

## F3 South Sound Quarterly

### A Message from Your Nantan

Gentlemen, it has been an honor and a privilege to be your Nantan over the last 18 months. Like any position we are in during our life, whether it be leading or following, we learn so much and are better for it in the end. I am proud of the work we have done within this region and the growth we have made as HIM. It hasn't always been perfect, but we have leaned on each other and have been able to come together to work to figure things out. We don't always have to have the answer immediately and as men that is hard for us to accept at times. For every problem we encounter, we immediately try and solve it. Let us be patient, talk through things, gain other perspectives, and then work towards an amicable solution. It isn't always going to be exactly what we want, but it is about being able to come to accept it.

My hope is that you know in your heart, everything I have done was out of love. My faults are many and I am by no means perfect, but I love each and every one of you. I am proud to call you my brothers. If you ever need anything, please reach out. Just because tomorrow I will no longer be your Nantan does not mean I will no longer be a HIM of this region. I will still be your brother grinding out every workout and serving our community alongside you. The South Sound will always hold a special place in my heart and no matter where I am in life, it will always be my home.

Amtrak is assuming position of Nantan on 01 Jan 2024 and to say that I am excited is an understatement! He is going to accelerate us forward paving that next 43 feet of road ahead. This HIM has served as Quaestor on SLT managing our region's finances and started AO Hop King, leading its PAX as Founder/Site Q. He is here to serve and I am excited for some of the ideas he has in the hopper. It is going to be a little weird not writing these words to you each quarter, but I'm sure Amtrak will be even more eloquent than myself.

The last thing I have for you was based on 5150's words at Defiance on 30 Dec 2023. Don't wait. I'm going to relate it back to F3 and say don't wait to give yourself everything F3 has to offer. It took me years to get beyond 1st F and I wish I didn't wait. We are a leadership organization for men disguised as a workout group. Take the time to read Freed to Lead and attend the QSource conversations in 2024. Attend 2nd F and 3rd F events. Lead. Fail. Lead again.

It has been a pleasure to serve.

Your Humble Correspondent (YHC) - Garfield

## South Sound Sites and Site Q Leadership

We have some changes! OTB Buckley has now become AO Glacier and Thundering Noise will begin their Redwood period starting 02 Jan. All PAX who post the first workout and then five of the following seven will receive a South Sound Redwood patch, so get out there and earn it gentlemen!

There were Site Q changes at four of our AOs. Congratulations to Flounder (Hop King), Chief & Crosswire (Kent), Jeter (Hilltop), and Ransomware (Leroy)! These HIM have been constants at their AOs and we are excited to see them grow into their new roles. Thank you to Amtrak (Hop King), Gordito & Train (Kent), Money Bags (Hilltop), and Train (Leroy) for getting these AOs up and running. You took them from OTBs to AOs and that's a testament to your leadership and planting the mustard seed.

### Site Qs

- Defiance: Wrangler
- Lahar: Trenta
- Mill Town: Low Clearance
- Kent: **Chief & Crosswire**
- Leroy: Colon & **Ransomware**
- Hilltop: **Jeter**
- Hop King: **Flounder**
- Thundering Noise: Axe
- Glacier: Bill Nye
- OTB Auburn: Train & Chair Force
- Clamshell (Black Ops): 5150
- OTB (Inactive)-Pioneer Park (Tumwater): KnightinGale

## 2023 Q4 Highlights

### 1st F, 2nd F, & 3rd F

#### *The Shield Lock (Chair Force)*

This quarter, three HIMs of the Leroy and Kent AOs started a Shield Lock. A Shield Lock can look different depending on the HIMs involved, but Train, Gordito and Chair Force meet in the gloom every other week to “lock shields” by checking in with each other on burdens, picking up each other's six in life, setting personal goals and following up on them. The primary focus of Shield Lock is to facilitate a place for a deeper 3rd F and 2nd F. But we hit all three Fs—we start with a brutal 30-minute beatdown, and then over coffee we have a 3rd F discussion led by each HIM in a rotating fashion. We got together for lunch outside of our normal Shield Lock meeting just for fun, and we check in with each other and shoot the breeze almost daily about things serious and not serious. We hold each other accountable to being High Impact Men and encourage and help each other with it as well.

“I can tell this fellowship is already accelerating my faith and fitness, but these guys are so fun, it would be great to hang with them even if that weren't the case!” -Train

“We have those moments sometimes in the CoT that reverberate through our day or even week. Shield Lock magnifies that and takes fellowship and growth to the next level.” -Gordito

“Locking shields with these guys is helping me stay on the path of being the high impact man, husband and father I want to be. We use our strengths to help each others’ weaknesses, making us together far stronger than separate.” -Chair Force

For more information about F3 Shield Locks, see QSource and different regions’ examples or feel free to ask these three HIM about it:

<https://f3nation.com/shield-lock-q1-7/>

<https://www.f3enc.com/backblasts/q-source/considerations-for-starting-a-shieldlock/>

### 3rd F

#### *FoodRuck 2024 (Garfield)*

This was year three of the annual FoodRuck to Nourish Foodbank of Edgewood and it was our biggest ever!! It would not have been possible without the generosity of each of the HIM in the South Sound. We came together and donated 1,393 pounds of food and other items of need. I want to extend a special thank you to Gobbler and his M, Paige, for the work they do gathering donations and doing our shopping. Kate and the team at Nourish sent us the following thank you:

“We are so Thankful for all you in the F3! Your generous hearts have brightened the holidays for so many of our families in need. Thank you for your generous food drive donation of 1393 pounds(!) of quality foods and personal care items. We were so excited to get baby products! You are all the BEST! Thank you for your continued support! We wish you all a Very Merry Christmas!”

If F3 South Sound disbanded today, would anyone notice? I would say wholeheartedly yes. Thank you!



### ***More 3<sup>rd</sup> F Events! (Wrangler/Duvall/Garfield)***

Here are a few other 3rd F events that took place in South Sound and some opportunities:

- Thanks to Train for posting the details, pax from South Sound and from Puget Sound helped move people from Train's church over Thanksgiving weekend.
- Thanks to Trenta for leading the volunteering opportunity at Urban Grace church making breakfast the 4th Sunday each month for the Tacoma community. He has the interest of a couple pax who have volunteered. Seeing as the church only needs a set number of volunteers, Trenta is the point of contact should any pax wish to volunteer.
- Thanks to Troy for his work as Operations Manager for Federal Way Senior Center Food Pantry – Distribution Center. He has opportunities on Monday and Thursday from 0800-1300. Additional opportunities may also be available. Reach out to Troy if you can support. Garfield had the opportunity to provide a hand and watch Troy in his element (pictures below).



### **2nd F**

Most important thing about this day, Huskies beat the Ducks. The running HIM did do a thing though.



**1st F*****AO Defiance (Wrangler):***

AO Defiance [from October-7 to December-30, Saturdays only] the Pax have done:

- 13 total Q'd beatdowns. 10 of those 13 had number-of-Pax who posted match or exceed the number-of-Pax who placed Hard Commits to those respective beatdowns.
- Had four FNG's post alongside the Pax who invited them
  - 10-21-23: Norma Jeane (EH by Side of Beef (SOB))
  - 11-11-23: Georgie (EH by IP)
  - 11-18-23: Sisqo (EH by Bravo)
  - 11-25-23: One Man Band (OMB) (EH by Indiana)
- Had Pax from Down Range post at Defiance:
  - Goose (Florida), Big Sky (F3 Boise), Rat (Cascades Region Nantan), Frasier (F3 Chicago-Geneva)
- Annual repeat beatdowns
  - Amtrak's 'O My Gourd'
  - Chad1000X

**Pre-beatdown Challenges:**

What do Amtrack, Hop King's shovel flag, and Gobbler Challenge have in common? Gobbler's creativity in designing the Gobbler Mile for Amtrak to recover the Hop King shovel flag.

- ¼ mile Over-Head Carry of Jerry-Can-filled-with-water
- ¼ mile farmers carry with a Jerry-Can-filled-with-water in each hand
- ¼ mile 100-pound-Tombstone carry (sand filled)
- ¼ mile 120 pound carry (options were 120 pound sand bag, or ruck with 40 pound plate and an 80 pound sandbag)

Amtrak set the mile record at 21 minutes, 16 seconds. Who's up for breaking the record in this challenge? Moreso, look well after the shovel flag.

This event had YHC arriving to that Saturday early. Not wanting to continually show up last minute, YHC decided to continue this early 0630 arrival. Couple this and the discussions with the-Pax-who-posted for 2023\_Q-source, ideas were shared on how to bring Q-source to the Pax. Up to the Site Q's how to implement. After discussing the idea more between Garfield and YHC, Q-source option will be starting at #ao-defiance 0615 -0700 on Saturdays. More details will be posted on Slack Defiance channel.

What is Q-source? It is "The F3 Manual of Virtuous Leadership." Paraphrasing from Q-Source, As men, we all leaders. The decision then is how one decides to lead. One's decision(s) will either accelerate or stagnate/decelerate an individual.

YHC and #ao-defiance site-Q, Wrangler. Thank you PAX for the opportunity to lead this site for you all.







### *Oh My Gourd IV: Spookley's Revenge (Amtrak)*

YHC started F3 on the first day of IPC 2020 so my vision of what a beatdown should be is skewed a little to the challenging side. When it came time for my VQ I claimed 10.31.20, Halloween, and decided that all of the lovely pumpkins my M had purchased as fall decorations would make great coupons for a challenging beatdown, and the Oh My Gourd beatdown was born.

Flash forward to 10.28.23 and it was time for the fourth year anniversary of OMG. YHC ran to the pumpkin patch the night before and gathered up 14 of the heaviest pumpkins (discounted a few days before Halloween) that money could buy and brought them out on a chilly 29 degree morning.

The cold weather worked out to our advantage as we slid, rolled and pushed pumpkins across the icy grass in a square themed beatdown that had everyone sweating and even getting some extra step-ups in to practice for Chad 1000x a few weeks later.

Who knew you could burn 700+ calories just moving pumpkins around?

Now to starting drafting up something even spookier for 2024...Oh My Gourd V: The Revenge of Jillian Michael Meyers!



***AO Kent (Train):***

Gordito and YHC are excited to hand off the site Q of Kent to Crosswire and Chief. In the past year, we've seen phenomenal growth in these HIM and in the AO. We will be visiting, anxious to see how our baby is doing as he takes some steps without us right behind. We wanted to encourage the PAX to find an F3 buddy. Gordito and YHC have been in a shield lock of sorts since before our F3 journey. We believe this relationship is one of the prime reasons we were able to start AO Kent and grow it successfully. Leaning on a HIM allows us to be stronger together. When one person is in the flux, the other man steps up. That's how it works! So find a buddy, lock shields, and enter the fray! Remember to return with your shield or on it.





***AO Leroy (Train)***

Leroy has been growing because 1) Colon keeps EHing #EverySwingingRichard he runs into walking around Clark Lake Park and 2) The HIM at Faith Church Kent get it. YHC is handing off his co-Q responsibilities to Ransomware and couldn't be more pleased with his replacement. Ransomware crossed the street for day 1 of Leroy's Redwood after his M EHd him from a Colon FB Post and he posts almost every week. YHC is excited to see where Leeeeeeroy goes this coming year!



***AO Hop King (Garfield):***

YHC did not post for the workout, but was able to attend the flag handoff between Amtrak and Flounder. YHC is excited for both HIM as they enter new positions within the South Sound! Flounder is going to crush it as Site Q at Hop King. This man has been consistent week in and week out since his first post and has quickly become a leader in our region.





***AO Hilltop (Money Bags):***

We have completed our first year at AO Hilltop. In addition to the traditional Wednesday boot camp style beat down we now have OTB Stadium (Showboat has Q'd many of these workouts, HIM!) for stairs training on Mondays and we "light the candles" at the Hilltop Hermitage on Fridays for recovery. Many men have come and some have stuck around to become regulars. A big shout-out to our new guys who are regularly posting: Bravo, Big Short Cake, and Pita. All men, unsurprisingly, EH'd by Jeter. Jeter has accepted the Shovel Flag and will serve as Site Q in Year 2. I can't think of a better man to lead us.

**A parting thought as AO Hilltop Site Q:**

F3 is open to all men. Our work must include creating an environment where a man, regardless of fitness, race, religion, or sexual orientation, has community and an opportunity to grow into his full potential. This potential serves his M, his family, and our greater South Sound community. It is an important moment for boys and men in the United States. Many young men lack positive role models, many older men are isolated and alone. A media narrative of the "end of men" and "toxic masculinity" leaves so many adult males uncertain of how to be in 2023 and beyond. Against this backdrop there has been a rise of white nationalist active clubs who market their groups for brotherhood, community, fitness, and self-defense. To the uninformed our group of men may not appear so dissimilar from extremist ideology groups that wish to further polarize our country. Men of F3 South Sound come from many backgrounds with varied political and religious beliefs. We are stronger together when our plurality stands as an example of our service to the five principles of our mission. Thank you to the men who model inclusion in F3 South Sound. Thank you to the men who model open dialogue. Be it through our partnerships, or the words we choose at our next beat down: Our work continues to build an inclusive network of high impact men invigorating male community leadership in the South Sound and beyond.





## ***AO Lahar (Trenta)***

Greetings from Lahar!

We are happy to be hosting the Jan 1 South Sound convergence! I am grateful for the HIMS of Lahar that stepped up to participate in making it a success. It is always amazing to see what a creative, dedicated bunch we have with F3 PAX when asked to take on a task.

It has also been encouraging to see Lahar HIMS embracing the Freed to Lead strategy and desire to branch out the AO's. Axe and Bill Nye have been instrumental in providing AO sites in the plateau area with Enumclaw and Buckley. K-cup, 2nd String and Yellowbook are fired up to start up Tehaleh. The timing is perfect as two FNG's that live in Tehaleh just showed up to Lahar these last three weeks.

Over the last few months our Lahar Saturdays have really morphed into 2.0's being active participants. As site Q, I have really enjoyed seeing Dads being active in their children's lives and using the F3 model to teach their children discipline and the importance of fitness. The 2.0's really seem to dig the inane things we do including getting their own F3 name. There has been good discussion lately on keeping the integrity of the F3 core values and being sure to include all men who have dad duties and need or want to bring their 2.0's. We have astute leadership here in South Sound with Garfield and Amtrak and they have come up with a solution of having Lahar to be an official 2.0 friendly AO on Saturdays. We encourage all South Sound PAX who want to spend time with their children and not miss a beatdown to come join us. Time to teach the next generation the benefits of F3.



## ***F3 South Sound***

### **2024 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!

- South Sound Convergence – 01 Jan
- Thundering Noise Redwood Starts – 02 Jan
- OTB Tehaleh Launch – 05 Jan
- AO Defiance Returns to Defiance – 02 Mar
- Mental Battle Month (No OYO) – 01 Mar to 31 Mar

**Words of Wisdom (WOW):**

It's time to put a wrap on 2023 and get 2024 started off right! We do After Action Reports (AAR) after each workout. YHC encourages all of you to do the same for this past year. Ask yourself:

- What went well?
- What didn't go well?
- What fine tunes can I make?
- What support do I need?

Going through this process openly and honestly will help you to continue your growth as a HIM.

Please read Chair Force's piece on page two regarding the Shield Lock. Identify a man or men in similar stages in life to you and come together and lock shields. Reach out to Chair Force, Train, or Gordito if you are hesitant or don't know how to get started. They are a resource to you. YHC is currently going through this process and is making it a priority in 2024. Make 2024 your best year yet gentlemen.

SYITG - Garfield