

UMM

PURPOSE

- Mission Support
- Fellowship
- Spiritual Growth
- Community Service

Note:

All men of Oakdale Emory are members of UMM.

All meals are free. We invite donations to support mission programs.

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Oakdale Emory United Methodist Men Newsletter



VOLUME 4 ISSUE 8 NOVEMBER 2013

“Our Faith is Building” Leslie Myers and Kevin Baker Special Guest Speakers, Tuesday, November 5, 7 pm

Leslie Myers, OUEMC Executive Pastor and Kevin Baker, Pastor, will be our special guests at our regular monthly dinner meeting on Tuesday November 5, 2013.

Leslie will give us an update on “Our Faith is Building” construction project as we near the end of the project. She will start from day one and describe progress to date. She will also discuss some projects that people can still sign up for to help us get back in the building before Christmas.

Kevin will share what it means to Oakdale and our groups when we talk about advancing our Mission



Statement - "To Take the Gospel into All of Life" and how this translates into planning for worship, small groups, activities, and other events now and in the future.

The evening will begin at 7 pm with a wonderful dinner prepared by our great Kitchen Angels.

All men of the church are invited to attend. Come out for an evening of dinner and fellowship with other men from the church.

You can also join us for dessert at 7:45 pm and hear the presentations at 8 pm. A short business meeting will be held following the talks.

Country Breakfast Fundraiser to Honor Wounded Veterans and Support Salute Military Golf Association (SMGA) Saturday, November 2, 2013 7:30 - 9:30 am



All-you-can-eat omelets, eggs, pancakes, waffles, bacon, sausage, fruit bowl, pastries, coffee, etc.

This free breakfast is in place of our traditional Veteran’s Day dinner

**All Donations
will go to SMGA**

Radiation - Most of What you have Heard is Mythology



**Ray Debunks
Radiation Myths**



**Wonderful Dinner Prepared
by our Kitchen Angels on
Oct. 1, 2013**

2013 UMM Officers:

**Mel Sessa - President
and Photographer**

**Ray Johnson - Vice President
and Newsletter Editor**

Ron Hoggard - Treasurer

Peter Martineau- Secretary

Bob Nordstrom - Chaplain

**Contact Editor at
ray@radiationcounseling.org**

Ray Johnson, UMM VP and a 50 year career specialist in radiation safety, gave a stimulating talk on radiation mythology at our dinner meeting on October 1, 2013. Ray told us that it's OK to be afraid of radiation, however many people are afraid because of what they have heard about radiation without knowing it is mostly mythology (not technically true).

Some of the myths debunked by Ray include:

Myth of Deadly Radiation - While radiation can be deadly, it requires extremely severe accident conditions. Only 29 people have died from radiation accidents in the US

since the early 1940s. If we call radiation "deadly" we should call aspirin "deadly" since it can also kill in extreme amounts.

Myth of LNT - The practice of radiation safety is based on a model (called LNT) that predicts an increase in cancer risk for any radiation above zero. The problem with this model is that there is no zero. We live in a sea of radiation. In the US our normal background radiation gives us an annual dose of 310 millirem. By the LNT model this would lead us to expect effects at all doses above 310. However, other countries have background radiation from 8,000 to 25,000 a year without discernible effects.

Myths of Chernobyl - Many websites show over 500,000 deaths due to Chernobyl. The World Health Organization can only account for 55. Websites do not say the high numbers are theoretical and based on very bad science.

Myths of Fukushima - Antinuclear activists predict 800,000s deaths. However, despite the meltdown of three nuclear reactors and evacuation of several hundred thousand, no deaths are actually expected as a result of radiation. Even the plant workers only got exposures below levels where effects might occur.

Myth that Radon and CT Scans are OK - Because radon exposures in homes are naturally occurring and CT scans are

prescribed by a medical doctor, these exposures are commonly assumed to be OK. However, these are likely the largest sources of radiation exposure even for radiation workers. Many people in Montgomery County may be getting 1,000 to 10,000 milli-rem a year from radon at home. A whole body CT scan can give 2,000 to 3,000.

Myths of Cell Phones and Radar Guns - While these devices emit radiation it is not the type that can lead to cancer.

Myth of Dirty Bombs - It is exceedingly difficult to obtain large sources of radiation. If acquired, such sources could be

harmful in close proximity, but that would only affect a few people. Once dispersed by explosion, many people might be exposed but the diluted amounts would be too small to cause harm.

We are Extremely Resistant to Harm by Radiation - This is true. Medical doctors who treat cancer know this. Cancer can be treated by radiation because cancer cells are more sensitive to harm than normal cells. However to kill cancer cells may require 6,000,000 to 8,000,000 millirem. Thus, even cancer cells are very resistant to radiation harm.

"Radiation! It's everywhere! We're all exposed and going to die a hideous death!" That's what a lot of people think, but Ray has put that thought to rest. He reminded us that while radiation is something to be respected, it is not to be feared. Using items we find in our own houses, he showed us that we are living with it daily. Thanks, Ray, for the lesson and the words of comfort. **Bob Nordstrom**

This presentation dispelled lots of myths about radiation. Ray gave interesting facts dispersed amidst some humor too. "I feel more radiant than I ever have about radiation".

Primo MOLINARI



**Antique uranium colored glassware
glows under a UV light**



Radiation and Health Care - I recognize that fear of radiation is a big issue for patients undergoing tests in my radiology department. One only has to look at Ray's resume to assume you are going to hear technical explanations proving why we don't need to fear radiation. However, I was caught by surprise with Ray's insightful analysis on how people develop their 'fear' of radiation.

What we know about radiation is gleaned from what we hear and read through the media. The type of news that generates higher ratings is usually 'bad' news. So it comes as no surprise that information conveyed in the media about radiation portrays it as "deadly." The message that Ray delivers is most unique for a 'technical' physicist. He grasps and understands the human emotional equation surrounding our fears.

Mike Calhoun - Radiology Director Shady Grove Adventist Hospital

Ray's primary point was that our mind set is "radiation kills." I admit my fear of radiation has grown out of the horrific pictures of people dying from exposed to radiation from the atomic bomb dropped in Japan during World War II, from discussions of basement radon, and malfunctioning micro wave ovens. Ray demonstrated the pervasiveness of radiation in our lives by holding a Geiger Counter next to various pieces of antique glassware to show that radiation is all



around us and has no effect. Ray pointed out that the impact of radiation on us is determined by several factors, such as the closeness to the source, the length of exposure, and the strength of the source. Therefore, rather than fear radiation, we need to gain information for better understanding.

Ira Branson

A new "myth buster" joined the ranks on Tuesday night as Ray held the audience in a trance, showing with logic, facts, figures and actual demonstrations, that everything we thought we knew about is wrong. Who knew you have more danger from radon in your home than a from a dirty bomb. It was eye opening. Now I sleep better. Thanks Ray. I now laugh in the presence of deadly radiation.

Paul Christiansen

During my lifetime I was always concerned about radiation exposure resulting from x-ray tests, radar guns, and cell phones. I do have my fears. But, Radiation Ray" aided me in quelling these fears with his presentation. I learned that I should not believe everything I see or hear, and I agree with Ray's quote from Will Rogers saying that "I've experienced a great many terrible things in my life, a few of which have actually happened."

Joe Hoover



"Thanks Ray" for an outstanding presentation. The items Ray brought and the demonstrations really added a lot. The best part was that he was able to explain a very complex subject in plain English, I particularly enjoyed the way Ray addressed some popular myths, such as the belief that the extensive use of cell phones can cause brain tumors, which is not true. It was clear that everyone was engaged in the topic. Ray did a nice job covering a wealth of complex material very clearly and in a relatively short amount of time. **Mel Sessa**

I found it interesting that radiation is all around us and that a safe radiation dose doesn't start at zero. As Ray pointed out, there are many instances where the media reports on the horrors of radiation and not the truth. Ray used the nuclear meltdown at Fukushima as an example where the possibility of deaths from radiation is zero compared to the 18,000 deaths from the tidal wave. Ray also pointed out that the majority of deaths from the bombs at Nagasaki and Hiroshima were from the thermal and blast effects as opposed to radiation.

Ron Hoggard



**UMM Country Breakfast, Saturday, October 5, 2013
165 Attendees Contributed over \$1,200 to UMM Missions**



Reading Directions for Pancakes



Sellout Crowd



UMM Cooks at Work

I've Got Your Six

Devotional by
Bob Nordstrom, UMM Chaplain
 October 1, 2013

It has always been an honor for me to stand here before you men to let you know what I am thinking month after month. I know, being good Christian men that you are, that I am merely “preaching to the choir” when I remind you that God’s love is powerful and everlasting.

I try to put that message into familiar terms. Last month I used televisions, but in the past I have shared my thoughts on this with you by using speed cameras, the Tomb of the Unknown Soldier, hummingbirds, and countless scripture passages.

We share a bond of Christian fellowship here that is very special to me, as I am sure it is special to each of you. But outside these walls is a different world. We all know that there are many who live without knowing God’s love. In fact, they insist on doing so.

I don’t have to ask what it is like being without the love of God, because there have been times in my life when I felt that way. God and I were about as far apart as we could get; or at least that’s what I thought. The loss of a loved one, or the sadness I gave to someone because of what I said or did, or the opportunity for good that I passed by. So many things. I was sure that God was somehow upset or disappointed with me.

That’s when scripture brings me back; back to the knowledge that God has always been close beside me. He works in marvelous ways, and you are all a part of it.



We read in Ecclesiastes 4,
“Two are better than one, because they have a good return on their work; If one falls down, his friend can help him up. But pity the man who falls and has no one to help him up!”

Isn’t that true? Two are better than one. Companionship, fellowship; call it what you will. There is nothing in this world that can replace it. Each one of us can do a little more knowing that a friend is at our side. Those cold winter Saturday mornings aren’t quite so dark knowing that Ray and Joe and the rest of the guys will be in the kitchen to get another UMM breakfast going.

And Ecclesiastes 4 continues,
“Also, if two lie down together, they will keep warm, But how can one keep warm alone?”

Against the elements we are helpless if we are alone. I have experienced nothing more heartless than being alone in a cold, biting winter wind. It robs every ounce of strength and self-worth, leaving a person to feel helpless and discarded. But it is not just a winter’s cold that has that the

power. The coldness of a group that does not welcome a stranger, or from a supposed friend who turns away can do the same. That’s when a true friend can provide an emotional electric blanket to take the chill away. But pity the person without that companion. Again look at scripture in Ecclesiastes,

“Though one may be overpowered, two can defend themselves.”

The military has a phrase for this; “I’ve got your six.” It means simply, I am protecting your back. You can move forward with confidence, knowing that nothing will surprise you from the back. I don’t know what would give me more pleasure; to say that to someone or to hear it from a friend. Pity the man who falls and has no one to help him up. And pity the man who does not have a friend to whom he can say, “I have your six.”

The passage from Ecclesiastes ends with the statement,

“And a cord of three strands is not quickly broken.”

That is a strange thing to write after spending time talking about how two are better than one. It can only mean one thing; we must remember that with all of us there is yet someone else. **Jesus Christ is with us.** He lifts us up when we fall. He provides the warmth when we need it. And he has our six at all times. Jesus is the third strand in the cord. I want you to take a moment to turn to your neighbor and tell him that you have his six. And remember, Jesus is telling you the very same thing every day. Amen



Doris Lyerly, Lawrie Branson
 Susan Lopsonzki, Gloria Williams



Gloria Williams and Lawrie Branson
 Kitchen Angels - Oct. 1, 2013



Marti English welcomes
 hungry men to the serving line