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February 21, 2007

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## This Week's Motivational Quote

"Success is liking yourself, liking what you do, and liking how you do it."

-Maya Angelou

[If you're motivated to book a hotel room, click here!](#)



## Weekly Contest

Last Week's Question:

Eugene and the University of Oregon will host the Pac-10 Championship later this year in what sport?

Last Week's Answer:

Men's Golf - April 23-25, 2007 at the Eugene Country Club

CONGRATULATIONS TO EILEEN MADDEN OF WEYERHAEUSER FOR GETTING THE ANSWER! EILEEN WAS ONE OF 26 ENTRANTS TO SUBMIT THE CORRECT ANSWER AND WAS RANDOMLY PICKED AS OUR WINNER. EILEEN WINS A BED AND BREAKFAST PACKAGE!

(Over 50 people guessed Track and Field)

Every week we give our subscribers a chance to win GREAT prizes from Valley River Inn. To enter, simply click on the link below and complete the form. The submission closest to the actual answer wins! If there is a tie, we will randomly draw a winner.

Deadline to Enter:

Sunday, February 25th @ 10AM

GOOD LUCK!

THIS WEEK'S PRIZE:

Valley River Inn Insulated Stainless Steel Coffee Cup

THIS WEEK'S QUESTION:

The Oregon Logging Conference is back again for it's annual run at the Lane County Fairgrounds this week. What was the first year of the conference?



[Click Here To Enter!](#)

## Recipe of the Month - Lamb Couscous

### INGREDIENTS

Olive oil

3 lb. Lamb Leg or shoulder cut into cubes

4 Garlic cloves crushed

½ onion diced

4 green chilies chopped

2tsp paprika

2tsp ground cumin

1tsp cayenne pepper

1tsp turmeric

2tsp ground coriander

1 Cup water or stock

1lb Couscous

3 Cups water or stock

½ tsp saffron threads

½ C chick peas

¾C sultanas



### Procedure:

Heat olive oil in a large pan over medium high heat brown the lamb and remove from pan set aside. Add onions to the pan and sauté until lightly brown add garlic and chilies cook stirring occasionally for one minute. Add cayenne, turmeric, coriander and cumin stir once around and add the browned lamb and water or stock reduces the heat to low cover and cook until lamb is tender about 1 hour. Taste and adjust seasonings.

### Couscous Preparation:

Bring the 3 cups water or stock to a boil season with salt add the saffron reduce to a simmer and add the couscous cover and cook for approximately 4 minutes when tender remove from heat and fluff with a fork to prevent clumping.

[Click Here to See More Recipes](#)

Upcoming Hotel Events

There's always something going on at Valley River Inn and every week, we're sending you the fun stuff happening for the next 3 months, so you'll have time to plan.

Here are some upcoming highlights:

SUNDAY, FEBRUARY 25  
VALLEY RIVER INN POKER TOURNAMENT  
A fundraiser for Relay for Life  
\$20 entry in advance or \$25 at the door  
GREAT PRIZES!!!  
Call 681-5074 for more information

SATURDAY, MARCH 31  
VRI Wedding Showcase  
Free to brides, grooms, moms of brides and grooms and everyone else!!!  
Lots of great vendors  
Call 341-3464 for more information

SUNDAY, APRIL 8  
Easter Sunday Brunch

Seating from 9AM - 2PM

Adults - \$36.00  
Children 5-12 - \$18.00  
Under 5 - FREE

THE EASTER BUNNY WILL BE HERE and a BALLOON ARTIST TOO!

Reservations Required  
Call 743-1000

[For our complete Calendar of Events, Click Here!](#)



## e-Newsletter Survey

If you received our e-Newsletter last week, you were given the opportunity to provide some feedback on our Weekly e-Newsletter. We received some outstanding ideas and feedback and we've already begun to implement some changes! Thank you to all who responded.

Oh yes, and congratulations to JANICE BUSHNELL with THE FORD FAMILY FOUNDATION for being randomly chosen as our winner of Brunch for 2 for participating in our survey.

[If you didn't have a chance to provide feedback last week, we'd still love to hear from you.](#)



## Did You Know?

A Fun Tidbit Delivered Right To Your Email Inbox Every Week.

Did you know...

The very first Farrell's Ice Cream Parlour was opened in Portland, Oregon in 1963.

Did you also know...

The longest-operating Farrell's Ice Cream Parlour was in Eugene, Oregon. It opened in 1966 and operated under the Farrell's banner for 32 years, until 1998.

It's now called the Pearl Street Ice Cream Parlour and sits on the corner of 13th and Pearl.

[Click Here To Visit Valley River Inn](#)



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Coming in Next Week's Issue

- \* Motivational Quote of the Week
- \* Weekly Contest
- \* Feature Article
- \* Calendar of Events
- \* Hotel News
- \* Did You Know?

[Want to See An Earlier Newsletter? Click Here For our Newsletter Archive](#)

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