

ON THE TIP OF THE TOES

ANNUAL REPORT 2019



**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 experts in health care and outdoor adventure intervention.

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

WORD FROM THE PRESIDENT



At the dawn of my tenth year of involvement in the foundation, I realize that the years are flying by at a great rate.

My perception of this rapid passage of time is certainly not shared by our young Canadians who are fighting against the terrible disease of cancer; a battle in which they often feel alone. They want more than anything to get through it as quickly as possible.

We join them in this battle to help them to believe in their power to accomplish what they want. Just like me, they will say to themselves in the years to come, "I remember having participated in an incredible adventure! How time flies!"

With the addition of new programs over the past decade, we are now offering approximately 5,000 hours of direct intervention each year to young people so that they can surpass their limits on our expeditions, for a total of more than 82,000 hours since our inception. Come to think of it, you could say that the years are also flying by for our foundation.

These numerous successes are possible thanks to a team that has accumulated years of service with us – a point of pride in this era where recruitment is a challenge for a majority of organizations. Also, thanks to our Board directors who, year after year put in all the necessary effort to ensure that our services are in line with the needs of our young people, and finally, to our donors who are always present when we ask them to contribute.

My friends, I offer you these few words of thanks for this beautiful year 2019. May they allow you to stop for an instant and see that time flies ...

Thank you for being there for us.

MARC-ANDRÉ BLAIS, CPA, CA
President

WORD FROM THE GENERAL MANAGER



For our organization, 2019 marks the start of a new three-year strategic planning cycle; the penultimate cycle of our 2015-2025 macro-cycle.

Leading up to this cycle, all the members of our organization, including Board of directors and permanent staff went through a period of reflection. This allowed us to draw conclusions and especially to identify the strategies on the one hand to meet the growing psycho-social needs of young people with cancer and on the other hand to ensure the sustainability of the foundation. Among other things, the growth of our philanthropic activities has proven to be the cornerstone of our future directions.

This area of development is even more necessary in this era of uncertainty linked to the recent pandemic.

The storm that hit the health care network led to several postponements of treatment for people with cancer, a situation that is highly anxiety-provoking for them. In addition, many of their previous treatments have resulted in the reduced ability of their immune system to fight against viruses and bacteria, a situation which is unfortunately all too common.

As a result, young people living with cancer need the support we offer them more than ever.

For obvious reasons, certain expeditions, such as that of winter 2020, cannot take place in their usual form. In the face of this setback, our team has demonstrated resilience and innovation by developing a concept of remote support inspired by adventure and the natural environments that we usually visit. Although we fully intend to continue leading therapeutic adventure expeditions, we are immensely proud to see the significant impact of this exceptional initiative.

Now, more than ever, the On the Tip of the Toes Foundation needs its loyal supporters to enable young people with cancer to recover and to face the future with optimism.

If you are holding this annual report in your hands, it is because the mission of our organization has touched you. With all my heart, I hope you will join us in the coming months. As one of our co-founders put it, it is only by standing on tiptoe that you can see beyond the horizon.

And, I would add, it is only together that we can do it.

J-CHARLES FORTIN, MGP
General Manager

TYPE :

GRAND WINTER EXPEDITION



MARCH 9-16, 2019

BLOG EXTRACTS

DAY 1 - MARCH 9

(...) At lunchtime, the group's English speakers were introduced Quebec's iconic St-Hubert restaurant. For the rest of the trip, Marie-Michelle and Catherine began to prepare us for the camp that we will have to set up in the coming days. First, learn how to tie knots! Armed with our ropes and using the seats on the bus, we learned to make a reef knot, a bowline and a tension knot. Each of these knots will help us to pitch our tents securely. (...)

DAY 2 - MARCH 10

(...) After a few kilometers, we stop for a short break. Facing the Ernest-Laforte summit, seated in a circle, we discuss our objectives for the expedition. Each of us is there to experience the adventure, but also to discover our physical abilities, get out of our comfort zone, free our minds and enjoy the present moment. We shared a very emotional, gentle moment. The hardships experienced are sometimes heavy to bear, but being in a group with people like us, who look like us, confirms that we are normal and that we are above all not responsible for the disease. Eventually, everyone may be able to realize the positive aspects of these trials. (...)

DAY 3 - MARCH 11

(...) We begin our ascent by walking rapidly in the forest. The calm surrounds us, the snowy trees and the surrounding mountains amaze us. What a pleasure to discover the hinterland and to break our own trail! There is always something magical about being the first to make tracks in fresh snow. When we reach our destination, we stop for a while. It's important to stop sometimes. To think of the road traveled, to realize the efforts we have just made, to be proud of ourselves. Jessica offers us a moment of mindfulness. All in a circle, eyes closed, we feel the soft snow falling on our face and the cool wind that blows. Three deep breaths. Listen to the silence of the forest, the tickling of the snowflakes on our coats. Take advantage of this moment of peace, be here now. (...)



EXPEDITIONS



DAY 5 - MARCH 13

(...) Today will be our biggest day of hiking. We have perfect weather: blue sky, hot sun and tons of snow. We leave in the direction of the 'Peak Sterling' in the Monts Vallières de Saint-Réal range. The walk begins slowly, the whole group together with a few gaps so that everyone can walk at their own pace and respect their limits. (...) (...) A rustle in the branches to our left attracts our attention and suddenly we see it. First through the branches and then this beautiful moose comes out of the woods and carries on its way. There are advantages to lagging behind. (...)

DAY 8 - MARCH 16

(...) One last group photo by the river and we are back on the road. We take full advantage of these four hours of travel because it is our last time together. On the bus, as usual we chat, we laugh, we sing. We also reflect on our beautiful moments spent together. It's amazing how quickly we have created bonds which have strengthened over the days and are now as solid as the Vallières Mountains. (...)



DESTINATION :
**GASPE NATIONAL
PARK, QC**

COORDINATES :
N 48.9467901, O 66.1255416



ACTIVITY :
**SNOWSHOE AND
SKI-HOK**



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

FROM :
QC, ON, BC



**FONDATION
AIR CANADA**

OFFICIAL CARRIER OF
THE ON THE TIP OF THE TOES FOUNDATION

A FEW TESTIMONIES

I had high expectations on a personal level but not so much on the organizational aspect. The management and everything else associated with it completely surprised me by its scope.

Antoine M.

I had a perfect week with the whole team as well as with the participants. We were so well supported throughout the expedition and it was obvious that this was due to the preparation that had been done beforehand as well as to the professionalism of the organizers and the guides. I really managed to drop out and forget the days because I felt so good. It made me rediscover my child's heart which was not so far behind :).

I really liked it when Jessica or the girls (Catherine and Marie-Michelle) took the time to remind us of the situation at hand. It allowed me to be more attentive to the sensations I was feeling and to be fully in the moment. When I got to the top, I experienced such a moment of pride and fulfillment! I will remember it all my life, for sure. Wow! :)

I had some concerns about my ability to climb due to damage to my lungs and finally realized that by breathing properly while climbing, it was possible for me to do it. I was also very proud of myself considering that barely four months ago I was stuck in a hospital room, unable to move! Since I tend to be hard on myself, this experience has allowed me to be proud of myself and of the progress made since my discharge from the hospital, when I am hard on myself, I will remember that!

Catherine P.

TYPE :

GRAND SUMMER EXPEDITION



JULY 26 - AUGUST 6, 2019



BLOG EXTRACTS

DAY 3 - JULY 28

(...) I feel so small in this immensity, this eternity. I think back to my days in the chemo room. My time in the magnetic resonance tunnel. My artificial sleep in the operating room. Then I look at it all from a new perspective, in the shadow of the Manicouagan meteorite. Out on the water Mario had us take a break, the two Voyageur canoes side by side, time to close our eyes and listen, breathe, change our rhythm. Breathe in. Breathe out. Water lapping. A bird passing over us. My breathing calms down. My body that relaxes. Just the essentials. (...)

DAY 6 - JULY 31

(...) Pinch me, someone! Am I dreaming? It's too good to be true. The weather has been threatening rain, wind and temperatures near freezing for a week. However, the sun largely prevails over the few threatening clouds and we launch ourselves every day into the water in front of our camp. (...) I'm shy; I didn't know anyone in the group last week and I hardly speak any English. However, I am making more friends in a week than in my last year at school. French AND English friends too! (...)

DAY 7 - AUGUST 1

(...) But in the middle of the night, the cold that had been predicted for days finally showed up. I missed my hat that I had left in the bottom of my barrel outside the tent. It took a while in the morning, after the ukulele call to convince myself to put my nose outside to join my tent partners who were already filling up with oatmeal and bread toasted on the fire. (...) We put on our wet-suits, took out our toques, our rain boots and our gloves to face the elements. I was still happy. I really felt like I was on an adventure with challenges to overcome to exceed my limits. (...)

DAY 10 - AUGUST 4

(...) We paddled some 18 kilometers today, our biggest day. In addition, we had a headwind a good part of the way, with waves of at least two or three feet. Sometimes, I had the impression that the Voyageur canoes were like corks taken away by the currents. During breaks and at the arrival at the last camp, we were treated to heavy showers which cooled us off. And if I thought I knew what a cloud of black flies was, well I was wrong. Here, we eat them, we breathe them. They are everywhere. Even Mario took out his mosquito net! (...) At dusk around the campfire, we took turns summarizing the adventure in our own words: truth, connection, unexpected, good experience, friendship, meetings, mutual aid, resistant, strength, together, disconnection from normal life, well-being, rhythm of the Manic, pampered, wealth, privilege, perseverance, teamwork, inspiring, amazed, accomplishment, endless possibilities, challenge. That gives you an idea of the magnitude of what we have just experienced! (...)

EXPEDITIONS



DESTINATION :
MANICOUAGAN
RESERVOIR,
QC

➤ **COORDINATES :**
N 51.4515904 O 69.0985856



ACTIVITY :
VOYAGEUR
CANOES



PARTICIPANTS :
14 YOUNG PEOPLE
14-18 YEARS OLD

FROM :
NS, NB, QC, ON, AB, BC



FONDATION
AIR CANADA

OFFICIAL CARRIER OF
THE ON THE TIP OF THE TOES FOUNDATION

A FEW TESTIMONIES

You have to live this experience to really understand what it is all about; twelve days isolated from civilization, fully immersed in the **REALITY** of the world around us. Two hundred and eighty-eight hours of pure happiness, truth and mutual support have happened. To all the teenagers in this country who are reading this, whether they are in remission from cancer or unfortunately still fighting the disease, I wish from the bottom of my heart that you have the same chance as I had: having unforgettable encounters and my memory banks with such precious moments in a short time.

Florence B.

Thank you, On the Tip of The Toes for such an amazing experience. The 14 of us went from complete strangers to lifetime friends. I will forever be smiling when thinking about this trip. Being able to detox through camping, canoeing and being surrounded by nature is exactly what I needed.

Madeline P.

TYPE :

GETAWAY EXPEDITION



SEPTEMBER 26 TO 29, 2019



BLOG EXTRACTS

DAY 1 - SEPTEMBER 26

(...) Already on the bus, trading looks of friendly complicity, laughter breaks out. Newly arrived at "Air Eau Bois" base camp, we can't wait to explore the place, the excitement is palpable. A little apprehension too. We don't know what to expect. As soon as the luggage is unpacked, we test the canoes. Although the sun looks promising, a heavy rain surprised us on the water long enough to realize that Mother Nature is the boss and that we must be ready for anything! We will take that for granted! (...) (...) There are examples of courage and extraordinary human power in these young adults with such inspiring life stories. The speakers are dynamic and positive. The beauty of the wilderness that surrounds is energizing. Altogether it is a mix that will surely mean a wonderful trip. Rain or shine, it will be perfect. The goal is to succeed at a challenge that will make us say: "If I am capable of fulfilling this challenge, then I can do anything!" (...)

DAY 2 - SEPTEMBER 27

(...) The landscapes are more and more beautiful as we progress, without too much difficulty, because we have a good wind at our back on the Poisson Blanc reservoir. High rock faces, sandy beaches, forests. Another hour and a half or more and we reach the island where we set up camp. (...) (...) The young people are even more implicated than yesterday. They have discovered common links, not just related to the disease but also in their life paths and character traits. After a dinner worthy of an excellent Italian restaurant, the sharing around the campfire stirred up beautiful, positive emotions. Everyone is so inspiring. But no camping night is complete without S'mores - we get the strawberries version. Enough to make the bears jealous ... But there are no bears, so we ate everything, without leaving any! (...)

DAY 3 - SEPTEMBER 28

(...) After the dishes are done, it's time to look back on our day and the experiences we shared this weekend. There is emotion with a capital E in the air! Without revealing the secrets that were so frankly shared here, we must admit that we are leaving with perhaps more precise goals in our future and new friends to help us on this journey. Many words stand out from this sharing: friendship, warmth, authenticity, candy (yes ...), sense of humor, letting go, gratitude, nature, bond and so many others that we will carry in our hearts for a long time. For some it was a first experience in the forest, for others using outdoor toilets. Others realized the fact that staying isolated is no longer an option in the

EXPEDITIONS



future, and that it is possible to find something positive in disease. Isn't that what the On the Tip of the Toes Foundation seeks to create during these wonderful adventures? (...)

DAY 4 - SEPTEMBER 29

(...) Once again this morning, everyone got up with a smile. Despite the aches and fatigue. Despite life. This is a trait that all the chaperones noticed in the group: resilience and the ability to keep smiling when challenged. What an incredible lesson in life. Thank you. And above all, do not stop spreading happiness as you have done in the past four days. (...)



DESTINATION :
POISSON BLANC
RESERVOIR,
QC

↙ **COORDINATES :**
N45.910388, O75.737072



ACTIVITY :
VOYAGEUR
CANOE



PARTICIPANTS :
10 YOUNG PEOPLE
19-29 YEARS OLD

FROM :
QC, ON, AB

A FEW TESTIMONIES

The chance to exchange with the other participants was extremely precious to me since throughout the illness, I had the feeling of being an anomaly. Indeed, all the people I met in the hospital waiting room, in chemotherapy and in support activities were at least one, if not several decades older than me. During the expedition, it was the first time in a terribly long time that I felt normal and understood. I finally felt that I belonged somewhere, and that made me feel so good.

Going on an adventure with complete strangers was a decision that seemed rather strange to me at the beginning. On the other hand, it allowed me to make a break with my reality and to really be able to let go of many things. In some ways, these four days allowed me to have some form of conclusion to this chapter of my life and allow me to finally start another. Above all, I no longer feel alone. And that's worth all the gold in the world. I said it when I left you, but I repeat: what you have done for us is so, so beautiful. Thank you so much to the foundation and to all the team who were kind enough to accompany us. You are fantastic.

Karine B.

Not having access to our phones was really therapeutic. We didn't have to think about what's going on at home and this allowed us to enjoy our trip more fully and really connect with each other. A really great experience that allowed us to surpass our limits. But what I remember most is the people with whom I shared my expedition. Both the participants and the chaperones, everyone was fantastic and had a big heart.

Emy B.

TYPE :

GETAWAY EXPEDITION



OCTOBER 5 TO 8, 2019



BLOG EXTRACTS

DAY 1 - OCTOBER 5

(...) A few paddle strokes and a few small breaks later, we stopped on the Poisson Blanc Reservoir. With the two Voyageur canoes side by side, Mario, one of the co-founders of the On the Tip of the Toes Foundation, led us through a sensory acclimatization exercise. During this exercise, Mario encouraged us to become aware of all that our senses were feeling out here in nature. At that point many of us began to pay much more attention to everything around us. (...)

DAY 2 - OCTOBER 6

(...) There is no doubt that the magic of nature is starting to work. In addition to the comfort of a bowl of soup and a fire, we are beginning to feel more and more the bonds being created in the group. As Mario likes to say: "Nature has the power to bring out what is beautiful and good in people". Looking at the behaviour of our group, it is difficult to contradict that. The group and the support team are unanimous: our adventure is going well. (...) Lauryanne particularly appreciates the fact that everyone's limitations are respected, for example when someone decides to stop paddling for a moment due to fatigue. As for Samuel, he likes being able to express himself without filters and to share what he has experienced, because he knows that the other participants, having also had cancer, will be able to understand him. (...)

DAY 3 - OCTOBER 7

(...) As if to call us to order, the lake awaited us with a firm headwind and omnipresent waves. Good thing that the experience acquired during the last two days and the field knowledge of our facilitators were there to compensate. So we paddled strongly and used the islands, including the huge Mysterious Island, to protect us as best we could from the wind. (...) When we arrived at the Las Palmas site, the dinner was once again delicious, in addition to being another good opportunity to continue to get to know and to get closer to each other. When we set out again, the lake reminded us once again with its winds and waves that we had to remain vigilant and focused on the task at hand. (...) Fortunately the luck we have enjoyed since the start of the expedition has continued and the elements calmed down just as we left the edge of Mysterious Island and entered a more exposed section. (...)

DAY 4 - OCTOBER 8

(...) These moments are a good example of the connections that Andrei, in our last discussion circle, said he was able to create. Connections he admitted to having trouble creating with his friends at home, but which were almost instantaneous here. Mainly because each of us can more easily understand what the other is going through. (...) To paraphrase Mario, all we have to do is continue to marvel at what we have accomplished, the challenge we have faced, the courage we have shown, the ties we have created, the strength found in working as a team, the future that awaits us, our resilience and our eyes that shine. (...)

EXPEDITIONS



DESTINATION :
POISSON BLANC
RESERVOIR,
QC

📍 **COORDINATES :**
N45.910388, O75.737072



ACTIVITY :
VOYAGEUR
CANOE



PARTICIPANTS :
10 YOUNG PEOPLE
14-18 YEARS OLD

FROM :
QC, ON, AB



A FEW TESTIMONIES

It has done so much good for Mélorie to live this expedition with you. Safe outside and well supported. I often speak of your foundation with great happiness. You are a fabulous team with big hearts. Your impact is immense on our young people who have such great needs. Long live "On the Tip of the Toes".

Marilene H., mother of Mélorie F.

These people who were unknown to me the day before yesterday are becoming friends. Real ones. We are united by this adventure, these trials, this silent strength that we have in us. I am grateful for this expedition and these extraordinary people who are there with us. Thank you.

Loryanne C.

The smile I had really made me feel good and (will) stay in my mind for the rest of my days. I didn't think it could help me, but being around people who understand and have lived things similar to me really did me good; (...) Before I always compared my physical capacities to people who lived a "normal" type of life. Just being able to open up to people was really a great victory for me. Thanks to the people there I have managed to de-stress and I can think about my problems or anticipate what will happen at school.

Vincent P.

WORDS FROM OUR 2019 ADVENTURERS...



This has allowed me to return to group life and to realize that I am able to take care of others without forgetting myself. That I am able to multitask, to find energy even when my batteries are running low. That with a mattress and a sleeping bag I can sleep anywhere, so I should just go for it!

- Alexandra S.

I have never had the opportunity to meet young people who have experienced the same situation as mine, so it was incredible to see that we are not alone and that several people have gone through similar trials. Sharing our experiences has been very beneficial, I believe. In the large group meetings, I could see all the psychological good that this expedition has done for us. The participants opened up and shared. There were magic moments. When we climbed the small mountain, I felt the strength it took me to reach the top. It was so satisfying to see us pushing our limits, both physical and psychological. I will never forget this expedition. You are doing great good and you are amazing! Be proud of your work because it brings joy to many lives. Thanks again :) Hope to see you soon!

- Jessica P.

On this trip I built beautiful friendships. Connections that I never thought possible. The young people on the expedition got along so well from day one. There was neither judgment nor discomfort. And although the language barriers slowed things down for some, I felt good with all the participants and towards the end we were all one. Throughout this whole adventure, I felt a unique bond with all the other participants. A bond that we do not feel with our other friends, because even if we all had different stories, in the end we inevitably understand each other. This unique experience will remain with me forever and I wish that everyone could one day live an adventure like the one I lived. It made me grow and I came back matured. This expedition really allowed me to go out and get out of my daily life and experiment with new activities. I spent two weeks giving my all and living in harmony with the nature around us. An experience that will forever be etched in my memory and that has made me grow and learn. I loved this time spent both camping and on the reservoir in a Voyageur canoe.

- Adélie D.

Whenever we were in the rabaska, I was serene. Paddling in rhythm made me completely forget the stress of everyday life. I was living in the moment; I realize now that I had let go.

- Guillaume P.

One of my highlights was when we reached the top of Sterling Peak, surrounded by mountains as far as the eye could see. This moment was very significant because I knew that the participants and I had successfully completed the challenge and that we were grateful to be there, and to have reached the summit because we had won our battle. For me, the biggest challenge in this adventure was not physical but rather psychological. With the sharing and the workshops, I did a lot of self-reflection not only in connection with the disease but in all spheres of my life. I realized what I wanted and what I didn't want. With the expedition I saw that even if I was the only one who did not manage well in English I knew how to make myself understood, that strong links can be created with strangers who have now become friends, that it is worth it to get out of your comfort zone. I am very grateful to the On the Tip of the Toes Foundation for allowing me to live this unique experience. Thank you today for making this gesture in order to collect donations to bring this adventure to other youth!

- Audrey S.

This is the story of eleven strangers who met in a hotel in Quebec City. Eleven strangers seated side by side in the same bus driving toward the horizon, awkwardly trying to remember the name of their neighbor with whom, even more awkwardly, they were going to share bunk beds. Eleven strangers with only ghosts in common that they would have done well without.

It is the story of eleven friends who met in a chalet in the Gaspé Peninsula. Eleven friends who shared their meals, giggles and crazy stories. Eleven friends who took advantage of all that nature had to offer, braved the conditions, and slept side by side. Not only were they haunted by the same ghosts, but the eleven friends were surprised to recognize in one another the same obstinate force.

It is the story of eleven brothers and sisters celebrating their reunion in the heart of the Chic-Choc mountains. Eleven brothers and sisters who live in the four corners of the country, understanding each other perfectly. Eleven brothers and sisters reluctant to fall asleep for fear of missing a precious moment of unity. Deep in the forest, enveloped by the eternal presence of Mother Nature and exhausted by physical effort, the eleven brothers and sisters finally understood that they were not gathered in this place and at this time by their will to survive, but rather by an ardent desire to grow, to flourish and to live. Seven days have passed - it seemed like forever. Seven days have passed - they will last forever. The moment, frozen in an instant. Finally, it's our turn to take the Time. This is the story of the perfect place at the right time - indescribable, unforgettable and forever, there.

- Georgi P.

TÉMOIGNAGES



The expedition exceeded my expectations! Spending a week in nature without outside contact is something I have never done and I was not sure what to expect. I enjoyed every moment and the week went by so quickly, I wish it had continued! We all outdid ourselves and were all proud of what we had accomplished! We were treated to five-star food in the middle of nowhere, which is really surprising! I expected to eat pre-made sandwiches for the whole week, but no, we had a chef and a full and functional kitchen!

Living with a group for a whole week without having any outside contact and leaving all the stress behind was really refreshing. It was like we were in another life for a moment. A special moment for me was after having built the camp. I was really proud of what we had accomplished as a group and that everyone had pitched in! As mentioned above I would never have climbed the mountain by myself and the motivation of the group allowed me to do much more than I could have done alone. I learned that with motivation and confidence you can do much more!

- Nicholas B.

It was really fun. I was able to connect with kids who went through the same thing I did, so we had a special bond like no other. There was always an adult around, so I felt very safe and secure. They made me feel very welcome. Since all of the kids there had experienced cancer, we were able to understand each other unlike anybody else. We would know why they were feeling a certain way, or if they had an issue. I felt pride when I was able to canoe the whole time and not get tired, to speak a little bit of French, and not freak out that I was on the other side of the country alone. - Andrei C.

The best decision I ever made was coming to Tip of Toes expedition because I always had doubts with my body disappointing me after I was diagnosed with cancer. Thank you everyone especially the staff for proving me wrong.

- Naimo A.

We had an awesome time together and I got a reminder of what it feels like to be part of a community again - something I lost sight of over the last few years dealing with cancer and depression. There was so much love among our group and I will never forget the time I had with them. I made new lifelong friends on our trip together and can confidently walk away from this experience saying I've become a better person by being a part of it.

- Jason A.

I think sharing my cancer story had a positive impact on me because it allowed me to see that other kids have gone through the same thing.

- Lily R.

From strangers to family, to all the participants that I became friends/family with, thank you for inspiring me and motivating me to become that person whom I was looking forward to be, and for that funny experiences and the laughter we all shared. Thank you, though the experience was somehow challenging, I truly cherished all the moments we had and I will definitely remember all of you. For the sponsors, foundation, volunteers, nurses etc.. thank you for making this possible, it was definitely a great experience and adventure!

- Yna C.

I found I could do anything I wanted to if I put my mind to it.

- Adam V.H.

I loved not having my phone on me. It allowed me to really forget about everything and just connect with nature and have peace of mind. I finished radiation 4 months prior to the expedition and at first I really wasn't too sure how I would hold up throughout the trip, but I kept pushing myself to keep on going. When I got to the lookout, I became very proud of myself for making it that far. Since I relapsed, I stopped doing as much physical activity and I notice that I have become more out of shape. When we were in Gaspésie, I was able to become more physically active and have been staying in the habit of it since I came back home. The hardest thing is to get back into a habit that you stopped doing for a period of time so this really helped me.

- Angel O.

Reaching the summit with a group of people who had experienced the same physical/emotional past of cancer, made me feel like I was a part of something important, and meaningful for the first time in a long time. This trip gave me the emotional sense of physical autonomy and has given me the confidence to push my limits physically in order to achieve rewarding experience - now that I know I can do it. Going down that steep part of the summit DEFINITELY pushed my physical limits. And it was amazing. I met some people and felt like a part of a group, both which I will cherish for the rest of my life.

- Serena B.

I feel lucky to have participated in this expedition. It is something that not many kids would normally have the opportunity to experience.

- Evan T.



Célé- brons la VIE

On November 20, 2019, the twelfth edition of the "Célébrons la Vie" fundraising event took place for the benefit of young people with cancer supported by the On the Tip of the Toes Foundation. A very generous sum of more than \$346,000 was raised. This unique and festive event took place in the musical universe of the 1980s with Sylvain Cossette. Business people from the greater Montreal area gathered to support the mission of the On the Tip of the Toes Foundation. Their attendance at the event is a result of 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.



Double Défi

des deux **Mario**

RioTinto

Presented by Rio Tinto, the eleventh edition of the "Double défi des deux Mario" was a great success! This unique event allows participants to experience the physical and internal challenge that is experienced by young people when they go on an expedition with the On the Tip of the Toes Foundation by offering the chance for several teams to make a winter crossing of Lac St-Jean. Participants strap on skis or snowshoes, anchor their luggage on a sleigh and trek across the ice in a spectacular setting. "Double défi des deux Mario" was born from the meeting of two adventurers, Mario Bilodeau and Mario Cantin. These two men with hearts of gold had the idea of this innovative way to raise funds to allow young people with cancer to participate in a therapeutic adventure. All told, 117 people crossed Lac St-Jean in February 2019 and raised just over \$272,000 for the On the Tip of the Toes Foundation.



Rase -O- Thon

Marie-Hélène Côté

The Marie-Hélène Côté Rase-o-thon has once again demonstrated all the generosity and dedication that the population has shown towards the On the Tip of the Toes Foundation. This nineteenth edition raised a total of nearly \$102,000. A total of forty people put a price on their heads for the On the Tip of the Toes Foundation. While most did it in front of family and friends at the St-Bruno arena, some were shaved on the sidelines of the event, at their workplaces, at the Seminary of Chicoutimi or at the Oasis Training Centre in Chicoutimi. This event is supported year after year by a strong and energetic organizing committee and the many volunteers who return each spring to support the cause. The Foundation would like to sincerely thank the generous sponsors and partners of the event, as well as the honorary co-presidents for their involvement, their energy and their availability throughout the year.

EVENTS



CRYO

Courses sur le Lac

CRYO Race is a truly unique event in which racing enthusiasts complete a winter crossing of Lac St-Jean in the dark. Under a starry sky, hearing only the sound of their footsteps in the snow, the participants live a most exotic experience on one of the two proposed distances: either 10 km or the classic crossing of 32 km. For the very first edition, which took place on February 23, 2019, the 32 km adventure began in the village of Péribonka just before the sun went down. The participants then ran on a maintained and marked track, interspersed with various aid stations. Each participant agrees to raise funds. The runners are supported by a team of volunteers who facilitate the supervision and risk management of ice racing. The synergy of all this beauty enabled us to raise the impressive sum of \$157,000 for this first edition.

PRINCIPAL DONORS AND SPONSORS

\$10,000 AND MORE

Power Corporation	40,000.00
Produits forestiers Resolu	35,000.00
ArcTéryx	30,000.00
Fondation CHU Ste-Justine	25,000.00
Cogeco	22,000.00
Fondation Air Canada	22,000.00
CN	20,000.00
Clarins	15,000.00
RioTinto	15,000.00
David Wisenthal Fund	10,000.00
Fondation J.Armand Bombardier	10,000.00
MRC Domaine du Roy	10,000.00
MRC Maria Chapdelaine	10,000.00
Polycor	10,000.00
Ville de Roberval	10,000.00

BETWEEN \$5,000 AND \$9,999

Nettoyeur FB	9,000.00
KOA Camps of Canada	8,500.00
Fiera Capital	7,000.00
Bogs	5,000.00
Brigitte Brunet Avocats	5,000.00
Capinabel	5,000.00
Conam Charitable Foundation	5,000.00
Fondation Hôpital de Montréal pour Enfants	5,000.00
Fondation Lise et Richard Fortin	5,000.00
Groupe Context	5,000.00
Groupe TMX	5,000.00
Kamik	5,000.00
Le Fonds Anne-Marie et Jacques	
Bougie à la Fondation du Grand Montréal	5,000.00
RBC - Banque Royale	5,000.00
Société Immobilière Sym Inc.	5,000.00
Stingray	5,000.00
Transforce	5,000.00

BETWEEN \$2,000 AND \$4,999

Air Medic	3,500.00
Banque de Montréal	3,500.00
Carmelle Marcoux	3,500.00
Cascades Canada ULC	3,500.00
Chades et associés	3,500.00
Conseils PPI	3,500.00
Pomerleau	3,500.00
Sanpalo	3,500.00
Vézina Assurances	3,500.00
CIBC - fondation pour l'enfance	3,000.00
Deloitte	3,000.00
Le Quotidien	3,000.00
Prospek	3,000.00
Alter Ego Capital	2,500.00
Capital A. Couture	2,500.00
Cole Foundation	2,500.00
Fondation Henrichon-Goulet	2,500.00
Sanimax San Inc.	2,500.00
Fondation CST	2,000.00
Groupe Mercille Inc.	2,000.00
Germain Benoit	2,000.00
Nemars Ltd	2,000.00
Sunlife Québec	2,000.00
Zamora Realities	2,000.00

THANK YOU!

WORD FROM THE TREASURER

For its fiscal year ending December 31, 2019, the On the Tip of the Toes Foundation recorded a surplus in income over expenses of \$13,302.

The foundation's balance sheet as of December 31, 2019 shows healthy financial situation. We thus have the resources required 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*

BOARD EXECUTIVE 2019

PRESIDENT

Marc-André Blais

President

Alter Ego Capital and Generation 4

EXECUTIVE VICE-PRESIDENT

François Veillet – Co-founder

Senior Vice-president, Private Portfolio Manager

Fiera Capital Corporation

VICE- PRESIDENT

Mario Bilodeau - Co-founder

Retired professor

Department of Outdoor and Adventure Tourism - UQAC

SECRETARY VICE- PRESIDENT

François Guillot - Co-founder

Director,

Pointe-Taillon and Monts-Valin National Parks - SEPAQ

TREASURER

Alexandra Pedneault

Director, Certification and Consulting Services

Deloitte

BOARD MEMBERS 2019

Mario Bilodeau, Ed. D -

Cofondateur

Retired professor

*Department of Outdoor
and Adventure Tourism – UQAC*

François Guillot, M. Sc -

Co-founder

Director,

*Pointe-Taillon and Monts-Valin
National Parks - SEPAQ*

Pierre Marcoux, MSJ

President

Contex Group

J. Craig Miller, BA

President

Sigvaris

Marc-André Blais, C.A. CPA

President

Alter Ego Capital and Generation 4

Linda Hershon, Inf. BSc. DESS

Clinical nurse

Oncology clinic, CHU Sainte-Justine

Alexandra Pedneault, CPA, C.A.

Director, Certification

and Advisory Services

Deloitte

Frédéric Boucher, L.L.B.

Vice-president, Legal Affairs

Kruger Energy

Sonia Joannette

Medical Care Advisor

Oncology Branch, MSSS

Philippe Trudeau, B. Sc.

President General Manager

AG Natural Health

François Dufour, L.L.B., ASC

Lawyer

Denis Le Vasseur, C.A. CPA

Vice-president and controller

Power Corporation of Canada

David Fortin

President

Häzenfan Products Inc.

Pierre Malo

President

Pierre Malo Consulting Services Inc.

François Veillet, MBA CIM -

Co-founder

Senior Vice-president, Private

Portfolio Manager

Fiera Capital Corporation Inc.

Jean-Charles Fortin, MGP

General Manager

On the Tip of the Toes Foundation

Marie-Hélène Marcoux, L.L.B.

Lawyer

Brigitte Brunet, Lawyers

MEDICAL ADVISORY COMMITTEE 2019

Linda Hershon, President

Sonia Joannette

Bruno Michon

Anne-Marie Charpentier

Lucie Lafay-Cousin

David Mitchell

Jean-Charles Fortin

Naila Legault

Robert Pigeon

Marie-Ève Girouard

Monia Marzouki

Simon Riendeau

STAFF 2019

GENERAL MANAGER

J-Charles Fortin, MGP

PROJECT MANAGERS

Catherine Provost, B. Sc.

Marie-Michelle Paradis, M. Env.

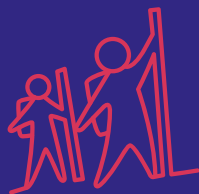
ADMINISTRATION

Claire Grenon

Vivianne Boudreault



ON
THE
TIP
OF THE
TOES



240, Bossé Street, Chicoutimi (Québec) G7J 1L9 Canada
Phone: 418 543-3048 / Fax: 418 543-9912 / www.pointedespieds.com

Printing courtesy of TC Transcontinental