

May 2021

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The mission of F3 Pittsburgh is to **plant, grow, and serve** small workout groups for men for the **invigoration of male community leadership.**

We leave no man behind, but leave no man where we found him.

Questions?

Contact Bieber

F3 Pittsburgh PAX Blast

May 2021 Edition

Welcome to the F3 Pittsburgh monthly newsletter: The PAX Blast. Here you'll find important updates about the Pittsburgh region, details of upcoming events for all F's, a peek into the past month's PAX statistics, a look into the lives of some of the PAX, and finally some Thoughts and Prayers (TAPS).



Check out other details of the region and get connected on our website: www.f3pittsburgh.com.

Contact Bieber with any issues, questions, or ideas for next month's issue!



April's winner for Picture of the Month. Looking good, Belding and LBT!

News of the Region

Four Year Anniversary Convergence

F3 Pittsburgh celebrated four years of Fitness, Fellowship and Faith with a convergence held at Pine Community Park on April 24, 2021. The event was Co-Led by 7 PAX from the region and attended by 44 HIM from across F3 and beyond. We had one downrange PAX, one PAX who recently moved to the region, and four FNG's! After the beatdown, several PAX participated in the Adopt-a-Highway cleanup of Pearce Mill Road.



Passport Challenge

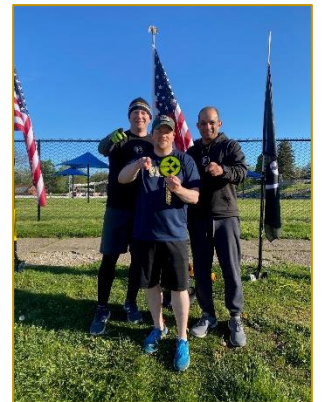
A new monthly challenge was also started in April called the "Passport" challenge. The goal is to visit each AO in F3 Pittsburgh/Grove City within the calendar month. We had two HIM complete this challenge in April. Please congratulate LBT and Abacus on a fantastic accomplishment.

April Postmaster

This month's Postmaster award was a three headed monster. We had a tie between Vowels, Kato, and Abacus who each posted 25 times this past month. No easy task and one that should be acknowledged. Congrats to the Postmasters for April.



Passport Challenge winners LBT and Abacus



Postmaster Challenge winners Bowels, Abacus, and Kato

Upcoming Events

• May 23, 2021 11:30am – 12:00pm: F3 Dads

Where: North Park Meadow. Park at the 7-11 on wildwood Road in Gibsonia.

Who: F3 Dads with 2.0s who want to exercise and enjoy some ice cream afterwards.

Why: They won't be little forever. We should enjoy our children through fellowship with our brothers.

What: Family style beatdown with the 2.0s. All 2.0's welcome. Kool Cones of North Park and fellowship afterwards

• June 7, 2021 05:05am: Mini Convergence @ The Playground

Where: Ross Municipal Center: 1000 Ross Municipal Dr, Pittsburgh PA 15237

What: A mini convergence for the Monday morning PAX. All other Monday morning AO's will be closed. Stay tuned for additional details.

• June 19, 2021 9:00am – 12:00pm: Urban Impact Service Project

Where: 600 E North Ave Pittsburgh PA 15212

Who: all F3 PGH HIM (prefer 5-12 or more)

Why: Support in prep for the Urban Impact Foundation summer performance

What: Painting, ripping up carpet, construction, wall patching, careful demo work, etc.

Reach out to Tool Time for more information. We will put together a roster of HC's in early June

Meet the PAX

Meet the new F3 Pittsburgh Leadership Team:

Nantan: Maxime – Kyle Borden

Maxime joined F3 on May 14, 2020. He was EH'd by Zorn who after several attempts to keep him away, allowed him to join F3 during the pandemic via zoom. Max is 34 years old and has been married to his wife Brittany since 2012. They have one daughter, Emilia, who is 6 years old.

Max is a Senior Compliance Lead for CNX Resources Corporation out of Canonsburg, Pa. He has been with CNX for 7 years and moved to the Pittsburgh area (Donora) in July of 2017. Max enjoys exercising, hunting, hiking with his daughter, and watching the Philadelphia Eagles.



F's Q: Belding – Chris Richards

Belding was at a Breast cancer 5K in Columbia, SC supporting his mom, breast cancer survivor, and a rambunctious group of idiots were raising a ruckus with pink shirts with an emblazoned F3. Curiosity killed the cat, so Belding meandered home, fired up the AOL dial-up, and put F3 in the google machine...everything changed.

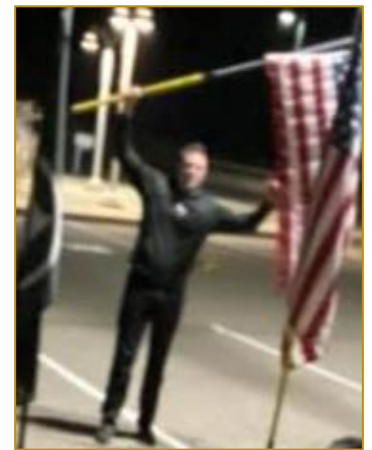
Belding joined F3 through the F3 Columbia, SC region on June 15, 2013. Belding and his M, Rachel, and 2.0s Tinley (8) and Edie (6) moved to the 'burgh in May of 2020 because every sane career-changing pastor starts a church (Steel City Church) in the midst of a global pandemic. As a 14 year educator and now a pastor, Belding is content to stargaze and discuss feelings with the PAX of F3 Pittsburgh any day...any time. Serving as your FsQ (no...FQ), Belding is running on the Libetarian/Green Party Ticket with the platform of eradicating Burpees.



Weasel Shaker: Uncle Rico – Brad Dvorsky

Uncle Rico, formerly known as Paw Patrol during the COVID virtual days, has been a member of F3 Pittsburgh since February 2020 and named Uncle Rico in June 2020. Uncle Rico has a wife, Rachel, of 11 years and four children 2 boys and 2 girls. He is employed by MSA Safety as a Software Team Lead and still enjoys playing sports of all types, especially golf. When not golfing, creating things through software and playing around with hobby electronics kits occupies his hobby time.

Uncle Rico is jumping onboard symbiotically with the PAXminer as the Weasel Shaker. The key to success for stat transparency is the Q's creating the backblasts, so Uncle Rico will gently encourage the Q's to enter the back blasts in a timely manner.



Comz Q: Bieber – Eric Stauffer

Bieber has been a member of F3 Pittsburgh since the summer of 2017, having been EH'd by FIAB and attended his first beatdown in an attempt to get him to shut up about this F3 thing. That worked out well.

Bieber is employed as an actuary for Highmark Health in Pittsburgh, has been married to his lovely wife, Millie, for 2 and a half years, and enjoys video gaming, running, and reading in his free time.

As Comz Q, Bieber hopes to get the PAX of F3 Pittsburgh connected with one another and plugged into the community in new and exciting ways!



Meet the PAX

FNG Corner

Welcome to these newest members of F3 Pittsburgh! We're glad to have you with us and look forward to seeing you at the next beatdown.

Sticky

First Post: 4/27/2021

AO: The Pit

Adam McDowell, 32, Comet

First Post: 4/20/2021

AO: The Pit

A-Sop

First Post: 4/10/2021

AO: Moon Rising

Fake News

First post: 5/4/21

AO: The Pit



Comet's first post at The Pit on 4/20/2021

Manniversaries and Birthdays

Manniversaries:

Maxime

May 14th

Birthdays:

Abacus, 35

April 2, 1986

Vowels, 42

April 3, 1979

Puppy Chow, 63

April 8, 1958

Vanilla, 36

May 9, 1985

Tapout, 49

May 24, 1972



Puppy Chow's birthday celebration at Canada - 4/8/2021

Have an upcoming Manniversary or birthday? Let Bieber know to be included in the next issue!

2nd F (Fellowship) Spotlight

After the beatdown at the convergence on April 24, 2021, over a dozen PAX got together to clean up nearly 4 miles of Pearce Mill Road as part of F3's Pittsburgh's adopt-a-highway initiative. Over 30 bags of trash, debris, and other items were gathered and piled for proper disposal, improving the neighborhood in which Canada AO calls home.



3rd F (Faith) Spotlight

In case you haven't heard, our very own F's Q, Belding, is also the pastor of Steel City Church, a newer church to the Pittsburgh area located near the Greenfield area. Per the neat heading on the website, "Steel City Church exists to help people learn and live the ways of Jesus". I don't know about you, but that sounds pretty sweet to me. Belding himself will be leading the message **on 5/16 at 10:45 am**, so absolutely go check that out if you're looking for something to do that Sunday morning. Word on the street is he'll be rocking a fresh pair of Kennywood pants as a sermon illustration.

Steel City Church
290 Bigelow St. Pittsburgh, PA 15207
www.thesteelcitychurch.com



TAPS (Thoughts and Prayers)

Below is a current list of thoughts and prayers for the PAX of F3 Pittsburgh and beyond:

- Chloe
- Quip's Mom
- Runner Up's move
- Leonardo's father-in-law
- Gemini's Family – Update: they are doing much better
- What's Up Doc's Dad
- LBT's wife
- Maxime family
- Shrump family

Have a Thought or Prayer that isn't on the above list? Let Bieber know and we'll be sure to add it to the next issue.



Max's Q at Canada on 4/29/2021

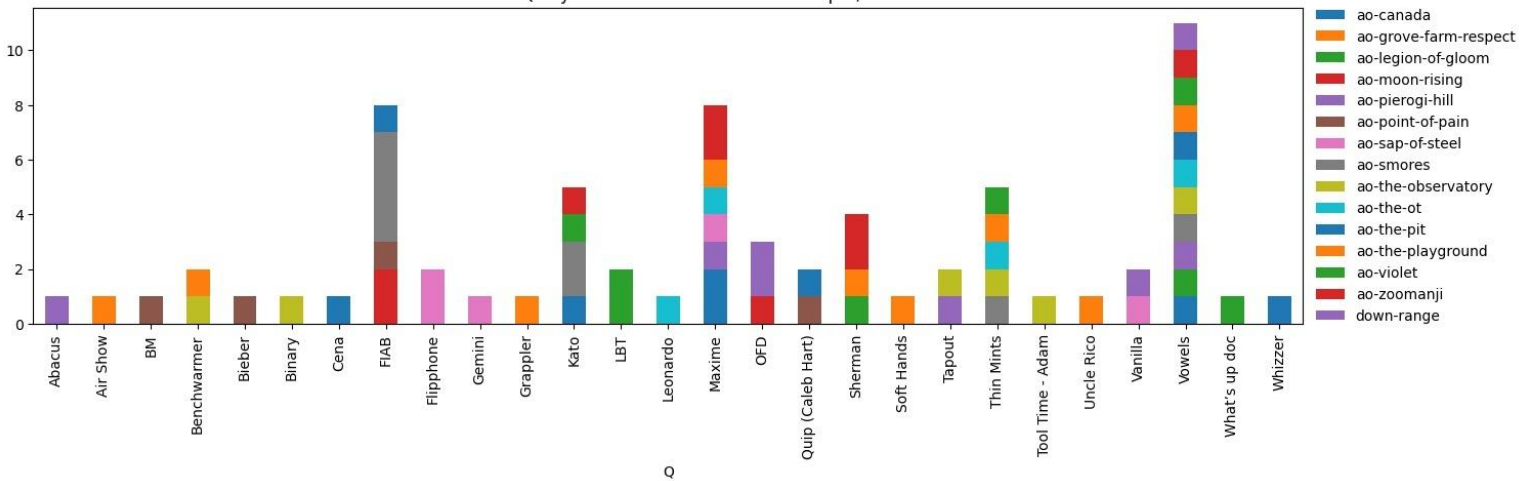


Max's Q at SAP on 4/29/2021. Anyone ever hear of a double post before?

Stats Snapshot

The charts you see here are typical things that we will be reporting on, just so the PAX have an idea as to what things look like on a monthly basis. A lot of times when you are heads down in the day to day, you don't get that 10000 ft view of what is actually happening within the group. This is an effort to easily provide that view. We will post the charts here in the newsletter, they will be posted to the website, and also posted to the appropriate Slack channels.

Number of Qs by individual across all AOs for April, 2021



This region is ON FIRE!

AO	TotalPax	TotalUniquePax	BDS	AvgAttendance	TotalFNGs	Month	Year
0 ao-the-playground	99	31	8	12.4	0	April	2021
1 ao-pierogi-hill	36	16	3	12.0	0	April	2021
2 ao-canada	52	19	5	10.4	0	April	2021
3 down-range	41	9	4	10.3	0	April	2021
4 ao-the-observatory	54	21	6	9.0	None	April	2021
5 ao-moon-rising	16	6	2	8.0	0	April	2021
6 ao-legion-of-gloom	22	10	3	7.3	0	April	2021
7 ao-grove-farm-respect	7	5	1	7.0	None	April	2021
8 ao-the-ot	27	14	4	6.8	0	April	2021
9 ao-point-of-pain	25	15	4	6.3	0	April	2021
10 ao-sap-of-steel	29	11	5	5.8	0	April	2021
11 ao-the-pit	22	13	4	5.5	0	April	2021
12 ao-zoomanji	38	10	7	5.4	0	April	2021
13 ao-smores	31	10	8	3.9	0	April	2021
14 ao-violet	17	8	5	3.4	0	April	2021

Monthly Leaderboard - April, 2021

