

**MARCH
2013**

The Christopher Quon Foundation

www.christopherquonfoundation.org

Dear Family and Friends,



Thank you once again for allowing us to honor Chris through the Foundation. We are truly grateful for your love and support.

This year, our family used Chris' foundation to help many new organizations in addition

to the many we've supported in the past.

It has been especially rewarding to us to see so many young people - many of who were Chris' pals - involved in wonderful causes and helping others! After years of being a typical teenager



Kasey, Rachel, David and Sarah

(i.e., self-centered!), we saw how much Chris had started to change in college - to think beyond himself and more about the needs of others. Every day we wish he could still be here, but we know Chris would be so proud to see so many of his friends carrying on his legacy and beyond...

The 2012 Quony Cup was held in honor of Chris and Evan Spirito, Chris' CC lacrosse teammate who lost his

his battle against cancer in 2011. The 2012 LFHS Alumni Game fundraiser was held in honor of Chris and his soccer coach and friend, Jim Gorand. We did our best, therefore, to find ways to donate that would also honor Evan and Jim.

We continue to be so thankful for Chris' pals who continue to email and visit us and support Chris' three sisters. Chris was blessed to have such rich friendships during his short life.

Losing Chris reminds us that life is a gift and to take the time to appreciate and show our love. We love you all.

♥ Love, *The Quon Family*



Diane with Chris' CC pals: Berk, Bart, Ben and Dave supporting Rachel at Stanford

Save the date - April 6!
QUONY CUP 2013



Family, LF and CC pals at Rachel's Senior Day!

CQF Giving in 2012 - An Overview

FIGHTING CANCER

The Quony Cup: American Cancer Society

Friends of Jaclyn Foundation

Ellen's Heart & Soul

Univ. of Vermont: "Lacrosse for a Cure"

Movember

Bear Necessities

IMPACTING YOUTH THROUGH SPORTS

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

GLASA

HELPING OTHERS

Camp Hope

Mothers Trust Foundation

The Boys & Girls Club of Lake County

Lake County Cares: "The Giving Tree"

Dream for Eileen Foundation

Max Schewitz Foundation: "Screens for Teens"

Center for Enriched Living

GIVING BACK TO CHRIS' ALMA MATERS

LFHS Chris Quon Memorial Scholarships

Colorado College Assistant Coaches' Fund

Fighting Cancer

The Quony Cup 2012 at Colorado College- American Cancer Society

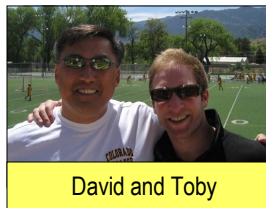
While at CC, Chris organized a soccer tournament with proceeds going to the American Cancer Society and a local hospital to aid young cancer patients. "The Quony Cup" continues with the help of Chris' friends and CC team members. In 2012, the tourney was dedicated to both Chris and his LAX teammate, Evan Spirito, and their spirit could not be missed! The Quony Cup had a record number of teams and alums plus lots of food, music and fun! Many thanks to Toby Cohen and all who worked so hard to put on Chris' fundraiser! **Save the Date! 2013 Quony Cup - April 6!**



The Quony Cup dance!

Friends of Jaclyn Foundation (FoJ)

In 2004, 9-year-old Jaclyn Murphy, was diagnosed with a brain tumor, but was determined to play lacrosse again when she got well. When the Northwestern lacrosse coach heard Jaclyn's story, the team adopted Jaclyn as an honorary member. Now through FoJ, over 300 children have been adopted by teams. The summer before we lost Chris, he had emailed the CC LAX coach suggesting that their team adopt a young child through FoJ.



David and Toby



Team Deuce - the winners!



Ellen's Heart and Soul

Andrew Leavitt was 15 when his mother, Ellen, died from breast cancer. In her honor, Andrew created Ellen's Heart and Soul which helps women undergoing cancer with relaxing meditative music are put onto donated iPods which are then brought to sessions before and after chemotherapy. Andrew is a friend of Chris and wanted to honor two other brave men, Chris and Evan.



Chris' tree and Evan's bench

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Catamount Classic at the University of Vermont - "Lacrosse for a Cure"

Zack Telander, a senior on the UVM lacrosse team and Lake Forest alum, wears the same number that Chris did in college--**#21!** The CQF made a donation to UVM's lax fundraiser. Proceeds go to educating young people about the importance of cancer screening and awareness through the Dana-Farber Cancer Institute.



Go Chris - #21!

Movember

In November, men all over the world participate in "Movember" by growing moustaches to raise both money and awareness for men living with cancer. Known as "MoBros," they become walking billboards by prompting conversation around the issue and raise funds through sponsorships for their Mo-growing efforts. The women who support them are "MoSistas." Funds support prostate and testicular cancer initiatives. The CQF supported "MoBro" (and CC lax player), Will Harris, as well as "MoSista" (and classmate of Sarah's), Julie Flodr.



Will and his "Mo"



Jim with granddaughter, Mia

Bear Necessities - "Wherever Kids Are Fighting Cancer, the Bear is There"

Bear Necessities is dedicated to eliminating pediatric cancer and to providing hope to those who are touched by it. Named for 8 year-old, Barrett "Bear" Krupa, who died of cancer, Bear was more concerned for other cancer patients than himself! The CQF donated to the "Bear Hugs Program" which creates customized experiences that brightens the life of a child going through cancer and provides immediate support for the family. This donation was made in honor of Chris and Jim Gorand, a long-time supporter of Bear Necessities.

Impacting Youth Through Sports

847 HOOPS - "Making Good Decisions On and Off the Court"

We are proud of Chris' basketball teammate, Aron Khurana, who started 847 Hoops Basketball, with LFHS coach, Darren Barndt. Kids are able to attend a camp they can't afford, while interacting with kids of different cultural, socio-economic backgrounds. Last summer, 108 middle-schoolers received top-notch coaching and a positive approach to learning at FREE camps in Waukegan and Humbolt Park. Camps featured local coaches and players (including Chris' pal, Pat Gorand) plus special speakers such as Duke's Jon Scheyer and former Bear, Bobby Douglass.



847 Hoops Campers

Great Lakes Adaptive Sports Association (GLASA)

Chris and his sisters all helped at GLASA during their time at LFHS. GLASA promotes the physical and mental well-being of athletes with physical disabilities and enables individuals to compete in such events as the Special Olympics. The CQF donated to their first Young Professional Board fund-raiser hosted by Megan's brother, Anthony. We're so happy to see Chris' pals commitment to helping



Chris with pal, Anthony

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Helping Others

Camp Hope- St. Mary's

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



Our friend, Lillie, with campers

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Mothers Trust Foundation (MTF)

Since 1998, the MTF has helped children in need in Illinois. Although not usually life threatening, each of these needs are an emergency to the child and MTF is often their only hope. Through Chris' foundation we partnered with MTF to provide funds to make an immediate impact to help youths in need in the areas of sports, travel and music - three of Chris' passions.

The Boys & Girls Club of Lake County (BGCLC)

We're so impressed with BGCLC's commitment to providing a safe environment that promotes self-esteem, teamwork and responsible community commitment for so many young people. To reflect Chris' passions, the CQF made a donation to be used for their Sports, Fitness, Recreation program to help promote a love for sports and healthy living, as well as for the Media Arts program to allow young people to develop their skills in editing videos and creating CDs.



Members of the Boys and Girls Club

Lake County Cares (LCC) - "Giving Tree"

The mission of the LCC Giving Tree Outreach Program is to provide children, adults and seniors with a sense of hope during the holidays. In 2012, more than 1,000 holiday wishes were fulfilled. Chris loved Christmas and would be happy to know that, through the CQF, we made the wishes of three young boys come true!

Dream for Eileen Foundation - Helping Nurses Reach Their Dream

A graduate of Villanova Nursing School, Eileen Lupton was about to begin her career at Children's Memorial Hospital in Chicago when she was tragically killed in the 2003 porch collapse that killed 13 young people. To carry on her spirit and dream of helping others, the foundation awards scholarships to allow nursing students achieve their dream of helping others. By donating, we are happy to know that soon a patient will be cared for by one more compassionate "angel."



Chris with his summer campers



"Teens for Screens" testing at LFHS

Max Schewitz Foundation

In 2005, we were devastated when, Chris' good pal, Max Schewitz, died unexpectedly from undiagnosed cardiac causes at the age of twenty. Max's death inspired his family to work to reduce the loss of life in young adults due to sudden cardiac death (SCD). Through the Screens for Teens program, more than 28,300 students at suburban Chicago high schools and the College of Lake County have been tested with EKGs to help detect SCD. We made a donation in honor of Chris and Jim Gorand who both passed away with heart issues.

Center for Enriched Living (CEL)

The CEL provides people with developmental disabilities an equal opportunity to experience community, life-long growth and happiness. Members acquire new skills for social inclusion and independent living. To include as many participants as possible, the Center keeps fees low and offers scholarships. Over the years, I have stood on the sidelines with our friend Sue Bro, who lovingly takes care of her daughter, Beth, who has Retts Syndrome. The CQF is honored to be able to support CEL where Beth attends regularly.



LFHS winners of CQF scholarships

Giving Back to Chris' Alma Maters

Lake Forest High School Christopher Quon Memorial Scholarships

In honor of Chris' time as both a varsity soccer and varsity lacrosse in high school and in college, the third annual scholarship was awarded to LFHS senior lacrosse and soccer athletes who plan on playing their sport in college. Recipients were chosen based on: character and integrity on and off the field; a true passion and spirit for the sport; and being a team player who truly cares for his teammates. Congratulations to this year's scholarships winners: Charles Cook, Ian Forlow, Michael Shipp, Hannah Geldermann, and Marina Katz!

Colorado College Soccer and Lacrosse Coaches Fund

Since Division 3 budgets are very limited, a goal of the CQF was to give back to the CC Men's lacrosse and soccer teams. The head coaches thought support for each team's assistant coaches would have the greatest positive impact on the students and the team. The Chris Quon Men's Soccer and Lacrosse Assistant Coaches Fund was, therefore, established. All of Chris' coaches had a huge impact on him and he would be thrilled to give back to CC in this way.



LFHS soccer team in Italy...
Guess who has the trophy on his head?

Christopher Quon Unsung Hero

The LFHS soccer team honors Chris by awarding one player annually with 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"*

Congratulations to this year's winner, Chris Janeck!



David with Chris Janeck

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 and Colorado College, Chris had just begun his career as a financial analyst in Chicago. Chris' family is committed to honoring Chris by using the funds to support all that he loved and cared about so deeply by:

- 1) supporting organizations committed to fighting cancer,
- 2) supporting programs that use sports to help young people develop on and off the field,
- 3) helping disadvantaged youth, especially in the areas of sports, music and travel - three of Chris' passions,
- 4) honoring Chris by giving back to his alma maters.

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



Chris in Germany

Christopher Quon Alumni Game at LFHS



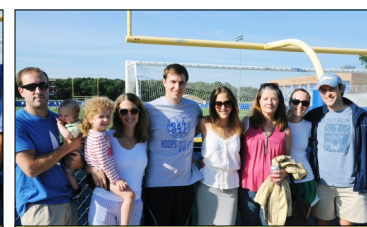
David with our great parent volunteers!

In September, the LFHS boys soccer team had their "Blue/Gold" games, followed by the Chris Quon 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 was able to play what turned out to be his only alumni game. As expected, Chris never left the field and played the entire game with a smile on his face! This year's game was also dedicated to Jim Gorand, a longtime supporter of LFHS soccer, as well as a coach and mentor to Chris. Thank you to the LFHS soccer staff, parents, team and alumni for supporting the CQF, and to all the donors and bidders! Special thanks to Donna La Vitola and Sharon Popiel for chairing the auction, and to Peggy Talbot for helping with the food. We are so grateful!



The Quon /Moy Family



The Gorand Family



LFHS Soccer Alumni 2012

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.

A yoga party in celebration of Chris!



Diane with Rob and Tess

Thanks to host and teacher, Cilla Stoll and Ginny Wells, for a wonderful yoga party at Forever Om Yoga. We celebrated Chris who introduced our family to hot yoga - a requirement by his CC lacrosse coach!



Celebrating Chris with a yoga party at Forever Om Yoga

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!