

AROUND THE SWAMP

November 16, 2020 V.9

3Q Source Highlight

Q.8 Cador

(written by Bourbon)

Candor is an important aspect to life. Some embrace it, some fear it. Either way, as you accelerate in your life and roles in life, it is an important trait to have.

F3 Nation defines Candor as "Graciously Telling The Hard Truth And Demanding To Hear It From Others".

The Dictionary defines Candor as "the quality of being open and honest in expression; frankness".

Candor is a funny thing. It can be used to hurt or be hurt. It can be used to build up or break down. A true leader knows *how* and *when* to use it and in the right circumstances. Candor should not be feared, but rather embraced.

"Candor is the first of the five F3 Leadership Virtues—the Habits and Ethics of moral excellence that a man must possess to be a Virtuous Leader."

"An Effective but un-Virtuous Leader keeps the hard Truth from his followers. He justifies his

lack of Candor by couching it as a form of protection. He lies (by misrepresentation or omission) to his followers because (he tells himself) they cannot handle the hard Truth."

"Telling the hard Truth is only one half of Candor. The other half is hearing it. For a Leader to be Virtuous, he must be able to handle the Truth. If he can't, then no one will be willing to tell it to him. Handling hard Truth well requires the discipline over one's emotions that comes from Preparedness."

I challenge you PAX, embrace the Candor. Learn from your mistakes. Grow and accelerate. Be willing to take criticism without taking it as a personal attack. Be willing to provide feedback and criticism frankly without personal or emotional baggage attached. Candor is a two way street, as stated above, leaders work to develop this skill and trait over time and perfect the utilization of it to grow stronger.

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Lexicon/Exicon

Splashing Merlot: Throwing up during a workout

Gaurdrails: Foundational precepts that protect and Incentivize Acceleration to Advantage.

Dora 1-2-3: Teams of 2 pax working together to reach cumulative exercise goals of 100, 200, and 300 reps. Pax 1 executes as many reps as possible while Pax 2 sprints 100 yards down and back. Flapjack until the team goal is reached. Exercises are a top-to-bottom of body progression, i.e, 100 merkins per team (chest), 200 LBCs per team (core), 300 squats per team (legs). Modified Dora 1-2-3 is 50, 100, and 150 reps.

Qing Tips

Jennay: Plant to circle up 10-15 minutes before the end of the beatdown. Announcements and COT takes longer than expected and ending on time is an important aspect of the Q. You can always throw in a challenge in the circle if you have extra time.

Huckleberry: It is that time of year again when the "gloom" has now been replaced with just good old "dark". Whether at 5:30 am or at 6 pm...it is just dark out. Q's, remind those who might HC to your Beatdown to bring a headlamp (make sure the batteries are good). If you are doing a run, a ruck or a Beatdown, it is a good and safe thing to be able to see where you're going, what the conditions are, to be able to see and be seen. Safety first!



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Black Swamp Tclaps

Isosceles: Tclaps to the Biblioteca regulars and Chanel for stepping up as site Q! OK, Houdini, Lavar, Stalker, Moana, Huckleberry, and Shawshank would love to see some new faces join them Thursday evenings.

Woodstock: Tclaps to Gepetto for pushing PAX to get right and his exhortation in the F324 CSAUP event.

Huckleberry: Thank you Geppetto for starting up the Virtual 3rd F on Friday morning at 5:30-6:30! Also, thanks to Ponzi for lending his Zoom Account to make it happen! Anyone interested in a little 3rd F with another option, please join in on Friday mornings. It only takes like one minute to get there and the coffee is free (your's):)

Mark Your Calendars:

November 28th: F324...24 hours of back to back beatdowns, rucks, runs, etc. Reach out to a PAX that has multiple Qs if you would like to Q or CoQ.

F3 10 Year Anniversary:

For more information check out <https://f310year.com/>. There are a few local PAX going.

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.

Saturday at the Fortress

