



IN TUNE

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New General Manager for KLRF

We are grateful to our Lord for His leading in bringing a new General Manager to KLRF. We are happy to introduce Ron Honner in that capacity!



As with all members of our KLRF board, Ron is a volunteer in this position. For his “day job,” he is a Labor & Delivery / NICU Equipment Representative for Idaho, Montana, and some Eastern Washington hospitals. So there are times when he is traveling.

The Lord reached Ron’s heart 30 years ago at a Kenneth Cox Evangelistic Crusade in Spokane, Washington, and he was baptized in May of 1991. In 1995, the Lord blessed Ron with a godly companion, Margo, as his wife. She has served as an elementary school teacher for 37 years.

Prior to moving to the Walla Walla Valley in 2019, the Honners lived in Hayden, Idaho. They were involved in the Hayden Lake Seventh-day Adventist Church since 2000. Margo taught at Lake City Junior Academy in Coeur d’Alene for 24 years. She currently teaches at Milton-Stateline Adventist School. She grew up in Milton-Freewater, so it was a special homecoming for her to move back to this area.

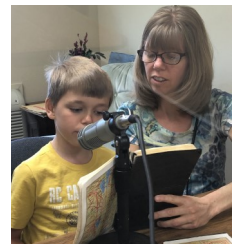
During their time at Hayden, Ron had a burden on his heart for radio ministry in order to spread the message of God’s love to the people of the Hayden / Coeur d’Alene area. Over the course of time and through many obstacles, Ron and other Hayden Lake church members worked with the FCC and finally got KOTF 97.5 FM on the air in September of 2016. The message and mission of KOTF mirrors KLRF’s.

Ron has witnessed the blessing of what Christian radio can bring to a community, and he is inspired to see KLRF grow to be an even greater blessing for others than it already has been here in South-eastern Washington.

Welcome to KLRF, Ron! We are looking forward to seeing the Lord work through you!

Scripture Readers!

After a slow year due to Covid, it’s exciting to have some fresh voices recording scripture readings for broadcast on KLRF! Matthew, Micah, and their mother, Julie (who is a past editor of KLRF’s “In Tune” newsletter), along with Lily, her mother Ronni, and friend Victoria, were among those who came to our studio and recorded recently.



If you would like to be a part of a future Holy Scripture recording session, please let us know!



B12

Vitamin B12 is an important little vitamin that comes primarily from animal (dairy and meats) dietary sources, and deficiency is not a problem for most people. However, for vegans, strict vegetarians, and people with various gastrointestinal problems (malabsorption syndromes or medications that interfere with absorption), deficiency can occur. In the USA an estimated 6% of people under age 60 are deficient, but up to 20% over age 60 may become deficient. While B12 is important to many cellular processes in humans, some of the more common symptom manifestations occur in the nervous and blood cell systems. Pernicious anemia results in tiredness and weakness because red blood cell production is impaired, and the enlarged but decreased numbers of red cells are unable to carry adequate oxygen. Imbalance, difficulty walking and memory problems may occur with deficiency in the nervous system. Hospitalists report tragic encounters with elderly patients who experience dementia and hip-fracturing

falls—both of which could have been prevented by sufficient Vitamin B12.

The good news is that B12 deficiency is usually very responsive to treatment, requiring only a daily oral supplement. If you are a vegan or strict vegetarian it is not unreasonable to take a daily dose of 1000 mcg of Vitamin B12. However, do not live by the adage that “if a little is good a lot is better”. While B12 toxicity is not common, recent studies suggest possible cancer risk in meat eaters that supplement with a high dose of B12, implying that too much B12 is not ideal either. The best approach is to discuss your concerns with your medical provider, consider testing, and follow his/her educated guidance for replacement.



*By Karen Ordelleide, MD
Health Ministry
KLRG Governing Board*

Featured Recipe

Strawberry & Pudding Parfait

Here is a recipe for a simple but elegant dessert featuring fresh summer fruit. Strawberries are a good source of Vitamin C, manganese, folate (Vitamin B9), and potassium. Nutrition research has linked strawberries to the following possible health benefits: improved blood antioxidant status which results in decreased oxidative stress, reduction in inflammation, improved vascular function and reduction in the harmful oxidation of LDL cholesterol.

1 can Wild Oats coconut milk
1/3 cup minute tapioca
3/4 cup non-dairy milk (soy or almond)
1/4 cup agave nectar or maple syrup
A pinch of salt
1/2 teaspoon pure vanilla extract
4 cups sliced fresh strawberries, sweetened with 1 - 2 tablespoons agave nectar and a few sprinkles of stevia.



Pour coconut milk and non-dairy milk into saucepan and sprinkle tapioca over the top. Add pinch of salt and mix well with wire whisk before placing over medium heat. Stir or

whisk constantly until mixture reaches a full boil. Remove from heat and chill in refrigerator for at least 1 hour. May rapid chill by putting it in a sink with ice water first. Layer pudding and strawberries alternately in tall crystal glasses, starting with pudding and ending with strawberries as a garnish.



*By Cindy Walikonis
Registered Dietitian*

A Call for Volunteers

We are currently in need of some volunteers to help in the KLRG office — assisting guests, answering phones, helping with assigned tasks from the manager, board, treasurer, etc. Time blocks can be half days or full days. If you are interested and willing, or have questions about volunteering, please contact us by mail, email, or phone. Thank you!



Your Broadcast Time

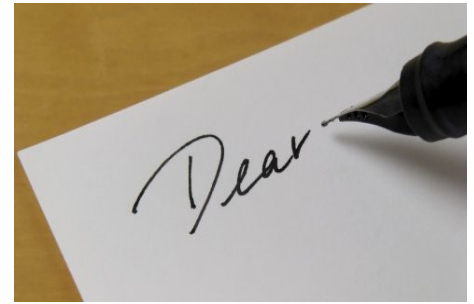
Your comments and suggestions are indispensable!

Here are a few encouraging messages we received recently:

Thank you for the best, best, best programming. Love it! - Nancy

Dear KLRF – Thank you for the wonderful music, Scripture reading, Christian news view, Unshackled, and Your Story Hour! In Jesus' love, Debi

Dear KLRF Radio: Recently I discovered your wonderful radio station after being given the gift of a radio. Your selection of songs is very uplifting and a wonderful way to worship and praise God. I'd like to support your station with the enclosed check. May God dearly bless you! - Linda



KLRF brings HOPE in the midst of a chaotic world. - from a listener

Your station centers my mind to the positives – Jesus and Heaven! - from a listener

Farewell Pastor Mike



Pastor Mike Lambert has been the Chaplain of the KLRF Board for the past 16+ years. Through that time there have been a lot of changes to the radio station and many improvements with the programming and equipment. He has been called to pastor in Post Falls, Idaho, so he is leaving his position on the board of KLRF.

Pastor Mike recalls the station was struggling financially when he joined the board and how by God's grace and the faithful support of our listeners, it is now in a stable condition. We are so grateful to people like him, who have worked hard to follow God's leading in developing and maintaining a very special radio station. Thank you, Pastor Mike, and may God go with you!

Flashback Pastor's Corner

-by John Bradshaw

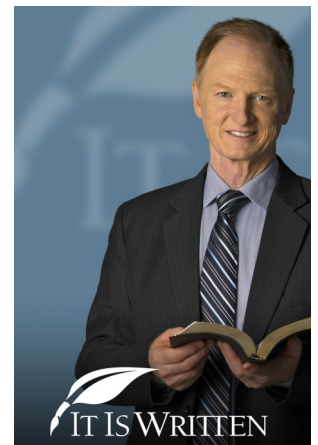
I don't have to be convinced of the power of radio. I don't have to have anyone tell me that radio has the capacity to radically change lives. I saw that first hand when I worked in secular radio stations. What we did had an incredible capacity to radically affect people — for better and for worse! And I know first hand that Christian radio is used by God to bring people to Himself.

God is using KLRF for His glory! People are hearing the good news of Jesus. People are being blessed by Christian music. Children tune in every day to listen to character-building stories and wholesome music not always available on other radio stations.

Thank you for supporting KLRF. We don't always see what is going on in the lives of people who are listening in their cars or trucks, or in their homes or workplaces. But God is at work, and I have seen what He is doing. I've met people in question and I've seen the changed lives.

God has given KLRF to all of us. As we pull together to support this ministry, we can know that God is using KLRF to draw people to Himself. In heaven, many, many people will say, "I heard it on the radio!" And they'll say to you, "Thank you for making that possible!"

Pastor John Bradshaw, currently the Director/Speaker of the world-wide "It Is Written" program, wrote this Pastor's Corner message when he was serving as head pastor of the College Place Village Church in 2010.





THE CLIMB

Just close my eyes and I can dream,
 I dip my cup into this stream,
 And sip, refreshed, I lift my eye,
 Feels good to know I've been that high!

I've left my footprints in that snow,
 So far above the water's flow,
 A lofty goal — The view, what awe!
 With peace that brings one close to God.

Though all my days are not this grand,
 He seems to take me by the hand,
 And leads me back through valleys low,
 Where liquid crystals dance and glow!

And in that instant I am back!
 Lace up my boots and hoist my pack,
 A sunny trail through meadows bright,
 Painted with the Artist's Light!

Creation's beauty we can share,
 But we are told it can't compare,
 To heaven's summit where all can stand.
 Let's climb on to that Highest Land!

By Gary Alan Henderson

Sharing the Blessing!

Thank you, thank you so very much for sharing! May God bless you richly for your warm and caring generosity.

Your donations not only support Christian radio here, where we have the freedom to worship, but make it possible for people to worship through the livestreaming of our programs where religious freedom is restricted.



KLRF 88.5 FM RADIO

Sacred Sounds — Inspiring Hope!

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