

AROUND THE SWAMP

July 26, 2020 V.2

Q Source Highlight

QF.1 Disruption (written by Flo):

Being both disruptive and agitating, leadership will naturally make people uncomfortable, at least until they begin to see for themselves that they are being led to a place of advantage.

If a man calls himself a leader but does not cause Disruption by initiating movement, then he is not practicing leadership. He might be doing something else, like managing or governing, but he is not leading. He is a leader in name only until people begin to follow him to an advantageous place that he has visualized and articulated to them. A Leader is a person who influences movement to advantage.

Question to ponder: Who am I helping move to advantage?

Lexicon/Exicon

10/90:

The general premise that 10% of the people in any Community or Organization will account for 90% of its IMPACT.

3P (RULE OF):

To be Effective, a Team must be Proximate, Purposeful and Periodic.

4 x 4s:

Start with arms raised in a standing position, burpee into plank followed by four Merkins followed by four mountain climbers with each leg. "One" is completed when returning to the standing position with arms raised. Wash, rinse, repeat.



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Qing Tips

Coconut: "Set up your beat down to have enough challenge that-if you did it instead of Qd it-you would want to brag about it to your M, friends, and coworkers. That's how the magnet gets stronger!"

Bourbon: "Respect the time of your brothers. Always start on time, always end on time. That means COT is finished by the scheduled end of the beatdown. Pre-blast if you plan on time running over and allow those with time constraints to exit at regular time if needed."

Black Swamp Tclaps"

Isosceles: "I have to give some major Tclaps to Charmin for organizing the support for our brother Heisenberg. The beatdown, shirts, and gift created a meaningful moment for many."

Geppetto: "Tclaps to those PAX who have EHed 26 FNGS since June 1st!"

Heard in the Gloom

Meatloaf: "I am at a place in my life that I didn't think was possible and it wouldn't have happened without you guys."

Other Highlights

New Site Qs:

Lonzo @ Maumee HS

OK @ The Commons

Dropout @ Battlefield
(Saturday Ruck)

68 PAX (6 FNGs) attended the convergence to commemorate Officer Dia's ultimate sacrifice to his community. Over \$5,000 was raised by F3Toledo and F3BS PAX.

As 2nd F Q, Stark has several events posted for extended fellowship through the metro parks. Look on GroupMe for more info.

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Around the Swamp will be sent out every other Sunday. We need your input! Submit T-claps, powerful moments, and memorable workouts, and Qing tips with Isosceles by DM on GroupMe.

26 New PAX:

Two Buck Chuck

Triforce

Tank

Snake Eyes

Slugger

Peach

OPEC

Nomad

Ninja Turtle

Merida

Mercury

Johnny 5000

Jazzy Jeff

Inky

Footloose

Fallout

Enron

Ellis

Crackshot

Coho

Cinco

CC

Buffet

Bootleg

Bartman

Bandit

Keep pushing and coming out!