

ON THE TIP OF THE TOES

ANNUAL REPORT 2022

SEE BEYOND THE HORIZON.
TOGETHER.



POISSON-BLANC RESERVOIR - OCTOBER 2022

OUR MISSION

CONNECT. TRANSFORM. PROPEL

To change the lives of young people aged 14 to 39 who are living with cancer by offering them an opportunity to participate in a therapeutic adventure expedition.

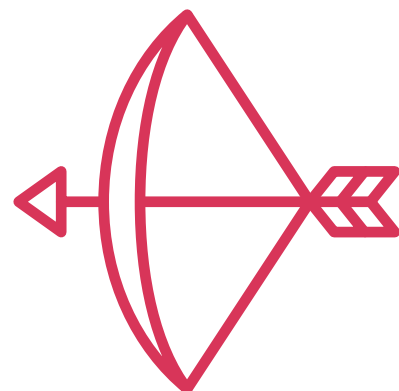
OUR VISION

That young Canadians living with cancer be inspired to overcome that which seems impossible.



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WORD FROM THE PRESIDENT



Fall in love!

Seven years ago, I fell in love with this wonderful organization. With the young people first: the ones that we see transforming before our eyes, initially showing thin smiles and then overflowing with pride following their expedition. I am amazed by their resilience and by the immense passion that fuels the Foundation staff and volunteers. These are clearly exceptional people for whom I have a lot of admiration. This is why I have accepted with honour to take on this new role within the Foundation.

It is difficult to imagine the magnitude of what it takes to organize an expedition for young people who are living with cancer. An expedition takes from ten to twelve months to organize and requires expertise in various domains such as medicine, the outdoors, group supervision and facilitation. The challenge is daunting: to ensure not only the safety of the group, but also the physical and emotional well-being of the participants, who are in fragile health.

Beyond the physical activities involved, expeditions are a safe space where young people can share their emotions, fears and hopes with others who truly understand what they are going through. This enables them to find strategies to face the daily challenges related to their illness, thereby reducing stress and increasing self-confidence.

The impact of our donors and volunteers is measured by the smiles on the faces of the young participants. We witness their transformation, the confidence they gain and their resilience in the face of illness. Some of them, once isolated and discouraged, are now leaders in our community, inspiring others and spreading a message of hope.

I therefore cannot ignore the extraordinary support of the community, which remains there year after year by offering financial support and many volunteer hours. On behalf of the foundation and the members of the board, we thank you for your contribution from near and far. Know that you are making a huge difference in the lives of young people across Canada. We receive hundreds of heartwarming testimonials from the participants.

A thousand thank-yous!

PHILIPPE TRUDEAU, B.A.
President and CEO
AG Natural Health

WORD FROM THE GENERAL MANAGER



We can hardly believe it... The year 2022 saw a return to normal, allowing us to return to what we do best: intervention programs through nature and adventure, in the form of therapeutic adventure expeditions for young people who are living with cancer.

The socio-sanitary conditions in force in the winter of 2022 prevented us from holding a winter program. Hats off to the whole team for showing so much resilience and creativity during this period by creating from scratch six intervention projects that respected the social and medical restrictions in force at the time. In the summer of 2022, we were delighted to be able to offer, for the first time since 2019, a typical Grand Expedition "standard and non-adapted"

It is with great pride that we share with you some very encouraging news: the receipt of a prestigious award last November. The Connection project, a fly-fishing pilot project carried out during the pandemic, was selected by the jury for the Excellence Awards of the cancer program of the Ministère de la Santé et des Services sociaux du Québec. We couldn't fail to notice that all the other prizes were won by hospitals, making this prize even more exceptional in our eyes...

These achievements, and many others that you will learn about in the following pages, are the result of hard work, but first and foremost they are the fruit of your invaluable support. Without you, none of this would be possible. We thank you from the bottom of our hearts.

I would also like to welcome our new Board President, Philippe Trudeau. Director since the spring of 2016, Philippe has always stood out for the relevance of his questions and comments, as well as his sincere desire to put his shoulder to the wheel. Long live our collaboration!

The year 2023 is promising: your generosity has allowed us to put five expeditions on the calendar and to hire an additional person to help to take charge of them.

In the end, it is essentially you who are changing the lives of an ever-increasing number of young people living with cancer.

J-CHARLES FORTIN, MGP
General Manager

SOME GOOD NEWS IN 2022...

A REFRESHING STRATEGIC PLAN



Subscribing to exemplary business practices, we revisit our major strategic plan every three years. The 2023-2025 planning session was carried out in collaboration with La Factory, who notably suggested that we include volunteers, donors, former expedition participants and their parents in the reflection.

Their contribution was greatly appreciated. Among other things, they led us to adopt a renewed vision and a more ambitious mission.

Read more on page 1 of this report if you haven't already!

A WORLD-CLASS PHOTO EXHIBITION



Photo enthusiasts know that the World Press Photo Exhibition of Montreal is by far the most important event of its kind in eastern Canada. In 2022, we had the unique opportunity to present an exhibition adjacent to the main event.

More than 60,000 people admired the work of our volunteer photographer bloggers. And the number of glowing messages we received! Thank you to everyone, bloggers and visitors!

UNEQUIVOCAL RECOGNITION

Any form of recognition is appreciated. But some are more striking, especially when they are official and come from the government.... It is therefore with great pride that we accepted from the Ministère de la Santé et des Services sociaux one of the Quebec Cancer Program's 2022 Excellence awards!

The scientific foundations and methodological rigour of our Project Connection particularly impressed the jury. This is a fly-fishing pilot project which marked the end of the graduate studies of our brilliant colleague Marie-Michelle Paradis.



INTERNATIONAL REACH

The socio-sanitary conditions in force from the spring of 2022 allowed the resumption of conferences. We were therefore able to accept the invitation to attend the 9th International Adventure Therapy Conference in Oslo, Norway, and the International Psychosocial Oncology Society World Congress in Toronto.

The Office franco-québécois pour la jeunesse generously paid for a large part of these trips. Hundreds of specialists from around the world have heard that small miracles are happening in the forests of Quebec...

In the fall, we headed for the greater Montreal area to share with our peers our findings and observations on certain practices used elsewhere in the world as well as the results of Project Connection, a fly-fishing expedition made earlier in 2021.



A FLAWLESS AUDIT



As a member of the Aventure Écotourisme Québec (AEQ) association, we must comply with a series of norms and standards in terms of the quality of service and the safety of our participants. In order to attest to this, a business advisor mandated by the AEQ visits the business every 3 years. He checks our tools, questions our practices and, when possible, observes our interactions in the field.

The result of our 2022 audit?
A perfect score of 100 out of 100... A great team effort!

PRESENTATIONS TO ...

...adventure therapy professionals

Oslo, Norway | June 20, 2022

Event : 9th INTERNATIONAL ADVENTURE THERAPY CONFERENCE

Co-presenter : Laura Ducharme

Title : Nature and adventure as psychosocial intervention levers with families of youth affected by cancer

Presentation of the Foundation's approach and a case study
La familia aventura pilot project

...psychologists

Toronto, ON | September 1, 2022

Event : IPOS/CAPO 2022 World Congress: REIMAGINING PSYCHOSOCIAL ONCOLOGY: EMBRACING VOICES FROM AROUND THE WORLD

Co-presenter : Annik Gagné

Title : Reconnecting young adults affected by cancer through nature and adventure interventions - A case study

Presentation of the Foundation's approach and a case study:
the Connexion pilot project

...professionals in intervention through nature and adventure

Otterburn Park, QC | October 13, 2022

Event : PSYCHOSOCIAL DEVELOPMENT THROUGH SPORT AND THE OUTDOORS. STATE OF KNOWLEDGE, ROUND TABLES AND PRACTICAL WORKSHOPS

Co-presenter : Marie-Ève Langelier, Virginie Gargano (round table)

Title : 9th International Adventure Therapy Conference - Learning, observation and heritage of Troll country.

A round table on the subject of our relationship with nature through the Norwegian philosophy of "friluftsliv".

...health professions in oncology

Virtual | November 17, 2022

Event : Quebec cancer program – Virtual Congress 2022 – Together, as a network, to defeat cancer.

Title : CONNECTION : Therapeutic adventure intervention project through fly fishing for young adults with cancer.

Presentation of the benefits of the Connection pilot project.

TYPE :

2022 GRAND SUMMER EXPEDITION



AUGUST 6 - 15, 2022



BLOG EXTRACTS

AUGUST 6 - DAY 1

(...) It is at this time that Marie-Michelle collects the cell phones. No cell phones and no watches, there is no better way to experience the moment. Almost magically, conversations come alive. The group has just adopted the "Wild-Fi" mode.

We hit the road again, along the St-Maurice River, towards La Tuque, where we stop for a short lunch break. From there, we head for the Lac St-Jean region, we make another short stop there to pick up the equipment requested by the participants. Barrels are added to the contents of the bus; they will keep equipment and clothing dry for the duration of the expedition.

AUGUST 10 - DAY 5

(...) And it's time to fill our barrels and unpack, fold and store the tents in them. What will become a well-oiled process as the days go by is still in the stage of organized disorder. Let's just say there's still an artistic vagueness around how things are done. But it's all part of the learning process.

Speaking of learning, some of us, who carelessly set up their tent and flysheet yesterday, realized the reasons for a flysheet, especially when camping near a body of water. As the forecast calls for rain this evening or this night, it is certain that it will be taken more seriously.

AUGUST 12 - DAY 7

(...) As we leave, the first challenge: sandbanks block the passage almost completely; some pass to the left of the island and must either walk or slalom between the sandbanks. Two teams take "the path less travelled by" and do much better because that is where the deeper water vein is. Everyone ends up on the other side. It's like in life: everyone chooses their own path.

After crossing white water, which is listed as Class 1 on the map, we arrive at a site completely different from what we have seen so far: a beach of round rocks. It is more difficult to find a comfortable place to sit there.



EXPEDITION



AUGUST 14 - DAY 9

(...) Now it's time for serious things: we end our expedition on a section of river where the rapids run in increasing difficulty levels. Here also the instructions are clear: there is a prescribed sequence of descent and everyone follows one another in single line. This way of doing things allows you to take advantage of the guide's reading of the river and to have a good idea of the line to take.

From the first Class 1 rapid, some discover "by chance" where the rocks are and run around. But overall it's going pretty well. We have a canoe filling up with water in another rapid. And for the last rapid, the Class 3, there is even a crew going down the big wave train backwards, an involuntary maneuver from which the crew manages to get away without getting wet. There are days when it is better to be lucky than to be good.



DESTINATION :
MISTASSINI RIVER, QC

COORDINATES :
51°01'25"N, 72°52'25"O



ACTIVITY :
CANOE



PARTICIPANTS :
14 YOUTH AGED
14 TO 18 YEARS

FROM :
AB, BC, QC, NB, NT, ON, PE

PRESENTED BY



FONDATION AIR CANADA

OFFICIAL TRANSPORTER OF THE
ON THE TIP OF THE TOES FOUNDATION



SOME TESTIMONIES

I had an amazing time on my adventure. I was able to meet kids my age with similar stories and learn that I can accomplish anything. The memories and friends I made are very special to me and will be with me for the rest of my life.

Eleni T.

When we were swimming in the rapids, I had a moment where I was just watching the waterfall in silence, and I felt light and liberated. The Mistassini River was simply amazing and a real liberation for me.

Maxime L.

This trip has been one of the best experiences of my life and I'm glad I got to do this with all of you wonderful people. I've made many lifelong memories and friends from this trip. I'm going to miss you all so much. Nature, am I right guys?

Kara M.

I really enjoyed myself on this expedition. During this week, I had so many moments of joy and happiness. I met some really good people and I outdid myself. It was amazing.

Samyra D.

TYPE :

GETAWAY EXPEDITION FALL 2022



SEPTEMBER 22 - 25, 2022



BLOG EXTRACTS

SEPTEMBER 22 - DAY 1

(...) On the road, we stopped at the Saint-Hubert restaurant in Gatineau for lunch – A sincere thank you to the owner who generously offered us the meal! – and we finally arrived at the reservoir du Poisson Blanc around 15h30... After many hours on the bus listening to Zaz's dynamic music, what a joy to listen to pure silence from nature! Some say that patience brings important rewards... We got a unique reward, looking at picturesque landscape the province of Quebec has to offer.

We then went on the lake to practice our canoeing skills. It was a challenge: the wind was really strong; we had to use our muscles and our team spirit to reach our goals. After only 30 minutes on the water, we had to put an end to our activity. The meteorological conditions did not allow us to go farther in that moment. This first activity on the water allowed us to imagine how tomorrow could look like and how far we could paddle, depending on the weather. Mother nature is teaching us that the most important thing is to continuously adapt to the weather and make the most out of what each day has to offer. Wasn't it one of the goals of the expedition?

SEPTEMBER 23 - DAY 2

(...) Again today, I was amazed by the resilience I saw in everyone who is part of our group. Hari who was in a wheelchair a year ago went up and down the hill where our camp was. Unstable, with one hand on his cane and the other under my arm, Hari looked at the top of the hill determined to reach his goal. He knew he would reach the top of the hill, slowly, but surely! He was very perseverant and had so much conviction!

There was also Zoe and Julian who were very courageous. They were the only ones to swim on a September 23rd! Emma is calm and thoughtful. I love listening to her. Seated on a rock, she spoke to me about her dream to be a neuro-radiologist... sometimes the past shapes our future! Brandon will maybe become Emma's colleague. He wants to be an oncologist.



EXPEDITION



	DESTINATION : POISSON BLANC RESERVOIR, QC
	COORDINATES : N45.910388, O75.737072
	ACTIVITY : RABASKA CANOE
	PARTICIPANTS : 10 YOUTH AGED 14 TO 18 YEARS
	FROM : AB, BC, QC, MB, ON

SEPTEMBER 25 - DAY 4

(...) There is that little something special, that "je ne sais quoi", when you accept to let go. It is now hard to let go and say goodbye to these humans who were strangers four days ago. At the same time, we are lucky to feel this nostalgia. Sadness can gradually let room to a feeling of gratitude for the beautiful moments and the memories we created and that shaped us forever.

Last night, all gathered around comforting members from the campfire, we could feel this special atmosphere where we all wanted time to stop. We however knew that we had to make this big step towards the end of the adventure to let space for what was to come. It requires a lot of courage to accept to let go of such amazing positive emotions and to trust that the future will bring us even more beautiful emotions, more so when past taught us that the road can be tumultuous...



SOME TESTIMONIES

I loved everyday of this trip. These people I've only known for 10 days have become closer than some in 10 years. I love this group and I wouldn't trade anyone for anything. In conclusion, this foundation is pretty dope, 10/10, would recommend to cancer friend!

Andrei C.

Whenever we were free on the trip, we could talk with other people who had experienced the same things, something we can rarely do in everyday life.

Zachary P.

I am really grateful that I got the chance to go on this trip and the sleeping outside was amazing. It was an amazing experience and I got to meet new people that had cancer but it was not weird if we did talk about our cancer and it was good to have people around that could relate.

Samuel R. G.

When life gets really busy, I stray further from myself and sometimes get lost. It feels like I'm not in control of my life and what goes on within it. This experience really made me feel more connected and in touch with myself physically, mentally, and emotionally. It helped me appreciate the past, stop worrying about the future, and stay in the present.

Zoe M.

TYPE :

GETAWAY EXPEDITION FALL 2022



OCTOBER 1 - 4, 2022



BLOG EXTRACTS

OCTOBER 1ST - DAY 1

(...) In the evening, we talk: Why are you here? Why did you reach out to the Foundation? Let me summarize: "I needed an experience that reminds me that there is a meaningful life ahead of me"; "I want to get to know myself now, who I am today; after this diagnosis." "I want to reconnect my body and mind so that they can find peace and harmony, and together we can work towards my remission." "I have suffered a lot from loneliness with Covid and the disease; I hope to meet people who will really, truly understand me"; etc. At times, words were missing as so many ideas were running through our heads and emotions were running through our bodies. The cheeks were wet tonight.



EXPEDITION

OCTOBER 2 - DAY 2





(...) The whole thing is interrupted by a dialogue in a language that is foreign to me; each word is charged with experience and sounds half-scientific-half-esoteric. Here and there, between two other common stories, the participants unknowingly expand the limits of my ordinary. They talk about craniotomy, pleurisy, myocardium, half-wigs (they do exist!), cryotherapy, port-a-cath (understand catheter, nothing to do with Catherine from the Foundation), "short" as well as "long" chemo, round as well, Decadrons, Taxol, A-C, mercaptopurine as well as methotrexate...

OCTOBER 3 - DAY 3

(...) Today I witnessed a magical moment that I want to share with you. At one point, one of the participants got tired of pushing herself beyond her limits; it had stopped being fun and had become just too much. Fortunately, at that moment a wonderful visitor came to support the medical team and offer gentle medicine: a large butterfly dressed in orange and black robes, landed humbly on the tip of her finger and instantly brought back the smile and the light in the eyes of the tired escapee who was still capable of contemplation. Nature heals, there is no doubt.

(...) Those who are familiar with our expeditions know that we hold a 'word circle' on the last evening where everyone is invited to share a word to describe their stay. Here are the words from this trip: "acceptance, beautiful challenge, quality, lucidity, letting go, renewal, serenity, humility, discovery, recognition, love, unforgettable, resolution, pain (the right kind), completion/success."



	DESTINATION : POISSON BLANC RESERVOIR, QC
	COORDINATES : N45.910388, O75.737072
	ACTIVITY : RABASKA CANOE
	PARTICIPANTS : 6 YOUTH AGED 19 TO29 YEARS
	FROM : QC, MB, ON
PRESENTED BY 	

OCTOBER 4 - DAY 4

(...) The mist on the lake was so mystical that the urge to get clean disappeared for many in the group. Unanimously, the priority seemed to be the beauty of the landscape and the pure state of the soul that brings the art of contemplation. But we managed to get into action to paddle the few strokes that separated us from base camp; it was downright magical to glide through the first fog-diffused rays of the day.

(...) They might wink at the birds more often, high-five the fall leaves, and smile at the grass. Little moments of urban freedom, of wireless connection, accessible to whoever holds the key to open their heart to the simplicity of gratitude. Nature – mother-medicine – accompanies us all now.



SOME TESTIMONIES

I was pleasantly surprised; I really felt the staff were there for the right reasons. I appreciated the attention to detail. Also, I liked how the activities, games, discussions, and the general attitude of the staff was adapted to our age group (I don't like to be treated like a child and I like to keep the little autonomy that I have left). Also, I liked being encouraged to participate, it's good to see that there are people ready to make an extra effort to get me to participate, it shows a dedication that is inspiring.

Gabriel G.

I have so much love for this expedition and the members of the Foundation team. Dancing in the house and laughing with you guys at the end of the trip made me feel like my old self again. I felt whole, I felt love for myself as well as for you guys and I felt grateful to be alive. Thank you for all coming together to create this WONDERFUL experience.

Erika H.

THE ADVENTURERS OF 2022 HAVE THEIR SAY...



Everyone that joined us for this amazing trip is beautiful in its own way. I'm glad I chose to come here during the summer as it took my breath away. I'm sad as we are leaving each others' moments behind, but I'll remember it all my life.

Matthew B.



I REALLY LIKED THIS EXPEDITION - I LEARNED SEVERAL THINGS LIKE CANOEING AND I WAS ABLE TO MEET NEW PEOPLE THAT I REALLY LIKED. I HAD TO PERSEVERE SINCE I WAS NOT ABLE TO CANOE AT FIRST BUT I WAS SHOWN HOW AND OVER TIME I WAS ABLE TO DO IT.



JEANNE L.

I FEEL HAPPY TO GO BACK TO MY NORMAL LIFE BUT SO SAD BECAUSE I FEEL LIKE I'M LEAVING MY FAMILY, WHICH IS YOU GUYS. THOSE PAST FEW DAYS WERE AWESOME. MY LOVE FOR YOU PEOPLE IS NOW BIGGER THAN THE NUMBER OF MOSQUITO BITES I GOT.



MAXIME L.



This trip boosted my confidence and really let my true self shine. From the bottom of my heart, thank you for doing what you do and helping kids like me see the beauty of nature.

Andrei C.

HONESTLY, AMAZING ADVENTURE. IT FEELS LIKE I'VE KNOWN THESE PEOPLE FOR YEARS, AND IT'S ONLY BEEN 10 DAYS. I'M HAPPY RIGHT NOW TO BE GOING HOME, I MISS MY DOG AND FAM AND FRIENDS, BUT AT THE SAME TIME, I NEVER WANT TO LEAVE. AWESOME GROUP. AWESOME FOOD. AWESOME EXPEDITION.

JACK G.



The expedition changed everything for me. It allowed me to somehow recharge my inner batteries. It gave me a new start, a new outlook.

To welcome bad news in a new way. And to leave with a new perspective on what awaits me. Again, thanks so much from the bottom of my heart. The Foundation has positively changed my life and my path so far strewn with pitfalls in the world of cancer.



Maude T.



This expedition helped me to inspire my regular life, reminding me about the positives and hoping to change some parts that I have control over.



Eleri T.



I loved the open-mindedness and how everyone listened as each person described their individual path. I felt that for some people feeling listened to was really something they didn't have on a daily basis and which they greatly needed. Over all, I would say it was simply beautiful, to be without cell, without social networks and in the love of life despite everything or rather thanks to everything, who knows...



Maude P.

TESTIMONIES



IT BROUGHT ME PEACE AND ADVENTURE AND FRIENDSHIP. I HAVEN'T BEEN ABLE TO EXPERIENCE THOSE IN A WHILE. I FELT LIKE I WAS STUCK IN A LOOP OF EITHER BEING AT HOME OR AT THE CLINIC AND THIS TRIP REALLY HELP ME ENJOY MYSELF FOR THE FIRST TIME IN A WHILE.



IAN S.

Thank you for giving me access to such an amazing experience. This trip taught me so many skills and friendships. I will never forget the memories I made. I hope many more kids are given the chance to experience such a fun expedition.



Cooper R.

You gave me back the desire to live fully and to savour each little gift that life offers me. Now, every morning when I get up, I close my eyes and I can feel the warmth of the sun on my face when we were on the water and I tell myself that today will be a magnificent day. Thank you from the bottom of my heart.



Maude T.

It was truly eye and soul opening. Looking back, this expedition allowed me to really reconnect with who I am as a person and really start to heal those scars that have been built up over the years.

Christopher M.



In the group, each person shared briefly their experiences with cancer, but we talked more about it amongst ourselves. It was very touching and reassuring to see that I was not alone feeling that way about cancer.



Maxime L.



The inspiring dynamism of the facilitators, the gentle listening from our nurse, the care from our doctor, and the smile of our social worker put me at ease. In the end, nature never fails to fill me with wonder. In other words, all the ingredients came together to create a balm for my soul. Looking back, during the expedition I especially learned to know my limits. I was also inspired by the people that I met.

Stefany D.



THIS EXPERIENCE WAS AMAZING. I FEEL STRONGER, MORE CONFIDENT, AND POWERFUL AFTER EMBARKING ON THIS EXPEDITION. I'M SO GLAD I GOT TO MEET OTHERS WITH SIMILAR EXPERIENCES TO ME.



ILLYRIA V.



Double Défi

des deux Mario



The Double Challenge of the Two Marios is a very special event that takes the form of a winter crossing of lac St-Jean Lake. Participating athletes strap on skis or snowshoes, tie their luggage to a sled and set out to cross the frozen lake in a spectacular setting. They then face physical and mental challenges, much the same as those experienced by young people who participate in a therapeutic adventure expedition.

The DD2M was born from the meeting of two adventurers, Mario Bilodeau and Mario Cantin. Two men with hearts of gold who had the idea of this innovative way to raise funds in order to help young people living with cancer to participate in a therapeutic adventure.

After a 2021 edition 'at home', we had high hopes that the 2022 edition would allow us to return to the ice. Unfortunately, a review of socio-sanitary conditions in January 2022 forced us for a second year to hold a long-distance event. In the end, the two Marios crossed lac Saint-Jean alone, each staying in his own tent.

Therefore, each participant in the DD2M was asked to come up with and complete a personal challenge between February 4th and the 13th. Even though they could not be together on the lac Saint-Jean ice, the participants and the Marios were united in their efforts to help young people with cancer to keep hope.

Thanks to the generous contribution of our partner, Rio Tinto and the 84 people who took part in the remote event, nearly \$150,000 were raised.

FUNDRAISING CAMPAIGNS



CRYO Races on the Lake



Presented by Airmedic, the CRYO Races are truly a one-of-a-kind event in which we offer experienced athletes the chance to cross lac Saint-Jean in winter. This is how more than 200 runners and cyclists came together to brave this sea of ice on February 19th, 2022.

Three CRYO events took place in 2022: two running events, La Traversée (33 km sponsored by Arc'teryx) and the Micro-CRYO (13 km), as well as a fat-bike event, The Fat-Lake (33km sponsored by Devinci)

We also took the opportunity to test a pilot project; a cross-country ski event which will be on the program starting in winter 2023. The cross-country skiers who tested this unique crossing were unanimous: this event must be added to the program of the CRYO Races!

The concerted efforts of the participants raised more than \$310,000 for the benefit of young people living with cancer. Moreover, we must applaud the impressive bravery of the volunteers present at the 2022 edition. They were tasked with supporting and subsequently transporting many athletes who, in the face of very difficult weather conditions, made the choice to stop at one of the refueling points along the route.

The next edition of the CRYO Races will take place on February 24, 2024 and will include a new cross-country ski event. We look forward to seeing you on the lake!



Célé- brons la VIE

After a forced break of 2 years, we were thrilled to be able to reconnect with our traditions! The Celebrate Life event made a strong comeback on November 23, 2022. This unique and festive event took place in the English musical universe with the show Britishow. The actor André Robitaille acted as host, along with Loryanne Côté, former expedition participant who was featured in the documentary "La vie devant moi".

Business people from Greater Montreal gathered to support the mission of the On the Tip of the Toes Foundation. Their presence was a result of the hard work of our team of ambassadors who, year after year, promote our organization to friends, family and colleagues and solicit their contributions. We are highly indebted to them and extend a warm thank you to François Veillet, Marc-André Blais, Denis Le Vasseur, Pierre Marcoux and Justine Delisle for their remarkable work.

Thanks to the boundless generosity of many donors and the valuable volunteer involvement of our ambassadors, more than \$260,000 was raised.

We are already looking forward to the seventeenth edition of Celebrate Life, to take place in November 2023. Consider yourself invited!

FUNDRAISING CAMPAIGNS



Club 3A

adventurers –
athletes –
ambassadors –

The On the Tip of the Toes Club 3A: Adventurers, Athletes and Ambassadors is a team of committed athletes from different backgrounds who want to give new meaning to their exploits.

In addition to facing highly significant personal sporting challenges, they support our organization by carrying out major fundraising events. Together, they raised over \$50,000 in 2022 :

Christophe Bristiel
100 ascents of Mont Ventoux
by bike in one year – a world first!

Simon Dravigné
700 km cycling between Saguenay and
St-Jean-sur-Richelieu in one day.

Charles Martin
105 km running between
St-Hyacinthe et St-Albans

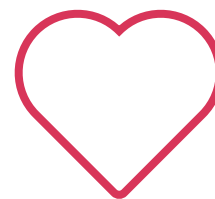
Charlotte Huebner
4200 km hiking on the
Pacific Crest Trail

The 3A Club currently has a dozen active members and we hope many more adventurers will join them.

Already many projects are in the works for 2023: a tour of Lac St-Jean by scooter in less than 48 hours, an Everesting on snowshoes (total of 8848 meters continuous vertical climb), 100km of skiing in 24 hours, 160km of running in the middle of the desert...

Do you have a major sports challenge in mind? We would love to talk with you about it ...

OUR GENEROUS DONORS AND SPONSORS



THANK YOU!

\$10,000 AND MORE

KOA Care Camps	\$26,000
Anonymous	\$25,000
CHU Ste-Justine Foundation	\$25,000
Pomerleau	\$25,000
Power Corporation	\$25,000
Rio Tinto	\$25,000
Air Canada Foundation	\$22,000
Air Medic	\$22,000
Cogir Foundation	\$22,000
J.A. Bombardier Foundation	\$20,000
Jean-Louis Lévesque Foundation	\$20,000
Clément Paillé Foundation	\$15,000
MRC Domaine du Roy	\$15,000
TC Transcontinental	\$15,000
Town of Roberval	\$15,000
Cogeco	\$10,500
André Desmarais	\$10,000
Clarins Canada	\$10,000
Lise et Richard Fortin Foundation	\$10,000
Richter Charitable Foundation	\$10,000
RBC Royal Bank	\$10,000
Zeller Family Foundation	\$10,000

FROM \$5,000 TO \$9,999

Arc'teryx	\$8,900
MRC Lac-St-Jean-est	\$8,000
Municipality of St-Gédéon	\$7,500
CIBC Children's Foundation	\$7,000
Fiera Capital Corporation	\$7,000
Huguette et Jean-Louis Fontaine Foundation	\$6,000
André Couture	\$5,000
Arnaud Bellens	\$5,000
Brigitte Brunet Lawyers Inc.	\$5,000
Capinabel inc.	\$5,000
Cascades	\$5,000
CGI	\$5,000
Development Ocht Ltd	\$5,000
Elkem	\$5,000
Fondation Bon départ	\$5,000
Linoit Foundation	\$5,000
GFT Canada	\$5,000
TD Bank Group	\$5,000
Groupe Contex	\$5,000
Julie Couture	\$5,000
Leslie Raenden	\$5,000
Martin Coulure	\$5,000
Olivier Desmarais	\$5,000
Peter Kruyt	\$5,000
Phoenix Partner	\$5,000
TFI International (Transforce)	\$5,000
The Wells (DL&K) Family Fund	\$5,000



FROM \$2,000 TO \$4,999

Devinci Cycles	\$4,000
Mongeau Family Foundation	\$4,000
Sanpalo Investment Corporation	\$3,500
Brigitte Nepveu Avocate inc.	\$3,000
Henrichon Goulet Foundation	\$3,000
Resolute Forest Products	\$3,000
Anonymous	\$2,500
Élyse Marcoux	\$2,500
Fonds Patrick Foley of the Foundation of Greater Montreal	\$2,500
Greg Tretiak	\$2,500
Produits BCM	\$2,500
The Joseph Neufeld Family Foundation	\$2,500
Boutique Ultraviolet	\$2,000
Christine Knauf	\$2,000
Echo Aviation Leasing	\$2,000
Groupe Mercille inc.	\$2,000
Mike Elrick Tribute	\$2,000
Pierre Coiteux	\$2,000



ENTRE 1 000 \$ ET 1 999 \$

Catherine Boyer	\$1,500
Beemer Micro Brewery	\$1,300
Micro du Lac	\$1,300
Tasso Lagios	\$1,200
Le Quotidien	\$1,100
Anonymous	\$1,000
Anonymous	\$1,000
Ben-Jac CAPITAL INC	\$1,000
Blake, Cassels & Graydon LLP	\$1,000
Chades & Associates inc.	\$1,000
Constructions Proco Inc.	\$1,000
Darren Markland and Julia Ackland Snow PC	\$1,000
David H. Laidley Foundation	\$1,000
DOREL Industries Inc.	\$1,000
Richard Boucher Family	\$1,000
Pierre et Gisèle Laberge Foundation	\$1,000
PEAK Financial Group	\$1,000
G-Soft	\$1,000
Jane and Lawrence Plotnick Fund	\$1,000
Kairos Global	\$1,000
KRB Avocats	\$1,000
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Lucie Hamel	\$1,000
Malette S.E.N.C.R.L..	\$1,000
Michel Johnson	\$1,000
MSA FINANCIAL	\$1,000
Paul Desmarais III	\$1,000
Philippe Collins-Fekete	\$1,000
Sandalwood Management Canada	\$1,000
TradelogiQ	\$1,000
Ubisoft Saguenay	\$1,000

WORD FROM THE TREASURER

For the fiscal year ending December 31, 2022, the On the Tip of the Toes Foundation recorded an excess of revenue over expenses of \$130,626. This exceptional surplus is largely due to the cancellation of the Grand Winter Expedition 2022 due to the pandemic.

I am particularly proud that we have achieved this level of financial security in the context of a pandemic. This demonstrates the sincere attachment of our donors to our organization. This sum 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, thus affecting the philanthropic activities of our donors.

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

*Guylaine Duval, FCPA, FCA
Treasurer*



THE COSTS OF AN EXPEDITION

Changing the life of a young person living with cancer: at what cost?

We are sometimes asked the question: how much does an expedition cost? We are always happy to share the answer: between \$90,000 and \$125,000.

It is important to note that while expeditions are the main vector of our intervention, a significant amount of 'before and after' activity takes place. Sometimes we interact with our participants over a period of 8 to 10 months.

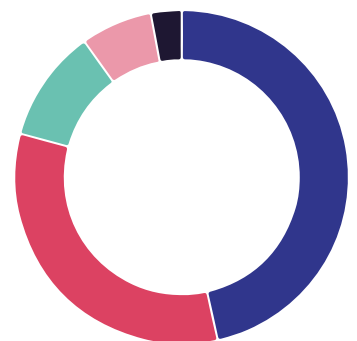
Indeed, we take the time to get to know and understand the young people well before they arrive on the expedition. The exchanges take several forms: telephone calls, individual and group video sessions, personal reflections of the participants which they then put in writing, etc. The medical staff caring for the young people also act as interlocutors.

Following the expedition, follow-up meetings are held in order to promote the sustainability of the benefits incurred during the expedition. Discussions also take place with the relatives of the participants, sometimes briefly, sometimes more extensively when required.

A few years ago, we determined that this process represents an investment of approximately \$5,000 in the future of each of these young people. Current economic trends would lead us to revise this amount upwards to \$7,000 or even \$9,000 in some cases.

The fact remains: whether it's \$5,000 or \$7,000 or \$9,000, we believe that it's a small sum to pay to change forever the life of a young person living with cancer.

Thank you for believing with us.



- Logistics
- Supervision
- Equipment
- Food
- Administration / Other

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Karine Tremblay



VOLUNTEERS WITH HEARTS OF GOLD

A real privilege: some of our directors have been serving for more than 20 years! They show dedication in all they do.

Co-founders Mario Bilodeau, François Guillot and François Veillet as well as Linda Hershon have given so much!

Over and above their busy lives, they have each participated in more than 100 meetings of the board of directors and working committees – more than 300 in some cases. Some have accompanied forty field expeditions. Others have created fundraisers from scratch and raised millions of dollars over the years. Not to mention offering a caring ear when a member of the team needs advice.

They have always been there – for the organization and, above all, for young people living with cancer.

Their value is beyond measure.

It is with pride and gratitude that we present them here.

Thank you, from the bottom of our hearts!





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MISTASSINI RIVER - AUGUST 2022

**ON
THE
TIP
OF THE
TOES**



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