

CHRISTOPHER QUON

Foundation

Dear Friends and Family,

During the first year we lost Chris, we visited him on his birthday-December 31 (yes, 'everyone' celebrates Chris's birthday with us! ☺). My mom wanted us to bring Chris a small airplane ornament to honor Chris' love for traveling and exploring new places. We thought the area could use some spicing up and decided that the decoration should hang from the tree that protects Chris. Since we hadn't planned on hanging it on the tree, however, we didn't come fully prepared with any string or a ladder. Being resourceful, we tied the airplane with an extra shoestring we found in the car and Rachel got up on my

dad's shoulders to reach the tree. We thought the ornament might last up on the tree for at most a week (Chris already had a big enough ego that he didn't need more than a week of birthday celebrations!--I'm allowed to say that as I'm his younger sister). The shoestring and square knot were pretty questionable and the groundskeepers are usually very particular about how long paraphernalia can hang around at the cemetery. Our wreaths and flowers are usually gone after a week or two. But, despite the strict groundskeeper rules and Chicago's extreme weather patterns, whenever we'd visit Chris that first year, we noticed the ornament that hung by a shoestring was still there. Every birthday since then, we have added an ornament or two to the tree. *(con't on page 2)*



CQF Giving in 2014: An Overview

FIGHTING CANCER

American Cancer Society-The Quony Cup
 American Cancer Society-Relay for Life
 Bear Necessities
 Light the Night Walk: The Leukemia &
 Lymphoma Society
 HEADstrong Foundation
 Max Cure Foundation
 Movember

IMPACTING YOUTH THROUGH SPORTS

847 Hoops "Making Good Decisions On
 and Off the Court"
 Beacon Place
 Great Lakes Adaptive Sports Association
 Harlem Lacrosse and Leadership
 Urban Initiatives

GIVING BACK TO CHRIS' ALMA MATERS

Chris Quon Scholarships-Lake Forest High School
 Colorado College Assistants Coaches' Fund

HELPING OTHERS

Camp Hope
 Center for Enriched Living
 Family Service: Prevention, Education &
 Counseling-Latino and Youth Services
 Global Autism Project, India
 Max Schewitz Foundation: "Screens for Teens"
 The Michael J. Fox Foundation for
 Parkinson's Research
 Mothers Trust Foundation
 Youth Technology Corps

(*con't from page 1*) This year, I was especially amazed at how after five years, every single ornament my family has hung on Chris' tree is still hanging. I can't believe it's been a little over five years since we lost our dear Chris. I miss him every day, but my family and I like to share with each other signs that Chris is still with us and is reminding us to live each day to the fullest. We'd like to think the ornament hanging by a shoestring is one of his special signs.



Thank you to all of our family and friends for your love and support as we continue to remember Chris through his foundation. This newsletter is just a brief recap of where the Christopher Quon Foundation has given during the last year. We hope you all are reminded of Chris' contagious laugh and smile as you read through the many ways we have been able to help others. Love, Sarah



Sarah with Chris' CC friends

A Note from Kasey

I celebrated my 21st birthday this past November 15. On that day I also played the 21st game of my 2014 Stanford field hockey season. We won 2-1 in an OT victory to qualify for the Elite Eight and I proudly wore #21 on my uniform.

As many of you know, #21 was Chris' favorite number and #21 was his uniform number on the Colorado College lacrosse team. When I look back to that field hockey game, the reoccurring signs of #21 stand out to me. There was no doubt that Chris was with me.

Now that my final season is over, I am a "retired athlete." It was an incredible and unforgettable experience. Every time I stepped onto the field, I'd look down at the number on my uniform and would ask myself, "What would Chris do?" By wearing #21, I wanted to honor Chris by playing as he would have:

with passion, determination, resiliency and humility (ok, Chris was not always that humble!). As the Chris Quon LFHS Memorial Scholarship Award reads, I tried to "be the best I could be".

I dedicated my senior season to Chris hoping to achieve something special. Although we didn't end up with our goal of winning the National Championship (I know Chris would've had the same goal!), I am so grateful for what the team



achieved. We had a program-best record of 19-3 and achieved a program-high #3 national ranking! Most of all, I'm thankful for all of my teammates who I know will be lifelong friends. I know it was the teammates that meant the most to Chris and my teammates remind me so much of Chris' goofy, loyal and kind CC soccer and lacrosse friends.

As I reflect back on my Stanford field hockey career, I can't help but know that Chris was with me every step of the way. Every day, I think of how he still influences everyone in my family "to live life to the fullest". We constantly see reminders where we least expect it that show Chris is with us.

Thank you to our family and friends for your donations, support, love and friendship as we continue Chris' legacy through his foundation. Our family is so grateful!



"A Balloon in the Sky" Stanford's article featuring Kasey's dedication of the 2014 season

FIGHTING CANCER

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

We donated to the Bear Hugs Program in honor of Chris and Chris' coach, Jim Gorand (a supporter of Bear Necessities). Bear Hugs creates customized experiences that brightens the life of a child going through cancer.

HEADstrong Foundation

HEADstrong raises funds to find a cure and helping improve the quality of life for those affected by blood cancers. Founded by a lacrosse player, we made a donation in LFHS lacrosse player's name, Jason Handler, who is bravely fighting his own battle.

"Light the Night" Walk: The Leukemia & Lymphoma Society (LLS)

LLS provides resources to fight against leukemia and lymphoma and to also improve the quality of life of patients and their families. Rachel's Red Stars teammate, Jackie Santacaterina, walked in honor of a friend living with leukemia.

Max Cure Foundation

In addition to funding research to find a cure for childhood cancers, MCF financially assists low-income and military families with a child battling cancer. Fifty families are currently receiving assistance.

"Mo"vember

Every November thousands of men grow 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' CC soccer teammate, Ben Beadle-Ryby.

Relay For Life-American Cancer Society

We supported Kasey's high school teammate, Lauren Yarkony, whose team "BC Nurses Call the Shots" walked to honor cancer survivors and raise funds and awareness to help end cancer forever.

Will Harris & his 'stache



IMPACTING YOUTH THROUGH SPORTS

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

Chris' club teammate, Aron Khurana, started a camp for junior high kids which allows kids to get training they can't afford for FREE, bring kids of different socio-economic backgrounds together and inspires kids with role models.



Rachel at Beacon Place

Beacon Place

Beacon Place provides lunches in the summer to children living below the poverty level. The CQF donated soccer equipment for the children to play with after lunch. Thanks to the LaVitola boys for leading volunteers to help train many of the children.



The LaVitolas & volunteers at Beacon Place

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, Megan, Anthony and Joey Hrusovsky, ran the Chicago Marathon in support of GLASA.



Joey, Megan's husband, & Anthony at the Chicago Marathon

Harlem Lacrosse and Leadership (HLL)

HLL is a youth organization in the Harlem community that builds leadership skills and social responsibility using lacrosse. Players are provided a safe setting and are mentored on and off the field. Chris' CC teammate, Jordan McHugh, is a supporter of HLL.

Urban Initiatives (UI)

UI empowers Chicago's underserved children to adopt healthy lifestyles, improve academic performances and build strong character through sports-based development programs. Chris' CC teammate Scott Wozencraft and his brother, Jeff, volunteer at UI.

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.
-Jon and Michelene Tomek for underwriting the insurance for the Chris Quon Alumni Soccer Game.

GIVING BACK TO CHRIS' ALMA MATERS

Colorado College Soccer/Lacrosse Assistant Coaches' Fund

A goal of the CQF was 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 would be thrilled to help in this way.

CC Lacrosse Locker Room



Lake Forest High School Christopher Quon Scholarships

CQF scholarships are awarded to LFHS lacrosse and soccer athletes who plan on playing in college. Recipients demonstrate: character and integrity on and off the field; a passion for their sport; and care for their teammates. This year's winners were Lucy Edward, John Moderwell, Lukas Munoz and Tyler Vandenberg. Congrats!



David & CQF scholarship winners



Horst, Chris, Chris' grandpa & Helen

After 50 years of coaching, Chris' CC soccer coach, Horst Richardson retired after the fall season. What an amazing career! We are grateful for Horst's impact on Chris' life. Our very best to Horst and Helen!

HELPING OTHERS

Camp Hope-St. Mary's

Camp Hope provides a fun-filled camp to individuals challenged by developmental disabilities. Our good friends, Lauren Telander, Lillie Romeiser and the Burke Family are dedicated to the Camp.



Ann Burke at Camp Hope

Center for Enriched Living

The CEL gives people with developmental disabilities an equal opportunity to experience community, growth and happiness. Our friend, Beth Bro, attends the CEL regularly.

Family Service (FS): Prevention, Education & Counseling- Latino and Youth Services

FS provides educational, mentoring and enrichment opportunities to immigrant and low-income students and their families in the Highwood area. Our friend, Beth Mynhier, is a loyal volunteer at FS.

Global Autism Project, India

Rachel's club teammate, Haley Krentz, traveled to India to help with The Global Autism Project. Behavior and speech therapy were provided to children with autism and other neurological/developmental disabilities.

Max Schewitz Foundation: "Screens for Teens"

In 2005, Chris' friend, Max Schewitz, died suddenly from undiagnosed cardiac causes at the age of twenty. Since then, Max's family works to reduce death in young adults due to sudden cardiac death by providing free EKG tests in Lake County high schools.

The Michael J. Fox Foundation for Parkinson's Research

Rachel's friend, Elizabeth Adam, ran the Chicago Marathon for the Fox Foundation team which is dedicated to finding a cure for Parkinson's. Liz's father, who is fighting Parkinson's, was in Chicago to cheer her on!

Mothers Trust Foundation

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

Youth Technology Corps (YTC)

YTC operates after-school computer clubs for under-served youth in Chicago. Teens learn skills while learning to give back. So far, more than 1,800 youth have refurbished and donated over 3,200 computers to over 40 communities.



The Adam family at the Chicago Marathon

THE QUONY CUP 2014 AT COLORADO COLLEGE

While at CC, Chris organized the soccer tournament, "Answer to Cancer." Now called "The Quony Cup" – the tourney is 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, the CC staff, the Quony Cup chairs and participants for their continued dedication!

Save the Date for the 2015 Quony Cup-April 26!



Sarah with Chris' friends



Sarah, Toby & David



Toby, Evan & Chris

LAKE FOREST HIGH SCHOOL CHRISTOPHER QUON SOCCER ALUMNI GAME

Every August, the LFHS boys soccer team sponsors an alumni game. In 2009, Chris played in his only alumni game. In 2010, the game was named in honor of Chris with proceeds from auction items sold during the game donated to the CQF. This year the players also collected food for Beacon Place's backpack program, which the CQF supports. Over 350 lbs. of food was collected! Thanks to Rob and Ty, the Tomeks, parents, players, alumni, donors and bidders for supporting the CQF! Special thanks to helpers: Donna, Sharon, Patty, Kirsten, Nikki, Mary, Jay, Matt, Frank, Megan, Maggie, Rachel, Barb, Barb and Peggy!



Silent auction volunteers



David speaking to the LFHS soccer players



Doug, Rob, David & Robert



Maggie, Rachel & Megan



LFHS Soccer team collecting food

If you would like to purchase a Quony Cup or LFHS Alumni Soccer tshirt, please visit <http://christopherquonfoundation.bigcartel.com/>

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 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 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 young people 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.

LAKE FOREST HIGH SCHOOL "UNSUNG HERO" AWARD

This year's winner of the "Christopher Quon Unsung Hero Award" was Ryan Murray. 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. His contribution to the team's season is not measured by goals and assists, but by 'Being All that You Can Be.'" Ryan was "Mr. Dependable" in the backline for the soccer team...always prepared to perform his role and to play his best. Despite missing five games with concussion injuries, Ryan had a great season! *Congratulations, Ryan, for being this year's Unsung Hero!*

LAKE FOREST HIGH SCHOOL CHRIS QUON MEMORIAL LACROSSE GAME

The first annual Chris Quon Memorial Lacrosse Game was held on June 14. Thirty-five LFHS Lacrosse alumni participated in the event, and many gathered at The Lantern after the game. All proceeds from the event were donated to the CQF. Special thanks to Lake Forest College for the use of their field, to all of those who came out to remember Chris, and to organizer Stewart Kerr who single-handedly made the event happen!



The 2015 CQF newsletter brought to you by Rachel Quon :)



LFHS Lacrosse Alumni



Alumni at The Lantern

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!