HELLO TO OUR HEROES

John St. Clair visited Allendale Association in Lake Villa on Tuesday, January 10 and Terrence Metcalf appeared at Oak Terrace School in Highwood on Tuesday, February 21 in support of the Bears “Hello to Our Heroes” program. John and Terrence helped students write letters to men and women of the military who are currently serving overseas. Students at Oak Terrace School took a special interest in the project since their school is located near Fort Sheridan military base, and many of them have parents who are stationed outside of the United States. All the kids wished the soldiers a safe return home and thanked them for their dedication and bravery. As part of the “Hello to Our Heroes” program, which is sponsored by Staples, a Bears player visits a different school once a month during the school year to help students write letters to the military. The letters are then distributed by the USO to troops serving overseas. Staples provides letter writing kits to the students, as well as to the service men and women who receive the students’ letters. For more information about the “Hello to Our Heroes” program, call (847) 739-5308.

March 2006

TOUCHDOWNS AROUND TOWN

The Chicago Bears 2006 Report to the Community will be available soon! This publication will highlight the wonderful events and activities that our players, coaches, and staff supported over the past year to help make a difference in communities throughout Chicagoland. If you are interested in receiving a copy of this publication, titled “Touchdowns Around Town,” please contact Kate Rackow at (847) 739-5343 or KateR@bears.nfl.com.
MANY THANKS!!!

When Jerry Azumah purchased and donated a block of season tickets to Chicago Youth Centers through the Bears “Home Team Hand-Off” ticket donation program in 2005, he did so without fanfare and without wanting or expecting anything in return. The 66 children who had the opportunity to use those tickets, however, had something a little different in mind. On Tuesday, January 17, Jerry was invited to visit the CYC - Elliot Donnelley Center so the kids could thank their hero in person. When Jerry arrived, he was greeted with a huge round of applause and lots of hugs. He was also presented with a giant handmade “Thank You” card and banner, along with some other gifts the children and staff had prepared. For most of the kids, who belong to Chicago Youth Centers all over the city, Jerry’s donation made it possible for them to attend their first professional sporting event. And it was an experience they will always remember!

GET READY FOR SOME FOOTBALL!

Chicago Bears Youth Football Camps are the official youth camps of the Chicago Bears. These week-long, non-contact day camps teach athletic skills, football skills, and life skills…and are a blast for all kids, ages 6 to 14 years old. Participants learn to run, throw, catch, defend, form block, form tackle, and explode out of a stance with proper technique and improved speed. The camps are station based, so kids have multiple chances to practice each skill – and practice and repetition are the keys to improvement. With patience and encouragement, kids gain confidence…and that's what it’s all about. Bears Youth Football Camps are led by professional educators with high school, college or professional coaching experience. Bears Camp Heroes – men who proudly wore the Bear uniform – provide supporting instruction. Chicago Bears Youth Football Camps will take place in 22 communities in Northern Illinois this summer, and door-to-door bus transportation is available. Be part of our program! Call (312) 226-7776 for more information or visit www.ProSportsExperience.com/Bears for a complete listing of 2006 locations and dates of Chicago Bears Youth Football Camps. Sign up now!!!

DON’T FORGET!!!

During the off-season, “It Bears Mentioning” will be published bi-monthly instead of monthly. If you would like to be added to our distribution list, please contact Kate Rackow at (847) 739-5343 or KateR@bears.nfl.com.
YOUR HELP IS NEEDED!!!

A Safe Place, a temporary shelter for victims of domestic violence or abuse, is opening its doors to a new Transitional Living program in Zion, IL for battered women and their children. A Safe Place is asking for the community’s help in furnishing the 20 brand new one-, two-, and three bedroom apartments that will eventually house up to 49 people. Donations of furniture for living rooms and bedrooms, as well as basic living necessities, including bed and bath linens, small kitchen and personal appliances, kitchen cookware and serving items, shower curtains, cleaning supplies, vacuums, clocks, mirrors and other decorations are all needed. Donated items may be new or gently used. If you are interested in supporting this endeavor or to see a complete list of needed items, please visit [www.asafeplaceforhelp.org](http://www.asafeplaceforhelp.org) or call Davina Martin, Associate Development Director, at (847) 731-7165 ext. 108. A Safe Place assists over 3,300 area residents annually through their scope of services which include a temporary shelter and counseling and advocacy programs.

BEAR HUGS

Bears mascot **Staley** visited the University of Chicago Comer Children’s Hospital on Wednesday, February 22 where he visited with young patients and participated in Comer’s One Year Anniversary “All-Star” Celebration. Staley joined players and mascots from other Chicago sports teams, including the Blackhawks, Bulls, Rush, and Fire, during a press conference marking the occasion, and then visited patients in their rooms at the hospital. The visit also marked the anniversary of the “Bear Hugs” program, which began in March 2005. As part of this program, Staley visits a different Chicago area hospital each month to help brighten the spirits of sick children. Staley’s March visits in support of “Bear Hugs” include Shriners Hospital and Lutheran General Hospital.

COMMUNITY CALENDAR

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>March 1, 2006</td>
<td>Bear Hugs at Shriners Hospital</td>
</tr>
<tr>
<td>March 3-5, 2006</td>
<td>9th Annual Chicago Bears Fan Convention</td>
</tr>
<tr>
<td>March 5, 2006</td>
<td>“Care to Cure: A Sunday Brunch” to benefit the American Diabetes Association</td>
</tr>
<tr>
<td>March 8, 2006</td>
<td>Bear Hugs at Lutheran General Hospital</td>
</tr>
<tr>
<td>March 25, 2006</td>
<td>Punt, Pass, and Kick Fundraiser benefiting the Prader-Willi Syndrome Association at the Walter Payton Center</td>
</tr>
<tr>
<td>April 22, 2006</td>
<td>“Tales to Tackle” Winners Event at the Walter Payton Center</td>
</tr>
<tr>
<td>May 5, 2006</td>
<td>11th Annual Bears Care Gala at the Cadillac Club at Soldier Field</td>
</tr>
<tr>
<td>May 20, 2006</td>
<td>NFL/NFF Coaching Academy at the Walter Payton Center</td>
</tr>
</tbody>
</table>
HAPPY BIRTHDAY TO YOU

Fred Miller.....February 6, 1973
Brad Maynard.....February 9, 1974
Mike Brown.....February 13, 1978
Ruben Brown.....February 13, 1972
Charles Tillman.....February 23, 1981
Roberto Garza.....March 26, 1979

CARE TO CURE

Lovie and MaryAnne Smith served as honorary hosts at the American Diabetes Association’s “Care to Cure” Sunday brunch on March 5, 2006 at the Cadillac Club at Soldier Field. Roberto Garza also attended the event. Proceeds from the Brunch will benefit ADA programs, research and advocacy efforts, with special emphasis on the Camping Program for children with diabetes.

COACHING THE COACHES

The Chicago Bears, the National Football League, and the National Football Foundation have embarked on an exciting program aimed at elevating the quality of coaching at the youth and high school levels. On Saturday, May 20 the Chicago Bears will host a hands-on Coaching Academy at the Bears training facility in Lake Forest. The one-day clinic, which will include participation by 2005 NFL Coach of the Year Lovie Smith and his staff, will cover topics such as coaching philosophy; player communication and feedback; on-field skills, strategy and drills; program management; health, safety and nutrition; risk management; and life skills. The Coaching Academy is open to youth league, middle school, and high school football coaches. Registration will close on March 31, 2006 and space is limited, so sign up now! Cost for participants is $35.00, with proceeds going to National Football Foundation college scholarship fund. Each attendee will receive a “Coach’s Playbook” prepared by the NFL; an interactive CD-ROM; Coaching Academy t-shirt; meals; and an official certificate verifying completion of the program. For more information or to receive a registration form, call Mike Gross (224-629-0590) or Scot Brockner (708-334-2030) with the National Football Foundation or send an email to: sefootball@aol.com.

CONTACT THE CHICAGO BEARS COMMUNITY RELATIONS DEPARTMENT AT (847) 295-6600

2005 NFL Coach of the Year, Lovie Smith

Thump Belton and Willie Amos read to children during a January visit to Chicago Youth Centers.

Staley posed with players and mascots from other Chicago sports teams during a visit to Comer Children’s Hospital.