

F3 South Sound Quarterly

A Message from Your Nantan

First, apologies for the delay in the most recent edition of the quarterly. It has been a busy July and time has certainly gotten away from YHC. It was an eventful quarter where we saw the official launch of another AO(!) and the PAX showed up in force for a couple charitable 5k runs. It is awesome to see the impact we are making in our communities. If F3 South Sound went away today, would the community notice? YHC truly thinks this is starting to become more of a reality.

In June, YHC was emailed by our contact with the food bank we have done three Food Rucks for over the last couple years. She thought we would be having another ruck soon, and although the dates were off, we were in her calendar. YHC informed her we would be back in November, which she was happy to hear! This is what it is all about, showing up and making a difference. People notice.

YHC wants to encourage all of you to continue to look for and take opportunities to make an impact. This is not just an around the holidays thing, it is an all year thing. Find something you are passionate about, put it out there, and other PAX will support you. Duvall has created a Q Schedule for these events on the #qschedule channel in Slack. Reach out to him to get your event added and post it to #all-pax. Also, thank you to Gordito for stepping into support Duvall and the 3rd-F.

South Sound Sites and Site Q Leadership

We had two flag handoffs this quarter!

Spud has been heading up Lahar over the last year. YHC wants to thank him for his leadership and constant presence at the AO. It is not easy to coordinate three workouts and ensure Qs are always assigned. On 01Jun, the flag was handed off to Trenta, one of the original founders of Lahar. Trenta is a true HIM and you can count on him to be the first to help you, even if he has never met you, ask 5150 some time. If Trenta commits, you can count on him to be there. The South Sound is lucky to have this HIM and he will do a great job leading Lahar. Congrats Trenta!

YHC passed of the Mill Town flag to Low Clearance 29Jun. YHC has been looking for his replacement for the last six months and he found the HIM to take his place. Low Clearance came to us via Linus through an EH at a GoRuck event. This HIM has grown tremendously since his first post and is now a leader in the South Sound. He is posting at multiple AOs and YHC knows Mill Town is in good hands. It was a pleasure to launch and lead Mill Town over the last 1+ years. Congrats Low Clearance!

AO Kent and AO Hilltop completed their respective Redwood periods and the South Sound now has six official AOs! Again, thank you for the leadership Gordito, Train, and Money Bags.

Site Qs

- Defiance: Wrangler
- Lahar: **Trenta**
- Clamshell: 5150
- Mill Town: **Low Clearance**
- Kent: Gordito & Train
- OTB-CCP: Train & **Colon**
- Hilltop: Money Bags
- OTB-Pioneer Park (Puyallup): Amtrak
- OTB (Inactive)-Pioneer Park (Tumwater): KnightinGale

2023 Q2 Highlights

Highlights are only provided by those who provide them. There were many great things and YHC is grateful they took place. If any of the PAX wants something they led to show up in the newsletter, please contact YHC. (Thank you Amtrak for providing info on Hop King, which will be profiled in the 2023 Q3 newsletter!!)

F3 South Sound

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 Hop King / AO Leroy (Launch) - 2023.07.04 / 2023.07.21
- 4x4x48 - 2023/07/21-2023/07/23
- Camp Muir - 2023/07/29
- Milton Days - 2023/08/19
- IPC - September
- Tacoma Rainiers - 2023/09/23

Words of Wisdom (WOW):

On 25 June, we had a great turnout for the 5k for Today to support our brother Ratatouille, who was paralyzed in a car accident in October 2021. Ratatouille had the largest turnout for the event!! The PAX powered through and completed the 5k to help the cause. We all had great mumblechatter, in the beginning, throughout, and at the end. YHC chatted with Ratatouille before he left the event. There was so much positivity, gratefulness, and love. He told me he loved me before YHC left. YHC said I love you to brother. Ratatouille passed away early the next morning. When Pea Shooter told me, YHC was in shock and YHC knew that the final day he was here, he was surrounded by people who cared and loved him so much. We love you Ratatouille and you will be with us forever brother.



SYITG - Garfield