



CHRISTOPHER QUON
FOUNDATION

January 2021

Goodbye 2020 and Hello 20²¹!

As we all know, 2020 was a year we could have never imagined! As a result, we focused on donating to the organizations that needed the most help due to the pandemic-- from distributing quality food to families in need at Beacon Place to providing counseling and social-emotional support at Family Services and The Boys and Girls Club of Lake County. Amidst the challenging times, we're reminded to be thankful for good health and what we have. One bright spot this year that we were very thankful for was Sarah getting married to Danny in our Lake Forest home's backyard! It drizzled and then stopped just before Sarah walked down the aisle to "Somewhere Over the Rainbow" - a reminder to us that Chris was with us in spirit. We're so grateful for your ongoing support to help carry on Chris' legacy. We're excited about what 2021 (Chris' lucky number!) has in store for all of us. Wishing you and your family a Happy and Healthy New Year!



Love,
The Quon Family



Sarah and Danny's wedding in the Quon's backyard. Welcome to the family, Danny! (Aug 2020)



We're hopeful for 2021. #21 forever in our hearts!

GIVING IN 2020

Fighting Cancer

American Cancer Society

We supported Kasey's good friend, Catherine Dawson, who planned to participate in the Big Sur Marathon to raise money for the American Cancer Society and help honor those touched by cancer. These funds are used for groundbreaking research and services for people dealing with cancer.

American Lung Association

We supported our friend, Marty Cohen (father of Toby Cohen who played lacrosse with Chris), as he biked 165 miles across Maine with Trek Across Maine to raise money to fight against lung cancer, COPD, Asthma, and COVID-19.

Bear Necessities Pediatric Foundation

In honor of Jim Gorand (Chris' youth soccer coach) and Christie Hanovnikian (daughter of friend Nicole Hanovnikian), we donated to the Bear Hugs Program where they provide a customized experience that brightens the life of a child with cancer.

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.

Helping Others

Beacon Place

Getting access to quality food, school supplies, and clothing was exacerbated for many families and children as a result of the pandemic. The Beacon Place's goal was to keep shelf-stable food, as well as fresh fruits and vegetables available for families so they don't need to worry about being able to buy food or pay the electric bill.

Boys & Girls Club of Lake County

The BGCLC provides a constant source of hope and direction for youth. The Club was able to continue to safely provide services to the youth and their families throughout the pandemic by providing valuable e-learning support and after school programming.

Center For Enriched Living

The CEL provides people with developmental disabilities an opportunity to experience community, growth, and happiness. We're so happy that our friend, Beth Bro, attends the CEL regularly.

Diveheart

Diveheart builds confidence, independence and self-esteem in the lives of children, adults and veterans with disabilities through scuba diving, scuba therapy and related activities. We donated in honor of Chris' friend, Chris Block.



Chris Block training for scuba diving through Diveheart

Family Services of Lake County

Family Services provides educational and family support to immigrant and low-income students and families. We donated specifically to their COVID Emergency Fund which helped deliver meals and groceries, pay for medicine and medical bills, ensure that everyone who needs mental health therapy had barrier-free access regardless of ability to pay, and much more. We're proud of our friend Beth Mynhier--a long time volunteer at the Family Services.

Fill a Heart 4 Kids

Fill a Heart 4 Kids is a Chicago-based organization that gives unaccompanied homeless youth, at-risk, and foster children educational support, necessities and positive experiences to help their hearts heal and restore their dignity.

Invest For Kids

David was inspired by Rodney Walker who benefited from IFK-- a non-profit organization dedicated to serving Chicago area youth from disadvantaged communities. Rodney graduated from Yale after years in the foster care system. "...No one can go back and make a new beginning, but anyone can start today and make a new ending" - Rodney Walker

Mother's Trust Foundation

Mother's Trust Foundation provides immediate assistance during times of crisis to low-income children living in Lake County, Illinois. The Foundation's goal is to provide hope, build confidence, and make a positive difference in a young person's life.

Movember

Every November men participate in growing mustaches as a way to raise funds to support men's health. This year, we sponsored Chris' CC pal, Ben Beadle-Ryby who chose to focus on supporting mental health and suicide prevention as a result of the pandemic. Globally, the rate of suicide is alarmingly high, particularly in men. Using his own words, we wanted to "help stop men dying too young."

Right to Be Free

Right to be Free is dedicated to freeing victims of trafficking, forced labor, and other forms of exploitation. We're proud of our friend, Lori Dillon, who supports this organization.

White Socks Fund To Help Health Care Workers

We proudly supported frontline health workers who helped COVID-19 patients including good friend, Gordon Quinn.

Impacting Youth through Sports

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. This year we donated to their COVID fund in lieu of their annual fundraiser and sponsored their virtual Twilight Run.



Chris' good friend, Ben Beadle-Ryby, has supported Movember's cause for the past 6 years to raise awareness and funds for men's health.

GIVING BACK TO CHRIS' ALMA MATERS

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, the scholarship was awarded to Alyssa Marquis (University of Toledo), Konrad Ziaja (Univ of Wisconsin-Platteville), Nate Field (Hamilton College), and Sophia DiVagno (University of Dayton). Watch the award ceremony video on [Facebook](#).



David virtually awarded Christopher Quon Memorial Scholarships.
Congrats to the recipients!

Colorado College Emergency Fund

The CC Emergency Fund was established to assist CC students and allow them to respond quickly to emerging needs of the college as a result of the pandemic.

EVENTS

(Virtual!) Quony Cup 2020

Although we weren't able to meet in person due to COVID, we still found a (virtual!) way to celebrate the Quony Cup. Many friends and family from all over the world shared photos of them wearing their favorite Quony Cup gear and we raised \$6,495! All proceeds were donated to the American Cancer Society. Thanks to all who donated and participated in the virtual celebration! See all of the photos on [Facebook](#).



Brittany and Gia Asta,
Austin, TX



Craig, Alice, Annie and Joey Fong,
Naperville, IL



Megan, Freddy and Wally
Zarling, Barrington, IL



Jimmer and Ada
Comeford, Denver, CO



Toby and Caroline Cohen,
Boston, MA



Maddie Rudolph,
Portland, OR



Mary Kwong, Calgary,
Canada

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!