



Recipe Corner

Crockpot Wild Rice Soup

I mentioned in a previous newsletter that son Chris shares the bounty of the hunt (and fish) but his greatest contribution to my kitchen is wild rice. It's actually grass seed but I'll let you dig deeper into that fact. In the meantime, try this:

- ¾ cup uncooked wild rice
- 2 tbs butter
- 4 cups chicken broth
- 1 can cream of mushroom soup
- 1 can undrained sliced mushrooms
- ¼ cup diced celery
- ¼ cup diced onion
- 1 cup half and half

Place all but the half and half in crock pot.

Cook on high four hours stirring occasionally, then the half and half about 15 minutes before serving. *(just enough to heat)*

Add any of the following: cubed ham, chicken, turkey or bacon *(all cooked)*.

Yes, it does freeze...just add a bit more half and half.

And please, use your homemade chicken broth, not that salt preserved water in a can they sell as food. One fryer chicken will give you a gallon of broth as well as the chicken for this recipe.

The Frank Report



3.4.2023 #372

All the news I see fit to print.

Freedom of the press belongs to those who own one.

The "gifts" to Ukraine of US Taxpayer's money by Biden has already exceeded the annual military expenditure of the U.S. in the war in Afghanistan from 2001 to 2010.

Kira Rudik, a member of the Ukrainian Parliament, said the US should give her nation more aid with the assets seized from Russian oligarchs. According to Rudik, the amount of money from the assets would total more than \$500 billion.

Anastasia Kotvitska, the wife of Ukrainian MP Igor Kotvitsky, was caught at the border crossing into Hungary with suitcases full of 28 million US dollars and 1.3 million euros. Ukrainian officials spent millions of US taxpayer dollars on sports cars, mansions and luxury vacations. *(President Trump gave away his own salary. Biden is giving away yours.)*

Meanwhile, here at home, MN State Rep. Pat Garofalo (R-Farmington) points out that the current Democratic majority doesn't seem to have any guardrails. "Previously there was geographic and ideological balance within the DFL party — this time there isn't," Garofalo said. "There are no moderates to slow the agenda down. That's why you're seeing so much happening so quickly." So even crazy ideas have a chance this year. And Democrats have a proven ability to slip items into bills that go unnoticed until they become law. Last year marijuana gummies were legalized without anyone noticing. This year, the sky's the limit.

Minnesota state senate passed a bill in a 34-31 vote that will eliminate the legal residency requirement for obtaining a driver's license in the state. Instead, illegal aliens will be able to secure licenses to legally drive vehicles. *(BTW, Minnesota also has voter registration when you get the driver's license.)* And... Minnesota Democrats in the state House and Senate approved a bill for voting rights for up to 55,000 convicted felons.

In 1970, NASA engineers used paper and pencils to calculate the safe reentry of Apollo 13 back to earth. Biden's military can't figure out how to shoot down a \$13 dollar balloon at 66K feet.

There are 1500 newspapers, 1100 magazines, 9000 radio stations, 1500 TV stations, 2400 publishers...



**Owned by only
6 corporations.**

Book Report

Thought I'd try watching some television as a break from the books. In one episode of ***New Amsterdam*** (a rehash of medical shows from the 80's) the plot centered on same sex married staff, doctors arguing with parents when the parents objected to trans surgery for their kid, a black doctor breaking up with current bedmate because she was white, and a homeless patient from Canada who didn't want treatment because they couldn't afford it. It took a while to realize this was not parody. They actually presented this as drama. I turned it off and went back to my stack of 16 Mike Lawson thrillers.

But don't lose hope.

I was checking out some links at whatfinger.com's humor section and found this: *Grasping the microphone and keeping a very straight face, Kevin Jordan said he quit the Los Angeles Police Department mainly for health reasons. "I found out I was allergic to doughnuts."* Do an internet search using his name and you'll find some hilarious standup specials.



If you lose one sense your other senses become enhanced. That's why people with no sense of humor have an enhanced sense of self importance.

**I never argue.
I explain.**

"Start acting like an adult!"
(That's horrible advice.)

Experience is a wonderful thing. It enables you to recognize a mistake when you make it again.

**If at first you don't succeed, destroy all evidence that you tried.
If at first you do succeed, try not to look astonished.**

If people who raise their voice would just improve their argument, we'd be better off.

The key to getting along with people is to either lower your expectations or learn to drink.

Reality is the leading cause of stress among those in touch with it.

Girl Scout cookies: a brand name product made by a company that gets away with child labor?

Don't worry about what people think; they don't do it very often.

You don't get a body like mine overnight. It takes years of neglect.



Looks like we'll be able to add the China flu to this list as scientists are now questioning the medical credentials of the politicians since they can't explain rapid rise of the death toll from the vaccine. Quick look back shows that Moderna, a Covid vaccine maker that received clinical trial approvals from the National Institute of Allergy and Infectious Disease (NIAID), headed by Dr. Anthony Fauci, has just paid \$400 million to this "public health" organization. Moderna also received nearly \$10 billion in taxpayer funding to develop and test the vaccine, and to provide doses to the federal government. The company has sold roughly \$36 billion worth of coronavirus vaccines worldwide. And...Fauci's net worth increased by \$5 million between 2019 and 2021, and now exceeds \$12.6 million. Fauci's wife is the official who is responsible for monitoring "Doctor" Fauci.

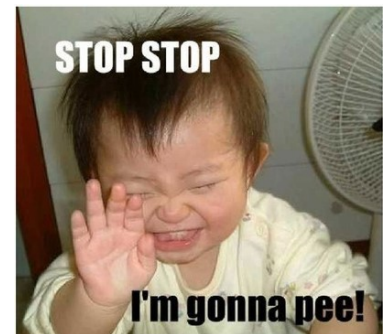
With the Republicans controlling the House (*and all of the committee chairs*) there is an abundance of "come to Jesus" meetings going on that the Lame Stream Media is trying hard to ignore. As usual, there will be shouting, finger pointing and much gnashing of teeth but no indictments, warrants nor perp walks.

Looks like Hunter and Joe will escape just like Hillary did. Meanwhile, the Supreme Court has been very selective (*and very quiet*) about what they're up to. As usual, looks like the lawyers are actually in charge as they continue to argue about what the Constitution really means. Law school teaches them to win their arguments...not to find the truth using common sense. Maybe we should pass a law that lawyers can't be politicians?



In a PBS interview, Minneapolis Police Chief Brian O'Hara explained that one problem he believes Minneapolis is facing is the presence of legal firearms. "The bottom line is we have to acknowledge that guns are designed to kill people. That's what they're for," O'Hara said. O'Hara, originally from New Jersey, took over as police chief in November 2022.

Meanwhile, Abdullah Arif, 48, was shot and killed by Elias-Kareem Hany Aly who had walked out of a Ramsey County courtroom **just 40 mins earlier**, after appearing on a gun related charge.



Sad, tragic and stupid are just a few of the words that could apply but I think this kid has it pegged. The Lame Stream Media has cataloged the list of "conspiracy theories" for which I thank them. I now know what to watch for in the near future as these theories come back to bite them (*and a lot of politicians*) in the butt.

Until next week...

GPA/DAD/UNCLE/ETC
email: fns@franksiegler.com
blog: www.franksiegler.com

This newsletter is published Saturday mornings by subscription. email me requesting to be added.

Or visit my blog.

Please feel free to pass it on.