



Lion's Roar

The Newsletter of the Companions in Courage Foundation

Winter 2008

Lions Dens Open in NYC and Buffalo

In less than two months the Companions in Courage Foundation doubled the number of Lion's Dens in hospitals by adding new rooms at Morgan Stanley Children's Hospital at New York Presbyterian in New York and the Roswell Park Cancer Institute in Buffalo.

Pat LaFontaine was ecstatic to welcome the newest rooms to the network. He said, "Thanks to the generosity of some wonderful people and corporations, we have doubled the number of kids in hospitals who will be able to connect to family, friends and their heroes this holiday season."

The room at the Morgan Stanley Children's Hospital in New York City opened on September 5th. Monica and Jerry Wood, a Morgan Stanley executive, were major contributors to the room. At the ribbon-cutting Jerry Wood said, "I am proud to be associated with something that will be so important for kids who really need it."



Let the games begin!

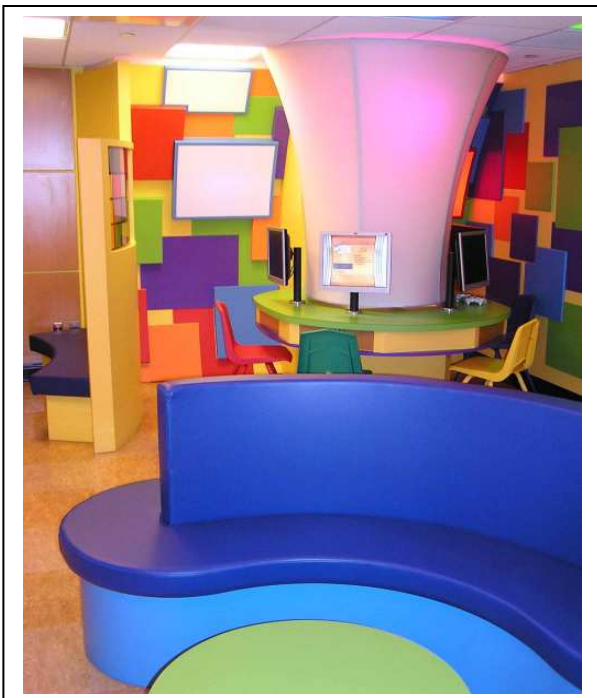
And the efforts of Cisco Systems' New York Civic Council were instrumental as well. Pat Finn spoke on behalf of all Cisco employees when he said, "the ability to utilize our technology to help in the healing process is very gratifying."

The initiative to have a room added at Roswell Park Cancer Institute was spearheaded by John Hannon of DuPont. He encouraged his firm to recognize the 40th anniversary of Corian® by utilizing the germ-inhibiting product throughout the room. The eye-popping result is a testament to the versatile nature of the product.

Carly's Club, a not-for-profit children's organization based in western New York led a bevy of local sponsors, including the Buffalo Sabres who contributed to the creation of the room.

At the ribbon cutting LaFontaine acknowledged that it was at Roswell that the seeds for the Companions in Courage Foundation were first planted. He told an emotional story of how he used to visit a young boy at Roswell during his days with the Sabres. They would play video games and soon became close friends.

When his friend passed away, LaFontaine looked for a way to help even more children in more hospitals. With the opening of the fourth Lion's Den room he is well on his way to honoring the memory of his friend.



Please visit www.CiC16.org for video of the latest Lion's Den Room opening!



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Ironman Florida's Gift to Panama City

In cooperation with the Companions in Courage Foundation, North America Sports is pleased to announce that they will donate a Lion's Den Room to Bay Medical Center in Panama City.

In 2008, the Ford Ironman Florida Triathlon will mark its tenth anniversary and as part of the celebration the Ironman Community Fund of North America Sports is working with the CIC foundation to create a Lion's Den at the Bay Medical Pediatric Unit. "We want to acknowledge the

contribution that the community and the volunteers have made to our event over the past ten years. It is our hope that when we return to PCB for our tenth race in 2008 that the Lion's Den will be open and available to the children who are patients of the hospital," said NA Sports CEO Graham Fraser.

Pat LaFontaine intends to compete at the 2008 event, completing his Ironman Florida "hat trick". He said, "This is an extraordinary gesture on behalf of NA Sports and the Ironman athletes. I can speak firsthand of the warm reception we are given every year by the Panama City volunteer community. This Lion's Den Room is a great way to say 'thanks' for the other 364 days a year when we are not here."

Bay Medical is a 413-bed not-for-profit hospital that provided more than \$24 million in charity and other uncompensated care to the community in 2006. "The staff here at Bay Medical has enjoyed working with the Ironman each year," says Bay Medical CEO Steve Johnson. "We are honored and very grateful for this generous gift. This will help bring some comfort and joy into the lives of our pediatric patients, some of whom are facing very serious and frightening illnesses."



Morgan Stanley Exec Joins CiC Board

Pat LaFontaine announced that Jerome Wood, a managing director at Morgan Stanley in New York has agreed to join the Companions in Courage Foundation's Board of Directors. Wood previously served on the foundation's Board of Trustees.

LaFontaine said, "We are truly fortunate to be able to add someone of Jerry's character and conviction to our board. He has demonstrated time and again that helping those less fortunate is an important part of his life. The kids who utilize Lions Den rooms are the big winners today."

Wood is a Managing Director of Morgan Stanley and works with the firm's Management Committee on employee and client projects, focusing on firmwide recruiting, talent management, firm culture and leadership.



"No child in the fight for life or health should ever have to go through it alone."



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Bobby Orr Lights Up 5th CiC Golf Classic

One of the greatest players and most storied lines in the history of hockey led a stellar group of celebrities at the 5th Annual CiC Golf Classic in October. The great Bobby Orr generously donated his time and good spirit as he became a "companion in courage" at Deepdale Golf Club on Long Island.

Among a star-studded field of celebrities, the Bruins legend was joined by the Islanders' "Long Island Lighting Company" line of Bryan Trottier, Mike Bossy and Clark Gillies.

Through the generosity of corporate supporters including major sponsors Dunkin' Donuts and Merrill

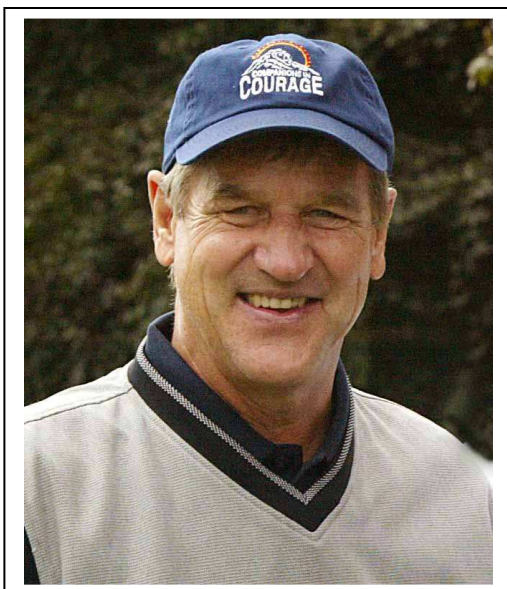
Lynch, the CiC Foundation raised more than \$170,000 during the day.

The field of celebrities also included ESPN's John Buccigross, 1980 Olympic goalie Jim Craig, former New England Patriot Cedric Jones, former member of the U.S. Women's gold-medal hockey team Sue Merz, Patrick Flatley, Rene Robert, Rick Martin, Bob Nystrom, Brian Propp, Ted Nolan, Steve Webb and Ed Westfall. They were joined by a group of current NHL stars including Marc Andre Bergeron, Darryl Bootland, Aaron Johnson and Chris Simon.

Morgan Stanley's Jerry Wood was the overall champ with a score of 69, followed closely by Westfall's 71 and Orr's 75. Jeff Rosser of Nuveen Investments won the Long Drive contest and Mark Donnelly of Creditex was Closet to the Pin.

The team captained by Rick Martin, that included Jeff Rosser, Tom Burt, Ted McDonough and Mike Sawyer took the low gross team honors with a score of 61.

LaFontaine said, "Today was a special day on two fronts. It was great to bring the leaders in business together in a relaxing atmosphere with some of the premier athletes in sports. But most importantly, we were able to raise money to continue putting smiles on sick kid's faces."



Hockey legend Bobby Orr greeted fans and awed Hall-of-Famers at the 5th Annual CiC Golf Classic.



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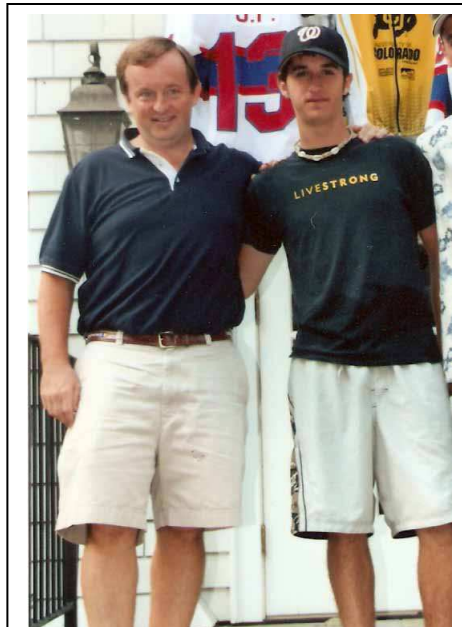
Companions in Courage:

Father-Son Bike 1,000+ Miles for CiC Kids

High School student Kent Gillin of Long Island, NY spent most of August doing something that most teenagers would never even dream of. He pedaled his bicycle from Vancouver, BC to San Francisco, CA. The trek began on August 5th and covered more than 1,045 miles. Along the way, the teenager helped raise more than \$32,000 for the CiC Foundation.

Gillin was born with multiple health challenges and his parents were told that he would probably never be able to walk. But thanks to the extraordinary efforts of some dedicated teachers and therapists, Kent began walking at age 3-1/2 and he hasn't stopped since.

In an effort to "pay forward" the kindness shown him, Kent sought to raise awareness for the CiC Foundation. A daily blog of his trip is available on the foundation's website. "The K-Man is a special kid who has his priorities in the right



Paul & Kent Gillin

place," said LaFontaine. "I'm so proud to call him a companion in courage."

Gillin averaged more than 60 miles per day and he crossed the Golden Gate Bridge on Thursday, August 23rd. He was joined on the ride by his dad, Paul, who said, "I got to spend three weeks with my

son, which is a gift few receive."

The Gillins experienced some wonderful memories through the Pacific Northwest. They rode through deserted mining towns, sprinted past quaint steam engine trains and pedaled through majestic 1,500-year-old Redwood trees.

They shared the road with logging trucks that jettisoned pieces of bark at 65 mph and learned that if you see an RV with a "Rent Me" sign on the side, you give it a wide berth.

They negotiated coves and switchbacks along the coast and relished the sounds of seals barking as they rode through Sonoma. They suffered just 4 flats and 2 slipped chains in over 1,000 miles. Paul said, "(the donations made by family and friends were) a very powerful source of motivation and encouragement. Thank you!"

In recognition of the trek their local town board provided them with proclamations and they were recognized at the 5th Annual CiC Golf Classic as "Companions of the Year".

Season's Greetings to all our "companions in courage" who put smiles on the faces of sick kids in hospitals. May you and your family be blessed with the joy of this holiday season.

Paul LaFontaine

