

CHRISTOPHER QUON FOUNDATION



MARCH 2020

Ten years and always with us

September 2019 marked the 10th anniversary of Chris' passing. There's not a day that goes by where we don't think of him -- we miss him always. Throughout the years, what brings a smile to our faces are the little signs that he's still here with us. Whether it's getting seated at a restaurant table #21 (Chris' lacrosse uniform number) or randomly running into Chris' friends on the ski slopes, we feel like it's Chris' way of telling us he's watching over us. We are grateful for his many friends who have kept in close touch with our family. They share their life updates: cross-country moves, career changes, and relationships! It definitely is a bittersweet feeling not having Chris here experiencing it with us, but it's been special to have all of you in our lives.

Many of Chris' best friends got married last year. Not only was our family there at two of the weddings, but the boys found a special way to incorporate Chris into the wedding. Toby Cohen embroidered #21 into the lining of his wedding tuxedo. Ben Beadle-Ryby had nine groomsmen -- eight of them standing at the altar and an open spot reserved for our dear Chris. It touches our family's hearts that they remember Chris and we are so thankful for their friendship.

To our Chris, we remember you through: your friends that continue to march to their own beat, your favorite yummy foods (deep dish pizza! Panda Express! Klondike bars!), the beautiful mountains, sports, music, the movies mom makes and everything we do!

Love,
The Quon Family



Quony Cup 2019 Champions: Team Deuce



Toby (Chris' CC friend) wedding tuxedo



Ben's (Chris' CC friend) wedding in Aspen

GIVING IN 2019

Fighting Cancer

American Cancer Society - The Quony Cup

We had another awesome turnout at The Quony Cup where more than 300 students and alumni attended. All proceeds from the tournament go towards the American Cancer Society. Some highlights include Team Deuce (Chris' teammates, Quon girls and friends) winning the Championship, Borrielo Brothers pizza (one of Chris' faves!) and the Incline Hike honoring Chris' teammate Evan Spirito! Big thanks to Rachael Martino who spearheaded the event this past year.

Max Cure Foundation

The Max Cure Foundation funds research for the development of pediatric cancer drug therapies including the discovery of less toxic treatments for children with cancer, financially assists low-income, military and first-responder families battling cancer in their children.

November Foundation

Every November men participate in growing mustaches as a way to raise funds to support prostate and testicular cancer initiatives. We sponsored the Mo-growing efforts of Chris' CC pal, Ben Beadle-Ryby. Go BBR!

Bear Necessities

In honor of Chris' youth soccer coach, Jim Gorand, we donated to the Bear Hugs Program where it's a customized experience that brightens the life of a child going through cancer.

Send It Foundation

The CQF supported our dear friend Becca Cohn and the Send It Foundation which offers outdoor adventure programs for young cancer fighters.

Thank you to Nikki Hanovnikian for the generous donation to CQF on behalf of her daughter's, Christie, foundation. We're honored to use the funds to honor her wishes to help kids who are battling cancer



Sarah, Kasey, Rachel and David at the 10th Quony Cup.



Becca and friends sending it into the ocean and taking the polar plunge for the Send It Foundation.

Helping Others

Camp Hope

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

Beacon Place

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

Mother's Trust Foundation

Mother's Trust Foundation offers assistance to children in need in Lake County. From a pair of glasses to a new coat, Mother's Trust Foundation is often their only hope.

Invest for Kids

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

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.



Food collections at the LFHS Christopher Quon alumni soccer game. Thanks Coach Rob and team!

Helping Others

Family Services of Lake County

Family Services provides educational and family support to immigrant and low-income students and families. We are so proud of our friend, Beth Mynhier, who volunteers at Family Services.

Kids Enjoy Exercise Now (KEEN)

KEEN provides a safe and free environment for children with physical/mental disabilities to play together. Sarah's coworker, Joey Soriano, is a volunteer at KEEN.

Boys & Girls Club of San Francisco

Kasey is a member of the NextGen Council supporting the BGC of San Francisco. It aims to inspire and enable young people to realize their full potential as productive, responsible, and caring citizens.

American Lung Association

We supported our friend, Marty Cohen, who rode for ALA which is "Fighting for Air" through research, education and advocacy.

Active Minds

Active Minds supports mental health awareness and education for young adults. Through education, research, and advocacy, Active Minds is opening up the conversation about mental health and creating lasting change in the way mental health is talked about, cared for, and valued in the United States. Ali Tomanek supports this non-profit at UIUC.



Kasey helping at a cooking class at the Boys & Girls Club.

Impacting Youth through Sports

Urban Initiatives

Urban Initiatives empowers underserved children to improve their academics and build character through sports-based youth programs. Chris' friends, Scott and Jeff Wozencraft, are volunteers at Urban Initiatives.

GLASA

GLASA promotes the well-being of athletes with physical disabilities by giving them the tools to improve their quality of life and compete in events. Chris' dear friends, the Hrusovsky family, help at GLASA.

New York Road Runners Team for Kids Marathon

Our good friend, Megan Cohn, completed the NY marathon where funds raised by Team for Kids support running-based fitness, goal-setting, and nutrition programs benefiting nearly 250,000 students in schools and communities across the United States. Go, Megan!



Megan running the NY marathon - what an accomplishment!

Giving Back to Chris' Alma Maters

LFHS Christopher Quon "Unsung Hero Award"

The unsung hero players personifies the virtues of integrity, spirit, compassion and sportsmanship...his contribution to the team's success is not measured by goals and assists, but it's someone who goes the extra mile without expectation of any reward. It's about making a meaningful difference...it's about being the best he can be. Congratulations to Carter Collis for receiving the LFHS Christopher Quon "Unsung Hero Award".



Congrats, Carter!



Congrats to this year's recipients!

LFHS 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 sports; and care for their teammates. This year's winners were Leland Keller (Denison University), George Schoettle (Swarthmore), Johanna Sidle (Williams College) and Ainsly Allan (University of Wisconsin).

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 so we donated to the assistant coaches' fund. Chris' many coaches were important mentors and continue to be great supporters of the CQF.



Congrats to this year's 847 Hoops Chris Quon award recipient!



The LFHS men's soccer team collecting items for the Beacon Place. Way to go boys!

Events

LFHS Christopher Quon Soccer Alumni Game

In 2009, Chris played in his only alumni game, and in 2010 the LFHS soccer boys named the game to honor Chris. Now each year, alum play a friendly game and the players collect food for Beacon Place's backpack program. Thanks Coach Rob and the LFHS soccer teams for all of your help!

Quony Cup 2020

The Quony Cup is a celebration of Chris and Evan's life, as well as a fundraiser for the American Cancer Society. Given the unprecedented global health situation and the ongoing uncertainty, we have made the decision to cancel this year's Quony Cup. Thank you all for your support and love, and we hope to see you next year in 2021. As Chris would say, "No worries."



Coby, current CC lax player, honors Chris (#21) and Evan (#19)

ABOUT CQF

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!*

Chris is always with us!



Diane premiered "Minding the Gap" at Sundance on January 21, 2018. The film team was then invited to present the film at the Obama Summit located at 2121 S. Prairie Ave in Chicago. For the Peabody Awards, her team was assigned to sit at table #21. We know Chris was us at the 2019 Oscars and every step of the way! :)

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