

# June 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

## June 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](http://www.f3pittsburgh.com).

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



*5/31/2021 Murph honoring Lt. Michael Murphy and all those who have lost their lives serving our country*

## News of the Region

**Passport Challenge Winner: Kato**

**May Postmasters: Kato and Maxime**

**V-Q's: Ziggy, Double Dutch, Comet**



*Maxime showing off his squats on 5/8/21*



*Kato posting at the Grove Farm Respect AO 5/19/21*

## From the Desk of the Nantan...

It is imperative that every PAX in F3 nation remember why we are a part of F3. Each of us in F3 are responsible for carrying out the mission. **The mission is to plant, grow, and serve small workout groups for men for the invigoration of male community leadership.** F3 is not just a free workout group, not just a group for guys to hang out and volunteer, this group exists to invigorate and develop male community leadership. Everything we do in F3 has to have the mission in mind.

Every PAX in the region has the responsibility to every person in the gloom to step up and become the next leaders. The Leadership team needs to invigorate the Site Q's, the Site Q's need to invigorate and develop the next leaders from the PAX, and the PAX need to find the strength and courage within themselves to take on a leadership role. This starts with leading a beatdown and developing confidence within themselves for the betterment of the region.



*Zoomanji, 5/13/21*

Being a leader is not always being right or always making the right decisions, it's having the courage to try and fail, to continue to develop, its being vulnerable and honest, and its showing that you care. You care about the mission, you care about the region, you care about the man to your left and right after a hard beatdown. Let's keep the mission in mind in everything we do and continue to grow this strong region as leaders.

## Upcoming Events

- **Now – June 19: F3 Food Drive**

**Who:** Everyone, even those outside of F3

**What:** Vowels is organizing a food drive to support the North Hills foodbank

**Where:** see <http://northhillsfoodbank.org/donations/> for needed items and other information

**Why:** To support those in need in our communities

- **June 7 – June 13, 05:15am: Run for the Rec**

**Who:** Everyone, even those outside of F3

**What:** A \$15 5k that supports McKnight Village. All other Monday morning AO's will be closed. Runners, walkers, and ruckers welcome. IF unable to post on the 7<sup>th</sup>, you can participate OYO throughout the week.

**Where:** McKnight Village Field: 00 Henderson Road, Pittsburgh PA 15237

<https://mcknightvillage.org/2021/05/14/9th-annual-run-for-the-rec/>

**Why:** to see just how fast you can run/ruck a 5k, and support the community of course

- **June 13, 11:30am – 12:00pm: F3 Dads**

**Who:** You and your 2.0's

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

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

**Why:** Introduce your 2.0's to the bozos you spend your early morning hours with and burn some energy

- **June 19, 9:00am – 12:00pm: Urban Impact Service Project**

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

**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.

**Where:** 600 E North Ave Pittsburgh PA 15212

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

- **June 25-26, 7:00pm – 12:30pm: Keystone Convergence**

**Who:** All F3 Pennsylvania PAX

**What:** PA statewide convergence

**Where:** City Island, Harrisburg PA

**Why:** Because F3 doesn't just exist in Pittsburgh. See [www.keystoneconvergence](http://www.keystoneconvergence) for details.

- **June 26, 9:00am – 12:00pm: Asservo Project: Run to the Rescue**

**Who:** Any and all that are interested

**What:** Charity 5k and 1 mile fun run/walk to support the Asservo Project

**Where:** Brush Creek Park, PA-588, Beaver Falls, PA 15010

**Why:** Because slavery should not exist. <https://www.theasservoproject.org/> and <https://runsignup.com/Race/PA/BeaverFalls/Asservo5k?remMeAttempt=>

## Meet the PAX

### Michael Munson, 56, BAM!

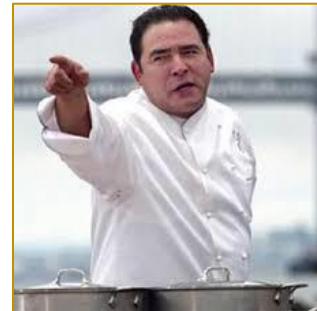


As 2021 started, BAM was sick and tired of the extra weight that he'd been carrying around for years and vowed to break the Pogo40 cycle (even before he knew what that term meant). Walking with his neighbor Daily Show since January 2021, their 4-mile daily trek includes some killer hills and lots of man conversation about the life of modern day Dads. With a focus on diet and walking, the pounds were coming off – but looming in the background was the rebound...it always happened.

Daily Show and BAM were EH'd by Kato and Vowels (they'll both claim full credit) while walking past the PAX at Pierogi Hill – the two posted for the first time on March 20<sup>th</sup> and have been regulars at Pierogi Hill ever since. After reading Freed to Lead, it all made sense to BAM – there is something to F3, something that's life changing. To avoid the rebound, BAM has slowly added

additional posts each week – now up to 3x rucks and the occasional additional beatdown. The key is sustainability – doing more a little at a time and keeping up with it, F3 has been life changing for BAM.

Having been named when he shared his love of cooking with the PAX (like Emeril – BAM!), BAM has been married to his M Denise for 32 years with kids Alec (25), Olivia (21) and Noah (18), all supported by their heavenly sister Emma.



### Niels Madsen, 35, Red Eye



I joined F3 on 1 May, 2019 after meeting Sherman through a mutual friend. Sherman told me about rucking at 5 am and Army style workouts and I was in. I'm 35 years old (until 16 June), and married to my wife Ariana for nearly two years now. As of now no children but hopefully that will change soon.

Professionally, I previously headed operations at a commercial construction company and will be starting with Amazon Fulfillment as an Operations Manager next week. I'm born and raised in Pittsburgh with a 15 year hiatus between college and the Army, finally moving back in 2018. When I'm not at F3 or working, you can find me tinkering with (or building) something in my house (I enjoy woodwork and gardening), taking a hike with my dog, or taking a ride on my road bike.

# 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.

**Fun House (Matt Zirnsak)**

First Post: 5/26/21

AO: The Playground

**Bill Nye (Adam Holy)**

First Post: 5/22/2021

AO: Pierogi Hill

**Paper Boy**

First Post: 5/29/2021

AO: Pierogi Hill

**Ramblin' (Nate Weiland)**

First post:

AO: The Pit

**8 Seconds**

First Post: 5/10/21

AO: The Pit



Bill Nye's first post at Pierogi Hill on 5/22/2021

## Manniversaries and Birthdays

### Manniversaries:

**Thin Mints**

June 24<sup>th</sup>

### Birthdays:

**Whizzer, 40**

June 12, 1981

**Segway, 12**

June 27, 2009

**BAM, 57**

June 28, 1964

**Red Eye, 36**

June 16, 1985



Fun House's first post at the Playground on 5/26/21

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

## 2<sup>nd</sup> F (Fellowship) Spotlight

10 dads and 17 shorties participated in the first F3 Dads event of 2021. The workout was led by Maxime and his shorty Flying Squirrel. They led the pax across the field near Juniata pavilion in North Park exploring an imaginary zoo and doing exercises with the animals in the zoo. The PAX and shorties went to Kool Cones of North Park afterwards for some well-deserved treats. Next event is scheduled for June 13 and will be led by Vowel's 2.0 Segway. All 2.0's are welcome and encouraged to attend!



F3 Dads on 5/23/21

## 3<sup>rd</sup> F (Faith) Spotlight

Interested in flexing your spiritual muscles in addition to your physical ones? Check out the Spiritual Beatdown every Tuesday morning at 0700 – 0745 in the Zoom Gloom.

Started by a handful of PAX during the COVID pandemic, the Spiritual Beatdown is a peer-led Bible study led in a rotating fashion. We started off studying James, moved into 1, 2, 3 John, and are currently studying Nehemiah.

“The Spiritual Beatdown tackles the 3<sup>rd</sup> F, and it has provided me with a purposeful, periodic, and proximate approach to scripture. Each week, the Q starts the discussion based on the chapter/verse we are reading; however, the ground that we cover is always remarkable whether we are focused on our duty to God, the importance of loving our fellow man, or simply taking a moment to reflect on the blessings that we have in front of us. The Spiritual Beatdown has become one of my favorite parts of the week, and the experience has brought me closer to my brothers.”



## TAPS (Thoughts and Prayers)

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

Lori (LBT's wife)	Leonardo's FIL	Pria (Vanilla's daughter)
Lori's Mom	Quip's mom & family	Shaun (Rx's friend)
FIAB's recovery	Ramblin' & family	Backdraft & family
Triumph's grandson	Chloe	Kelly (Rx's sister)
OFD's ministry	Hannah	Vowel's dad
Sherman's SIL and husband	Bam's uncle Buzzy	Sherman's family
Sherman's neighbor	Sheldon's neighbor	Graduates
Lauren (Vanilla's Cousin)	Sheldon's BIL	

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.



Paper Boy's first post at Pierogi Hill on 5/29/21



5/22/21 Legion of Gloom

## Stats Snapshot

Here you will find the most relevant stats accumulated throughout May. One piece of information that we will add going forward is the historical trends to see what the engagement looks like (# of posts, # of Q's, etc.). It can be hard to see what's going on without taking that 1000 ft view from time to time, so we will add this going forward.

### AO Post Summary

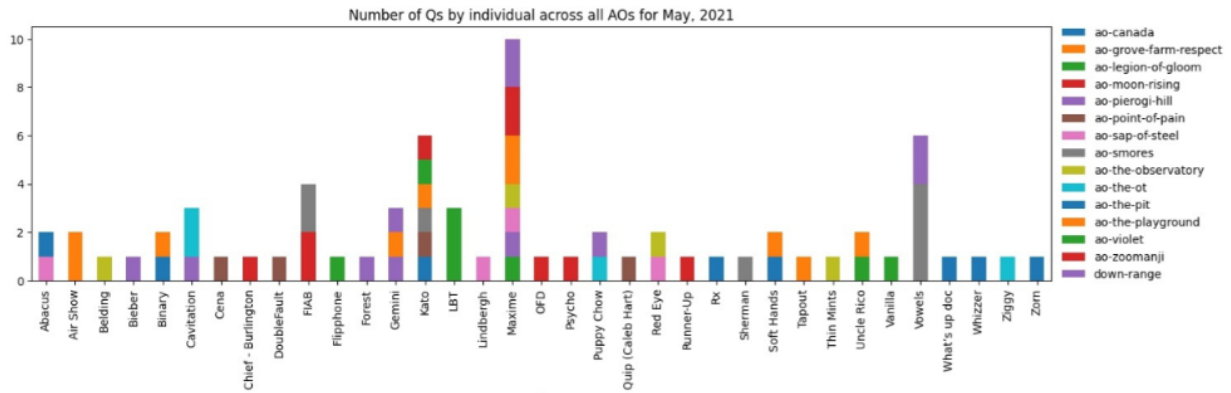
This table shows what the attendance looked like in May for each AO. Strong numbers here as the majority of AOs are averaging 5 or more PAX for the month.

AO	TotalPosts	TotalUniquePax	BDS	AvgAttendance	TotalFNGs	Month	Year
0	ao-pierogi-hill	52	22	4	13.0	None	May 2021
1	ao-canada	37	15	4	9.3	None	May 2021
2	ao-the-playground	72	24	8	9.0	None	May 2021
3	ao-the-pit	34	14	4	8.5	None	May 2021
4	ao-the-ot	31	17	4	7.8	None	May 2021
5	ao-point-of-pain	15	12	2	7.5	None	May 2021
6	ao-the-observatory	26	14	4	6.5	None	May 2021
7	ao-grove-farm-respect	12	5	2	6.0	None	May 2021
8	ao-sap-of-steel	21	11	4	5.3	None	May 2021
9	ao-moon-rising	15	6	3	5.0	None	May 2021
10	ao-legion-of-gloom	19	11	4	4.8	None	May 2021
11	ao-smores	36	11	8	4.5	None	May 2021
12	ao-zoomanji	26	8	6	4.3	None	May 2021
13	ao-violet	16	9	4	4.0	None	May 2021
14	down-range	24	8	7	3.4	None	May 2021



## Q Counts and AO per PAX

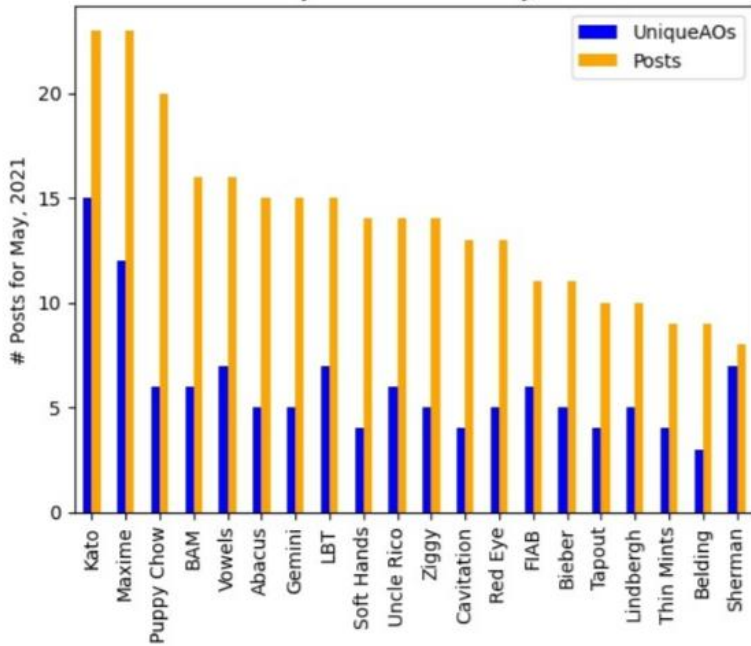
Here is a chart of who Q'd and where for the month of May. We see some spikes in here which is telling us that we have certain individuals who Q more than others. Let's see if we can make the pattern flatter and wider (that's what she said!) for June.



## Monthly and April-to-Date Post Leaderboard aka the Postmaster Chart

This month King Kato and Maxime duked it out for the crown. Congrats to both of you for hitting such high numbers in May.

Monthly Leaderboard - May, 2021



Year to Date Leaderboard - 2021

