

## Little Warriors Foundation ...

a national charitable organization focused on the awareness, prevention and treatment of child sexual abuse.

One of the most devastating and life changing moments was when my 8-year-old daughter disclosed to me that she was sexually abused. Life stopped in that moment; in the middle of supporting my daughter in healing, I struggled with the feeling of isolation and failure as a mom.

The next few months proved to be challenging, emotional and complicated. We faced so many roadblocks trying to navigate through a system that does not always consider the victim and we fought to stay afloat. Then we found, Little Warriors and the Be Brave Ranch, our lifeline.

Soon after, we started our healing journey at the Be Brave Ranch and while my daughter started treatment, I participated in their Bridge Program for parents. They connected me with a coach who validated my feelings while teaching me about trauma, parenting strategies, coping skills and self-care. Finally, I had found a place where I could learn how best to help my daughter, maintain my own mental health, and heal through these challenging times.

*"We were both broken when we stepped into the doors at Little Warriors, but it was the people behind those doors that helped my family heal and find peace. If it weren't for their programs, we wouldn't be where we are today. We are forever grateful."*



## A Message from the executive director

*I just want to begin by thanking all those great philanthropic organizations that sent us such fantastic stories for this newsletter. Your stories are so heartwarming and touch the essence of what it is we are trying to do for so many people in need.*

*Unfortunately, there just wasn't enough space to include so many of those stories in this edition ... so if your story was not included, it is not because it wasn't worthy, but because there just wasn't space.*

*For two years we were dealing with Covid and its effects on our daily lives. There was a lot of suffering, for some more than others, nonetheless it changed all our lives. There is some good that we can pull from it, but mostly it is memories of struggle. Struggle to get medical attention, to get food, to get housing, to get schooling and social relationships ... the list goes on.*

*The pandemic is now over, but its effects are not. In some ways many people are finding their situation more tenuous. Affordability has become a huge issue for so many!*

*A record number of Canadians are turning to foodbanks as a source of putting food*

*on the table. Rising housing and inflation rates leave many choosing between essentials such as food, clothing and shelter.*

*So, we decided that in this newsletter we would focus on what great and tireless work the foodbanks across Canada are doing to help the 20% of the Canadian population that have now turned to them to keep their families fed. We truly hope you enjoy this section.*

**Michael Fitzgerald**

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# The Tenaquip Foundation, supporting food banks across Canada.

In 2023 "Food Banks Canada" reported that to date there were over of 8 million people per month that visited a food bank.

Across the country Food banks are at a breaking point. In the Greater Toronto area, prior to the pandemic, there were 128 food banks that saw about 65,000 people a month. That number now is now 270,000.

**The Tenaquip Foundation annually donates over half a million dollars to over 20 "Food Banks" across Canada.**

**We felt that it was worth sharing a few stories from some of them.**

With rising usage and not enough money flowing in, it is a wonder that these organizations cope ... but they keep managing to!

**Michael FitzGerald**

Executive Director  
The Tenaquip Foundation





## The Depot – A Community Food Centre in Montreal. Feeding Montrealer’s since 1986

Many people come through the doors of the depot, Adejoke is one of those people.

She is described as resilient, courageous and caring. After fleeing Nigeria with her son in 2018 she has become a participant but also a volunteer of The Depot.

The relationships that Adejoke built with members of The Depot team were foundational for her as she established herself in her new community. As she became comfortable volunteering at The Depot, the team, and especially Chef James, pushed her out of her comfort zone and encouraged her to find work. Which she did.

***“The Depot taught me so much: how to serve the community, to always put on a smile so that people feel welcome and know that this is a good place to come.”***

We recognize that poverty is at the root of food insecurity. That’s why we offer 20+ food-based programs that go beyond emergency food. An example of this is our participant chef program where Adejoke was one of the first guest chefs. She lit up when she described making a Nigerian dish for a community that had come to feel like family.

Karima Dajani – The Depot

## Tenaquip’s Ongoing Impact at the Greater Vancouver Food Bank

Tenaquip has been supporting the GVFB’s supplemental nutrition programs for many years, directly impacting the wellness of our clients who are struggling with food insecurity. This year they are generously supporting our Grade Schooler Program which provides a monthly nutrition pack for all children aged 6 to 12 years old.

Leslie is a Mum to two young daughters. With a single income, she and her husband have struggled to make ends meet and found themselves using the food bank for the first time. Leslie was afraid to seek help, but she knew it was the only way her daughters could receive the nutrition they needed to grow and thrive.

***“I broke into tears after my first visit to the food bank. I was so relieved to finally receive the healthy food my family should be eating.”***

As a GVFB client, she receives a family allotment of well-rounded grocery items weekly. In addition, each month she receives dietician-designed supplemental nutrition packs curated for her daughters.

***“Thank you so much to the Tenaquip Foundation for making our outreach possible, and for ensuring that our neighbours in need never go hungry.”***

Leanna McKnight – Greater Vancouver Foodbank



# Edmonton Food Bank

## Edmonton Food Bank ... Delivering Food to those that need it!

Edmonton's Food Bank Home Delivery Service is essential and the long-term benefits for the people that they are serving cannot be overstated. They are coordinating, on average, 75 household deliveries per week.

There are many people who desperately need this service, Michael is one of those people.

*Michael is a 72-year-old, low-income senior who contacted Edmonton's Food Bank for food help. Michael explained that his right lung was removed a couple of years ago because of cancer. He is on oxygen and is housebound. Usually, Michael's son helps him by picking up his food hamper; however, his son is now out of province with a new job. We were able to arrange for a hamper to be delivered to Michael and ensure that he was nourished thanks to donations from our community. Michael is grateful and appreciative that his "extended family" at Edmonton's Food Bank is able to help him.*

*"Thanks to the Tenaquip Foundation's generous gift, we no longer have to worry about getting food to our most vulnerable and isolated clients. We have the funds available to continue helping people like Michael. Because of donors like you, food is getting into homes that need it."*

Thank you, *Tamisan Bencz-Knight* –  
Edmonton Food Bank



## Second Harvest - Canada's Largest Food Rescue Organization

*"We're in the midst of a food insecurity crisis in Canada and millions of people struggle to put food on the table every day. Access to food is a fundamental human right, not a privilege."*

*"Second Harvest rescues food from across the supply chain and redirects it to non-profits throughout the country that feed Canadians. With a focus on fresh, nutritious and perishable food, Second Harvest is laser-focused on ensuring people can access the nutrient-dense food they need to thrive, while also keeping food from needlessly going to waste."*

*"With the support of Second Harvest, specifically the food rescue program, we are able to offer more fresh fruits and vegetables. This is specifically important for families with children who may not be able to purchase these items as part of their weekly grocery budget"*

*"Often, we highlight a veggie we get and put it out on a table. The kids really look forward to seeing what veggie is on display each week. We know that kids are more likely to try something if they are part of the shopping/cooking process."*

Samantha O'Neill – Second Harvest



*Big Sister Emilie with her little brother Michael*

## Big Brothers Big Sisters West Island ... helping our youth grow!

Let's face it; growing up can be really challenging for many children. Add poverty, mental and physical health issues, isolation and bullying, to name a few, and it can be even more of a struggle for kids to become all that they can be.

BBBSWI's mission is to enable life-changing mentoring relationships to ignite the power and potential of young people. By providing a child with a positive role model, he or she is given a chance to open

themselves to new experiences, gain powerful self-esteem and confidence, and to foster a stable and secure relationship with a caring mentor who is there to listen and guide them.

**"Thank you, from all of us at BBBSWI, for your wonderful support over the years. Many children are becoming happy, more successful members of the community because of such generosity as yours. It really does take a village..."**

## Feed the Need Durham - tackling food insecurity

"Feed the Need" is a wholesaler supplying food and other necessities to community food banks. Sadly the number of individuals requiring these services has increased greatly throughout the years. The influx of immigrants arriving from Ukraine and other countries has also added to this shortage.

Because of these changes 'Feed the Need Durham' has opened up their own Food bank to get food to individuals in need. Thanks to some help from the Tenaquip foundation Feed the Need Durham was able to provide 15,000 meals to local communities.



# Distress Center of Toronto ... Saving Lives.

Since 1967 Distress Centers of Toronto has been providing timely emotional support, crisis intervention, and suicide prevention to people in distress. As you might imagine, the demand for our services is at historically high levels; more people need our support, and more people are experiencing more severe issues as a result of the Pandemic and its impact on our economy, relationships and normal social supports.

Last year, Distress Centres of Greater Toronto facilitated over 170,000 helping interactions with the most vulnerable members in our community. Many of our service users express their appreciation and gratitude for the work that we do, but perhaps none as poignantly as this caller, who simply told us:

***“Without your support I would not be alive”***

“So, let me extend our appreciation and gratitude to The Tenaquip Foundation for your generous support.”

*Robert Ridge* – Executive Director  
Distress Centres of Greater Toronto



## *The Tenaquip is proud to support the following organizations in 2022 - 2023*

- |   |   |   |
|---|---|---|
| Abavos                                    | Fondation Charles Bruneau               | Orbis Canada                            |
| Accueil Bonneau                           | Fondation Gisele Faubert                | Philou Center Foundation                |
| Alberta Council of Women's Shelters       | Fondation Jeunes en Tete                | Plan International Canada               |
| ALS Quebec                                | Greater Vancouver Foodbank              | Portage Ontario                         |
| AMCAL Family Services - West Island       | Harvest House                           | Quebec Veteran's Foundation             |
| Asia's Hope                               | Heads Up Guys                           | Retina Foundation                       |
| Auberge Madelaine                         | Health Bridge                           | Revdec                                  |
| Aurora Food Pantry                        | Homes First                             | Ronald McDonald House                   |
| BC Foodbanks                              | Hope Air                                | Ruelle de l'avenir                      |
| Beyond 21 Hub                             | Hope and Cope Compassionate Fund        | Salvation Army                          |
| Big Brothers Big Sisters Greater Halifax  | Hope Mission Homeless Center            | Santrapol Roulant                       |
| Big Brothers Big Sisters Montreal         | Independent Living Center Kingston      | Second Harvest                          |
| Big Brothers Big Sisters of Guelph        | Inn From the Cold                       | Separated Fathers                       |
| Big Brothers Big Sisters West Island      | Interval House                          | Shelter Movers                          |
| Big Brothers of Yukon                     | Jennifer Ashleigh Children's Charity    | Shine Through the Rain                  |
| Blue Door Shelter                         | Kids Help Phone Line                    | Shoe Box Project for Women              |
| Calgary Drop in Center                    | Leftovers Foundation                    | Societe de Saint Vincent                |
| Calgary Food Bank                         | Light a Dream                           | Sonshine Community Services             |
| Calgary Homeless Foundation               | L'ile des amis                          | Southlake Regional Health Care          |
| Calgary Meals on Wheels                   | Little Brothers                         | Starlight Foundation                    |
| Calgary Urban Project Society             | Little Warriors Canada                  | Stephen's Backpacks for Children        |
| Calgary Women's Emergency Shelter         | Loft Community Services                 | Sun Youth                               |
| Canada Cycles For Kids                    | Love Quebec                             | Sunshine Foundation of Canada           |
| Canadian Men's Health Foundation          | Mackay Center                           | Teresa Dellar Palliative Care Residence |
| Canuck Place Children's Hospice           | Mada                                    | The Depot                               |
| Centraide                                 | Madagascar School Project               | The Raw Carrot                          |
| Champions for Life                        | Make a Wish Canada                      | Toujours Ensemble                       |
| Chez Doris                                | Massey Center                           | Tyndale St. Georges                     |
| Childrens Aid Foundation of Canada        | Mississauga Food Bank                   | United Way                              |
| Children's Organ Transplant Society       | MNI McGill Hospital                     | VGH & UBC Hospital Foundation           |
| CLSC Lac St. Louis Pierrefonds Foundation | Moisson Montreal                        | VOBOC                                   |
| Community Kitchen                         | Montreal Children's Hospital Foundation | Welcome Hall Mission                    |
| Concordia University Scholarship Program  | Montreal Oral School for the Deaf       | Weredale Foundation                     |
| Covenant House                            | Movember                                | West Island Cancer Wellness Center      |
| Cummings Jewish Center for Seniors        | Muscular Dystrophy Canada               | West Island Citizens Advocacy           |
| Cure SMA                                  | National School of Puppet Learning      | West Island Community Shares            |
| Dans la Rue                               | National Service Dogs                   | West Island Mission                     |
| Distress Centers of Toronto               | Nazareth House / Anne's House           | Winnipeg Harvest                        |
| Doane Hospice House                       | Newmarket Food Pantry                   | Women on the Rise                       |
| Dress for Success                         | Northern Rockies Seniors Society        | Womens Center of Montreal               |
| Dudes Club                                | Nova Montreal                           | World Vision                            |
| Dunham House                              | Nova West Island                        | Wounded Warriors                        |
| Durham Children's Aid                     | Old Brewery Mission                     | YES                                     |
| Edmonton Food Bank                        | On Rock Community Services              |   |
| Edmonton Meals on Wheels                  | Options Bytown                          |   |

# The Teresa Dellar Palliative Care Residence ...

The DCPCR is equipped with 23 beds and stands as Canada's largest independent palliative care residence. The goal of the residence is to ensure patients experience their final moments with dignity and peace. A testimonial from a patient's granddaughter highlights the profound effect of The Tenaquip Foundation's support on patients and families. Your support is the backbone of our work.

"Despite the challenges my grandfather faced – losing his spouse of 60 years and enduring COVID isolation – the Residence provided solace. He found comfort in art, skylights, nature views, and attentive staff. The top-notch meals amazed him. He deemed his experience "first class." This place exceeded his expectations."

"For my grandfather's final days, there couldn't have been a better place. Your compassion towards patients and families is deeply appreciated."

– Katie, John's granddaughter



# THANK YOU'S

I wanted to express my deepest gratitude for your incredible generosity and support. Your donation each year has covered my salary allowing me to pursue my passion for mental health advocacy and fully dedicate myself to the residents.

*Jane (mental health worker), L'île des amis*

As we approach the end of the year, I wanted to take another moment to thank the Tenaquip Foundation again for your donation. Your support helped us fulfill 65 Sunshine Dreams this year – 10 more than originally planned.

*Brittany Kosir, The Sunshine Foundation of Canada*

Dear Michael, I want to Thank You and the Tenaquip Foundation for your second gift/donation to Adanac Park Lodge! This will allow our new staffing position to cover us 7 days per week, which is fantastic.

*Staci Kalmeck, Vancouver Coastal Health*

Thank you for your years of support and encouragement, it means the world to us and the families we help together.

*Claudine Cook, ALS Quebec*



With thanks to your inspiring generosity, more youth are able to access Kids Help Phone's services than ever before. Since the start of 2020, we have supported over 15 million interactions with young people. None of this work would be possible without you. Thank you for joining us in this journey!

*Ariel Sully, Kids Help Phone*

We just received a cheque from the Tenaquip Foundation and could not wait to express our profound gratitude! This very generous donation will have an enormous impact on the lives of BC's transplant children and their immediate family members.

*Virginia Hetherington, Children's Organ Transplant Society*

Today I received in the mail a cheque from the Tenaquip Foundation. Thank you so much for your continuing support of HeadsUpGuys! Support from the Tenaquip Foundation allows us to continue supporting men across the globe in their struggle with depression and suicidality.

*John Ogrodiczuk, Heads Up Guys*

Thank you for your recent donation to Interval House. Your gift provides the women and children fleeing abuse in their homes the safety and security they need to rebuild their lives. We are grateful for your continued support.

*Katie Mosher, Interval House*

I am awed by the exceptional support we continue to receive and want to express our heartfelt gratitude for your help towards ending food insecurity.

*Tasha Lackman, The Depot*

On behalf of the community kitchen Program, I would like to thank you for your generous support. Your contribution makes a huge difference in our ability to support those in need.

*Sundae Nordin, Community Kitchen*

Greetings Michael, We are over the moon thrilled to have your support again this year. We are incredibly grateful to work together with you to help the world be a better place.

*Vicky Jaggard,  
Big Brothers Big Sisters of Greater Halifax*

On behalf of the residents and staff, thank you for your continued support and generosity. Your gift will be used diligently to ensure the warmth, safety and dignity of all in the Nazareth Community.

*Sheila Woodhouse, Nazareth Community*

Thank you for investing in hope and healing for families in need. You play a crucial part in our shared mission to help women and children transform their lives!

*Susan Herman, Sonshine Community Services*

