

AROUND THE SWAMP

December 13, 2020 V.11

Q Source Highlight

[Q2.1 Impact](#) - (written by Mercy)

Impact, according to the Q Source is "forcible contact to strong effect."

Merriam-Webster defines Impact as "the force of impression of one thing or another: a significant or major effect."

F3 is all about creating an impact on lives, but this impact will never happen if there is no proximity to those we are looking to impact. I can't have an impact on someone I've never met.

Proximity, or "the nearness in geography or relationship" as defined by the Q Source, requires action on our part. We must get out of our comfort zone if we are looking to impact other men.

I love that F3 is open to all men, but if I neglect proximity to all men and keep my sphere limited, am I really contributing to F3 being open to all men? F3 is always free, and the Nation has removed an economic hurdle. Gym memberships can cost hundreds

of dollars, while free F3 beatdowns can produce better results than a gym membership can. However, if we choose to remain in our own sphere and get comfortable, we are doing the men of Northwest Ohio a disservice.

Beyond the recruiting/emotional headlock aspect of Impact, there is Impact to be made among the PAX. Don't let others feel left out. Feeling wanted and included is why I love F3, and continuing Impact among the PAX at beatdowns and on a personal level or shield-lock level is vital to our success.

As it was once sung, "Let's keep it moving in a forward motion." Keep reaching out to ALL men, pressing into the awkward, selling the craziness, and continuing to impact the man to our left and right.

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Lexicon/Exicon

Dancing Idiot: The HIM who initiates a Movement by Influencing a First Follower. More info:
<http://youtu.be/h08MwBZl-Vc>

Explosion Merkins:
(submitted by Lavar)
A merkin but your hands must come off the ground at the top of the movement. Explode to the top.



Qing Tips

Shawshank:
Don't hesitate to share the love and ask that each member of the PAX help lead some of the cadence from time to time. It's a great way to help each of us develop/contribute further.

Huckleberry:
Winter Weather Wear.

With winter here, it's a good time to think about the gear we wear during outdoor workouts.

1. Have a plan (not two minutes before you leave the house). The plan is to wear just enough gear that you will be neither too hot or cold during the majority of the workout. Key word is "Majority"!
2. You basically should have a summer wear (shorts and T-shirt) and a winter wear (add sweatpants/tights, sweatshirt/pullover, hat and gloves to summer wear).
3. Start cold (you will warm up within the first ten minutes).
4. Use your iPhone weather app and check the "Feels Like" temperature (that factors in humidity and wind).
5. Ignore the rain (cold water sucks out body heat, but physical

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exertion creates body heat...it's not the perfect trade-off, but it works.

At the end of the day, the weather is a Condition to be overcome not a Problem to be solved! Hope this will help you (especially the new PAX), keep that in perspective and not use it as an excuse to let your King decelerate.

Black Swamp Tclaps

Lyman: Tclaps to the many veteran PAX who reached out to ask if I needed any help and offered encouragement with my VQ. Thank you!

Moana: Just a shout out to all the guys getting after it every damn day. It's inspirational stuff.



F3Blackswamp Winter Challenge

The winter challenge is a staple in NW Ohio F3. HC here to commit to continuing to show up and show out through the gloomiest gloom. There will also be a shirt option for \$20; extra funds will be donated to a local charity near and dear to our hearts Habitat for Humanity.

Winter challenge is points based; you need 50 points to complete the challenge (as always, Bourbon will be keeping track via bb). Here is the breakdown:

40 First F points

- must have 2 Q's
- each beatdown is 1 point (including virtual)
- each Q is an additional 1 point (including virtual, downrange, etc)
- Mau/PBG, PBG/Mau - +1
- BS to TOL - +2, GR +2
- other DR +2

2nd F - 4 2nd F Points (virtual, or God willing this pandemic ends and we can do cool shit together again)

3rd F - 6 points, including HfH / Bible OR leadership / Donations / other community focused leadership or volunteer work (message Gepetto, Flo)

Get after it Men, and remember "The Gloom Belongs to Us!"

MARK YOUR CALENDERS:

F3 10 Year Anniversary:

It has been postponed until 10/8-10/10! <https://f310year.com/>

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