

November 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

November 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.



The F3 Pittsburgh October Convergence



News of the Region

Passport Challenge Winner: Maxime

August Postmaster: Maxime

Communicating with the Comz Q

Written by: Bieber



Communication. Hopefully, each of us know what that word means. A quick google search will tell you that communication is “the imparting or exchanging of information or news.” Clearly, communication is extremely important; not only in our daily lives but also to the growth and success of F3 Pittsburgh. So, how does F3 Pittsburgh communicate?

Slack: Our most important form of communication, and probably one of the most annoying (thanks, SlackBot). Slack is an online application that enables messaging to groups of people – essentially a fancy version of the texting app on your phone. Hopefully, if you’re reading this you’re already plugged into our Slack channel – if you aren’t please let Bieber know, and he’ll get you in. Slack is set up with different “channels” for each of our AO’s, and channels for other topics as well. Anytime information is needed quickly, Slack is the place to find it.

Facebook: This is where most of our public-facing information is posted and shared. We run both a Facebook group and page, with both serving the similar purpose of allowing us to connect and share information publicly about what we’re doing. This is a great place to post photos, videos, and backblasts of workouts so that your friends and their friends and their friends and their friends...can all see what we’re up to and just how beneficial and impactful we are. If you haven’t yet connected on Facebook, reach out and join in!

Website: F3 Pittsburgh also operates a website, www.f3pittsburgh.com, that houses most of the basic information about our region, such as AO locations and times, backblasts, contact information, and the monthly newsletter. We’re always seeking ways to improve the site, so if you have any ideas or experience, absolutely reach out to Bieber!

Monthly Newsletter: If you’re unaware that we have a monthly newsletter, well, I have news for you. The goal of our newsletter is to blast out the most important information from the prior month and for the upcoming month for all of the PAX in F3 Pittsburgh – hence the name, the PAX Blast. We are constantly looking to feature more guys and more important things going on in the region, so please do contact Bieber if you’d like to be featured in any area of the newsletter. Most notably, we are always looking for different guys to write something up for the 2nd and 3rd F sections.

F3 Pittsburgh can only thrive when communication is flowing. If you haven’t gotten connected yet, what are you waiting for?

Upcoming Events

- **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 13: Moon Rising Mini Convergence**

Where: Moon Park, 1350 Ewing Rd, Moon, PA 15108

When: 0700-0800

- **November 13: F3 Pittsburgh Thanksgiving Food Drive**

Where: Collection at the Moon Rising Mini Convergence

See the last page of the newsletter for recommended food items.

- **December 4: Adopt a Family**

What: We are adopting a local family for the holidays to donate money for the holidays and assist in moving

Where/When: details to come on Slack. Financial donations can be made to Abacus, with more info on Slack

- **December 3 & 4: Light the Night**

What: a **free** Christmas celebration hosted by Urban Impact Foundation

Where: Christ Church at Grove Farm (<https://uifpgh.org/light/>)

Why: It's an AWESOME event, and some PAX kids' are also involved!

- **December 6: S'mores Mini Convergence**

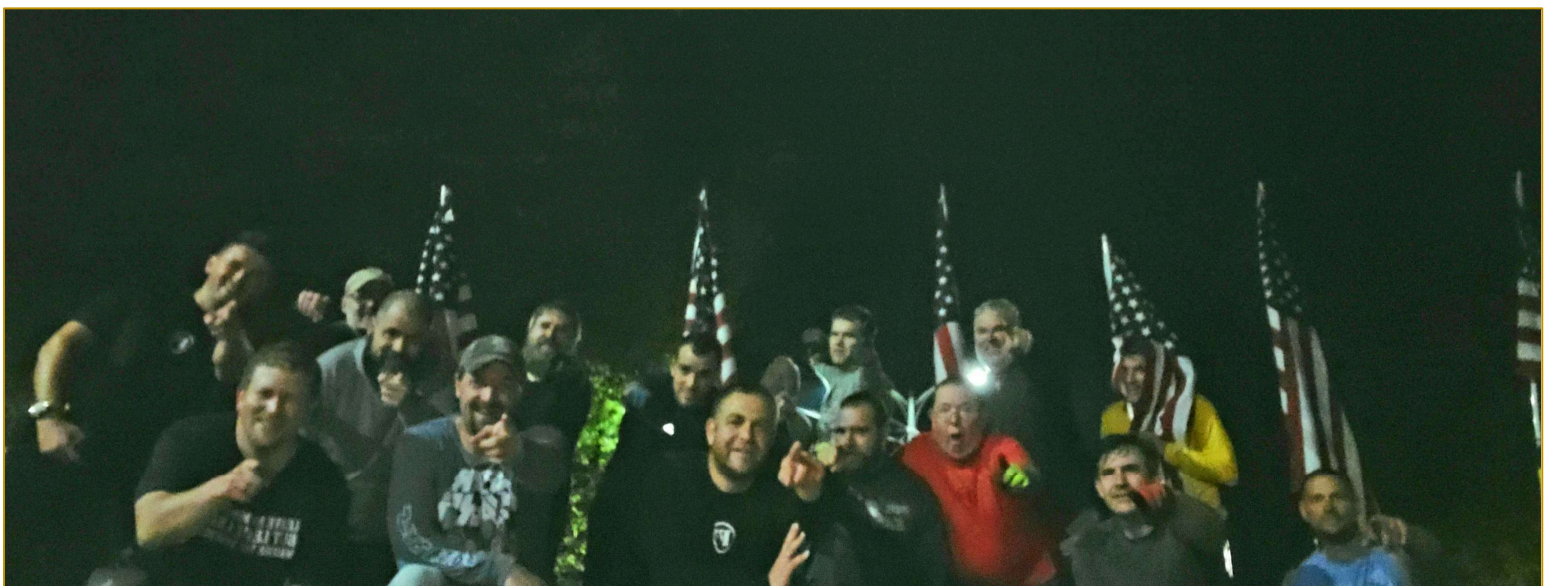
Where: Ohio Township Community Park, 325 Nicholson Road, Sewickley PA

When: 0530 – 0615

BONUS: Get into the holiday spirit by wearing your favorite (worst) Christmas sweater

Upcoming events with details to come:

Turkey Trot, Thanksgiving Beatdown, and Toys for Tots. Stay tuned!



The Observatory on 10/1/2021

Meet the PAX

Nate Manuel, 39, Snowflake!



Introducing Nate Manuel, 39, aka "Snowflake". Nate was born in Butler PA but lived during most of his formative years in Ambridge. Fun fact, this is also home of the famous "Vowels" but he wanted to make it explicitly clear, 'we weren't friends'. As a youngster Nate grew up playing ice hockey, snowboarding, and earning his Eagle Scout award.

Nate attended Penn State university and majored in Plastics Engineering, followed by his MBA years later. Nate works for MSA Safety based in Cranberry township. He's held various roles there, but most have dealt with project management, engineering management, and most recently program management. It was through a few coworkers that Nate learned about F3 - AO Morning Wood and after a lot of peer pressure, he joined the group and is quickly becoming a regular.

Outside of work, Nate lives in Allison park and spends his days with his wife Amber and their Rhodesian Ridgeback Fuller. Most of their time is spent doing outdoor activities like mountain biking, snowboarding, golfing, and traveling across the states.

A few other facts: Nate spent most of his pandemic time at home, building out a custom camper van for mountain biking adventures. He recently started coaching sled hockey as part of the Pittsburgh Mighty Penguins program and enjoys giving back to the community in any way he can. His favorite movie is Christmas Vacation, he drinks his coffee black, and can never pass up a bag of Skittles. If you don't know him, swing by Morning Wood on Thursdays and say hello!

Dave Janvier, 51, Gutterball!

Married for 24 years to his M, Nicole, with 2 kids (Amanda - 18; Adam - 16). He is currently a Licensed Professional Counselor with certifications in sex therapy and trauma therapy. Gutterball is working to be Dr. Gutterball as he is currently completing his Doctorate of Ministry in Spiritual Direction and Formation. He's passionate about integrating spiritual formation and psychology. Runner-Up EH'd him. He was looking to get healthy so it just felt that God provided the opportunity. Felt he not only needed the physical side of F3 to improve his overall health, but also was wanting to get connected with other men. The thing that he's loved the most about F3 is the inviting connections that he's made with other guys that are walking in similar seasons of life.



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.

Gopher

First Post: 10/28/21

AO: SAP

Tater Tot

First Post: 10/18/21

AO: The Playground

Lap Dance

First Post: 10/23/21

AO: Pierogi Hill

Tenderfoot

First Post: 10/8/21

AO: Violet



Gopher's first post at SAP on 10/28

Manniversaries and Birthdays

Manniversaries:

Birthdays:

Have an upcoming Manniversary or birthday?

Let Bieber know to be included in the next issue.

Seriously. Let Bieber know.

Please.

2nd F Spotlight: Fall Convergence

Meticulous planning, great communication amongst all parties, and beautiful weather are all key to having a great event. None of those things are true when talking about the Fall Convergence held by F3 Pittsburgh on October 16, 2021. The workout was led by F3's finest: Pickle, LBT (R), FIAB (R), and Airshow (war daddy) (R). The weather was a pleasant 45 degrees and very windy. A tornado warning graced the 29 PAX that posted as they rolled in for the beatdown at Pine Township Park (known to the PAX of F3 Pittsburgh as Canada).

After the beatdown was completed, a very nice breakfast and coffeeteria was shared by most of the PAX. Mumblechatter and deep conversations were spoke as the PAX plugged in their crockpots and prepped their meaty goodness for the inaugural F3 Pittsburgh chili contest. We had 11 amazing entries into the contest. There was a wide range of flavors, spiciness, and ingredients.

We had Flash Dance and his M showing up two hours late because he can't follow directions (his M's words). I think he is a strong contender for next year's trophy. We had Dusty come visit us from Florida and help with our 3rd F project. He was a heck of a guy and glad he could join us. At the end of the day to no one's surprise, Thin Mints took home the trophy for best overall chili. I may be a little biased when I say that there was no planning or communication for this event. FIAB and Kato at their own expense put together the drinks and all of our breakfast after the beatdown and really helped pull the whole event together and for that we are all extremely grateful. Can't wait until next year's contest.



3rd F (Faith) Spotlight: Roadside Cleanup



As stated above, the PAX of F3 got together for fitness and fellowship on October 16, 2021. In between the fitness and the fellowship, 17 PAX (and later Benchwarmer and his kids) dispersed along Pearce Mill Road in Pine Township to execute their second adopt-a-highway cleanup of the aforementioned road. We ended up collecting 17 bags total of cans, bottles, candy wrappers, car parts, campaign signs and other things that were downright nasty. Winner of the best find goes to Dusty. About halfway through the cleanup Maxime realized that his key to his truck, the only key to his truck had fallen out of his pocket. Dusty said "is this it" as he pulled Max's beloved key from his pocket.

Although we all had a lot of fun and laughter doing the cleanup project, we do need to remember why we do these things. Our mission is to plant, grow, and serve small workout groups for men, but we also serve others. The men who gave their time and energy to do something for people they do not know and who they will not get any thank you from put their needs aside and served their community. Thanks to all the PAX who continue to grow F3 Pittsburgh and serve our communities.



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 Grandfather	Max's Daughter	Bieber and his M
FIAB's Niece	Wesley Priore	Praise: Sherman's brother's recovery
Roadie's granddaughter	Roadie's niece's FiL	Gemini & Family
FIAB's BiL	Mr Sneed	Chief's Aunt Sara
Chief's Son (Scout) – fractured foot	Austin Family & Vowel's MIL	Soft Hand's Parents
PC's Brother	ShamWow's granddaughter – college	Uncle Rico's Sister
Vowels' FiL		

Have a Thought or Prayer that isn't on the above list? See a TAP on the list that's outdated or needs removed? Let Bieber know so we can get it updated!



FIAB leading Q Source at Moon Rising on 10/23

Stats Snapshot

Here you will find the most relevant stats accumulated throughout October. **REMINDER:** 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.

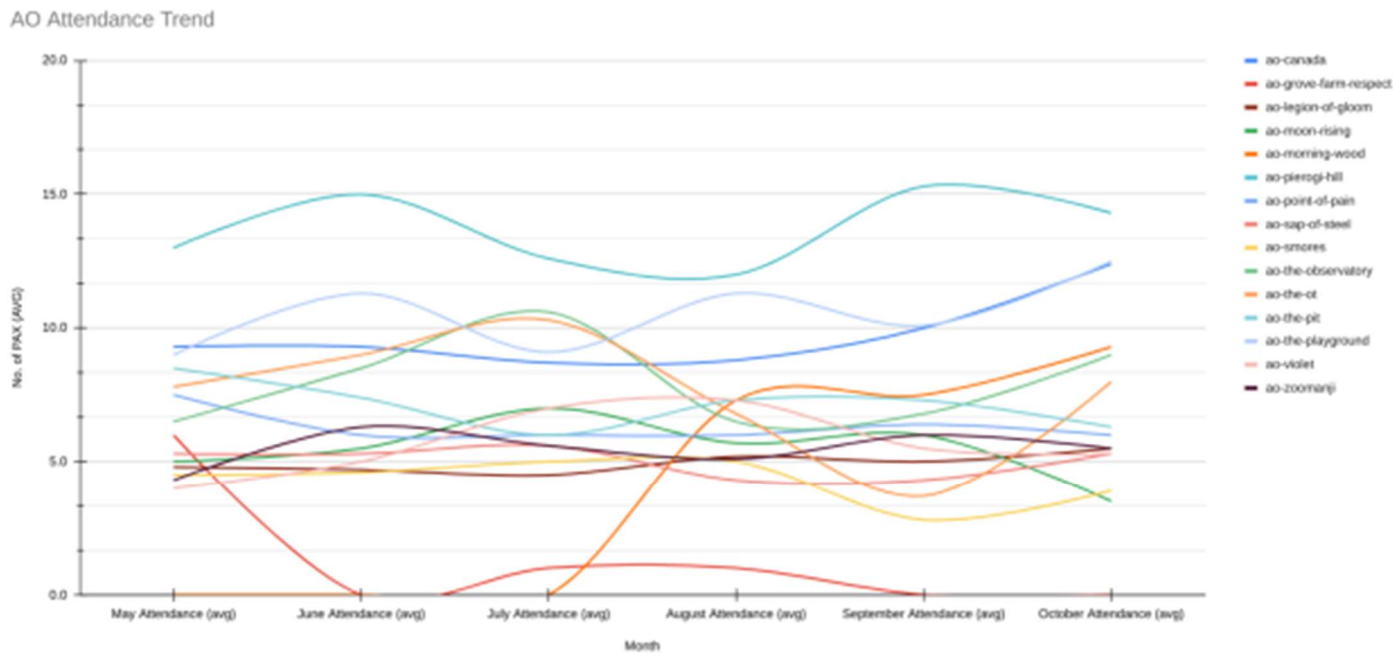
AO Post Summary

This table shows what the attendance looked like in October for each AO. Pierogi Hill is in the lead with 14.3 PAX in average attendance, but The Playground and Canada are nipping at its heels!

This region is ON FIRE!								
AO	TotalPosts	TotalUniquePax	BDs	AvgAttendance	TotalFNGs	Month	Year	
0 ao-pierogi-hill	57	21	4	14.3	0	October	2021	
1 ao-the-playground	100	25	8	12.5	0	October	2021	
2 ao-canada	62	28	5	12.4	0	October	2021	
3 ao-morning-wood	37	10	4	9.3	0	October	2021	
4 ao-the-observatory	45	19	5	9.0	0	October	2021	
5 ao-the-ot	24	9	3	8.0	0	October	2021	
6 ao-the-pit	25	9	4	6.3	0	October	2021	
7 ao-point-of-pain	24	10	4	6.0	0	October	2021	
8 ao-legion-of-gloom	22	12	4	5.5	0	October	2021	
9 ao-zoomanji	33	11	6	5.5	0	October	2021	
10 ao-sap-of-steel	21	11	4	5.3	0	October	2021	
11 ao-violet	21	8	4	5.3	0	October	2021	
12 ao-smores	31	8	8	3.9	0	October	2021	
13 ao-moon-rising	7	2	2	3.5	0	October	2021	

AO Attendance Trends (May – October)

This chart will be interesting to look at at the end of the year to see what the attendance trends look like. Hopefully there is a pattern we can see where we can try to do different things to get to a flatter but with a gradual slope upward for each AO.



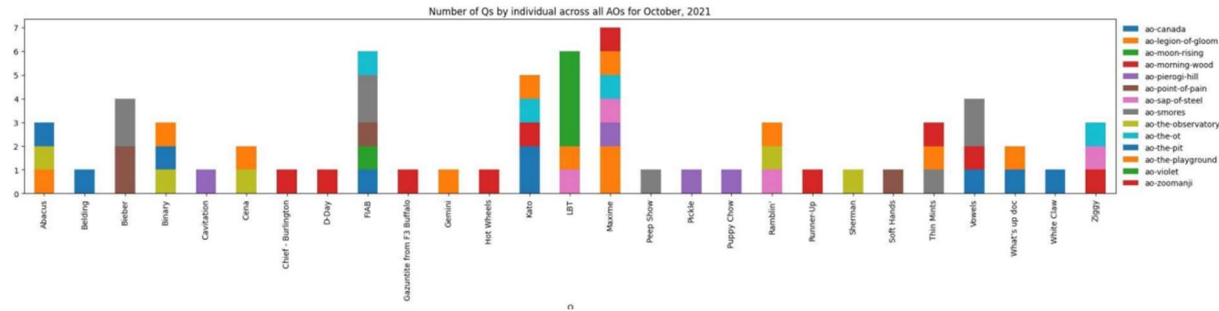
Green = "Growing" Yellow = "Steady" Red = "Shrinking"

9 AO's have experienced growth from May until October, 5 have seen a decline and 1 is holding steady. The first chart shows the change over the months to put things into perspective. Overall, this is trending in the direction of growth, especially heading into winter which is awesome to see.

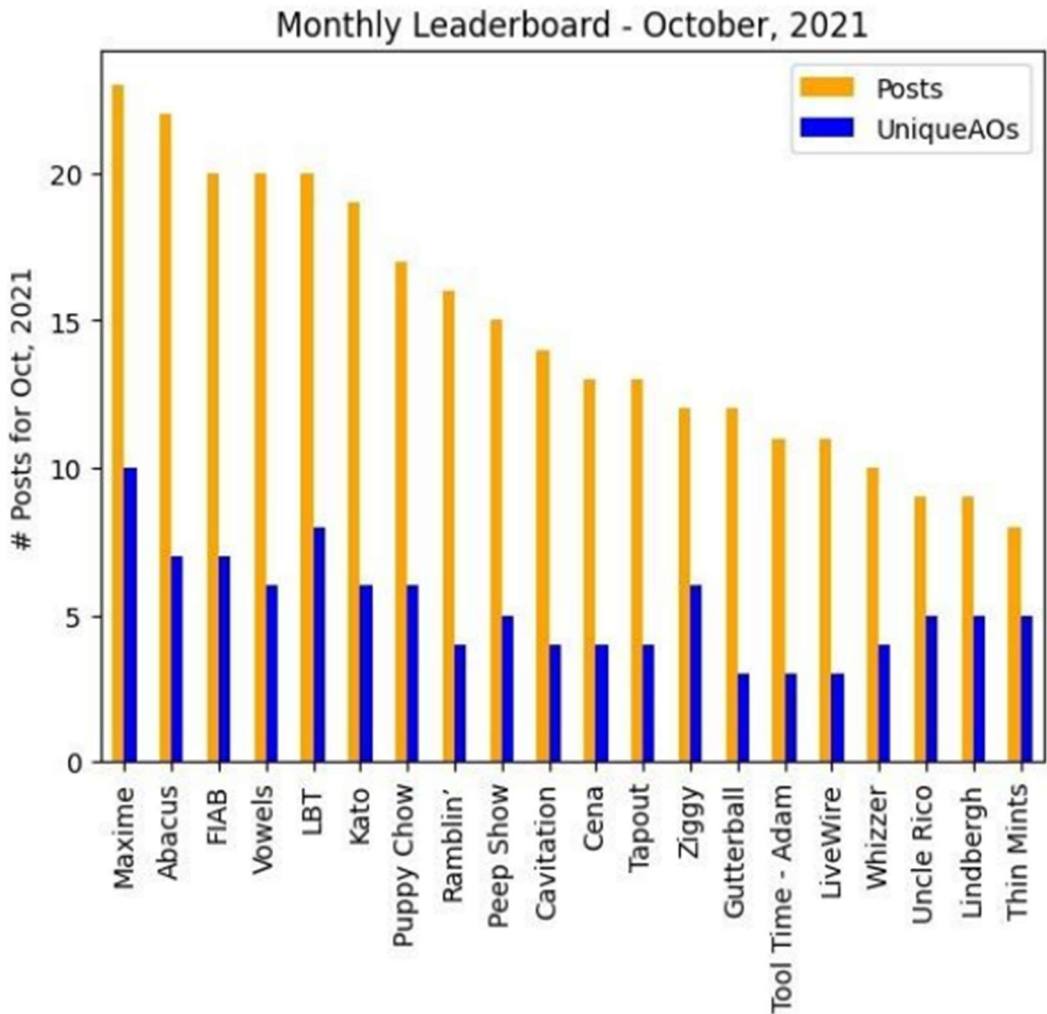
Q Counts and AO per PAX

Here is a chart of who Q'd and where for the month of October. We see some spikes in here which is telling us that we have certain individuals who Q more than others. In October, we had 27 unique Q's, which is a 3 PAX decline from September

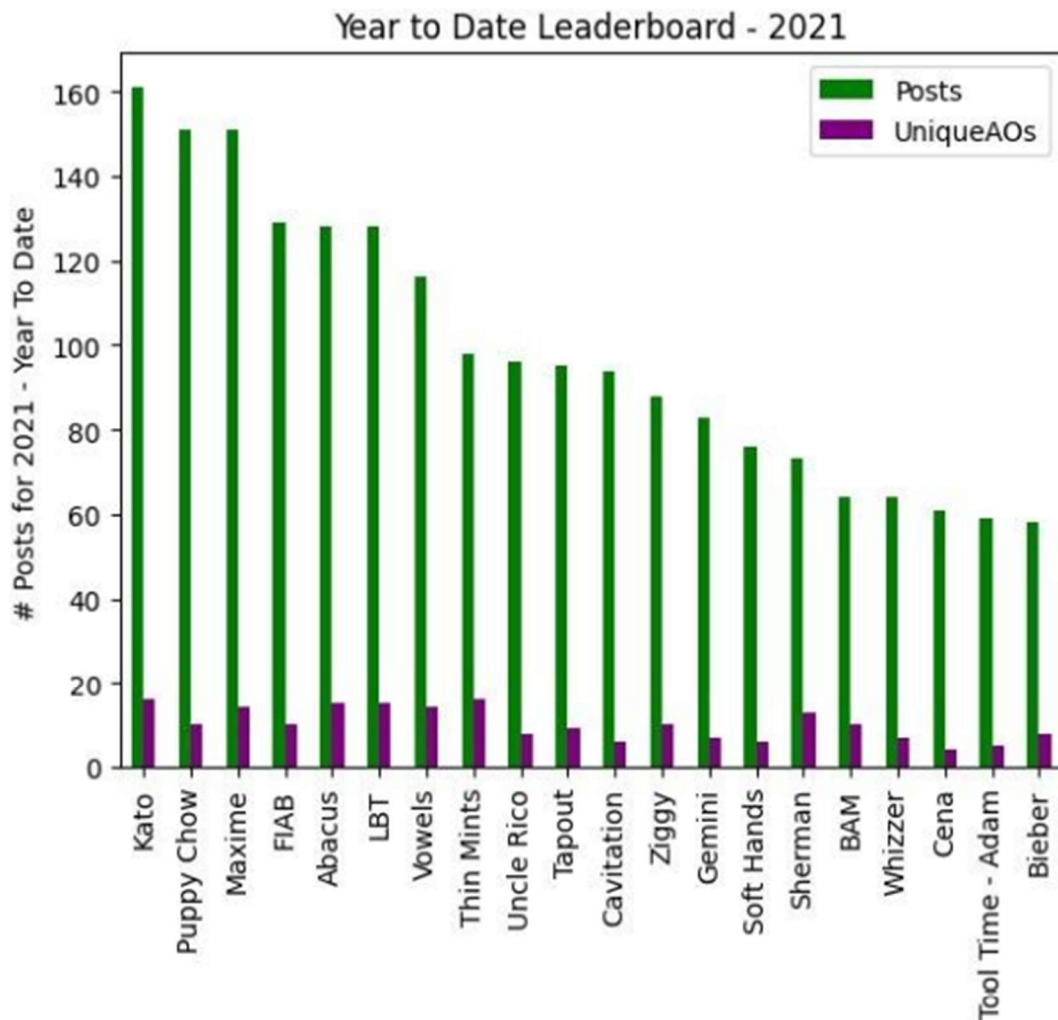
Month	Amount
May	35
June	30
July	31
August	30
September	30
October	27



Postmaster and Passport Graph



YTD Leaderboard Graph



Summary

In the growth department, things are trending upward as we head into the Winter, which is awesome to see. Great job there men! Let's see if we can push this a little further this winter and experience some growth and remember to be the buffalo! The Q stats are interesting in that we are having less and less people Q but those individuals are Q'ing more. I'd like to challenge the site Qs to look at the Q schedule and recent history to try to "spread the wealth" so to speak to more PAX. The winner of the postmaster and passport goes to Maxime for October. Congrats sir! We have a few PAX who have already crossed the 100 post line for the year, and these stats do not account for the January, February, March and April months. Keep pushing and let's finish the year strong gentlemen! For you site Q's, I will send out a summary of what the AO looked like over the months (May through December). Going into next year, we can analyze and discuss the data and what it means for the AO.

F3 Pittsburgh Food Drive List:

F3 PITTSBURGH (THANKSGIVING 2021) FOOD DRIVE (BENEFITTING NORTH HILLS FOOD BANK)



FOOD ITEMS NEEDED (HIGH PRIORITY)

- Artificial Sweetener
 - Equal
 - Sweet & Low
 - PLEASE NO TRUVIA
- Canned Goods
 - Beef Stew
 - Beets
 - Broth
 - Cranberry Sauce
 - Evaporated Milk
 - Gravy
 - Pie Filling
 - Sauerkraut
 - Sloppy Joe (or Manwich)
 - Yams
- Cereal
 - Corn Flakes, Wheaties, Life, Raisin Bran
 - PLEASE NO CHEERIOS (any kind)
- Coffee
 - Ground (11 oz size)
 - PLEASE NO WHOLE BEANS
- Corn Muffin Mix
- Flour (1 or 2 lb. size)
- Fruit Juice (32 – 96 oz.)
 - Apple, Cranberry, Grape and Orange
- Mayonnaise
 - Small containers
 - PLEASE NO MIRACLE WHIP
- Noodles (Dry)
 - Egg
 - Macaroni
 - Ramen (bags or containers)
- Nutrition Drinks
 - Boost
 - Ensure
- Pet Food (Dog and Cat)
- Powdered Coffee Creamer
 - Small Container

- Rice
- Stuffing
- Sugar (1 or 2 lb. size)
- Tea
 - Lipton Tea Bags
- Water
 - Plain
 - Flavored

NON-FOOD ITEMS NEEDED

- Adult Diapers (Pull Up)
 - Small, Medium, and Large Only
- Cleaning Supplies
 - Comet, Lysol, Pine Sol, Windex, etc.
- Detergent
 - Laundry
 - Regular Dish (Not for Dishwasher)
- Misc. Kitchen
 - Aluminum Foil, Plastic Wrap, and Storage Bags
- Paper Products
 - Kleenex, Napkins, Paper Towels, and Toilet Paper
- Toiletries
 - Body Wash
 - Conditioner
 - Deodorant
 - Liquid Hand Soap
 - Pads
 - Shampoo
 - Toothbrush
 - Toothpaste

ITEMS NOT NEEDED

- Please, no items that have past the "Best by" date or clothing