



Kaleb Naylor, 847 Hoops, Chris Quon
Memorial Award Winner- 2015



2015 LFHS Chris Quon Alumni Soccer Game



Ann Burke at Camp Hope



Food drive for Beacon Place

CHRISTOPHER QUON

Foundation

February 2016

Dear Friends and Family,

We are so happy to be able to share with you the many organizations we were able to support this past year through Chris' foundation. Thank you for allowing us to honor Chris by helping others!

We can't believe Chris would be turning 30 this year. Being a New Year's Eve baby, there is no doubt in our mind he would be having a huge bash! In honor of our son/brother, we wanted to share 30 of our favorite memories/characteristics about Chris.

Please continue to stay in touch - we love that so many of you are making a difference in the world.

Love, Diane and the Quons

30 of our favorite memories of Chris - we miss you!

1. Chris loved to travel-favorite places: Beijing and Germany. He said traveling was like opening a book versus just looking at the cover.
2. His hands never stood still. He was always throwing lacrosse fakes at Kasey's face.
3. Our technology guy- he burned Sarah's first CD and made his own recruiting video.
4. Chris loved Caesar salad - the only "vegetable" he would eat.
5. Chris loved his "bro" time. His pals made him so proud.

(continued on page 4)



FIGHTING CANCER

THE QUONY CUP 2015 AT COLORADO COLLEGE- AMERICAN CANCER SOCIETY

The Quony Cup, organized by CC students and led by the lacrosse team, is a soccer tourney dedicated to both Chris and his LAX teammate, Evan Spirito, who lost his battle to cancer in 2011. All proceeds go to the American Cancer Society. Many thanks to Coach Sean and the CC community for their help! **Save the Date for the 2016 Quony Cup-May 1!**

BEAR NECESSITIES- "WHEREVER KIDS ARE FIGHTING CANCER, THE BEAR IS THERE"

In honor of Chris and Chris' youth coach, Jim Gorand, CQF donated to the Bear Hugs Program. Bear Hugs creates customized experiences for children battling cancer.

HEADSTRONG FOUNDATION

HEADstrong raises funds to find a cure and works to improve the quality of life for those affected by cancer. Chris supported HEADstrong in college to honor his teammate, Evan.

MAX CURE FOUNDATION

Max Cure Foundation funds research to find a cure for childhood cancers and financially assist low-income and military families with a child battling cancer.

MOVEMBER

Every November men participate in "Movember" by growing mustaches as a way to raise funds to support prostate and testicular cancer initiatives. The CQF sponsored the Mo-growing efforts of CC lacrosse player, Will Harris, and Chris' teammate, Ben Beadle-Ryby.

RELAY FOR LIFE/AMERICAN CANCER SOCIETY

CQF supported Kasey's high school teammate, Lauren Yarkony, who walked the Relay for Life to honor cancer survivors and raise funds to help end cancer.



Ben at Movember event



Friends & family at Quony Cup

IMPACTING YOUTH THROUGH SPORTS

847 HOOPS- "MAKING GOOD DECISIONS ON AND OFF THE COURT"

Chris' pal, Aron Khurana, started his camp so that disadvantaged junior high kids could get high level training for free. This year, 847 established the "Chris Quon Memorial Award" for the camper that best exemplified Chris' character as a player and teammate.

GREAT LAKES ADAPTIVE SPORTS ASSOCIATION (GLASA)

GLASA promotes the well-being of athletes with physical disabilities by giving them the tools to improve their quality of life and to compete in events. Chris' pals, Anthony and Joey Hrusovsky, ran the Chicago Marathon in support of GLASA.

HARLEM LACROSSE AND LEADERSHIP (HLL)- "AIM HIGH"

HLL provides academic intervention, leadership training and lacrosse to at-risk youth. Chris' CC teammate, Simon Cataldo, is the HLL co-founder and Jordan McHugh is a volunteer at HLL.

"Chris embodied many of the qualities we strive to impress upon our student-athletes at HLL: a commitment to service, the confidence to become excellent at multiple endeavors, and the ability to lead." -Simon Cataldo



The Burke Family at Polar Plunge

SPECIAL OLYMPICS-THE CHICAGO POLAR PLUNGE

To support Special Olympic athletes, volunteers take a dip into the frigid Illinois waters in the middle of the winter. CQF donated to Maggie Burke's "polar plunge" campaign.

URBAN INITIATIVES (UI)

UI empowers Chicago's underserved children to adopt healthy lifestyles, improve their academics and build character through sports-based youth programs. Chris' CC soccer teammate, Scott Wozenkraft, and his brother, Jeff, volunteer at UI.



Anthony and GLASA team

*A special thank you to:
Laura Cox and Bob Hofmeier who continue to donate their
time to all the legal and accounting work on behalf of the
Foundation!*

We are grateful to Pierre Beaudoin (father of Kasey's teammate) who painted this beautiful portrait of Kasey and Chris as a graduation gift.
<http://actionphotography.squarespace.com/blog/>



HELPING OTHERS

BEACON PLACE

Last summer, Beacon Place provided over 400 lunches to children living below the poverty level. The children enjoy using the soccer equipment CQF donated last year.

CAMP HOPE- ST. MARY'S

Camp Hope provides a fun-filled camp to individuals challenged by developmental disabilities. Our friends, Robin Telander and Ann Burke, are dedicated volunteers.

CENTER FOR ENRICHED LIVING (CEL)

The CEL provides people with developmental disabilities an equal opportunity to experience community, growth and happiness. The sister of one of Kasey's teammates, Beth Bro, attends the CEL regularly.

FAMILY SERVICE (FS)- LATINO AND YOUTH SERVICES

FS provides educational and family support to immigrant and low-income students and families. Over 3,500 Latino community members were served last year. Our friend, Beth Mynhier, is a loyal volunteer at FS.

LAKE COUNTY HAVEN

The Haven provides shelter and food to homeless women and children in need and provides counseling and job assistance to help them start a new life.

MAX SCHEWITZ FOUNDATION- 'SCREENS FOR TEENS'

In 2005, Chris' friend, Max Schewitz, 20, died suddenly from undiagnosed cardiac causes. The Foundation works to reduce death in young adults due to sudden cardiac death by providing free EKG tests.

MOTHERS TRUST FOUNDATION (MTF)

MTF offers assistance to children in need in Lake County. Although not usually life threatening, each of these needs is an emergency to the child and MTF is often their only hope.

THE PARKINSON'S ALLIANCE (PA)

In support of her father, Elizabeth Adam, organized a "Play for Parkinson's" event with proceeds going to the Parkinson's Alliance. PA finances the most promising research to find the cause and cure for Parkinson's disease.

YOUTH TECHNOLOGY CORPS (YTC)

YTC operates after-school computer clubs and camps for under-served youth in metro Chicago. Enlisting teens as allies, YTC youth improve their skills while donating technology to over 40 communities.

GIVING BACK TO CHRIS' ALMA MATERS

LAKE FOREST HIGH SCHOOL CHRISTOPHER QUON MEMORIAL SCHOLARSHIPS

CQF scholarships are awarded to LFHS athletes who demonstrate: character and integrity on and off the field; a passion for their sport; and care for their teammates. This year's winners were Carly Hoke, Wes Janeck, Katie Karahalios and John O'Connor. Congratulations!

COLORADO COLLEGE MEN'S SOCCER AND LACROSSE ASSISTANT COACHES FUND

The CQF wanted to give back to the CC Men's lacrosse and soccer teams. The head coaches thought support for their assistant coaches would have the most impact on the team. Chris' coaches were important mentors and he would be thrilled to give back to CC in this way.



Beacon Place



Camp Hope 2015



The Adam Family



David and LFHS scholarship winners

LFHS "UNSUNG HERO" AWARD

This year's winner of the "Christopher Quon Unsung Hero Award" was Sebastian "Sebby" Ziaja. Chosen by the coaches, the award is given to a player "in recognition of outstanding performance as an athlete who personifies the virtues of integrity, spirit, compassion and sportsmanship." *Congratulations, Sebby!*

LFHS CHRIS QUON MEMORIAL LACROSSE GAME

LFHS lacrosse alumni participated in the second annual CMQ Memorial Lacrosse Game. Thanks once again to Stewart Kerr for making the event happen!



LFHS lacrosse alum

LFHS CHRISTOPHER QUON SOCCER ALUMNI GAME

In 2009, Chris played in his only alumni game and in 2010, the LFHS boys soccer team decided to name the game in honor of Chris. This year the players collected food for Beacon Place's backpack program, an organization the CQF supports. Thanks to Donna Lavitola, Coach Rob and all the volunteers!



30 of our favorite memories of Chris (con't from page 1)

6. Chris loved the orange chicken from Panda Express.
7. Chris wasn't afraid of trying something new. As a high school freshman, he picked up a lacrosse stick for the first time.
8. He taught RQ how to play DMB on the guitar.
9. Chris loved his grandparents. He would visit and help Po-Po and Goong-Goong whenever he could.
10. RQ would wait for him to wake up so he could help her beat the next level on her GameBoy.
11. Chris embraced his role as the "Asian not good at math!"
12. Until he started 5th grade, he ate bagels every single day for lunch.
13. SQ and Chris once argued about who would exist after 10 years- Good Charlotte or Phish. Chris won.
14. Chris had this humble chuckle.
15. Chris advised RQ which soccer cleats to get from the Eurosport catalog.
16. Until he started eating meat as a teenager, he lived off of white rice with soy sauce for dinner.
17. Secretly (or not), Chris loved the Goofy Movie soundtrack and Hanson's "Mmmhpop" song.
18. Before school, he always watched SportsCenter and listened to DMB or Phish in the car.
19. Chris, David and RQ would golf or fish on vacation while Mom and the two other girls went shopping.
20. Chris was the only one in our family able to speak Mandarin with his grandparents.
21. His favorite number was #21- a number Kasey adopted.
22. He had a competitive drive and was a hustler. Whether it was getting an internship on Wall Street or winning at poker, he liked to win.

23. Chris loved his music. He was lost without his iPod. DMQ loved that "Amazing Grace" was on his playlist.
24. Chris was supportive of his sisters—he drove 15+ hours straight from CC to LF to attend Rachel's "National Gatorade Player of the Year" presentation.
25. Chris was ambitious. He was driven to find multiple job opportunities and one day own a sports team and a restaurant.
26. His favorite CC place: the Deuce- his CC home with six guys. It was complete with stadium seating in the basement and a disco/bar for parties.
27. When he entered college, Chris became focused on helping others. Freshmen year, Chris shaved his head to support kids with cancer. When DMQ told him that was nice of him, he replied, "Mom, it's the least I can do."
28. Chris' favorite saying-"No worries."
29. Chris was not afraid to take risks- some his mom was glad she didn't hear about until later. His other favorite saying "Live life to the fullest."
30. It was important to Chris to remember to say "thank you." He often sent handwritten thank you notes.

♥ Thank YOU, Chris! A toast to your 30th! We love you!



ABOUT THE CHRISTOPHER QUON FOUNDATION

The Christopher Quon Foundation (CQF) was established to honor Chris who lost his life at the age of 22 in 2009. The Quon family is committed to honoring Chris by using the funds to support all that he loved and cared about so deeply. A varsity athlete in high school and college in both soccer and lacrosse, Chris used his sports whenever he could to help others less fortunate than him. Fighting cancer was a passion for him as both of his grandfathers had lived with cancer. Chris also enjoyed working with youth in sports so we support programs that use sports to help young people develop on and off the field. Chris also helped disadvantaged youth whenever possible so we support programs that help families in need. Finally, Chris loved his time as a student-athlete at both LFHS and CC so we also honor Chris by giving back to his alma maters.

♥ Chris made a difference in the world and through his foundation, his spirit of giving continues.

IF YOU WOULD LIKE TO SUPPORT THE CHRISTOPHER QUON FOUNDATION, please send donations to:

**Christopher Quon Foundation, c/o, Northern Trust Bank,
265 East Deerpath Road, Lake Forest, IL 60045**

The CQF is a registered 501(c)(3) non-profit organization - Tax ID# 80-0494818.

If you have any questions, please email christopherquonfoundation@gmail.com. Thank you!