

AROUND THE SWAMP

October 4, 2020 V.7

Q Source Highlight

Q3.7 Exhortation

By: Casper

Dredd's one line explanation of Exhortation is this: "Exhortation is encouragement on steroids'. While last in a sequence of the 4 Leadership skills (the others being Vision, Articulation, and Persuasion), Dredd states it is arguably the most important. Exhortation helps the leader's followers persist in the face of obstacles. Of these obstacles, fear of Pain and Chaos are hardships that Dredd emphasizes. A 1st F post is a small example of what we encounter in life--there is no pre-blast to life's ever-changing circumstances.

As we show up to post with little info about whether we will be doing Merkins in rain-soaked razor grass, these hardships that might keep us in the fartsack become whetstones that hone our mental toughness. As veteran PAX, we must empathize with our new PAX members and recall

what it was like when the weather forecast dictated when we might post, rather than what we might wear to post. As this Empathy of remembering where you came from is an important component of exhortation, so is Correction. Dredd talks about the leaders that hear "I can't" and respond with "BS--you won't". Encouraging that fellow brother in the gloom to initiate movement beyond their arbitrarily set limitations and become better men because of it.

Dredd states that these kind of men are so limited in most of our lives that we find examples of them only on the silver screen of movies. If that's the case for you, he states, maybe you ought to seek to become this kind of man for others.

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Lexicon/Exicon

Black Swan: Thriving in the chaos of the unpredictable.

21s: In unison, PAX does a 4-count side straddle hop and counts reps 1-5 out loud. Reps 6-21 are all mental and everyone must stop together at 21. If anyone stops early or goes over Q has PAX perform penalty workout of Q's choice.

Murder Bunnies: Froghops with a cinderblock.

2nd F @ Granger Island (Toledo MetroParks):

Qing Tips

Huckleberry: It is very beneficial if you can post the "Thang" a day or two ahead of the Beatdown to also include any special requirements such as bring a cinder block, gloves, and/or the like. Prior posting the Thang, gives those who have HC'd an idea what to prepare for and how they might need to modify.

Meatloaf: Make your beatdown fun! Co-Q to learn from someone else or to break the ice your first time.



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Black Swamp Tclaps

Homeslice: Big shout out to Meatloaf and Huckleberry for helping pull off the Playhouse Project Blitz Build efforts.

Dropout: Tclaps to Meatloaf for completing the 75 Hard challenge

Coconut: Tclaps to all the guys who have stepped up with VQs the past few weeks (Footloose, Enron, Peach, and Shawshank)

Isosceles: A big thank you to Geppetto, Flo, and Raven for committing to writing their "then/now" story to share with other PAX. **Geppetto's story is on the last page!** Check out past stories [here](#).

MARK YOUR CALENDARS:

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.

New AOs:

La Biblioteca (Maumee Library), Thursdays at 6:30-7:15 pm.

Field of Dreams 3rd F Leadership Discussion (Rolfe Park), Fridays at 5:30-6:15 am.



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Wow, where do I begin? What F3 means to me is very hard to put into words. It's emotional because when I reflect on where my life was headed without F3, it brings me pause. But to think about how my life has been forever changed because of F3, stirs up a different kind of response.

It's cliché, but you really need to experience F3 to understand it. No amount of explaining it to a friend or co-worker does it justice. Waking up at 5am (and sometimes earlier) to go workout? Yep. Outside? In the dark? In the cold or rain? Yes, yes and yes. Performing exercises with weird names like Merkins, Side Straddle Hops and Lt. Dan's? Yep. Walking 15 miles starting at 3 in the morning with the equivalent of a small child on your back just to earn a patch with a cartoon frog on it? Heck yeah! Where do I sign up? As I said, you wouldn't understand unless you've been a part of it.

The physical change I've seen since joining F3 has been great. I've lost weight, gotten in better shape, and feel better overall. I'll never forget my first workout and how absolutely horrible it was. I was way out of shape, overweight, weak (physically and mentally) and struggled to make it through the hour long beatdown. But as others in this group can attest, the 1st F (Fitness) is only the beginning. The 2nd F (Fellowship) came at a time in my life when I could count my friends, true friends, on one hand. I was wandering through the day-to-day, going through the motions, and had no clear direction. I was truly a Sad Clown. If I am struggling with something now, I know I have dozens of guys who are there for me. They'll be there for me when I need it. I've become friends with men all over the region that I would never have crossed paths with if not for F3. The support, encouragement, guidance, and mentorship I've received from this group is so appreciated. I am forever grateful.

As we all know from being a part of F3, Fitness is the magnet that keeps us showing up to workouts each morning, Fellowship is the glue that bonds us together and the 3rd F (Faith) is the dynamite that impacts lives and communities around us. My parents took my brother and I to church every week as kids, but as a young adult and into my late thirties, Faith was not part of my life. My Faith has been reinvigorated with F3. My Faith is stronger than it's ever been in my life but I still have a long way to go. And I have F3 and the HIM of this group to thank for helping me come to that realization. Placing others before ourselves is how we are ALL meant to live.

I WAS a Sad Clown, I am NOW striving to be a HIM

I WAS lost in my Faith, I am NOW on the righteous path

I WAS focused on self, I NOW work to put my needs behind Creator and Community.

Scott "Geppetto" Schutt

