

In this Issue

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



**2ND ANNUAL
SCHOLARSHIP
RAISE THE BAR**



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



**F3 LOGO MOVES
FORWARD
GETS A NEW LOOK**

IN CADENCE

THE F3 CAPE FEAR FOUNDATION QUARTERLY NEWSLETTER



A Sort of Homecoming at Eden Village

After years of attentive planning and hard work, Eden Village held its Grand Opening, a day for sponsors, residents, and the general public to celebrate another milestone in the journey to combat homelessness in Wilmington. Meet Therm (*Left Picture, 4th from left*), the resident of the F3 Cape Fear - sponsored home.

Earlier this Spring, F3 Cape Fear men and their families participated in the Community Work Day at Eden Village following our morning bootcamps and coffeeteria. Keith Miller (left). With plenty of tasks to attend to outside, all the volunteers were able to make many trips moving furniture, and valuable contributions to the homes' exteriors.

Miller speaks about how, through Therm, “we invigorate male community leadership in this new community. Shout out to Daniel Gregory (Atari) and his daughter as she built rocking chairs at the work day.”

Eden Village of Wilmington will be a 31-unit tiny home community specially designed to provide permanent homes for chronically homeless individuals including patients of the local hospital. Many patients of the medical center experience chronic illness, which are treatable but require consistent living circumstances to improve treatment results. Miller continues, “The time has come to start building a relationship with Therm”, a veteran who F3 Cape Fear Foundation raised over \$43,000 to provide a home. “At Eden village we are building home teams around all 31 new residents. The Home team role is to build relationships and community with each of these people. Each team member will be asked to spend one day/month with a resident for a workout, coffeeteria, or just sitting on the porch.”

Eden Village held its grand opening June 30th in a fun, activity-filled day for volunteers, sponsors, residents, and the public, where many F3 Cape Fear men and their families were in attendance.

Reverend, Councilman and F3 participant Clifford Barnett (Knee High 2) brought the house down as he sang the *Barney* Theme Song at the closing the ceremony. His prayer asked for a spiritual blanket of protection on our future residents and our volunteers as we take our next steps.



Family affair at the Grand Opening



Grand Opening celebration



Reverend, Councilman and F3 participant Clifford Barnett

Fundraising with a Hitch

Stuck in traffic? Give drivers an F3 Logo to look at.

In June, Mark Jabalay (SOL) spearheaded a fundraising raffle for some truck bling - an F3 Nation chrome trailer hitch.

Tickets were an easy \$1 entry, and close to \$200 was raised before the winner Chris Diehl (Hoveround) was announced. Paying it forward (besides not having a truck), he continued the raffle with a new goal. Can we hit \$300? \$400 \$500?

Enter via Venmo @f3capefear and put "trailer hitch" in the comments for the next drawing July 30th.



Tuesdays at The Spartan

Through the leadership of Rano Thomas Mathew (Niles), F3 Cape Fear is holding a weekly workout Tuesdays at *The Healing Place*.

The Healing Place is an effective long-term social model recovery program. The Healing Place model relies on the assistance and guidance of the thousands of alumni who are now living meaningful, productive, and sober lives.

F3 Cape Fear is also donating shirts and volunteering rides to the Saturday workouts at Wrightsville Beach.



A Home Run

With F3 Cape Fear, the winner (middle) of the Wilmington Sharks 50/50 gave back more of her winnings to the foundation. Read on for more

Beat The Heat, Forget the Sweat

So how can you support the F3 Cape Fear Foundation through the brutally hot summer months? The foundation has purchased five of those awesome F3 Nation canvas seat covers and made them available for raffle.

Anyone who contributes \$10 dollars gets their name in the pot to win one of these five available covers. Get your name in additional times for every \$10 dollars you give.

To enter, just Venmo @F3CapeFear and put in the subject line "Towel." The 5 winners will be drawn on the July 31st.

UPDATE: Half of what we earn will go directly to support F3 Cape Fear's November Growruck event *The 11th Hour* in November, which will include community service initiatives throughout.



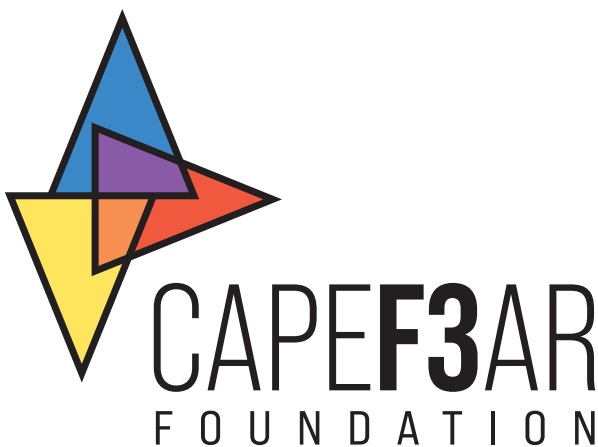
F3 ULTRASPORT SEATSHIELD - BLACK

\$40.00

A Sign of Things to Come

F3 Cape Fear participant David Southerland, a graphic designer by trade, volunteered his time and expertise to create an inspired new logo for the F3 Cape Fear Foundation.

Southerland explains how he incorporated F3's "Fitness, Fellowship and Faith" into the design. "The three pillars of the logo are directionals, that point to opportunities in all directions except backwards. As the pillars overlap they create the five core principles (*free, open to all men, held outdoors, peer-led, Circle of Trust*) that define us. The full color version represents us emerging from the gloom as a multi-faceted group of leaders ready for any challenge."



Scholarship Awarded

This Spring, The 2023 F3 Cape Fear Foundation scholarship was presented to Emily Solana (now Mad Hatter) at downtown's Saturday workouts, The Combine.

The F3 Cape Fear Foundation Scholarship is awarded each year to the child of an F3 Cape Fear family who is attending their first year in higher education.

Emily is the daughter of F3 Cape Fear's Steven Solana (Bambi). Setting herself above the other candidates and applications, her submitted essay discussed those things in her life that motivate her on a daily basis.

F3-organized fundraisers from 2022-2023 - including the F3 World Cup Competition which raised nearly \$1300 - contributed to this year's scholarship award.

Emily earned a \$4,000 scholarship which will be applied to her tuition at North Carolina State University where she will be pursuing a degree in electrical engineering!

Congratulations Emily!



F3CF and FiA Join Forces in the Shark Tank

F3 Cape Fear and FiA Cape Fear go together like Summer and Baseball, and the two local groups worked together to sponsor a night at Wilmington Sharks minor league baseball Saturday June 17th.

Over 100 tickets were sold between the two groups, and the night with a tailgate spearheaded by season-ticket holder (and player host) Brian Schafer (Crockett) and Dale Autry (R-X).

The huge crowd made fundraising for the 50/50 easy, and the winner returned most of her winnings after hearing about all our organizations do for the community.

Both F3 Cape Fear Foundation and FiA Cape Fear netted \$513 each from ticket sales, donations and 50/50 earnings.



Brandon Adams (Kramer) and Dylan Autry (R-2) selling 50/50 tickets (above). Below, F3 Cape Fear and FiA Cape Fear Group Pic



McFly-ing High on Wings

Marty Longbottom (McFly) is bibbing up next month for the F3 Cape Fear/ SENC AINSLEY'S ANGELS WINGATHON at the Porters Neck Buffalo Wild Wings location. This event will raise money to purchase an Axiom Racing Chair to be donated to SENC AINSLEY'S ANGELS, which will be used for endurance events in Southeast NC.

McFly explains, "I'm raising money to benefit F3 Cape Fear Foundation, Ainsley's Angels Chariots Powered by F3CF II and any donation will help make an impact. The F3 Wing-A-Thon will allow participants to collect \$1 \$2 \$3 or more for each wing they eat.

The Wing-A-Thon will take place at the Buffalo Wild Wings location in Porters Neck, Wilmington, NC Saturday July 29 from 2 to 6pm.



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

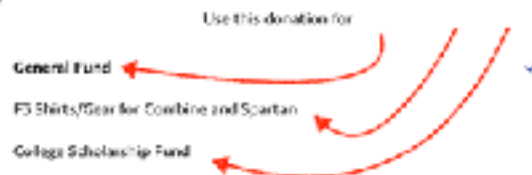
Whether you join us for a workout in the gloom, volunteer with us, or donate money to our efforts, we appreciate your contribution to the forward acceleration of our community.

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

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 FORWARD!

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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!