

There is Only One Jack Frederick

“Snapshots of a World Changer 70 Years in the Making”

by Michael and Sarah Kodinsky reprinted from *Disciples Today*

Elders

Harold Carman ❖ Harold Channer
John Durkota ❖ Bob Keen
Ross Mackenzie

Sherwin Mackintosh ❖ Ray Rowan
Evangelists

Tom Brown ❖ Jeff Hickman
Jordan Massey ❖ Kendall Knight

Women's Ministry

Kelly Brown ❖ Lin Ottenweller
LaToya Massey

Youth & Family Ministry

Nick & Brie Shoff

Children's Ministry

Melissa Tulloch

Singles & Young Marrieds

Kendall & Dian Knight

Campus Ministry

Jordan Massey ❖ Cody Porter

Worship & Creative Arts Ministry

Sherwin & Debbie Mackintosh

Administration

Vivian Hanes ❖ Megan Famodun

Missions Teacher

Dr. Douglas Jacoby

YES! Ministry

Jasmine Jackson

Supporting Mission Efforts In:

Africa, Auburn-Tuskegee,
Chattanooga, Europe, Knoxville

As Jack Frederick turns 70 years young on January 17, 2021, we want to reflect upon and celebrate a life like no other. Jack's deep faith, worldwide impact and unique character have literally impacted people the world over — for eternity. We've written down this brief summary of his life and faith so that God's glory could be on full display, especially for those who don't get to be around Jack frequently. We could all be inspired and encouraged in our own walk with God by looking at Jack's life of faith. Anyone who knows Jack can appreciate the magnitude of the statement "there is only ONE Jack Frederick," and Facebook's IT department is thankful that there aren't more FB friends pushing the boundaries of storage capacity the way Jack does.

In the last decade or so, Jack has become a sort of "Kingdom photographer" and chronicler of all people, places, and events where he sets foot. In that same spirit of photo-memories, we want to offer up the following snapshots of a man whose life simply cannot be summed up in one article or album, but we will share some highlights from his life. Hopefully we can do that at less than half the length of an average Jack Frederick Facebook post — wish us luck!

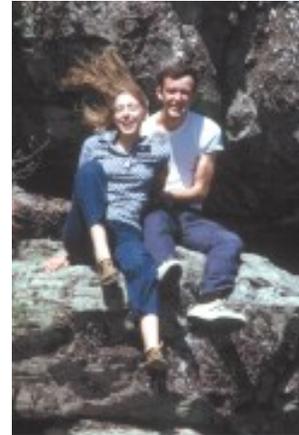
HUMBLE BEGINNINGS - Growing up youngest of six boys raised by a single mom.



Jack was born in rural Alabama in 1951. His father left when Jack was very young, and so he was raised in poverty by a single mom as the youngest of six boys. While one of Jack's older brothers was in high school chemistry class, he would bring home chemicals to make rocket fuel with Jack. This became the inspiration that eventually led Jack to pursue chemical engineering and rocket science. Jack began his college career at "TUNA," the affectionate name he and his brothers gave to The University of North Alabama, a local college in Northwest Alabama. However, after a short stint at TUNA he decided to

transfer to Auburn University because he was so shy that he figured he would be more comfortable at a place like Auburn where no one would know him.

AUBURN UNIVERSITY - God got Jack and Jack got his girl.



While at Auburn, Jack began reading his Bible and soon met some disciples of Jesus on campus in the fall semester. He started having Bible studies with the campus disciples to learn what it meant to be a Christian and to build friendships. Through these Bible studies, Jack came to a deep, personal faith in Jesus and was baptized into Christ in the Auburn campus ministry. God's Holy Spirit took hold of that shy boy from rural Alabama and began to radically transform the rest of his life. Jack met (Linda) Gail White at Auburn and they built a friendship. Eventually Jack found the courage to ask Gail on a date — the first time he'd ever asked a girl out! He soon asked her to date steady. He bought her a ring 3 weeks later and asked her to marry him, and she said yes! Jack went on to graduate with a degree in Chemical Engineering from Auburn University, and began working in the petroleum industry.

Cont. on pages 3 & 4



Communities

East

Jacinto & Rochelle Hall

East Cobb (Sandy Springs)

Tom & Kelly Brown
Stephen & Susan Adkins

Intown

John & Vivian Hanes

Northwest

(Kennesaw, Acworth)

Sherwin & Debbie Mackintosh

Marietta Square

Mark & Lin Ottenweller
Jeff & Kristi Hickman

North Marietta

(South Woodstock)

Matt & Enid Tchir

South

Gary & Dena Adams

West Cobb

(Smyrna, South Cobb)

Teregi & Anne Coleman

Community Leader/Staff Emails

name@nrcoc.com

(example: tombrown@nrcoc.com)

newsletter@nrcoc.com

320 Austin Ave NE

Marietta, GA 30060

www.nrcoc.org

Let Us Pray...

I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people - for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness. This is good, and pleases God our Savior, who wants all people to be saved. — 1 Timothy 2:1-4a

January 17-23, 2021

17 11a Livestream Service	18	19	20 Community/ Family Group Mid-week	21	22	23
Bridge Pointe	Wilmington, NC	Fayetteville, NC	Columbia, SC	Memphis, TN	Huntsville, AL	Charlotte, NC

North River Campus Attendance and Meetings

Just a friendly reminder to everyone that the North River campus is still CLOSED for extracurricular activities and meetings, and we will continue to meet virtually. Until further notice, we are not holding any events on our campus other than to broadcast our Sunday services.

For Your Future Calendars:

- **Jan. 24** : New to North River
- **Feb. 13** : Women's Coffee Chat

Prayer Requests

"Pray in the spirit at all times and on every occasion. Stay alert and be persistent in your prayers for all believers everywhere."
- Ephesians 6:18

- Please pray for Sherrie's Mom, Norma Saunders, who passed on December 26. Her funeral was January 9 in Fayetteville, Ga. Here is a link to her obituary: <http://www.hillcrestchapelcares.com/obituary/Norma-Saunders>
- For specific prayer requests during this time of social distancing and racial injustice, please email PRAYERS@NRCOC.COM.

Have any prayer requests you would like in the Newsletter? Email Newsletter@NRCOC.com

Join us! New Apologetics/Evangelism course from January 16 — May 16

This course, taught by Douglas Jacoby and Joey Harris, introduces the student to Apologetics and Christian Evidences, from the Creation/Evolution debate to Archaeology to Theodicy (the problem of suffering)--and much more! You will learn how to put together convincing presentations for unbelievers and make apologetics a part of your personal ministry (also valuable in campus ministry, teen ministry). This is a double-length course and will teach more effective ways of evangelism through learning how to ask questions designed to make people think and to gently challenge their assumptions in ways that draw them closer to God. To register, please go to <https://www.athensinstitute.org>.

Contribution

Average Giving in December was \$49,066
Contribution Goal for January is \$47,000

Date	Contribution
Dec. 27	\$48,206
Jan. 3	\$52,989
Jan. 10	\$46,503

Thank you to our members for giving one time and make-up contributions! We appreciate your generosity! !

@NorthRiverCOC



Next Coffee Chat: February 13

Our next women's coffee chat will resume on Saturday, February 13 at 11 am. Please stay tuned for more details closer to the date.

Caregiver Needed in East Cobb

We are desperately looking for a part-time caregiver for our 11-year-old son, Elliott. He has a developmental disability similar to moderate CP, and he is active with a minor speech delay.

Important

Due to Covid-19, we need a caregiver who limits their outings. Please do not apply if you live with family or roommates who are not limiting contact or outings, since our family is high risk.

Pay range

\$15-\$16 based on experience or number of shifts you're able to pick up.

Available shifts

Flexible Weekends 8:00 am - 8:00 pm

Weekdays 1:30 pm - 8:00 pm

◇ Shifts can be five hours per day up to 39 hours a week.

Must be at least 18, pass a background check, have a car, and be okay around cats.

Contact: bubble4570@icloud.com

Wait! Don't Stop Now! There's More...



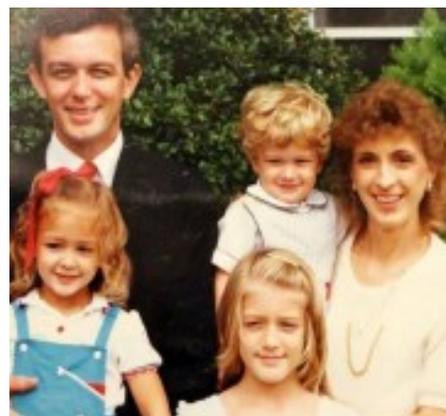
If you are not receiving church updates/alerts through email, please check your spam folder (these messages most often come from kianapickens@nrcoc.com) or contact your Community leader to get your name added to the list.

FAMILY MAN - Go anywhere, do anything, give up everything - for God and family.



Both Jack and his wife Gail had come from broken homes, and since they'd not had strong examples to follow from their parents' marriages, they committed to building their own family on the principles in God's Word. They worked hard to incorporate the Bible into their home and the effects were powerful. With their consistent training, their oldest daughter Sarah was able to memorize 50 Bible verses from cue cards before she turned 3 years old!

Jack continued to develop his career and after several years in the petroleum industry, he went on to work at NASA in Huntsville, Alabama. They had a second daughter, Anna, and a few years later



their son Steven was born. Several years later and with a family of five in tow, Jack and Gail made the bold and faithful decision to move their family up to Boston, Massachusetts to be trained further in discipleship and spiritual leadership in the Boston Church of Christ.

IN BOSTON - Growing in life and faith: origins of the consummate shepherd.



Once in Boston, Jack landed a job at Raytheon Technologies. He went on to eventually earn a black belt in Six Sigma and developed a friendship with Raytheon's former CEO. Jack stepped out on faith and asked the CEO to study the Bible with him, and he did! The CEO would go on to thank Jack for speaking the truth in love to him even when it came at the potential risk of his job and career at Raytheon.

Jack's character, faith, and leadership training were easily recognized within the church and Jack was appointed an elder to help shepherd the church in Boston. Jack's years serving the Boston church as an elder were filled with protecting the

flock, holding countless babies at church, delivering chicken soup to those in need, and going on weekly prayer walks with Milton Drake and the men in their family group. Jack was known for his love for the saints and especially those who were "the least of these." Sarah also remembers countless examples of her dad sacrificing and making difficult decisions to put God first in their family.

"RETIREMENT" YEARS DOWN IN GEORGIA - Working 24/7 on his passion projects.

Jack and Gail began planning for a move back down South in early 2007 with a vision to not only retire closer to their roots and extended family members, but to also be able to live out some dreams of building churches in the Southeast, which Jack had on his heart a long time to do. Their children and their respective families were able to make their moves sooner, while Jack and Gail joined them in Marietta, Georgia in late 2009. Jack and Gail serve in the North River Church in Marietta, where Jack serves as a deacon and campus



shepherd as well as shepherd of the Auburn Tuskegee Church in Alabama. Their daughters and sons-in-law are also members of the North River Church and serve in the Youth & Family Ministry. Jack's oldest grandson, Kyler, shared at his own baptism two years ago that his dream is to be like his Papa one day. Papa regularly takes his five grandchildren out for "d-times" and challenges them to memorize Scripture and seek God.



One of Jack's passions both before and in retirement has been to inspire students in rural and/or underprivileged schools about science, math, and technology. Jack has worked closely with Tuskegee University in Alabama as well as other Historical Black Colleges (HBCU's) with a focus to impact students in the area identified by Booker T. Washington as the Black Belt of the South. He has served on advisory boards to Alabama State University and the Florida Center for Research on STEM education.

Jack was appointed Legacy Ambassador to the Tuskegee Multicultural Human and Civil Rights Museum founded by Mr. Fred Gray. Mr. Gray was the attorney who defended Rosa Parks and Martin Luther King Jr. in the 1955 Montgomery Bus Boycott trials. Fred and Jack have become close friends over the years and share a vision to impact students and educators to improve education and diversity across the South and the nation.



In 2013, Jack retired from his work career and engaged fully in his various passion projects and spiritually shepherding many people, literally around the world. Jack has spent countless hours on many college campuses including Georgia Tech and Kennesaw State University. Before COVID-19 hit, you could find



him on campus potentially any day of the week mentoring and studying the Bible with campus students and sharing his life, as well as his love of engineering and frisbee. When not spending time on campus, Jack might be found delivering chicken soup to people or dropping in to say hi and say a quick prayer with folks.

He often drives from Atlanta to Auburn and Tuskegee to encourage the disciples in the Auburn/Tuskegee Church where he is a shepherd and servant leader. And all along the way, Jack may be on the phone with you. He calls people from literally around the world on a daily basis to pray with them and encourage them, spurring them on toward love and good deeds! Jack has always had a very special gift of encouragement and has definitely not grown weary in his older age. He uses his trusty camera to capture thousands of photos of people with the goal of encouragement.

FACEBOOK MENTOR - Dispensing volumes of personal example and spiritual mentoring.



Jack Frederick

Public Speaker Rocket Scientist Former Propulsion Lead PATRIOT Missile System NASA U.N.

If you happen to be friends with Jack on Facebook you can consider yourself one of the “lucky ones!” Facebook limits the number of ‘friends’ one can have to 5,000 people and Jack has been at that limit for many years now. If you do follow him there you will certainly benefit from the many posts he offers up on an almost daily basis. Jack’s practice has included uploading what likely amounts to hundreds of new photos weekly, chronicling his many adventures and mentoring relationships. These are often accompanied by rich, detailed accounts of lessons learned — and passed on — on many topics. They all ultimately point us, his readers, back to our discipleship after Jesus and how the Scriptures apply perfectly and powerfully to all aspects of our lives.

In summary, Jack Frederick is known and loved by thousands of people around the world. His trademarks include being a rocket scientist, minister, mentor, friend, and “dad” to many. Al Baird shared about Jack recently, “When I think of you, I think of Barnabas. You are the ultimate encourager.” We are all blessed in many ways to know Jack Frederick. Please join us in celebrating this milestone birthday of his, and a life that powerfully points us back to God and His grace.

~ Michael and Sarah Kodinsky

Faithful Together, Serving Together

Today from 1-3pm, we will be at the church parking lot to receive donations for the MLK Day of Service Donation Drive.

Our community partners are so excited and grateful for your generosity!

We want to make sure that everyone has the opportunity to donate in remembrance of Dr. Martin Luther King, Jr. and his amazing love, service, and sacrifice to our country. We can’t say it better than MLK did: “Everybody can be great ... because anybody can serve. You don’t have to have a college degree to serve. You don’t have to make your subject and verb agree to serve. You only need a heart full of grace. A soul generated by love.”

[Click here](#) for more details on our North River website.

New Year Baptisms!

Nathan Childress was baptized on January 1, 2021! Nathan is a junior at Wheeler High School and decided to start his new life on New Year's Day! Being raised by his mom, Shani, Nathan has inspired us with his exemplary character, humble spirit, and eagerness to know God deeper. Nathan has been an incredible encouragement to all the teens and we are so grateful to God for working in his life. Congratulations, Nathan!



Dominique Jones was baptized on January 2! She is Amanda DeLeon's friend from the KSU gym and has answered a three-year long prayer that Amanda has had to baptize a coworker! A few of the sisters from the Marietta Square Community got to be in her Bible studies since she is a bit older than the typical campus student. Despite all the challenges and virtual meetings, she is already being connected to multiple parts of the church!



Camden Bickel, a senior at Roswell High School, was baptized on January 5, 2021 just weeks after his mom, Angela, was restored! Camden is an inspiring student of Jesus and has set an amazing example in his love for God's Word and his humble attitude. Camden has quickly become a part of our family and has been so encouraging for many of the other teen boys. One of the words to describe Camden at his baptism was "overcomer." His perseverance and faith have inspired us all and we can't wait to see how God uses Camden!



In-the-Know Shortcuts!



- Visit www.nrcoc.org for information and updates.
- Follow @NorthRiverCOC on [Facebook](#), [Instagram](#), [Twitter](#), and [YouTube](#) for regular updates.
- Watch the [Livestream](#) of services online or Facebook.
- Read the [full newsletter](#) online to get all the information you need.
- Keep your information updated [using this form](#) (bit.ly/2Q9aHRC) to get email updates.
- Give online on [Tithely](#) or to plan regular giving. You can also text GIVE to (470) 460-6991.
- Stay connected with your Family Group and Community leaders. If you don't have one, please contact kianapickens@nrcoc.com or a friend who has invited you.

Join the Crew!



"And God said, 'Let there be light,' and there was light." Genesis 1:3

While God simply yet powerfully spoke it into existence on such a massive scale, North River relies on our talented lighting crew every week to illuminate the sanctuary for our weekly services, helping to set the tone for worship, for which we are exceedingly grateful. Without this crew, our worship team would be heard but unseen. There are currently open positions on the crew, and if you would like to serve in this fashion, we'd love and appreciate your help! Training is available if you feel motivated but inexperienced. This is a unique opportunity to serve the congregation in a very special way! Please contact Andy Pilcher (andypilcher@nrcoc.com) or Sherwin Mackintosh (sherwinmackintosh@nrcoc.com) for further details.



North River's Vision Statement

We are a diverse family of believers who answered the call to be disciples of Jesus Christ. We are being transformed by God's Word, His Grace, and the Holy Spirit. Through small groups and deep relationships with one another, we join in Jesus' ministry and mission to make and mature disciples while we care for the needs of people. We do this to save as many as possible for the glory of God.

2021 Sunday Series: Faithful Together



In 2021, we'll be focusing on "Faithfulness." Not so much our faithfulness, but we'll be turning our attention to the fact that "He is faithful." As we reflect on the faithfulness of the Father, the Son, and the Spirit, we are convinced we'll be inspired to respond with all of our hearts by choosing to live "Faithful Together." In 2021 we will pray, fast, study, and serve TOGETHER. No matter what challenges we face in the new year, let's make sure we live "Faithful Together!"

Coronavirus Risk Guidelines

Our own Dr. Kevin Broyles came up with [the following chart linked here and on the last page](#) that can help you assess the risk of a social gathering. He based it on the best practices and recommendations of organizations like the CDC, WHO, Johns Hopkins University, and Georgia Department of Public Health, but the chart is not reviewed or endorsed by any of those organizations. The chart is NOT medical advice or a substitute for doing your own research, but it is additional information.

To use it to assess the relative risk of an outdoor or indoor activity, first look at the Outdoors column (if the event you are considering attending will be outdoors) or the Indoors column (if the event is indoors). Find the rows in the Number of People column that accurately describe the number of people at the event. Then ask whether or not everyone is wearing masks (YES in the Mask column) and whether or not everyone is social distancing (YES in the Social Distancing column). The level of risk varies depending on each of these factors.

POSTPONED: 2020 Vision Conference in Orlando

[For all the latest updates go to the website HERE.](#)

It is with mixed emotions that we will be unable to host the VISION Conference in Orlando this summer. However, it has become apparent that the impact of COVID-19 has overshadowed the possibility to actualize this worldwide event this year as planned. We, like many of you, were certainly looking forward to a time of fellowship and celebration, and so this is a disappointment for sure.

So in order to find available dates, we have decided to stagger the conference. Instead of hosting more than 20,000 disciples over the same four days, we'll see two (2) distinct waves of attendees that will put less demand on the hotels, nearby restaurants, public flow within our venues, and an overall reduction of our mass



gatherings at any one time:

NEW DATES FOR THE 2022 WORLD DISCIPLESHIP SUMMIT:

- JULY 28-31 ICMC: (Campus) and ISC (Singles)
- JULY 31-AUG. 3 ILC: (International Leadership Conference)
- AUG. 4-7 FAMILY: (Parents, Single Parents, Kids, Middle & High Schoolers)
- FOREVER FAITHFUL: (Empty Nesters, Marrieds w/o Kids, Retirees)
- SPANISH Conference

We have a Podcast!



We will be posting audio content each week with our Sunday sermons going live every Monday morning. In the show notes for the sermons, you'll find study/discussion questions for you and/or your small group! We've also started a devotional program called "Manna in a Minute," with short 1-2 minute devotionals going out multiple times a week. These are designed to help us focus our hearts and minds as we go about our busy week. In addition to this, we are designing additional programming to incorporate into our podcast platform in the coming weeks and months. You can find "North River Podcast" wherever you get your podcasts. Please subscribe and check back regularly!

SUBSCRIBE: NR New Weekly E-Newsletter



While we will continue to update this newsletter and put all baptisms, births, and weddings in the first issue of the month, we want to make sure you get our weekly e-newsletter. These will come from NorthRiverUpdates@NRCOC.com. If you have not been receiving these emails, please search your inbox for the above email address, or [subscribe and update your information here!](#)

Biblical Study Tour: Turkey - Postponed



The tour has been postponed to happen next year, but spaces go very fast. Travel to Turkey (Ephesus, Attalia, Laodicea, Istanbul) with our teacher Douglas Jacoby and brothers and

sisters from around the world to go on a journey that will bring the world of the Bible to life. For more information, visit:

<https://www.douglasjacoby.com/2020-biblical-study-tour-turkey/>.

October 18-25, 2021
(Pretour: October 15-18)

2022 Biblical Study Tours - Postponed in 2021

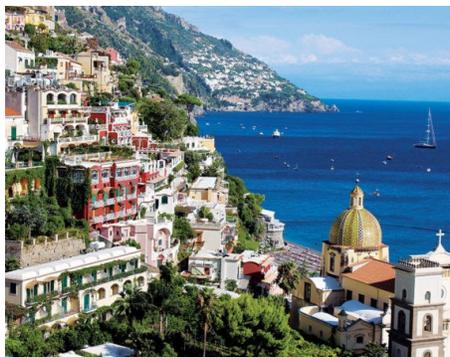


We hear a good deal of talk about doing what Jesus would *do* (*WWJD?*), but how about walking where Jesus walked? We would like to invite you to join the 2022 annual tour as we return to Israel.

Biblical Study Tour to Israel

Tour Postponed from February 2021 to February 6-13, 2022 (Post Tour February 13-16, 2022)

Paul's Prison Journey — Malta, Sicily, Italy



We will be tracking Paul's final journey in the book of Acts. Join us on this incredible voyage through a truly beautiful and historically fascinating part of the world.

All details can be found on the homepage of Douglas Jacoby at douglasjacoby.com, or shoot an email to dj@douglasjacoby.com to express your interest.

2021 tour postponed to October 29-November 8, 2022

Douglas Jacoby Podcasts Now on Spotify, iTunes, & Google!



Podcasts from Douglas Jacoby's website is available on all podcast platforms (iTunes, Google, and Spotify). Podcasts will be added every Monday, Wednesday, and Friday. You can check them out anywhere you normally

listen to podcasts — and please make sure to subscribe to receive notifications on new posts. You can also follow the episodes, as they are posted, through [THIS LINK](#). We begin with a series on Old Testament characters. The first two episodes are “Adam & Eve” and “Cain & Abel.”

WITW: Where in the World is Douglas Jacoby?

2021	
Jan. 23	Paris, European School of Missions
Feb. 14 & 21	Worcester & Providence (apologetics)
Feb. 27	Paris, European School of Missions
Mar. 4-6	Let Justice Roll: Teleios Conference
Mar. 17	Edinburgh (St. Patrick's Day: Prayer)
Apr. 25	Western Canada (Edmonton, Calgary, Winnipeg, Vancouver)

Learn Sign Language!



Are you interested in learning American Sign Language (ASL)? Please contact Shay Rowe (678-920-3838) or Jamie Mullis (770-366-1881).

3 Easy Ways to Give Online



- Online: Visit <https://tithe.ly/give?c=467483>
- App: Download the BLUE Tithe.ly Church App, then search for North River Church of Christ
- Text: Text the word GIVE to (470) 460-6991

You can set up recurring gifts and also cover the processing fees for your donation if you wish. If you have any questions about setting up your giving on Tithe.ly, please call the church office at 770-792-8133 or email meganfamodun@nrcoc.com.

Need a Place to Stay? Have a Room for Rent?



There are several people in the North River family who are looking for housing or roommates. (This includes single women, single men, and sometimes couples)

There ALSO might be those among us who have a spare room, a basement, or an in-law suite. We

would love to match people up and even help start some new spiritual households! If you would like to help or need help, please send any info to our hospitality volunteer to Sierra at sierrapierce19@gmail.com. Pulling all together, we can meet many needs. Thank you.

How to Get Your Kids in Children's Classes

REGISTER NOW!

Please watch the video at <https://bit.ly/2Zu7Xo9> to learn how to register your kids into our program, which will allow you to check them in using our digital check-in process. You can access the form to sign up your child at <http://bit.ly/riverkidsregistration>. **If you do not re-register your kids using these forms, we won't be able to check them into class, so this is very important.** Please feel free to reach out to me or anyone on our team at childrensministry@nrcoc.com or melissatulloch@nrcoc.com with any questions!

A Special Way to Support Camp Swamp

Did you know you can help Camp Swamp when you do your online shopping with one simple extra step? Simply visit smile.amazon.com, do your shopping, and upon check out, Amazon will donate a share of your purchase to Swamp Camp Services Inc. No extra fees! Shop till you drop and support Camp Swamp.



Thanks, Jeff Rorabaugh

Contact the Newsletter Team

Like this newsletter? Have something you'd like posted here? Want to help out? Awesome! Please email: newsletter@nrcoc.com. **Requests sent to other email addresses may or may not find their way to the newsletter team in time!** We try to accommodate everyone and would hate to miss an important announcement sent to an email address not checked regularly. The weekly deadline is Wednesday at midnight to newsletter@nrcoc.com. Announcements or requests received after the deadline may not be included. Thanks, the Newsletter Team.

Requesting a Room or Building at North River

(All Reservations for Facilities on Hold)

As good stewards of all that God gives us, let us keep the following in mind concerning our buildings:

- Treat the buildings as though they are your home. (They are!)
- To request a spot go to www.nrcoc.org, [click on Resources and select Facility Request](#). Easily fill out and submit from a phone or laptop.
- All private events for members (weddings, birthday or grad parties, showers, etc.), will incur charges.
- HVAC systems and security are scheduled ahead of time, so we ask that you put in all requests **at least two weeks before your event**. Most requests are processed within 48 hours.
- Members and guests are not permitted to use any rooms without a reservation.
- Bear with each other if you don't get your desired spot – or for the time you need it. Flexibility is key!
- **Reminder: The FLC and The Lighthouse are NUT-FREE.** Please keep this in mind when bringing lunch or potluck meals. Thank you for keeping those with serious food allergies safe.

Thanks for cooperating. Please send your questions to events@nrcoc.com.

Helpful Guide for Potential Coronavirus Risk

by Kevin Broyles - 25 May 2020

*The levels of risk are based upon current national and local data and medical opinion.
The data and guidelines are not black and white; we are in a gray zone.*

Type of Meeting	Number of People*	Outdoors	Indoors	Mask*	Social Distancing*	Level of Risk*
Virtual	N/A	N/A	N/A	N/A	N/A	0
In Person	5 or less		YES	YES	YES	1
In Person	10 or less	YES		YES	YES	1
In Person	6 or more		YES	YES	YES	2
In Person	11 or more	YES		YES	YES	2
In Person	5 or less		YES	NO	YES	3
In Person	5 or less		YES	YES	NO	3
In Person	10 or less	YES		NO	YES	3
In Person	10 or less	YES		YES	NO	3
In Person	6 or more		YES	YES	YES	3
In Person	11 or more	YES		YES	YES	3
In Person	6 or more		YES	NO	YES	4
In Person	6 or more		YES	YES	NO	4
In Person	11 or more	YES		NO	YES	4
In Person	11 or more	YES		YES	NO	4
In Person	5 or less		YES	NO	NO	4
In Person	10 or less	YES		NO	NO	4
In Person	6 or more		YES	NO	NO	5
In Person	11 or more	YES		NO	NO	5

* Potential Level of Risk 0 - no risk 1 - very low risk 2 - low risk 3 - moderate risk 4 - high risk 5+ - very high risk

Potential Risk Calculator	Virtual	0 Point
	Not virtual - face to face	Add 1 Point
	Indoors > 5 people or Outdoors > 10 people	Add 1 Point
	Not wearing masks	Add 1 Point
	Not social distanced	Add 1 Point
	Older, Immune Compromised, Chronic Diseases	Add 1 Point

* Number of People CDC recommendations: Indoors group of 5 or less people, Outdoors group of 10 or less people

* Mask Remember: Masks are helpful to keep you from spreading coronavirus to others, they do not keep you from getting an infection.

* Distancing CDC distancing recommendations based on activity:
 Normal activity (conversation, walking) - 6 feet apart
 Vigorous activity (like exercise, sports, singing, forceful speaking) 12 feet apart
 Time of exposure: longer times (>15 minutes) are more risk than short times
 Do not expose others or be exposed to anyone with symptoms: cough, fever, flu or cold-like symptoms, or recent exposure to a COVID-19 positive individual
 Smaller spaces have higher risks (bathrooms, elevators)

Hygiene Wash your hands frequently (5x/day - reduces risk by 35%)
 Clean exposed surfaces
 Do not touch your face, eyes, mouth

Current Thoughts **Transmission** Up to 40% of people can be contagious before they have symptoms
 Transmission 35% of people infected will never have symptoms
 Social distancing Without social distancing it was estimated that the USA would have had 35 times the number of deaths
 Children 150 cases of pediatric multi-system inflammatory syndrome after have COVID-19 infection
 Contact Tracing Georgia Public Health Department will begin tracing contacts in the near future
 Vaccine Some optimism from one company about an effective vaccine - would be available January 2021 at the earliest
 Treatment Some positive results from remdesivir combined with other medications in hospitalized patients
 Treatment No scientific evidence that hydroxychloroquine or chloroquine is helpful to prevent or treat, some evidence it is harmful.
 Antibody Test A qualitative test. It is either positive or negative (doesn't measure level of antibody)
 Antibody Test Becomes positive after 7-14 days of exposure or symptoms. If tested too early - may get a false negative.
 Antibody Test Positive test doesn't mean immunity.

The information provided in this document is intended for general knowledge only and is not a substitute for professional medical advice or treatment for specific medical conditions. You should not use this information to diagnose or treat a health problem or disease without consulting with a qualified healthcare provider. Please consult your healthcare provider with any questions or concerns you may have regarding your condition. This chart is not endorsed by the CDC or any government agency. The results are meant to help you assess relative levels of risk, but may not be reliable based on your facts or your situation. Please also check local statistics and data for your geographic area for additional risk assessment information.

References:

Georgia Department of Health: <https://dph.georgia.gov/>
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