



## Men's Recharge Retreat @ Johnston Woods

April 3-5, 2020

Gentlemen,

You are invited to join me at the *Men's Recharge Retreat* at Johnston Woods Retreat Center on April 3-5, 2020. This local retreat center located in Bradley County, TN, provides us with a close-to-home outdoor experience that feels miles away.

This will be a very relaxed weekend that blends of inspirational messages, great music, tasty meals, outdoor recreation, and Christian brotherhood. You can choose to come for the entire weekend, for the day, or even just a few hours. If you stay for the weekend you must plan on tent camping. If you're not into camping you can commute, it's that close.

Guys, if this retreat sounds interesting to you, check out the details in this information packet. It should give you all the information you need but if you have any questions feel free to contact me by phone, text, or email. No matter what you decide, this retreat will recharge your worn-out soul!

Hope to see you there!

Marty Miller, Chief Architect

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### 1 FAQ

#### Who is invited?

All men over 13 years of age are invited to attend. Let's pack it out so invite your friends!

#### What is Johnston Woods?

Johnston Woods is a 400-acre event and retreat center located in Bradley County, TN. We have reserved the open-aired pavilion and campground near the lake. If you are coming for the weekend you will be camping. No RVs allowed. We do have access to a bath house so it's not totally primitive! To find out more [CLICK HERE](#)

#### How much will it cost?

\$70 per person for the full weekend which includes camping fees and Saturday lunch and supper  
\$40 per person for Saturday only which includes Saturday lunch and supper

#### How do I register?

You can register by [CLICKING HERE](#)

#### What should I bring?

If you are coming for the day all you should bring is a camp chair, bible, water, sunglasses, hat, etc.  
If you are coming for the entire weekend see the checklist.

#### What recreation is available?

There is a small lake for canoeing and fishing.  
Plus, there are mountain biking and hiking trails. For more info [CLICK HERE](#)

#### How do I get there?

Johnston Woods address is 298 Brymer Creek Rd, McDonald, TN 37353  
You can find directions by [CLICKING HERE](#)

## 2

## LEADERSHIP



**Marty Miller, *Retreat Planner***

Marty is the founder and president of *Blueprint for Men*, a nonprofit men's ministry that serves the Georgia-Cumberland Conference and beyond. Through outdoor retreats, small group support, leadership training, and curriculum development, Marty is helping men to step up and become the men God designed them to be! Marty and his ministry network have been instrumental at starting scores men's discipleship groups across North America. Marty and his wife, Gale, live in Collegedale, Tennessee where they are both involved in full-time ministry. They are the proud parents of two adult children and three grandchildren. Life is good!



**Grant Graves, *Retreat Speaker***

Grant is a gifted teacher, public speaker, disciple maker, husband and father. His career path has been primarily in the field of education, having taught history and religion from the elementary to university level. Through the years he has led high school outdoor senior survivals, given high school commencement addresses, and spoken at many men's events. Currently Grant works with his beautiful wife at Aflac. He loves working out, listening to books and podcasts, and spending time with his daughter Libby. His dream is to one day hear Jesus say, "Well done, my good and faithful friend."

## 3

## SCHEDULE

### Friday

- 4:00 pm Arrive and Setup Camp
- 6:00 pm Supper
- 7:00 pm Evening Meeting
- 10:00 Quiet

### Saturday

- 8:00 am Breakfast
- 10:00 Morning Meeting
- 12:30 pm Lunch
- 1:30 Afternoon Activities
- 6:00 pm Supper
- 7:00 pm Evening Meeting
- 10:00 Quiet

### Sunday

- 8:00 am Breakfast
- 9:00 am Morning Meeting
- 10:00 am Circle of Men

## 4 CHECKLISTS

### Full Weekend Checklist

- Tent or Hammock
- Sleeping bag
- Sleeping pad
- Stove w/fuel
- Cooking pots and utensils
- Lighter/matches
- Canteen
- First Aid Kit
- Toiletries and Towel
- Sunglasses
- Outdoor clothing
- Mountain Bike
- Headlamp
- Camp Chair
- Bible, Journal, Pen/pencil
- Food – Friday supper and Sunday breakfast. Other meals provided

### Saturday Only Checklist

- Canteen
- Snacks
- First Aid Kit
- Sunglasses
- Headlamp
- Camp Chair
- Bible, Journal, Pen/pencil
- Saturday lunch and supper provided

## **5 REGISTRATION**

**INFORMATION** about the retreat is found on the Blueprint for Men website. [CLICK HERE](#)

**PAYMENT** for the retreat can be made at Eventbrite. [CLICK HERE](#)

**FORMS** must be completed and submitted upon arrival at the retreat

- Release Form
- Medical Form

**SIGN-UP DEADLINE: April 1, 2020**



## BLUEPRINT FOR MEN HEALTH STATEMENT FORM

The proposed activity provided by *Blueprint for Men* requires participation in physical exercises which are, by their nature, physically demanding. Many of the activities will challenge you, and cause surges in blood pressure and pulse rates. It is imperative that you are free of any heart related or other diseases. Therefore, all participants must be free of medical or physical conditions which might create undue risks to themselves or any others in the group who depend on them. Good physical condition will increase your enjoyment of the outdoor activities. If there is any doubt about your ability to safely participate in this experience, you should consult with a physician. (NOTE: If you have had any heart related problems you will need to have a release form from a physician in order to participate in the program.)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ Gender: \_\_\_\_\_

Emergency Contact Person: \_\_\_\_\_ Relationship: \_\_\_\_\_

Home Address: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

### HEALTH HISTORY (circle appropriate response)

Current General Health Condition:	Excellent	Good	Fair	Poor
Have you had or do you currently have any heart problems?			Yes	No
Do you frequently suffer from pains in your chest?			Yes	No
Do you often feel faint or have spells of dizziness?			Yes	No
Has a doctor ever told you that you have high blood pressure?			Yes	No
Do you have arthritis, joint or back problems that are aggravated by exercise?			Yes	No
Have you had any operations or serious injuries?			Yes	No
Do you have any physical disabilities or chronic recurring illness?			Yes	No
Do you have Epilepsy?			Yes	No
Do you have Diabetes?			Yes	No
Are you allergic to any medication, insects or pollen?			Yes	No
Are you currently sick and/or using medication?			Yes	No
Do you have any prescribed meal plan or dietary restrictions?			Yes	No
Are there any activities to be limited/discouraged by physician's advice?			Yes	No
Please describe any "yes" answers above: _____				
Do you carry health insurance? ____ Yes ____ No				

Carrier: \_\_\_\_\_ Policy \_\_\_\_\_

### REPRESENTATION AND EMERGENCY AUTHORIZATION

This health history is correct so far as I know, and I believe that my health is satisfactory to participate in adventure activities. I hereby give permission to the medical personnel selected by *Blueprint for Men* to order injection and/or anesthesia and/or surgery for me. Such authorization for emergency treatment shall also include but is not limited to, charges incurred for the providing of aid and arranging evacuation if *Blueprint for Men* or its agents determine that such evacuation is necessary and desirable. I further agree to assume responsibility for the costs of any specialized means of evacuation and of any medical care and acknowledge any restrictions placed on my activities.

Signature of Participant \_\_\_\_\_ Date \_\_\_\_\_

Signature of Witness \_\_\_\_\_