



In Tune

Volume 18 Issue 3

Summer 2018

Vitamin D Deficiency Can be Deadly

Summer is a Good Time to Store Up this Vitamin

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Karen Ordelleide, MD,
Health Ministry, KLRF
Governing Board



The good-ole-summer-time is soon to end with fall right around the corner. We have a few more weeks to stock up on Vitamin D, the “sunshine” vitamin. Severe Vitamin D deficiency is uncommon in our country now but about 40% of the population has less than normal levels.

The importance of Vitamin D for bone health has long been recognized. Emerging evidence suggests it is important in muscle function, balance and in keeping our immune systems strong, even to the point of cancer prevention. Vitamin D deficiency is suspected to play a role in

the common health problems of our society as well—hypertension, cardiovascular events, diabetes, depression and cognitive decline.

Very few foods naturally contain Vitamin D. Though some foods are fortified, our primary source of useful Vitamin D comes from the action of sunlight on the skin. The most effective conversion occurs when the sun is high in the sky.

In winter it is almost impossible to produce Vitamin D from the sun if you live in northern climes, so storage of Vitamin D declines over the winter. In addition, sunshine conversion declines with age.

You have to be outside to get Vitamin D! Take that lunch-time stroll for 10-20 minutes of mid-day sun exposure without sunscreen, to get your Vitamin D (10 minutes is better if you are fair and tend to burn easily.)

If you are unable to be outside much or if you are older, consider supplementation with Vitamin D 1000-2000 IU daily.

Despite the relationship of Vitamin D deficiency to many disease processes, there is no evidence that taking higher doses of Vitamin D by mouth is helpful—unless you have specifically been tested and directed to do so by a physician.

So, get out there, catch some rays and store up Vitamin D for the winter ahead.

2008 Survey of Presbyterian Congregations in the United States

More Church Attendees Prefer Main Service to Smaller Study Groups

Our last newsletter reported on a survey done in 2001 which discovered the majority of Presbyterian churches in the United States had fewer than 100 members. We learned those churches struggle due to inadequate numbers of people to fill leadership roles and inadequate financial support.

In this newsletter we look at a follow-up survey (2008) to find

out who attends these churches. The survey found the typical worshipers were: female, well educated, 2 out of every 100 were visitors for the first time, the majority attended only the formal worship service, and there was a fairly high rate of turnover, and members tend to be good neighbors and involved citizens.

Does this sound like your con-

gregation?

In addition, the survey recommended that churches consider how to enhance the main worship service since that's when most people attended.

What ideas can your church pray over to encourage growth in your congregation?

<http://www.uscongregations.org/blog/2014/02/17/key-findings-who-worships-in-the-u-s/>

Featured Recipe

Corn and Black Bean Salad

Sweet and tangy, this salad is filled with fiber and nutrients for a refreshing treat any time of the year.

- 15-ounce can cooked black beans, drained
- 1 10-ounce can corn kernel, drained (frozen corn works, too)
- 1/2 green pepper, chopped (1/4 cup)
- 1/2 red pepper, chopped (1/4 cup)
- 2 green onions, sliced (2 Tablespoons)
- 1 Tablespoon minced parsley
- 1 Tablespoon vegetable oil
- 2 Tablespoons lime juice
- Freshly ground black pepper, to taste (optional)
- Salt to taste (optional)

Toss together beans, corn, peppers, onions, parsley, oil and juice. Sprinkle with pepper. Cover and refrigerate. This salad improves upon sitting.

Yield: 4 cups

Source: *The Oregonian*, 1991.



Your Inside Scoop

The Corner Where Savvy Donors Stay in the KLRF Loop

The KLRF Board

Most of you probably know there is a governing board for KLRF that meets monthly to discuss the affairs of the station. We meet in the board room at Sonbridge in College Place, WA. The board members are listed on p. 4 of every newsletter.

Many are surprised to learn that our Manager, Owen Bandy, actually lives in California, just 30

miles below the Oregon border. When he can't make it to College Place he attends the board meetings through Skype.

There are decisions to be made: examining by-laws, compliance with the FCC, paperwork to sign, contracts to renew and a newsletter to be discussed. We're always trying to advance our mission through improving the music and programming on the station.

Someone takes notes of our meetings and a treasurer brings us a monthly and year-to date financial report. Then there are decisions about ongoing needs for equipment maintenance and upgrades.

Please pause and thank the Lord for our board members. Pray for them as they lead out.

KLRF.ORG

Behold What I Have Done

Inspirational thoughts by General Manager Owen Bandy

When the Lord brought the children of Israel out of Egypt He was in the process of inviting them into a covenant relationship with Him. To lay a foundation for this relationship the Lord invited them to take a look at what He had just done for them. He said, "You have seen what I did to the Egyptians, and how I bore you on eagles' wings and brought you to myself" (Exodus 19:4).

The Lord always calls us to look at what He has done for us, then He invites us into relationship.

A relationship with the Lord always begins with our beholding what He has

done for us. It could be something simple like helping us get through a difficult challenge. It could be looking at the daily temporal blessings that come to us, or noticing the blessings of beauty in the natural world around us. It could be catching a view of His great sacrifice in our behalf to bring us salvation.

So after asking the Israelites to consider the blessed deliverance He had just wrought for them He makes an invitation, "Now therefore, if you will indeed obey My voice and keep My covenant then you shall be a special treasure to Me above all people; for all the earth is Mine" (Exodus

19:5).

What has the Lord shown you that He has done for you? Are you drawn to Him for it? Are you prompted to make a relational commitment to Him?

Thank you for joining us here at KLRF Radio as we point people through the Word and song, to the wonders of God's redemptive acts.



Pastor Owen Bandy,
General Manager, KLRF

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

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Who's Who

Governing Board:

Chairman—Richard Grizzell

General Manager—Owen Bandy

Technical Manager—Ted Duncan

Treasurer—Les Leno

Carol Gill

David Gill

Mike Lambert

Karen Ordelheide, 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.

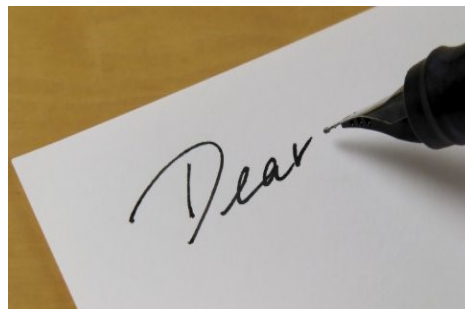
Your Broadcast Time

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

“Thank you so much for playing such wonderful Christian music throughout the day and during the night. It helps me so much. I also appreciate the Scripture readings. Thank you for the Christian filtered news. Your Station is Wonderful and I thank God for it! ‘May the God of all hope fill you with joy and peace in believing that you may abound in hope by the power of the Holy Spirit’ (Romans 15:13).” —Pendleton, OR

“Thank you for your wonderful selections of music in your programming! What a blessing it

always brings. However, I still can only hear your station when I’m in my car going south or southeast! At my home located just south of the town of Othello, about 3 miles, I still cannot



Claim your time! 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.

hear your station! Your station is such a blessing as I said and I wish I could give more of a donation but I haven’t the funds to do so. I pray that you will be able to stay on the air for a long time!”—Othello, WA

Manager—If you’re having trouble receiving KLRF in Othello, please email or call us; our Technical Manager will try to help you get it loud and clear.

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!