

February 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

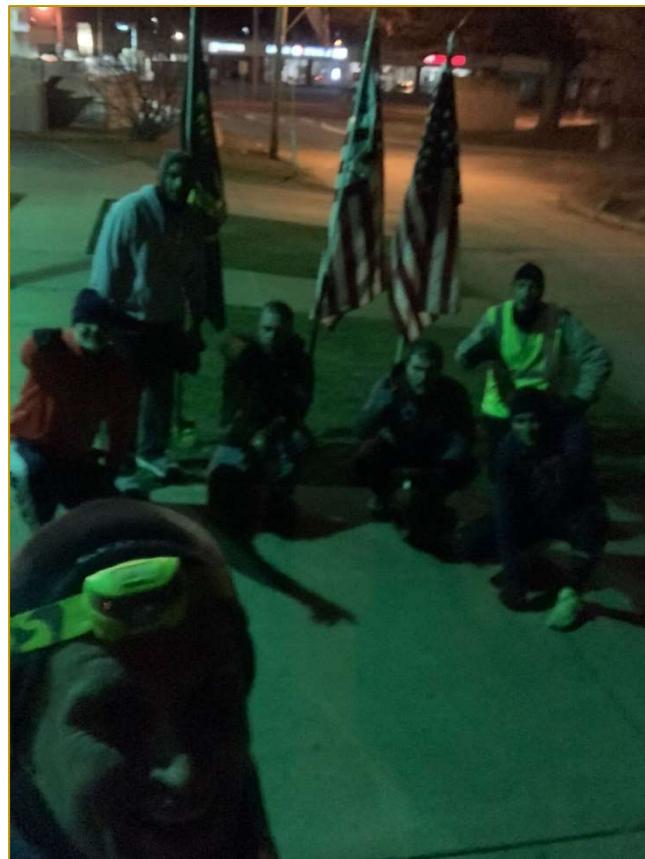
February 2022 Edition

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.



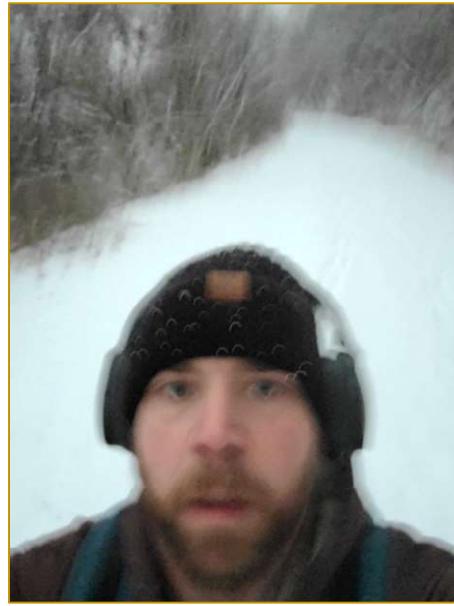
The F3 Pittsburgh January Convergence



News of the Region

Passport Challenge Winner: Maxime

December Postmaster: Maxime



Leadership Thoughts

Written by: Uncle Rico

"The body should be treated more rigorously that it may not be disobedient to the mind."

~ Seneca

I saw this quote recently and it made me stop to ponder this and my mind took me down the following path. First, what does this mean? Seneca was a Stoic, so meditating on this and doing a quick read, this ties to everything we do in F3 to become leaders. How can you expect yourself to step out of your comfort zone when the stakes are high if you aren't regularly doing so when the stakes are low? This means doing the hard things everyday so when things get hard we are prepared and do the right thing.

We must test ourselves daily. We must make courage a habit. We must remind ourselves who's in charge. You, not the pull to be comfortable. You, not the desire for everyone to like you. You, not the need to sound smart and all-knowing. Then, when it counts, we'll know what to do. The brave thing. The right thing. The thing we'd rather not do but know we have to do.

Second, I then thought of how we are doing across our region, when it has been consistently single digits or below zero temperatures most glooms. I am inspired by the PAX, because our numbers have relatively remained steady throughout this tough time period. You see the benefits and value in the "rigor" to get right, getting away from Sad Clown Syndrome, so that you can be there for one another. I appreciate all of you for your commitment!

Keep it up Gentlemen!

Upcoming Events

- **Now – February 14: Virtual Blood Drive**

What: Sign up online at any Vitalant to donate blood

- **February 20: SoulFit³**

What: Week 1 of a faith growth centered spiritual workout

Where: The Observatory, 3pm

- **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 3: Morning Wood Mini-Convergence**

What: Monthly Mini-Convergence

Where: Morning Wood, 5:45am

- **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: April Rucking event around Pittsburgh

More info to come. Stay tuned!

- **Ongoing: Every Other Sunday Rucking**

What: Rucking with Maxime and other PAX every other Sunday

Where: Location changes, see slack channel #Sunday-Team-Building-Ruck-Group for details



The graphic features the F3 Pittsburgh logo on the left, which consists of a black triangle with the words "F3 PITTSBURGH" in white. Below the triangle, the words "FITNESS", "FELLOWSHIP", and "FAITH" are written along the bottom edge. To the right of the logo is the word "SoulFit³" in a large, bold, black font. Below the text is a small image of two people silhouetted against a sunset/sunrise background, one holding a sword and the other a shield. At the bottom left, there is a small icon of a person in a dynamic pose. The text "Join us for a faith growth centered spiritual workout starting @3PM on Sunday 2/20" is displayed in a bold, black font. Below this, a paragraph explains the purpose of the workout: "Becoming a HIM requires the tending to all aspects of self, including our mental health. In this 7-week group, we will strive to be fit holistically by engaging in exercises that strengthen us emotionally, psychologically, relationally and spiritually." A final line of text states, "Our workouts are always free of charge." At the very bottom, a quote is visible: "Leave no man behind, but leave no man where you find him."

Meet the PAX

Flu Shot

Flushot here. After about a month with f3 Pittsburgh I have been made to feel welcomed by everyone. Outside of f3 I'm better known as Tom Culley. I've been married for 25 years. My wife and I live in Gibsonia I have three children the youngest of which is 18 years old in her first year of college. I have a son serving in the Navy currently in Japan, and one other son who has graduated college and living with his wife in St Louis.

I have always lived in the Pittsburgh area, outside of my few years in the Army, I have always lived on the North side and in the North hills. You won't likely find me on the south side of the city unless there is free food. But I love this area and I love the city.

When I have free time I like being outdoors, hunting fishing hiking kayaking or any combination of those is something I am always up for. I regretfully earned my nickname after mentioning I worked in healthcare, I have been doing that in some capacity or another for about 30 years now. I found F3 at North Park on Thanksgiving Day, as our church was preparing to host our annual harvest hustle, which is used as a fundraiser for our youth mission trip. (We are going to Kentucky this summer to help with tornado cleanup). A group of F3 guys were departing the pavilion and as I learned that the F3 stands for Faith Fellowship and Fitness, I felt it was worth checking out. So I'm happy to be part of the group and look forward to warmer days and we will see how this goes.



Vowels



Ryan (Vowels) Priore is a Western PA native and graduated from Ambridge Area High School. To be clear, Vowels is not from Ambridge as he grew up in Economy Borough which will quickly be corrected by Whizzer in group conversation... Vowels does not take himself too seriously, and as such the rest of this brief bio will be written in the third person. Vowels has been happily married to his M, Janet, for 19 years, and they have 3 rather awesome children: Ethan (16; F3 Name: Weird Al), Sophia (14), and Andrew (12; F3 Name: Segway). Vowels currently resides in Pine Township. Most can tell from his outstanding physique that Vowels joined F3 back in the 2014-2015 timeframe while on business in Columbia, SC. He even attended a Belding beatdown back when Belding was a principal, but this was well before their bromance began. Vowels was at the F3 Pittsburgh launch and has seen the wonderful evolution of our humble men's group. Vowels and FIAB even co-Q'd the very first F3 Pittsburgh beatdown after the official launch. Vowels was the site Q of S'mores, current site Q-ish of Morning Wood, and prior commz/IT/shovelflag maker/random assignment Q.

Vowels attended the University of Pittsburgh for a Bachelor's degree in Chemistry and continued his studies and graduate research at the University of South Carolina for a Ph.D. in Analytical Chemistry (Spectroscopy). Vowels loves all things technology and has spent his career in the startup and small business arena building optical sensors and imaging tools that employ light. Vowels and his business partner sold their company to Thorlabs in 2019, and Vowels currently manages a high-tech facility in South Carolina called, "Thorlabs Spectral Works". Vowels has many hobbies from drinking whisky to electronics to 3D printing. Vowels even started a 3D printing hobbyist group in 2017: 3D Printing Pittsburgh (3DPPGH). 3DPPGH holds monthly (physical or virtual) meet up events and seeks to support folks both new and old to the hobby. Vowels has been taking a brief hiatus from Boy Scout leadership as he was heavily involved in Pack 344 for the past decade as a den leader, pinewood derby master, and assistant cubmaster.

Here are a couple fun facts that you may not know about Vowels:

- Vowels is an inventor on 24 United States patents, he has presented at dozens of scientific conferences, and he has authored a book chapter or two (<https://tinyurl.com/mvfyn3z3>)
- At one point in time, Vowels had 27 3D printers
- Vowels met Vanilla Ice backstage at Club Laga on Valentine's Day 1999
- The first words that Vowels ever said to his M when they first met were, "Nice ass"
- Vowels probably worked out twice last Thursday, but he really doesn't like to make a big deal about it

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.

Semi Colon

First Post: 1/8/22

AO: Pierogi Hill

Koopa

First Post: 1/14/22

AO: Violet

Bonzo

First Post: 1/14/22

AO: Violet

TurboTax

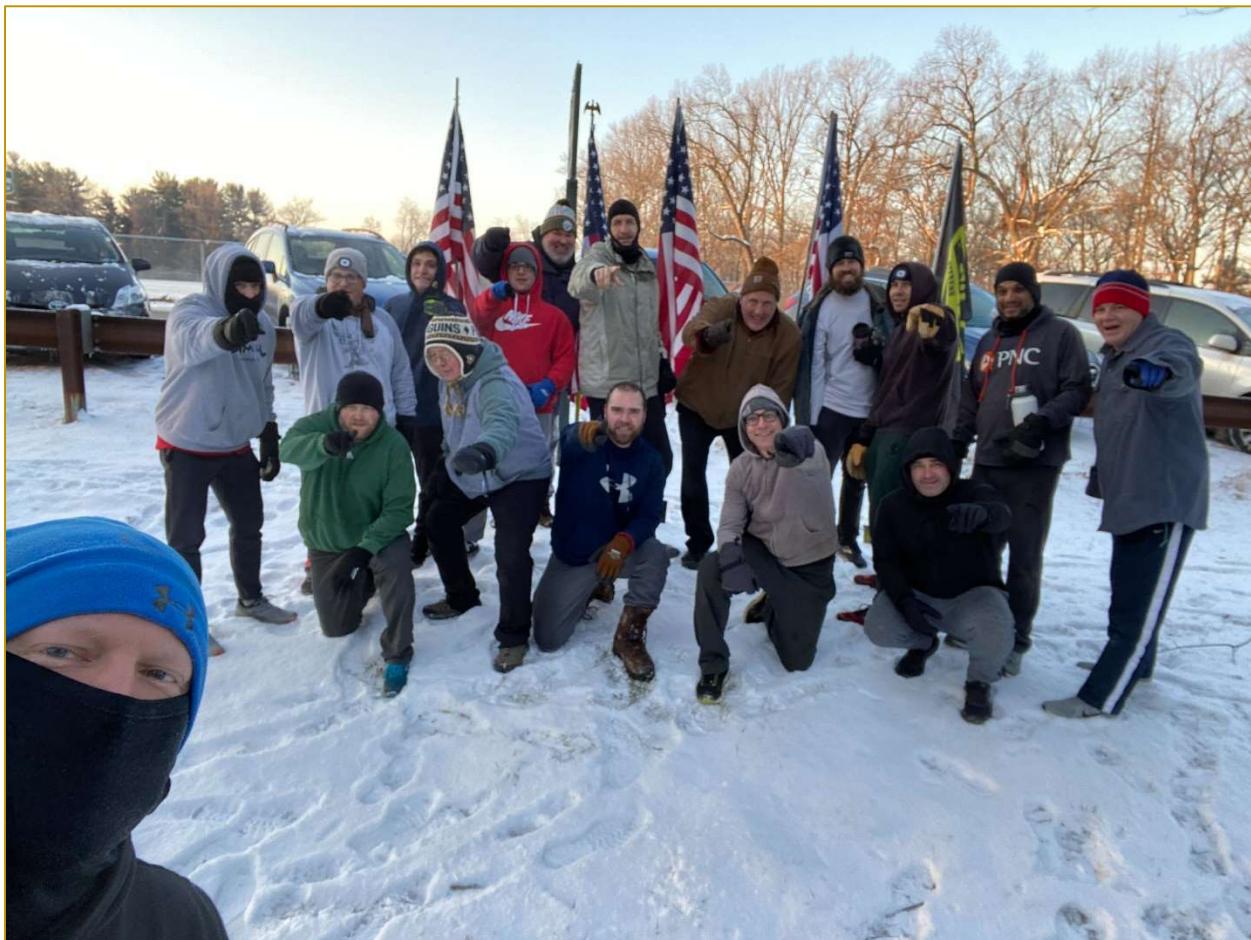
First Post: 1/22/22

AO: Pierogi Hill

Sven

First Post: 1/29/22

AO: Legion of Gloom



2nd F Spotlight: F3 Pittsburgh Fellowship

Gutterball and I were talking about his recent trip to Lexington, KY. He posted down range at a few workouts and commented on how quiet the PAX were and how quick they left after the workout. I have also experienced the same phenomena when down range. We will address the 2ndF beauty of Coffeteria and "Timmies" soon, but let's start with one of my favorite pastimes...the art of mumblechatter! No better PAX to share the essence of F3 than the "Yinzer Bazooka," "Q-Source Kool-aid drinker," "GrowRuck Mother Rucker" himself! See FIAB's official statement (rambling) on mumblechatter below!

"Mumble Chatter is the best part of a workout. I love all the silly talk, complaining, and chit-chatting associated with an F3 workout. Sometimes these shenanigans get so out of hand that the actual exercising is compromised. Is that a bad thing? Not really. I can always get more exercise but I can't always behave like a Middle Schooler. Making fart jokes and cutting up with my pals are not work-place appropriate behaviors my boss appreciates. My wife rolls her eyes and says, "Really?" when I behave like an idiot. But in the gloom, between 5:30 AM and 6:15 AM, I can be a kid again. Mumble Chatter is also a great way to check up on your brother—not just on the surface, but under his skin. "What's up" can go in a million directions for the High IMPACT Man intent on finding out how I'm really doing and not just assuming I'm as "fine" as I say I am. Opening up is hard for us men but when I know that my buddy cares about me and isn't going to stop until I'm real with him, then the walls come falling down and I can be honest about a problem at work or in my family or personally in my life. So the next time you are at a workout, reach out to the guy next to you and say, "what's up" and also share what's on your heart cause that's what friends do. Aye."

Keep that Mumblechatter strong! It matters more than you know! SYITG
-Belding

3rd F (Faith) Spotlight: F3 Pittsburgh Blood Drive

"If you want blood, you got it!" goes the chorus of one of my favorite AC/DC tracks. This month some of the PAX likewise supplied a bit of their own in a joint drive with Knights of Columbus. Unfortunately, due to staffing shortages we were only able to grab an additional 7 slots on Sunday 1/30 but a Virtual drive remains in effect through 2/14 so please get an apt to help boost our numbers. You can donate at any Vitalant facility around the city during that time period. I would recommend shooting coordinator Cyndi Funk a text @ 412-477-2957 and she can help slot you on our behalf. Our group code too going forward is N109 for any future scheduling. Recruitment has been a bit slow for this initiative but I'm still looking to build this into something bigger with more participation. I am looking to get our own day in the Spring and make it an event with cookout/games/etc. To that end I'm also asking for some additional PAX to help with this endeavor. There has been a national shortage of supply and eligible and willing donors are often hard to come by. Between PAX and family/friends there's no reason we can't step up in a big way for this cause!

www.vitalant.org

Feel free to contact Pickle with any specific questions (412-780-5844)

TAPS (Thoughts and Prayers)

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

ShamWow	Sherman's Friend	Quip & Family
Vowel's Dad	Safari	Bam's Family
Flash Dance's	Max's Daughter	Bieber and his M
Grandfather		
Sherman's Family	Peep Show & Family	Rate Hike's Neighbors
Jack (icicle)	Roadie's niece's FiL	Tapout & Family
FIAB's BiL	Mr Sneed	Lindbergh & Family

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

Here you will find the most relevant stats accumulated throughout January. **REMINDER:** Please be diligent with your back blasts. We would like them entered into Slack within 24 hours but if you need time to make sure you have the right data entered. Please see the guide on the website [PAXminer Backblast Guide](#) for further assistance.

AO Post Summary

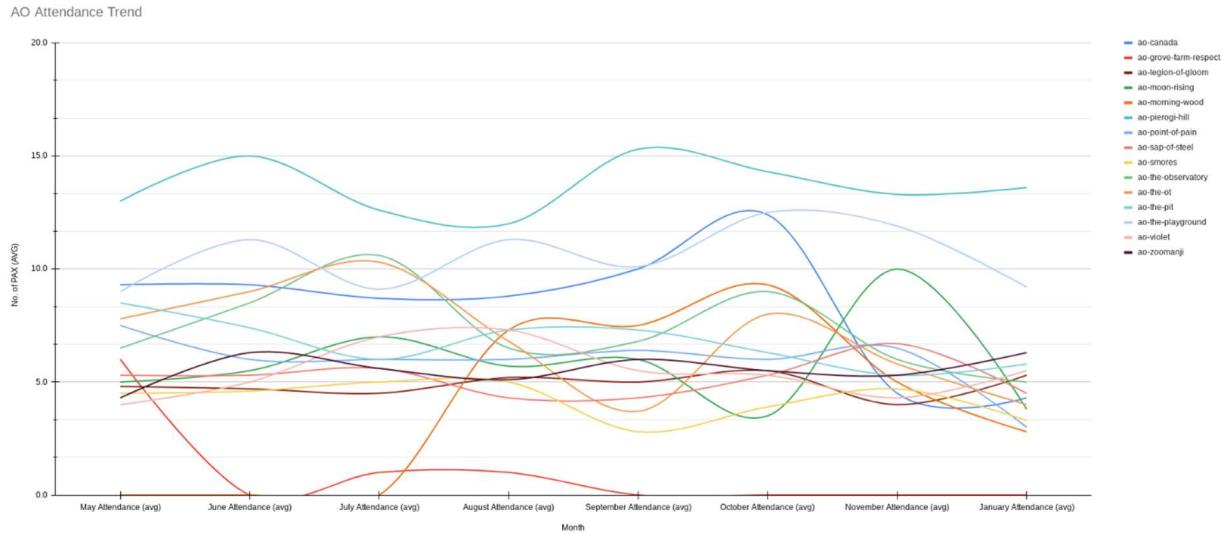
This table shows what the attendance looked like in January for each AO. Pierogi Hill is in the lead with 13.6 PAX in average attendance!

This region is ON FIRE!

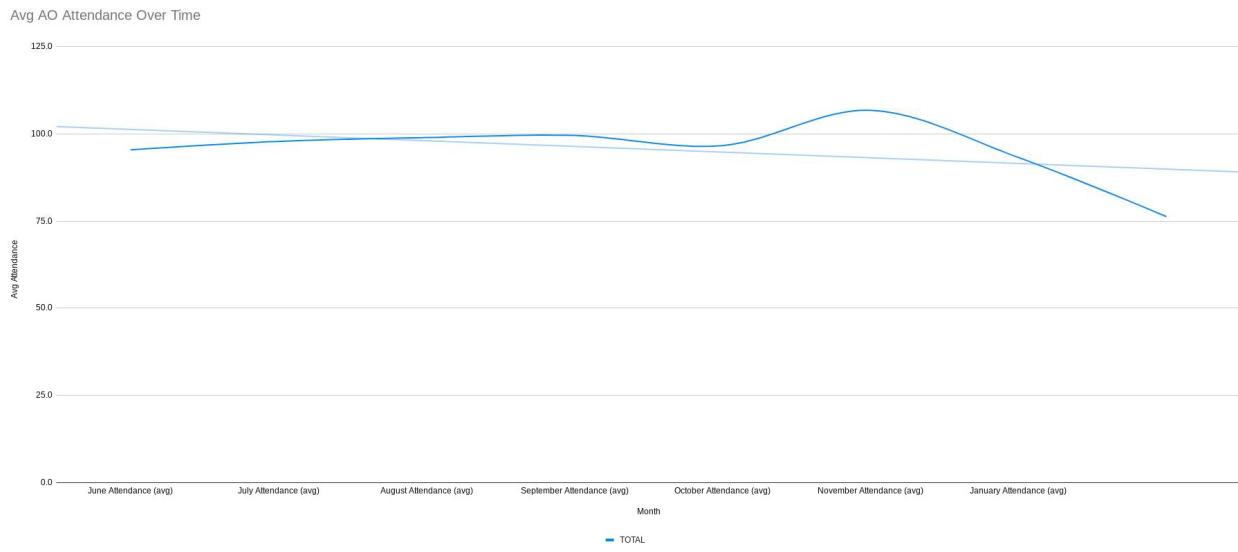
AO		TotalPosts	TotalUniquePax	BDs	AvgAttendance	TotalFNGs	Month	Year
0	ao-pierogi-hill	68	24	5	13.6	1	January	2022
1	ao-the-playground	83	22	9	9.2	0	January	2022
2	ao-zoomanji	63	18	10	6.3	0	January	2022
3	ao-the-pit	23	13	4	5.8	0	January	2022
4	ao-violet	22	11	4	5.5	2	January	2022
5	ao-legion-of-gloom	21	8	4	5.3	0	January	2022
6	ao-the-observatory	20	13	4	5.0	0	January	2022
7	ao-sap-of-steel	18	7	4	4.5	0	January	2022
8	ao-canada	13	7	3	4.3	0	January	2022
9	ao-the-ot	12	6	3	4.0	0	January	2022
10	ao-moon-rising	15	3	4	3.8	0	January	2022
11	ao-smores	26	8	8	3.3	0	January	2022
12	ao-point-of-pain	12	8	4	3.0	0	January	2022
13	ao-morning-wood	11	6	4	2.8	0	January	2022
14	down-range	20	4	12	1.7	0	January	2022

AO Attendance Trends (May - January)

Interesting thing to note here is that in computing the total avg attendance per month, we did see a significant drop in January compared to November. No surprise with some AOs being closed with bad weather but also there were many days in the single digits or even negative.

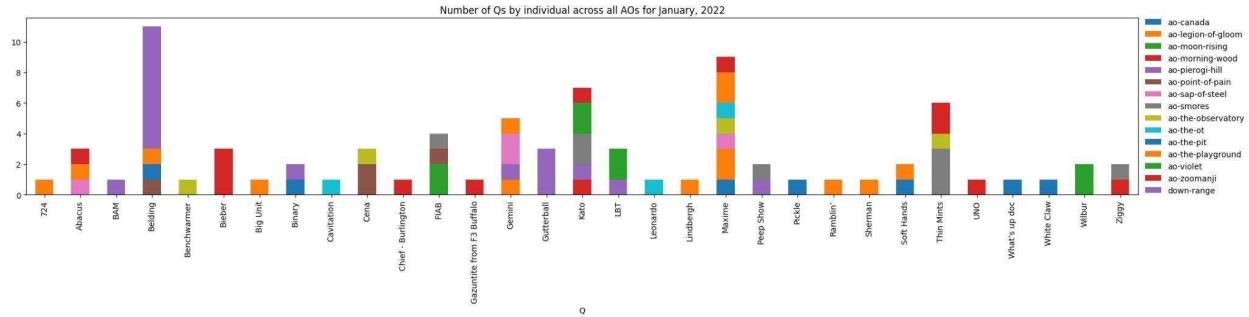


AO	May Attendance (avg)	June Attendance (avg)	July Attendance (avg)	August Attendance (avg)	September Attendance (avg)	October Attendance (avg)	November Attendance (avg)	January Attendance (avg)
ao-canada	9.3	9.3	8.7	8.8	10.0	12.4	4.5	4.3
ao-grove-farm-respect	6.0	0.0	1.0	1.0	0.0	0.0	0.0	0.0
ao-legion-of-gloom	4.8	4.7	4.5	5.2	5.0	5.5	4.0	5.3
ao-moon-rising	5.0	5.5	7.0	5.7	6.0	3.5	10.0	3.8
ao-morning-wood	0.0	0.0	0.0	7.3	7.5	9.3	5.0	2.8
ao-pierogi-hill	13.0	15.0	12.6	12.0	15.3	14.3	13.3	13.6
ao-point-of-pain	7.5	6.0	6.0	6.0	6.4	6.0	6.5	3.0
ao-sap-of-steel	5.3	5.3	5.6	4.3	4.3	5.3	6.7	4.5
ao-smores	4.5	4.6	5.0	5.0	2.8	3.9	4.7	3.3
ao-the-observatory	6.5	8.5	10.6	6.5	6.8	9.0	6.0	5.0
ao-the-ot	7.8	9.0	10.3	6.8	3.7	8.0	5.8	4.0
ao-the-pit	8.5	7.4	6.0	7.3	7.3	6.3	5.3	5.8
ao-the-playground	9.0	11.3	9.1	11.3	10.1	12.5	11.9	9.2
ao-violet	4.0	5.0	7.0	7.3	5.5	5.3	4.3	5.5
ao-zoomanji	4.3	6.3	5.6	5.1	6.0	5.5	5.3	6.3
TOTAL	95.5	97.9	99.0	99.6	96.7	106.8	93.3	76.4



Q Stats

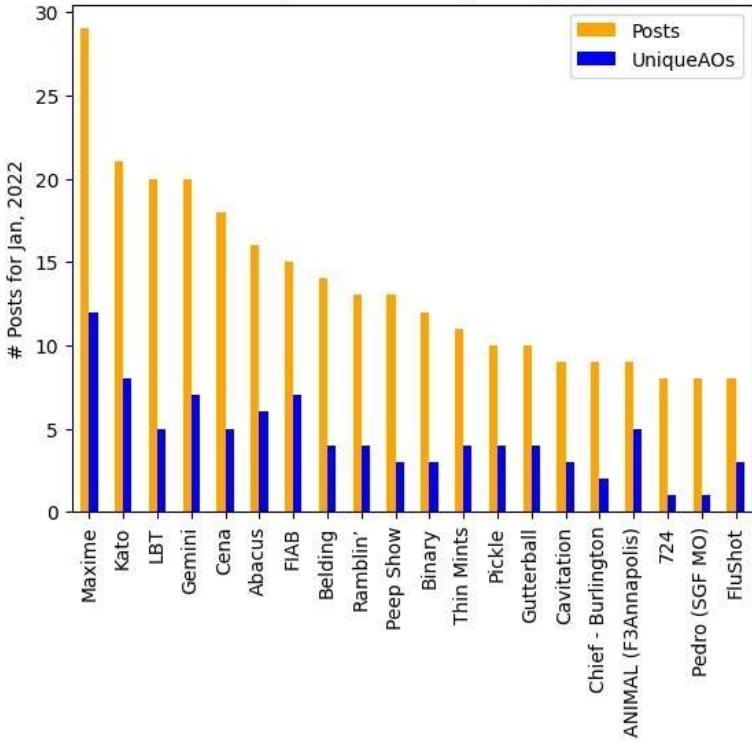
Here is a chart of who Q'd and where for the month of January. We see some spikes in here which is telling us that we have certain individuals who Q more than others. In January, we had 31 unique Q's, which is a 6 PAX increase from a low in October.



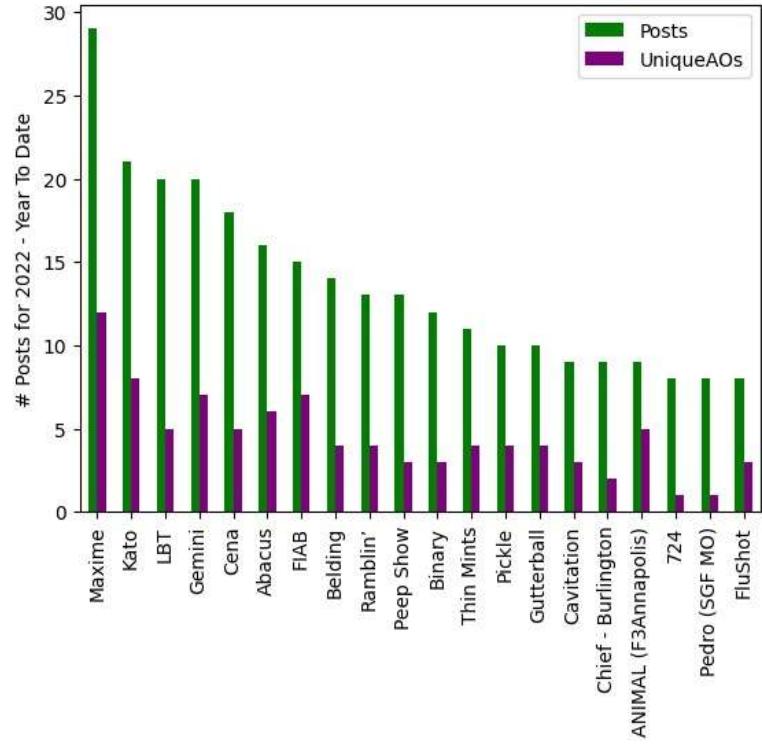
Month	Amount
May	35
June	30
July	31
August	30
September	30
October	27
November	33
January	31

Monthly and Yearly Post Leaderboard

Monthly Leaderboard - January, 2022



Year to Date Leaderboard - 2022



Summary and Looking Forward

Looking at our AO trends, the numbers generally per AO are generally “stable”, until January. I do not know how this compares to prior years but this is to be expected.

Now, one key metric that we are going after is the “active unique members” to also determine growth. Instead of trying to pull that out, I, your Weasel Shaker, am going to get a dashboard setup with Google Data Studio. We will be able to see in real time where things stand as long as we are diligent with our PAXminer/Slack backblasts.