

July 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

July 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.



6/19/2021 #3rd F service project serving Urban Impact Foundation in Pittsburgh

News of the Region

Passport Challenge Winner: Maxime

June Postmasters: Kato and Puppy Chow

V-Q's: Fun House



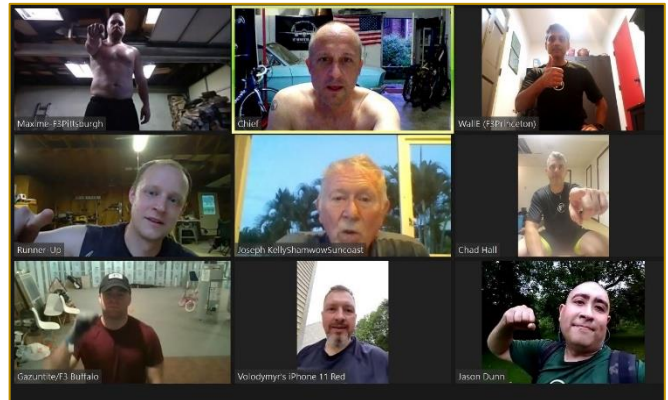
Kato and Max smugly enjoying their June victories



PC grinning ear to ear after Safari's first post on June 8th

From the Desk of the Nantan...

Passing along a strong message Slaughter spoke about on the Roundtable Podcast with CSPAN from June 25, 2021. I encourage you to listen to the whole podcast as it gives a great summary of where F3 Nation is and where WE are going, but the last 2 minutes talks about bringing the ball of man back. In paraphrasing he says "I'm not asking anyone to do something they're not comfortable with but if you are comfortable with it, embrace another man. When (Slaughter) gives his spiel about the core principles of men only, one of the reasons for that is that this is an inappropriate relationship with any woman who is not your wife. Because it is designed to be an intimate setting among men. Hug a man. Touch a man. There's a lot of power in that. If somebody's hurting, if somebody doesn't know how to reach out, if somebody's new, or even if everything is fine in your life, that's a powerful thing to occur first thing in the morning when the sun's coming up and you just got done doing something hard together."



Zoomanji, 6/08/21

PAX, we are a leadership group disguised as a workout group. Everything we do as an individual, a Site Q, an AO, and a region accelerates male community leadership. It's the mission we all agreed to. Those in leadership must be ready to leave right. The PAX who are embracing each other and picking up the six ARE ready to lead right. The FNGs who's posting 4 times a week ARE ready to live right. And those sad clowns we have been texting ARE ready to get right. No matter which one you are, it all boils down to love for another man.

Upcoming Events

- **July 11, 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. Beatdown to be Q'd by Rico's 2.0's: Shake 'n Bake and Wild Style

Where: Juaniata Pavillion, North Park

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

- **July 17, 2021: TAP Bike Ride Fundraiser**

Who: Anyone interested in biking for a good cause, or supporting those that are

What: The Asservo Project is hosting a Bike Ride to raise funds

Where: 2 Walkers Mill Road, Carnegie, PA 15106

Why: To support [Puppy Chow](#) and [Lindbergh](#), as well as [The Asservo Project](#)

- **July 24, 3:30pm – 8:00pm: Neighborhood Block Party**

Who: Everyone

What: Party with SOG Motorcycle Club and LBT's church. LBT is looking for volunteers.

Where: North Boroughs Church, 1000 California Ave, Pittsburgh, PA 15202

Why: Because this may be your only opportunity to see Puppy Chow in a dunk tank.

- **Early August: New Cranberry AO Soft Launch**

Who: all F3 PGH HIM

What: Soft launch of a brand-new AO serving the Cranberry Township area

Where: Cranberry Woods, **specific location/day/time TBD**

Why: Plant, Grow, Serve

- **August 4, 05:15 – 06:00: Playground Mini Convergence**

Who: all F3 PGH HIM

What: Mini convergence at the Playground. All other Wednesday AO's closed

Where: The Playground

Why: Workout with some dudes you may not usually see

- **August 13 - 15: Tent Camping Weekend**

Who: all F3 PGH HIM and families

What: Tent camping for the weekend

Where: Pymatuning Linesville

Why: It'll be intense



Last month's *incredibly* successful food drive

Meet the PAX

Andre Kostromsky, 35, Cena!



Cena squinting into the sun after killing the (old) Army PT Test on June 17

Cena was born in Central Russia and moved to The Burgh in 2007. Cena married his M in 2008 and later had two 2.0's: Victoria (8) and Phillip (5). A degree in electrical engineering was earned from Pitt in 2012. Cena works for a Michigan based utility company as a Senior Electrical Engineer. Cena joined F3 at the Pit in 2020 after an EH from Binary. He enjoys hanging out with the PAX and hard workouts.

Nathan Mixa, 22, Punch Punch Squat (PPS)!

I am a civil engineering super senior at Pitt and will be graduating this December. I was born and raised in Allentown, PA but currently live in North Oakland with Avocado and Double Fault. I am a middle child between a 24-year-old and a 14-year-old brother. I love to hike, kayak, watch sunsets, listen to MJ and Charlie Puth, watch Big Brother (it's an obsession), have deep conversations, workout, and cook. I currently collect active transportation information for SPC, but only for a few more weeks.



PPS enjoying a ride on an artsy scooter

In the summer of 2020, Quip invited me to join him at F3. With nothing better to do in a pandemic, I decided to give it a shot. My first workout was a presidential-trivia-themed smackdown led by LBT at Pierogi Hill. With my knowledge that Harrison was the shortest-serving president, I got to choose the next exercise. I, of course, went with punch punch squats (PPS), and the rest is history. More of our "Pitt Crew" then joined as we moved into the fall. I started also attending the Point of Pain site where I met some more cool guys and got my car keys and phone stolen.

Before joining, I had felt like I had a lack of older men to look up to in my life, and I'm grateful that F3 can help to fulfill that to a degree. I also very much enjoy the motivation that F3 gives me. Some of my favorite memories include QSources at Chub's, Pickle's spinning wheel of death competition workout, and most times when Vowels opens his mouth.

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.

Safari

First Post: 6/8/21

AO: The OT

DaVinci

First Post: 6/26/21

AO: Legion of Gloom



Safari's first post at The OT on 6/8/2021



Tree cleanup at LBT's on 6/27

Manniversaries and Birthdays

Manniversaries:

Thin Mints

June 24th

Birthdays:

Cavitation, 46

July 4, 1975

Leonardo, 60

July 16, 1961

BM, 22

July 16, 1999

Flip Phone, 24

July 19, 1997

Double Dutch, 13

July 14, 2008

Miyagi, 13

July 18, 2008

Bob Jones, 27

July 2, 1994



Thin Mints, Sherman, and FIAB enjoying a ruck at S'mores on June 28

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

2nd F (Fellowship) Spotlight

Five PAX got together for an impromptu lunch at Mitch's BBQ on Perry Highway on July 2nd. F3 isn't all about working out, you see. It's also about taking a half day of work to gorge yourself on some solid grill food with the guys you saw at 5am that same day. Puppy Chow, Vowels, Roadie, Ziggy, and Kato all looked like they had a good time, so if you're looking for an excuse to call it quits early yourself, the next lunch will be July 30th at Wheelfish BBQ on 635 Sangree Rd, Pittsburgh, PA 15237.



Impromptu F3 lunch at Mitch's BBQ on July 2

3rd F (Faith) Spotlight

Thin Mints courageously threw a question into the Slack machine regarding how we close out COT. Before addressing the question, its important to clarify the intended definition of the 3rd F. From the F3 Nation website we find, "The three Fs...stand for Fitness, Fellowship and Faith — the last of which we define as not one specific religion or faith system, but simply a belief in something outside oneself." I personally am unashamed in professing that my faith rests in Jesus Christ. When I pray, it is my hope that my prayers reflect my faith convictions. The end of COT, however, is not reserved for a Christian prayer, but for an expression of the Q's "belief in something outside" of themselves. As men, it is imperative that we stand on our convictions. Use the end of COT to courageously share your faith convictions through a reflection, a prayer, a quote, a meditation, or anything in between. We're brothers for a reason. Again, Thin Mints, thank you for raising this question!

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)

Lori's Mom

Safari's studies

Vowel's colleague Kathy

OFD's ministry

Sherman's SIL and husband

Sherman's neighbor

Lauren (Vanilla's Cousin)

Leonardo's FIL

Quip's mom & family

Ramblin' & family

Chloe

Hannah

Bam's Uncle Buzzy

Sheldon's neighbor

Sheldon's BIL

Thin Mint's friend Will

Shaun (Rx's friend)

Backdraft & family

Kelly (Rx's sister)

Vowel's dad

Sherman's family

Safari's Mom

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.



The Pit on 06/08/2021



06/19/21 Legion of Gloom

Stats Snapshot

Here you will find the most relevant stats accumulated throughout June. 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.

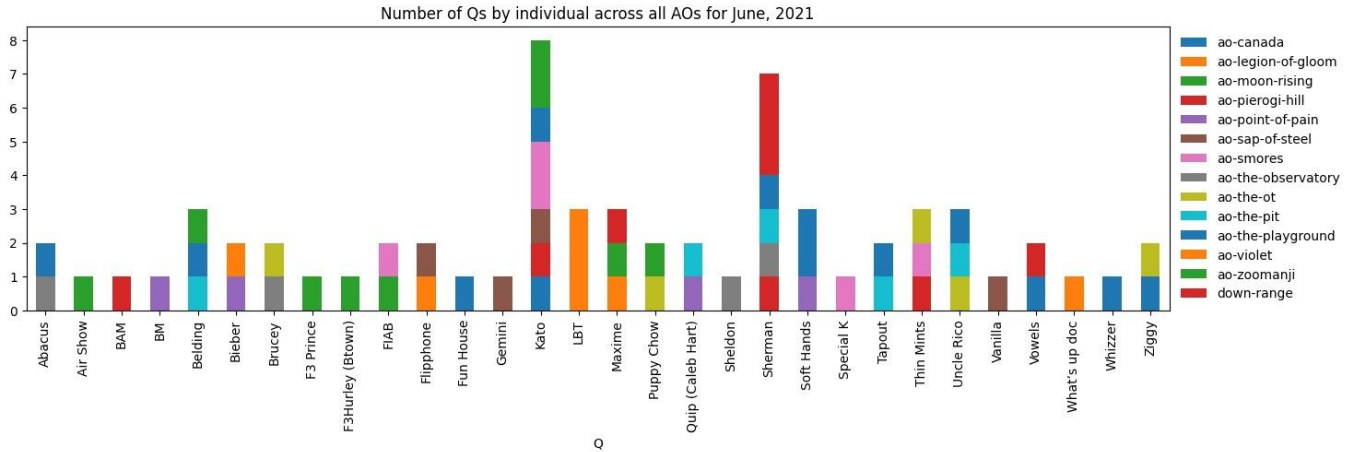
AO Post Summary

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

This region is ON FIRE!								
AO	TotalPosts	TotalUniquePax	BDs	AvgAttendance	TotalFNGs	Month	Year	
0	ao-pierogi-hill	60	23	4	15.0	0	June	2021
1	ao-the-playground	102	29	9	11.3	0	June	2021
2	down-range	52	3	5	10.4	0	June	2021
3	ao-canada	37	18	4	9.3	0	June	2021
4	ao-the-ot	45	18	5	9.0	0	June	2021
5	ao-the-observatory	34	20	4	8.5	0	June	2021
6	ao-the-pit	37	16	5	7.4	0	June	2021
7	ao-zoomanji	44	12	7	6.3	0	June	2021
8	ao-point-of-pain	24	15	4	6.0	0	June	2021
9	ao-moon-rising	11	2	2	5.5	0	June	2021
10	ao-sap-of-steel	21	13	4	5.3	0	June	2021
11	ao-violet	20	11	4	5.0	0	June	2021
12	ao-legion-of-gloom	14	10	3	4.7	0	June	2021
13	ao-smores	23	12	5	4.6	0	June	2021

Q Counts and AO per PAX

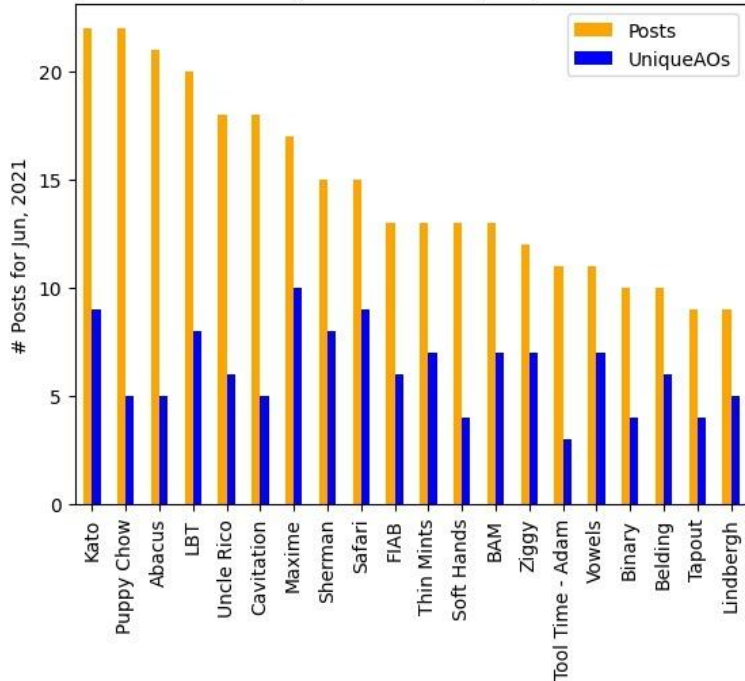
Here is a chart of who Q'd and where for the month of June. We see some spikes in here which is telling us that we have certain individuals who Q more than others. The difference this month is that we had less unique Q's in June (30) but more PAX Q'd in more volume than in May (35).



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

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

Monthly Leaderboard - June, 2021



Year to Date Leaderboard - 2021

