

# AROUND THE SWAMP

June 22, 2021 V.19

First off, I need to apologize for not bringing the ATS to you all for such a long period of time. No excuses, I haven't done my part. Iso.

## 4 H's

Birth Name: Eric Puffenberger

F3 name: Isosceles

### **History:**

Where do I start? Grew up in a loving but not always so functional family. My dad has struggled with depression and alcoholism his whole life. My mom was a saint. I would say that my dad was a very functional alcoholic (good job for 30+ years, coached us kids, had social life, etc). For the past 15 years, he has kept it in check and honored my request to not drink around me or my family. I have never questioned my dad's love for me and that is what matters in the end. We all have our struggles. I am the youngest of 3 kids. My brother and sister are successful individuals and really I just tried to follow their lead when growing up. I played football and baseball for 4 years in HS and 2 years of college football (had to quit because I had too many concussions). I coached HS football for 11 years and now coach my kids teams.

### **Heartbreaks:**

This is a tough one. I lost all my grandparents and my aunt during my 7th-10th grade years. It hurt to lose that many people I was close with in such a short amount of time. And obviously it took a toll on my parents.

My other heartbreak stems from my immature actions in my early adult life (18-25). I am not sure how to describe myself at this time other than that I was an entitled asshole. See me and my wife were long distance HS sweethearts. I pretty much thought the world revolved around me. I slept around. I didn't hold great friendships. I didn't serve others. Drank tons of alcohol and tried a bunch of drugs. Just did whatever felt good. Obviously, I hurt people along the way. It's taken me about 12 years to slowly mend and heal the hurt I caused. It's taken the same amount of time to forgive myself. What is weird is that F3 has helped me tell and own my story. Hell, now I'm telling it to the whole group (and let's keep it in the group!). I don't mind sharing because the not so great things about ourselves make us better and are worth talking about. It's been nice to share my story with some of you along the way. Maybe it will help someone dealing with similar issues.

# AROUND THE SWAMP

June 22, 2021 V.19

## **Heroes:**

I really looked up to my grandpa Puffenberger when growing up. He was a handy man and was always curious about things. He was always trying to figure out the next thing. He worked his ass off and I loved to watch him work. You could see his German heritage in his meticulous work (all the way down to his perfectly straight wood pile lol). He served honorably in WWII as an aircraft gunner. Simply put, I see a lot of him in me, and I am forever grateful for the example he provided.

I'd be remiss if I didn't say my older siblings were not my heroes growing up. They are both talented individuals and I learned a ton from them growing up.

But who is my hero now? I am not really sure to be honest

## **Hopes:**

My biggest hope is that my children grow up to be awesome well rounded people. They don't have to be mega successful, just people who genuinely care about others and treat people well. I hope they have manners and understand the value of hard work. Lastly, I hope they take bigger risks than I've been willing to take so far in my life. I hope they stay true to themselves and do what is right for them, not

what they think others want them to do.

## **Lexicon/Exicon**

**Fatpants:** The 40-inch pleated khakis a man keeps in the back of his closet as insurance against the loss of control over his FUPA.

**Fisher of Men:** A HIM dedicated to Leadership development

**Groundhoging:** The act of waking up in time for a workout, checking the weather, and then deciding to get back in the fartsack.

## **Mogul Burpees:**

Pick a distance, say 100m or longer. PAX take three mid size jumps like they are mogul skiing, then hit the deck and do a burpee.

## **Boo Boo Bear Crawl**

Similar to Bear Crawl but with either leg held off the ground all the time so the back leg has to basically hop forward.



# AROUND THE SWAMP

June 22, 2021 V.19

## **Black Swamp Tclaps**

- Tclaps to all the PAX who have EHed and reEHed guys the past month. We have had an explosion of FNGs the past few months. Stark and Woodstock are still battling to see who wears the dress this time.
- Tclaps to Huckleberry and Thai Guy for taking the lead on the playground build. And all the other PAX who are volunteering to build the playground this week. Also to Huckleberry for being named site Q at Grantland
- Tclaps to all the PAX who volunteered to build and contribute to the Habitat for Humanity playhouse build.
- Tclaps to Flo, Raven, and Hazmat for bringing their vision of starting an A0 in Rossford to life. What a great A0 with endless possibilities!
- Tclaps to Mantis. Your willingness to share your enthusiasm for F3 has fueled some veteran PAX, including myself. (also, I'd like to know if you are still reading this, lol).

- Tclaps to Stark for leading us in 2nd F opportunities the past year. I know I had a blast at a few metropark fellowship opportunities!
- Tclaps and congratulations to Meatloaf for taking over 2nd Q responsibilities.
- Tclaps to OK for his dedication to being site Q at Levis and Charmin for taking over the responsibilities.

## **MARK YOUR CALENDARS:**

### **July 4th Freedom Ruck:**

6:30-9:30 am. Details in Mumblechatter. Meatloaf is the Q. Starts at Necropolis (Fort Meigs).

### **Habitat for Humanity landscaping:**

July 17th - Wayne, OH  
Volunteers needed. See calendar event in Mumblechatter or 3rd F chats. Or ask Geppetto at one of the beatdowns for more info.

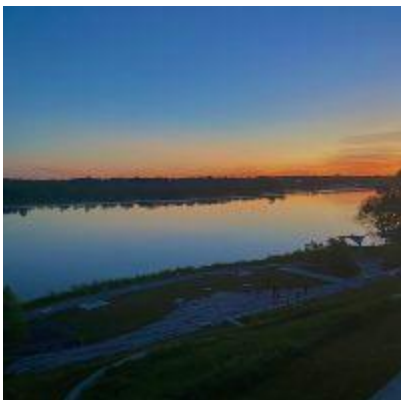
### **The STANDARD Ruck:**

August 7th, 5:00-9:00am  
Starts at the Battlefield. 12 mile ruck with PT test. Will be a monthly event to see if you meet the standard.

**EH Bonanza:** Now until August 31st. Which subregion will get the most FNGs and Kotters?

# AROUND THE SWAMP

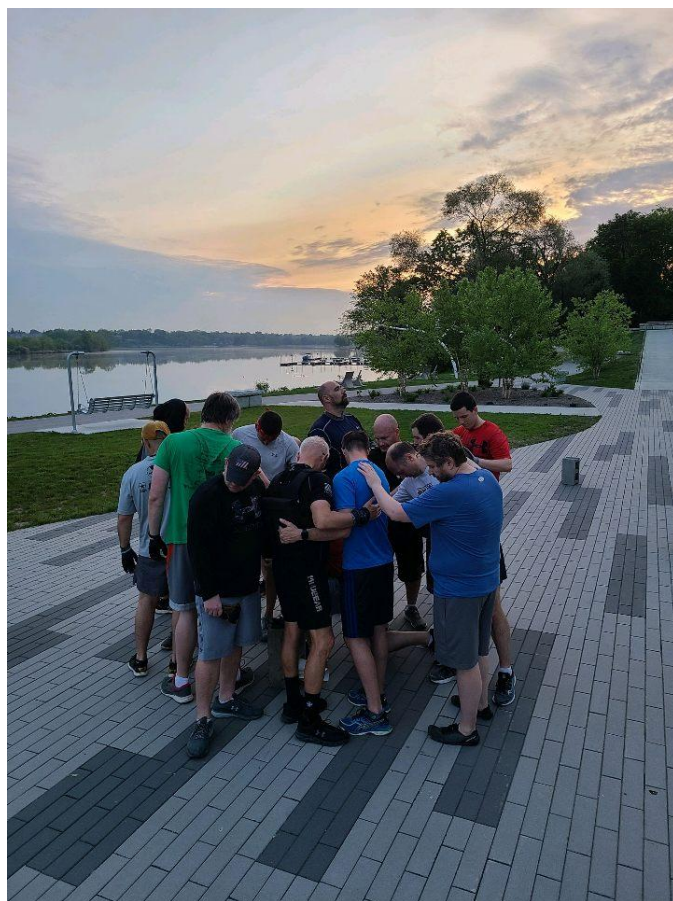
June 22, 2021 V.19





# AROUND THE SWAMP

June 22, 2021 V.19





# AROUND THE SWAMP

June 22, 2021 V.19





# AROUND THE SWAMP

June 22, 2021 V.19

