



Recipe Corner

Crockpot stroganoff

2 lb round steak, 1/4-inch strips
 1 1/2 cup beef bouillon*
 tsp salt
 tbs ketchup
 tsp ground pepper
 2 tbs dry white wine
 sweet onion thin sliced
 can or cooked mushrooms
 tbs garlic bits
 tbs Worcestershire sauce
 cup sour cream
 1/3 cup flour

Sprinkle steak with salt and pepper. Drop into the bottom of a slow cooker over onion and garlic bits. Mix Worcestershire sauce, bouillon*, and ketchup. Pour over the meat. Cover and cook on low for 6 to 8 hours until tender. Turn control to high. Add wine and mushrooms. Dissolve flour in small amount of water. Add to meat mixture, stirring until blended. Cook on high for 15 minutes or until slightly thickened. Stir in sour cream; turn off heat. Serve over rice, noodles, or my favorite; mashed potatoes (Yukon Gold).



*Use this instead of bullion. Much better taste. Tbs per cup blends better and you avoid more salt.

THE FRANK REPORT

6.13.2020 #230

*All the news I see fit to print.
 Freedom of the press belongs to those who own one.*



"We are here today because George Floyd was killed by the Minneapolis Police Department. We are also here because, here in Minneapolis and in cities across the United States, it is clear that our existing system of policing and public safety isn't working for so many of our neighbors," Minneapolis City Council President **Lisa Bender** said in a written statement 6.7.2020.

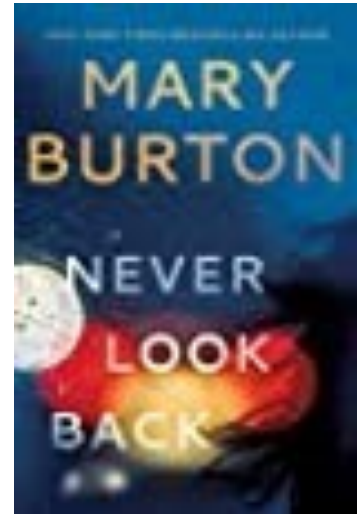
"Our efforts at incremental reform have failed."

The effort has a veto-proof majority in the council, and many of the members have been extremely publicly outspoken about their disdain for the police.

Lisa Bender was elected to City Council in 2013. After her re-election in 2017, she was elected by fellow Council Members to be Council President. She has a bachelor's degree in biology and Spanish from the University of Minnesota and a master's degree in city planning from the University of California, Berkeley. She wants to make cities more equitable and sustainable. Prior to running for office, Lisa worked as a City Planner for the City of San Francisco, at the Minnesota Department of Health, and the MN Department of Transportation. She also co-founded the Minneapolis Bicycle Coalition, an organization dedicated to making bicycling safer and more accessible for more people. So, her main claim to fame is advocacy for bike paths...in Minnesota? After being fined over \$100 for not shoveling her sidewalk last winter, you'd think she had some idea of what winter is like here. Not to mention taking on the role of prosecutor and finding the police guilty of murder before the trial has even been scheduled. Then there's the matter of the contract her city has with the police. Haven't figured out how she's going to "defund and dismantle" a police department her political party has been in charge of for over 50 years. She's learning quickly how to ricochet blame as do cohorts Schumer, Pelosi and Biden (*with over a century of combined infestation of Washington, these three now blame the President for all the problems since he's been there for about three years*).

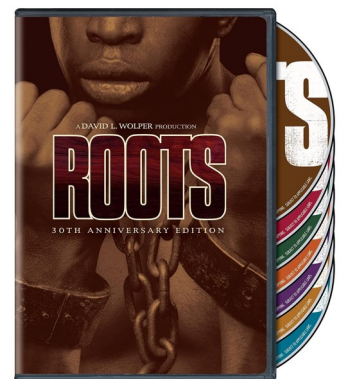
Bon Mots

If you think there is good in everybody, you haven't met everybody.



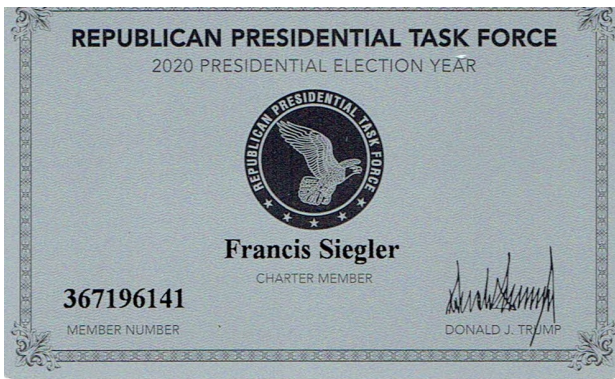
Book Report

One of the free monthly Amazon Prime eBooks. Orphan cop finds her past riddled with psychotic killers who are also relatives. FBI sidekick keeps her focused but Burton's romance novelist alter ego couldn't be ignored. Good read and worth the time and, of course, the cost.



The 1977 TV mini-series by Alex Haley with nine hours of his family history...some plagiarized but still excellent history sans white privilege blame. I am hunting for the sequel: Next Generation.

-more-



Got this card in the mail from the Republican National Committee. They say it makes me an official 2020 charter member of the Republican Presidential Task Force. They also ask me for money. This is the RNC that helped elect Mitt Romney, Paul Ryan, John McCain and other "distinguished" members of the Republican party. The accompanying letter went on to use language dumbed down to about a fifth grade level. I'm guessing they hired an ad agency to create this direct mail campaign and never thought to ask the owner of that ad agency who they voted for in 2016. I will give them credit for bypassing my tracking device to see how they got my name. I use a different middle initial when giving my name to any organization. I'm guessing they are using the contact info from the GOP precinct caucus....which was a complete and boring bust. With such a target rich political environment developed by Governor Walz and Antifa supporter AG Ellison...the GOP is totally silent in MN.

Here's the address for direct support of Donald Trump:

**Donald J. Trump President, Inc
C/O Trump Tower
725 5th Avenue
New York, NY 10022**

And, yes, I have contributed...first time in my long life I have given money to a campaign.

Highly recommend this website for MN based reporting on politics with a fascinating review of the MN DFL party and its roots in communism:

www.powerlineblog.com

Learned things about Hubert Humphrey that would have had me voting for him. Also check out the four who started this blog and their background and credentials that give credence to their articles. I usually visit this one each morning for an unbiased review of what I may have missed at

www.whatfinger.com



***George Soros is 90.
His accumulation of wealth began as a Nazi stooge
confiscating the assets of his fellow Jews.
He has donated \$32 billion to organizations that use chaos
as a political weapon.
He can't buy immortality.
He's going to die.
Perhaps the recent proliferation of Antifa, BLM and similar
organizational chaos is his last gasp?
He says he doesn't believe in God.
Maybe he believes in evil and is tweaking his resume
for a managerial position in Hell?***



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Feel free to forward to anyone who can tolerate strong opinion.*