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PRAYERS AND
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FEAR**



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AWARD ANNOUNCED**
GIFT OF OVER \$3000



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UPDATE**
PLANT.GROW.SERVE.



F3CFF GOES SOCIAL
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IN CADENCE

THE F3 CAPE FEAR FOUNDATION QUARTERLY NEWSLETTER



F3CFF awards \$3216 HS Scholarship

Laney Allen, daughter of Heisenberg (Perry Allen) was awarded a check for \$3216 as the inaugural recipient of the F3 Cape Fear Foundation Scholarship. Laney, a 2022 graduate of New Hanover High School, will be attending NC State in the Fall. The foundations's board of directors served as judges, evaluating all applicants' essays on the prompt "*What does it mean to invigorate community leadership?*"



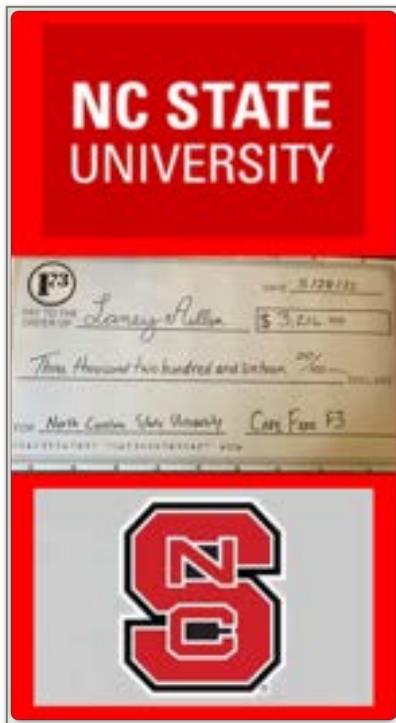
The process of funding next year's scholarship is already underway. 10 Count has completed an F3 Nation grant request for \$2,500, Under Seige has targeted the foundation as the recipient for funds for the June 18th CSAUP *Stingray to the Sea*, and the traditional 50/50 raffle at the F3CF Christmas party will be extended to all PAX in the weeks leading up to the party.

10 count is optimistic that the Scholarship award will grow from here, "my hope is that this next year we can get this scholarship close to \$6,000!"

Laney Allen was present during the circle of trust at May 28th's workout at The Combine, Q'd by 10 count, a current F3CFF Board Member.

A Founding Father's Legacy

On behalf of his family, Heisenberg told PAX on Slack "we are) so grateful that Laney received the inaugural F3 Cape Fear scholarship today! Words cannot describe the impact F3 and many of you men have had on my life since that 1st Saturday in June 2014 when an out of shape Perry Allen entered Long Leaf Park for a 60 minute beat down and left as a very sore and hooked Heisenberg! And now you have impacted my daughter's life as well. So many memories over the years and many more to come. I am blessed beyond measure! Who's motivated?!?!"



F3CFF Provides Construction Support to Puerto Rico Mission

Wrightsville Beach Baptist Church youth - via the organization Youth For Christ Puerto Rico - were provided with \$2500 for supplies on their April Mission Trip.

Funds provided by the foundation were used for spackling, refinishing and especially painting during their April 11-16 trip to Aguadilla (NW Coast), Puerto Rico with Nant'an Emiritus Beauty on-hand to lead.

Find out more about Youth For Christ Puerto Rico at www.youthforchristpr.org

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

It Takes a Village...

Pax, as many of you know F3CapeFear has partnered with Eden Village of Wilmington as they work to build a community for 31 chronically homeless folks in Wilmington. We were the very first sponsor of a tiny home, by raising \$40,000. We have also had several workdays there as we built a privacy fence, and did land clean up.

Today we have 7 of the 31 homes in place, and the rest are scheduled to roll in this year. Water and sewer are being installed. We have a community garden that is thriving. Soon, this village will come alive and have real impact. Stay tuned for more F3 workdays at EVOW in the near future.

But here is the best part. We have identified the veteran who will be living in our house. He found us through our pax @drip and Vigilant Hope. Our dream is to have 5-7 pax who walk along side Therm as he gets settled and established. We desire that he becomes part of our brotherhood. We plan to plant, grow, and serve with our new friends who may be experiencing hope and peace for the first time in a long time.

There will be opportunity for you to have impact and #giveitaway.

Always an honor and pleasure.

LET C out



*“Soon, this village
will come alive
and have real
impact.” - LETC*



<https://edenvillagewilmington.org>

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)



Sharing is Caring - Help Cast F3CFF's Nets

1. Do you like the foundation and want to follow us? Do it!

Each platform has the ability to like or follow and you'll receive updates on the activity that we communicate out. More importantly, though, someone viewing your HIM profile will see your support for the foundation and learn more about what we do.

2. Sharing is caring

We encourage your participation by commenting or liking the posts we publish on these platforms. As PAX, you are all "in the know" about who F3 is and what the foundation does, but Sad Clowns may not, so sharing our posts and events will go a long way to evangelizing the work that we do. When you comment or share, your followers will be informed about the great work that we're doing.

Twitter

@F3CFFoundation

LinkedIn - just search and find:

"F3 Cape Fear Foundation"

Facebook

@F3CapeFearFoundation

Instagram

@F3CapeFearFoundation

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!