

ON THE TIP OF THE TOES

2021 ANNUAL REPORT

LOOKING BEYOND THE HORIZON.
TOGETHER.



MISTASSINI RIVER—AUGUST 2021

OUR MISSION

To help young people 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.

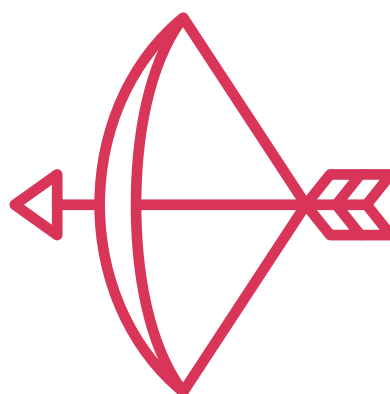
OUR GOAL

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.



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A WORD FROM THE PRESIDENT



Hope is the key of life...

This first year as President of the Foundation's Board of Directors has been marked by an ever-growing sense of belonging, motivated by the spirit that guides our mission and forges our identity.

In spite of the pandemic, our collective intelligence, governance, and operational efficiency have helped us ensure financial stability for our organization.

I would like to congratulate all the interventions and the events that served as levers to raise awareness throughout the year. Nothing stops the two Marios, neither the wind nor the cold. Faithful and committed to the cause, they crossed Lac-St-Jean with courage and with the certainty that they are doing it for a good reason. By the number of registrations and by the involvement of people who participate in the unity movement, the CRYO Races have proven their relevance as well as their importance.

We have begun reflection work as part of a strategic plan. Based on our current business model, this exercise focuses on the importance of capitalizing on the strengths and pillars of the Foundation and its capacity for innovation in order to ensure its sustainability.

Organizations are defined by the people that make it up, defining its values and human dimension.

I take this opportunity to thank all the members of the Board of Directors, the staff, and its director, Jean-Charles Fortin, with whom everything becomes possible, constantly pushing back the limits carried by hope.

In addition, the Foundation owes its expansion to the commitment of the community, our partners, and all the donors who want to make a difference in the lives of young cancer patients.

A special mention to André Robitaille and the entire Nova Media team for the documentary *La vie devant moi* which raised even more awareness of the Foundation's mission and made it possible to measure the benevolent impact of therapeutic experiences and expeditions.

It is with optimism and inspiration that we will embrace this new year, inviting us together to see big and far.

JUSTINE DELISLE, CPA, CA, PL. END
President

WORD FROM THE GENERAL MANAGER



*There is a crack,
a crack in everything.*

*That's how the light
gets in.*

-L. Cohen

The year 2021 was to be a joyful one: it marked the 25th anniversary of our organization. We wanted to take advantage of this opportunity to bring together the hundreds of young people who have taken part in one of our expeditions since the very first in 1996. We had planned the recording of a musical piece with a choir of 70 members. We had the dream of carrying out a major expedition. And much more.

But I am optimistic by nature. So I will just say that it is simply postponed... My optimism also leads me to be amazed—once again!—the dynamism and creativity of our team.

After supporting young cancer patients from a distance throughout 2020, we were looking forward to getting back to the field. Mission accomplished: the next few pages will give an overview of how your contributions have made the most significant impact in 2021—thank you for being there with us!

Speaking of creativity, a few lucky ones were able to see our (fantastic) photo exhibition, premiered during the Zoom Photo Festival, in Saguenay in the fall of 2021 and later at Espace 400e in Quebec City. For those who could not see this rich retrospective of 25 years of expeditions, know that it will also be presented next September at Marché Bonsecours in Montréal, during the 2022 World Press Photo.

What is more, 2021 ended with the broadcast of the (fascinating!) documentary *La vie devant moi*, on Radio-Canada. On an expedition, actor André Robitaille follows a group of youths who share their innermost feelings in heartfelt exchanges. To see again on the Tou.TV platform.

All of these achievements lead me to believe that, despite the scattered clouds that remain, it is possible to look forward to the months and years ahead with optimism. Moreover, we have an obligation of optimism towards young cancer patients and the difficulties they face, which extends even further with this escalating pandemic.

And it is you, who read these lines, who feed this optimism. Without your contributions of time, money, support of all sorts, none of this would be possible. It is each one of you who brings the light through the clouds and the cracks that Cohen describes. From the bottom of my heart, thank you.

J-CHARLES FORTIN, MGP
General Manager

OUR 2021 ADVENTURERS WRITE...



During the expedition, I gave my brain time off which, it seems, stopped working during the whole expedition. In the forest, I don't think about what is happening elsewhere and it does me a lot of good.

On the shore, early in the morning, while fishing for salmon, I felt alone in the world with myself and the salmon. I felt calm, serene and relaxed. I took several deep breaths and thought to myself: Wow! Life is good! :)

Monica B.

The project, both in terms of organization and environment, quickly plunged me into a state of mindfulness from the start. I felt connected at all times with nature, but having both feet at the bottom of a very dynamic river made me realize how strong and gentle nature is for the eyes, the body and the mind.

Mylène G.

Talk about organization! At no time did I feel left to my own devices, insecure, or in danger. Obviously, the Foundation's team is well rehearsed, it knows its objectives and puts in place the technical tools as well as great facilitators to achieve them.

Marie-Claude M.

It was extremely well organized. On the Tip of the Toes really managed to make us feel comfortable despite the fact that most of the group was out of their comfort zone. The team members always made sure we were comfortable (much appreciated). I met some great people too, talking to family and friends who have been through it too was very nice! An adventure that I will not forget!

Rose-Marie C.

I believe that, in these difficult times, it was a real reward to be able to experience these moments surrounded by exceptional people. Just seeing this many people did me a lot of good mentally.

Gabriel D.

I felt that our group was alone in the world and that's something precious when you are in the daily hubbub. Seeing shooting stars, having the river almost to ourselves, sleeping with the wolves. Activities that did me more good than I thought.

I was also really happy to see my father staying with us despite the severe back pain he had. I saw a perseverance that I had rarely seen in him before. We all had so much fun discovering each other while discovering nature and its benefits. I saw each person having moments of doubt or difficulty while pushing it all away to spend sharing moments with others. It was wonderful to see and experience.

Émilie K.

Both feet on the rocks, the legs into the river, the eye attentive to the fish, the ears buzzing in the wind, the leaves shaking and falling, and above all, my line swaying to the river's rhythm. With almost every cast, I felt completely in the moment. I often think about it, that I go back there, that I still feel it.

Anik D.

This expedition made me feel understood ... for real, for the first time. It's perfect that it's a specific age group, the majority have experienced the same things, in a similar way!

Everard JB.

Both feet in the river, rod in the water, eyes on the stunning landscapes appearing before us, and head in the clouds! A few times I wasn't really fishing anymore, but just enjoying the moment and enjoying life.

Mariève P.

Magic happens when the soul acts and I was able to observe and participate in this ballet of light. It is a great privilege, and these memories will remain etched in my heart forever and in the memory of time.

Philippe K., Émilie K.'s father

TESTIMONIES

A YEAR LIKE NO OTHER...

To be sure, our 2020 intervention programs have been successful. The remote support groups we have created have been very popular with young people with cancer. In addition, these initiatives have earned us two provincial recognitions, including one from the *Ministère de la Santé et des Services sociaux*. The fact remains, our greatest hope was to get back to doing what we do best: interventions by nature and adventure (INA).

After a first trial with *Bulle d'aventure* in the winter of 2021, we continued with a second pilot project, this time taking the form of an expedition with a fly-fishing theme. This program, called *Connexion*, was also intended to be the brilliant conclusion of the graduate studies of our colleague, Marie-Michelle Paradis.

The following pages will also allow you to learn about two other very inspiring projects. First, *La Familia Aventura*, a most innovative expedition, carried out in family bubbles, as well as *Lâcher-prise*, the result of a successful collaboration with the Quebec Cancer Foundation and the Quebec Breast Cancer Foundation.

We wish you a good reading!

TYPE : **PILOT PROJECT**



FEBRUARY 23 TO MARCH 9, 2021



DESTINATION : **MONTÉRÉGIE, QC**

COORDINATES : 45°30'48"N , 73°30'01"O



ACTIVITY : **MULTI-ACTIVITIES**



PARTICIPANTS :

2 YOUNG PEOPLE AGED BETWEEN
14 AND 18 YEARS OLD
IN REMISSION AND THEIR FAMILIES

FROM : **QC**



With restrictions in effect as of February 2021, it took a lot of creativity to set up nature and group adventure intervention programs! On the one hand, gatherings were prohibited and, on the other hand, travel outside the region of origin was not recommended...

Nevertheless, our team developed and tested a remote coaching concept: two young people and their immediate families had the opportunity to take part in a series of activities in their own region. Supervised remotely by our team, they were able to learn about fat biking and photography in nature, go on an independent snowshoeing trip, expedition cooking, and many others. Spring break will have been a busy one!

ADVENTURE BUBBLE



TYPE :

PILOT PROJECT



JULY 2-8, 2021

BLOG EXTRACTS

JULY 2 - DAY 1

(...) The grey skies may well fly ten feet over our heads because after several months and years of waiting, this morning we finally meet in person. At last! Despite a pandemic, our team of nine women in their thirties is more than ready to embark.

(...) When we finally reach the site that had been cleared especially for our project, we begin setting up the tents with a certain amount of confusion. Let's admit that many of us are not so used to sleeping in these small shelters. With a little effort and a lot of support, we all end up settling comfortably for the days to come. It's hard not to enjoy the moment despite everything, since each of us enjoys his own tent and we are constantly amazed by the flowers, the butterflies and the gentle roar of the river surrounding us.

JULY 4 - DAY 3

(...) we must, however, admit that for other participants, the first minutes of fishing are a little more chaotic. Julie seems to have forgotten everything while Catherine B scares herself by losing sight of her own fly in the air. A little further up the river, Catherine takes her courage in both hands and walks perilously on the rocks with the objective of getting to a promising hole according to Isabelle's words.

Another short period of fishing follows during which Julie, against all expectations, catches a little trout. For her part, Sophie persists and managed to catch a 12-inch fish or rather 12 centimetres depending on perspectives. Special mention here to Mylène who had to help an overexcited Julie to save that fish in distress and to put it back in the water. Great team work.

JULY 5 - DAY 4

(...) After a quick lunch, Robert, our psychosocial worker, suggests that we take a little time to reflect on our own on the objectives that we had set ourselves at the start of the trip.

This moment in silence makes us all even more appreciate the song of the fall nearby while we realize how we are constantly sharing to each other. The magic of this type of expedition has definitely had its effect and we can't help but make the most of each other's presence.

CONNEXION



JULY7 - DAY 6

(...) There it is. It's today, Wednesday, that our expedition ends. And even if the need for a shower is felt, I don't think we are really looking forward to our adventure ending.

(...) In truth, I could try to describe all the emotions that are going through us at the moment on more than 10 pages, but I must admit that I don't think I am capable of it. What we feel at this moment is so beautiful, so strong, that I doubt that a language has yet developed the vocabulary to describe it.

The only certainty within me in relation to this is that the rivers will never be the same again and neither will we.



DESTINATION :
ESCOUMINS
RIVER,
QC

📍 **COORDINATES :**
69°20'41"N , 69°24'28°O



ACTIVITY :
FLY
FISHING



PARTICIPANTS :
9 PARTICIPANTS AGED
30 TO 39 YEARS OLD IN REMISSION
AND IN TREATMENT

FROM :
QC

A FEW TESTIMONIES

When we returned from the Chute à Pinel hike, I found myself alone, between the two groups of walkers, for a few minutes. I no longer was hearing the chats, I was walking at my own pace, no one was worrying about me... I felt alive, vibrating, even if I was exhausted (from my chemo).

Anik D.

When I was fishing in the river both feet in the water, I was overwhelmed by a great feeling of completeness. It feels good to feel like everyone else in a group.

Marie-Claude M.

I really managed to disconnect during the expedition. And rare are the moments I get to do so with my super busy lifestyle. It is certain that I will take more time for me from now on to unwind in nature. For my sanity :)

Monica B.

TYPE :

PILOT PROJECT



AUGUST 9-14, 2021



BLOG EXTRACTS

AUGUST 10 - DAY 1

(...) After the kilometres (and the detours), a good challenge awaits the participants from the first minutes at the camp: the guides take out "the yellow box" which will act as a safe and invites us to cut ties with our cell phones, even our watches. Everything is "off" for the week and we even seal the top of the box. The concept is promising: we disconnect from technologies and even from the notion of calculated time to connect to inner selves, to others and to the environment.

Technological break made, we learn about the equipment. There's a lot to learn: What are "vache-à-eau" and "aqua-tabs"? How to create a Lazy-boy with our ground mattress folded and how to set up the tents?



AUGUST 11 - DAY 2

(...) So it's hot. « Did you put sunscreen on? Drink water! Want a little snack? », the holy threesome of anti-heat stroke. Throughout the journey, our two volunteers from the medical team will thoroughly ensure our well-being in this northern scorching adversity. Everyone dreams of a dip in a lake, seeks the breeze, takes refuge in the shade.

(...) The afternoon will hold many challenges for us. We push each other, we help each other as a family and between families : there are hills. It's technical, sometimes sandy, a real test for beginners, without leaving the most experienced behind. Whether we practise our bike manoeuvres, our cardio or our patience, the three are just as valid. Overall, morale remains very good. The whole team is impressed by everyone's determination. Let's just say that it's not every day that you have the impression of riding a bike in an oven!

AUGUST 14 - DAY 5

(...) It's the Perseids, as if nature had prepared a pyrotechnic show for Gabriel's birthday. In a circle, half lying in the sand, we were shouting 'OHs' and 'AHs'. There was wonder and lots of laughter.

LA FAMILIA AVENTURA



	DESTINATION : MISTASSINI RIVER, QC
	COORDINATES : 51°01'25"N , 72°52'25"O
	ACTIVITY : SEA KAYAKING AND CYCLING
	PARTICIPANTS : 4 TEENAGERS AGED BETWEEN 14 AND 18 YEARS OLD IN REMISSION AND THEIR FAMILIES
	FROM : QC
	PRESENTED BY :  

I asked the young participants if they would agree to share a wish, a shooting star wish, with the On the Tip of the Toes community. Here's a few :

'I wish that we find a cure for cancer, without chemo, without suffering. '

— Tanya

'I want my sister and my whole family to stay healthy. '

— Rose-Marie

'I wish that all the children who have cancer learn about the Foundation and can have this kind of expedition experience. '

— Loryanne

AUGUST 15 - DAY 6

In intervention by nature and adventure, two key moments highlight the closing of an expedition: one of reflection and one of celebration.

Participants are encouraged to revisit the goals they had set for this week; there are discussions about surpassing oneself, about harmony, about the challenges brought about by so much closeness within the family and that of setting off into the unknown with a group of strangers; we talk about discomfort, confidence, surprises and successes. (...)

As 'Mario Bil', Marie-Michelle's mentor (and pretty much everyone else's in the field) would say, at the end of the experience, you don't lose the people you leave, you leave with the gift of all this new friendships in your pockets.

A FEW TESTIMONIES

Many thanks! I am really grateful for what the Foundation has done for us. The mission of your foundation is perfect. Combining the pleasure and the therapeutic aspect is powerful and you certainly contribute to the well-being and healing of young people. I will support you and talk about your foundation so that other young people can benefit from it. Thanks again! xx

Julie B.,

This expedition was magical. That's the word I used the most to describe it when I told my loved ones. However, I must say that magic was not a strong enough word to describe everything that came to mind when I thought of the expedition. I really loved pushing myself to my maximum and it felt so good. It was a group 'thing' that was so out of the ordinary and that will create memories forever. I don't have enough words because this experience is indescribable, it must simply be experienced!

Émilie K.

I believe that, in these difficult times, it was a real reward to be able to experience these moments surrounded by exceptional people. Just seeing this many people did me a lot of good mentally.

Gabriel D.

TYPE :

PILOT PROJECT



OCTOBER 2-6, 2021



BLOG EXTRACTS

OCTOBER 2 - DAY 1

We created the Lâcher prise pilot project because women mentioned having a strong need to disconnect and let go of a bundle of things, especially to think about something other than the disease, explains Catherine Provost, Project Manager and Facilitator for the On the Tip of the Toes Foundation. It can be hard to get your mind off of seeing the positive in all of this.'

The On the Tip of the Toes Foundation worked in partnership with the Quebec Breast Cancer Foundation and the Quebec Cancer Foundation to create a pilot project adapted to the reality of women aged 30 to 39 living with metastatic breast cancer.

(...) This is how a custom stay was designed for Anik, Everard, Mariève, Caroline, Émilie, Anna, Geneviève, and Joanie. 'Everything is calculated so that there is a fairly smooth atmosphere, notes Catherine Provost, but behind each action, we have a therapeutic objective.

We don't do things for nothing.'



OCTOBER 3 - DAY 2

(...) With all the fisherwomen lined up on the river banks, the picture is splendid. After a few hours of practice, casting improves, and after lunch, the groups spread out to four fish pools.

The group made up of Joanie, Émilie, Marie-Michelle and Raynald, must walk in the river to reach a rock bank where the pool is located. 'With such a beautiful setting, it's easy to let go,' says Joanie, casting her fly in the water. And there are so many things to learn, about casting, about the river and the flies, that it makes it possible to really let go."

OCTOBER 4 - DAY 3

(...) For a change in activities, fishing is put aside for the day and from 9 am, the group heads for the Parc national du Fjord-du-Saguenay. The plan: hike 6 km on the Beluga Halt Trail, a round trip to the mouth of the Sainte-Marguerite River, where it flows into the fjord. "It's a sanctuary where belugas come to breed," says Mario Bilodeau, one of the foundation's co-founders, who accompanies the group.

Along the way, the mist gradually makes way to the sun rays through the pines, firs and cedars that we walk by. Scents of the boreal forest slowly give way to marine fragrances.

Along the way, Everard stops to read an interpretive sign where she finds a heart-shaped leaf. "I felt it was for me," she said with a broad smile. I think that means there's a lot of love in the universe."

LÂCHER PRISE



	DESTINATION : SAINTE-MARGUERITE RIVER, QC
	COORDINATES : 48°16'11° N, 61°52'05° O
	ACTIVITY : FLY FISHING
	PARTICIPANTES : 8 YOUNG WOMEN AGED 30 TO 39 WITH METASTATIC BREAST CANCER
	FROM : QC

OCTOBER 5 - DAY 4

(...) As the late afternoon sun beats down on the river, Anik cast her line into Pool 28 on the Sainte-Marguerite River and felt a strong tug on the line. "I shouted to Faruq (one of the fishing mentors) to come and help me because I didn't know what to do," explained Anik.

(...) After about ten minutes of fighting, Anik realized that she had just caught a big 14-inch trout, a surprise at this time of the year, since it is usually the juveniles, the blue trout, that are caught.

"Everyone was so happy that we cried", notes Catherine. "We were really moved," adds Émilie.



A FEW TESTIMONIES

Thank you from the bottom of my heart for allowing me to experience such a great adventure. You have filled my heart with happiness and my head with unforgettable memories. And I met amazing passionate people with whom I will keep in touch. Thank you for everything. This adventure was a success from start to finish. I'll remember it all my life. Thank you!!!!

Joanie C.

The discussions that I had with the others allowed me to see that we are not only sick women; that we can laugh at illness; that life goes on and that we must not stop making plans; it is important to listen to each other.

Émilie P.

I believe contact with nature is multi-sensory. Maybe that's why it can create strong memories. For my well-being, these strong memories do me good, it's like little strings that pull me up when I think about it, when I need it.

Anik D.

TWENTY-FIVE YEARS

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

1996-2021



Foundation logo in 1996

L'Université du Québec à Chicoutimi (UQAC) provides premises, furniture and office equipment; the general secretariat also collaborates in the drafting of the charter of the Foundation to be created

1999



2001
Marie-Hélène Côté
Shave-O-Thon

Moving into our own offices

Broadcasting of the documentary "Souris Marie, la vie est belle" on Radio-Canada, and "Larger than Life" on CBC

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

Reunion of former participants for the 5th anniversary of the Foundation

2001



2001 Reunion of former participants



2005 Modamitié

First edition of the event "ModAmitié", which later became "Celebrating Life" in 2007

2005

First edition of Double Défi des 2 Mario

2009

1996

Canadian first: a therapeutic adventure expedition for young people with cancer



2000

Obtaining of letters patent for the Foundation

Fifth expedition of the On the Tip of the Toes Foundation and first outside Quebec (Nunavut)



2004

New logo and first website

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



Fondation Sur la pointe des pieds

Foundation logo in 2004

2006

Reunion of former participants for the 10th anniversary of the Foundation

Broadcasting of the documentary "Chute libre" on Radio-Canada



2000

First expedition outside Quebec (Nunavut)



2006

Reunion of former participants



Cancerology Award, awarded by the Ministry of Health and Social Services of Quebec



Setting up 4 pilot project expeditions to deal with the pandemic

Broadcasting of the documentary

"La vie devant moi" on Radio-Canada

Launching of a photo exhibition

Award of Excellence - Quality and services, awarded by Aventure Écotourisme Québec

A 50th expedition for the On the Tip of the Toes Foundation!

First edition of the CRYO races

2021

2015

2017

2019

2009
Double Défi des 2 Mario

First expedition with young adults (19-29 years old)
2013

2012

Pilot project-type expedition with young transplant recipients following hematology-oncology treatments

2014

First Getaway expedition made up of young people undergoing treatment

2016

"Coup de cœur" prize, awarded by the Chambre de commerce de l'industrie du Fjord

Unveiling of the results of scientific research (Paquette et al.) testifying to the psycho-social impact of our expeditions

New brand image, new logo and new website

2020

20th anniversary of the Marie-Hélène Côté Rase-O-Thon

Setting up 3 virtual alternative programs, remarkable innovation in times of pandemic

Innover en temps de crise / Coup de cœur, awarded by Aventure Écotourisme Québec 2020

SUR LA POINTE DES PIEDS



2012
Expedition with young transplant recipients



2014 First Getaway expedition



2020 Innover en temps de crise / Coup de cœur, awarded by AEQ



Double Défi

des deux Mario

RioTinto

In its original version, The Double défi des deux Mario is a unique event that takes the form of a winter crossing of Lac St-Jean. The participants put on their skis or snowshoes, tie up their luggage in a sled and move along on the ice in a spectacular setting. Participants then have the opportunity to experience both a physical challenge and a challenge of internalization, as experienced by young people when they go on an expedition with the On the Tip of the Toes Foundation.

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

The format of the 2021 edition of the winter crossing of Lac St-Jean had to be reviewed due to the context of the pandemic.

Many participants expressed their commitment to the cause by participating in the Double défi remotely, in a home version of the event.

Each participant was invited to take up a personal challenge between February 4 and 13. Although they were unable to meet on the ice of Lac St-Jean, the participants and the Marios united in their efforts to allow young people with cancer to keep hope.

Presented once again by our generous partner Rio Tinto, 84 people took part in the remote event and raised just over \$140,000 for the On the Tip of the Toes Foundation.

OUR FUNDRAISING ACTIVITIES



ARC'TERYX

The CRYO Races is a truly one-of-a-kind event during which runners have the chance to cross the St-Jean Lake in the darkness of winter.

Under a starry sky, hearing only the sound of their footsteps in the snow, participants had a most exotic experience on one of the two distances offered, a 10 km or the classic 32 km crossing, presented by Arc' teryx.

As it wasn't possible to welcome to Lac-St-Jean the 71 athletes registered for the February 2021 edition, they completed varying distances in the environment of their choice, often around their homes. Each of them had committed to fundraising. The synergy of all these awesome people generated the sum of \$80,000 for this third edition.

Secondly, a symbolic crossing of St-Jean Lake was organized at the eginning of March. In compliance with the standards then in force, two Jeannois runners completed the course separating St-Gédéon from Roberval, a little over 33 kilometres.

They were followed by a film crew and their feat was also commented live by a team of volunteer animators. Everything was broadcasted via Facebook Live. A fabulous moment that seems to have inspired more than one: in fact, around thirty people registered for the 2022 edition in the hours following this episode!





Rase -O- Thon

Marie-Hélène Côté

The very first Marie-Hélène Côté Shave-O-Thon was held during the summer of 2001. Twenty years of Shave-O-Thon does leave a mark! And not only on the heads of the thousands of people who have put their heads at stake or on all those people who contributed to their fundraising. It leaves marks in their hearts and in history as well.

The On the Tip of the Toes Foundation would like to wholeheartedly thank Dominique Larouche and Réjean Côté, Co-Founders of Marie-Hélène Côté Shave-O-Thon, for their huge contribution. Together, they mobilized volunteers, funders and thousands of people who have put their heads at stake. To all these awesome and generous individuals who contributed to the success of this event, we we will be eternally grateful.

The Marie-Hélène Côté Shave-O-Thon will now be part of a great chapter in the history of the On the Tip of the Toes Foundation. We turn this page with our hearts filled with unforgettable memories and positive emotions.

Nevertheless, it is important to continue the work started. As of spring 2021, the festive event held each May has given way to a legacy that will be just as important: an annual campaign having as its origin the Shave-O-Thon and as for a name L'Héritage (The Legacy).

2001-2021 IN NUMBERS

- 1418 braves who got shaved!
- 400 volunteers!
- 21 honorary presidents!
- \$2,400 000 collected through our funders!
- And overall ... 470 youths on expedition!

OUR FUNDRAISING ACTIVITIES

Célé- brons la VIE

In the fall of 2021, our “Celebrate Life” benefit event took the form of a major funding campaign. Thanks to the boundless generosity of many donors and the valuable volunteer involvement of our ambassadors, more than \$250,000 was raised. Year after year, they promote our organization to their loved ones and seek their contribution. We owe them a great deal!

As you read these lines, everything indicates that we will be able to make a strong comeback in 2022 with a unifying event on November 23. Stay tuned, join us and change the lives of young people with cancer too! Thank you in advance!

Club 3A

adventurers —
athletes —
ambassadors —

The On the Tip of the Toes Adventurers and Athletes Ambassadors Club is a team of committed athletes from different backgrounds who wish to give new meaning to their feats.

In addition to taking on highly significant personal sporting challenges, they support our organization by carrying out major fundraisers. Examples of 2021 projects? Solo crossing of the Gaspésie hinterland on a unicycle, solo sea-kayaking expedition in the St. Lawrence estuary, crossing the Laurentian wildlife reserve on skis...

The pandemic context has not exhausted our members: Club 3A currently has 12 active members and we hope that many adventurers will join them. Numerous projects are already in the pipeline for 2022: 4200 km solo hiking on the Pacific Crest Trail, 100 ascents of Mont Ventoux in one year, 500 km of cycling in 24 hours...



MAIN CONTRIBUTORS AND SPONSORS

\$10,000
AND
OVER

Anonymous donor	30 000 \$
CN	25 000 \$
Power Corporation du Canada	25 000 \$
Rio Tinto	25 000 \$
KOA Care Camps	23 000 \$
Val Métal	21 000 \$
Fondation J. A. Bombardier	20 000 \$
Arc'teryx	18 100 \$
Clarins Canada	12 125 \$
Resolute Forest Products	11 250 \$
Fondation CHU Ste-Justine	10 000 \$
Resolute Forest Products	10 000 \$
Fondation Lise et Richard Fortin	10 000 \$
MRC Domaine du Roy	10 000 \$
RBC	10 000 \$
Ville de Roberval	10 000 \$

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

Construction Kiewit	9 045 \$
Cogeco media	9 000 \$
Zamora Realities	7 500 \$
Fondation pour l'enfance CIBC	7 000 \$
Anonymous donor	5 000 \$
Brigitte Brunet Avocats	5 000 \$
Capinabel	5 000 \$
Champlain Capital	5 000 \$
Conam Charitable Foundation	5 000 \$
Corporation Fiera Capital	5 000 \$
David Lehoux	5 000 \$
Elkem	5 000 \$
Richter Charitable Foundation	5 000 \$
Fondation Huguette et Jean-Louis Fontaine	5 000 \$
Fonds Fondation Gatién Paquette de la Fondation du Grand Montréal	5 000 \$
GFT Canada	5 000 \$
Korem	5 000 \$
Leslie Raenden	5 000 \$
Lois Wells	5 000 \$
Pomerleau	5 000 \$
Sandalwood Management Canada	5 000 \$
TransForce	5 000 \$

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

Fondation Famille Mongeau	4 000 \$
Air Medic	3 500 \$
Deloitte S.E.N.C.R.L./c.r.l.	3 500 \$
Contact Nature	3 476 \$
Echo Aviation Leasing	3 000 \$
Fondation Henrichon Goulet	3 000 \$
Séminaire de Chicoutimi	2 613 \$
Élise Marcoux	2 500 \$
Fondation Linoit	2 500 \$
Fonds Patrick Foley de la Fondation du Grand Montréal	2 500 \$
Luc Jobin	2 500 \$
Municipalité St-Gédéon	2 500 \$
Produits BCM	2 500 \$
The Joseph Neufeld Family Foundation	2 500 \$
Anonymous donor	2 000 \$
Groupe Mercille Inc.	2 000 \$
Héritage Faune	2 000 \$
Nemar / Mike Elrick Tribute	2 000 \$
Quincaillerie Tremblay Laroche	2 000 \$
Sun Life Québec	2 000 \$
W Investment	2 000 \$

BETWEEN
\$1,000
AND
\$9,999

Morrie M. Cohen Family Foundation	1 500 \$
IG National	1 313 \$
Ann-Sophie Lainesse	1 250 \$
Anselm Lewis	1 045 \$
Anonymous donor	1 000 \$
Anonymous donor	1 000 \$
Anonymous donor	1 000 \$
Blakes, Cassels & Graydon LLP	1 000 \$
CGI	1 000 \$
Famille Richard Boucher	1 000 \$
Fondation Pierre et Gisèle Laberge	1 000 \$
Fonds Achbée inc.	1 000 \$
Gabriel Gagnon	1 000 \$
Groupe financier PEAK	1 000 \$
Hon. Michael M. Fortier	1 000 \$
Jane and Lawrence Plotnick Fund	1 000 \$
Les Serres Lefort	1 000 \$
Lucie Hamel	1 000 \$
Lucie Rémillard	1 000 \$
Marie Bernard MD inc.	1 000 \$
Marie-Pierre Lépine	1 000 \$
Recyclage Ungava	1 000 \$
S3 Technologies Inc.	1 000 \$
Sanimax San Inc.	1 000 \$
Stéphane Bourgeois	1 000 \$
Stéphanie Dupras Renaud	1 000 \$
The David H. Laidley Foundation	1 000 \$
Toumoro	1 000 \$
Ville Saguenay	1 000 \$
Yannick Juneau	1 000 \$

THANK YOU!



A WORD FROM THE TREASURER

For its financial year ending December 31, 2021, the On the Tip of the Toes Foundation has recorded an excess of revenue over expenses of \$163,000. This exceptional surplus is partly due to the transformation of our usual programs into pilot projects subject to specific funding.

I am particularly proud that we have achieved this level of financial security in the context of a pandemic. This shows the sincere attachment of our funders to our organization. This amount will allow us to continue our work and resume our activities with a satisfactory level of confidence, knowing that the economy could falter in the coming months, affecting the philanthropic activities of our contributors.

I conclude by sincerely thanking the volunteers, funders, employees and partners for supporting us in carrying out our mission.

*Guylaine Duval, FCPA, FCA
Treasurer*

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ON
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OF THE
TOES
—



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