

January 2022

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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

January 2022 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 December Convergence



News of the Region

Passport Challenge Winner: Abacus

December Postmaster: Kato

From the Brain of Belding

Written by: Belding



It's that time of year where we make resolutions only to break them a few days later with hopes that we can start again fresh the next day, week, month, year, decade. I'd like to challenge you to be purposeful this year by setting several measurable goals for yourself. These could be personal goals, learning goals, physical goals, fitness goals, family goals, marriage goals, or anything else. No one cares what it is, but since we're all in this together as brothers, we all care how it is! Be SMART about your goal.

Instead of the ambiguous resolution of "I'm going to post more," let's get SMART and use a system. Your goals should be:

S - Specific - What will be accomplished? What actions will you take?

M - Measurable - What data will measure the goal?

A - Achievable - Is the goal doable? Do you have the necessary skills and resources?

R - Relevant - How does the goal align with broader goals? Why is the result important?

T - Time-bound - What is the time frame for accomplishing the goal?

So...rather than "I'm going to post more" let's turn that into something like:

By the end of 2022 (time-bound), in an effort to increase and improve my fitness and fellowship (relevant), I will post at least 150 times (specific) as measured by PAX miner reports (measurable). This means I need to post at least 13 times a month or 3-4 times per week (achievable) which I think I can do.

Goals are just wishes if you don't have accountability. Since we're all in this to get 1% better and #ISI (iron sharpens iron), share your goals with fellow PAX.

Looking forward to getting better with you in 2022.

F3 Pittsburgh Site Q Meeting

A joint leadership/Site Q meeting was held on January 8, 2022 between 17 PAX to review past years' successes and failures and establish some goals and guidelines to help us have a successful 2022. We wanted to share what we discussed and what we are focused on. Below are the topics discussed. Please review as they pertain to everyone in F3, not just Site Q's. Any feedback or suggestions please reach out. If you don't say something nothing will happen.

Attendance:

Bieber, Maxime, LBT, Thin Mints, Kato, Cena, Lindbergh, Pickle, Valentine, Gemini, Belding, Binary, Tapout, Cavitation, Vowels, FIAB, Uncle Rico

- **1st F:**
 - **Site Q Criteria**
 - Set up Q's at least 3 beatdowns in advance
 - Site Q will take volunteers but also has discretion to pick Qs to keep a good rotation of Qs
 - Site Q will send out a list of dates available to give PAX the opportunity to sign up
 - PAX are responsible to sign up on the slack calendar for the AO you are the Q (events feature) keeping track of Q's
 - Every channel has its own calendar
 - If you sign up, please let the Site-Q know directly
 - If you are not signed up on slack, you may lose the Q.
 - If you need help signing up on slack, reach out to the Site-Q for help.
 - **BackBlast Criteria**
 - Backblasts need to be posted within a week of the beatdown
 - The earlier the better.
 - They should only be posted in the AO channel
 - Coming soon is a Back-Blast bot that will simplify the process
 - Continue to make use of social media channels
 - **Pre-Blast Criteria**
 - Pre-Blasts should be out by 6pm the evening before the beat down
 - They should only be posted in the AO channel
 - If a pre-blast is not posted by 6pm the night before the beatdown, the Site-Q will reach out to make sure the Q is still available. If not, he will find an alternate Q.
 - Continue to make use of social media channels
 - **Increased AO Attendance/Workout Diversity**
 - Splintering at AO's is an option
 - We encourage PAX to show up to AOs and do what's called "splintering." This means you can show up to an AO, do the W-A-R and then go off and run instead of do a beatdown at the playground for example, then come back together for Mary and COT.
 - Site Q's should make sure their AO has an option for coffeeteria
 - Whether its at the AO LBT style or at a nearby location. Should have an option for both at the AO and inside for colder weather. It's where the friendships are formed.

- **2nd F:**

- **Monthly Challenges**

- Strive for month-long challenges each month
 - Examples:
 - Million Merkin March
 - Distance Challenge
 - Nutrition related
 - Arm Bulge August
 - Squat-Tober
 - Field Trip Feb
 - EH Challenge
 - Cotter Challenge
 - Bring back the guys we've lost
 - **Have** to bring food donations to post at a beatdown, or do 10 burpees
 - Annual AO cleanups at each AO
 - Coincide with mini-convergences?
- Does not need to be killer, does not need to be fitness
 - Goal is to just create a goal – any goal - for the PAX
- Make use of the Monthly Challenge slack channel
- Idea is to rely on Site-Q's to create the challenges, but any PAX can create a challenge.
- Challenges don't necessarily need to be month long
 - Examples:
 - Hit 10 different AO's in a month
 - Double digit posts in a month
- AO-Specific Challenges

- **2nd F Events:**

- Striving for 4 major 2nd F events
 - Spring anniversary convergence
 - Fall road cleanup/convergence/2nd Annual Chili Contest
- **Overall consensus seems to be that we're doing well, but let's keep building**

- **3rd F:**

- **Volunteering**

- North Hills Food bank 2 times a year
- City of Pittsburgh Garbage Olympics
- Urban Impact projects
- Road Cleanup

- **Light of Life Rescue Mission**

- Downtown homeless shelter with a lot of volunteer opportunities:
 - Men's program Bag packing:
 - In person opportunities:
 - Food serving (breakfast and dinner, daily), Office work, Child Care, Mentoring, Tutoring, Food Pantry

- **Community Clean Up (monthly)**
 - Bieber to reach out to begin the relationship
 - Idea would be to let them know that we've got a large pool of dudes that want to help out with anything.
 - "Adopt a Charity" mentality. Lets become engrained with these people and build a lasting relationship, not just a one and done event.
- **Other Items**
 - **CSAUP**
 - Gemini wants to create an annual rucking event to partner with Steel City Ruckers, FIA, others
 - Raise money for a charity that supports children of fallen veterans.
 - Reach out to Gemini if you want to get involved
 - **Whetstone and Shield Lock**
 - Encourage PAX to learn about and form a shield lock and Whetstone:
 - Shield Lock - <https://f3nation.com/shield-lock-q1-7/>
 - Whetstone - <https://f3nation.com/whetstone-q1-8/>
 - In general, just reach out to guys – everyone should have a buddy
 - If you don't see someone in a while, reach out.
 - Don't be afraid to reach out to someone for help, or just to listen.



Upcoming Events

- **January 30: F3 Pittsburgh Blood Drive**

What: Blood drive to support our community

When: 9am – 2pm

Where: Vitalant, 9365 McKnight Rd, Pittsburgh, PA 15237

- **February 2: Playground Mini Convergence**

What: Mini Convergence at the Playground – all other Wednesday AO's closed

Where: Ross Municipal Center Park, 0515 - 0600

- **February 26: Polar Plunge for the Special Olympics**

What: Polar Plunge fundraiser to support the Special Olympics: <https://give.specialolympicspa.org/event/2022-pittsburgh-polar-plunge/e354630>

Where: Heinz Field

Contact Abacus for more detail and to HC

- **March 26: Urban Impact Service Project**

What: Service project with Urban Impact Foundation

More info to come. Stay tuned!

- **Date TBD: F3 Pittsburgh Ruck Event**

What: Rucking event around Pittsburgh

More info to come. Stay tuned!

Upcoming Emotional/Spiritual Health Study:

Men of F3 Pittsburgh, we have found a treasure in Gutterball -- beyond being a professional therapist focused on men and addiction, he cares deeply about men's mental health and in recent conversations he has shared with me his desire to (1) address some of the underlying causes to male suicide that continues to show up in the F3 Nation community and (2) start to build and teach within F3 Pittsburgh towards better emotional health and spiritual connection.

In support of the above we are planning to launch and co-Q a new 3rd F initiative and study spiritual formation, emotional health, spiritual health, and how these things are essential to masculinity and leadership. If F3 is leadership training disguised as a workout, then this study will be inner life and spiritual formation disguised as leadership training.

So – If you have gone through rough times, are going through rough times, or will be going through hard times; if you have struggled with depression and addiction; if you lack in your inner life – please come join us!!

What: A 6 week guided study co-Qed by Gutterball and Runner-Up

When: TBD – Please vote in the upcoming Slack poll to give your input. We plan to start late January.

Where: It will be a combination in-person and virtual to make it available to as many people as possible. In-person clearly has a stronger impact.

Why: To strengthen our spiritual and emotional fortitude. “Leave no man behind” includes our emotional vulnerability and spiritual life.

Who: All men of F3 and any FNGs

Meet the PAX

Thin Mints

Born on the Southside of Pittsburgh on a cold February morning. This oldest son of four grew up in Beechview neighborhood of the City. As a boy he was introduced to the outdoors by his father which began his lifelong interests in hunting, fishing and camping. As a young man he attended Brashear HS, played 3 sports and worked summers at Heritage Reservation. Moving onto college he attended PSU and then lived and worked in Central PA. Moving back to Pittsburgh he decided to make a career change and learn a trade. Over twenty years later this married father of 2 would be active in his church as a lector, serve his community as a Scoutmaster and try to find many uses for his 3 grills. Who is this PAX?

Thin Mints of Course!



Tater Tot

Hey F3 Pittsburgh PAX, Tater Tot here though everyone else in the world knows me by my birthname, Brian Collery. I was introduced to F3 through Thin Mints and had my first post on October 18, 2021 and my VQ on December 29, 2021 both at the Playground. Thin Mints and I go way back where we were both on summer camp staff in the early 90s at Heritage Reservation, which is the local Boy Scout camp for the Greater Pittsburgh area. We also both went to Penn State at University Park and were brothers at Sigma Nu Fraternity located on the west side of campus.



I attended Penn State on an Army R.O.T.C scholarship and upon graduation with a BS in Management Science and Information Systems was commissioned a second lieutenant as a field artillery officer in the PA Army National Guard. I served with the 1-108th Field Artillery Battalion in Carlisle, PA and later the 1-107 Field Artillery Battalion in Pittsburgh and New Castle. I was trained on the M109-A6 Paladin 155mm self-propelled howitzer and held positions as company fire support officer, battery fire direction officer, platoon leader, battery XO and battalion fire support officer. I finished up my 9-years of service in the Army Reserve where I was a public affairs officer with the 354th Mobile Public Affairs Detachment.

I grew up in Bethel Park, was very active in Scouting as an Eagle Scout in Troop 225 at Saint Valentine's and graduated from Bethel Park Senior High School in 1992. I met my wife, Diane, during our last semesters at Penn State. We started out with a long-distance relationship as I had my first job out of school with a government systems integration company in Northern Virginia and had to complete Field Artillery Officers Basic Course at Fort Sill, OK. I moved back to Pittsburgh, got married and settled in the North Hills, which was a compromise since my wife was from the East (Plum) and I was from the South Hills.

We currently live in McCandless in the Greybrooke plan off Thompson Run and have two children, Nolan who is 18 and a senior at NASH and Brenna who is 15 and a freshman at NAI. Both children (and I) are very active in Scouting and are members of Troops 329 and 9329 at Memorial Park Church in McCandless. Nolan was awarded his Eagle Scout just this past December and Brenna is a Star Scout and will serve on staff this summer as a Troop Guide at the council's youth leadership training camp. Nolan also plays goalie on the NA varsity lacrosse team and Brenna is a NA varsity wrestler, which is one of the first girls wrestling teams in Western Pennsylvania.

I had the privilege of going to Philmont Scout Ranch in New Mexico with Nolan and a crew from Troop 329 last summer, and relive some adventures of my youth. It was the preparation for Philmont last year that really got me back into working out and thinking about my own fitness, which was pretty much non-existent since I got out of the Army in 2005.

For work I am a digital marketing technology consultant with Adobe where I been working from home for the last 10 years. I am currently assigned full time with Comcast supporting user experience testing and digital marketing for their residential cable business. Prior to Adobe I worked in digital marketing technology and ecommerce at American Eagle Outfitters, Education Management Corporation and General Nutrition Centers.

Tater Tot was born out of what was very close to being Couch Potato, which was spurred on as a dichotomy of the active lifestyle that I live. I can thank my very good friend Tenderfoot who joined just a week before for confirming me with that name.

Outside of family and Scouts, I enjoy spending any chance I can get being outdoors, hiking, backpacking, fishing, visiting National Parks and I just started getting into off-roading with our Jeep Wrangler. I love watching cult action, sci-fiction, cerebral films and television shows, which my wife doesn't want anything to do with. Also, I am a huge craft beer guy. My wife and I love going to local breweries where we are blessed to have so many quality ones here right in our area.

I have enjoyed my time so far with F3 mainly posting at the Playground, though I have made a couple Friday posts at Violet. I came in with a fitness focus in my mind, by the faith and fellowship have really been components that I have really provided me with unexpected enrichment. I very much look forward to warmer days where the getting out won't be as painful!



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.

Flu Shot

First Post: 12/18/21

AO: Pierogi Hill



2nd F Spotlight: Canadian White Elephant Exchange

Sometime after Thanksgiving, FIAB announced that he was going to host a Christmas party that included a White Elephant gift exchange. The PAX were excited and happy that this was going to go on. Kato even at one point was planning on putting a bow on a lawnmower that he doesn't use anymore.

Unfortunately Covid struck again and plans had to be changed. But what could be done?

Along came Thin Mints who had the Q on Festivus at Canada. With FIAB's blessing the White Elephant portion of the party was moved to a Pizza/pop/beerateria at Sir Pizza following the workout. 7 PAX were able to attend and share in friendship and fellowship.

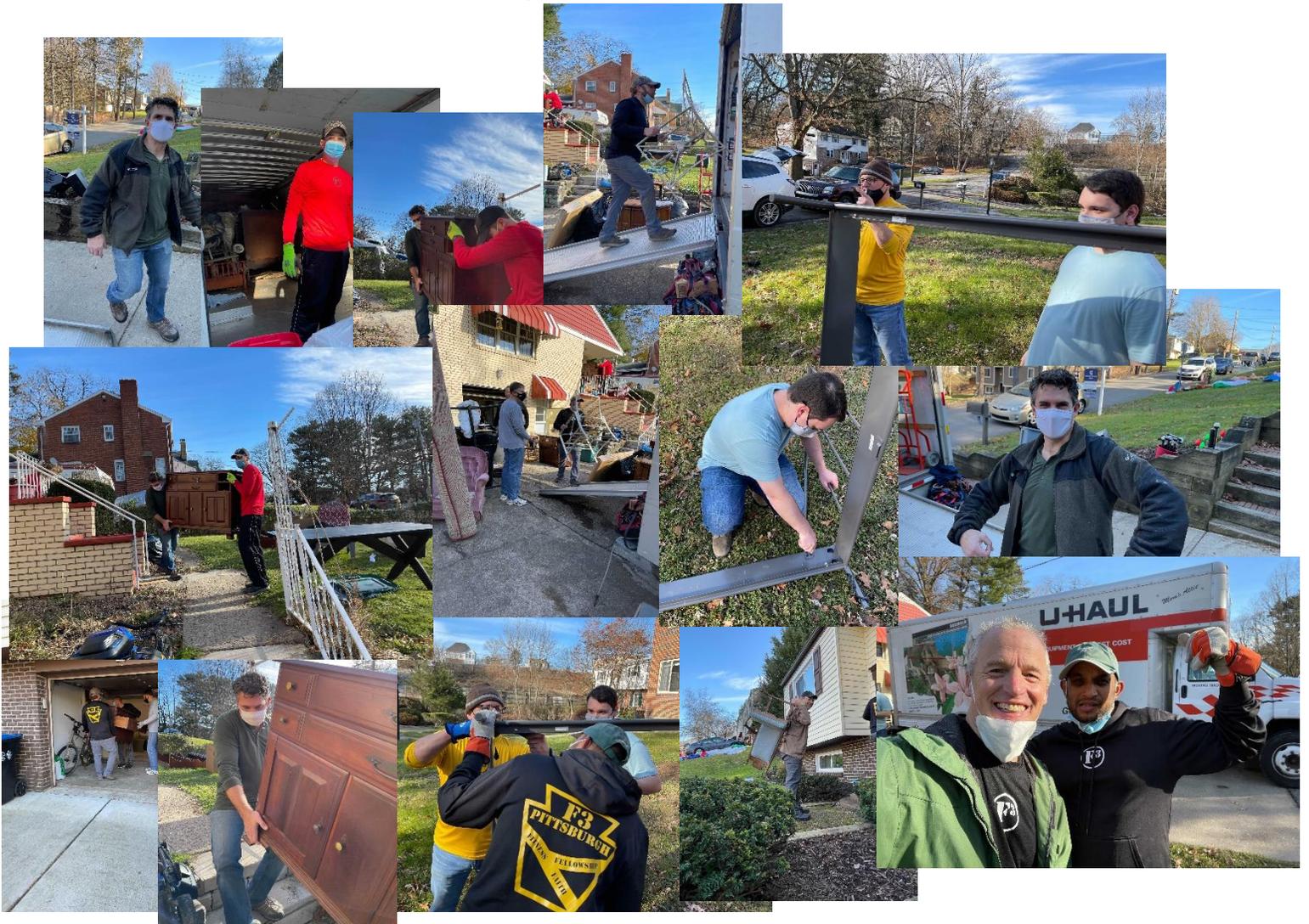


3rd F (Faith) Spotlight: OLAF

OLAF (Operation Love Adopt a Family)

After a workout at Pierogi-Hill one Saturday, we were discussing some ways to do a service project for the holidays. The idea came to adopt a family and bless someone who could really benefit from some help this year. It was later that day that my wife and I went to visit friends who were packing for a move. Patrick and Leslie Hickerson and their three sons moved to a rental home here in Pittsburgh from Birmingham, AL six years ago. This was a huge financial burden on their family at the time, but it was necessary to ensure their children with Autism got proper services. This year, their landlord decided to sell the home they were renting so they had to move again. As we visited with them and listened to the details of the impending move, I realized we may have found our family to adopt. I posted it on the announcements page and OLAF was born.

Collectively F3 raised **\$2,200.00** for the family. On December 4th a team of 12 PAX, moved them into their new home in record time. The Hickerson family was incredibly thankful and very moved by the outpouring of love and support from a bunch of "strangers". I was honored to be part of a team of great men who showed such love, compassion and grit. The family is doing well and they are looking forward to their first Christmas in their new home. Thanks to everyone who contributed and volunteered. Our first OLAF was a great success.



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 Family
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

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!



Stats Snapshot

