

In this Issue

**ANNOUNCEMENTS,
PRAYERS AND PRAISES
IN F3 CAPE FEAR**



**STINGRAY TO THE
SEA CSAUP
\$560 FUNDRAISER**



**EDEN VILLAGE
UPDATE
PLANT.GROW.SERVE.**



**HABITAT FOR
HUMANITY
BUILD OUR FUTURE**

IN CADENCE

THE F3 CAPE FEAR FOUNDATION QUARTERLY NEWSLETTER



Stingray to the Sea Paves the Way

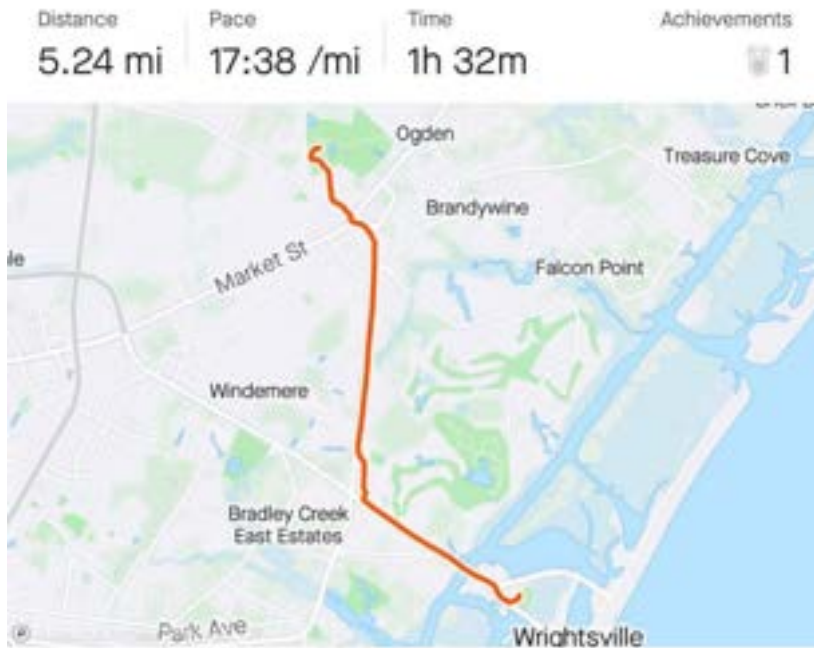
The Stingray PAX of Ogden Park and Porters Neck AOs spearheaded a CSAUP ruck from land to ocean, raising funds for the F3 Cape Fear Foundation

Initiated and led by Under Siege (above, right), eight ruckers and ten runners took to the streets on June 18th. Through their contributions by their supporters, **PAX raised \$560 targeted for the 2023 Scholarship.**



All participants stepped off from Ogden Park at 5:00AM and ran/rucked a direct 5-mile route to Wrightsville Beach State Park just in time for a bootcamp on the beach at Baywatch. Following the workout, everyone regrouped and ran/rucked the 5-mile route back, returning around 10AM.

Those who participated or donated received an event patch!



Just 4 Kicks! World Cup Fundraiser

Monday November 21 through Tuesday December 16

All PAX are encouraged to participate in the “**F3 World Cup Challenge**”, aligning with the FIFA 2022 World Cup in Qatar.

- 2-Man teams (no soccer skills required)
- \$20 suggested minimum donation to F3CFF per Team



**FIFA WORLD CUP
Qatar 2022**

Concludes with 50/50 - 50% to the winning team, 50% towards the F3 Cape Fear Foundation 2023 Scholarship fund. Teams compete with points awarded for Posting at AO's and EC's.

Nov 5 > Dec 3: Knockout stages
Dec 5 > Dec 10: Top 8 Head-to-

*Are You an
Ironman?
Volunteer and
raise funds for
F3CFF!*

Volunteer Saturday, October 15th at the Half Ironman competition, beginning at Wrightsville Beach.

We have been assigned a portion of the tasks, namely helping with the “Transition 1 Bags Transfer” from Wrightsville Beach to Downtown from 8AM-12PM.

From there, the bags will be unloaded by F3 PAX and sorted by FiA Volunteers.

If we get 30 volunteers, F3 will receive a donation for the F3 Cape Fear Foundation.

Click [HERE](#) to register and choose the “Transition 1” project and use “F3” code



Stairways to Heaven

On Saturday September 17th from 9 am to 1 pm, PAX volunteers and their families gathered for an extensive work day at the Eden Village construction site at 1302 Korngay Ave.

Thomas Construction led construction teams, where volunteers installed stairs and ramps on the first 11 homes. PAX also spent time writing scripture on the community center wall studs.

Previously, F3CapeFear raised \$40,000 to sponsor a home in Eden Village, <https://edenvillagewilmington.org> - a 31-unit tiny home community in development for the chronically homeless to get people off the streets and into a secure, self-sustaining environment.

We have identified the veteran who will be living in our house, who found us through Vigilant Hope and our own Drip. The plan is for F3 Cape Fear to walk alongside him in his journey and have him join us in fitness, fellowship and faith.

Look out for a future opportunity to have an impact and #giveitaway.



“Thanks LETC for the Q at The Combine and then inviting PAX to ‘Live 3rd’ with serving at Eden Village. Great mission that invigorates purpose for #AllMen.”

- Kramer



A Thriving Habitat

PAX and their family members are encouraged do volunteer in F3 Cape Fear’s partnership with Habitat for Humanity.

Service time is usually held on the 3rd Saturday of each month from 7:45AM to 2:00PM, with the next day identified as October 16th (The Location and Plan is *to be announced*)

For more information, reach out to **10 Count** on F3 Cape Fear Slack.



Need Funds for your qualifying Project?

If you have a grant request that meets the requirements for the foundation, drop us an email at f3capefearfoundation@gmail.com to get started.

- Money from the foundation has been used for:
- Rebuilding storm-damaged homes and churches
- Local Cape Fear food bank support
- Feeding New Hanover County at-risk children
- Local Cape Fear diaper bank
- International Justice Mission work to rescue and rehabilitate modern-day slaves
- College scholarships for students who are contributing to their community
- Eden Village project to house homeless men and women in Wilmington, NC

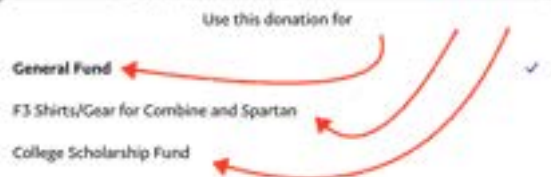
Whether you join us for a workout in the gloom, volunteer with us, or donate money to our efforts, we appreciate your contribution to the forward acceleration of our community.

Want to donate NOW to the F3CFF?

It’s easy! Just go to F3CapeFear.com and click “Donate” at the top of the page.

Your can select where your donation goes:

- General Fund
- F3 Gear for Combine and Spartan
- College Scholarship Fund



Your F3 Cape Fear Foundation Board

Donut - President and Chairman of the Board

Kramer - Secretary

Bogey - Treasurer

EPO - Board Member

10 Count - Board Member

Gump - Board Member

Beauty - Board Member

Napa - Board Member

Sock Puppet - Board Member

Snooki - Board Member

Special thanks to past officers, board members, and professional advisors: LETC (Secretary), Dino (Treasurer), Trump, Venus, Bob the Builder, Ugly Stick, Epo, Flounder (Bank Finance), Morpheus (Legal)



The F3 Cape Fear Foundation Mission

The F3 Cape Fear Foundation is a local 501(c)(3) not-for-profit organization which exists to strengthen male community leadership and provide charitable outreach to our local community. We understand everyone to be moving; we hope to accelerate those around us to move

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[“F3 Cape Fear Foundation”](#)

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In Cadence, the quarterly newsletter for the F3 Cape Fear Foundation is made possible by the charitable efforts of F3 Cape Fear PAX - but it doesn't write itself! If you would like to write an article, contribute pictures or provide feedback on this newsletter, email us at F3CapeFearFoundation@gmail.com. Strong work!