

THE TENAQUIP FOUNDATION

Volume
2019/20

Kids Help Phone...Children First Canada's only 24/7 national support service for children.

The Tenaquip Foundation is very proud to be associated with Kids Help Phone. They have an incredible team that is dedicated to supporting youth mental health in Canada. It is hard to feel the pain that someone may be going through, but read the story below of a young girl's "live chat" and I believe you will feel her pain.

Kids Help Phone's Live Chat

Angie's mom had died just weeks before. Tragically, her dad then took his own life. Age 15 and without siblings, Angie was sent to live with her elderly uncle, whom she barely knew. She had never felt so alone. The first time she called Kids Help Phone, she hung up. She wasn't ready to talk. But a few days later, she tried Live Chat. The first thing she typed was:

"I don't know if I can do this anymore. Please help..." Within moments, professional counsellor Nora typed back. Over the course of their long chat, Nora worked hard to gain Angie's trust and to assess if she was in immediate danger of harming herself.

Angie admitted that she'd thought about suicide "just to be with my mom and dad". Nora typed "I believe you're asking for help because there's a part of you that doesn't want to hurt yourself or die. What do you think?" Angie agreed. Nora helped Angie create a plan to deal constructively with her heartbreaking situation. Then, after promising to Live Chat with Kids Help Phone again whenever she needed to, Angie typed, "Thank you for talking to me. I feel a little bit better now."



The Tenaquip Foundation is proud to support the following organizations in 2019

Accueil Bonneau
Alberta Council of Women's Shelters
ALS Quebec
AMCAL Family Services
Anne's House
Asia's Hope
Auberge Madeleine
Aurora Food Pantry
BC Foodbanks
Beyond 21 Hub
Big Brothers Big Sisters Greater Halifax
Big Brothers Big Sisters of Guelph
Big Brothers Big Sisters West Island
Big Brothers of Yukon
Blue Door Shelter
Calgary Food Bank
Calgary Homeless Foundation
Calgary Meals on Wheels
Calgary Urban Project Society
Calgary Women's Emergency Shelter
Canada Cycles for Kids
Canuck Place Children's Hospice
Centraide
Champions for Life
Chez Doris
Children's Organ Transplant Society
CLSC Lac St. Louis Pierrefonds Foundation
Covenant House
Cummings Jewish Center for Seniors
Cure SMA
Dialytran

Distress Centers of Toronto
Doane Hospice House
Dunham House
Durham Children's Aid
Easter Seals Alberta
Edmonton Food Bank
Fondation Charles Bruneau
Greater Vancouver Foodbank
HealthBridge
Hope Air
Hope and Cope Compassionate Fund
Hope Mission Homeless Center
Independent Living Center Kingston
Inn From the Cold
Interval House
Jennifer Ashleigh Children's Charity
Kids Help Phone Line
Light a Dream
L'Île des amis
Little Brothers
LOVE
Mackay Center
Mada
Madagascar School Project
Massey Center
Men's Health Foundation Canada
Mississauga Food Bank
MNI
Moisson Montreal
Montreal Children's Hospital Foundation
Momentum

Muscular Dystrophy Canada
National School of Puppet Learning
National Service Dogs
Nazareth House
Newmarket Food Pantry
Northern Rockies Seniors Society
Nova Montreal
Nova West Island
Old Brewery Mission
On Rock Community Services
Options Bytown
Philou Center Foundation
Plan Canada/Because I am a Girl
Quebec Veteran's Foundation
Retina Foundation
Ruelle de l'avenir
Salvation Army
Santropol Roulant
Second Harvest
Separated Fathers
Shine Through the Rain
Société Saint-Vincent de Paul
Southlake Regional Health Center
Starlight Foundation
Sun Youth
The Depot
Toujours Ensemble
Tyndalé St. Georges (Montreal)
United way
VOBOC
Welcome Hall Mission
West Island Cancer Wellness Center
West Island Citizens Advocacy
West Island Community Shares
West Island Mission
West Island Palliative Care Center
Winnipeg Harvest
Women on the Rise
Womens Center of Montreal
World Vision
YVR Sisters

A Message from the director

In this edition of the newsletter you will notice that many of our stories are about children and children's charities. Working with children's charities is one of the focuses of The Tenaquip Foundation.



Each year the foundation supports a few more of these organizations, that help children and organizations like the "Starlight Foundation" and "Kids Help Phone." The belief is that by helping our children now, we as a society will hopefully find ourselves in the future with less adults that face issues and struggles that they need help overcoming. If we can identify a problem early in a young child, address it, work with it and fix it, then potentially, hopefully, that person will be more equipped to head out into the world as a happy productive adult. It is a bit like homelessness, yes; it is great to give a homeless person a hot meal and a bed to lay in, but wouldn't it be even greater if we could help that individual with direction and motivation to help them stand by themselves and no longer be homeless?

Michael Fitzgerald

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“Seize the Day”

A joint effort program between ALS Quebec and The Tenaquip Foundation

There is no treatment to significantly prolong the life of patients with ALS, but with programs like “Seize the Day” we can hopefully help enrich the lives of a family suffering through ALS, even if just for a day.

Michae IFitzgerald,
Executive Director The Tenaquip Foundation

What is the “Seize the Day” program?

The “Seize the Day” program allows people living with ALS to create memories with their loved ones. Whether their wish is to be reunited with their family, or to attend a sporting event, concert, comedy show, a dinner party, a day at the spa with friends, a family picnic or even participate in a sports activity, the “Seize the Day” program can offer a family priceless moments.

In 2019, the “Seize the Day” program granted 17 wishes that involved over 100 people. Some highlights include: Travel expenses, so that Monique

Chartier and her husband could attend their grandson’s wedding in the small town of St-Agapit, Mario Laberge was able to go fishing in the Bahamas with his family, Sylvain Plante fulfilled his dream of riding in a helicopter and Line Thiboutot was able to spend an evening with her family while enjoying a renowned chef’s cooking.

Claudine Cook, Executive Director ALS Quebec

What is ALS?

Amyotrophic Lateral Sclerosis, also known as Lou Gehrig’s disease is a neuromuscular disorder that affects the nerve cells and spinal cord progressively leading to the paralysis of the muscles. ALS progresses rapidly and is usually fatal within five years following the initial diagnosis.

In addition to the “Seize the Day” program The Tenaquip Foundation has been a proud long-time supporter of the ALS Society of Quebec’s programs and services for families touched by ALS across the province.



Sylvain Plante, before his helicopter ride.



Mario Laberge and his family fishing in the Bahamas.

The Ronald McDonald House Charities is supported by organizations like The Tenaquip Foundation.

There are 368 Ronald McDonald Houses in 64 countries and regions. The rooms that Ronald McDonald House charities offer provide a place for families to stay for free with hospitalized children under 21 years of age who are being treated at nearby hospitals and medical facilities. Ronald McDonald’s Houses provide over 7,200 bedrooms to families around the world each night, with an estimated value of \$700 million in lieu of hotel costs.

The Tenaquip Foundation is very proud to support a room in Toronto. In 2019 The Tenaquip Foundation/ Reed Family Room supported 8 families. Twenty family members stayed in the room, with one family staying 173 days.

It means the world to the families to be able to stay close to their child who is hospitalized, some time for long periods of time.



“Being together as a family while staying close to Nicolas means the world to us. By staying together at the House, we’ve all bonded so much more, especially Olivia and Amelia. They turn to each other for comfort and while they are with us, they know everything is going to be okay.” Stephanie Chaney, mother of Nicolas, 165 nights (and counting)

“Every time I talk about Ronald McDonald House, I cry. I can’t describe how important it’s been to have the comfort of this House.” Lorraine Jewell, mom of Justin, 78 days at RMHC Toronto

Montreal's Old Brewery Mission The Tenaquip Foundation and Mr. Reed

The Tenaquip Foundation has been a long-time supporter of the Old Brewery Mission. The late Ken Reed, founder of the Tenaquip Foundation has always given money to this worthy cause, even in his earlier days when he couldn't really afford to. Mr. Reed was always a benevolent man who thought of others needs before his own. The Reed family is particularly proud of their association with the Old Brewery Mission in part because of Mr. Reed's love of the organization from long ago.

Tenaquip Employees helping at The Old Brewery Mission
Each year a select group of employees from Tenaquip limited are offered the opportunity to help serve meals at the Old Brewery Mission. It is truly a rewarding experience to give back and help those less fortunate.



The Tenaquip School in Madagascar...

Ten Year Update

It has been 10 years since the first shovel hit the earth to start building what is now known as **"The Tenaquip School."** Today the school consists of 16 buildings, housing among other things 34 classrooms, a rice mill, a kitchen, a canteen and a clinic. In total there are over 70 staff members who keep the place running, they include teachers, nurses, administrative staff and other workers.

The school now looks after 750 students from first grade to twelfth grade: each year 15 to 20 of the students graduate. There is also a scholarship program for deserving graduates to attend university. Currently the scholarship program is supporting five students, one studying to be a doctor, one studying nursing and three others studying agriculture.

The Tenaquip Foundation's board and members are very proud of the school they helped build, it has been a huge success story and has enriched the lives of so many people who would have otherwise not had such opportunities.

Although hundreds of people are responsible for the huge success of this school, a special thanks should go out to Kathy Lucking, who's heart and soul went into making everything work, and to Graham Wells for overseeing and managing the financing and building of such a large projectThank you!



Big Brothers Big Sisters Making a Difference with the help of The Tenaquip Foundation

For many different reasons there are a lot of young children growing up without a proper role model. This makes an organization like “Big Brothers Big Sisters” so important. We all need help and guidance while growing up and this type of relationship is what the organization is all about. The nurturing aspect of the relationship is so important for the healthy and natural development of a child who is missing a strong role model.

Laura and Haylee have been together as “Sisters” for 12 years, this is a part of what they have to say about their relationship.

Laura - Big Sister

“I have been a big sister to Haylee for twelve years. In that time I have seen her grow from a 5-year-old little girl into a 17-year-old young woman. I am very proud of her and have enjoyed watching her progress through years of school where she is excelling. When I signed up to be a big sister, I wasn't sure what I was getting into. In the end our match has meant so much to me; Haylee has not only become a friend, but also family. I am so glad that I found Haylee and that our relationship has lasted this long.”

Haylee - Little Sister

“One of my favourite memories of being a little sister to Laura was the time I spent at her house, especially when I was younger. We used to do things like make play-dough or we would play Crokinole with her brother Craig. She means a lot to me! Ever since Day One, she's always been there for me, and I've appreciated her throughout the whole way.”



How Calgary Homeless Foundation, working with The Tenaquip Foundation, helps people find their way home.

This is a true story. It starts with Mady.

At 16, family conflict forced Mady into homelessness. She spent a few years staying with friends, staying at shelters, and rough-sleeping. She sought help, but encountered many barriers. “Many programs required parental consent,” she says, noting that this was not an option for her.

Luckily Mady, who had fallen through the cracks, found the Calgary Homeless Foundation. The foundation was able to work with Mady and give her the emotional and physical support she needed.

Today, Mady has a place to call home in a community program that CHF supports. She volunteers with youth and is planning for the future.

At 16 it was, “I want somewhere to live. What am I going to eat? Where am I going to stay? Now I'm looking at, I want a career. I want to go back to school.”

Mady is starting to write the next chapter of her own story.

THANK YOU, The Tenaquip Foundation, for helping to change Mady's story!

Jenny Morrow, Calgary Homeless Foundation





Auberge Madeleine Keeping women safe from violence for over 30 years.

The Tenaquip Foundation is a proud supporter of Auberge Madeleine, a homeless shelter for abused women and women in need. Each year approximately 250 women are sheltered, ranging from a few weeks to a few months depending on their needs. Without these great services many women in Montreal would have nowhere else to turn.

The situation for some women seems even more desperate once you hear their stories. The following is a glimpse into the lives and predicaments of two women the shelter has helped.

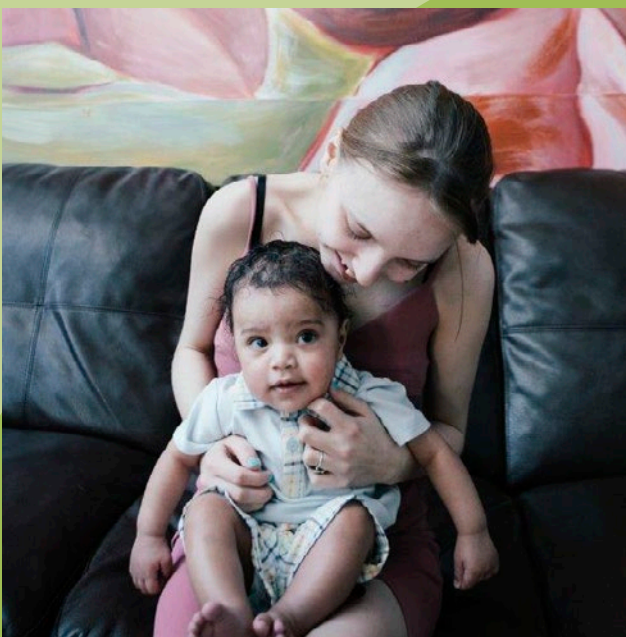
"We find ourselves, one day, without really wanting or seeking it. We are kicked out of our own lodging because of a grubby landlord. Already mentally weakened by the loss of a job and not having the strength to fight him to recover our belongings. We leave with a single bag and a few papers, that is all of our baggage! Here we are, homeless, in spite of ourselves, disconnected from reality, totally and completely!"

Anonymous

"One hundred pounds of pain on two blistered feet. I make myself knock on the door, behind it, women whom I feel have been waiting for me for a long time, their arms proffered to shelter me, hug me, console me. The door was that of the Auberge Madeleine, many years ago... the day when I chose to live again, is the day when I chose me."

Anonymous

Good food for a better future: The Tenaquip Foundation supports Second Harvest's food rescue program.



Since 1985, Second Harvest has been integral to Toronto's social services network, delivering fresh food for free to more than 380 non-profit agencies. The food is unsold surplus from farms, retailers and processors. Rather than needlessly going to landfill, the food fuels hope for Toronto's most vulnerable citizens, like the young parents who visit Rosalie Hall.

Rosalie Hall Child Development Center is supported by Second Harvests food rescue. In addition to educational and employment barriers, becoming pregnant as a teenager has health risks for mother and child. Rosalie Hall provides services to pregnant and parenting youth and their children, like prenatal care, nutrition education, a school program so parents can keep working towards a diploma, counselling, and a residential program. Last year, they served more than 1,500 people.

The other vital component for pre and post natal health is access to healthy food, and that's where Second Harvest comes in. Food from Second Harvest is used for breakfasts, lunches, dinners and snacks as well as in the client food bank. This bounty of produce, protein, dairy and other foods augments the agency's food budget and helps new families too.

Thank you to The Tenaquip Foundation for providing 60,000 meals in 2019 to hundreds of social service agencies like Rosalie Hall!

Corey Smith, Second Harvest

The Children's Wish Foundation and The Tenaquip Foundation working together to bring smiles to children's faces.



Established 30 years ago, The Children's Wish Foundation of Canada has granted over 22,000 wishes to sick and terminally ill children.

This past year the Wish Foundation received a very interesting wish, actually 2 wishes. The wish features 2 teenage girls, both from Alberta, whose most heartfelt wish was to see and meet the band KISS!

The two children are Jo, a 16-year-old diagnosed with cystic fibrosis and Jane, a 17-year-old who suffers from a congenital heart disease.

Both girls had the chance to fly to Vancouver to attend the KISS Farewell Tour show on January 31, 2019 as well as meet the band. Jane was also able to visit a local cosmetic store to have her face painted like "Starchild" prior to the concert.

After meeting them and having her photo taken Jane kept exclaiming "that was Starchild! For Real!". Weeks later and Jane still carries that photo with her to show off; she looks at the poster sized photo on her wall in her room and swoons. It is undeniable that this experience made Jane feel special and gave her something very special to remember and share for the rest of her life.

"It was amazing and moving to share this with my daughter" *Jane's Mom*

Cure SMA, Summer Camp and The Tenaquip Foundation

"When you receive your child's diagnosis of Spinal Muscular Atrophy your world takes a leap in a direction of the unknown and outright fear of what the future holds. Many families don't know how long they will have with their child, they feel alone and helpless. Cure SMA Canada has worked hard to support these families from the time of diagnosis. One of the ways we offer support is through our SMA Family Adventure Camp. Families come together with one common goal, to make amazing memories that will last a lifetime! Camp this past summer was made possible because of a generous donation from The Tenaquip Foundation. Members of these families are able to hike, bicycle and kayak with the help of adaptive equipment. Every member of every family run an obstacle course in their family member's wheelchair; they had a dance, made crafts, played many games and sat around the camp fire. They left with hugs and those amazing memories."

"I experienced a special moment I will never forget, while walking across a field behind two little girls that had just met, both had SMA, both driving their wheelchairs filled with stickers."

"Hi! My name is Amanda, I have SMA."

"Me too! I'm Shanaya!"

"I have type 2 SMA"

"(gasp) Me too!!"

"We're the same! Want to be best friends?!"

"Yes!!!"

"They took off across the field together and I stood there in tears for what we did for these kids; The start of a lifetime friendship, the feeling of belonging and memories of a camp that will stay with them forever."

Thank you Tenaquip Foundation, what an incredible gift you have given.

Susi Vander Wyk, Cure SMA Canada





HOPE AIR. . . Putting smiles on the faces of families with sick children

Hope Air is a national charity that arranges free non-emergency medical flights for low-income Canadians who must travel far from home to access healthcare. Since its inception in 1986, the charity has arranged over 140,000 flights.

About 35 per cent of Hope Air clients say that they would have had to cancel or postpone their appointment if Hope Air had not been there to help them. Another 34 per cent say they would have had to travel at least four hours, and for some, up to eight or 12 hours to get to their appointment without Hope Air's help.

Pictured, nine-year-old Henry and his mother Bristol. Henry was diagnosed with leukemia, that in itself was devastating, but the 12 hour drive each way, more than once, would have taken a huge toll on the family financially and mentally. Air Hope stepped in and saved the day for this young family.

Sick Children, Jennifer Ashleigh Children's Charity and The Tenaquip Foundation Coming together!

Jennifer Ashleigh Children's Charity supports families in Ontario who are caring for seriously ill children and are struggling with all the out-of-pocket expenses related to their care and treatment. Simply put, JACC provides financial support to families who have limited incomes and extraordinary costs.

There are many families across the country who do not have the financial resources to care for a seriously ill child. Here is the story of one such child, Scarlett, who has spent more time in the hospital then she has in her home.

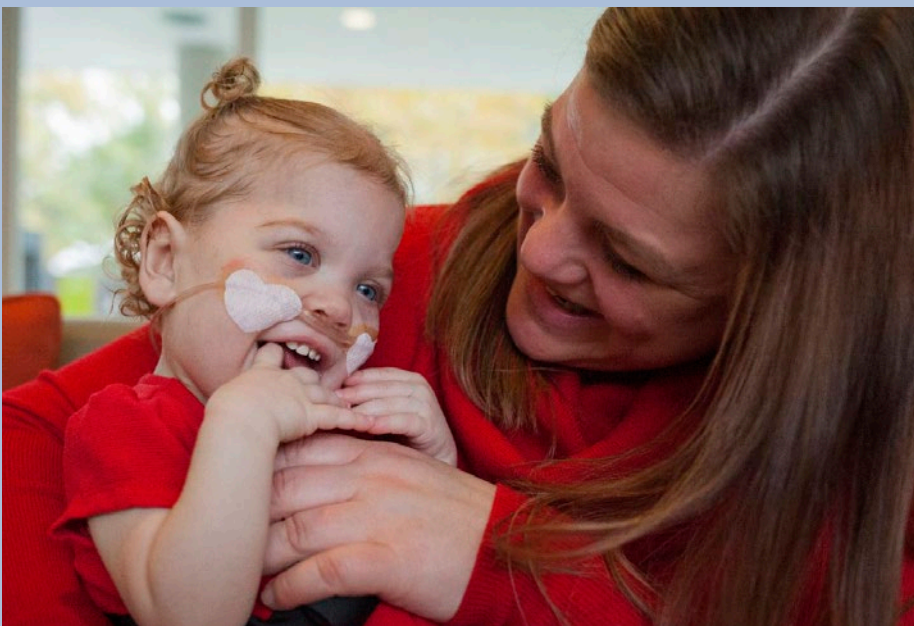
Scarlett was born with Omphalocele (her organs were outside her body) and has spent the first 18 months of her life in hospital. She is still there today. Scarlett's family lives a few hours north of Toronto where she is receiving treatment, and have incurred many expenses for accommodations to remain by Scarlett's side. Thanks to the support of wonderful donors, JACC has helped with the out-of-pocket accommodation costs related to their extensive stay in Toronto.

Her Mom wrote:

"We left the hospital a couple of times to come home but were sent back within a day both times. Scarlett is doing much better now and starting to stand up. I'm finally seeing a bit of light at the end of that tunnel. We are closing in on 500 days in the hospital and hope to get home in a couple of weeks. I can't believe how far she has come. From thinking almost a year ago we almost lost her to now where she can do so much."

"Thank you so much for everything you have done to support us."

-Amanda, Scarlett's Mom



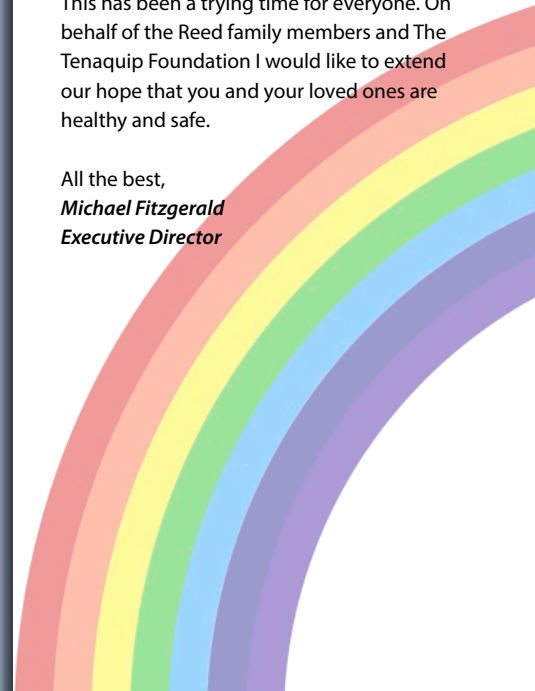
Suddenly ... The World Changed COVID-19

Just as we were preparing to go to press with our latest newsletter it seemed like all hell broke loose. Covid 19 became a household word, and suddenly the world as we knew it no longer existed.

The Tenaquip Foundation has been inundated with requests for help, we are hearing so many stories of loss, of pain and suffering and of hunger; no one has been spared by this awful pandemic. It has been a busy time for us, we have been getting in contact with our beneficiaries to see where the need is greatest, and we have been able to get much needed funding to many foodbanks and front-line operations.

This has been a trying time for everyone. On behalf of the Reed family members and The Tenaquip Foundation I would like to extend our hope that you and your loved ones are healthy and safe.

All the best,
Michael Fitzgerald
Executive Director



NOVA Montreal, helping children with a little help from The Tenaquip Foundation

NOVA Montreal is the only organization in Quebec to offer a free in-home respite program for children. They provide free services for children aged 0 to 6 years old with a chronic illness or a physical or mental disability. The priority is to provide respite to families who are having difficulty coping and who do not have an established support system.

The following is part of a story of a family with a sick child that was helped by NOVA Montreal

"We are the parents of Éloïse, a 6 1/2-year-old little girl with a very rare genetic syndrome requiring

full-time care. Éloïse spent her first 16 months in the PICU of the Montreal Children's Hospital. Upon her release, NOVA Montréal allocated free hours to us by way of a Home Health Aide, to help us transition from hospital to home and to help manage Éloïse's care."

"This support was absolutely essential to our week to week routine and NOVA was a pillar of security for our family. We, and more importantly, Éloïse, continue to rely on NOVA and we are grateful for its employees and administration for their support and compassion for people in need."



THANK YOU'S

I just wanted to reach out and offer a big thanks for the generous gift from the Tenaquip Foundation. You have and are continuing to make a great difference to those in need in the Alberta Capital Region!
Dave Chowne, United Way Alberta Capital Region

Wow! Thank you so much for this amazing gift. It will make a tremendous impact; your faithfulness and continued generosity are SO encouraging to us.
Laura Lansik, BC Food Banks

I wanted to thank you for your generous donation we've just received. We truly appreciate your ongoing support to the Verdun youth and to our mission.
Bineta Ba, Toujours Ensemble

Thank you, Michael! Your gift arrived in the mail today and I wanted to let you know we are deeply grateful by the kindness, generosity and trust extended by The Tenaquip Foundation. On behalf of the amazing, courageous kids we care for, THANK YOU!!!
Susan Westbrook, Covenant House Toronto



It is with the utmost of gratitude that I write to thank you for your recent donation towards your support of ALS research.
Dr. Guy Rouleau, Montreal Neuro Institute



Thank you for The Tenaquip Foundation's continued support of HealthBridge. Your generous donation helps HealthBridge to build a network of local health workers to help mothers and children in the most remote communities of Nepal and Vietnam.
Pamela Lee, HealthBridge Foundation of Canada

You have just changed the life of someone living with cancer. Tracy, Albert and all those that have been diagnosed now have a place to turn to that will support them on their journey. YOU have made a difference in someone's life.
Debbie Magwood, WICWC

I wasn't able to reach you by phone just now so am sending an email to let you know just how fabulous it is to receive your letter and cheque today!!! I was whooping with joy. Thank you, thank you, THANK YOU!!!!
Vicky Jaggard, Big Brothers Big Sisters of Guelph

On behalf of all our clients at the WHM, I would like to thank you and your Foundation for your generous donation – it is so much appreciated and goes a long way.
Katie Whitehead, Welcome Hall Mission

Once again this year your generous efforts have helped to fill our Christmas baskets with food, toys and delicate attentions for 826 women and their families.
Johanne Bélisle, Montreal Women's Center

Thank you for believing in the Foundation Charles-Bruneau, and most importantly, thank you for helping us accomplish our mission to give all Quebec children with cancer the best chance at recovery.
Valérie Vigneault, Charles-Bruneau Foundation



Thank you for making a difference. Your donation will change the lives of Calgarians facing homelessness. Your gift is making sure that no one falls through the cracks, and that they get the help they need.
Teresa Hiser, Calgary Homeless Foundation

Your support and compassion bring light into survivors' lives during some of the darkest days of the year. Our residents have endured extreme trauma and disruption that comes with abusive homes to rebuild their lives in an emergency center.
Katie Mosher, Interval House