



A Moment with Donna...A Green Box

How are things going for you during this 5 month cycle of lockdown?

If you are like me, projects that I never had time for are being completed. One of those projects entailed cleaning out closets and file cabinets. In the process of my clean-up and toss agenda, I came across an old green file box where I had tucked away articles that had impressed me. I found an article written by the legendary broadcaster Paul Harvey. He was called “the voice of middle America” and has been quoted in the Congressional Record more than 90 times. The article was titled “Small Business is Big Business”. It was written in 1979.

As I was reading through his commentary I thought his perceptive words resonate with the same clarity of truth today as we are evolving through these current challenges.

I’m going to share some of these thoughts.

- *When you look at the major scientific and technological innovations produced in the U.S., a good half of them came out of small businesses.*
- *Some of the most promising developments for new energies, environmentally sustainable products, medical advancements, are researched and develop through small companies and by individuals.*
- *Small and less top-heavy businesses are increasing their output 3x faster because they can adapt quicker and be more efficient.*

Is the entrepreneur an endangered species? Heavens NO! Take a look at the adaptations we already have evolved into. Even with our current frustrations people are discovering options to work with. The competitive, entrepreneurial spirit is alive and well.

The government can’t fix the challenges, however, we the people can. The truth is, that is usually the way it works out. Individuals and/or groups of people brainstorm until a solution, a resolution is found.

Every day I have the privilege of hearing, reading, interviewing or just talking with people, who are taking on challenges that were considered not possible to solve or correct. Most of these individuals/groups will never be heard of on major television programs, newspapers/magazines or other forms of media, however, they are giving their best in every way possible. That attitude of positive resourcefulness is the story, the living story of any successful country and its people.

Sometimes we have to go backwards to go forward.

Buckle up ladies and gentlemen...we are in for one heck of a ride. Pack up your positive attitudes, your clear and critical thinking, along with innovative creative imagination, and realize there is an open road ahead with unlimited possibilities.

What you do with today is your power...make it count and never give up on your dreams.

Did I toss my green box? No...I found some more gold nuggets inside that I may share in the future.

Have a magnificent summer.

Donna Sebo

August's Power Quote

"As tools become rusty, so does the mind, a garden uncared for becomes smothered in weeds, a talent neglected withers and dies." ~ Ethel R. Page

August's Chuckle

A good political candidate needs three things – the patient understanding of a bartender, the political knowledge of a barber, and the assurance of a cab driver.

The Donna Seebo Show

&

"Warriors for Peace"



Heard worldwide

"Delphi Vision Broadcasting" is celebrating its 19th year of positive and informative programming with 'The Donna Seebo Show' and 'Warriors for Peace'. Currently people in over 128 countries, including the United States, are listening to the shows.

I invite you to join me weekdays for insightful and uplifting programming. The theme of the program is 'Personal Empowerment'. Guests are featured from all over the world giving their knowledge and expertise to you - the listening audience

Go to '*The Donna Seebo Show*' page. **Direct Link:**

<http://www.delphiinternational.com/VisionBroadcasting/VisionBroadcasting.html> .

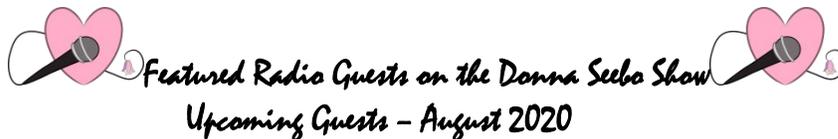
There you will find a player that enables you to connect to the 'live' show 8:00 pm to 9:00 am, Monday through Friday, Pacific Time. Callers are welcome during the second half of the program – **Call in number - 253.582.5597.**

"*Warriors for Peace*" is aired on Wednesdays, 7:00 pm to 8:00 pm, Pacific Time. No calls are taken during this interview program.

To listen to any of the broadcasts at any time - click on the tower icon in the past show archives box- then choose the program you are interested in. Shows are available 24/7.

I look forward to having you join me and my guests at my global broadcasting table. Informative and fun, you are invited to join me weekdays where you can "*Light Up Your Life with A Little Bit of Insight*". Be sure to tell your friends and family about this positive, informative programming available 24/7.

Special Note: We are now available on Alexa...if you have the app, check us out!



3. Bigger, Better, Braver – Nancy Pickard
4. Return of the Song – Phyllis Clark Nichols
5. Black Sheep – Brant Menswar
6. Live Inspired – Laura Staley
7. Of Bears & Ballots – Heather Lende

10. Senior Olympics – Madonna Hanna & Marcus Chambers
11. Antics In My Zoo – Jacquie Ream & P.S. Boats - Susan Gibbons
12. From Victim to Victor – Dr. Mariette Jansen (England)
13. Near Death Experiences & PTSD - Lilia Samoilo
14. California’s Deadliest Women – Michael Berry
17. Shaman’s Mind – Jonathan Hammond
18. Lifeboat – Maggie Craddock
19. How to Pay for College –Dummies Book- Eric Tyson
20. The Finders – Jeffery Burton
21. Real Stories about Black Cowboys, Women Sharp Shooters, & More – Mifflin Lowe
24. Emotional Intelligence for Peak Performance – Jason Gregory (Australia)
25. Autobiography of a New York City Salesman – Rich Mollera
26. Practical Hypnotherapy – Dr. Colin M. Barron (England)
27. Real Estate Rescue – Tracy McLaughlin
28. Firefighter Zen – Hersch Wilson
31. To be announced

Warriors for Peace

5. Whispers of Hope – Bertie Simmons
12. Promised Land – David Stebenne
19. Canine Warrior – John Burnam
26. The Journalist – Lucy Rose Fisher

For the Love of Nature

I am always amazed at the surprises the natural world brings to us. This video shows how a tiny hummingbird gets its 40 winks. Enjoy. ~ Submitted by B.Z., Washington State

<https://1funny.com/hummingbird-sleeping-while-hanging-upside-down/>

Golden Nuggets – True Stories about Real People

Every day police officers and other public servants put their lives on the line to serve the public. One of my readers sent me this video that compliments the commentary Paul Harvey made while he was doing his daily broadcasts. Do take the time to listen to the commentary as the environment hasn’t changed much since he gave it.

My thanks to B.Z. of the State of Washington for sending it.

<https://www.youtube.com/embed/RUUZ2fKVqcs>



The Recipe Box – A Tansy Coleslaw Vinaigrette

It is hot, hot, hot, here in the Pacific Northwest and I don’t know about you, but heavy foods just don’t work well with the digestion during summer. Salads are so refreshing to eat when the temps climb. Here is a favorite summer salad that the Seebo family just loves. It is light, refreshing, and oh, so flavorful.

Ingredients: 1 head green cabbage, 1 large green or red pepper, 1 medium Spanish onion, 1 cup cherry tomatoes, 1 cup sugar, 1 tsp. dry mustard, 2 tsp. sugar, 1 tsp. celery seed, 1 tbls. salt, 1 cup white vinegar, ¾ cup olive oil.

Directions: Rinse cabbage. Remove outer, tough leaves of cabbage-cut into quarters and shred finely with knife (or use a food processor), cut and core green pepper-then slice thinly into rings. Peel and slice red onion into thin

slices, separating the onion rings. Cherry tomatoes, cut in half. In a large bowl, layer ½ of shredded cabbage, then ½ of the sliced onion, ½ of sliced green pepper. Repeat the process. Then sprinkle with 1 cup sugar.

In a small saucepan, combine mustard with 2 teaspoons of sugar, celery seed, salt, vinegar and oil-mixing well. Bring mixture to a rolling boil, stirring constantly. Pour hot dressing over vegetables on bowl. Cover with plastic wrap and place in the refrigerator a minimum of 4 hours (it is better when left in frig overnight). You want the vegetables to marinate. Be sure to toss the cabbage salad every once in a while so marinade saturates the vegetables. When ready to serve, add the sliced cherry tomatoes and toss gently.



What's Your Story?

I am in the process of putting together a publication "Stories People Tell Me". I have had a number of submissions and I am looking for an additional 25 stories about paranormal experiences, UFO's, aura's and the unique and unusual not logical happenings that make us aware that life is anything but boring. Please send submissions to donnaseebo@comcast.net. Do send your contact information as well (phone number, etc.) Thank you.

Upcoming Broadcasts & Appearances August 2020

With the current lockdown conditions it is always wise to check with Cindy (Lou's assistant), regarding reservations for attending this event. Seating is limited. Cindy's number is 206.372.2581.

August 25th, Tuesday – Lou J. Free Showcase – IHOP Restaurant, 178 SW Campus Drive, Federal Way, WA 98023. 253.661.7300. I will be the keynote speaker at 7 pm and doing demonstrations as well...arriving between 5-6 pm, available for mini-sessions up to 7pm, also after my presentation. I will have publications available for sale, including my children's books.

Special Comments

A special 'thank you' to the many people who join me weekdays to hear '*The Donna Seebo Show*' and '*Warriors for Peace*' from around the country and the world. Your emails, calls and wonderful letters make my day. It is always a joy to share the talents and information from people and other sources that can make our lives better. Should you have recipes, ideas and/or information you think my listeners might be interested in, please email the information to me. Due to the tremendous amount of material received, I cannot promise that I will use it on my show but I do review everything that is sent.

For authors who are interested in being interviewed on my program, please send a copy of your book/CD/DVD publication along with your press kit to the address noted below. All materials are reviewed for content and if accepted, you will be called to schedule a date for an interview. Currently my interviews are booked two to three months in advance. It is always advisable to follow up with a phone call to be sure that your materials are received by my office.

You are always welcome to share this newsletter and if you have someone who would like to be added to the subscriber list, just send his/her name and email address to donna@delphiinternational.com or donnaseebo@comcast.net. Past newsletters are archived on my website, and you are welcome to review them at any time. If you desire to be deleted from the mailing just type unsubscribe in subject line.

For scheduling of private appointments (by telephone or in-person), information on gift certificates, speaking engagements, private parties, classes, etc., please contact my office at the telephone number listed at the bottom of this newsletter.

Do you know of children between the ages of 3 to 12 who love to read? Then you'll want to order "*God's Kiss*" my award winning illustrated book and audio tape. Go to my website, fill out the information and I will be delighted to personalize the book for that special child. We are celebrating our 22nd anniversary of 'Classics' publications and now have a website showing 'God's Kiss' and other products. Both e-books and audio e-books are now available as well.

My children's publication, "*The Magic Hat*" is available in e-book and e-audio book format. It is also available in book form and I am happy to personalize it for you. You can go to my website to order directly or Amazon, Create Space, and Kindle. This book is beautifully illustrated by Carol Ann Johnson and you can listen to a 'free' preview of the audio book and view some of the art as well on Mrs. Seebo's Classics website.

Book #3, *The Woodcutter & The Tree* is now available. To order, contact me via my website, www.mrsseebosclassics.com or call my office directly to find out more information. Be sure to like us on Facebook, LinkedIn, and Twitter.

*Have a magnificent day and remember....
"You are the Master of your Fate, the Captain of your Soul".*

Donna Seebo - International Mental Practitioner/Psychic, Counselor, Award Winning Author, Speaker, Teacher, Radio/Television Personality, Minister and Host of the International 'Donna Seebo Show' and 'Warriors for Peace'

P.O. Box 97272, Lakewood, WA 98497-0272 --- (253) 582-5604

donna@delfhiinternational.com or donnasebo@comcast.net

www.delfhiinternational.com www.mrsseebosclassics.com

<https://www.linkedin.com/in/donnasebo> <https://www.facebook.com/donna.seebo>

<https://www.facebook.com/donnaseboshow/> <https://twitter.com/donnaseboshow>