



### Recipe Corner

#### **Shredded eye of round Beef**

Sliced (*not chopped*) sweet onion in crockpot and lots of garlic bits. Chunks of eye of round beef browned in pan and then into crockpot.

Chopped sweet peppers. No liquid necessary as onion and peppers will produce that resulting in a great gravy. Salt and pepper to taste. When the beef pulls apart easily using couple of forks, stir all together.

Meanwhile, potatoes in salt water (*I use Idaho baking potatoes*) then 3-4 TBS butter, garlic bits, sour cream and ½ & ½ ...when ready for hand mixer. For added kick, I add an egg and whip with the milk and add as you mix. The beef over mashed potatoes is the goal.

You can freeze individual servings as shown. Thaw overnight in refrigerator and then into microwave using the reheat setting.



### Household Tip

Late night and flashing lights in driveway. Figured it was a SWAT team after FJB read

The Frank Report. Turned out to be a dying LED in outdoor garage light. Discovered that's what they do...like a regular light bulb that gets real bright just before dying.



1.14.2023 #365

*All the news I see fit to print.*

***Freedom of the press belongs to those who own one.***

Last week's newsletter gave us an overview of the SCOTUS case involving dereliction of duty by congress about the 2020 election irregularities (*still available at franksiegler.com*).

The four brothers involved have done a remarkable job getting it this far and I'm guessing SCOTUS doesn't want to touch it with a ten foot pole. The petition was denied. There was no reason given. Pundits suggest that SCOTUS used Brunson as a counter threat VS threats to stack the court. The omnibus bill did not include provisions to stack the court. SCOTUS thus reciprocated by declining Brunson.

The case is finally getting some attention albeit none from the Lame Stream Media. The Brunson brothers are not done...they have hit multiple social media outlets and will be using the judicial system to get their day in court.

The judicial system was designed to provide a justice based system. It would seem we, instead, have a legal system where lawyers strut and preen while charging outrageous fees just so you and I can get heard within the judicial system.

You might want to review the article (*at franksiegler.com*) entitled **Mothers vs Lawyers** on the main page, right hand column. It's a deep dive into the judicial system well into Minnesota's legal system.

***But wait...there's more!***

The judicial system is the current squirrel the politicians are pointing to in order to keep us from asking some REALLY pertinent questions. Here are some of them:

***There was \$6 TRILLION of taxpayer money thrown at the COVID fiasco. Where did it go and how much is left?***

*Inflation is top priority the public wants fixed. It would seem \$6 trillion had something to do with that problem.*

***And speaking of COVID...***

***(cont'd next page)***



C-SPAN is a private, non-profit public service created by the cable television industry.

Rep. Matt Gaetz, R-Fla., introduced an amendment to the House rules to allow C-SPAN cameras on the chamber floor during normal proceedings.

The amendment would require the speaker of the House to allow C-SPAN to broadcast the floor proceedings of the House, such as during the very entertaining House speaker vote.

Support has been mounting for C-SPAN to permanently adopt the approach it took last week to Speaker Kevin McCarthy's contentious speaker election, in which it freely roamed the House floor and captured dramatic moments that don't often see air time.

Let's take it a step forward.

C Span is available on the internet. Let's get the FCC to establish another OTA (over the air) channel and prohibit advertising. Instead of a Lame Stream Media idiot telling us what happened, you can watch it live. That should scare hell out of the major networks as they would lose most of their audience...and revenue. While we have the FCC's attention, how about a rule that Lame Stream Media idiots get fined for every adjective they use. For those that can still diagram a sentence, you know what I'm referring to...you racists!



***Term limits a good idea?  
Indictments would be better.***

***There is an invention  
that can turn  
thoughts into speech.  
It's called alcohol.***

***Your eyesight may weaken  
as you get older  
but you can see through  
people's bullshit better.***

***Learn from the mistakes  
of others.  
You can't live long enough  
to make them all yourself.***

***It was a whole lot easier  
to get older  
than it was to get wiser.***

***I hate it when my intuition  
is telling me something  
I don't want to hear.***

***Some people lack the ability  
to laugh at themselves.  
That's where I come in.***

***Professionally printed signs  
for "spontaneous"  
demonstrations?***

***A conscience does not  
prevent sin.  
It only prevents you  
from enjoying them.***

***It may be a bit late  
but I don't think  
being an adult  
is gonna work for me.***

***I'm on a wine diet.  
Already lost three days.***

***My liberal friends  
aren't really stupid.  
They just have bad luck  
when they try to think.***

***People my age  
are so much older than me.***

**Where did COVID come from and what is the truth behind all the Big Pharma claims and mandatory shots and masks? Those shots aren't "free". How much did we pay Big Pharma for vaccines and what is with the "sudden adult death syndrome (SADS).**

Congress critters on both sides have assumed the role of the judicial with investigations and hearings. Their job is to legislate. The executive branch (FBI, CIA, etc) is responsible for investigations. It seems we're in a position of switching job descriptions for the three branches of government. Rep. Gaetz is to commended for forcing the new rules which will (hopefully) result in defunding, reforming or eliminating some of the three letter bureaucracies that have lied, cheated and done everything possible to protect the executive branch (and Deep State) rather than doing their job.

Gaetz et al have forced the Speaker to form a committee modeled after one led by Sen. Frank Church in the 1970s; to investigate the "weaponization" of the FBI and other government agencies. Jim Jordan will chair that as well as the House Judiciary Committee.

These committees will also look into Anthony Fauci and his approach to COVID misinformation and disinformation, the Justice Department's interaction with local school boards on COVID policies and Homeland Security's failed Disinformation Governance Board.

And to protect those committees, Gaetz also got the "privileged resolution" where a single member of Congress can argue to remove McCarthy as speaker if he retreats from the party's agenda. Were this motion to be invoked, McCarthy would need a majority of 218 votes to remain as House speaker.

And about those 15 Speaker ballots...amazing how it is open and transparent when there are no mail in ballots or mysterious shut downs late at night **and** they use pen and paper for ballots.

It only took 20 members of congress to get this done. The rest of the members were pissed off because they had to work more than one day that week.

If this new beginning doesn't work...remember that the second amendment does not give you the right to bear arms. It prevents the government from infringing on your right to bear arms...every one of the 16 million sold last year and the 393 million already in the hands of patriotic American citizens...and a few idiots.

***Until next week...***

***GPA/DAD/UNCLE/ETC  
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Harry and Meghan's publicity is certainly uncovering stuff but they obviously have me confused with someone that give's a rat's behind. Just an excuse for Lame Stream Media (LSM) to find new squirrels to avoid attention to other more interesting tidbits. One in particular caught my attention. Jerry Nadler of Depends fame actually said he could not vote in favor of emergency care for babies that live after an abortion. He claimed it was "dangerous" for the baby. I am NOT making that up.



The LSM is having a very bad week trying to deflect the classified document scandal that has hit FJB. They claim the Mar A Lago raid on Trump was justified (*even though nothing was found*) while the Chinese (*and anybody else interested*) had access to three (*and counting*) stashes of classified documents FJB pilfered while VP...and FJB was not authorized, as Trump WAS, to remove them.