

# THE CHRISTOPHER QUON FOUNDATION

Dear Friends and Family,

I have to admit, it is always difficult writing this letter. On the one hand, I am grateful for this foundation and the opportunity to help others. On the other hand, it always breaks my heart once again when I think about why this foundation came about.

So...I try to keep focusing on the positive: the difference we are making in people's lives while honoring Chris. I have to believe Chris knows that because of him, others are benefiting.

This year, David, Sarah, Rachel, Kasey and I gave to new organizations, many brought to us by friends of the girls or Chris. We also gave to many of the organizations we have given to in the past as they remain very important to us.

We continue to be so thankful for Chris' pals who continue to stay in touch with us. It means the world to us.

It's been almost five years now since we lost Chris and we continue to miss him all the time, but see signs that Chris is always with us. Thanks for being there for our family and for your continued prayers, support and friendship. We love you all.

Love, Diane



## CQF GIVING IN 2013- AN OVERVIEW

### Fighting Cancer

- The Quony Cup: American Cancer Society
- Movember
- Bear Necessities

### Impacting Youth Through Sports

- 847 Hoops: "Making Good Decisions On and Off the Court"
- GLASA
- Challenged Athletes Foundation

### Giving Back to Chris' Alma Maters

- Lake Forest High School CQF Scholarship
- Colorado College Assistant Coaches' Fund

### Helping Others

- Camp Hope
- Mothers Trust Foundation
- The Boys and Girls Club of Lake County
- Lake County Cares: Beacon Place
- The Jubilee Project
- Max Schewitz Foundation: "Screens for Teens"
- Center for Enriched Living
- Lurie Children's Hospital
- Sue Duncan Children's Center
- Junior Achievement of Northern New England

## FIGHTING CANCER

### The Quony Cup 2013 at Colorado College- American Cancer Society



While at CC, Chris organized the soccer tournament, "Answer to Cancer." Renamed "The Quony Cup" – the tourney continues! Dedicated to both Chris and his LAX teammate, Evan Spirito, who lost his battle against cancer in 2011, all proceeds go to the American Cancer Society. Many thanks to the CC Quony Cup chairs, teams, Coach Sean and Toby Cohen for all their hard work! **Save the Date for the 2014 Quony Cup-May 4!**

**Cup-May 4!**

#### November

Every November thousands of men participate in "Movember" by growing mustaches as a way to raise funds to support prostate and testicular cancer initiatives. The CQF sponsored Chris' teammate, Buck McKenna and Sarah's USC classmate, Max Ukropina for their Mo-growing efforts.

#### Bear Necessities: "Wherever Kids are Fighting Cancer, the Bear is There"

Founded in memory of eight-year-old, Barrett "Bear" Krupa, who died of pediatric cancer, Bear was always more concerned for other patients than himself. In honor of Chris and Chris' coach, Jim Gorand (a supporter of Bear Necessities), we donated to the Bear Hugs Program which creates customized experiences that brightens the life of a child going through cancer.



CC Quony Cup Chairs and Toby



Quon Family, Toby and Buck at Quony Cup



2013 Quony Cup

## IMPACTING YOUTH THROUGH SPORTS

### 847 Hoops: "Making Good Decisions On and Off the Court"

Chris' high school teammate, Aron Khurana, started his non-profit camp for junior high kids three years ago. Held in Waukegan, the camp: 1) allows kids to get high-level training they can't afford for FREE, 2) bring kids of different cultural, socio-economic backgrounds together and 3) inspires kids with role models.

#### 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. We donated to their 5K Twilight Run (the last race Chris ever ran) and helped purchase "power wheelchairs" for the soccer team. Chris' pals, Megan and Anthony Hrusovsky, are supporters of GLASA.

#### Challenged Athletes Foundation

Through grants, CAF is able to change and empower the lives of athletes with physical disabilities by providing adaptive equipment and funds to allow them to travel and train. Rachel's Stanford teammate, Allison McCann, is a supporter of CAF.



Aron Khurana and 847Hoops

## GIVING BACK TO CHRIS' ALMA MATERS

### Lake Forest High School Christopher Quon Memorial Scholarships

The 4th annual CQF scholarship was awarded to LFHS senior lacrosse and soccer athletes who plan on playing in college. Recipients demonstrated: character and integrity on and off the field; a passion for their sport; and care for their teammates. This year's winners were Elizabeth Clark, Kevin Goon, Adam La Vitola, Izzy Montagne and Peter Passalino. Congratulations!

### Colorado College Soccer and Lacrosse Assistant Coaches' Fund

A goal of the CQF was to give back to the CC Men's lacrosse and soccer teams. After



David with CQF scholarship winners

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.

working closely with their athletic department to determine the greatest needs, the head coaches thought support for their assistant coaches would have the most impact on the team. All of Chris' coaches had a huge impact on him and he would be thrilled to give back to CC in this way.

## HELPING OTHERS

### Camp Hope- St. Mary's

Camp Hope provides a fun-filled camp to individuals challenged by developmental disabilities. Chris made many lifelong friendships by attending different camps throughout his life - and we know he would want the same experience for the wonderful young people attending Camp Hope.

### Mothers Trust Foundation

The Mothers Trust Foundation 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 Mothers Trust Foundation is often their only hope. The CQF provides fund to help youth in the areas of sports, travel and music-Chris' passions.

### The Boys and Girls Club of Lake County (BGCLC)

The BGCLC provides a safe environment that promotes self-esteem, teamwork and community commitment for young people. We donated to their Sports, Fitness, Recreation program and to their Media Arts program. Sarah hopes to volunteer with the Boys & Girls Club in San Francisco.



### Lake County Cares: "Beacon Place"

Located in Waukegan, the Beacon Place provides programs that feed, educate, activate, train, and empower children and families. Over 430 lunches were served last summer to children living below the poverty level. The son of Barb Karacic (President) was Chris' baseball teammate.

### The Jubilee Project

Jubilee Project produces entertaining content that empower, enable, and inspire others to do good. Through short films, PSAs and documentaries, the JP increase awareness and inspire action. Their programs touched us and we know that Chris-who loved making videos-would want to support them.



### Max Schewitz Foundation: "Screens for Teens"

In 2005, we were devastated when Chris' friend, Max Schewitz, died suddenly from undiagnosed cardiac causes at the age of twenty. Max's family now works to reduce death in young adults due to sudden cardiac death by providing free EKG tests.

Through their Screens for Teens program, over 30,000 students in Lake County have been tested.

### Center for Enriched Living

The Center for Enriched Living gives people with developmental disabilities an equal opportunity to experience community, growth and happiness. Members acquire new skills for social inclusion and independent living. Our friend Sue Bro, takes her daughter, Beth, to the CEL regularly.

### Lurie Children's Hospital

Lurie Children's Hospital research arm is devoted to the understanding, prevention and investigation of pediatric illnesses and injuries. We sponsored Rachel's friend, Megan Bourne, who ran the Chicago Marathon on the hospital's behalf.

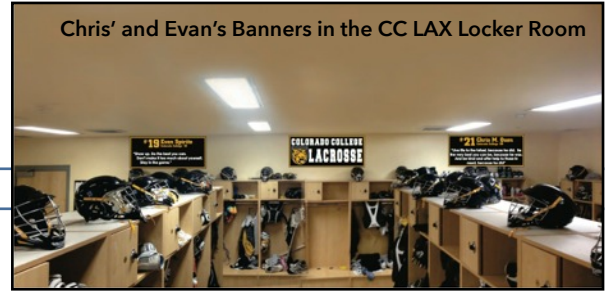
### Sue Duncan Children's Center

The Center is an after-school program that provides a safe haven for Chicago inner-city children. Tutors and mentors transform lives by nurturing their academic, athletic, and artistic growth. The Center was started by the mother of one of David's friends.

### Junior Achievement of Northern New England

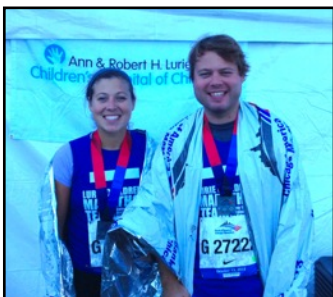
Junior Achievement prepares disadvantaged K-12 students for the real world by teaching skills in financial literacy and workforce readiness. Chris' CC LAX teammate, Charley Perkins, is a supporter of Junior Achievement.

Chris' and Evan's Banners in the CC LAX Locker Room



Camp Hope

Megan and Graham Bourne



Chris, Toby Cohen and Charley Perkins





## About the Christopher Quon Foundation

Through generous donations, 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 and Colorado College, Chris had just begun his career as a financial analyst 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 others less fortunate than him. Fighting cancer was a particular passion for him as both of his grandfathers had lived with cancer. **We support organizations, therefore, that fight cancer.**

Chris also enjoyed working with youth in sports. **We support programs that use sports to help young people develop on and off the field.**

Chris also wanted to help disadvantaged youth whenever possible. **We support programs, therefore, that help young people in need--especially in the areas of sports, music and travel--three of Chris' passions.**

Finally, Chris loved his time as a student and athlete at both LFHS and CC. **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.

## LAKE FOREST HIGH SCHOOL UNSUNG HERO AWARD

In 2009, the LFHS team honored Chris by renaming the award to the "Christopher Quon Unsung Hero Award." Chosen by the coaches, 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."*

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

This year's winner was Jack Duffy- a player who helped out his team, by playing anywhere on the field in his four years of soccer at LFHS. **Congratulations Jack!**

## LAKE FOREST HIGH SCHOOL CHRISTOPHER QUON ALUMNI GAME



The Quon Family and Chicago Red Stars

Every August, the LFHS boys soccer team have an intra-squad preseason play- day, followed by an alumni game. In 2009, Chris played what turned out to be his only alumni game. In 2010, the alumni game was named in honor of Chris and proceeds from the raffle and auction items sold during the games are donated to the CQF. Thank you once again to the LFHS soccer staff (Coach Rob and Ty!), parents, team and alumni for supporting the CQF, and to all the donors and bidders of the raffle and auction items! Special thanks to Donna LaVitola and Sharon Popiel for chairing the event.



David with Pat Gorand

Sarah, the Lamberts, and Katie Ellis



Yarkonys and Sharon Popiel



LFHS Alumni Team

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. Thank you!