

AROUND THE SWAMP

August 24, 2020 V.4

3Q Source Highlight

[Q3.4 Vision](#) (written by Jimmy Dean)

Vision: Recognizing Advantage And The Movement Required To Achieve It

Vision is essential for every organization, every leader, and every man. Without a vision, man is left without a rudder or focus in life, and without those things, he will drift.

In my opinion, it is mission critical. In the Bible, it goes so far to say that without vision, people perish. That sounds melodramatic (and, maybe it is), but it holds true. Without moving towards advantage, you're left with drifting into chaos and despair.

HIM know this to be true, and whether it's a vision for his life, his M, or his Shorties, without one, his impact is lessened or worse. The HIM will see areas in his life where he can improve and move towards that advantage. Not only can he see the advantage for himself and those he is leading, he can see the path towards it.

He may not be able to see every step with crystallized clarity, but he can see enough to begin moving in that direction. He may not know how to take every step, but he will learn what he needs to make it happen.

Life is about moving towards a better life. It's about leading others towards that, especially those he loves. The HIM strives to improve things around him and to lead others towards that improvement. Aye!

Lexicon/Exicon

[AO:](#) Short for Area of Operations

[ESSE QUAM VIDERI:](#)

To be rather than seem- the result of disciplined DRP and the essence of the HIM.
Abbr: EQV.

[Catalina Wine Mixers:](#)

Submitted by Mercy, used by Simmons from F3Toledo.
Plank up downs, with a Merkin. Starting in plank position, go down to elbows, back to plank, then do a merkin.



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Qing Tips

TuPac: When there is an FNG, make sure to bring him to the center, speak directly to him about our mission and the 5 core principles. Then assign one veteran PAX to buddy up with the FNG throughout the workout.

Isosceles: The objective of a beatdown is to make guys better. Creating a difficult workout is the norm. If you create an extremely difficult workout, make sure you have a plan for the 6 (the last guy finishing). No one wants to feel like they are being left behind and it's part of our mission to leave no man where we found him.

Black Swamp Tclaps

Meatloaf: Tclaps to Raven for giving me a ruck sack for free, which is a huge value for me!

Stark: Tclaps to Coconut for his workout on running cadence. It was in the top ten of all workouts I've ever done.

Mercy: Tclaps to Dropout, Footloose, and Simmons who have all been stepping it up big time.

Veteran PAX: Tclaps to all the new guys the past few months, it is obvious some new leaders are emerging among this group!



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September 12th:

F3Blackswamp Q School. It will follow the beatdown at Woodlands. No beatdown at the Smokehous or Battlefield. Check GroupMe for more information.

The Iron PAX challenge

officially starts next week! There is still time to sign up. It is for everyone.

October 24th: Flo Ruck Event.

This will be an event you don't want to miss. We are honoring Flo's battle with Parkinson's. The event will go something like this...Ruck 2+ hours, beatdown, ruck a little more. Look for details closer to the event.

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

Heard in the Gloom

Geppetto reports that Crablegs made him laugh with this ringer "Man I've been in this group for over two years, I should probably buy some gloves."

Mercy is still trying to make his fashion case for RPs. PAX did their best to not look at Mercy while doing crab walks and a few other movements...no one wants to see that! Unfortunately, a few other PAX have confirmed that they have ordered their RPs.

MARK YOUR CALENDERS: