

F3 South Sound Quarterly

A Message from Your Nantan

Happy New Years to everyone! To all the PAX and your families, YHC wishes you all the best as you prepare to enter 2023! This quarter was full of charitable endeavors, such as, FoodRuck, Gobbler Challenge, and CHAD 1000X. YHC wants to personally thank you all for the time you all put in to make these successful!

As we transition from fall to winter, where the gloom gets gloomier, reach out to those closest to you and even those you haven't spoken to in a while to ensure everyone is taking care of themselves. For those men in your lives, give them the gift of F3 in 2023. YHC knows what it has done for him, you know what it has done for you, and YHC thinks we can all agree it has done nothing but bring us a feeling of belonging and belief in something greater than ourselves.

We have continued our growth as men and built strong relationships within the community. YHC is excited to see what 2023 brings. There are gaps to fill and we have the HIM to fill those gaps. If you see a hole, fill it. You have it within you to make a difference in the lives of those around you. Let us grow and lead change. We thrive in the gloom, but we impact throughout the day.

Region Leadership

The South Sound Senior Leadership Team (SLT) has grown by two! Thank you to Amtrak stepping into our role of Quaestor (Finance) and Duvall for taking on the 3F Q position. These HIM saw gaps and filled them. If you are interested in taking on a leadership role, please reach out to YHC or Lunger. Our Senior Leadership Team (SLT) currently consists of:

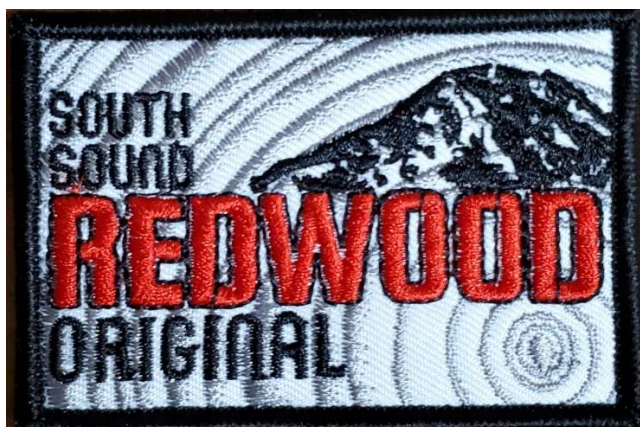
- Nantan: Garfield
- Weasel Shaker: Lunger
- Quaestor: **Amtrak**
- Comz: Open
- IT: Open
- 1F Q: Open
- 2F Q: Open
- 3F Q: **Duvall**

As always, YHC appreciates the work each of our Site Qs have done and want to give a warm welcome to Gordito and Train for their work in launching OTB-Kent! Kent is currently the 6th largest city in Washington State and YHC and the South Sound are thankful for their leadership, spearheading the growth in this area. Here are our current Site Qs and as always, a sincere thank you!

- Defiance: Pea Shooter
- Lahar: Spud
- Clamshell: 5150
- Mill Town: Garfield
- OTB-Kent: Gordito & Train

2022 Q4 Highlights

AO Mill Town: Before the South Sound Region went official in July, YHC had ambitions of adding an AO to the small town of Milton, approximately 10,000 people. In order for that to happen, YHC needed support. YHC reached out to Pea Shooter and Rita and asked for their thoughts. It was important that the AO had the support of at least three PAX, 80% of the time. Thankfully, both agreed and have lived up to their word. What started as an OTB in April 2022 become AO Mill Town on 2022.10.06. YHC appreciates the support of the OGs Pea Shooter and Rita of course, but also Busch, Disc Management, and Linus. All five of these HIM were instrumental in this launch. The Redwood period ended in the snow with a fantastic Q by Mo Bags. For those not familiar, a Redwood patch is earned by attending the first workout of an AO launch and six of the first eight workouts at the AO. There were four HIM that earned that patch. Congrats to Mo Bags (7/8), Pea Shooter (8/8), Rita (6/8) and YHC (7/8). Below is a picture of patch day! Much appreciation to Busch and the PAX for design colors!



2.0 Workout (Pea Shooter): South Sound kicked off our first 2.0 workout in on 10/16/22, Q'd by Pea Shooter. True to his style, the 2.0's got "tired" at the beautiful Bradley Lake Park in Puyallup. They got a taste of a real F3 beatdown including Jacob's Ladder with burpees and bear crawls, rifle carries, Bonnie Blairs, even Kraken Burpees! It ended in a COT where our 2.0's earned their names: Ace (Sophia Stuesser), Gray Matter (Charlotte Patton) and Keeper (Gwendolyn Patton). This was a great way to show the 2.0's how exercise can be fun, and at the same time a great way to see that the apple doesn't fall from the tree. Those 2.0's are fierce! We are looking at setting up another 2.0 in 1Q 2023. Stay tuned at the #2nd-f channel.



OTB-Kent (Gordito): If I had only known about F3 sooner, I would have started a group in my hometown long ago. I'm a firm believer in the importance of fitness in our lives. The older I've gotten, the more I realize fitness and friendships tend to go out the window in the busyness of life. It was an honor to have Garfield host the first AO on 11/16 with a count of 9, including 4 FNGs. We've had a steady count of 5-11 show up ever since. Thankful for Thomas "Train" Morse's friendship and presence as CO-Q. We are both dedicated to making this AO a success because we know how badly our community needs it, and the third F is present in that belief.



SEASAUP 2022 (Wrangler): The hook: After hearing there would be an overnight ruck, wanted to do it. Signed up. Asked for advice and trained accordingly. Bought gear in preparation. To follow through, showed up for the event.

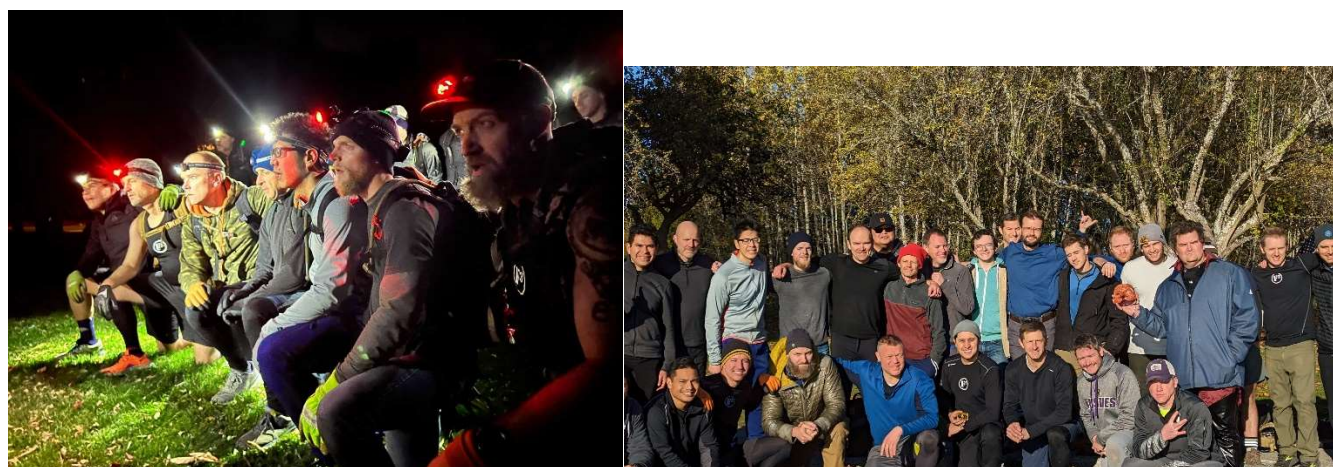
SEASAUP day

Expected to ruck about 20 miles stopping every-so-often to execute Iron-Pax-Challenge-style beat-downs at below freezing temperatures. Unexpected was an unending haul of coupons mixed with the addition of various heavy items throughout the night.

Having not experienced anything like this before, found self in a battle against exhaustion. Throughout the night, this exhaustion showed up as not enough energy to laugh at a joke during a break, loss of energy, body temperature too cold or too hot, falling asleep while rucking and carrying a coupon, and the thought 'would rather have more coupons to keep going than stop to put in effort towards getting less coupons.' Thanks to the aid stations, able to replenish nutrients to help battle exhaustion. This also increased the need to use the bathroom. Every choice had its consequences.

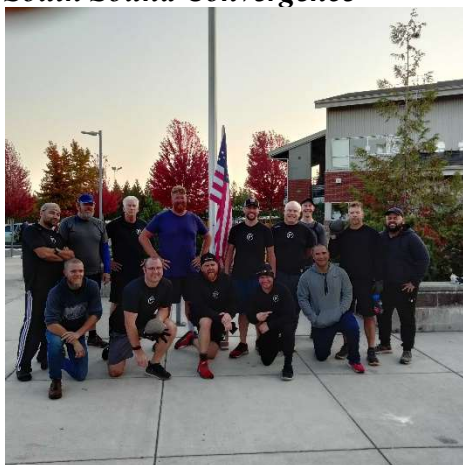
One choice which helped maintain focus was to finish the ruck simply because had promised too. Though an individual choice, the PAX are the ones who contributed individually and in small groups to strategize how best to accomplish tasks. The PAX stayed as one group throughout the night. The PAX and support team made this event possible. I was simply there along for the ruck.

Takeaways: Hip belt was a solid investment to hold up coupon. Training was key especially to become familiar with gear. Tell the truth. Bring a rope for leverage. Strategize with PAX sooner with the long-term of event in mind. Emphasized need to replenish nutrients.



See next page for pictures from some of the other events in the South Sound during 2022 Q4.

South Sound Convergence



Oh My Gourd!



Food Ruck



CHAD 1000X



Roaming AO - Anchor Church



2023 Q1 Events:

Here is the current list of events happening over the next few months. Have future ideas, guess what? You are Freed to Lead!

- OTB-Hilltop Heritage (Launch) - 2022.01.04
- QSource (Launch) - 2022.01.08
- South Sound CSAUP/Convergence - 2022.03.04
- AO Roaming - TBD

Words of Wisdom (WOW):

In the last issue of the South Sound Quarterly, YHC discussed his pursuit of completing the 75 Hard Challenge. The final day fell on 2022.12.16 and to celebrate, Disc Management brought a trail run for workout #149. As most of the PAX know, running is not YHC's favorite activity, so this was a step out of the comfort zone. We arrived early in the gloom and began our run. After about three-quarters of a mile, YHC hit a rock and turned his ankle worse than he ever had. YHC is thankful for many things on that day, 1) Disc Management carrying YHC out of the woods and getting him into the car, 2) My M for getting me to urgent care, 3) negative x-rays, and 4) all the support from the PAX. YHC made it through the rest of Day 75 and finished workout #150 with an arms / core workout.

Being on the IL the last couple weeks has been frustrating and YHC appreciates still being able to come out on Saturdays even if it is just to observe and cheerlead. Do not let injury derail you from 2F/3F! It is very easy to spiral downward losing 1F. Stay on the path. Find support in your brothers. We are there for one another.

SYITG - Garfield