bellens Fund	\$5,000
National Bank of Canada	\$5,000
Brigitte Brunet & Associates	\$5,000
Conam Charitable Foundation	\$5,000
David Wisenthal Fund	\$5,000
CHU Ste-Justine Foundation	\$5,000
Gatien Paquette Fund	\$5,000
Groupe TMX	\$5,000
Jacques Parisien	\$5,000
Lise and Richard Fortin Foundation	\$5,000
CIBC World Markets	\$5,000
Pandion Investments (Mark Smith)	\$5,000
Peter Kruyt Fund	\$5,000
Pomerleau	\$5,000
Scotia Capital	\$5,000

\$2,000
TO \$4,999

Air Médic	\$4,500
Bellini Foundation	\$4,000
Xerox Canada Ltd.	\$4,000
Canadian Tire Jonquière	\$3,600
Phila Foundation	\$3,600
BCF Business Lawyers	\$3,500
BMO Marchés des Capitaux	\$3,500
Cascades	\$3,500
Chades and Associates	\$3,500
Corporation d'investissements Sanpalo	\$3,500
Execaire	\$3,500
Industrie Lassonde	\$3,500
PPI Solution	\$3,500
Transforce	\$3,500
Vézina Assurances	\$3,500
Nemars (Mike Elrick Tribute)	\$3,000
The North Face	\$3,000
Van Houtte	\$3,000
Cole Foundation	\$2,500
Zamora	\$2,500
ACQ – Saguenay Lac-St-Jean,Region	\$2,300
BNY Mellon	\$2,000
Centre du Sport Lac-St-Jean	\$2,000
Le Quotidien	\$2,000
RBC	\$2,000
RBC Capital Markets	\$2,000

WORD FROM THE TREASURER

For the fiscal year ending December 31, 2018, the On the Tip of the Toes Foundation reported a surplus of \$11,983 in income over expenses.

The balance sheet of the Foundation as at December 31, 2018 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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