

# August 2021

## In this Issue...

- News of the Region 1
- Upcoming Events 2
- Meet the PAX 3
- What is Slack? 5
- F's Spotlight 7
- TAPS 8
- Stats Snapshot 9

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

## August 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.



7/22/2021 Post-Canada Shenanigans

## News of the Region

**Passport Challenge Winner: Thin Mints**

**July Postmaster: Puppy Chow**

**V-Q's: PPS, Ramblin, Hot Wheels**



*PC grinning ear to ear after another Postmaster victory*



*Thin Mints pointing at you and laughing because you didn't win the Passport last month.*

### From the Desk of the Nantan...

The mission: Plant, grow, and serve small workout groups for men for the invigoration of male community leadership. We all know what that means. The mission of the nation. But we should also look at that on a smaller scale. Not as a nation, or a region, not an AO, as individuals.

Plant: Show up to an AO. Be accountable to yourself and to your brothers by hitting that HC and then conquering the fart sack. Be intentional with your time. Make the hardest part of your day count.

Grow: Accelerate your fitness. Pick up the six. Get 1% better every single day. Keep coming back. Post to other AOs. Spread the word. EH your friends or a stranger.

Serve: Take the lead on 2nd and 3rd F events. Q a workout. Become a site Q. Look for other leadership opportunities. Give back to the PAX that give everything they have for you and the region.

In order to succeed and progress as a region, we need each PAX to plant, grow, and serve. Without you, we will not.



*Legion of Gloom, 7/24/21*

## Upcoming Events

- **August 5, 05:45 – 06:30: New Cranberry AO Soft Launch**

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

**Where:** MSA Safety Corporate Center parking lot in Cranberry Woods

**Why:** Plant, Grow, Serve

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

**What:** Tent camping for the weekend

**Where:** Pymatuning Linesville

**Why:** It'll be intense

- **August 21, 3:00pm - ?: F3 and FIA Cookout**

**What:** Cookout

**Where:** LoG, AKA McKnight Village Park

**Why:** Because working out isn't the only thing our groups do!

- **August 29, 11:30am – 12:00pm: F3 Dads**

**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:** Juniata Pavillion, North Park

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

- **End of August: Fantasy Football Draft Night**

**Where:** location and time TBD

*Interested in joining? Join the #fantasy-football Slack channel*

- **September 2, 05:30 – 06:15: PoP Mini Convergence**

**What:** Mini convergence at the Point of Pain. All other Thursday AO's closed

**Where:** The Point of Pain

**Why:** Workout with some dudes you may not usually see

- **October 2: New River Gorge Convergence**

**What:** Convergence at the New River Gorge

**Where:** New River Gorge – specifics to come

**Why:** It's a convergence at the New River Gorge...

- **November 5 - 7: Deep Creek CSAUP**

**What:** Completely Stupid And Utterly Pointless weekend at Deep Creek, MD

**Where:** Deep Creek, Maryland – specifics to come

**Why:** Because sometimes men need to do stupid things. Estimated cost: \$175



*The monthly lunch crew taking another half day of work (7/30/21)*

# Meet the PAX

## Adam Kennard, 36, Tool Time!



Adam TOOL TIME Kennard came to Pittsburgh in August of 2012 for graduate school at Carnegie Mellon. After graduating in May of 2015, he was in search of what path God had for him. After 7 months, he landed at Urban Impact Foundation where he would build relationships with students by teaching them carpentry and construction skills. He met his wife, Clara, while she was working at Urban Impact and got married in 2018. Now his wife and him live in Brighton Heights among the families they minister to at Urban Impact. They continue to share the love of Jesus Christ through building relationships with their neighbors and through his work at Urban Impact. Tool Time joined F3 in July of 2020 because of an EH from Brady (Seth Reichart) and is now the AOQ of the Observatory. For more information about the work that Tool Time does at Urban Impact - check out his update letter [here](#). Tool Time is an Urban Missionary, which means he raises his support to work. Consider joining his work by supporting him using the directions below.

### How to give:

<https://uifpgh.org/donate/>

Click Give to a Urban Missionary

Click my name, Adam Kennard

## Pax News

We had **three** V-Q's last month! A V-Q is a PAX's first time leading a workout, whether solo or tag-team with another PAX. Well done to the below V-Q's:

**PPS at Pierogi Hill**

**Ramblin at The Playground**

**Hot Wheels at Canada**

We also initiated three Site-Q transitions last month. These are the newest Site-Q's for F3 Pittsburgh:

**Cena** at the Point of Pain

**Tool Time** at the Observatory

**Tapout** at The Playground

Thank you to the new Site-Q's for stepping into the roles. We look forward to seeing the acceleration at these AO's!

## 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.

#### **Lefty**

First Post: 7/22/21  
AO: The Playground

#### **Flash Dance**

First Post: 7/19/21  
AO: The Playground

#### **Boardwalk**

First Post: 7/16/21  
AO: The Observatory

#### **Ebenezer**

First Post: 7/10/21  
AO: Pierogi Hill

#### **Home Alone**

First Post: 7/10/21  
AO: Pierogi Hill

#### **Avior**

First Post: 7/5/1  
AO: S'mores



*Ebenezer and Home Alone's first posts*

## Manniversaries and Birthdays

### **Manniversaries:**

### **Birthdays:**

#### **Flash Dance, 24**

July 29, 1997

#### **Roadie, 67**

August 17, 1954



*Moon Rising, 7/3/21*

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

# What is Slack, anyway?

Slack is the main communication app used by F3 Pittsburgh for any and all F3 related communication. Slack can be downloaded onto your phone, or accessed on your computer. If you are not on Slack, bring it up at your next post! Below are some basics and important notes to help you get acclimated to Slack:

## What are the different channels?

There are several different “channels” you can join in Slack. The purpose of a channel to is to separate the conversations into different topics so that you’re only a part of the conversations that you want to be a part of. To see all available channels and join the ones you want, tap or click on the plus sign (+) next to the word **Channels**. There are several different types of channels in Slack, all notated with a # symbol at the start of the name. Here’s an overview of the most important ones:

**#\_start\_here**: the purpose of this channel to is offer quick access to features we most commonly use in slack, such as how to post a BackBlast or how to create an event. There should be no other communication in this channel.

**#1st\_f** and **#2nd\_f**: The purpose of these channels is to be a centralized locations to discuss anything pertaining to the first “F” (fitness) and the second “F” (fellowship). Need help on your form? Go to #1st\_f. Want to get lunch with the guys? Go to #2nd\_f. You *hopefully* get the idea.

**#announcements**: the purpose of this channel is to house all important announcements that the whole of F3 Pittsburgh need to be aware of. Good examples of announcements to post are: a new AO launch, the monthly newsletter has been posted, etc. Bad examples of announcements to post are: what you had for lunch, where you’ll be posting tomorrow, etc.

**#mumblechatter**: the purpose of this channel is to be where any and all discussion occurs that is at least loosely pertinent to F3 and doesn’t fall into another channel. Here is where you can freely post what you had for lunch, and talk whatever s#!\* you want to about the other guys.

**#ao\_name**: these make up the bulk of the channels on Slack. The purpose of these channels is to contain all discussion pertaining to the specific ao’s across the region. The idea is that you’ll join the #ao channels that you regulary attend to stay in the loop for what’s going on at that ao. Things to keep in the #ao channels: the Q schedule, HC’s, sad excuses for fartsacking, etc.

There are several other channels out there, but hopefully by this point you can figure out what they mean by reading the name, or by joining the channel and asking!

## What is a thread?

A thread is essentially a self contained discussion that occurs within a post into one of the Slack channels. The purpose of a thread is to help organize a slack channel by keeping conversations grouped together. Anytime you are commenting on something somebody else has said in Slack, **you should be replying in a thread**. To reply in a thread:

**On a smartphone**: tap on the message, then at the bottom of the screen you should see “Reply

in thread”. Tap that and being typing your message.

**On a computer:** click on the message, then at the top right of that message you’ll see a menu with five symbols. Click on the right arrow symbol to open the thread at the right side of your screen, then type and send your message there.

## What is @channel and when should I use it?

**@channel** is a Slack command that you can use to send a notification to everyone in the channel that you post the message in. In the larger channels (#announcements, #mumblechatter, etc.) **@channel** should be limited to only the most important messages, such as a new newsletter being posted, leadership changes, or an emergency. In the smaller channels, such as the #ao channels, **@channel** should still be used for important messages, though the definition of important may vary by channel.

## What, or who, is PAXMiner?

PAXMiner is an incredibly useful tool that was designed by an F3 PAX outside of Pittsburgh. PAXMiner is what enables us to compile and see all of the usefuls stats that are shown at the end of the newsletter. It relies on properly posted BackBlasts to compile the data. You will receive a message from PAXMiner once a month with your individual stats. You will also receive messages from PAXMiner when you post a BB; either telling you it was correctly captured or that something was wrong in your BB. If you get messages with errors in your BB, please use the process described below to make sure you are correctly posting a BB.

## How do I post a BackBlast?

The absolute easiest way to post a BackBlast is to navigate to the **#\_start\_here** channel, copy and paste the pinned BB posted by Vowels into the appropriate **#ao** channel, then change the information after the bold headings. Honestly, just do this. Do not try to type it all out from memory.



*SAP on 07/15/2021*

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

One of the things F3 does is helps to keep your body in motion. And a body in motion contributes to a healthy body, be it physically, mentally, or spiritually. On Saturday July 24 all three Fs were in motion at North Boroughs Church Neighborhood Block Party. After a PH beatdown led by Puppy Chow, a number of us regrouped for some solid fellowship and faith at LBT's church in Avalon. Everyone who showed up contributed in some way to make it a great day. LBT and the church provided a cookout dinner to everyone and even some of his church members were baptized in the dunk tank. LBT was the first to get on the hot seat and get dunked in the water! A lot of the older kids there had a good time throwing the ball to dunk each other.

Abacus and Ziggy, and their lovely wives and families, helped arrange games for the younger kids. We peeled another layer of the Kato onion to find his skill set in preparing flavored ice cones along with Tapout and Knockout on the grill while everyone else helping move chairs and tables around before and



after the event. Double Dutch was on the baritone sax and accompanied the musicians that were performing during the event. He played a well improved version of Amazing Grace from when he first performed there last year. Well Done DD!! Safari practiced the art of public prayer to the group under the guidance of LBT. Lindbergh was the paparazzi of the day on camera duty capturing everything.

The Sons of God Motorcycle Club were there in full force

and had their awesome machines lined up on both sides of the street in front of the church with looked extremely impressive. It was great to see these motorcycle enthusiasts celebrate faith with us during the day. It was also interesting to see starry eyed Sherman discuss the finer characteristics of these machines with the guys. The elder statesman of our F3 region Triumph delivered a great talk on the subject of idols in our lives and dealing with them. Excellent insight from a very wise man. If you are interested further on Triumph's comments, a recording can be found on LBT's church's facebook webpage.

Great job by LBT, his wife Lori, and his whole church staff in welcoming both the Sons of God and F3 group to the community.

## 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	Thin Mint's friend Will
Lori's Mom	Quip's mom & family	Shaun (Rx's friend)
Safari's studies	Ramblin' & family	Backdraft & family
Vowel's colleague Kathy	Chloe	Kelly (Rx's sister)
OFD's ministry	Hannah	Vowel's dad
Sherman's SIL and husband	Gemini's friend w/ melanoma	Sherman's family
Sherman's neighbor	Sheldon's neighbor	Safari's Mom
Lauren (Vanilla's Cousin)	Sheldon's BIL	Gemini's coworker, Michelle
Davinci's Grandma	Shamwow	Bam's friend family (Dave)
Mr. Snead	Chief's EH	Gazuntite's nephew
OFD w/ school	Max's MiL's friend	Max'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 Observatory on 07/23/2021*

## Stats Snapshot

Here you will find the most relevant stats accumulated throughout July. Please be diligent with your back blasts. We would like them to be done within 24 hours but if you need time to make sure you have the right data entered (PAX, FNGs, etc.) please take more time.

### AO Post Summary

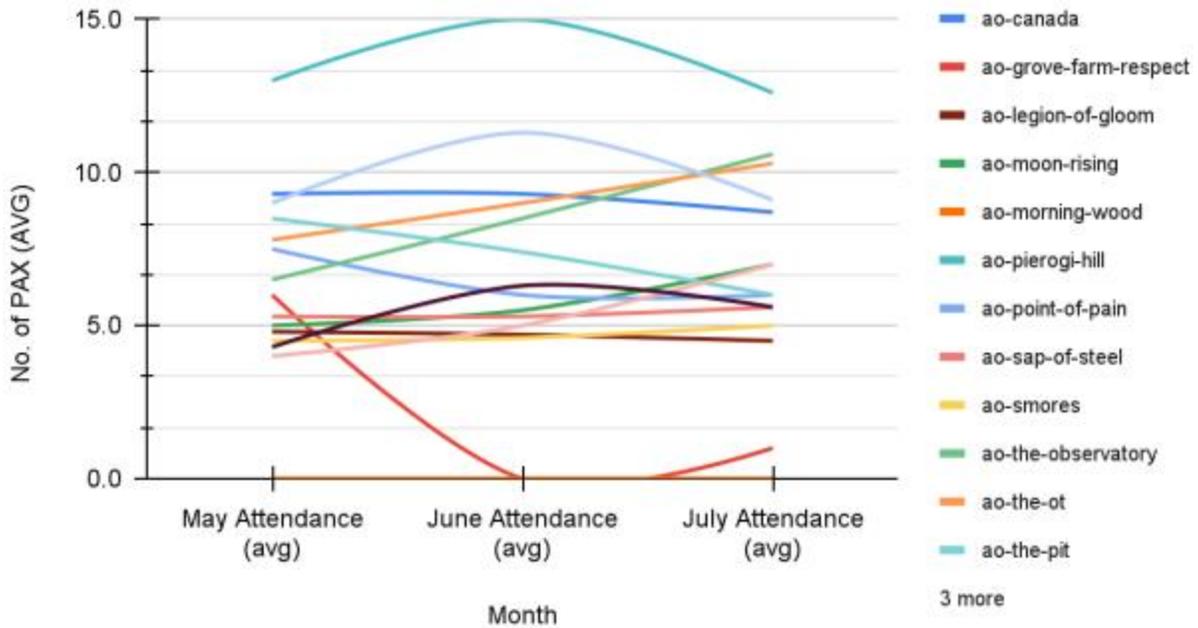
This table shows what the attendance looked like in July for each AO. Strong numbers here as the majority of AOs are averaging 5 or more PAX for the month.

This region is ON FIRE!								
AO	TotalPosts	TotalUniquePax	BDs	AvgAttendance	TotalFNGs	Month	Year	
0	ao-pierogi-hill	63	23	5	12.6	0	July	2021
1	ao-the-observatory	53	16	5	10.6	0	July	2021
2	ao-the-ot	41	17	4	10.3	0	July	2021
3	ao-the-playground	64	20	7	9.1	1	July	2021
4	ao-canada	26	15	3	8.7	0	July	2021
5	ao-moon-rising	35	5	5	7.0	0	July	2021
6	ao-violet	35	15	5	7.0	0	July	2021
7	ao-point-of-pain	30	9	5	6.0	0	July	2021
8	ao-the-pit	12	9	2	6.0	0	July	2021
9	ao-sap-of-steel	28	17	5	5.6	0	July	2021
10	ao-zoomanji	50	13	9	5.6	0	July	2021
11	ao-smores	40	13	8	5.0	0	July	2021
12	ao-legion-of-gloom	18	11	4	4.5	0	July	2021
13	down-range	10	3	3	3.3	0	July	2021
14	ao-grove-farm-respect	1	1	1	1.0	0	July	2021

I think we are having an issue with the backblasts in accounting for the FNGs. PAXMiner says we only have 1 FNG for July but leadership is accounting for 6. Either we have an issue with PAXMiner or we are not putting the FNGs in the "FNG" field.

## AO Attendance Trends (May – July)

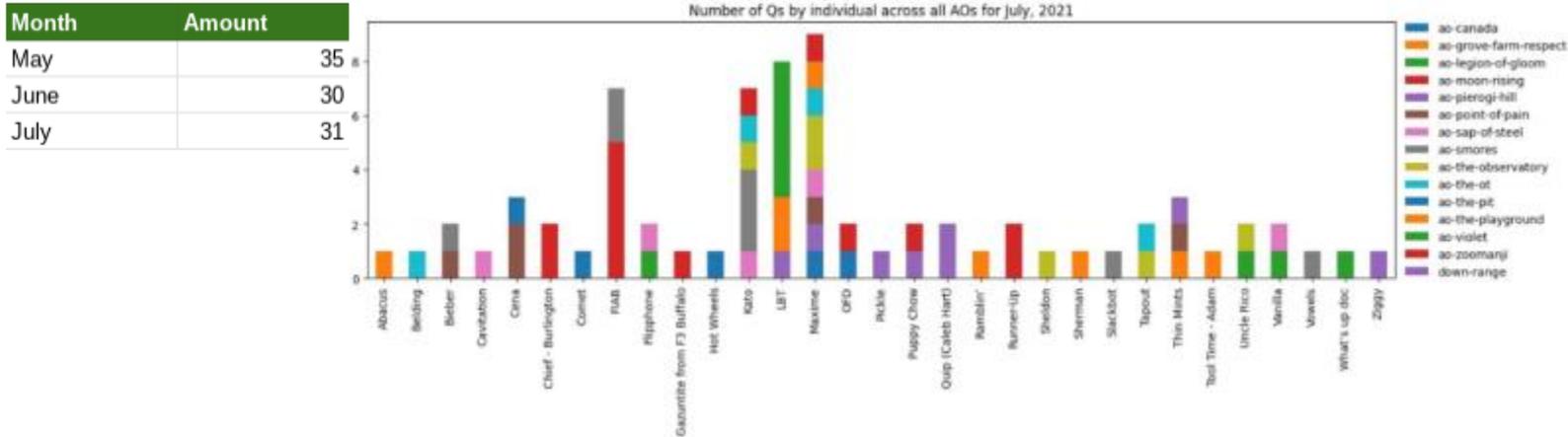
AO Attendance Trend



AO	May Attendance (avg)	June Attendance (avg)	July Attendance (avg)
ao-canada	9.3	9.3	8.7
ao-grove-farm-respect	6.0	0.0	1.0
ao-legion-of-gloom	4.8	4.7	4.5
ao-moon-rising	5.0	5.5	7.0
ao-morning-wood	0.0	0.0	0.0
ao-pierogi-hill	13.0	15.0	12.6
ao-point-of-pain	7.5	6.0	6.0
ao-sap-of-steel	5.3	5.3	5.6
ao-smores	4.5	4.6	5.0
ao-the-observatory	6.5	8.5	10.6
ao-the-ot	7.8	9.0	10.3
ao-the-pit	8.5	7.4	6.0
ao-the-playground	9.0	11.3	9.1
ao-violet	4.0	5.0	7.0
ao-zoomanji	4.3	6.3	5.6

## Q Counts and AO per PAX

Here is a chart of who Q'd and where for the month of July. We see some spikes in here which is telling us that we have certain individuals who Q more than others. In July, we had 31 unique Q's, up by one from June (30) and down by four from May (35).



## Postmaster, Passport, and YTD Graphs

We're beginning to sound like a broken record, but congrats to Puppy Chow for PostMaster. Congrats to Thin Mints for a commanding Passport showing!

