

March
2012

The Christopher Quon Foundation

Dear Family and Friends,

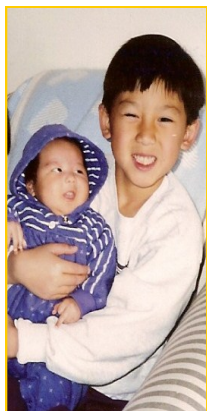
We continue to be thankful for your support and allowing us to honor Chris through the Foundation. We hope this newsletter will help show the many ways we have been able to help others in Chris' name.



Chris and Sarah

It is hard to believe it's been over 2 years since we lost Chris. The missing is still so strong. Even though he is gone physically, we continue to see Chris' influence on his sisters. He wasn't the "huggy" kind of big brother, but he loved his sisters and was so proud of them. Whether it's listening to Chris' music, watching his old DVDs, cheering on his sports teams or wearing his old

tees, we see Chris in his sisters.



Chris and Kasey

We have now come to see Chris was also a "brother" to so many others. We have gotten to know many of his Colorado College and Lake Forest friends in ways we would never have before. We are thankful for their friendships and how they have taken the time to become big brothers and sisters to Sarah, Rachel and Kasey. Most of all, we are thankful to know that in Chris' short life he was so rich with friendships.

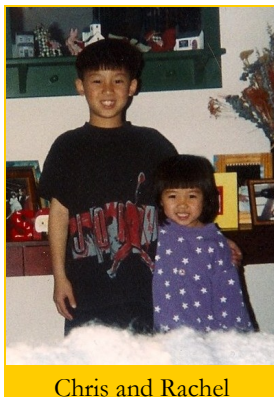
This year, we were sad to lose two dear friends: Chris' CC lacrosse buddy, Evan Spirito, and Chris' youth soccer coach and friend, Jim Gorand. We

were grateful to receive donations in Evan and Jim's names and, therefore, donated to some organizations that would also honor Evan and Jim. (We imagine the three of them are causing some havoc in Heaven!)

We are reminded again that life is short and to take the time to show those important to you how much you love them. Thank you - we love you all.

Love,

Diane, David, ♥Chris, Sarah, Rachel and Kasey



Chris and Rachel



Chris and his sisters

Save the date - May 6!

QUONY CUP 2012

*honoring Chris Quon and
Evan Spirito*



CC teammates: Toby, Evan and Chris

CQF Giving in 2011 - An Overview

FIGHTING CANCER

The Quony Cup - American Cancer Society
St. Baldrick's Foundation - "Curing Kids with Cancer"
University of Vermont - "Lacrosse for a Cure"

IMPACTING YOUTH THROUGH SPORTS

847 Hoops: "Making Good Decisions
On and Off the Court"
Soccer For Success Inner City Programs
The First Tee of Chicago: "Teaching Life Lessons
On and Off the Links"

HELPING THOSE IN NEED

Camp Hope
Mothers Trust Foundation
The Boys & Girls Club of Lake County
Warming Hearts & Hands

GIVING BACK TO CHRIS' ALMA MATERS

LFHS Chris Quon Memorial Scholarships
Colorado College Assistant Coaches' Fund

The Quony Cup 2011 at Colorado College - American Cancer Society

While at CC, Chris organized a community soccer tournament called the "Answer to Cancer." Chris' friends has continued this tournament, renaming it "The Quony Cup." **The 2011 proceeds were donated to the American Cancer Society.** The Quony Cup had a great turnout and included multiple teams, a live band and a roast pig meal! Da-

vid, Sarah and Rachel attended, along with many of Chris' classmates, pals of Sarah and Rach and Lake Forest friends. Many thanks to the chairs: Katie Burns, Buck



Quony Cup 2011

McKenna and Toby Cohen -as well as all the staff, students, alumni and teammates at CC who worked so hard to put on Chris' fundraiser.

St. Baldrick's Foundation- Finding a Cure for Kids with Cancer

When Chris was a freshman at CC, his lacrosse team had a fundraiser for St. Baldrick's, **a charity that funds the most promising research**



Chris shaving his head

to help find a cure for kids with cancer. Team members shaved their heads as a way of showing their support of kids going through treatment and received donations for shaving their head. When I said that it was a nice thing for him to do, Chris said, "Ma, it was the least I could do for these

kids." ***We donated to St. Baldrick's in honor of Chris and his CC lacrosse teammate, Evan Spirito, who lost his brave three year battle to cancer this past fall.***



Chris and his CC lax teammates

University of Vermont's Catamount Classic- "Lacrosse for a Cure"

UVM lacrosse player, Zack Telander, is a Lake Forest alumni - and also wears the same number that Chris did in college --**#21!** The CQF made a donation to the UVM team fundraiser - the Catamount Classic - "Lacrosse for a Cure." **Proceeds from this event were donated to the Dana Farber Cancer Institute's cam-**

paign to educate college students about the importance of cancer screening and cancer awareness prevention. One of the UVM teammates had been diagnosed with cancer and - due to early detection - is thankfully now in remission. The team is now helping others.

847 Hoops Basketball - "Making Good Decisions On and Off the Court"

In 6th grade, Chris tried out for the school basketball team but was cut from the team! After a few tears, Chris decided not to quit basketball, but to work on becoming a better player. He played on a Highwood Small Fry team - playing teams from all over Chicago and was exposed to a diversity you don't see in Lake Forest. We were so



Campers at 847 Hoops

happy to donate to "847 Hoops" developed by Chris' basketball/soccer teammate, Aron Khurana and LFHS coach, Darren Barndt.

Over forty 7th-8th grade campers attended a week-long summer camp with high level coaching for FREE. Goals were twofold: 1) provide an opportunity for kids to attend a camp they couldn't afford and 2) bring kids of different cultural, socio-economic backgrounds together.

Illinois Youth Soccer Association's - "Soccer For Success" Inner City Program

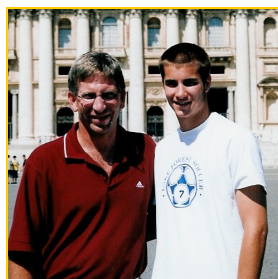
For many years, Chris participated in IYSA's ODP program where he made new friends from diverse cultural and economic backgrounds - many who came from underserved communities. These friendships helped him grow as a soccer player and more importantly,

as a person. We donated to IYSA's "Soccer for Success." **Over 250 children from Chicago's underserved urban communities participated for FREE in a 12-week sports-based development program to empower children to lead a**

healthy lifestyle (over 49% of the children were overweight), value education and increase their life skills.

First Tee of Chicago - "Teaching Life Lessons On & Off the Links"

Chris loved playing golf! Pat - a LF soccer teammate- and Pat's dad, Jim (who spent years as their youth soccer coach) would often take Chris to some of the best golf courses in Chicago! We were so sad to lose Jim unexpectedly last fall. I am grateful to have spoken to Jim not too long before that. I will never forget him sharing with me that he had a photo of Chris on his work desk and thought of Chris everyday. That meant so much to me.



Jim and Pat Gorand

Jim could seem tough on the outside, but he had a heart of gold. We were honored when his family asked that donations in Jim's name be sent to the CQF. **In honor of Jim and Chris, we made a donation to the First Tee which uses the game of golf to teach youth life lessons on and off the links. Our donation will be used for their**



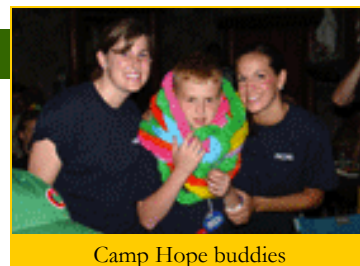
Jim (left), Aron, Pat and Chris (back row)

community outreach programs - offering clinics to children in Chicago's high poverty areas and camps to youth with disabilities.

Camp Hope

During his senior year in high school, Chris attended the Kairos retreat with St. Mary's. We appreciated all the Kairos leaders who cared so much for Chris's spiritual growth. Another of St. Mary's programs that we have admired so much

is **Camp Hope** – a fun-filled residential camp for individuals who are challenged by developmental disabilities. Through the CQF, we were able to sponsor a camper.



Camp Hope buddies

Mothers Trust Foundation (MTF)

The MTF aids children in need in Illinois. Requests for help come from social workers and school counselors who work with children whose needs have fallen through the cracks. Although not usually life threatening, each issue is an emergency to the child and as a result, MTF is often their only hope. **The CQF has**

partnered with MTF to provide funds to help youth in the areas of sports, travel and music - three of Chris' passions. This year we were able to help many including: covering the fees for a 6-year old to participate in his park basketball program; paying for a straight "A" student to

attend a Skills USA Leadership Development Conference; and helping a homeless 13-year-old pay for his 8th grade class trip to Washington, D.C.

Boys & Girls Club of Lake County

A few years ago, I had the chance to serve Thanksgiving dinner at the Boys & Girls Club. Every child was so appreciative for the warm meal. I was so impressed with the commitment of the staff to provide a safe environment for so many young people. As we've mentioned before, Chris loved sports so **we made a donation to be used in the Sports, Fitness, Recreation Programs to help young people develop**



Enjoying sports at B&GC!

a love for sports and healthy living.

Another passion of Chris was creating hilarious videos, playing music, creating great playlists and being the designated DJ during his college days. **The donation, therefore, also went**



Technology at B&GC

towards the Media Arts Program to allow young people to develop their skills in editing videos, creating CDs and developing DJ skills!

Warming Hearts & Hands - Make it Better Foundation

Chris loved the beaches and was not a huge fan of the Chicago winters. He did enjoy the winter sports (of course) - skiing and ice hockey - and appreciated a hat and gloves to stay warm. As we approached the holidays, we wanted to help families who are less *it*

fortunate. **We made a donation in Chris and Jim Gorand's name to the Make it Better Foundation, who partnered with non-profits to give new hats, gloves and scarves to thousands of men, women and children in need.**

LFHS Chris Quon Memorial Scholarships

In honor of Chris' time as both a varsity soccer and varsity lacrosse player in high school and in college, **the second annual scholarships were awarded to one LFHS senior lacrosse athlete and one LFHS senior soccer athlete (either male or female) who will be playing their sport in college.** Recipients were chosen

based on the following qualities: character and integrity on and off the field; a true passion and spirit for the sport and a team player - someone who truly cares for his teammates. This year the soccer scholarship was awarded to Alex Wettermann and the lacrosse scholarship to Matt Sapp.



David with LFHS winners, Alex and Matt

Congratulations to Alex and Matt!

Colorado College Assistant Coaches Fund

Unlike Division 1 athletic budgets, Division 3 budgets are very limited. A goal of the CQF was to give back to the CC men's lacrosse and soccer teams. After working closely with the CC athletic department to see how we could best help the teams, the head coaches thought

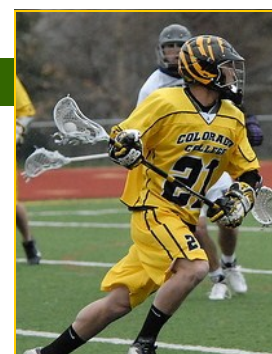


Chris with CC soccer teammates

helping support each team's assistant coaches would have the greatest impact on the students and the team. The Chris Quon Men's Soccer and Lacrosse Assistant Coaches Fund, therefore, was established. These

coaches (who are often young alumni

or community members) do so much for the team with minimal compensation. Chris' coaches had a huge impact on him and he would be thrilled to give back to CC in this way.



Chris at CC

About the Foundation

Through the loving donations of friends and family, the Christopher Quon Foundation (CQF) was established to honor Chris who unexpectedly lost his life at the age of 22 in 2009. A graduate of Lake Forest High School (2005) and Colorado College (2009), Chris had just begun his career as a financial analyst at Duff & Phelps in Chicago. His parents, Diane and David, and his sisters, Sarah, Rachel and Kasey, are 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 or show his support for others less fortunate than him. Fighting cancer was a particular passion for him as both of his grandfathers had lived with cancer. **We continue to support organizations that are committed to fighting cancer.**

Chris also enjoyed working with youth in sports and helped coach LFHS teams during the summer. **We have supported programs, therefore, that use sports to help young people develop on and off the field.**

We know that Chris also wanted to help disadvantaged youth whenever possible. **Through many organizations we have been able to provide grants to help young people in need in the area of sports, music and travel--three of Chris' passions.**

Finally, Chris loved his time as a student and athlete at both LFHS and CC. Both schools have also been so kind in helping us honor Chris in many ways. **We wanted to also honor Chris, therefore, by giving back to his alma maters.**

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

We're on the web!

www.christopherquonfoundation.org

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.

LFHS Soccer - "Christopher Quon Unsung Hero"

In 2009, the Lake Forest High School team honored Chris by re-naming the "Unsung Hero" award to the "Christopher Quon Unsung Hero" award. One player is selected for this award every year by the coaches. This player's

contribution to the team's season is not measured by goals, but is recognized for his achievements on the inside. This year was very special as it was awarded to our friend and neighbor - and an outstanding soccer player - junior Adam LaVitola. The award reads:

"Awarded in recognition of outstanding performance as an athlete who personifies the virtues of integrity, spirit, compassion and sportsmanship. His contribution to the team's season is not measured by goals and assists, but by 'Being All That You Can Be'."



Adam LaVitola

**Christopher Quon, Class of 2005
"LIVE LIFE TO THE FULLEST"**

**NSC All-Conference 2003, 2004
IHSSCA All-Sectional 2003, 2004**

Congratulations, Adam!

LFHS Christopher Quon Alumni Game

Every September, the LFHS boys soccer team has an intra-squad pre-season play-day called the "Blue/Gold" games, followed by an alumni game. Since 2010, the team has donated the proceeds from the raffle

and auction items sold during the games to the CQF.

In 2009, Chris played what turned out to be his one and only alumni game. As expected, Chris never left the field and played the entire game with a smile on his face.



Alumni Game 2011

Thank you very much to the LFHS soccer staff, parents, teams, student volunteers and alumni for supporting the CQF, and to all the donors and bidders of the raffle and auction items. ***Special thanks to auction chairs, Donna LaVitola and Sharon Popiel! We are so grateful!***



A successful auction!

IF YOU WOULD LIKE TO SUPPORT THE CHRISTOPHER QUON FOUNDATION...

please send donations to:

**Christopher Quon Foundation, c/o Darren Weisberg, 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. Thank you!