

ON THE TIP OF THE TOES

ANNUAL REPORT 2023

SEE BEYOND THE HORIZON.
TOGETHER.



SPANISH RIVER, JULY 2023

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.

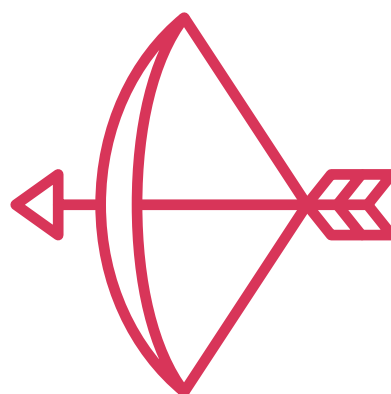
OUR VISION

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



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WORD FROM THE PRESIDENT



Dear collaborators, partners, participants, donors and friends of the foundation:

Amazing how time flies! It seems to me that I have just written to tell you about our year 2022. Some say that the feeling of time passing quickly demonstrates our interest in our commitments. I confirm to you that my sense of belonging to and pride for this foundation continues to grow. How can we not be moved by the multiple testimonials of the participants and their parents? Testimonials that confirm how their expedition experience has changed their lives. Scientific research has clearly concluded that a stay in nature has therapeutic effects far beyond simple pleasure.

I recently had the chance to meet each member of the foundation's staff during my visit to the Chicoutimi office and I was able to witness their great dedication and attachment to the foundation. I admire them and thank them from the bottom of my heart for their determination and their passion for the cause. Behind a great team is a great leader. In Jean-Charles Fortin, our General Manager, we have an exceptional man who is as comfortable in nature as he is in a meeting room. Thanks for everything JC!

Finally, I would like to thank all our donors across Canada. We are very grateful for your generosity. Without you, there would be no foundation.

We have big ambitions for 2024, including the construction of a physical location to bring under one roof all the equipment used in our expeditions. This is a major project for our organization that will help improve our efficiency, our team's work experience and will have a positive impact on the quality of our intervention programs.

Thank you again a thousand times to all the people who are directly or indirectly associated with ensuring the success of this wonderful foundation. You can rest assured that we remain committed to our primary objective of ensuring that young people with cancer are inspired to overcome what, to them, seems impossible.

PHILIPPE TRUDEAU, B.A.
Corporate Director

WORD FROM THE GENERAL MANAGER



"Regain a favorable situation, after a period of difficulty". This is what the Robert dictionary online offers for the term "bounce". This is also the image that comes to mind when I retrospectively analyze the year 2023.

One cannot forget the complexity that marked the previous three years. Especially not our team, which had to create new intervention programs from scratch and to add highly creative aspects to our fundraising activities. Young people with cancer were not left out, having had to deal with the reality of a pandemic while their immune system was compromised.

But above all, we observed that you, who are reading these lines, were there. Throughout this difficult period and also during the return to normal that was 2023, you have shown your unwavering support for young people living with cancer.

With the result that 2023 was a record year.

The involvement and generosity of people like you have made it possible to offer more than 5,000 hours of intervention as part of 5 therapeutic adventure expeditions. You made our fundraising so successful that we were able to acquire material that we have greatly needed for a long time, both for the expeditions and for the office. In addition, you have enabled us to confidently launch the construction of a logistics base camp which will be completed soon.

2023 was also a year of new developments, notably the addition of an intervention program for 30-39 year olds. This was the result of a pilot project that we conducted in 2021, for which we won an Award of Excellence from the Ministry of Health and Social Services. Thanks to you, young people of all ages who are living with cancer will now have the opportunity to lead a changed life.

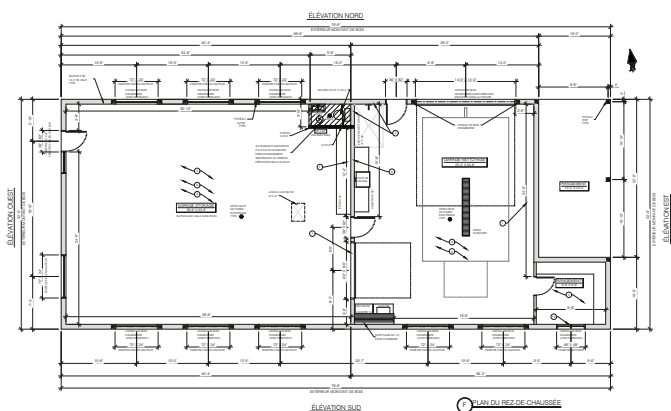
The year 2024 is already well underway and, confident of your renewed support, we will continue our mission to change the lives of young people living with cancer. Thank you from the bottom of my heart for believing in our mission and making it possible.

J-CHARLES FORTIN, MPM
General Manager

SOME GOOD NEWS IN 2023...

A FIRST MAJOR CAMPAIGN

The end of 2023 was marked by the launch of the very first major campaign in the history of our organization. The goal: to finance the construction of a Logistics Base Camp! The building will be constructed on land generously donated to us, adjacent to our new offices. It will serve as a workshop for pre- and post-expedition activities, a storage room for outdoor equipment and a reception area for groups of young people when the opportunity arises. A highly stimulating project for the whole team!



A BIG MOVE

Like many people, we took advantage of the month of July to move our offices. We left the premises we had occupied for over 20 years to move into a magnificent building nestled between a rich wooded area and the Saguenay River. It is a former convent converted into office space, now owned by the Saguenay Solidarity and Home Services Cooperative, with adjacent land for the construction of our logistics base camp. We are still unsure which we prefer: the chapel transformed into a gym or the network of forest trails accessible directly from our offices.



A TECHNOLOGY UPGRADE

The move of our offices allowed us to refresh some of our work tools. Until recently, we had an 8-year-old NAD server, a printing station which was at the end of its life after 13 years of service and a Wi-Fi system so old that we forgot what year it was from...

Accompanied by a volunteer who is an IT architect, we carried out an analysis of our needs and then implemented the technologies. A bit of a scary project, sometimes tiring, but oh so satisfying once completed!

ANOTHER STEP IN SUSTAINABLE DEVELOPMENT

We took advantage of the 2023 edition of the CRYO Races to carry out a diagnosis of our adherence to the standards for organizing eco-responsible events.

Procurement, food selection, socio-economic benefits as well as management of materials, energy, residual materials, means of transport and many other aspects of our operations were examined with a fine-tooth comb. Result? We're not doing so bad at all!

Improvements have already been implemented for the 2024 edition and others are to follow in 2025, both for the CRYO Races and for our other events and expeditions.



WE SHINE!

Many agree that the beginnings of Outdoor Intervention date back more than a century. The fact remains that, even today, the effectiveness of this approach deserves to be better known. This is why we always accept when we are invited to publicize the impact of the work of our team and its benefits. This may involve exploring the active elements and potential benefits of an intervention through nature and adventure for a given clientele, or presenting the results of a research project relating to one of our intervention programs, to raise awareness among health professionals of the relevance of the our approach or simply to present the service offerings of our organization. Here are the platforms that allowed us to shine in 2023:

Quebec Population Health Research Network

Qualaxia | March 29

Nature, Outdoors and Mental Health: Overview of Evidence and Inspiring Initiatives

Annual Conference of the Quebec Association of Oncology Nurses

AQIO | April 28

CONNECTION – Therapeutic Adventure Intervention Project : Fly fishing for young adults living with cancer

Annual Congress of the Francophone Association for Knowledge

ACFAS | May 11

Psycho-social intervention in a nature and adventure context for adolescents and young adults living with cancer.

Annual Palli-aide Conference

October 12

Psycho-social intervention in a nature and adventure context for adolescents and young adults living with cancer.

TYPE :

2023 GRAND WINTER EXPEDITION [19-29 YEARS]



MARCH 2023



BLOG EXTRACTS

DAY 2 - MARCH 13 2023

(...) Back at camp, the real work has only just begun. Fortunately, the group still seems to be bursting with energy. I saw Ben actually jumping down the trail to get some group gear to carry; frolicking, he loves a challenge just like I do! I wonder if his "boost" is related to the fir tree gum harvested from the bark that Nicolas made him taste earlier today! He has literally "tasted" the territory and this medicine seems to do him the greatest good. Later Momo asked me what it takes to volunteer with the foundation; he would like to get involved in the future. Motivation, we like that!

So, back to the real work: the troops were divided into three teams. The first set up the last tent and the second placed fir branches on the ground to add comfort and aroma to our canvas castle. The third, affectionately named the "poo-team", had the honor of organizing the bush toilet system: a "solids" throne alongside a "liquids" throne, all well hidden behind a wall of snow. The brats in the 'War of the Tuques' (a classic Quebec film, a must-see!) would be impressed!

DAY 3 - MARCH 14 2023

(...) The sharing was really rich and sweet. Among the stars were:

"The moment I collapsed in the snow after today's long walk, I was exhausted and felt like I had accomplished something."

"The moment when we all sang together for musical chairs. I was emotional, I connected to the moment, and I told myself that this was real life: being with beautiful people in nature."

"The time the whole gang just chilled out in the hot sun at the end of the afternoon, after the intense survival workshop."

"Waking up to the soft music of the banjo; no alarm or rush."



EXPEDITION



DAY 4 - MARCH 15 2023

(...) I witnessed almost total soul-baring, nothing subtle, just truth, the buried that comes out, that breathes. I see hands reaching out, fingers clenched, shivers running through bodies, I imagine goosebumps. I see arms reaching over shoulders, heads nodding in active listening, hugs lasting several minutes.

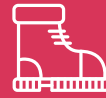
(...)

What particularly touched me was when the young people answered each other, when they said things like: "what you're going through makes me tear up, because it reminds me of my history ". "I understand you so much". When they reassure each other, encourage each other, tell each other that such and such a reaction or thought is correct, is normal. Also when some use themselves as an example to spread a message of hope and strength. "You can do it! You can live a beautiful, full life, as I am now able to do: you are capable". This kind of connection, it gives me chills, it makes me sincerely grateful for this moment so strong and important for them...



DESTINATION :
**SEIGNEURIE
DU TRITON, QC**

COORDINATES :
48°26'27.364"N, 71°5'48.226"O



ACTIVITY :
SNOWSHOE



PARTICIPANTS :
**14 ADVENTURERS AGED
19 TO 29 YEARS**

COMING FROM :
AB, BC, QC, ON, YT

SOME TESTIMONIES

I really enjoyed the discussion circle about our experience with cancer. Hearing the different testimonies allowed me to see that we have all gone through difficult times with this disease. The discussion brought out emotions buried within me for 7 years. A deliverance. The most true and eye-opening human and emotional experience I have had thus far. It was a real revelation! I can never thank you enough! I will never forget you!

David R.

This expedition gave me confidence in my abilities, new friendships that are very important to me, surpassing myself, a moment to take the time and disconnect from the fast life that never stops. I am also truly grateful to have met and spent exceptional time with people who understand my reality.

Nadine M.

One of the most meaningful experience of my entire life!

Dillan M.

TYPE :

SPRING GETAWAY EXPEDITION 2023 [30-39 YEARS]



MAY 2023



BLOG EXTRACTS

DAY 1 - MAY 25 2023

It starts with organizing the escape's first steps: give away cellphones, get out of the city, accept to trust the process and accept the newness. These are different steps that will help participants break free, escape from their routine and benefit from this once in a life experience.

Yesterday and this Thursday morning, we kindly welcome the group in Montreal. Around noon, one new participant join us for lunch, generously provided by St-Hubert Restaurant in Gatineau.

(...)

Arriving at the camp base, there's already a first challenge: our lovely friends the mosquitoes. There's a lot of them. With the buzzing background noise of these new companions, the group listens to the explanation of the outdoor equipment they will need for that adventure. They, then, go near the water to have their first contact with the rabaska, this huge and legendary canoe. This means of transport traditionally used in a cultural view point, but new kind for the participants.

DAY 3 - MAY 27 2023

After a queen breakfast made of morning burritos served on birthday napkins, Marie-Eve suggests to take a moment to connect with their environment. Each of the participants chose a tree with wich they will talk to and find a goal or an intention for the day. Then, in groups of two, they presented their tree to one another.

Afterwhile, the group head off direction Los Pamos, under a summer sun and a perfectly flat sea. Anna and Amanda took the lead with the Voyageur Canoe assuming the helmswoman's role all morning long. After lunch break, Annie and Melissa took the Voyageur Canoe helm. The group floated for another 6 km before to get to Natjelaima tip around 4 pm. Various participants enjoy that moment for a dip. Water was still cold, but that didn't stop them.



EXPEDITION



DAY 4 - MAY 28 2023

For the last Voyageur Canoe ride, participants are all together in one of the boat while volunteers are all together in the second one. The group didn't hesitate and chose Melissa as their helmswoman. She was determined in her role and led her team safely to their last destination. Quickly, the numerical strenght of the group of 10 participants is seen. They are way further than the Tip of the Toes team of 5. After putting all their strenght to get closer to the first boat, the second boat realised that the first one had stopped paddling and was simply drifting in silence as they were getting closer to the end of this beautiful adventure. Camilla had this idea of mindfulness as she wanted to truly acknowledge the beauty of this experience and soak in one last time.



DESTINATION :
**POISSON BLANC
RESERVOIR QC**

COORDINATES :
46°5'16.768"N, 75°37'18.872"O



ACTIVITY :
VOYAGEUR CANOE



PARTICIPANTS :
**10 ADVENTURERS
AGED 30 TO 39 YEARS**

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

SOME TESTIMONIES

The strength of 10 women... We are capable of doing much more than we think. Exchange, support each other, listen to each other, laugh and cry. Gratitude for being able to experience this, a thought for those who could not make it here. I will never forget this experience that made me grow.

Annie B.

The connection with nature has done me enormous good, more than during my nature experiences that I organize on my own. I would like to make more room in my life for nature retreats. I also enjoyed breaking my solitude and chatting without embarrassment with other participants, without being asked to stop talking since the subject was too heavy for the person I was talking to. The team that accompanied us was incredible, great and welcoming. We were in good hands.

Mylène L.

It was great to be away from everyday life and be connected with nature! It was very well-organized and I'm happy to have had the opportunity to participate in this expedition. It was a very secure and safe environment filled with amazing facilitators and volunteers. It was nice getting to connect with other young adults who have experienced cancer from all across Canada. Although we all had/have different experiences, it was easy to connect and relate to other another.

Francine P.

TYPE :

2023 GRAND SUMMER EXPEDITION [14-18 YEARS]



JULY 2023



BLOG EXTRACTS

DAY 3 - JULY 13 2023

(...) The day finishes up with a discussion on the reasons why the participants signed up for the expedition as well as their fears regarding the next few days. Answers are spontaneous, generous, some are even a bit emotional. Curious about what was said? Sorry, but what is said on the Spanish River, stays on the Spanish River... :)

DAY 4 - JULY 14 2023

(...) Next is another critical skill to learn: how to swim in rapids, if we unexpectedly find ourselves in the water. Things start to get serious when we realize we're going to have to get wet. Suddenly, things are much quieter on the banks of the river. Maybe some people regret not paying too much attention when the guides were explaining things. Julien goes over the instructions again to make sure everyone understands what they're supposed to do.





One by one, the participants jump in the water and practice feet in front of bum and feet up while sculling. Nick is at the front and Jake is positioned halfway, while Amy keeps watch at the bottom of the rapid. It's not exactly an easy technique to master and we can tell not everyone is comfortable with it. However, this technique is crucial to ensuring the safety of the participants when going over the rapids along the Spanish River, and so we must practice it. Not wanting to be left behind, the volunteers join in, some quite enthusiastically even.

DAY 7 - JULY 17 2023

(...) Unfortunately, the wind has not calmed down during our lunch break, but we've only got a bit further to go before we reach Zig Zag rapids. We stop just ahead of the rapids to "read" them. We'll have to work a bit to follow the zig zag of the most promising passage. The teams consult to find the best line and to agree ahead of time on how to paddle through it. I'm teamed up with Eve and we're clear on what we need to do. We make our way to the canoe line-up and when it's our turn, we pass through with flying colours, as do all the other participants. The apprehensions of the first days are a distant memory.

EXPEDITION



	DESTINATION : SPANISH RIVER, ON
	COORDINATES : 46°24'42.772"N, 81°50'39.352"O
	ACTIVITY : CANOE-CAMPING
	PARTICIPANTS : 12 YOUTH AGED 14 TO 28 YEARS
	COMING FROM : AB, CB, QC
PRESENTED BY	
 FONDATION AIR CANADA	AND GODIN FAMILY FOUNDATION
<small>OFFICIAL CARRIER OF THE ON THE TIP OF THE TOES FOUNDATION</small>	

DAY 9 - JULY 19 2023

(...) Remember that the group is made up of teenagers aged 14 to 18. The depth of their reflections is surprising and touches on all aspects of life, family, friends, themselves. Their stories are genuine and sincere and stir emotions not just for those generously recounting them, but also the other participants and group members. I always leave these expeditions unsettled by these testimonies, but equally dazzled by the maturity and extraordinary insight of the participants.

DAY 11 - JULY 21 2023

(...) Marie-Michelle passes a thin yellow rope along the canoes, through the hands of all the expedition members. This rope symbolizes the link between us all over this expedition. She then invites everyone to associate the rope with moments they want to remember, because the rope will soon be cut and transformed into bracelets for all the expedition members. This bracelet will serve as a reminder of the strength support from others can bring during difficult moments and as a souvenir of the group overall.

SOME TESTIMONIES

It was fun to disconnect from every-day life... To live again after months of hospitalization.

Kamille D.

To see that we are capable of doing lots of things! A huge thank-you for accompanying me and introducing me to the importance of nature.

Sameer M.

I found this trip gave me a lot of confidence, both in my mental and physical abilities. I realized that I really can do anything if I set my mind to it, and that I am much stronger than I initially thought I was. I hope that these realisations carry on with me as I go forward in life.

When we sat in a circles and shared our cancer stories this was a big reflection moment for me and was helpful to realize how much cancer impacted me. It brought me to the conclusion that there are others that experience stuff like me and together we just look like a bunch of normal teenagers. Also it helped me make some new friends and realize I can make new friends wherever I go.

Evan P.

TYPE :

GETAWAY EXPEDITION AUTUMN 2023 [14-18 YEARS]



SEPTEMBER 2023



BLOG EXTRACTS

DAY 1 - SEPTEMBER 23 2023

(...) We go through some technical details that will be essential to the smooth running of our first outing on the water and useful for our entire paddling journey on the Poisson Blanc reservoir. This first outing sets the stage for a first moment of silence, of introspection on the water, facing the sun, on a perfectly calm lake. We can hear the loons welcoming us, accompanied by a symphony of crickets. The warm weather gives us the impression that summer is still in full swing.

(...) Back at our cabin, we settle down together to relax. Julien and Catherine go over the main objectives of a getaway expedition: to escape from the everyday and to break free from isolation by offering participants a “safe space” where they can feel free to express themselves. Together, we establish the group’s common goals, rules and values, all of which will guide us along our expedition.

DAY 2 - SEPTEMBER 24 2023

(...) We paddle for a good 6 km before arriving at our lunch site, Resto chez Serge, where we’re eagerly awaited. On the menu, a succulent vegetable soup, chips with salsa, and a sandwich or “sorcière de sable” (sand witch)—thanks for the translation, Charles-Antoine :). (If you haven’t figured it out yet, Serge, Charles-Antoine and Karl are our expedition logisticians.) Our lunch break provides us with ample opportunity to rest, fish, chat, and even, for the braver ones, swim.

We then continue on our way for 4 km. We partake in a moment of mindfulness along the way, experiencing nature with each of our senses while keeping our eyes closed. With the wind blowing softly in our faces, we breathe, listen and feel. We pick up the paddles again to continue along another 6 km—pride is the order of the day.

EXPEDITION






DAY 3 - SEPTEMBER 25 2023

(...) Our third day begins with a yoga session led by Charles-Antoine. In the sun, on the sand, in silence, it's truly appreciated by all. Once on the water, Anoushka asks if she can sing us a song she's composed herself. We bring the two canoes together to listen to it as a group. Emotions inevitably run high. Her words, her story, her voice full of truth and experience . . . A little further on, Hari suggests we take a moment to stop and dip our hands in the water to feel how fresh and pure it is. It's hard to express how good it feels for both the soul and the spirit to just take the time to live on nature's clock.

DAY 4 - SEPTEMBER 26 2023

Mario Bilodeau, co-founder of the On the Tip of the Toes Foundation, has a habit of saying on expeditions: "Heille la gang, on est tu ben!" (Hey there gang, isn't this great?). During our trip, we made it our motto. Throughout the expedition, every time Catherine said "Heille la gang," both English and French speakers responded, "on est tu ben!". This morning, we're good, really good. The sun peeks through the treetops. The water is so calm that it perfectly reflects the landscape around us. Nobody wants the trip to end. It feels like this whole adventure has gone by far too quickly.

	DESTINATION : POISSON BLANC RESERVOIR, QC
	COORDINATES : 46°5'16.768"N, 75°37'18.872"O
	ACTIVITY : VOYAGEUR CANOE
	PARTICIPANTS : 8 YOUTH AGED 14 TO 18 YEARS
	COMING FROM : AB, CB, QC, ON
PRESENTED BY	

SOME TESTIMONIES

I was lucky enough to share my cancer experience with others who have been through the same thing. It was really good because they understood how I felt. The expedition allowed me to feel light and break away from my daily routine. It made me realize that there is life and joy after cancer.

Anoushka M.

I felt connected to the present moment and to nature when we were on the boats drifting, listening to the sounds of nature. The animals, the wind, the movement of the waves, the sun on our skin, it was all fantastic. I really appreciated having a safe space to talk with other people who have been through similar things. The activities were awesome, the team was great, and the views were beautiful.

Brandon/Luna M.

Everything was amazing. Everyone was extremely nice and welcoming and everything we did was fun or meaningful. It brought an amazing once in a lifetime experience that I will always remember as being spectacular.

Kaylin B.

TYPE :

GETAWAY EXPEDITION AUTUMN 2023 [19-29 YEARS]



OCTOBER 2023



BLOG EXTRACTS

DAY 1 - OCTOBER 12 2023

(...) In the shelter of a bay, we joined our boats two by two. It was somewhat of a meditative exercise, shutting our eyes to better feel the cool air on our cheeks, listen to the regular tapping of lake water on the hull, feel the warm rays of the autumn sun, listen to the flock of geese that honours us with its passage, admire the flamboyant colours of the forest... a delicate mix of deciduous and coniferous trees that we attempted to identify. Samantha enjoyed the connection with the elements of nature, and we entirely forgot about pollution, agitation and even technology. Instead, we indulged in the healthy and powerful sensations of nature.

DAY 2 - OCTOBER 13 2023

(...) The weather took a turn for the worse. We quickly gathered our material and faced the 5 remaining kilometres to camp. While we paddled, alternating at times to allow for rest, the dictionary game was in full swing. First the classics: Animals (can anyone suggest an animal that starts with an N?!), then Food (same, for the letter U!). Then, Thanh suggested another category: Medication! A, B, C, D, E... we went through the entire alphabet within a matter of minutes. Peals of merry laughter punctuated the answers shouted from one Voyageur Canoe to another. Mockery won 1-0, good going gang!

DAY 3 - OCTOBER 14 2023

(...) On still waters in the middle of the lake, under a charcoal black sky slashed by stunning rays of sun, it was time for our spiritual moment. Catherine asked each participant to think of a word that described our experience. Around the fire at camp Natjeleme that evening, we shared our special words:

RICH, EXTRAORDINARY, PARTAGE, CONNECTED, MOMENT PRÉSENT, SLOWLISSNESS, ENSEMBLE, EXCEPTIONAL, HEALING, GRATEFUL, GROUNDED, MICROCOSME, PRIVILEGE, JOURNEY, CONCERT, HEAD WIND, CHALEUR

All had been said... the most important things, vibrating among us.

A string was passed hand to hand, connecting us one to the other. A highly conductive wire that received our best moments and feelings, thus shared forever.

As if by magic, the sky suddenly cleared and twinkling stars appeared. A lovely gift to top off these exceptional experiences that have been forever etched into the very heart of everyone there.

EXPEDITION



DAY 4 - OCTOBER 15 2023

(...) Without a doubt, participants and staff all came out of this adventure wealthier than they were before. A wealth that is not tangible but rather spiritual, and priceless... a wealth that can be seen in our sparkly eyes, but might be hard to express with words when we're back home. No matter, the main thing is that what we've gained will remain etched within ourselves, deep in our hearts and our memories. If ever we forget or are feeling down, our new bracelets can be used to remind us of the messages shared around the fire. Each bracelet is an anchor for one and all, made stronger by each individual.



DESTINATION :
POISSON BLANC
RESERVOIR, QC

COORDINATES :
46°5'16.768"N, 75°37'18.872"O



ACTIVITY :
VOYAGEUR CANOE



PARTICIPANTS :
9 ADVENTURERS
AGED 19 TO 29 YEARS

COMING FROM :
QC, MB, ON, NL

PRESENTED BY



SOME TESTIMONIES

I think the emotional aspect of this trip was much harder than the physical aspect. It was almost like the inverse of cancer. Cancer is harder emotionally than physically (for me at least), and this trip was the same. The difference is that cancer tried to kill me and this trip revived me.

Thanh N.

It was a very special outing for me, I was able to change my way of seeing things in general and broaden my horizons. I felt connected to nature when our leader said to take a moment of silence on the water while closing my eyes. During this time, I remembered the start of my illness in December 2022, until I rang the bell after 30 radiation sessions. I really felt like a canoe on the lake: it leaves from its starting point, faces waves, continues to paddle, maybe it gets tired in the middle of the water but its goal is to arrive at its destination. This is exactly what I felt when the waves rocked our canoe from side to side, listening to the voices of nature.

Fenomila Dionah N.

THE 2023 ADVENTURERS WANT TO SAY...

It has so been one of the best times I have ever had. I love you all like my sisters and am so grateful for every single one of you! I hope we all stay in touch it is such I can finally relate to others. Thank you!



Camille L.

I BELIEVE THAT THE EXPEDITION MADE ME REALIZE THAT DURING THE LAST TWO YEARS THAT I LIVED WITH THE DISEASE, I GAINED A LOT OF MATURITY AND THAT IS PRECIOUS BECAUSE IT HELPED ME TO FACE THE CHALLENGES OF LIFE. ALSO, IT HELPED ME TO REALIZE HOW LUCKY I AM TO HAVE THE SUPPORT NETWORK AROUND ME. INCREDIBLE LUCK!



VIRGINIE B.



THIS IS THE ONLY REAL FUN I'VE EVER HAD IN THE PAST 8 YEARS OF MY LIFE.

MOHAMAD E.

I was pleasantly surprised by the experience. I really let go of my routine and the disease during most of the expedition. Several things helped me escape: no cell phone, no clocks, the expedition logistics that were executed impeccably, the good nature of the facilitators, the presence of competent medical professionals, the beauty of nature, and the activity of rowing the voyageur canoes. On a personal level, the expedition gave me time to reflect on the last year and to prepare for the next steps. After this time spent outdoors, my good-nature batteries have been recharged!



Mélissa C.



I Loved the discussion circle about our experience with cancer, because otherwise I wouldn't have had the courage to talk about it with the other participants. Knowing that it's a delicate subject for us. But to have the chance to do it in the context of openness and respect allowed me to learn more about the others' situations, but also allowed me to take the time to feel my emotions that I have hidden for so long and to reflect on my experience in the face of cancer. The expedition also helped me understand that I have to try new things, that novelty doesn't kill you, and that I am strong both physically and mentally. To have confidence in myself is necessary and mistakes are allowed. To feel sadness is normal and doesn't mean that I am a weakling. Quite the opposite.

Félicia S.

I HAVE BEEN ISOLATED WITH THE SAME STATIC FRIEND GROUP FOR OVER 7 YEARS NOW AND HAVE BEEN VERY WORRIED THAT I WAS UNABLE TO MAKE FRIENDS OUTSIDE OF THEM. HOWEVER THROUGH THIS EXPEDITION I THINK I'VE MADE MANY FRIENDSHIPS THAT WILL BE LONG LASTING AND I'M REALLY PROUD OF THAT. THIS EXPEDITION REALLY ALLOWED ME TO START TO GET A PICTURE OF THE TRAUMA I WENT THROUGH WITH CANCER AS WELL AS GAINING A GREAT GROUP OF FRIENDS THAT WILL LAST FOR MANY YEARS TO COME.



DYLAN P.



TESTIMONIES

THIS WAS ONE OF THE MOST BEAUTIFUL EXPERIENCES IN MY LIFE. EVERYTHING WAS BALANCED, ACCOMPLISHMENT WITHOUT A PERFORMANCE. JUST ENOUGH TIME TO APPRECIATE THE ENVIRONMENT THAT WE WERE IN.

WHAT MORE CAN I SAY ABOUT THE BEAUTIFUL TEAM THAT ACCOMPANIED US? I FELT MORE THAN CONFIDENT. LOTS OF LAUGHS, MUSIC AND GREAT FOOD. I AM ALREADY NOSTALGIC.

ANNIE B. -P.



I think what I liked the best was being able to talk to other girls who have had reconstructions, and that really help for when I will make that decision.

Thank you so much for giving me this opportunity.

Sophie L.

I HAVE SO ENJOYED THE LAST FEW DAYS WITH ALL OF YOU. IT FEELS LIKE FROM THE STAFF TO THE VOLUNTEERS, TO THE PARTICIPANTS, THE RIGHT PEOPLE CAME TOGETHER TO MAKE THIS TIME A VERY SPECIAL EXPERIENCE. I'VE LOVED PADDLING WITH YOU, SINGING, LISTENING, HEARING YOUR STORIES, WATCHING YOU LAUGH AND CRY-LAUGHING WITH YOU. IT'S BEEN A WHILE SINCE I'VE FELT SO RESONATING AND COMFORTABLE IN A GROUP, AND THIS WEEK JUST FELT RIGHT AND LIKE THAT. THANK YOU EVERYONE FOR BEING HERE, BEING VULNERABLE AND REAL, AND SHARING THE SUNSHINE.

KAT D.

I'm so thankful to have been a part of this group. Thank you for sharing your stories even when it was hard. Thank you for making me comfortable enough to not want to hide my face or want to eat in private. I was so shocked and surprised at our first outdoor meal when I saw that the guys cut everything up just for me! I felt so recognized and seen and cared for. I had so much fun learning and exploring and reflecting with you all. Hoping to connect and keep in touch after we settle back in at home.

Kristine S.



You guys are family to me and I will always cherish this moment. I love you guys so much and thank you for the laughs and hugs. Love always.

Ben S.



I felt 100% free, free of my responsibilities at home, at work, of my treatment. It felt good to share with other people who had experienced cancer. Every little action or word we shared gave us hope and made us feel less isolated.

Anna T.



I APPRECIATED SHARING MY EXPERIENCES WITH PEOPLE WHO HAVE LIVED SIMILAR THINGS. I APPRECIATED THE RESPECT AND LISTENING FROM EVERYONE. DURING THE MOMENTS OF SILENCE, I REALIZED HOW MUCH I WAS PROUD OF MY EFFORTS TO CONQUER MY CANCER, AND THAT I HAD THE CHANCE TO BENEFIT FROM NATURE.

I WANT TO THANK YOU ALL FOR LISTENING TO ME AND I FELT MUCH BETTER SHARING MY STORY WITH PEOPLE WHO UNDERSTAND THE PAIN THAT MY CANCER HAS CAUSED.

ALEXANDRE G.



ONE OF THE BEST THINGS THATS HAPPENED FOR ME IN A FEW YEARS.

ZOE M.



Double Défi

des deux Mario

RioTinto

The Double défi des deux Mario is a unique event in the form of a winter crossing of Lake Saint-Jean between Pointe Taillon National Park and the Roberval Ice Village. Participants strap on skis or snowshoes, tie their luggage to a sled, and trek across the ice in a spectacular setting. They also have the chance to spend two nights winter camping in the middle of the lake. Thus, they experience a physical challenge as well as an internal one, similar to what is experienced by young people when they go on 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 of raising funds to allow young people living with cancer to participate in a therapeutic outdoor adventure.

The 2023 edition of the event was marked by a highly anticipated return to the ice after the pandemic forced us to spend two years carrying out sporting challenges at home. The demand this year was so great that we had to add a third crossing.

The hundred or so brave souls who took part in the crossing raised a little over \$300,000 during the memorable event, once again sponsored by our generous partner, Rio Tinto

FUNDRAISING CAMPAIGNS



CRYO

Races on the Lake



Presented by Airmedic, the CRYO Races are a truly unique event in which seasoned racers run across Lake Saint-Jean in the winter. They follow a track maintained and marked especially for them, interspersed with refreshment points, finishing at the Chalets and Spa at Chambord. In this way, more than 200 runners, cyclists and skiers came together to brave this sea of ice on February 18, 2023, some of them under the stars!

In order to participate, each athlete commits to raising funds for the Foundation. Their concerted efforts, combined with the generosity of sponsors such as Arc'teryx, Devinci and CGI resulted in amassing a record amount of \$336,000 which goes toward benefiting young people who are living with cancer.!

Moreover, we must recognize the impressive bravery of the athletes who faced strong headwinds and the blizzard that was raging at the time, as well as that of the volunteers who ensured the safety of the runners at all times.

Congratulations to all!



Célé- brons la VIE

Many exceptional volunteers and business people from Greater Montreal met last November to demonstrate their dedication to young people suffering from cancer. Their presence is notably due to our team of ambassadors who, year after year, promote the mission of our organization to their network and solicit their generosity. We are highly indebted to them and would like to warmly thank François Veillet, Marc-André Blais, Denis Le Vasseur, Pierre Marcoux and Justine Delisle for their remarkable work.

The combination of the volunteer involvement of our Ambassadors and the generous contributions of donors made it possible to raise more than \$360,000 as part of the campaign preceding the Celebrate Life event. This unique and

festive event took place in the presence of several former expedition participants who came to share their experiences during their therapeutic adventure expedition with us.

So next November you are invited to the next edition of this event with a renewed formula featuring participants from our 2019 expeditions, where we will learn where they are five years post-expedition. This will be the eighteenth anniversary of Celebrate Life!

FUNDRAISING CAMPAIGNS



Club 3A

- adventurers —
- athletes —
- ambassadors —

The Foundation's Club of Adventurer and Athletes Ambassadors is a team of committed athletes who wish to give new meaning to their athletic endeavours.

In addition to taking on highly significant personal sporting challenges, they support our organization by carrying out significant fundraising. Together, they raised more than \$30,000 in 2023:

Arianne Martel-Bouchard

Everesting on snowshoes plus double Everesting on a treadmill.

Aaron Plue et Guillaume Croussette

55km trail running with 3400 metres elevation gain.

Anne Sophie Lainesse

100km skate skiing with 2000 metres elevation gain.

Lisa Leduc

Climbed Cap Trinité in less than two days.

Jean-Mathieu Chénier

160km trail running in less than 27 hours.

Club 3A currently has around fifteen active members and we hope that many adventurers will join them in the coming year. Several projects are already in the works for 2024 including a crossing of Nunavik on skis and 1000 kilometers of cycling in less than 50 hours. Do you have a major sporting challenge in mind? We would be happy to talk about it with you!

GENEROUS DONORS AND SPONSORS

20 000 \$ AND OVER

Fondation J.-Louis Lévesque	50 000 \$
Fondation CHU Sainte-Justine	30 000 \$
Power Corporation	29 000 \$
Fondation Air Canada	27 000 \$
Anonymous	25 000 \$
CN	25 000 \$
Rio Tinto	25 000 \$
Air Médic	22 000 \$
Fondation Cogir	22 000 \$
KOA - Care Camps Foundation	20 400 \$
Fondation J.Armand Bombardier	20 000 \$
MRC du Domaine-du-Roy	20 000 \$

BETWEEN 10 000\$ AND 19 999\$

Banque Nationale du Canada	15 000 \$
David Wisenthal Fund	15 000 \$
Fondation Fiera Capital	15 000 \$
Fondation Famille Mongeau	15 000 \$
Strigo	15 000 \$
Arc'teryx	13 700 \$
Produits forestiers Résolu	11 000 \$
Anonyme	10 000 \$
Brigitte Brunet avocats	10 000 \$
Clarins Canada	10 000 \$
Fond. de l'Hôpital de Montréal pour enfants	10 000 \$
Fondation Famille Godin	10 000 \$
Fondation Lise et Richard Fortin	10 000 \$
RBC	10 000 \$
The Oka & Grégoire Foundation	10 000 \$
Trust Eterna - Val Deschênes	10 000 \$
Ville de Roberval	10 000 \$

BETWEEN 5 000\$ AND 9 999\$

Capinabel	8 000 \$
Fondation Clément Paillé	8 000 \$
Sanimax	8 000 \$
André Desmarais	7 500 \$
Fondation Henrichon-Goulet	7 500 \$
Francis Pomerleau et Sophie Dagenais	7 500 \$
Municipalité de Chambord	7 500 \$
Municipalité de St-Gédéon	7 500 \$
CIBC	7 000 \$
Cogeco	7 000 \$
Alma Ford	6 000 \$
Groupe Contex	6 000 \$
Brigitte Nepveu avocate	5 700 \$
Adriana & Olivier Desmarais	5 000 \$
Deloitte	5 000 \$
Fondation Bon Départ	5 000 \$
Fondation Carmelle et Rémi Marcoux	5 000 \$
Fondation Huguette et Jean-Louis Fontaine	5 000 \$
Fondation Linoit	5 000 \$
Fonds Alain Paquet	5 000 \$
GFT Canada	5 000 \$
Lac St-Jean Métal	5 000 \$
Leslie Raenden	5 000 \$
Marchés des Capitaux CIBC	5 000 \$
MRC du Lac-St-Jean-Est	5 000 \$
Telloc	5 000 \$
The Wells (DL & K) Family Fund	5 000 \$



THANK YOU !



BETWEEN 2 000\$ AND 4 999\$

Cycles Devinci	4 000 \$
Denis Levasseur	4 000 \$
Quincaillerie Richelieu	4 000 \$
Fondation Famille Benoît	3 500 \$
Canopée médias	3 100 \$
Résidence Lajoie	2 775 \$
Corporation d'Investissements Sanpolo	2 500 \$
Fonds Patrick Foley	2 500 \$
Pierre Pomerleau	2 500 \$
Safari Condo	2 500 \$
The Bellini Foundation	2 500 \$
The Joseph Neufeld Family Foundation	2 500 \$
The Rossy Foundation	2 500 \$
Zamora Realities Ltd.	2 500 \$
Echo Aviation Leasing	2 000 \$
Fondation Atura	2 000 \$
Fondation familiale Marc Bieler	2 000 \$
Groupe Mercille	2 000 \$
La Financière Sunlife Québec	2 000 \$
Mike Elrick Tribute	2 000 \$
Ultra Violet	2 000 \$



BETWEEN 1 000\$ AND 1 999\$

Luc Jobin	1 850 \$
Anne Sophy Lainesse	1 500 \$
Canac Chicoutimi	1 500 \$
Chalets et Spa Lac-St-jean	1 500 \$
Famille Richard Boucher	1 500 \$
Patenaude Fiscalité + Fiducie Inc.	1 500 \$
RL Énergies	1 500 \$
Village historique de Val Jalbert	1 500 \$
Le Quotidien	1 100 \$
Alithya	1 000 \$
Bernard Lemieux	1 000 \$
Blakes Cassel & Graydon S.E.N.C.R.L.	1 000 \$
Cascades	1 000 \$
Centre du Sport Lac-St-Jean	1 000 \$
Craig et Christina Miller	1 000 \$
David H. Laidley Foundation	1 000 \$
Fondation Famille Caron	1 000 \$
Fondation Pierre et Gisèle Laberge	1 000 \$
François Tremblay, Député de Dubuc	1 000 \$
Globocam Québec	1 000 \$
Gowling WLG (Canada) LLP	1 000 \$
Groupe Laurem	1 000 \$
Jane & Laurence Plotnick fund	1 000 \$
Jean Raymond	1 000 \$
Korem	1 000 \$
Louis Bourassa	1 000 \$
Lucie Hamel	1 000 \$
Microbrasserie du Lac	1 000 \$
Microbrasserie le Coureur des Bois	1 000 \$
Normandin Beaudry Gestion privée	1 000 \$
Première Moisson	1 000 \$
René Malo	1 000 \$
Résidence Belle Rivière	1 000 \$
Scierie Girard	1 000 \$
Services Financiers JFD	1 000 \$
Stéphanie Dupras Renaud	1 000 \$
Youri Chassin, Député de St-Jérôme	1 000 \$

FINANCIAL STATEMENT

FOR THE PERIOD ENDING DECEMBER 31

2023

2022

INCOME

Donations and Fundraising	1 305 397 \$	972 752 \$
Interest	38 630 \$	16 258 \$
Amortization of deferred contributions relating to tangible capital assets	18 940 \$	6 050 \$
	<hr/>	<hr/>
	1 362 967 \$	995 060 \$

EXPENSES

Expeditions (appendix A)	443 407 \$	332 454 \$
Development and visibility (appendix B)	172 071 \$	94 896 \$
Philanthropic activities	494 795 \$	288 841 \$
Administration and other operating costs (Appendix G)	272 129 \$	200 561 \$
	<hr/>	<hr/>
	1 382 402 \$	916 752 \$

SURPLUS (DEFICIT) OF INCOME OVER EXPENSES BEFORE OTHER ITEMS

(19 435) \$ 78 308 \$

GOVERNMENT AID

6 533 \$ 52 318 \$

SURPLUS (DEFICIT) OF INCOME OVER EXPENSES

(12 902) \$ 130 626 \$

WORD FROM THE TREASURER

For the financial year ending December 31, 2023, the On the Tip of the Toes Foundation recorded a shortfall of revenue over expenses of \$12,902.

The Foundation's balance sheet demonstrates a healthy financial situation. Therefore, we have the resources reequipped to pursue our mission.

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

*Guyline Duval, FCPA, FCA
Treasurer*

PERSONNEL

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Corporate Director

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*Retired professor
Outdoor Intervention Program - UQAC*

TREASURER
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*Director of Graduate Programs
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Jessica Zajko, B. Sc.

Tout est possible

La fondation Sur la pointe des pieds donne la chance aux jeunes atteints de cancer de prendre part à une expédition d'aventure thérapeutique. Ce défi leur permet de se ressourcer, d'avoir du plaisir, de découvrir des destinations fascinantes et surtout de se dépasser pour reprendre confiance en eux.



A GREAT WOMAN HAS LEFT US... TO RETIRE!

At the end of a rich collaboration of almost 15 years, our faithful Claire has taken a well-deserved retirement.

Fifteen years of work – close to 300 000 hours spent changing the lives of young people living with cancer, as well as their families. Not many people can say the same. There has been tons of laughter and sharing, moments of complicity and challenges as well.

Claire Grenon had and still has a young heart and an adventurous spirit. Dedicated, supportive, frank, curious, tenacious, rigorous and jovial, she is the pillar that we can ALWAYS count on.

Claire-my beautiful-Claire, you have paddled hard alongside us for a long time. Now it's time to pass the paddle to someone else and to take a well-deserved rest. With this momentum, we will continue to move forward and will always remember you.

Happy retirement!





ARTISANS OF THE ANNUAL REPORT 2023

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Philippe Trudeau
Laurence Yelle

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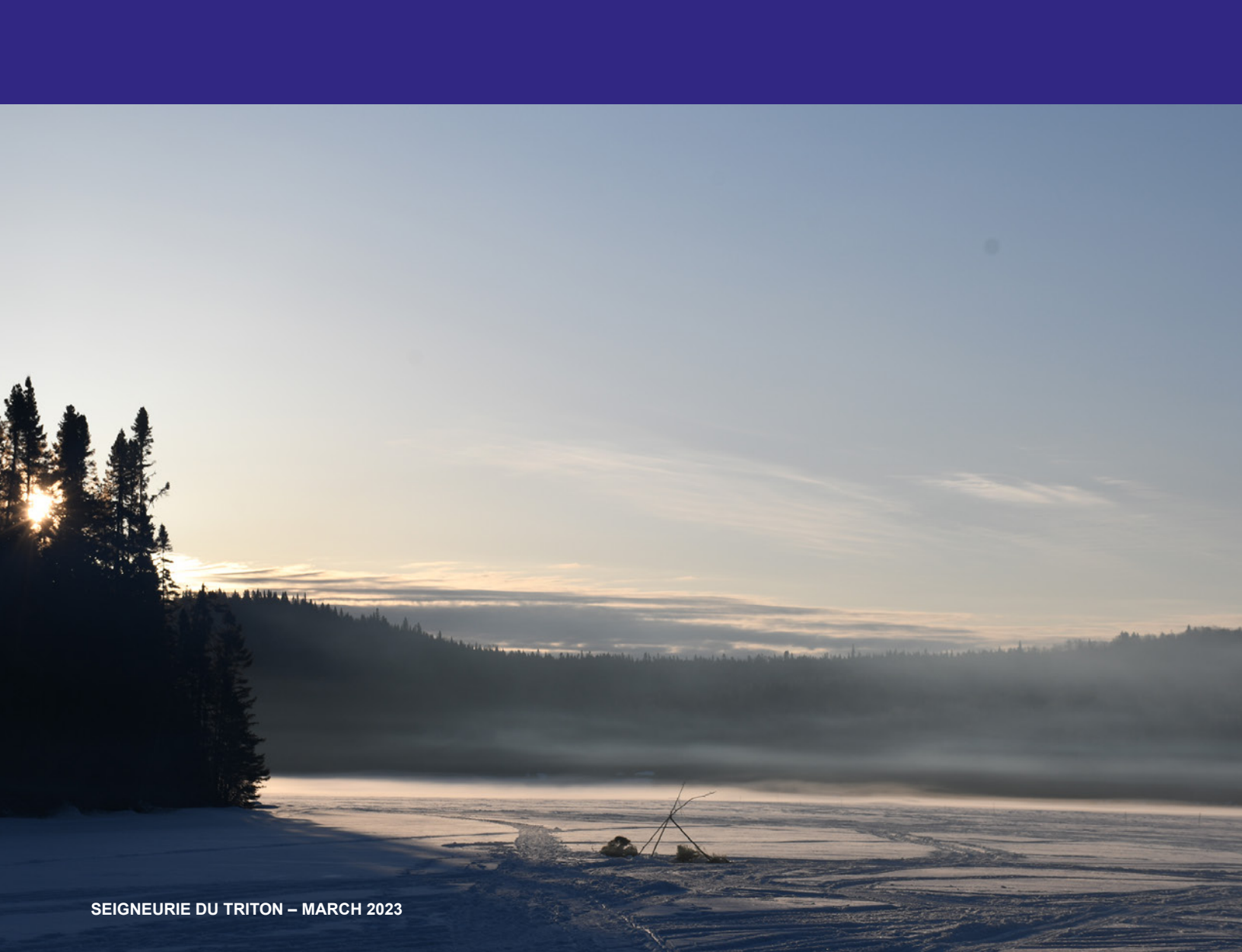
Philippe Jobin

PRINTING

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ENGLISH TRANSLATION

Marian Rose



SEIGNEURIE DU TRITON – MARCH 2023

ON
THE
TIP
OF THE
TOES



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