



In Tune

Volume 17 Issue 4

November/December, 2017

Inside this issue:

Health Feature Coming in Every Newsletter	2
Featured Recipe	2
17 Top Songs in 2017	3
My Favorite Hymn, <i>Come Thou Fount</i>	3
Who's Who	4
Your Time	4

Special point of interest:



Dottie Curameng has volunteered for KLRF for six years and now serves on the music committee.

When Giving Becomes Receiving

Dottie Curameng writes of her experience

When I was approached several years ago to edit the KLRF newsletter and to sit on the Board, I thought, "Why not? I love music, I love the Word of God, and I often like to write." But what I discovered was the blessing I received by reading the letters and comments and hearing the stories from the KLRF listeners, like these:

"Thank you for your part in keeping KLRF on the air. We enjoy the music as we travel or when at home. Give God the glory!"

"I and many others here at the prison praise and thank the Lord for your broadcast ministry. The ability, day or night, to turn on the radio and hear the gospel in words and music is a priceless blessing."

"I love hearing many

artists. All your music is wonderful. God is praised by KLRF. Thank you for the inspiration."

"Thank you for the beautiful music and Scripture reading. What a comfort!"

So in everyday living, through uplifting words and inspiring music, KLRF can curb loneliness and discouragement. If one is sleepless in the middle of the night, KLRF is there to soothe. If one is traveling the highways and byways of Washington and Oregon, KLRF is there to accompany. Twenty-four/seven!

The addition of streaming live on the computer and/or cell phone is an extra blessing. People anywhere on the globe are blessed by KLRF's programming. For these rea-

sons, and many more, volunteering at KLRF is well worth the time and effort.

The *Independent Sector* reports that volunteers save their organizations an average of \$24.14 for each hour of volunteering. Since those who work at KLRF are all volunteers, think how much is saved for the operation of the radio station! Thousands of dollars, I would guess.

The wonderful thing is volunteering at KLRF can be done in several ways: Prayer; Donations; Your notes of thanks and praise.

I am thankful for the years I've had and continue to have as a volunteer at KLRF. Thank you for your part in supporting the Board of KLRF and making KLRF a successful tool in communicating through words and music the love of God to those who listen.

Health Feature Coming in Every Newsletter

New Board Member Will Share Latest Medical News



Pastor Owen Bandy, General Manager, KLRF 88.5

Your health is an important aspect of your spiritual life. We wish for you a close walk with Jesus and the better your health, the nearer you can draw to Him.

For that reason, your KLRF staff and board members invited Karen Ordelleheide Mason, MD, FP, to join us. She has agreed to bring important medical insights to you in each newsletter, to help you stay as

healthy as possible.

Dr. Mason, a graduate of Loma Linda University, works for the Veteran Affairs Department in Walla Walla, Washington. She does telemedicine, treating veterans who live remotely without access to medical care. She misses the hands-on part of health care, but is grateful to bring care to those who could not see a doctor otherwise.

If you have suggestions for health topics, please send them in the enclosed envelope. Meanwhile, watch here for Dr. Mason's health nuggets starting in 2018.



Karen Ordelleheide Mason, MD, Health Ministry, KLRF Governing Board

Featured Recipe

Holiday Pumpkin Pie

Combine in blender, whiz until smooth:

- 1 pkg. MoriNu firm tofu (12.3 ounces)
- 1/3 cup maple syrup
- 1/3 cup Sucanat or brown sugar
- 3 tablespoons tofu milk powder (optional)
- 2 tablespoons flour
- 1 tablespoon cornstarch
- 1 teaspoon vanilla
- 3/4 teaspoon cinnamon
- 1/2 teaspoon salt
- 1/4 teaspoon ginger

Add 1 (15 oz.) can Libby's Pumpkin to ingredients in blender. Blend until well mixed:

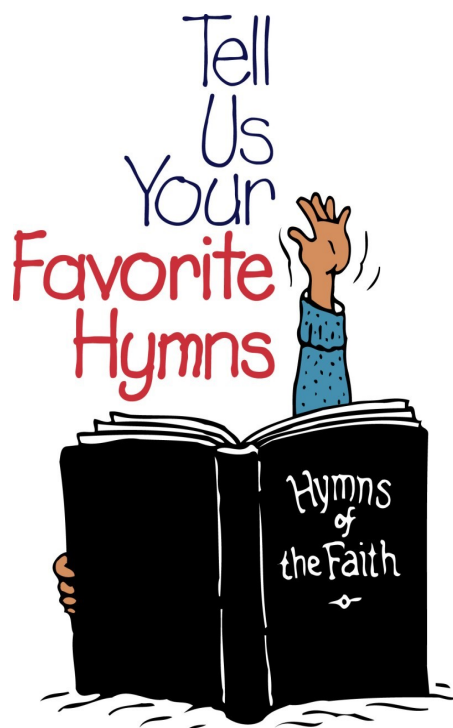
Pour into unbaked piecrust. Bake at 350 for 1 hour.

This pie filling has no cholesterol, little fat and scrumptious taste. It's a great pie even without the whipped topping!—*Thank you for this submission from a faithful friend of KLRF.*



17 Top Songs in 2017—An All New Program Chosen by You

Your Favorite Hymns will be Aired in December, plus the Inside Scoop



You told us your favorite hymns; now listen to the

“17 Top Songs in 2017”

Don't miss hearing the all new listeners' favorite program called the *Top 17 in 2017*. It will be aired, Pacific Standard Time:

Friday, Dec. 15 at 7pm

Tuesday, Dec. 19 at 1am

Sunday, December 31 at 10am

We're sad to see her go—

Recently Helen Zolber announced her retirement as a volunteer for KLRF. How she is missed! Helen served KLRF in several capacities over the years. Among other things she worked in the office, spear-headed book sales, served in the fair booth, and was secretary of the board. She was passionate about KLRF, encouraging and promoting; especially finding ways to market and advertise her favorite station. We wish her well in her new ventures. May God bless you abundantly, Helen..

My Favorite Hymn, *Come Thou Fount of Every Blessing*

Inspirational thoughts by General Manager Owen Bandy

When asked recently what my favorite hymn was, I thought, "There are so many hymns that come to my mind. How do I pick my favorite?" I immediately thought about how these old hymns were written during an era of great spiritual revival in the history of Christianity. That's why they remain favorites of His spiritual people today.

After some consideration I settled on, *Come Thou Fount of Every Blessing*. The hymn contains so much of one's faith in

Christ. It begins with a prayer for the Fount to "come" and tune my heart to sing His grace. It takes me on a journey of praise to Him for His mercy and goodness. I praise him because He sought me while I was lost and wandering far from Him.

It prompts me to raise an Ebenezer as a symbol of God's help through this dangerous world. While admitting to a heart prone to wander, I find opportunity to give Him my heart,

that He might seal it for the courts above. It

ends with expressions of expectant hope in this troubled world, that I will safely arrive at my final home.

So, when I sing this wonderful old hymn, I thank the Lord that He has inspired these songs so I could sing them in expression of my own spiritual journey.



KLRF 88.5

1200 SE 12th Street, Suite 3
College Place, WA 99324

Phone: 509-524-0885

Fax: 509-524-0884

Email: manager@klrf.org

Sacred Sounds . . . Inspiring Hope

klrf.org

Who's Who

Governing Board:

Chairman—Richard Grizzelle
General Manager—Owen Bandy
Technical Manager—Ted Duncan
Treasurer—Les Leno
Carol Gill
David Gill
Mike Lambert
Karen Mason, MD

Newsletter Editor—Rhonda Bandy
Publishing generously donated by a local printing company—thank you!

Want to make a donation? Go to klrf.org or use the enclosed envelope to donate by check or credit card, or send your gift to: KLRF 88.5, 1200 SE 12th St., Ste. 3, College Place, WA 99324. Thank you, thank you so very much. May God bless you richly for your warm and caring generosity.

Your Time

Your comments and suggestions are indispensable —keep 'em coming!



“Thank you for broadcasting the Good News of Jesus Christ for the Nations--locally, for North-east Oregon and Southwest Washington. God's Blessings”
- Bob and Aileen

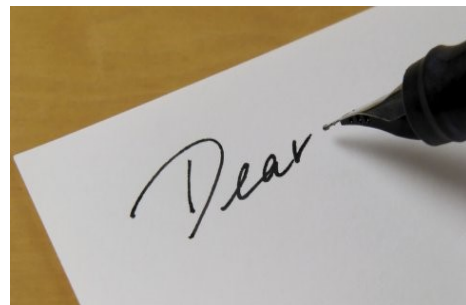
“Oh how I wish this donation was more! I love your station so much!” - Dot

“Please keep giving us the very good music and good programs (speakers).” - No Name

Manager: *We apologize to those who have left messages on our phone during the last few months. We appreciate them; please don't give up! We are currently looking for volunteers to work in our office. If you know of someone who is interested, just ask them to call Owen Bandy at 707 483-3291. In the meantime, when you leave a message, please clearly state your name and number twice and*

we will try to be more faithful about returning your calls.

Thank you so much for your amazing support of the KLRF Ministry. Thousands of lives are touched daily through your generous gifts. We value your opinions—keep 'em coming!



Talk to us! It's easy; just use the enclosed envelope to send us a note or email us at manager@klrf.org—we'd love to hear from you.