

September 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

## September 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.



9/2/21 Shovel Flag Handoff at The Point of Pain. P.S. the beatdown starts at 0530 now, Cena.

## News of the Region

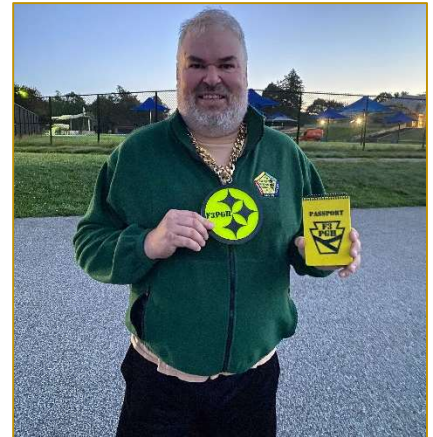
### Passport Challenge Winner: Thin Mints

### August Postmaster: Thin Mints

### Most Unique Q's Because He's an Animal: Thin Mints



The OT 8/03/21



## A Shot from the Bare Stomach of the F's Q...

Gutterball recently said during the debacle known as the IPC, "I've appreciated the camaraderie I've experienced out here with you!"

The statement took me back a little. I've been doing F3 for over 8 years and take for granted the essence of what F3 is...brotherhood. Process through this with me.

### 1st F

I can tell you that I'm stronger than I've ever been. The Yinzer mentality is to either stand around in a parking lot and lift heavy stuff or walk around carrying heavy stuff. I've gotten better at lifting and moving heavy stuff! I'm pretty certain, however, this body, aka twisted steel & sex appeal, could get a better workout if I was willing to pay the money for Denise Austin to train me.

### 2nd F

Sketchy coffee-terias out of LBTs trunk, #mumblechatter, hikes, sidebar conversations, cookouts, a service project or 2, and other fellowship based things we've done have been encouraging. I personally am better by being in the presence of so many #HIMs (high impact men). I'm pretty certain, however, I could join a social club (leisure or non-profit), and do "more purposeful work/rest".

### 3rd F

Ball of Man (Covid equivalency is "take a knee"), the "Spiritual Beatdown", and YHC's long rambling prayers have all deepened many PAX's faith. I'm pretty certain, however, that joining the Tibetan Monks could accelerate your faith development.

F3 isn't perfect at any one F. It is a perfect application, by PAX who have left their #SadClown days behind, of all 3 of the Fs which all collide at the spot where you "leave no man behind, and leave no man where you found him." This is brotherhood. Let us not forget why we need each other

## Upcoming Events

- **September 18: North Park Ziplining**  
**What:** Zipline through the trees with Pickle! What could be better?  
**Where:** GoApe Zipline Course  
**Why:** You really shouldn't need to ask why for this...
- **September 18: Lighthouse After School Volunteer Opportunity**  
**What:** Help getting the afterschool program setup for the year  
**Where:** North View Heights – 415 Mount Pleasant Rd, Pittsburgh PA 15214  
**Why:** HIM's help their communities
- **September 30: Monthly 2<sup>nd</sup> F Lunch**  
**What:** Take a half day of work and join your PAX for lunch  
**Where:** Thai and Noodle Outlet, 5813 Forbes Ave, Pittsburgh, PA 15217  
**Why:** Half day + Lunch + F3 = Happiness
- **October 1: Observatory Mini Convergence**  
**Where:** 159 Riverview Ave Pittsburgh PA, 15214  
**When:** 0530-0615
- **October 2: Urban Impact Service Project**  
**What:** Volunteering with UIF  
**Where:** 600 E North Ave Pittsburgh PA, 15212  
**When:** 0900-1200  
**Why:** HIM's help their communities
- **October 16: F3 Chili Cook Off**  
**Where:** 600 E North Ave Pittsburgh PA, 15212  
**When:** 0100-0300  
**Why:** Chili.
- **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
- **November 6: Moon Rising Mini Convergence**  
**Where:** Moon Park, 1350 Ewing Rd, Moon, PA 15108  
**When:** 0700-0800



*Point of Pain on 8/26/21*

## Meet the PAX

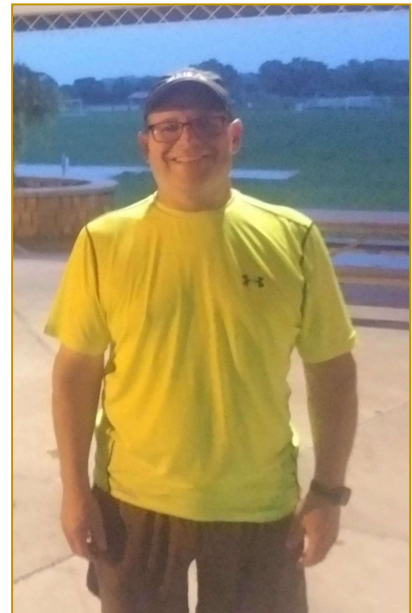


### **Creighton Wightman, 24, Flash Dance!**

My name is Creighton Wightman, I am 24 years old. I work at a steel factory, I am Pittsburgh born but Philly raised, I am in the constant pursuit of bettering myself, these include; guitar, piano, spamjo, communication skills, cooking, and being the best husband I can be. I travel across the country and study at the feet of real American heroes.

### **John Hoffman, 46, Peep Show!**

Married for 23 years to his M, Christina, with 6 kids (4 girls & 2 boys ages 20, 19, 17, 16, 14, 10). He's currently a Security engineer focusing on commercial, government, schools with a lot of work in the area of camera security. Originally from the west coast, but has been in the Pittsburgh area for 23 years. Fizzle, his blood brother who posts in Grove City, EH'd him and brought him to the most recent anniversary convergence. After some extraordinary health issues and rehab in the gym with "the fern," physical growth happened, but the need for something more than weights and sweat arose. The EHing from Fizzle led him to a convenient stop at the convergence (because it was close to his house) and now he's coming, when able, up to 4-days a week. Peep Show made it very clear that the encouragement from the PAX is what keeps him coming back! *[Note from Belding: if you haven't yet, you need to meet Peep Show. My 20ish minute interview with him humbled me and encouraged me!]*



# 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.

### **GutterBall**

First Post: 8/20/21  
AO: The Observatory

### **Ebert**

First Post: 8/29/21  
AO: F3 Dads

### **Double E**

First Post: 8/21/21  
AO: Pierogi Hill

### **Livewire**

First Post: 8/16/21  
AO: The Playground

### **Beener**

First Post: 8/5/21  
AO: Morning Wood

### **Gepetto**

First Post: 8/6/21  
AO: Violet

### **Drive-Thru**

First Post: 8/3/21  
AO: The Pit

### **Rembrant**

First Post: 8/28/21  
AO: Moon Rising

### **Noodle**

First Post: 8/28/21  
AO: Pierogi Hill

### **Shaolin**

First Post: 8/21/21  
AO: Pierogi Hill

### **Snowflake**

First Post: 8/5/21  
AO: Morning Wood

### **Chubs**

First Post: 8/5/21  
AO: Morning Wood

### **Freon**

First Post: 8/4/21  
AO: The Playground



*Morning Wood, 8/5/21*



*The Pit, 8/3/21*

## **Manniversaries and Birthdays**

### **Manniversaries:**

Kato: 9/2

### **Birthdays:**

Bieber, 26: 9/6/1995

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

## 2nd F Spotlight: Aug 21 Picnic

A better day could not have been planned for the night of twerking, debating & wet t-shirt contests. Yes, it was a family event and somehow those things came out. Vowels had a hand in every one of those events. It started off with a friendly game of cornhole that RNC, Dyno, Maxime & Firewall were playing. Vowels comes in and stirs up the friendly game and turns it competitive with rules by Ocho(sp?). Brucey and Vowels squared off & Vowels spared no feelings by body-slaming Brucey down with a win. Big Unit and his M won the night for cornhole. Brucey along with many other kids had fun with water balloons, spickets and a hose. Tapout and KO battled it out while the younger kids ran around throwing balloons and dancing. Vowels took a balloon to the back delivered by Brucey to win the wet t-shirt contest... Pigskin, apprentice to the renowned Thin Mints master griller served up the burgers and dogs to the amazing amount of side dishes and desserts. FIA came out in force and classed up the joint for the evening. Vowels again led the twerking with a game of BASEketball!! I saw the twerking going on and had to walk away... Don't believe it when Vowels says he is missing an ACL because he will twerk with the best of them. The game was a resounding success. The night was a great success reminding us why we get up early to workout in cold freezing rain. It is for the friendships that come out of the gloom that draws us together when in other circumstances we would probably not know each other.

Thank you to everyone for putting in the work to make it happen and create a wonderful night. Also, for FIA and the families making an appearance.



Zoomanji 8/31/21

## 3<sup>rd</sup> F (Faith) Spotlight: BenchWarmer's M

My M has been volunteering for over 5yrs with the United Somali Bantu of Greater Pittsburgh, an organization that helps Somali Bantu refugees acclimate as they are relocated to the Pittsburgh area. Her role in the organization has now turned into Director of a brand new after school program for the youth of this community. The center, called The Lighthouse, is located in Northview Heights in the basement of one of the buildings. It requires a lot of freshening up with general cleaning, painting, and organization. The Lighthouse will open it's doors for the first time in October. We are looking for volunteers to help us primarily clean, paint, with a little organization and classroom set up. This will help get the facility ready to serve this unique community in our own backyard. September 18, 2021 from 10a-6p come and go as you can, any help is appreciated. Bring an ID to show security upon arrival. Donuts and coffee in the morning, pizza around lunchtime.

## TAPS (Thoughts and Prayers)

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

Kato's Father in Law

Puppy Chow's Father in Law

Quip's Mom

Valentine & Family

Safari

Bam's Family

Flash Dance's

Max's Daughter's

Bieber and his M with

Grandfather

Teacher's Friend

the upcoming baby

Have a Thought or Prayer that isn't on the above list? We've recently cleaned up the list, so let Bieber know and we'll be sure to add it to the next issue.



*The Playground on 8/18/2021*



*Pierogi Hill on 8/14/2021*

## Stats Snapshot

Here you will find the most relevant stats accumulated throughout August. 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 August for each AO. Strong numbers here as the majority of AOs are averaging 5 or more PAX for the month. One thing to note is that the new AO for the month, Morning Wood, is looking strong with great attendance. Thank you to all who supported this AO!

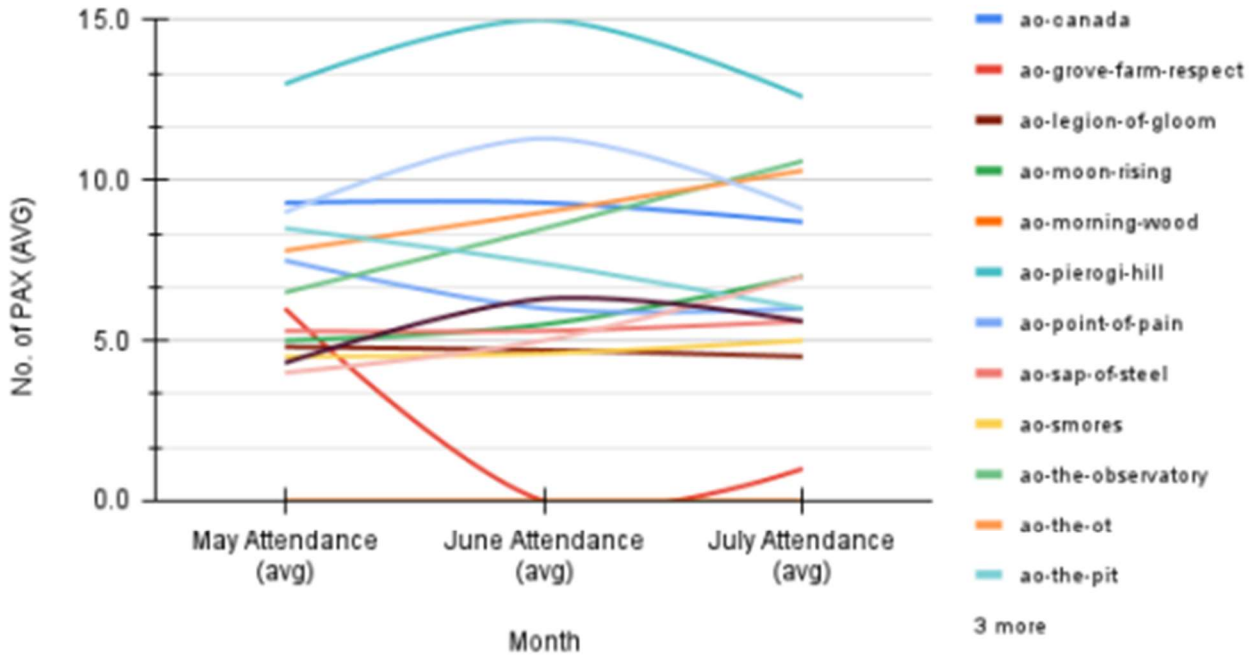
This region is ON FIRE!								
AO	TotalPosts	TotalUniquePax	BDs	AvgAttendance	TotalFNGs	Month	Year	
0	ao-pierogi-hill	60	24	5	12.0	0	August	2021
1	ao-the-playground	90	29	8	11.3	0	August	2021
2	ao-canada	35	17	4	8.8	0	August	2021
3	ao-morning-wood	29	15	4	7.3	0	August	2021
4	ao-the-pit	29	16	4	7.3	0	August	2021
5	ao-violet	29	13	4	7.3	0	August	2021
6	ao-the-ot	34	13	5	6.8	0	August	2021
7	ao-the-observatory	26	14	4	6.5	1	August	2021
8	ao-moon-rising	17	2	3	5.7	0	August	2021
9	ao-legion-of-gloom	26	14	5	5.2	0	August	2021
10	ao-zoomanji	46	12	9	5.1	0	August	2021
11	ao-smores	40	10	8	5.0	0	August	2021
12	ao-sap-of-steel	18	9	4	4.5	0	August	2021
13	ao-point-of-pain	17	10	4	4.3	0	August	2021
14	down-range	8	3	4	2.0	0	August	2021

**IMPORTANT:** I think we are having an issue with the backblasts in accounting for the FNGs. PAXMiner says we only have 1 FNG for August but leadership is accounting for many more. This is something Rico will be digging into.



# AO Attendance Trends (May – August)

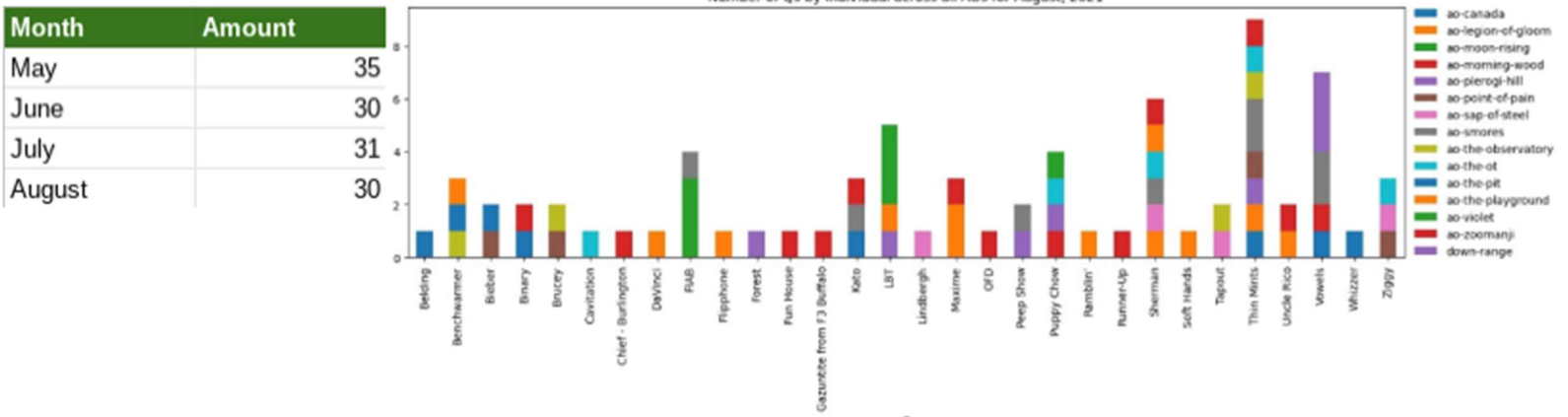
## AO Attendance Trend



AO	May Attendance (avg)	June Attendance (avg)	July Attendance (avg)	August Attendance (avg)
ao-canada	9.3	9.3	8.7	8.8
ao-grove-farm-respect	6.0	0.0	1.0	1.0
ao-legion-of-gloom	4.8	4.7	4.5	5.2
ao-moon-rising	5.0	5.5	7.0	5.7
ao-morning-wood	0.0	0.0	0.0	7.3
ao-pierogi-hill	13.0	15.0	12.6	12.0
ao-point-of-pain	7.5	6.0	6.0	6.0
ao-sap-of-steel	5.3	5.3	5.6	4.3
ao-smores	4.5	4.6	5.0	5.0
ao-the-observatory	6.5	8.5	10.6	6.5
ao-the-ot	7.8	9.0	10.3	6.8
ao-the-pit	8.5	7.4	6.0	7.3
ao-the-playground	9.0	11.3	9.1	11.3
ao-violet	4.0	5.0	7.0	7.3
ao-zoomanji	4.3	6.3	5.6	5.1

## Q Counts and AO per PAX

Here is a chart of who Q'd and where for the month of August. We see some spikes in here which is telling us that we have certain individuals who Q more than others. In August, we had 30 unique Q's. It seems we are holding steady but down by five from the high in May (35).



## Postmaster, Passport, and YTD Graphs

Postmaster and Passport Winner for August = Four Dozen, Thin Mints great job Thin Mints!

