

Adventures designed to strengthen a man's relationship with God and others



2009 Application Packet

WHETSTONE MINISTRIES
12538 Little Elm Road
Farmington, AR 72730
479.267.4212
www.whetstoneministries.com

What is Journey 500?

Purpose: Journey 500 is a Christian adventure program that will challenge each one to experience God by hearing His voice in the Word, and through awareness of His work in the lives of others. The Journey will help each one understand themselves in real-time difficulties, and to see the “narrow road” reflected in the experiences of Journey 500.

Join us as we travel 500 miles by **Bike, Canoe, and Foot.**

Training Will Include:

- Survival Skills
- Solo Orienteering
- Team Building
- Leadership Training
- Rappelling
- Small group Interaction

Dates: May 30th–June 20th.

Qualifications: For young men ages 15 on up.

Cost: \$1,500. Scholarships *may* be available through the generosity of others for families that are facing financial hardships. (Please inquire) A 20% discount will be given to men who raise the entire amount through their own work and industry. A 10% discount is given for those that apply before April 1, 2009. This ten percent would be an additional percentage for men that raise the entire amount by themselves. (20%+10%=30%)

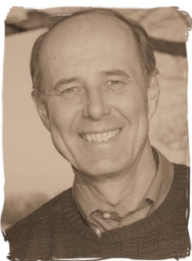
How Do I Apply? Complete the application packet with your parents and mail it to us with your \$100 deposit. You can mail the completed packet to:

Whetstone Ministries–Journey 500
12538 Little Elm Road
Farmington, Arkansas 72730

Travel Arrangements: If flying, please make your tickets into XNA on **Saturday, May 30th before 1:00 P.M.** and your departure out on **Saturday, June 20th after 1:00 P.M.** If driving, arrive at **Lake Wedington Recreation Area (15689 Lake Wedington entry Rd) by 2:00 P.M. From Fayetteville, take Arkansas 16 west for 13 miles. Exit #64 off of I 540.** Please email your travel arrangements to: ronfuhrman@whetstoneministries.com.

What is Whetstone Ministries?

Adventures designed to strengthen a man’s relationship with God and others.



Ron Fuhrman **Founder/Director of Whetstone Ministries**

Ron is a graduate of the Moody Bible Institute and has received his masters through Louisiana Baptist University. He has served in ministry for 28 years and founded the Air Land Emergency Resource Team in 1994 and then founded Whetstone Ministries in 2003. Ron serves part time as a chaplain at the Washington Regional hospital, in Fayetteville, Arkansas. He is ordained through the Bible church and has been married to Joyce for 38 years; they have three children and fourteen grandchildren.

How to Prepare

The journey we will undertake will be easy and hard, challenging and routine, hot and cold, wet and dry. You will no doubt be stretched physically like you have never been before. You will be encouraged to probe the depths of your heart for motive and cause. You may begin to recognize the movement of God's Spirit as He works in you to "will and do of His good pleasure." Our hope is that by the end of the trip you will begin to recognize the plan (and it is a good one) God has for you and the reality of the God-man relationship will excite your passions.

Since you will be plunged right into the journey we recommend you begin to bike and hike on a regular basis. You should be able to bike continuously for one hour averaging 10-12 miles per hour. Also it will be advisable to pray concerning the things you will be learning. Ask God for protection, an open heart, a sensitivity to hear from Him and a desire to involve yourself fully in the journey.

Weather:

June can be hot. Expect highs in the 90's and lows in the 60's. Our journey will be taking us across some mountains and the night time can be a bit cooler at higher elevations.

Team mates:

If you are signing up with a friend you may request assignment to the same team. Each team will be comprised of six men and one advisor. Every team member will be given regular opportunities to experience leadership and followership. Both are essential to working with others.

Journey 500 Disciplines

While participating in Journey 500, the following guidelines will be followed:

1. Your conduct and daily life should be above reproach as you follow Christ's example of life.
2. Early rising, scripture memory, meditation, journaling, and prayer will be an important part of each day's events.
3. To help young men focus on the goals of Journey 500, the following will not be allowed during the journey.
 - a. Magazines, books, etc. (other than the Bible or books that will encourage spiritual growth and relational development.)
 - b. Music, players, radios.

Journey 500 Parental Involvement

1. We encourage fathers to be a part of the program by participating in our last evening celebration, this is called the Fathers Feast. You will need camping gear to spend the night with your son. (See letter to Dad: Confidential) Grandfathers, uncles, and brothers are invited and strongly encouraged to attend this event. There will be no charge for dad but for each guest there is a suggested donation of \$15 to cover the cost of 2 meals and overnight park charge. Please RSVP your plans to me at ronfuhrman@whetstoneministries.com and plan your arrival at Lake Wedington no later than 5:30 P.M. on June 19. We want to have everyone present to welcome the group as they ride into camp.
2. Pray and seek the Lord regarding your son.
3. I especially encourage parents to express how the Lord has gifted your son, where He may be leading, and what you see happening in your son as a present work of God.
4. The events of the Journey 500 are difficult and will require your son to rely on the Lord, his team, and the things you have instilled in Him. We pray that he will return to you a man of honor, grateful for what the Lord gave him.

Journey 500 Packing List

Church/Activity Clothing

- Casual Slacks
- Polo Shirts

Exercise Clothing

- 3-5 T-shirts
- 5 Pairs of Athletic Socks
- Biking Clothes (Optional)
- Biking Shoes (Optional)
- Hiking Boots/Shoes
- Quality Running Shoes
- Shorts

Water/Swimming Clothing

- Lake/River Shoes
- Swim Suit

Other Clothing Items:

- Shower Shoes
- Light Weight Jacket or sweatshirt
- Sleepwear
- Socks (Quality Hiking Socks to prevent blisters)
- Underwear (7-10 pair)
- Hat

Gear & Necessities

- Bible
- Notebook Paper, Pen, Pencil, Bound Journal
- Stationary and Postage Stamps
- Phone Card
- Medications
- Lightweight Sleeping Bag (Outdoor Use)
- Ground Pad
- Pillow/Pillowcase (Optional)
- Towel
- Toiletries (3-Week Supply)
- Laundry Bag
- Laundry Detergent
- Mess Kit (cup, plate, utensil set)
- Backpack
- Rain Poncho
- Light Weight Jacket
- Flat-base Map Compass
- Paracord (25' length)
- 2 Water Bottles
- Utility Gloves for Rope Work
- Whistle
- Knife (do not put in carry-on)
- Flashlight/Batteries
- Sunscreen and Insect Repellent
- Camera (Optional)
- Sunglasses
- Musical Instruments (If played)
- Spending Money
- Hybrid Bike or Mountain Bike (We will be off road sometimes)
- Bike Repair Kit and Tools (extra tube)
- Biking Helmet
- First Aid Kit
- Tent

Please mark all clothing items with laundry pen before arrival.

Laundry will be one time per week.

Please do not over pack.

MEDICAL HISTORY FORM

General information:

Name: Last _____ First _____ Middle _____

Date of birth: _____

Home address:

Street _____ City _____ State _____

ZIP _____ Country _____ Phone _____

In case of emergency, notify:

Name _____ Relationship to you _____

Phone (_____) _____ Daytime (_____) _____

or

Name _____ Relationship to you _____

Phone (_____) _____ Daytime (_____) _____

Personal physician or health-care provider:

None

Name _____ Street _____

City _____ State _____ ZIP _____

Country _____ Phone (_____) _____ Fax (_____) _____

Conditions you have experienced:

Please check the box indicating the medical conditions you have experienced. Any one item of this information could prove to be a deciding factor in a medical situation.

Past Present

- Appendectomy
 - Asthma (*sudden, difficult breathing and wheezing*)
 - Blood transfusion(s) received (Date _____)
 - Bronchitis (*inflammation of the windpipe*)
 - Cancer
 - Chicken pox
 - Cholecystectomy (*removal of gallbladder*)
 - Chronic ear infections
 - Coma
 - Diabetes
 - Glaucoma (*increased inner-eye pressure*)
 - Heart problems
 - Hepatitis (What kind? _____ Date _____)
 - Hypertension (*high blood pressure*)
 - Inflammation of throat
 - Measles
 - Meningitis
 - Multiple sclerosis
 - Mumps
 - Penicillin allergies
 - Peptic ulcer disease (*ulcers caused by acid*)
 - Pneumonia (*inflammation of the lungs*)
 - Polio
 - Rheumatic fever
 - Rubella (*German measles*)
 - Scarlet fever
 - Seizures
 - Special dental problems
 - Sterilization
 - Stroke
 - Sulfa drug allergies
 - Thyroid problems
 - Tuberculosis (*infectious disease of respiratory system*)
 - Varicose veins
 - Venereal disease (*sexually transmitted disease*)
- (Which one(s)? _____ Date(s) _____)
- Other

Other allergies (bee)

Other medication allergies

Other surgery; give date

Serious injuries

Recurring injuries

Immunizations:

- Hepatitis A
- Hepatitis B
- Hib
- MMR
- Rubella
- Mumps
- Measles
- Polio
- Tetanus (*Date of last shot _____*)
- Other

Miscellaneous information:

- Blood type (*if known*) _____
- Body weight _____
- Height _____

Present medications:

Further medical information and special dietary restrictions:

Food allergies

Note: I understand that I am personally responsible for healthcare costs that may arise in relation to this program.

X _____ Date _____

Signature of parent, unless you are personally responsible and of age.

RELEASE OF LIABILITY

Release of Liability and Medical Consent Form

In consideration of the opportunity for our child, _____, (a release form must be signed for each child) to receive training in the courses sponsored by the Whetstone Ministries on the days of _____ (arrival date) through _____ (departure date). I, on behalf of myself and my spouse (if applicable), hereby release Whetstone Ministries, its employees, agents, and voluntary helpers from any and all liability arising from any and all injuries to my child, or property damage to his belongings, occurring during the training activities planned for those days. I understand that by signing this form I am waiving any and all rights to bring a claim or cause of action against Whetstone Ministries, its employees, agents, or volunteers for any and all damages or expenses whatsoever in the event that my child is injured or his property is damaged.

In consideration of the aforementioned benefits, I do voluntarily authorize Whetstone Ministries, and any of its officers, employees, or voluntary helpers responsible for the well-being of my child, to personally provide, or to make reasonable arrangements for those life-saving procedures which appear to be reasonably necessary to preserve the life of my child in case of emergency during the period of time my child is participating in the Whetstone Ministries Program. Due to the nature of the training in which my child is involved, I understand that I may not be contacted prior to the commencement of such emergency medical treatment, but that I will be contacted as soon as is reasonably possible in the event of any serious injury to my child.

I further state that I have carefully read the foregoing release of liability and medical release form, that I understand its content, and that I willingly agree to the contents thereof. I fully understand the arrangements made for the care of my child and willingly consent to Whetstone Ministries' provision for the spiritual, emotional, mental, and physical welfare of my child during the period of time he is under the authority of Whetstone Ministries. I voluntarily and of my own free will sign my name to this release of liability and medical consent form.

X _____
Parent or Guardian Signature

_____, 2009
Date Signed

Print Name

**Whetstone Ministries Inc. • Attn: Ron Fuhrman
12538 Little Elm Rd. • Farmington, AR 72730**

Please make a copy of this form for your records, or record all information before mailing.