

Quebec Works Hard to Get *Kids 'N Motion*

August 2006

More than 50 Québec City youth – and their tired parents – can thank La Fondation communautaire du Grand Québec for a bicycle trip to remember after the foundation recommended their excursion for a grant from the Kids 'N Motion endowment fund.

The fund, established by Fountain of Hope, Bank of Montreal's employee foundation and created through the Supporting Your Community, is geared toward programs that help kids and youth get, and stay, active.

Earlier this year Nataly Rae, Executive Director of La Fondation communautaire du Grand Québec, was contacted by Fountain of Hope regarding grant possibilities in her area.

"They wanted to give money in Québec City," says Rae, "but they didn't have any ideas of who to give it to." Rae spun into action and immediately called several local groups for proposals.

Five groups sent requests in to Rae who vetted them and then presented them to Fountain of Hope's regional grants committee. The committee chose one proposal from Motivaction Jeunesse, a group dedicated to helping troubled young people build self-esteem through physical activity. The group was organizing a three-day outdoor adventure, including a 50-kilometre bike trip from Québec to Ste-Anne de Beaupré, followed by two nights of camping and a climb up Mont Ste-Anne.

After their proposal was accepted, Motivaction Jeunesse asked Rae to come to a cheque presentation ceremony – an event that moved her to tears. She found herself surrounded by almost 100 young people, from 8 to 12 years of age.

"Many of the children didn't own bikes, but they all had them for this trip," says Rae. "The grant was only for \$1,000 but it was a real show of support for them and their work."

Olympic mountain biker Marie-Hélène Premont, who won the silver medal in Athens, was there to cheer the kids on. She rode with the group, leading them to her favourite training spot, Mont-Ste-Anne "It was just marvellous," says Rae.

"I was very happy that Fountain of Hope called me and asked for some suggestions," says Rae. "It was a great opportunity for me and for local groups and an indication of the strength of our partnership with BMO."