



A Moment with Donna...You Never Know

It is an absolutely gorgeous summer day here in the Pacific Northwest. Yet, just a few days ago storms came through dumping lots of water; winds blew dead, dry leaves off of the trees, leaving quite a lot of debris that needed to be cleaned up.

Mother Nature has a way of making us aware of so many things...one of which is that change is ever constant. Storms come in and out of life, leaving chaos that must be cleared up so other aspects will be put into order.

The dramas of human experience keep repeating themselves, just changing the costumes and settings to fit the time period. However, that being said, we often bring chaos and misery into our daily lives by our perceptions/our bias's. Our thinking becomes encapsulated and without realizing it, we cut ourselves off from the gift's life has to offer.

Let me share an example. It is a bit silly but I think you'll get the point. I know of a man who grew up resenting his father greatly. Anything that his father would recommend he would ignore. His old man was a real jerk and didn't know anything. His father loved shrimp and often had it served at home. The son would never touch the shrimp; he hated the smell, and never did at any time eat it. The son grows up, enters the service and one day, at the mess hall, after a hard day of work in the field of action, he goes into get something to eat. What was available? You got it ☺...shrimp was the main source of protein. Very hungry he scoops up a small batch and lo and behold...the shrimp was delicious! He thought to himself...*well, I guess the old man did get something right, this shrimp is wonderful!*

How often do we hold opinions, attitudes and biases without giving any thought as to whether or not we should keep them?

This year has brought forth much challenge, confusion, agitation, insecurity; however, there are opportunities that have evolved as well. It is up to us, individually and collectively, to be present with what we can do on a daily basis and to keep the lines of communication open for solutions to what the challenges of the day bring. We are not victims here. We are contributors to a better world and environment if we choose to participate in our own way.

This newsletter is a tad longer than usual because of a story that was forwarded to me. It is a part of an aspect of our history and about those who served in conditions and times of great challenge. I hope you will find it worthy of reading, remembering that just as there were those that survived horrific calamities in the past, they have left a legacy that inspires today.

Have a fabulous month.

Donna Seebo

September's Power Quote

Worry affects the circulation, the heart, the glands, the whole nervous system, and profoundly affects the health. I have never known a man who died from over work, but many who died from doubt.

~ Roger Babson

September's Chuckle - Submitted by U.F., Washington

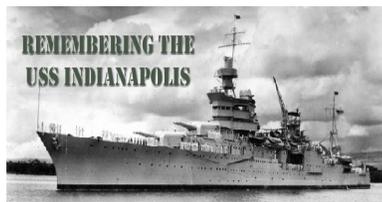


The Recipe Box - Buttery Oatmeal Squares

It is summertime here in the Pacific Northwest so heating up the kitchen for something sweet and simple is just perfect. This is a recipe shared with me by one of my guests. Feel free to add any additional touches, like cinnamon, etc., to please your palate. Enjoy! P.S. This is so easy to make you can have your kids make it for you.

Ingredients: 2 cups quick-cooking oats, ½ cup salted butter-room temperature, and ¾ cup packed brown sugar.

Directions: Preheat oven to 350 degrees. You'll need an 8" square pan and line it with parchment paper. Place oats in a bowl and set aside. In a small saucepan, heat the butter and brown sugar over medium heat, stirring constantly, until boiling. Boil, stirring constantly, for 1 minute. Pour over oats, stirring to combine well. Press the mixture into lined prepared pan. Bake on middle rack in oven for 20 minutes. The mixture will bubble up at the edges. Let cool on a wire rack for 15 minutes. Score with a knife into 16 squares. Let cool completely, and then remove from pan, using the parchment liner and cut along scored lines.



Golden Nuggets - True Stories about Real People

Just after midnight on 7/30/1945 the USS Indianapolis was torpedoed in the Philippine Sea by a Japanese submarine. The heavy cruiser was returning from Tinian, a tiny island in the West Pacific, where it had dropped off components for an atomic bomb. The ship sank in 11 minutes & led to the greatest loss of life at sea in the U.S. Navy's history.

The ship's mission was classified & no one in the Navy's chain of command missed them for four (4) days. Of the 1,200 men serving on USS Indianapolis, approximately 900 survived the torpedo attack & were left to fend for themselves w/little or no food or water for four (4) days in shark-infested waters. By the time a seaplane spotted them & rescue ships arrived, only 316 men were still alive.

[The USS Indianapolis won ten \(10\) battle stars during WW II.](#)

The Angels of the Sky & Water August 1, 2014

As day four (4) dawned for the sailors of the *Indy*, hope was quickly fading. Watching their friends being devoured alive by the frenzied sharks & even witnessing fights as hallucinating sailors turned on one another, it was no wonder despair was sinking in. And so, perhaps it was divine intervention, maybe it was luck, but late morning that 4th day, American pilot Lieutenant Wilbur Gwinn was flying his PV-1 Ventura Bomber when he had trouble w/an aerial antenna. Handing control over to his co-pilot, Gwinn moved to the back of the plane to attempt to fix the equipment. According to Dr. Haynes, Gwinn said his neck got sore hunching over the antenna, so he stretched out in the blister, looked down, & happened to focus his eyes on the water below at just the right moment.

Wilbur Gwinn

Seeing what he later described as a big black smudge in the water, Gwinn assumed a Japanese submarine was disabled in the ocean below. Excited to finish it off, he took the controls & circled around to drop his bombs on the imagined sub. But as they drew nearer, he realized there were a large number of men bobbing lifelessly in the water. Wagging his plane's wings to let the men below know he saw them, Gwinn radioed ahead to alert his base on the island of Peleliu. In a stroke of asinine bureaucratic idiocy, the Navy wasted three (3) hours denying there could possibly be a ship's crew floating in the ocean. Three (3) hours before they ordered rescue be sent. Gwinn dropped what life jackets & canisters of water he had to the survivors, but according to Dr. Haynes the canisters ruptured on impact.

Rather than immediately sending a rescue crew, the Navy ordered a single airplane to do recon. A PB5A (Patrol Bomber, Y is a manufacturer code) Catalina Seaplane piloted by Lieutenant Adrian Marks** took off from the island of Peleliu in search of the disaster site. *Marks was under strict orders to look & report only*, but when he arrived at the scene, what he saw made him decide to ignore those orders. As he flew overhead, he witnessed a shark attack. According to his daughter, Joan, w/whom he shared his story at great length & down to the smallest detail, Marks was gripped w/horror as he watched a white tip shark savagely attack & devour a screaming sailor alive. *So he went against standing orders not to land or become actively involved, & turned to land his PBY on the water.*

Adrian Marks

It was a tricky landing due to the chop of the water, but he managed it by landing in a power-on stall w/the tail down & the nose up. Marks remembers rivets popping out of the PBY's hull from the sheer force of the landing, but he did it. At 1st he headed for the groups of men, but then he realized there were individuals floating alone all over. Understanding sailors on their own were at far greater risk of being mauled & eaten; Marks taxied the seaplane along while his flight crew pulled sailors aboard. Marks' heroic actions are all the more astounding when you realize that until one of the oil-covered survivors uttered the word "Indianapolis," he didn't know who he was putting himself at risk to help. It could have been, quite literally, anyone, & we were a nation at war.

John Woolston speaks of how the flight crewmember lifting men out of the water was a "*short fire-plug of a man*" & Italian by descent. In fact, as fate would have it, the man who lifted the sailors out of the water had been a wrestler in high school & continued his body-building to that day. He was the best possible choice for a man to pull dozens of other men out of the water, & he just happened to be aboard Adrian Marks' PBY. At one point, as the plane taxied towards a man floating alone, the rescuers realized they did not have enough time to make another pass. If they missed him on their 1st attempt & were forced to circle around, it was clear he would either succumb to the inky depths or be ripped apart by the circling sharks. The Italian reached down into the water as the plane moved by w/surprising speed, grabbed the sailor under his arms, & flung him up into the air, over his own head, & into the belly of the plane.

Adrian Marks later described it as if you were standing on a chair & had to reach down to the floor to pick someone up who was absolute dead weight ... while the chair moved away & the man fought his own rescue. Many of the sailors in the water were past the point of delirium & thought their

rescuers were Japanese or could not comprehend what was happening at all, & as a result they fought wildly. Kicking, screaming & clawing, trying to swim away & doing everything possible to avoid rescue, many men had to be forcibly wrestled into the plane. John Woolston was one of the men rescued by pilot Adrian Marks, & he remembers the moment the plane taxied by & he was jerked up out of the water w/what he recounts as herculean strength.

To the crew of the *Indy*, Wilbur "Chuck" Gwinn was their *Angel of the Sky* & Adrian Marks was their *Angel in the Water*. Knowing full well he could be spotted by the enemy, Marks turned his lights on to enable distant approaching ships to locate them more quickly as he stacked the men, he described, "like cordwood". When he ran out of room inside the plane, he couldn't bring himself to stop. He began wrapping men in the silk parachutes on board & tying them to the fabric-covered wings of the plane to stop them from sliding off. He used every available surface, & when he finally had no choice but to stop, he had rescued 56 men (18% of the 317 survivors).

One of the most amazing moments of the rescue, according to Marks, was the dehydrated sailors' reactions while being given sips of water. There was nowhere near enough water on the PBY to give the men more than a tiny portion each, & Marks & his crew crawled from man to man, doling out tiny sips of their precious clean water stores. Not only did none of the men ever ask for extra water, but they spoke up if a crew member lost track & tried to give them a sip meant for another sailor. Marks had never before seen such loyalty & honor. Despite what had to be body-wracking pain & hellish misery from four (4) days in the salt water, the survivors of the *Indy* displayed loyalty to their fellow sailors above all else.

The nearest ship was the USS *Cecil Doyle* (DD-368), a John C. Butler class destroyer escort, far smaller than the lost *Indianapolis* at just 306' in length & 1,305 tons. She was a fairly new ship, her keel laid in May of 1944, & her CO, Captain W. Graham Claytor, Junior, ordered her run at full speed to the coordinates relayed to him by pilot Adrian Marks: 11°30'N., 133°30'E. Captain Claytor made this decision of his own accord in response to Marks' call for help, saving countless lives: The U.S. Navy's 3-hour delay in ordering rescue was still dragging on when Claytor altered his ship's course. The *Doyle* arrived hours after Marks' PBY. Had Marks failed to land & take men on board, ensign John Woolston may not have survived to tell his story.

Survivors on Guam

Upon her arrival, the *Doyle* began to approach Marks' PBY in the darkness, but was forced to halt some distance away to avoid injuring or killing sailors in the water. WW II was underway, although nearing its end ... thanks to the *Indianapolis* ... & enemy ships & planes could have appeared from any direction. Despite that reality, & at significant danger to himself, Captain Claytor turned on the *Doyle*'s massive spotlight, in part to guide coming rescuers, but also, he said, to offer hope to the men floating in the water. For many, the appearance of the ship's spotlight was their 1st hope & knowledge of rescue. The *Doyle* pulled 93 survivors out of the water & gave final rites to 21 dead sailors. She was the 1st ship to arrive on 8/2/1945, & the last to leave the scene on 8/8/1945, after days spent searching the Pacific for sailors. If not for Gwinn, the *Angel of the Sky*; Marks, the *Angel in the Water*; Captain Claytor, the *Doyle*, & their crews, who knows if any men would've had the strength or will to survive another day. **NOTE: 1,195 Sailors & Marines sailed on the final voyage of the USS *Indianapolis*. 879 were lost when the *Indy* was sunk on 7/30/1945. 316 were eventually rescued. As of 7/28/2020, the number that matters most now is 10. That's the number of USS *Indianapolis* Sailors still alive today.**

Submitted by M.S., Alaska

"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!



Upcoming Guests - September 2020

- 1. It's All About Perspective – Katy McVeigh**
- 2. Yoga Cocaine – Daralyse Lyons**
- 3. Up, Not Down Syndrome – Nancy M. Schwartz**
- 4. Feeling Good – Cheryl Meyer**
- 7. Through Frankie's Eyes – Barbara Techel**
- 8. The New Rules of Marksmanship – Chris Sajnog**
- 9. Soul Cards – Margaret Ann Lembo**
- 10. The Journey From Anxiety to Peace – Jean Walters**
- 11. Conclave – Tom Davis**
- 14. Glorious Weddings/Virtual Weddings – Chef Rossi**
- 15. The History & Science Behind the Colors of the Skin – Dr. Peter Ward**
- 16. MainLining Philly – Dr. Utter**

- 17. Without Reservation – Randy Kritkauskay
- 18. Smile of the Universe – Michael Grosso
- 21. Hannah’s War – Jan Ellsburg
- 22. Your Symphony of Selves – Jordan Gruber
- 23. To be announced
- 24. Give Yourself A Nudge – Ralph L. Keeney
- 25. Miracle Country – Kendra Atleework
- 28. To be announced
- 29. The Point After – Sean Conley
- 30. To be announced

Warriors for Peace

- 2. Spies of the Deep – William Craig Reed
- 9. The Innovation Ultimatum – Steve Brown
- 16. Tech Titans of China – Rebecca Fannin
- 23. The Warriors Book of Virtues – Matt Bloom & Buzz Bryan
- 30. The Flying Tigers – Sam Kliener



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—September 2020

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

September 22nd, 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 will be doing demonstrations as well. I will be 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@delphiinternational.com or donnaseebo@comcast.net

www.delphiinternational.com www.mrsseebosclassics.com

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