

# AROUND THE SWAMP

September 6, 2020 V.5

## Q Source Highlight

[Q1.7 Shieldlock](#) (excerpt from Q source on f3nation.com)

“The Shield Lock also has a Purpose beyond mere companionship. It is the means by which we fight the Flux, which is the emotional reaction to the peaks and valleys that appear throughout a man’s life. When things go well for the Amateur he is Happy and thinks the good times will roll on forever. When things go badly, he is un-Happy and thinks the world is out to get him. Happiness, the transitory positive feeling governed by mere external circumstance, is the province of the Amateur who is un-Prepared for the Flux. The Pro, through Preparedness, gets ready for the Flux because it is expected, and he also stays ready for its unexpected aspect: timing—he never knows precisely when to expect the next peak or valley.”

Check out the entire post on [f3nation.com/shield-lock-q1-7/](https://f3nation.com/shield-lock-q1-7/)

## Lexicon/Exicon

[Triple Calp \(Tclap\)](#): Three short explosive claps, executed in sincere admiration for someone or something.

### [43 Feet:](#)

Building a Leadership Road forty-three feet ahead of the people driving on it

### [Al Gores:](#)

Pretend to hug a tree from the squat position. Hold until the Q says to stop. Sometimes used to wait for all PAX to complete another exercise instead of planking.



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## Qing Tips

Simmons: Never underestimate the power to adding music to your beatdown. Having music breaks the silence, helps PAX push harder, puts guys in a better mood, etc.

Isosceles: **Come to Q school** this weekend! Refreshments will be provided. There will be something for everyone. Bring your leadership and understanding of F3 to another level by attending this important event. Veteran pax will lead the event and will answer any questions you have.



## Black Swamp Tclaps

Cocounut, Simmons, and several other PAX: Tclaps to all the PAX who have shown up to proctor, motivate, and push other PAX for the Iron Pax Challenge. Especially, Stark who shared his strategies with other PAX to help them earn their best time during WK. 1.

Geppetto: Tclaps to Bourbon, his stat work has been ON POINT! We are fortunate to have an amazing Weasel Shaker (for new PAX, Weasel Shaker = stats guy).

Isosceles: Tclaps to all the new site Qs. Every single A0 has seen growth in the past month. Your leadership and passion have been noticed...and it's paying off!



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## MARK YOUR CALENDERS:

### **Q School Week:**

Woodstock and the site Qs have spent a great deal of time preparing an amazing week. Each site Q will Q their beatdown at the following locations:

Monday: Huffy @ FOD (Rolfe Park)

Tuesday: Ruck with Ponzi @ Battlefield (Fallen Timbers Mall)

Run with Coconut @ the Levy (Commodore Building)

OK @ The Commons

Wed: Meatloaf @ Gauntlet (Rivercrest Park)

Thursday: Hannibal @ Necropolis (Fort Meigs Park)

Lonzo @ Wakanda (Maumee HS)

Isocelles @ Maumee Library

Saturday: Jennay @ The Fortress (Woodlands Park). No beatdown at Battlefield or Smokehouse. Q school to follow.

### **September 12th:**

F3Blackswamp Q School. It will follow the beatdown at Woodlands. No beatdown at the Smokehouse or Battlefield. Check GroupMe for more information. **Please consider attending this event, you won't be disappointed.** Refreshments will be provided!

The **Iron PAX challenge** is officially under way! There is still time to sign up. It is for everyone. Week 2 looks like a whole lot of fun!

**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. You do not have to attend the entire event (pick and choose which leg(s) you want to go to). Look for details closer to the event.