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UPDATE  
PLANT.GROW.SERVE.**



**CHRISTMAS PARTY  
FUN-RAISES!  
CHARITY OF THE PAX**

# IN CADENCE

THE F3 CAPE FEAR FOUNDATION QUARTERLY NEWSLETTER



**F3 World Cup** 

2-man Team Competition to benefit  
the F3 Cape Fear Foundation

\$20/team. 50% of total to Champion, other 50% toward F3CFF Scholarship

<p>Now - 11/21 - Register 11/21 - 12/3: Opening round 12/5 - 12/10: Head to Head 12/12 - 12/16: Final 4 12/17 - 2-team World Cup Final @ The Combine</p>	<p>Teams earn: 3pts / post 1pt / EC 1pt / addl \$10 donation 5pts @ November H4H volunteer</p>	<p>REGISTER: See #preblast</p> <p>DONATE: <a href="https://f3capefear.com/foundation.php">https://f3capefear.com/foundation.php</a></p>
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World Cup, huh? What? Watch FOX in Nov-Dec and cheer on the 🇺🇸 in Qatar 🇶🇦

## F3CFF the Ultimate Winner in World Cup

To coincide with the FIFA World Cup in QATAR, F3 Cape Fear held an epic CSAUP from November to December where 2-man teams competed for points and the ultimate bragging rights as F3 World Cup Champions. Points determined what teams moved on to knockout rounds, with the final held December 17 at The Combine. Initiated and led by Southie, PAX posted at multiple ECs, workouts, and 2nd/3rd-F events for points. Through entry fees and donations, **PAX raised \$1310 targeted for the 2023 Scholarship.**

Congrats to F3 World Cup Champions “Daddy Nurse”, aka DadBod and Flight Nurse!

# Countdown to a New President

## 10Count named President of F3CFF, succeeding Donut

Sean Dwyer, 46, 10 Count (pictured left) has succeeded Johnny Lancaster, 50, Donut (right) as President and Chairman of the Board of the F3 Cape Fear Foundation.



“(10 Count) is a HIM that will guide us well in our investment and servanthood values. T-claps to Donut for his commitment to service and leadership in this role for our Foundation. Let's continue to #GiveItAway in our mission to invigorate our community.”, announced by Secretary and current F3CF Nant’an Kramer.

Congratulations 10 Count and thank you Donut. Strong work!



Folklore will tell the story that the PAX who at the last piece of pizza at the November board meeting would be named President. We’ve got the proof, but can also assert that 10 Count wouldn’t let anyone else have it!

*26.2 not on your to-do list? Volunteer at the Wilmington Marathon and raise funds for F3CFF!*

Volunteer Saturday, February 25th at the 2023 Wilmington Marathon sponsored by Novant Health.

*“I would love to have a solid group that is over 21 and reliable to pump beer at the finish line”* writes Bridget Phillips, Volunteer Coordinator. She said PUMP BEER! :)

Volunteer donation will be based on the amount of volunteers provided.

Reach out to Spin Doctor (aka Pete Herrmann) on F3 Cape Fear Slack.

This is open to all PAX, Ms and 2.0s.





# Marching Onward Home

1302 Kornegay Ave. 2023 will be the year and March should be the month where a chronically-homeless United States military veteran calls a house in Eden Village home.

A tiny home, sponsored by \$43,000 of F3 Cape Fear Foundation donations recently had an official sign built by the Wilmington non-profit, Kids Making It.

Shelter and dignity are obvious wins, but plan for this home in Eden Village is to help him invigorate male community leadership.

Find out more about 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.



**“The plan is to help (the F3-sponsored resident) invigorate male community leadership. #OpenToAllMen.”**

**- letc**



## Coming Home

November 19th saw an incredible turnout today for F3CF's "Homecoming" at the Combine. PAX who posted brought underwear and deodorant for Vigilant Hope!

**The Cape Fear Foundation paid for \$300 worth of underwear and deodorant** and helped cover some of the cost of the coffee truck.

It was so great to see so many PAX return to the gloom this week, in an effort to reinforce the culture and influence of all 3 Fs of F3 Cape



## Merry Christmas to Us!

At the December 2022 F3CF Christmas Party, a 50/50 was held to benefit the F3 Cape Fear Foundation. F3 Cape Fear Foundation president 10 Count motivated PAX to donate to the 2023 Scholarship Fund through a 50/50 raffle, and after the winner **Steel Plates** confirmed by phone to "give it back", the total of \$725 was confirmed. Strong work, PAX!



# 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 February 18th (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](mailto: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

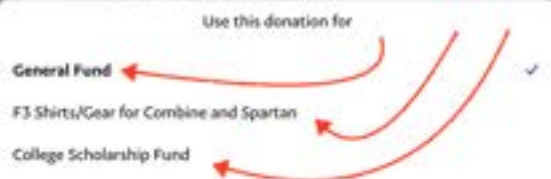
Whether you join us for a workout in the gloom, volunteer with us, or donate money to our efforts, we appreciate your contribution to the forward acceleration of our community.

## Want to donate NOW to the F3CFF?

It’s easy! Just go to [F3CapeFear.com](http://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

**10 Count** - 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: Donut, 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](mailto:F3CapeFearFoundation@gmail.com). Strong work!*