

AROUND THE SWAMP

November 2, 2020 V.8

Q Source Highlight

Q1.8 Whetstone

Written by Huckleberry

"The Vertical Relationship Between Men"

"A man (Blade) who is Sharpened by another man (Stone) within a Whetstone relationship"

A man must be sharpened like a knife blade. A knife is sharpened by a whetstone. To whet actually means to sharpen, like with a man's appetite and his curiosity. To whet both blade and man is to put on an edge, with a result that is sharp, dynamic and ready to cut...for the heavy responsibility that comes with Leadership.

"Hard work and straight talk (tempered by love) gets results"

Because the desire of an older man to pass on what he has learned to a younger man is natural, the vertical relationship between Stone and Blade takes skill and effort

for the Whetstone to work. It does not happen by accident. It must be done with deliberate actions within a vertical relationship between two men. It works best between men who are not at the same point of their journey.

"The Whetstone is a relationship that is subject to the 3P: it must be Proximate, Purposeful and Periodic to be effective"

Proximity: requires the Stone to physically meet with his Blade.

Purposeful: is for the Stone to help the Blade get ready for the expected and be ready for the unexpected...the Whetstone should Accelerate the Blade's proper personal alignment.

Periodicity: means frequent enough to be effective. The Stone must be deliberate to ensure periodicity, or the Blade will drift away.

"The Whetstone is necessary for both the Blade and the Stone to Get Right"

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Through the Whetstone, both the Blade and the Stone receives something they lacked before...a sharpened edge to their lives that they must possess to be effective and have IMPACT on their community and Accelerates their own pursuit of proper personal alignment.

None of our deeds match our words 100% of the time. The question is - how big a gap is there between deed and word? The bigger it is, the less Right one will be. Helping another man close the gap through the formation of a Whetstone, can result in an abandonment of selfishness and self-delusion. By talking the talk to his Blade, the Stone finds himself more prepared to walk his own walk.

"The moral of this might be: the more you do, the more you learn. The more you learn from doing, the more trust and ease you'll have in yourself. The more trust you have with yourself, the easier it'll become to be a positive influence to others when the

time calls for it. At the end of the day, we must measure how we are most impacted and how we can best impact each other and our community. **Fitness** amongst each other, **Fellowship** with each other and within our community, and **Faith** in and because of each other and through God".



Flo...Double

Respect/Whetstone 🍌🍌🍌🍌

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Lexicon/Exicon

Sad Clown: A man with
Decelerating fitness,
fellowship and/or faith.

Surfer Get Ups:

Mercy: Are we renaming surfer
get-ups to Moana Get-Ups?

Qing Tips

Thai Guy:

"Don't be afraid to bring back
fan favorite beatdowns...be
creative and keep them simple,
but no reason to not repeat
successful workouts"



FloRuck: Pre-Ruck 10/24/2020



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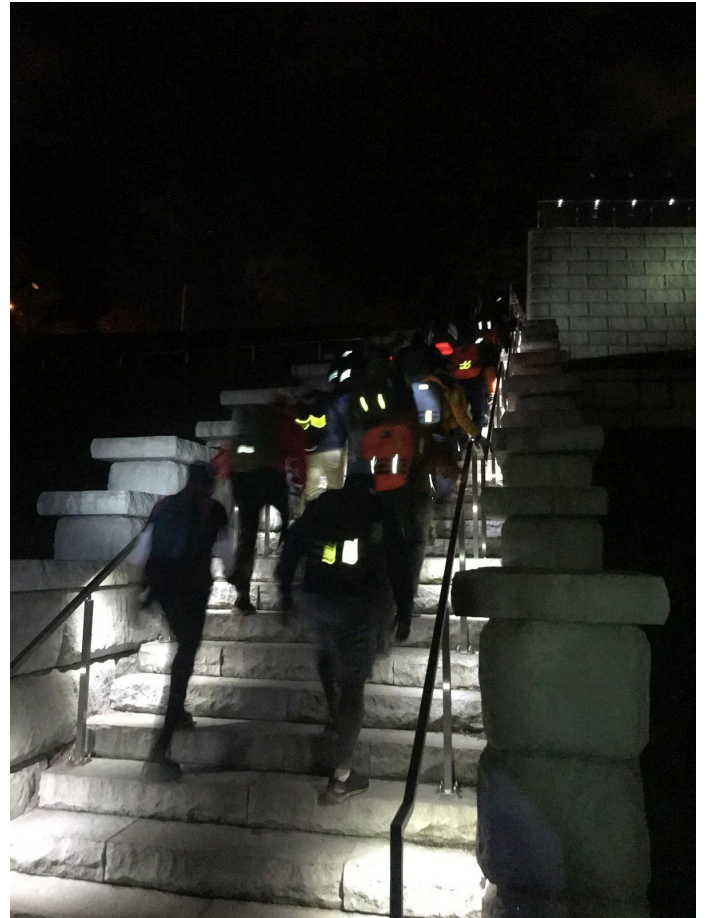
Black Swamp Tclaps

Geppetto:

TClaps 🙌🙌🙌 to all the PAX who helped organize and who participated in today's FloRuck event. We recognized a true HIM today. @Dave "Flo" Walbom Is the embodiment of what all F3 men should strive towards.

Huckleberry:

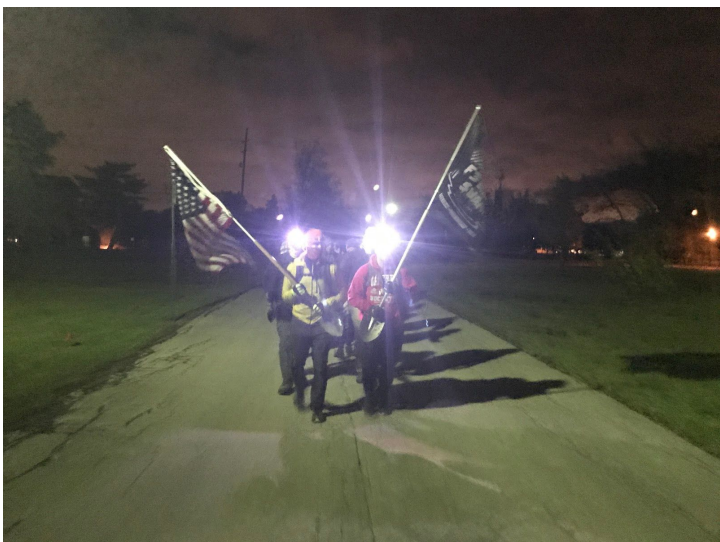
An awesome VQ DoubtFire on Saturday, October 17th at The Fortress...most effective and a total workout! The use of actual torches for the "Ring-of-Fire" in the dark of the gloom, was very impressive!!!



MARK YOUR CALENDERS:

F3Nation 10 Year Anniversary, Jan. 15th-17th. For more information visit <https://f310year.com/>

April 25th: Glass City Half/Full Marathon. Guys will be running the full, half, and relay teams. Ask around for training partners.



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Coconut's Was/Now Story

I've had leadership positions off and on since I was a kid. Team Captain in XC and Track, High School and College. SPL in Boy Scouts. Dorm president. Section leader and drum major in band. Etc. etc.

And y'know, as a kid and young adult, here's how I saw leadership (sounds horrible I know): "I'll get leadership assigned to me as a recognition of my skill and drive, and it'll elevate my status and likelihood of getting the girl."

I'm sure you can already see what was wrong with that...leadership was all about me-recognition of how good I was, and what status I could get out of the title. And leadership had to be conferred, not assumed or earned. So upside down...

From then to now has been several years, and a lot of mellowing out, some self-discovery, deepening of faith, and re-evaluation of the purpose of the gifts I was endowed with.

But since joining F3, I've found unique inspiration from the leaders in this group, to approach the idea differently. Leadership is not something granted to you from on high, and it's not that glamorous. It's a lot of extra work, and often thankless. But F3

is jam packed with guys learning to lead sacrificially for the good of others, whether that's their families, a cause, their places of employment, or the other fellas tryin' to get right and get better.

We say it every post, "...for the invigoration of male community leadership". And there are a lot of blue-pill guys who would still as adults view leadership like I did as a kid. I keep coming back to F3 because it's so inspiring to be around guys who are training as leaders not to self-aggrandize, but to serve. Guys who will put in the work in the gloom so they're trained to EQV in the spotlight. Guys will take on the discomfort of the DRP, so they can be the iron to sharpen iron, and be sharpened.

Get After It!

Coconut 11/2/2020