



CHRISTOPHER QUON

Foundation

Dear Family and Friends,

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!

This year, in honor of Chris' 31st birthday, we decided to reach out to family and friends to help us make a playlist of 31+ songs that remind us of Chris. As many of you know, Chris lived and breathed music. He loved all kinds of music — from Dave Matthews Band (a given) to Katy Perry to even country (thanks to Rob Palutsis!). Chris was known to be the go-to to create CD mixes and playlists. In fact, Chris and his friend Toby were asked to DJ a Colorado College sorority formal.

We loved hearing the stories behind each song. If you have a song that reminds you of Chris, please share it with us, and we'll add it. Listen to the playlist on Spotify:

bit.ly/ChristopherQuonFoundation.

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

Love, The Quons

CMQ's Playlist

1. "Ants Marching" - Dave Matthews Band (Leah Hoagland)
2. "Daughter" - Pearl Jam (Jimmer Comerford)



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FIGHTING CANCER

THE QUONY CUP 2016 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. A highlight of the weekend was climbing the incline - a special tribute to Evan. Many thanks to Coach Sean and the CC community for their help!

Save the Date for the 2017 Quony Cup-May 6!

BEAR NECESSITIES

Bear Hugs creates special experiences for children battling cancer. A donation was made in honor of Chris and Chris' youth coach, Jim Gorand.

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.

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 Chris' CC teammate, Ben Beadle-Ryby.

AVON BREAST CANCER

The CQF supported Rachel's friend, Niki Hruskocy, who walked in honor of her mom. She walked with out friend and cancer survivor, Maureen Quaid, who we also supported.

HELPING OTHERS

BEACON PLACE

Every summer, Beacon Place provides over 400 lunches to children living below the poverty level. The CQF alumni soccer game also collected food for Beacon Place.

CAMP HOPE- ST. MARY'S

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

CENTER FOR ENRICHED LIVING (CEL)

The CEL provides people with developmental disabilities an opportunity to experience community, growth and happiness. We are so pleased that our friend, 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. We are so proud of our friend, Beth Mynhier, a dedicated volunteer at FS.

GLOBAL FUND FOR WOMEN

GFW is dedicated to supporting organizations who help women overcome violence and secure basic human rights. Chris loved traveling the world and always encouraged us to care for others globally.

INVEST FOR KIDS (IFK)

Invest for kids supports organizations that provide underprivileged youth in Chicago the opportunities to succeed. David was inspired by Rodney Walker, who benefited from IFK graduating from Yale after years in the foster care system.

"...for anyone in struggle, take this day forward as a new day one..." - Rodney Walker

MAX SCHEWITZ FOUNDATION- "SCREENS FOR TEENS"

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

MOTHERS TRUST FOUNDATION (MTF)

MTF offers assistance to children in need in Lake County. From a pair of glasses to a new coat, each of these needs is an emergency to the child and MTF is often their only hope.



Quony Cup 2016



Ben for Movember



Top of the Incline



Beacon Place Food Drive

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!

IMPACTING YOUTH THROUGH SPORTS

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

Chris' pal, Aron Khurana, started this basketball camp so that disadvantaged kids could get high level training for free. This year's "Chris Quon Memorial Award" was awarded to Anthony Serrano for best exemplifying 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' dear friends, the Hrusovsky family, is involved in GLASA every way.

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

HLL provides academic intervention, leadership training and lacrosse to at-risk youth. We are grateful to Chris' CC teammates and HLL volunteers, Simon Cataldo and Jordan McHugh.

HAROLD HUNTER FOUNDATION (HHF)

Th HHF harnesses the power of skateboarding to transform lives of inner city skateboarders by providing support, life skills training, opportunity and advocacy.

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 Wozencraft, and his brother, Jeff, volunteer at UI.

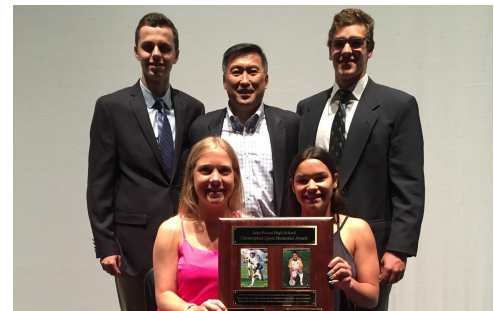


847 Hoops Campers

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 Paige Bourne, Mitch Salanty, Adrian Walker and Sebastian Ziaja. Congratulations!



David and LFHS scholarship winners

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 and we know the impact of great assistant coaches can be on a team. Chris' many coaches were important mentors and continue to be great supporters of the CQF.

LFHS "UNSUNG HERO" AWARD

This year's winner of the "Christopher Quon Unsung Hero Award" was Joey Williams. 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, Joey!*



David and LFHS Unsung Hero winner Joey Williams

Happy 30th Birthday, Chris! <3



We love you always Chris!

LFHS CHRISTOPHER QUON SOCCER ALUMNI GAME

In 2009, Chris played in his only alumni game and in 2010, the LFHS boys soccer team named the game in honor of Chris. Despite the rain, once again the players were able to collect food for Beacon Place's backpack program. Thanks to Donna Lavitola, Sharon Popiel, Kirsten Kohlmeyer and Coach Rob for all their help!

LFHS CHRIS QUON MEMORIAL LACROSSE GAME

LFHS lacrosse alumni participated in the third annual CMQ Memorial Lacrosse Game. Thanks, once again, to Stewart Kerr for making this successful and fun event possible.



Family and friends at the LFHS Alumni Soccer Game



David and Chris' pals at the LFHS Alumni Soccer Game



LFHS Chris Quon Memorial Lax Game



Kirsten, Sharon & Donna at the LFHS Alumni Soccer Game

CMQ's Playlist (cont'd)

3. "Sucker" - New Found Glory (Doug Andrews)
4. "Hot and Cold" - Katy Perry (Toby Cohen)
5. "Inlaw Josie Wales" - Phish (Rachel)
6. "Perpetual Groove" - Three Weeks (Parker Pedersen)
7. "Crossroads" - Bone, Thugs, and Harmony (David Khuen)
8. "Better Man" - Pearl Jam (Berk Korustan)
9. "Summertime" - Kenny Chesney (Ben Beadle-Ryby)
10. "Dodo" - Dave Matthews (Jay LaVitolola)
11. "Plane Crash" - moe. (Anthony Hrusovsky)
12. "Sleepyhead" - Passion Pit (Kyle Bishop)
13. "Graduate" - Third Eye Blind (Marty Patterson)
14. "Amazing Grace" - (Diane)
15. "You & Me" - Dave Matthews Band (Kasey)
16. "Shake It" - Metro (Toby Cohen)
17. "Blackbird" - The Beatles (Craig Fong)
18. "Here Comes the Sun" - The Beatles (David)
19. "Chalk Dust Torture" - Phish (Mike LaVitolola)
20. "I Lived" - One Republic (Brandon Kwong)
21. "Last Kiss" - Pearl Jam (Jenna Kwong)
22. "Closer to the Sun" - Slightly Stoopid (Joey Hrusovsky)
23. "Call on Me" - Eric Prydz (Warren Takashima)
24. "Mmmhob" - Hanson (Sarah)
25. "Farmhouse" - Phish (Leah Hoagland)
26. "I'll Make Love to You" - Boyz II Men (Warren Takashima)
27. "Voglia Di Dance All Night" (Jimmer Comerford)
28. "Love Generation" - Bob Sinclair (Warren Takashima)
29. "Someone Great" - LCD Soundsystem (Berk Korustan)
30. "Semi-Charmed Life" - Third Eye Blind (Sarah)
31. "You Get What You Give" - New Radicals (Diane)

*But when the night is falling
You cannot find the light
You feel your dreams are dying
Hold tight
You've got the music in you
Don't let go
You've got the music in you
One dance left
This world is gonna pull through
Don't give up
You've got a reason to live
Can't forget
We only get what we give*

More on Spotify: bit.ly/ChristopherQuonFoundation.

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!