

F3 South Sound Quarterly

A Message from Your Nantan

YHC is writing this on a sunny, April afternoon. The gloom was real over the last three months. There were times we didn't want to get out of the fart sack, but we fought the urge and we posted...oh we posted. What do the numbers tell us? The South Sound had:

- 115 Beatdowns (excludes Clamshell, Hermitage, QSource, Roaming)
- 72 PAX (unique)
- 22 FNG
- 12 PAX from downrange (DR)
- 2 OTB went live
- 1 AO launched!!!

YHC couldn't believe those numbers when he saw them. It has been nine months since we formally organized and launched. Although we had three workouts at Lahar, two at Clamshell, and one at Defiance each week, the number of men reached was less than 20. We have now have 3X the men and have added six new workouts including QSource on Sunday mornings! You can now find a workout every day of the week in the South Sound.

Please sit back and appreciate the work put in to make this all happen. It's because of YOU! The HIM in this region are leading and making things happen day in and day out. Every man needs F3 whether they realize it or not! Keep EHing and living the mission. Again, well done gentlemen.

Region Leadership

The South Sound Senior Leadership Team (SLT) is FULL for the first time in our existence! A warm welcome to Rita, Pea Shooter, 5150, and Busch! YHC is excited to have all of these HIM on board and in positions they will all excel in and further advance the South Sound.

Shared Leadership Team (SLT)

- Nantan: Garfield
- Weasel Shaker: Lunger
- Quaestor: Amtrak
- **Comz: Busch**
- **IT: Rita**
- **1F Q: 5150**
- **2F Q: Pea Shooter**
- 3F Q: Duvall

South Sound Sites and Site Q Leadership

Our Site Qs continue to crush it. Some movement has taken place and YHC is excited for the new HIM stepping up.

Pea Shooter has handed the reigns of Defiance over to Wrangler. Wrangler has been a regular at Defiance since his first post in August 2022 and Pea Shooter and YHC felt he was the right HIM to take over. Congrats Wrangler!

Money Bags has been a posting around the region since IPC 2022 and YHC believes no one rivals him for number of posts since the start of the year. This HIM wanted to revive Hilltop Heritage as a weekday workout fueled by the belief in the men of the area and that they would show up. Well, he wasn't wrong! On 04-Jan, Hilltop launched as a Wednesday OTB and that Friday, Hilltop Hermitage was also born, the South Sound's first recovery workout. It is a blend of stretching, yoga, and meditation. These are both on track to become staple South Sound workouts.

Two new OTBs have popped up with the leadership of Train, Disc Management, and Amtrak. Train and Disc Management saw a need for another workout in the Kent-Covington area and launched Covington Community Park (CCP). Disc Management, Duvall, and YHC first went to this location in Sep-2022 for an IPC workout. It had great prospects for a future AO and Disc Management and Train have acted on it with solid turnouts to this point. Well done gentlemen! Amtrak wanted to start a weekday workout a little closer to his abode. Guess what? This HIM decided to start something originally at Bradley Lake Park, our first AO-Roaming, and adjusted to Pioneer Park. There have only been a couple beatdowns to this point and it looks like a promising spot, drawing PAX more local to Lahar and Mill Town. If you build it, they will come.

YHC also wants to mention KnightinGale planting the flag in Olympia about 30 miles south of Clamshell. This HIM took on a challenge planting a seed. He brought in three FNGs! We will expand further south (and north) and the South Sound region will starfish off into other regions sooner rather than later! Well done KnightinGale.

Site Qs

- **Defiance: Wrangler**
- Lahar: Spud
- Clamshell: 5150
- Mill Town: Garfield
- Kent: Gordito & Train
- **OTB-CCP: Train & Disc Management**
- **OTB-Hilltop: Money Bags**
- **OTB-Pioneer Park (Puyallup): Amtrak**
- **OTB-Pioneer Park (Tumwater): KnightinGale**

2023 Q1 Highlights

F3 South Sound Website (Garfield): In January, Rita developed and launched f3southsound.com! If you haven't checked it out, please do. He did a wonderful job putting this together and works hard to stay on top of change requests and respond to inquiries through the site.

Tree Planting (Mr. Miyagi): A FUN Saturday planting trees at Madison school by the Tacoma Mall. 6 pax: Money Bags, Garfield, Wrangler, Busch, Bill Nye, Mr. Miyagi and two eager planters that Busch brought in addition :).

Event was well attended by 70 folks including various VIPs from various government and Tacoma partners with Tacoma Tree foundation. A possible contact for some media coverage for F3 was made with Cascade Media. Miyagi to make email introduction to Garfield as follow up. Bill Nye made contact with the Director of Pierce Conservation District who has tree planting project in the South Prairie area. Miyagi will follow up with Dana.

Other notable, if Money Bags ever needs a new name, "one glove" would be an option. Also avoid playing rock paper scissors with Busch and Wrangler as they are ringers.....in the top 3 out of entire planter group!

Additional Commentary (Garfield): Grateful for Mr. Miyagi putting this event together in early February. YHC is not much of a gardener, but this event was so much fun and gave us the ability to give back to the South Sound.



South Sound Convergence (5150): On March 4th, 2023, the South Sound region held a convergence at AO-Defiance.

Starting in the early morning hours, a small but mighty group of HIM kicked things off by completing a modified version of a CSAUP (Completely Stupid and Utterly Pointless), which was affectionately dubbed a “PSAUP” or “Partially Stupid and Utterly Pointless.” Garfield, Wrangler and 5150 assembled a team of 8 PAX (including cadre). After meeting at the boat launch at 0315, the team completed a short, but grueling course. Battling sleet for most of the 6-mile ruck, this one required some extra grit, but everyone was up to the challenge and it was truly an impressive showing of strength and leadership from all.

Lunger and Rita then led the main event, beginning at 0700. It was a great turnout, as 14 PAX posting for the hour-long workout and every single AO represented in some capacity. Most importantly, the Gloom was on full display, as temperatures were sitting in the high 30s / low 40s, with a heavy dose of rainfall. We got WET! At the conclusion of CoT, we migrated to Oddfellas for breakfast, warmth, and some well-earned 2nd F festivities.



AO Kent (Train): AO Kent is officially launched into redwood. Don't let our vanilla name fool you; we have a wide variety of borderline psych patient HIMs and some newer PAX that are accelerating their fitness. If you haven't enjoyed a Morrill Meadows beatdown, yet, YHC encourages you to come out.

We meet in the Kent YMCA parking lot, which is set in the Kent Morrill Meadows Park. We have a dog park, a large meadow, a playground, and some near-useless public workout equipment (like the giant seahorse sculpture) which we have made great use of. There are also a ton of moseying paths and a concrete porch on the Y that is really well lit throughout the night. Gordito and YHC are excited to use this AO as a launching pad for lots of OTBs and AOs in the future. If you know a sad clown that commutes North through our AO, please send them our way.

Thanks to the PAX and SLC for the successful launch. SYITG. Watch out for zombies.



OTB Hilltop/Hermitage (Money Bags): Participating in Redwood at Milltown got me interested in launching an OTB back at Hilltop Heritage Middle School, formerly Jason Lee Middle School. The turf field there was a site of F3 South Sound workouts in 2020 and 2021. I liked it as a potential AO as I have several friends who live within a few block radius. We moved from an OTB to an AO this spring and we are currently in our Redwood period offering boot camp style workouts on Wednesday mornings and yoga on Friday mornings. Highlights:

1. Linus knocking out burpees on Astoria's deck for the ring camera
2. Candy Cane introducing a disc golf based exercise and volunteering early for VQ
3. Astoria showing out every week for the bootcamp and the yoga
4. Lunger being an absolute UNIT and showing us all how to lead
5. The fleet feet of Frizzle
6. Gobbler and 5150 adjusting their workout schedule to support Hilltop
7. Good convo with Garfield over coffee at Legendary Donut
8. The pax showing out big (14 HIM) for Showboat's VQ and the beginning of the Redwood

I learned recently of the term iatrophobia. The word originates from “iatros,” the Greek word for healer, and “phobos,” which means fear. I think many times our men, myself included, have been fearful about what getting involved with F3 may look like. Seems like iatrophobia to me. SYITG!

2023 Q2 Events:

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

- AO Hilltop & Hermitage (Launch) - 2023.04.13 / 2023.04.15
- 3rd Annual Pearl Foundation of Puget Sound 5k - 2023.04.22
- South Sound Beer Ruck - 2023.05.13
- 5k for Today - 2023.06.25

Words of Wisdom (WOW):

March was Mental Battle month and with the leadership of Amtrak and others, we had many workouts focused on no OYO (Not On Your Own). In the middle to end of March, YHC shared his mental and physical battle with the PAX. It is because of all of YOU being here and checking in that helped me avoid sinking deep into a dark place. YHC has been there before and has no desire to go back. Thank you for your support. This is the power of F3! Take care of your mental health gentlemen. Talk to someone. As much as it may feel like it sometimes, you are never on your own. Your brothers are here for you.

Thank you to Mr. Miyagi, Train, 5150, and Money Bags for contributing to this issue of the South Sound Quarterly.

SYITG - Garfield