

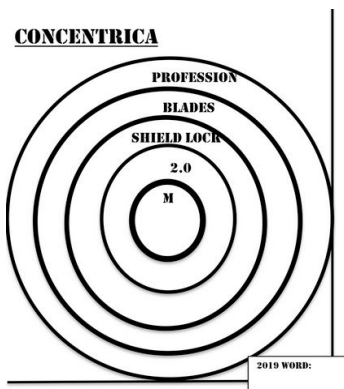
# AROUND THE SWAMP

December 29, 2020 V.12

## Q Source Highlight

[Q1.6 - Shorties or 2.0s](#) -  
(written by Isosceles)

2.0s are the second ring of the concentrica. The graphic below shows a version of the concentrica. Notice that your M, comes before your 2.0s.



According to the Qsource article on 2.0s (click the link above), the IMPACT a HIM has on his children is eternal. A HIM will sacrifice anything and everything to support his children. Other factors may change in a HIM's life, but his focus to influence his children never wavers. If he does waver, his children will suffer in various ways. Ideally, as our children grow, our sacrificial IMPACT will prepare them to go out and conquer the world in front of them.

## Lexicon/Exicon

[Clydesdale:](#) A Pax that tends toward the Meso- or Endomorphic body types, whose body weight exceeds the 200lb mark. A very tall ectomorph only sort of counts... Generally the opposite of the Shivering Whippet.

### Shared Leadership Team (SLT):

Most of you know that each Region is loosely run by a SLT. Our SLT is made up of a Nantan (Geppetto), 1st F Q (Woodstock), 2nd F Q (Stark), 3rd F Q (Flo), Ruck Q (Mercy), Weasel Shaker (Bourbon), Comz Q (Hannibal) and a Q of Culture(Isosceles). Every organization needs a set of leaders, but F3 is very reluctant to give formal titles and leadership positions. The SLT is responsible for making sure the core principles are being followed in all 3 Fs. But all PAX are "freed to lead" and our region is lead by members of the group. Just like site Qs, members of the SLT are meant to be replaced as other PAX step in to lead the region.

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## Gamer Merkins:

(submitted by Houdini)  
From low plank, act as if you are holding a game controller. Extend arms and roll up your hands till you are in high plank position on your knuckles. Then back to low plank holding your controller.

## Qing Tips

Cinnamons (formerly know as Simmons): Don't listen or pay attention to complaints. They came out voluntarily...you get what you pay for!

Lavar: Try to incorporate group work as much as you can. Having guys count out and exercise seems to be well received.

## Black Swamp Tclaps

Stark: TCLAPS to emerging leaders like Doubtfire, Lyman, Footloose, Callahan, Lego, Meatloaf, Stalker, Rudy, and other PAX who are leading by Qing and showing up consistently.

Casper: Tclaps to Dutch and Hannibal for their "300 post"

beatdown, it sounded cool. Also, Huckleberry's commitment to organize the virtual options is appreciated.

## F3Blackswamp Winter Challenge

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)

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 Shirt Design, all PAX who finish, will be put in the word cloud. (see 1st pic on next page).

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