





#### INSIDE

AAA Family News: A Welcome and a Wedding!Page 3	3
See Life: Photos from Focus on the Family's "SeeLife 2022"	5
In the Kitchen: A healthier option from John FullerPage 7	7

### **DID YOU KNOW?**



Thriving Together: Perspective to Help Strengthen Your Marriage is new from **Jim** Daly, president of Focus on the

Family. The 365-day devotional is designed to encourage couples in their commitment to a flourishing marriage despite the challenges of life. Drop us a note--happy to send a complimentary copy from Focus!

Core Christianity has a new digital collection called "Faith and Family," featuring some of the best Q&A from the broadcast



along with articles for topics such as "Questions Kids Ask," "Questions about Parenting," "Caring for Aging Parents" and much more. Ask Charley@ambaa.com for more details to download yourself.



There's a brand new app for Well Versed— Jim Garlow's organization that features a wide variety of content

(including the daily 1:00 "Garlow Perspective"). It's all about bringing biblical principles of governance to national and global leaders (lay people too!). Check the Apple app store for "Well Versed, Inc" to download.

Thousands of people still enjoy daily devotional encouragement from the *printed* page. Two great options (distributed in

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a booklet monthly on request) are Anchor produced by Haven (a companion to the daily 1:00 audio feature as well) and Daily **Reflections** from Revive Our Hearts. Ask Jenn@ambaa.com if you want to receive regularly!

# A LOOK UNDER THE HOOD OF AMB-OS

If you own a propeller beanie, you might want to grab it. As you do, also put your hands on your slide rule and pocket protector. What follows is, in large measure, for you propeller-headed-beanie engineers.

OK, not quite that bad. But I would like to look under the hood at Amb-OS. Let's explore at an open secret in the broadcast file delivery world called "Cart Chunk." It's been part of our Amb-OS file distribution since day one. In fact, Cart Chunk is vital to system maintenance as you'll see below.

Essentially, Cart Chunk is clear text metadata which prepends every audio file on Amb-OS. To be specific, if you open an MP2 audio file from Amb-OS in a text editor, you'll see something like

this:

The pertinent data is highlighted in this example. You can see this file is from Grace to You (the "TITLE" field and the name of the broadcast). You'll also see the "ARTIST" field being John

RIFFDD#DWAVEcartDDDD0100Grace to
You
MacArthur
GTS5GTS5
2022-01-262022-01-
280000000000000000000000000000000000000
00000000000000000000000000000000000000
0.1300000000000000000000000000000000000

MacArthur. There are many other fields embedded in Cart Chunk. We embed dates which determine when the file can start airing and when it needs to stop. This file had a start date of January 26, 2022 and a "kill date" of January 28, 2022 (dates are in YYYY-MM-DD format).

Every single file on Amb-OS has this Cart Chunk data. This data is important for two reasons: 1) Each night, your AMR-100 receiver performs maintenance on itself, automatically deleting files which are two days past their kill date. Then 2) Cart Chunk data can be passed to your automation and/or transmission system. Many automation systems use the same date fields for maintenance. Cart Chunk information is also used so RBDS (or RDS) displays information to the listeners' smart receiver. These fields, TITLE and ARTIST can be displayed on consumer radios.

By convention, when there are multiple hosts on a program we distribute, the "ARTIST" field is assigned the ministry. For example, Plugged In is a program from Focus on the Family which reviews a variety of media (Movies, TV, music, etc.) from a spectrum of hosts. So, for Plugged In, the "ARTIST" is Focus on the Family.

Hope that all makes sense! If not, give us a call or send an email to support@ amb-os.com. Now, you are permitted to remove your beanie, grab the industrial pencil out of your pocket protector, and take a deep breath. You are now ready for Cart Chunk!



Wondering who is behind Amb-OS?

Meet: Mark Conner, Jim Sanders, Dick Becvar, Ben Bryggman, and Jery Lee. (Not pictured: Charley Mefferd and Boyd Gaffigan and our parttime crew including, Noelle Bedson, Summer Conner, Nayeli Cyd-Rodriguez).





# Remembering Al Sanders

We're grateful for a team of family and friends who helped us to create the video of the memorial service for **AI Sanders** which took place last December at Biola University.

Covid concerns thwarted a professional recording that day but we were able to "reconstruct" from various sources to be able to capture the service including comments from Dennis Rainey, Joni Eareckson Tada, Barry Corey (President of Biola) and others. **We invite you to view at:** https://ambassadoradvertising.com/al-sanders/ AAA FAMILY NEWS

We remain deeply grateful for Al's legacy—all of us at AAA as beneficiaries of that.

# Congrats, Mr. & Mrs. Sanders!

In the most significant new beginning for anyone at AAA this year, our own **Jim Sanders married Diane Weatherell on June 25**—the same date as Jim's parents married 74 years ago. In what can only be described as an **extraordinarily Goddirected path** (Jeremiah 29:11 has been their theme), the high school sweethearts re-connected serendipitously late in 2021.

The marriage took place in Florida where the couple spent their growing up years and included music from Margaret Sanders at the keyboard. In addition to being surrounded by family and friends, **Praying His richest blessings on your life together, Jim & Diane!** 





# Welcome, Emma

Joining the Ambassador team in May, Emma Mitchell comes with a degree in Cinematic Arts from Azusa Pacific University (2019) and a passion for story-telling that is so appreciated as we tell the stories of the ministries we're privileged to serve. Growing up in Ojai CA, Emma is now a resident of Anaheim, attending Anaheim City Church and serving on the tech/hospitality team and as a high school youth group leader. Recently she's been working on illustrating a children's book for a friend and making her own bullet journals. On the weekends you can find her either on a walk or browsing antique stores (plenty nearby!).

### OUT & ABOUT

There's nothing like summertime for getting out of the office and enjoying face-to-face time ... just take a look!









Our man at CMB! Thanks to **Brian Krause** (Manager/Media Syndication & Marketing at Focus on the Family) who toted a copy of Update to Orlando and got these great selfies (at our request, we can assure you!). Pictured with: Jeff Scott (WBGL) and Jon Hull (Hope Media); Cori Cassady (KATB); Jeff Evans (Star 93); and Brian McIntyre (WONU).



For Lee Ann Jackson (and family), VBS at her home church is a summer priority—so it was especially delightful to connect with two of the local **KLOVE** crew as they were on site to encourage kids that week. Pictured with **Kaylenn Gomez** (left) and **Daysy Villanueva**, Promotions Coordinator, Southern California (right).



It's always a treat to engage with station partners—and watch that happen with the ministries we serve. So good to welcome **Matt Austin & Sharon Geiger** (KCBI-Dallas TX) back to SoCal for good fellowship before sending them on to San Diego to sit in on a LIVE edition of "Core Christianity" with **Adriel Sanchez** and producer **Aaron Simon.** 

Making this our first **Lee Ann Jackson** edition of Update ① ... we couldn't resist including these special "Update in Hand" pix from her recent trip to Iceland. Pictured also are daughter, Rachel Morrison (husband, Tanner, is the photographer), and son, Joshua, who was celebrating his recent graduation from Claremont Graduate University with a Masters of Arts in Education.

We'd love to see a picture of YOU with Update in hand, either from the homefront or during your summer travels. Send to **Peg@ambaa.com** 

4









It was a welcome road trip to Colorado Springs for Jennifer Perez and Lee Ann Jackson—time to meet with our friends at Focus on the Family and join the enthusiastic in-person audience for the "SeeLife 2022" livestream event on June 14. Anchored by Lisa Anderson ("Boundless"), speakers included Ben Shapiro and Candace Owens with worship from Phil Wickham. The evening wrapped up with a stirring "baton passing" to the next generation of the pro-life movement as the audience included young adults committed to the effort. You can still watch the event on YouTube—just Google and you got it!



Fellowship with Chris Gould (Salem Media Group) and Jim Daly.



Team time: John Fuller, Brian Krause, and Danny Huerta.



Meeting Enfoque's Sixto Porres and Daniel Porres.



Lisa Anderson anchored the event.



Special to greet old friends — Lee Ann with Cynthia Murphy.



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# GOT A MINUTE?



There's about 140 power-packed words in every one of these **one-minute** features. Whatever the topic, each of these unfailingly deliver distinctive input from a biblical perspective. Audition at our website or via Amb-OS and let **Rebecca@ambaa.com** know when you're ready to add to your station's line-up!

A MOMENT WITH JONI: From the credentialed platform of her disability, the words of Joni Eareckson Tada continue to bring comfort and hope to thousands.

**ANCHOR TODAY:** A verse and relatable illustration is voiced by **Charles Morris**, inviting listeners to the spiritual disciplines of daily prayer and Bible reading.

#### DAILY LIGHT FOR DAILY LIVING: Anne

**Graham Lotz** shares a Scripture verse and gives insight for personal application knowing that God's Word works!

**FOCUS ON THE FAMILY MINUTE:** Hosted by **John Fuller**, each day is a "nugget of truth" for building strong families with a sampling from the popular daily Focus broadcast.

**THE MERCY MINUTE: Don Stephens** voices the message that was core to his founding of Mercy Ships, inviting listeners to demonstrate the believer's call to acts of mercy.

**THE GARLOW PERSPECTIVE:** Passionate about equipping leaders and lay people with principles of biblical governance, **Jim Garlow** provides insight into our changing world.

**THRIVE WITH PURPOSE:** Callie Briese helps audiences think biblically about finance, utilizing money as a tool to live out our faith.

**UpWORDS:** Gifted wordsmith **Max Lucado** provides inspiration with the goal of encouraging others to take one step closer to Jesus Christ. **HAVEN NOW:** Engaging current news headlines with the hope of the Gospel, **Charles Morris** delivers timely perspective.

**IGNITE:** With enthusiasm that comes out of his own life calling, **Barry Meguiar** reminds us that we ought to be moving everyone we meet closer to Jesus.

**IT's TIME TO PRAY:** The clarion call for **Carter Conlon** remains the urging to pray, delivering that reminder with strength as well as grace.

**LIFE ISSUES:** A leader in the pro-life movement for more than 40 years, **Brad Mattes** speaks with authority on the issue. Never more timely than now!

**MAKING YOUR LIFE COUNT:** With examples of impact, **Steve Douglass** helps listeners discover how to live a transformed life that impacts others.

**PORTRAITS OF GRACE: John MacArthur** offers snapshots of biblical truth, accurately communicating God's Word with grace, substance and practical application.

**SEEKING HIM:** From **Nancy DeMoss Wolgemuth**, each feature brings the message of encouragement for personal revival, restoring passion and zeal for the Lord.

**SHARE LIFE TODAY:** It's encouragement from **John Sorensen** to share your faith, paired with practical tools to help anyone get started on doing just that.



We invite you to learn more and take a listen to any of these outstanding features at our website: Visit ambaa.com/programs (or scan the QR code) to demo features.

If you've been waiting for something a little bit more healthy than some of our recipe suggestions over the last year—your time has come! Here's a terrific idea for starting your day—or putting in a bag to take on the trail this summer. We've published more than 75 recipes in our Ambassador Family Cookbook. We'd be happy to send you a copy on request to Peg@ambaa.com.

## FROM OUR KITCHEN



# **Meet the Chef**

While most know **John Fuller** as co-host for "Focus on the Family," anyone who knows John knows him as a friend who unfailingly asks questions, listens, and *prays*. His engagement in Christian radio includes not only leadership with the NRB, serving on both Board and Executive Committee for many years, but also service on the board of the University of Northwestern-St. Paul which stewards 23 facilities in 10 different states. John and wife, Dena, are parents of six adult kids—which means authoring a book titled *First-Time Dad: The Stuff You Really Need to Know* makes complete sense!

#### MORNING DRIVE =

# Keto Grain-Free Granola

#### JOHN FULLER



Dry ingredients:

100g shredded coconut

75g walnuts

75g pecans

125g sliced almonds

65g macadamia nut pieces

35g chia seeds

50g hemp hearts

60g flaxseeds

75g sunflower seeds

75g pumpkin seeds

#### Melt/Mix:

35g coconut oil, melted

1 tablespoon cinnamon

2 teaspoons vanilla

Pinch of salt

2 teaspoons maple syrup

My scale does both metric and English but in the coffee snob world, it is all metric. My challenge to fellow cooks: Become snobs about coffee and also about granola!

Preheat oven to 350°.

Stir dry ingredients together in large bowl.

Melt coconut oil, then mix in cinnamon, vanilla, salt, and maple syrup. Pour oil/spice mixture over nuts/seeds, stirring thoroughly and evenly.

Spread mixture across an oiled cookie sheet and bake for 25 minutes, stirring every 3-4 minutes to ensure even browning. Do not over-bake.

Cool thoroughly then store in airtight bags container. Serving size is approximately  $\frac{1}{2}$  cup, with approximately 300 calories and 10 carbs per serving.





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# Looking ahead!

You may think June is the "wedding" month but just check below—looks like August isn't just for vacations but for honeymoons too! Whatever you plan to do, hope it provides just the R&R to regroup because ... September is imminent!



August 8: Happy Anniversary to Denalyn & Max Lucado — what a great day to celebrate!



August 14-20: It's not too late to volunteer! Joni and Friends host Family Retreats in New England and Minnesota this week.



REGISTER NOW >>

August 20: In Birmingham, "Wait No More" (Focus on the Family) is preparing hearts and homes for kids in foster care.



August 24: Best wishes to Jean & Jim Daly also celebrating an anniversary this month. Wishing you joy today as you celebrate!



**August 24:** In Belton TX, **Lisa Anderson** ("Boundless") speaks at the University of Mary Hardin-Baylor for student Chapel.



August 30: A lifetime of commitment to each other is celebrated today as **Patricia &** John MacArthur mark another anniversary.



September 4-7: Keith & Kristyn Getty host the "Sing!" worship conference (Nashville TN) including speakers Joni Eareckson Tada, John MacArthur and a host of others. "The first week of August hangs at the very top of summer, the top of the live-long year, like the highest seat of a Ferris wheel when it pauses in its turning. The weeks that come before are only a climb from balmy spring, and those that follow a drop to the chill of autumn ..." -- Natalie Babitt