

THE DADDY-DAUGHTER PRICELESS TREASURE ADVENTURE



LAUREL-SNOW STATE NATURAL AREA
APRIL 19-21, 2024



Dear Dad,

Most fathers find that relationships with their sons comes much more naturally than their relationships with their daughters. But, developing a deep and meaningful relationship with your daughter, while often challenging, is much more important than you may realize, and well worth the effort. Research reveals that girls who have meaningful relationships with their fathers have higher grades, deeper spiritual commitment, higher self-esteem, and significantly lower chance of engaging in at-risk-behaviors.

The “Daddy-Daughter Priceless Treasure Adventure” is designed to strengthen the bonds between you and your daughter(s) through outdoor adventure, nature study, group activities, music and worship. The cost of the retreat is only \$100 per father... daughters are free! Camp fees, program materials, and souvenirs are all included. An incredible value!

Our destination for this trip is the Laurel Snow State Natural Area. It is my favorite “Pocket Wilderness” in the Chattanooga area and has been for decades. As a young man I remember hiking and camping in the Richland Creek Canyon with my friends. The waterfalls, cliffs, and massive boulders are imposing and unforgettable. If the weather is warm, we may even take a dive into one of the deep swimming holes!

To attend this retreat study the information in the pages that follow and complete/submit the registration, consent, and health forms as directed. Don’t miss this opportunity, seize the moment... your daughter will thank you; I promise!

Here's to Strengthening Men and their Families,

A handwritten signature in black ink that reads "Marty Miller". The signature is written in a cursive, flowing style.

Marty Miller

“Priceless Treasure Adventure” Trip Leader



INFORMATION PACKET

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1 OVERVIEW

WHAT:	Daddy-Daughter Backpacking Trip
WHO:	Dads and daughters (ages 6 and older)
WHERE:	Laurel-Snow State Natural Area, Dayton, TN
WHEN:	April 19-21, 2024
WHY:	To spend quality time with your daughter(s) in God's beautiful creation!
COST:	\$100/father... daughters are free!
PROVIDED:	Group equipment, leadership, program, souvenirs
BRING:	Bring your own camping equipment...refer to equipment list
REGISTRATION:	Registration deadline is April 12, 2024

2 TRIP LEADER



Marty Miller, Trip Leader and Naturalist

Marty is a lover of God, a lover of nature, and a lover of people. These three loves have defined all that Marty has pursued in life. Marty has a bachelor's degree in biology and a master's degree in outdoor education. During his career as an educator, he served as principal, multi-grade teacher, high school science teacher, nature center director, and university outdoor leadership professor from California to Tennessee.

Marty is gifted at discovering and sharing spiritual lessons from nature, God's second book, as modeled by Jesus Christ, the master educator. He enjoys outdoor pursuits ranging from alpine mountaineering to tropical scuba diving. His skills and certifications include SOLO Wilderness First Responder, ACA Swift Water Rescue, AIARE Avalanche Safety, and Leave No Trace Master Educator.

After 30 years in education Marty founded *Blueprint for Men*, a 501c3 nonprofit men's ministry based in Chattanooga, TN. Through retreats, small group support, leadership training, and curriculum development, *Blueprint for Men* helps men to step up and become the men God designed them to be! Since its inception, the *Blueprint for Men* network has been instrumental in starting countless men's discipleship groups throughout the country.

Last, but not least, Marty and his treasured 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 four grandchildren. Life is good!

3 OBJECTIVES

During the weekend you will...

Experience Joy:

- through the beauty of nature
- through wholesome Christian fellowship
- through fresh air, vigorous outdoor activity, and delicious food
- through worship and praise of our Creator God
- as we discover spiritual truths in the "Book of Nature"
- as you draw closer to your daughter(s) during this weekend experience.

Expand Knowledge and Skills:

- Camping Skills
- Camping Etiquette
- Leave No Trace Ethics
- Nature Education
- Trail Etiquette and Safety

4 SCHEDULE

Friday

3:00 pm	Arrive at the trailhead parking lot. (see map for directions)
3:30	Hike Richland Creek Trail (1.9 miles)
5:00	Set up campsite at the Richland Creek Campsite
6:00	Supper
7:30	Group Worship
8:15	Night Activity
9:00	Sweet Dreams!

Saturday

7:30 am	Breakfast
9:00	Group Worship
10:30	Buzzard Point Hike
12:00 pm	Lunch
2:30	Treasure Hunt
5:30	Banquet
7:00	Group Worship
8:15	Talent Show
9:30	Hit the Sack!

Sunday

7:00 am	Sunrise hike to Laurel Falls
9:00	Breakfast & Pack Up
10:00	Group Worship
11:00	Hike to Trailhead
12:00	Pack-up Camp
11:00	Head Home



5 GEAR & EQUIPMENT LIST

General Backpacking Gear

- Backpack
- Sleeping bag (rated to 40° F)
- Sleeping pad
- Lightweight Tent/Tarp
- Hammock (optional)
- Stove w/fuel
- Cook-set
- 2 suppers
- 2 breakfasts
- 1 trail lunch
- Lighter/matches
- Cooking Utensils
- Water bottles (2)
- Zip-lock bags for stuff
- First Aid Kit

Clothing

- Trail shoes/boots
- Wool socks (2)
- Camp shoes/Crocs...
- Rain Jacket or Poncho

- Swim suit
- Fleece insulating layer
- Short pants
- Long pants
- Cap

Misc Personal Items

- Sunglasses
- Sunscreen (SPF 30+)
- Lip balm
- Headlamp/flashlight
- Extra batteries
- Toilet paper in Ziplock
- Hand sanitizer
- Hand trowel
- Deodorant
- Pack towel for bathing
- Bible
- Journal
- Pen/pencil
- Music Instruments



6 MEALS

You must provide your own meals. Try to keep your meals relatively simple but get creative and have fun with your daughter(s)! Here's a place where you can write out your menu.

Day	Meal	Menu
Friday	Supper	
Saturday	Breakfast	
	Lunch	
	Supper	
Sunday	Breakfast	



7 OUTDOOR SAFETY



Hiking Safety

Camping without hiking is, well, just not camping! Therefore we will go on some energetic hikes. Again, it is important to remind everyone that safety is number one. When going on a hike it is crucial that all fathers know where their kids are at all times. Our hikes will be through very rugged terrain where slips and falls are possible. Please make sure you follow all safety precautions given by the leader. It is highly recommended that close-toed shoes are worn on all hikes.



Basic Safety

Authorities	Park Rangers are available to respond to emergencies. Dial 911.
Medical	We carry a large first aid kit to deal with minor accidents.
Supervision	You are responsible for always supervising your children!
Cell Phone	Service is marginal at the campsite and non-existent many places.
Walkie Talkies	We will be carrying Rocky Talkies on our hikes.

8 DESTINATIONS AND DIRECTIONS

Laurel Snow State Natural Area

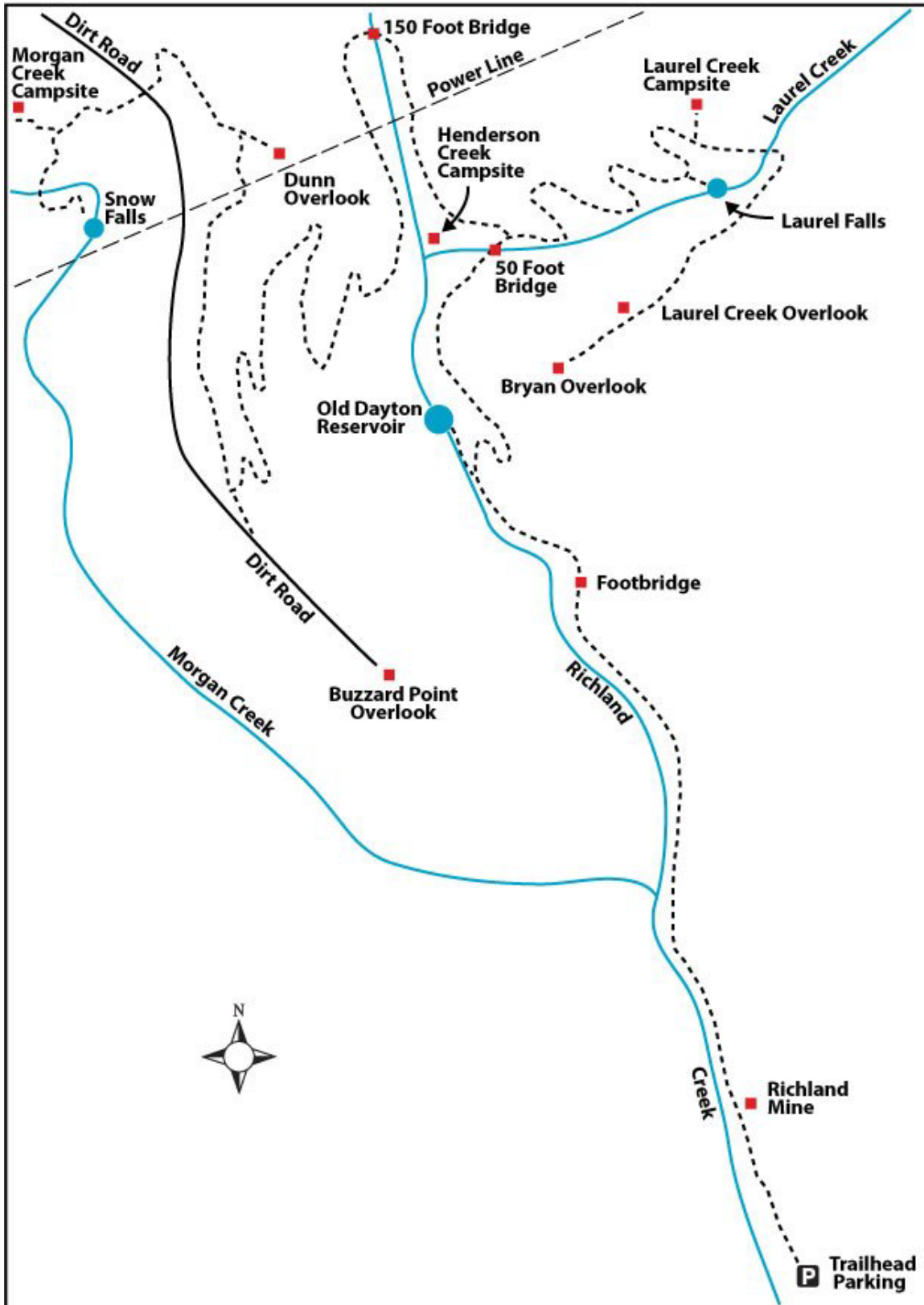
Laurel-Snow is a 2,259-acre natural area located in Rhea County. The natural area occurs on the Walden Ridge of the Cumberland Plateau and contains a section of gorge that is deeply dissected by Morgan, Henderson, Laurel, and Richland Creeks. The site is named after two scenic waterfalls, Laurel Falls (80 feet) and Snow Falls (35 feet), and features two prominent overlooks, Buzzard Point and the Bryan Overlook (also known as Raven Point). The natural area also has scenic creeks, steep gorges, geologic features, a small stand of virgin timber, and a wide variety of plants. The trail forks after about 1.5 miles of hiking into the natural area beside Richland Creek. You can reach Buzzard Point and Snow Falls by following the trail as it forks to the left going west. The trail to the right leads to Laurel Snow Falls and then eventually climbs to the top of the falls. The distance for both trails is about 8 miles round trip.

The land use history of this area remains evident in places. Logging and deep mining took place in some portions of the area in the late 1800s and early 1900s. Some remnants of the mining activities can still be seen along the trail near the parking area. Part of Richland Creek was impounded to serve as the Dayton Reservoir and was once the water supply for the town of Dayton. The low dam across the stream can still be seen, although water is no longer collected here for the town. The Laurel-Snow trail was the first National Recreation Trail designated in Tennessee.

Laurel-Snow State Natural Area contains a segment of the Cumberland Trail State Scenic Trail, and the area includes trailhead parking and an open section of the Cumberland Trail (CT), the state's only linear state park. When completed, the CT will be 300 miles in length cutting through 11 Tennessee counties from the Cumberland Gap National Historic Park on the Tennessee-Virginia-Kentucky border to the Signal Point near Chattanooga.

Webpage for Laurel Snow State Natural Area [HERE](#)

Laurel Snow Natural Area Trail Map



Hike from Trailhead to Campsite

- **Mile 0.0** - The trail starts off wide and flat as it parallels Richland Creek to your left, following the old railbed.
- **Mile 0.1** - A short trail leads uphill to the right to the entrance of Dixon Slope Mine; do not enter.
- **Mile 0.2** - The entrance to Richland Mine is on the right. This former coalmine is ungated but again do not enter; the mine is unsafe due to flooding and crumbling infrastructure. Notice the insignia of the mining company painted on the rock, which, unfortunately, has been defaced with graffiti.
- **Mile 1.2** - The trail abruptly narrows and turns right. But here a small path continues straight 400 feet to the Dayton Reservoir that used to supply water to the town of Dayton. The low dam creating the reservoir is still there. On the main trail, take the right turn and head uphill.
- **Mile 1.7** - After crossing a metal bridge over Laurel Creek, the trail forks, with the right fork leading to Laurel Falls and the left fork leading to Snow Falls. To follow the main route of the CT, take the left fork toward Snow Falls.
- **Mile 1.8** - A short path on the left leads to Henderson Creek Campsite near the intersection of Henderson and Laurel Creeks, which combine to form Richland Creek.

Hike from Campsite to Buzzard Point

- **Mile 0.0** - After crossing the 150-foot bridge over Richland Creek at Mile 2.1, continue on the spur trail toward Snow Falls.
- **Mile 0.2** - The trail crosses back under power lines and soon begins a long uphill climb. This is a 1.2 mile climb with many switchbacks until it heads steeply uphill to the top of the ridge.
- **Mile 1.4** - Reach a junction at the top of the ridge. The left fork quickly reaches a dirt road where you turn left for 0.4 mile to reach Buzzard Point at 1.8 miles
- **Buzzard Point** provides a spectacular view of the Valley of East Tennessee that lies between the Cumberland Plateau and the Great Smoky Mountains. After the view, walk back along the dirt road to the short trail down to the junction.

Hike from Campsite to Laurel Falls

- **Mile 0.0** - Split from the main trail at Mile 1.7, taking the right fork. The trail continues to gain significant elevation.
- **Mile 0.7** - Reach the foot of Laurel Falls. Except in the dry peak of summer, the 80-foot waterfall is an impressive sight. The trail continues to the left of the falls and becomes markedly more steep and rugged until it tops the plateau.
- **Mile 1.1** - The trail fords Laurel Creek not far from the top of the falls to the right. Use caution in crossing; it may be impassable in high water.
- **Mile 1.5** - Laurel Creek Overlook to the right offers a view of Laurel Creek Gorge below.
- **Mile 1.6** - Reach Bryan Overlook, named for William Jennings Bryan, prosecutor in nearby Dayton's Scopes Monkey Trial. On some maps, this is known as Raven Point. With either name, it offers a nice view east from the rim of the Cumberland Plateau. There is no more trail from the overlook, so you'll retrace your steps back to the junction with the main trail at Mile 1.7 and return to the trailhead or continue north on the CT to the 150-foot bridge if you're headed to Snow Falls.

Webpage for this section of the Cumberland Trail [HERE](#)

9 GROUP ACTIVITIES



Group Worships

Be ready for some great singing and learning spiritual lessons from nature and experience adventure! If you have musical instruments please bring them along.

Treasure Hunt

On Sabbath we will have a daddy-daughter treasure hunt that will incorporate nature, scripture, and “treasures”. It will be a fun experience that will make a strong connection with our “Priceless Treasure” weekend theme.

Talent Show

On Saturday night we will have a fun talent show in which you and your daughter(s) will be given the opportunity to share a musical talent, a skit, a creative reading, etc. Put some effort into this and have a lot of fun!!!

Early Morning Hike

There is nothing quite like getting up early and hiking to a scenic spot as the day is dawning. This is exactly what we will be doing on Sunday morning as you give your special “Fathers Blessing” to your very dear daughter. It will be an experience that both of you will treasure for the rest of your lives. (Details of the Fathers Blessing are found at the end of this packet)

Night Hike (optional)

We may take a short night hike near our campground. It completely safe but will be filled with moments of surprise and wonder as we search the heavens for constellations and planets, scan the forest with headlamps to see glowing green spider eyes, and countless other wonders!



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10 LNT... LEAVE NO TRACE BACKCOUNTRY ETHICS



The Leave No Trace Seven Principles

The Leave No Trace Seven Principles are the bedrock of the Leave No Trace program. They provide guidance to enjoy our natural world in a sustainable way that avoids human-created impacts. The principles have been adapted to they can be applied in your backyard or your backcountry.

Plan Ahead and Prepare

- Know the regulations and special concerns for the area you'll visit.
- Prepare for extreme weather, hazards, and emergencies.
- Schedule your trip to avoid times of high use.
- Visit in small groups when possible. Consider splitting larger groups into smaller groups.
- Repackage food to minimize waste.
- Use a map and compass to eliminate the use of marking paint, rock cairns or flagging.

Travel and Camp on Durable Surfaces

- Durable surfaces include established trails and campsites, rock, gravel, dry grasses or snow.
- Protect riparian areas by camping at least 200 feet from lakes and streams.
- Good campsites are found, not made. Altering a site is not necessary.
 - In popular areas:
 - Concentrate use on existing trails and campsites.
 - Walk single file in the middle of the trail, even when wet or muddy.
 - Keep campsites small. Focus activity in areas where vegetation is absent.
 - In pristine areas:
 - Disperse use to prevent the creation of campsites and trails.
 - Avoid places where impacts are just beginning.

Dispose of Waste Properly

- Pack it in, pack it out. Inspect your campsite and rest areas for trash or spilled foods. Pack out all trash, leftover food and litter.
- Deposit solid human waste in cat holes dug 6 to 8 inches deep, at least 200 feet from water, camp and trails. Cover and disguise the cat hole when finished.
- Pack out toilet paper and hygiene products.
- To wash yourself or your dishes, carry water 200 feet away from streams or lakes and use small amounts of biodegradable soap. Scatter strained dishwater.

Leave What You Find

- Preserve the past: examine, but do not touch cultural or historic structures and artifacts.
- Leave rocks, plants and other natural objects as you find them.
- Avoid introducing or transporting non-native species.
- Do not build structures, furniture, or dig trenches.

Minimize Campfire Impacts

- Campfires can cause lasting impacts to the backcountry. Use a lightweight stove for cooking and enjoy a candle lantern for light.

- Where fires are permitted, use established fire rings, fire pans, or mound fires.
- Keep fires small. Only use sticks from the ground that can be broken by hand.
- Burn all wood and coals to ash, put out campfires completely, then scatter cool ashes.

Respect Wildlife

- Observe wildlife from a distance. Do not follow or approach them.
- Never feed animals. Feeding wildlife damages their health, alters natural behaviors, and exposes them to predators and other dangers.
- Protect wildlife and your food by storing rations and trash securely.
- Control pets at all times, or leave them at home.
- Avoid wildlife during sensitive times: mating, nesting, raising young, or winter.

Be Considerate of Other Visitors

- Respect other visitors and protect the quality of their experience.
- Be courteous. Yield to other users on the trail.
- Step to the downhill side of the trail when encountering pack stock.
- Take breaks and camp away from trails and other visitors.
- Let nature's sounds prevail. Avoid loud voices and noises.

Properly Storing Attractants in Bear Country

- Bears have a broad diet and are attracted to a wide variety of unnatural foods, including human food, garbage, canned or bottled beverages, processed livestock feed, pet food, bird seed, toiletries, and coolers, stoves, and grills containing food or food residue.
- Bears that obtain human food or garbage often become aggressive and dangerous in their efforts to get more. This food-conditioned behavior can lead to human injury, death, and damage to property.
- Food-conditioned behavior usually cannot be changed and these bears must be killed by managers.
- Don't be the one responsible for human injury or death or the death of a bear because YOU did not store your food properly.
- Read and understand food storage regulations before your visit. Coolers, backpacks, wooden boxes, and tents are not bear resistant and may not be used to store food or other bear attractants.
- For more bear safety tips, visit the Center for Wildlife Information Web site at <http://www.centerforwildlifeinformation.org/>.

11 THE DADDY-DAUGHTER BLESSING



Dear Dad,

You were hand selected by God to instill in your daughter a sense of security, confidence, and love that flows from the heart of our Heavenly Father. And by spending this special weekend with her, you are speaking this message loud and clear. You may not be a perfect dad but you have a good heart and good intentions. This weekend my desire is that you experience a treasured experience with your daughter that will last a lifetime.

One of this weekend's highlights will occur during the simple yet beautiful ceremony we refer to as "THE BLESSING". During this ceremony you will read a letter you have written for your daughter to keep and cherish. Then you say a prayer of blessing over her. I know this might sound intimidating to you but please understand that it is worth the effort and it will mean more than you know to her.

To help you with writing your letter and your prayer of blessing I have provided the following tips. When you read this letter, read it slowly, and look into her eyes. Remember that your words don't matter as much your sincere attempt to say them. God won't let you fail in this. So enjoy it... even if you get choked up with emotions!

I. LETTER OF BLESSING TO YOUR DAUGHTER

1. I love you because...

Focus Text: *This is my beloved son (daughter) in whom I am well pleased. Matthew 3:17*

This section should focus on the heart and could include combined pictures of how God sees her and how you see her, how God loves her and how you love her, etc. You could say something about how your love for her began before she was born but has grown stronger with each passing year. You could mention something about how you find joy in her laughter, the sparkle in her eyes, the sun in her hair, etc. which all speak to her beauty... she really needs to hear this from you. Be specific as possible but also make it very personal!

2. I am proud of you because...

Focus Text: *And Jesus increased in wisdom and stature, and in favor with God and man. Luke 2:52*

This section should focus on character quality, not achievements, or physical attributes. Refer to the long list at the end of this document. Try to limit your list to around 4-6 attributes or it will get too long. Quality is always better than quantity!

3. I see that you are on the path to becoming a beautiful young lady; I am here for you, and want to offer you my blessing for your journey.

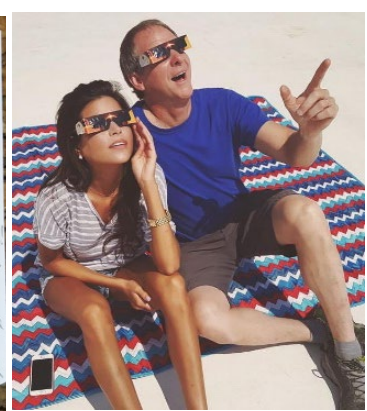
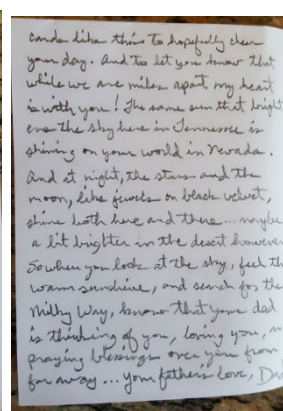
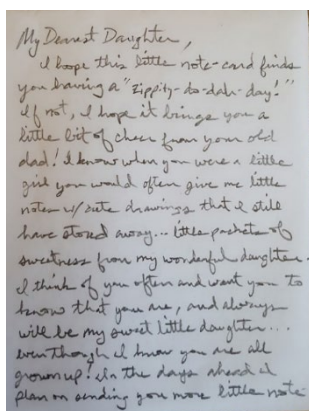
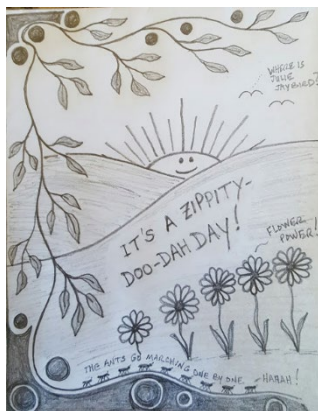
Focus Text: *Delight yourself in the LORD, and he give you the desires of your heart. Psalm 37:4*

This final section should speak to her journey of maturity from a little girl to a beautiful young lady. Whether your daughter is 8 or 18, your words of affirmation and love will provide her with a strength and confidence that is beyond words. It is something that she will feel deep within her heart and believe to be true. Your blessing should be a prophecy of a good future where she will experience the fullness and beauty of life.

Make sure you sign the letter with an endearing ending!

Keep the Blessing Going!

Here's a card I made for my daughter a few years ago that demonstrates how you can give the "Father's Blessing" throughout all stages of life. She treasures each one I have ever made for her. I make them by simply folding a regular sheet of printer paper (cardstock is best) into fourths which makes a simple card. Simple and collectible! Don't forget that you will always be her dad and she will always need to hear your words of love and affirmation!



II. PRAYER OF BLESSING FOR YOUR DAUGHTER

The prayer for your daughter doesn't need to be written out but it can be. I suggest that you follow an easy format to guide your words such as "The Hand Prayer" that I developed over the past several years. I like it and have found that it works beautifully. This prayer should flow from your Heavenly Father through you to your daughter. Pray about how you should pray and what you should pray and God will show you the way! I promise that you will be blessed by giving this prayer of blessing.

[The Father's Hand Prayer](#) - watch video (at time 8:30) for tips on this blessing

Beginning the Prayer

Dear Heavenly Father,

You are the one and only Perfect Father. You are the Creator, Sustainer, Savior and King of this world. And my daughter and I are your children. Thank-you for giving me the honor of being the earthly father of _____, my priceless treasure. Father, now as I give this blessing to my beloved daughter, I ask that your holiness and power flow from you through me at this special moment.

1. The Thumb of Affirmation and True Identity

Praise, thanks, affirmations to God for giving you such a wonderful daughter
Proclaim who God says she is.... and who you say she is.
Describe some of her top character qualities

This is my beloved son in whom I am well pleased. Matthew 3:17

2. The Index Finger of Direction and Correction

I see that _____ is humble and teachable and takes correction and direction.
Exhibits wisdom and discretion. Deferred gratification. She wants to do the right thing and be obedient.
And when she makes mistakes she owns up to them and makes things right.
Pray that she listens respectfully when her mother and I give direction.

And Jesus increased in wisdom and stature, and in favor with God and man. Luke 2:52

3. The Middle Finger of Challenge and Opposition

She understands that there is a struggle between good and evil in her heart and mind. When Satan comes against her and tells her she is not beautiful, not strong, not valuable, etc. she takes these thoughts captive and replaces them with God's word and her true identity in Christ Jesus. She is not controlled by her emotions and keeps negative thoughts and words down with the thumb of encouragement. She faces challenges, opposition, and temptation with courage. Whatever test and trials come her way she knows that you are fighting alongside her to win the battle! She is not alone! Also describe any character traits that need to be strengthened.

Then Jesus was led by the Spirit into the wilderness to be tempted by the devil. Matthew 4:1

4. The Ring Finger of Commitment and Endurance

Commitment, don't quit, God won't quit. You as her dad will never quit on her either! She is strong and will persevere through difficulty and never give up!

"Be strong and courageous. Do not be afraid or terrified because of them, for the LORD your God goes with you; he will never leave you nor forsake you." Deuteronomy 31:6

5. The Pinky Finger of Strength through Weakness

God promises to provide strength through her weakness so that she may bring glory to God. So whatever she may be struggling with it will become here strength and her testimony and witness for what God has done in her life.

Well done, thou good and faithful servant: thou hast been faithful over a few things, I will make thee ruler over many things: enter thou into the joy of thy lord. Matthew 25:21

Closing of the Prayer

This is the final blessing. Speak from the heart, make it real, making sure to declare a bright and joyful future. Let her feel your love and strength flow through these closing lines. **AMEN**

III. GIFT OF BLESSING FOR YOUR DAUGHTER

At the close of the prayer, you should give your daughter a special gift of blessing that signifies your love and affirmation to her. Look online and you will see some great ideas and things to purchase. I will also provide a "woodallion" souvenir that you can give to her as well.



CHARACTER QUALITIES

- **Adaptable** Able to adjust without difficulty to new and unexpected conditions.
 - Phil 4:6
- **Agreeable** Willing or ready to agree or consent.
- **Alertness** Ability to know and do the right thing based on what is taking place.
 - Mark 14:38
- **Amiability** Having a kindly or attractive disposition; friendly; pleasing.
 - Micah 6:8
- **Aspiration** Ardent desire after what is great and good.
 - Phil. 4:8
- **Assured** Certain; convinced; not doubting or doubtful.
 - Matt. 7:24; Phil. 4:13
- **Attentiveness** Paying or giving attention; intent; observant.
 - Prov. 22:17-19; Phil. 2:3-4; Heb. 2:1
- **Availability** Capable of being used – “always there when you need ‘em”.
 - Acts 20:35; Phil. 2:20-21
- **Boldness** Daring; courageous; brave; confident; speaks out.
 - Ps. 138:3; Acts 4:29; Eph. 3:11-12; Phil 1:20
- **Bravery** To encounter with courage and fortitude.
 - Ps. 31:3; Ps. 31:24
- **Cautiousness** Knowing when to do the right thing at the right time.
 - Prov. 19:2
- **Compassion** Sympathetic emotion created by misfortunes of another with a desire to help.
 - Ps. 103:13; Col. 3:12; 1 John 3:17
- **Confidence** Certain; self-reliant; has assurance.
 - Ps. 71:5; Prov. 14:26; 2 Cor. 3:4-5; Heb. 4:16; Heb. 10:35-36
- **Considerate** Regard for others’ circumstances or feelings.
 - Eph. 4:32; Phil. 2:4; Heb. 10:24-25
- **Contentment** Satisfaction with what one has and circumstances or feelings.
 - Phil. 4:7, 11; 1 Tim. 6:8
- **Cooperative** To work together as a group for a common goal.
 - Rom. 12:3-5
- **Courage** Ability to encounter danger or difficulties with firmness and without fear.
 - Deut. 31:6; 2 Chron. 15:7; Ps. 27:14; Ps. 31:24
- **Creativity** Imaginative; gives rise to new things and ideas.
 - Rom. 12:2

- Decisiveness Able to make a prompt decision when faced with time limits.
 - James 1:5
- Dedicated Given wholly to a purpose, goal, or thing; devoted.
 - Phil. 3:14; Col. 3:23-24
- Deference Being respectful to others; treating them as persons of great worth.
 - Rom. 14:21
- Dependability Reliability; trustworthy; rest with confidence in.
 - Ps. 15:4; Ps. 62:6, 7; Luke 16:10
- Desire To wish or long for a person, thing, or goal.
 -
- Determination Firm resolution; settled purpose; a vision that is adhered to at all costs.
 - Luke 22:42; 1 Cor. 9:24; Heb. 12:1-3
- Diligence Steady application; constant effort; to accomplish what is undertaken.
 - Jer. 29:13; Col. 3:23; Heb. 6:11-12
- Discernment Power to discriminate between good and evil; insight based on scripture.
 - 1 Sam. 16:7; Ps. 119:65-66; Prov. 17:27
- Discipline State of order maintained by training and strict self-control.
 - Gal. 5:22-23; 1 Tim. 4:7; 2 Tim. 1:7
- Discretion The ability to make sound, tactful judgments.
 - Prov. 22:3
- Earnestness Serious in intention, purpose, or effort, characterized by depth.
 - Prov. 23:23
- Endurance A continuing or bearing-up under pain or distress without yielding.
 - Gal. 6:9; Heb. 12:1
- Enthusiasm A keen and active interest; ardent zeal in pursuit of something.
 - Prov. 15:13; Romans 12:11; 1 Pet. 3:13
- Expressiveness Full of expression, vividly representing the feeling to be conveyed.
 -
- Fairness Honest; open; frank; impartial or unbiased.
 - Luke 6:31
- Faith Trust in a person or thing; loyalty to a person, promise, or commitment.
 - 1 Tim. 1:12; Heb. 11:1
- Firm Steadfast and unwavering; showing determination.
 - Eph. 6:14
- Flexibility Capable of adapting or modifying.
 - Col. 3:2
- Forgiveness Inclined to overlook offenses; to cease to feel resentment against.
 - Eph. 4:32
- Fortitude Strength of mind. Able to face danger or bear pain with courage.
 - 1 Chron. 29:20
- Friendly Inclined to approve, help, or support.
 - Ps. 41:1-2; Prov. 17:17; John 15:13
- Generosity Free and unselfish in giving.
 - Prov. 22:9; 2 Cor. 9:6
- Gentleness Kindly; mild, not severe.
 - Matt. 5:5; Gal. 5:22-23; Col. 3:12; 1 Thess. 2:7; 1 Pet. 3:4
- Giving To commit or offer oneself to be used or helpful.
 - Matt. 22:37-39; 2 Cor. 9:7
- Good-natured Natural mildness and kindness of disposition.
 - Col. 4:6
- Goodness Virtue or integrity; kindness.

- Gratefulness
 - Gal. 5:22
 - Thankfulness of kindness shown or benefits received.
 - 1 Cor. 4:7; Eph. 5:20; 1 Thess. 5:18
- Honesty
 - Free from deceit; integrity; honorable intentions, principles and actions.
 - Matt. 5:18
- Honorable
 - Worthy of being honored; motivated by principles of honor; consistent.
 - Matt. 5:6
- Hospitality
 - Cheerfully shares with others each day; food, shelter; smiles, encouragement.
 - Heb. 13:2
- Humility
 - Not proud or arrogant; modest and submissive to authority.
 - Ps. 10:17; Prov. 22:4; James 4:6; 1 Pet. 5:6
- Imaginative
 - Being able to create new things or ideas consistent with reality.
 -
- Initiative
 - Power or ability to take the lead or originate action.
 - 1 Chron. 29:20; Rom. 12:21
- Integrity
 - Unimpaired moral principles; honest; soundness; whole and undivided.
 - Prov. 10:9; Prov. 20:7
- Intent
 - Fixed with earnest attention on some purpose or thought.
 -
- Joyfulness
 - Gladness or delight; causing satisfaction and happiness.
 - Prov. 15:13; Prov. 17:22a; John 15:11; James 1:2-3
- Kindness
 - Good; helpful; friendly.
 - Micah 6:8; Eph. 4:32
- Leadership
 - Ability to lead or guide.
 - Ex. 18:21; Matt. 20:26; Romans 12:1-2
- Listener
 - To give close attention in order to hear; to pay attention to.
 - Prov. 4:1; Mark 4:24; James 1:19
- Love
 - Giving to others' needs without seeking something in return.
 - 1 Cor. 13:3
- Loyalty
 - Faithful to one's obligations, commitments, and leaders.
 - Matt. 25:21; John 15:13; Rom. 12:9-10
- Meekness
 - Mild of temper; gentle; not easily provoked or irritated.
 - Ps. 62:5; Gal. 5:22-23; 1 Cor. 13:4-5
- Obedience
 - Act of complying with rules and standards imposed by one in authority
 - 1 Kings 8:61; 2 Cor. 10:5
- Open-minded
 - Having a mind open to new arguments or ideas; unprejudiced.
 - Prov. 22:17
- Orderliness
 - Preparing and organizing to minimize confusion and maximize productivity
 - 1 Cor. 14:40
- Patience
 - Bearing pain or trial without complaining; waiting with calmness; not hasty.
 - Prov. 14:29; Prov. 17:27, Rom. 5:3-4; 2 Tim. 4:2
- Perseverance
 - The act or habit of persistence in anything undertaken.
 - Rom. 5:3-4
- Persistence
 - Steady continuance of a course; tenacious or purpose.
 - Hosea 6:3; Eph. 6:14
- Persuasiveness
 - Having the power to influence, move, or prevail; convince to take action.
 - 1 Tim. 4:12; 2 Tim. 2:24
- Pleasing
 - Giving pleasure or satisfaction; agreeable; gratifying.
 - Ps. 104:34; 2 Cor. 5:9
- Practical
 - Mindful of results, usefulness, advantages/disadvantages, matter-of-fact.

- Punctuality Showing that I value other people and their time.
 - Eccl. 3:1
- Purposefulness Having an objective to be reached or accomplished.
- Respectfulness Regard; high consideration and courtesy.
 - 1 Pet. 2:13; 1 Pet. 2:17
- Resoluteness Having a fixed purpose; determined; steadfast; firm.
 - Prov. 4:25-27; 1 Cor. 15:58; Gal. 6:9-10
- Resourcefulness Wise use of that which others might overlook or discard.
 - Luke 16:10
- Responsibility Accountable for performance or discharge of duty.
 - Rom. 14:19; Phil. 4:13; 1 Pet. 4:10
- Reverence An attitude of deep respect and esteem mingled with affection.
 - Prov. 1:7; Prov. 23:17; 1 Pet. 5:5
- Security Freedom from apprehension; confidence of safety; freedom from danger
 - Ps. 16:8-9; Prov. 10:9; John 6:27
- Self-control Control of one's actions or feelings.
 - Gal. 5:22-25
- Self-starter One who applies his/her efforts without instruction, urging, or direction.
- Sensitivity Having feelings easily excited; readily and acutely affected.
 - Rom. 12:15; Col. 3:12
- Sincerity Freedom from hypocrisy; truthfulness; genuineness.
 - Prov. 3:3; James 3:17; Heb. 10:22; 1 Pet. 1:22
- Steadfast Fixed, firm, or constant in resolution; not fickle or wavering.
 - Prov. 4:25; Prov. 12:27b; Prov. 21:5; 1 Cor. 15:58
- Tactful Skill in doing or saying exactly what is required.
 - Prov. 25:11, Eph 4:15
- Tenacious Holding fast, keeping a firm hold; "stick-to-it-tiveness"; tough.
 - Prov. 4:25, 26-27; Prov. 12:27b; Gal. 6:9
- Thankful Expressive of gratitude; grateful; appreciative.
 - Eph. 5:20; 1 Thess. 5:18
- Thoroughness Finishing a task that has been started down to the last detail.
 - Prov. 18:5
- Thriftiness Controlling my desire to spend more, so that I might have more for others.
 - Luke 16:11
- Tolerance Acceptance of others; realizing that we are all different, and maturing.
 - Phil. 2:2
- Trustworthy Worthy of trust or confidence; reliable.
 - Isaiah 6:4; Matt. 25:21; Heb. 2:13
- Truthfulness Conformity to fact or reality; honesty by nature.
 - Prov. 10:9; Eph. 4:25
- Unselfish Not unduly attached to one's own interests or welfare; generous.
 - Matt. 20:26-28; Phil. 2:3-5
- Virtue Moral excellence or goodness; praise-worthy.
 - Prov. 19:20; Phil. 4:8; 1 Pet. 1:5
- Wisdom Having sound judgment; common sense; extensive knowledge; discerning.
 - Prov. 1:7; Prov. 9:10; Prov. 15:20a; Eph. 5:15-17; James 3:17

12 FORMS

Complete and submit a consent form and medical form for each participant.

BLUEPRINT FOR MEN RELEASE FORM

Participant Name: _____

Date of Activity: _____ to _____, 20 _____

Please read Release Form Carefully

I am aware that during my participation in *Blueprint for Men* sponsored adventure activities, certain risks and dangers may occur. These include, but are not limited to: the hazards of being in a wilderness or natural area, on a physical fitness course (i.e. increased heart rate, sudden pulse rate increase, general heart risk [especially for those with past heart conditions], and death), the forces of nature, and other dangers inherent in being in or near a pool, lake, river and other recreational areas.

In consideration of my voluntary election to engage in activities sponsored by *Blueprint for Men*, I do hereby assume all risks and to the fullest extent permitted by law do hereby agree to defend and hold harmless *Blueprint for Men*, their representatives, officers, employees, agents, successors, or beneficiaries from and against any and all personal injury, causes of action, losses, cost, liability, actions, debts, claims, damages, expenses, and demands of every kind and nature whatsoever, including attorney fees and court costs, which I now have or which may arise from or in connection with my presence or participation in any activities arranged for me except for gross negligence or willful acts of *Blueprint for Men*, its employees, agents or contractors.

Further, I agree to indemnify *Blueprint for Men* for any causes of action, losses, cost, attorney fees, liability, actions, debts, claims, damages, expenses, and demands of every kind and nature whatsoever which I now have or which may arise from or in connection with my presence or participation in any activities arranged for me except for losses caused by gross negligence or willful acts of *Blueprint for Men*, its employees, agents or contractors.

This agreement shall be binding upon me, my heirs, executors and administrators. I have been informed of the risks of participating in any and all activities and my participation in these activities is completely voluntary and I assume all risks associated therewith.

By signing below I agree to allow *Blueprint for Men* to use any pictures or video footage of this program for its promotional purposes.

SIGNED, this _____ day of _____, 20 _____

(Minors [anyone under the age of 18] must have their parent or guardian sign on their behalf.)

NAME: _____ SIGNATURE: _____
(Please print full name) (If minor, signature of parent or guardian)

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 _____