

Riverland

life fm

NEWS

100.7

June 2020: Volume 24, No. 2

PRAISE WORTHY TRUE right lovely EXCELLENT admirable noble PURE



Good music, positive thoughts for healthy minds

As we head out of restrictions into the cooler, darker months of the year, we want to encourage our community with the message of the apostle Paul to the Philippians 4:8 (NIV):

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

Coping with the constant news cycle of alarming statistics and sad stories of loss, while trying to keep up with changing social rules and advice, cancellations, shortages and health

concerns, transitioning to 'normality' might be more difficult than we consciously realise.

Keeping our thoughts positive can improve mood and help "guard our hearts and minds" in a season of increased depression and anxiety risk.

Paul also encourages us in Philippians 4:6-7 to bring all our thoughts and concerns to God in prayer. Nothing is too small or large for His care!

For some further reading on the topic of positive mental health habits, check out this article on our webpage:

https://riverlandlife.org.au/2020/05/12/mental-health-wellness-in-isolation/



It's great to have a new show on the radio, especially during isolation. Talking Books, hosted by Margaret Wormald, started in April, just in time to prepare us for curling up with a book in a warm spot on a wintry day! In the show Margaret reviews books she has recently read, and chats with authors, librarians and other book-lovers, about new releases, books for younger readers, old favourites and lots more. Talking Books airs on Mondays at 12pm (after the newsbreak) and Fridays at 5:15pm.



"Talking Books" host Margaret Wormald chatting with guest Marg Phillips.

Doing things just a little differently during COVID-19

Over the last few months some people in our community have been mildly affected by the Covid-19 pandemic, while others have had their lives tipped upside-down.

No matter what your experience is, we've all had to do some things a little differently.

Here at Riverland Life FM, things have been a little quieter, with meetings held online until restrictions began lifting.

With church doors closed to large gatherings, we're airing a series of Sunday Sermons from churches around the region (broadcast at 10am and 5.30pm each Sunday).

On Anzac Day we aired part of a pre-recorded Dawn Service and featured interview segments with local WW2 veteran Howard Hendrick throughout the day.

Scott Main, roving reporter

for Life In The Garden, found himself grounded by Covid-19, but was able to chat with Riverland gardeners over the phone at our station studio.

Scott received lots of tips for Mother's Day plants and flowers, preparing gardens for winter, what plants suit our climate and lots of information relevant to our region from experienced local gardeners.

"Life in the Garden" host Scott Main



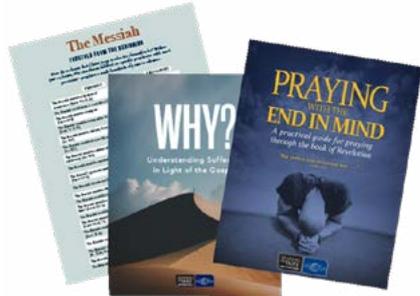
Congratulations!

Riverland Life FM board members Samuel Taylor and Erin Harrald were recently married in a beautiful ceremony that we were all able to enjoy on Youtube! Thank you both for sharing your joy at this time.



Free Stuff!

Since Covid-19 came to visit, many of us are doing even more work online, but one benefit is discovering lots of really good, free ministry resources. Leading the Way is generous in helping Christians learn about and share God's love. Go to LTW.org to find many beautifully presented resources that can be downloaded for free.



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Help 'Chill the Studio' appeal

Every year Riverland Life FM makes a few appeals to supporters for financial assistance, something that all community radio stations need to do from time to time.

This year, things are a little different. Like many other organisations, we are experiencing a reduction in income from some sources, but we have received government assistance to get us through this difficult period. The financial support from government must be allocated to our regular operational expenses.

However, at this time we need to complete the air-conditioning for our studios, a project that has been partly funded by a grant received from the Australian Government Stronger Communities Programme.

The ducting was completed and paid for first, and just a few days ago the unit was installed and the system completed, thus satisfying the requirements of the grant. Now we need to raise \$3,500 to cover the cost of the project (a loan has been made available to us to pay our supplier on time). This June, we are asking our community of supporters to consider contributing to our Chill the Studio Appeal.

If you'd like to give, contact the station, or visit our website. Keep an eye on our facebook page and instagram to watch the tally climb to our goal!



Journalist Giorgina McKay in studio



Behind the Mike

Riverland News Update

When the Loxton News closed we weren't sure that we would still be able to air the Riverland News Update each week, but thanks to the Taylor Group of Newspapers continuing commitment to our local towns, we were delighted to welcome Giorgina McKay to our broadcast.

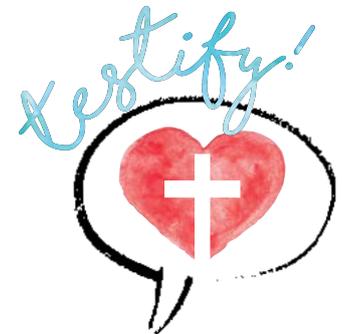
Every week Giorgina drops into our studio to share with us some of the news highlights from around the Riverland and Mallee that feature in the Murray Pioneer.

You can hear the Riverland News Update on Wednesdays at 5:15pm and again on Thursday at 12:10pm.

Thank you to all our Sponsors!

Beech Hardware Barmera, The Country Bakehouse Loxton, Jannette Fulham Photography, Leading the Way with Dr Michael Youssef, Living Waters Christian Community, Mike Taylor Accounting, Nitschke Bulk Transport, oeDigital, Reimaginn Consulting, Riverland Central Church, Riverland West Chamber of Commerce, Rivergum Christian College, Scarfes Electronics.

Tell them you're hearing their spots on Riverland Life FM. We value your support!



...sanctify Christ as Lord in your hearts, always being ready to make a defense to everyone who asks you to give an account for the hope that is in you, yet with gentleness and reverence;

1 PETER 3:15