



A Moment with Donna...Forest Men

This past holiday weekend was absolutely gorgeous here in the Pacific Northwest and perfect for working in the garden, cleaning up debris from the recent storms, and planting flowers. I feel so fortunate to have a small forest area in the backside of my yard that is rich with diversity in tree species and the various shades of green are soothing to tired eyes, when one has worked too long on the computer.

As I was preparing this editorial, I recalled the feeling of gratefulness I experienced while digging in the dirt, for living in such a wonderful area where people love their trees. I felt this deeply as I scooped out old roots in dry, dusty soil from previous plants that had expired, appreciating the shade of the massive branches of my trees that sheltered me from the hot afternoon sun. Plants put into their new earth home, were watered, brushed free of any excess dirt and their beauty, color and uniqueness will be wonderful to see and enjoy this summer.

We have all heard about the massive destruction of forests in the Amazon. They are often described as the lungs of this planet. The truth is, the trees serve us in so many different ways, that it is truly fascinating to discover how each and every species has an infrastructure that is totally amazing.

I did a little bit of research and found out about two men, located in different parts of the world, who decided to save their environments in their own unique way. I think you'll enjoy the videos as much as I did. Each person made their choices of actions that they felt were necessary and then, committed to doing what they felt was best to see the results they aspired for. These were not overnight projects.

China has created a green wall...a green wall of trees to keep out the Gobi Desert which is encroaching into land areas, creating all kinds of challenges. The commitment is and will continue to be huge, however, they are learning as they continue to plant millions of trees, what will work best for their environment. They too have had some serious learning curves, having lost a substantial number of trees to disease and storms.

All around the world people are becoming more aware of Mother Nature's presence and realizing we need to pay attention mindfully, to her needs. If we don't... we will suffer the consequences big-time.

Every day, with my radio programming, I am inspired by the people who are making a difference, in their own way, making this world a better place. They come from all walks of life, various education and financial backgrounds, and from all age groups from around the world.

Summer is just around the corner and more opportunities are opening up for gatherings, public markets in your local communities with local farmers, ranchers, dairy farmers, and much more. Step out and enjoy the fellowship of your neighbors and friends.

There is a lot to be grateful for and remember, smile...make someone's day rich with optimism.

#1 India's Forest Man - <https://www.youtube.com/watch?v=HkZDSqyE1do>

#2 New Zealand's Forest Man - <https://www.youtube.com/watch?v=3VZSJkbyMc> – Fools & Dreamers.
Have a fabulous month.

Donna Seebo

Power Thought for June

“We the people are the rightful masters of Congress and the Courts, not to overthrow the Constitution but to overthrow the men who would pervert the Constitution.” ~Abraham Lincoln

June's Chuckle

Covid-30; Formerly Covid-15; the amount of weight gained by an average adult during quarantine. Sometimes related to a pan-demic.

Definition of pan-demic...A potentially dangerous increase in the baking of bread in a quarantined home. Flattening the curve: Trying to fit into your jeans after months of sweatpants. (See Covid-30) ~Reader's Digest/The New Yorker

The Donna Seebo Show

&

"Warriors for Peace"



Heard worldwide

“Delphi Vision Broadcasting” is celebrating its 20th year of positive and informative programming with ‘The Donna Seebo Show’ and its 7th year with ‘Warriors for Peace’. Currently people in over 128 countries, including the United States, have listened 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...<https://delphiinternational.com/donna-seebo-show/>

There you will find a player that enables you to connect to the ‘live’ show 8:00 pm to 9:00 pm, 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: Programming can be heard via these additional connections: IHeart Radio, iTunes, Alexa, TuneIn, Spotify and Nobex.



Featured Radio Guests on the Donna Seebo Show



And Warriors for Peace

1....Full Spirit Workout – Kay Eckman

2....My Mother's Way of Dying Well – Diane Porter (Australia) and Adventures with Divot & Switch – Beth Brown

3....Fighting Chance – Sarah Zabel

4....The Secret Life of a Weight-Obsessed Woman – Iris Ruth Pastor

- 7...*Ahh, The Pleasure Book* – Dr. Jia Gottlieb
 8...*Life at Hamilton* – Mike Antony
 9...*Restoring Intestinal Flora* – Christopher Vasey (Switzerland)
 10...*Real Prison, Real Freedom* – Rosser McDonald
 11...*The Future is Brighter Than You Think* – Coach Michael
 14...*Baseball Pitchers* – Steve Steinberg
 15...*The Robertson Family* – Evelyn Robertson
 16...*Divine Feminine Tao Te Ching* – Rosemarie Anderson
 17...*No Regrets Living* – Dr. Harley Rotbart
 18...*Write a Poem and Save Your Life* – Meridith Heller
 20...*Happy Father's Day to all of you dad's, grandpa's, uncles.*
 21...*Tenacity in Children* – Sam Goldstein
 22...*Walk-Ins* – Sheila Seppi
 23...*Life Simplified* – Nianell (Australia)
 24...*I've Seen Dead People* – Donna Francart
 25...*Why Won't They Believe Me?* – Barry Koplen
 28...*The Living Room Lung, A Lung Cancer Community of Courage* – Bonnie Addario
 29...*To be announced*
 30...*The Mold Medic* – Michael Rubino

Warriors for Peace

- 2... *Unknown Basement* – Salomon Soria
 9... *Radical Loving* – Rabbi Wayne Dosick
 16... *Come Fly with Us* – Melvin Croft & John Youskauskas
 23... *Our Environmental Footprint* – Jon R. Biemer
 30... *Proof of Life* – Daniel Levin



Upcoming Events & Broadcasts-June 2021 & 2022

Emerald Spiral: We were just notified that events are being planned for the following months in 2020. Here is the schedule: July 24, 2021-Kent, Commons; September 25, 2021-Kent Commons; March 26, 2022-Kent Commons. As we receive more details about the hours, location, parking and more, the information will be passed along to you.

**** Please note I had stated in my previous newsletter that I was going to be appearing in Idaho in June 2021, however, it will be June 11 & 12, 2022 for the Emerald Spiral event. My apologies for the error.**

BEPC event – Recent notification...There will be a 2-day event in November, the 6th & 7th. More information regarding hours, speakers, and more will be available soon.

A Special Note: *The North West Women's Show that typically takes place in Spring has been rescheduled to March, 2022. I will be sure to let you know the exact show dates when they are confirmed. Also, the other public events will be on hold until we are notified otherwise.*

Golden Nuggets – True Stories About Real People
Enjoy this video and if you feel like dancing along...do
it! <https://www.youtube.com/embed/Pwe-pA6TaZk?rel=0>

Help Me!

This is a video that I received and it should be passed along as it can make a difference in someone's life. Submitted by B.G., California. Video-2021-03-11-12-59-19 MP4. This video shows the sign language for help. You cannot access this video through my newsletter but can look it up directly with the code provided.



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 donnasebo@comcast.net. Do send your contact information as well (phone number, etc.) Thank you.



The Recipe Box...The Crustless Quiche

Fixing a quiche can be a bit difficult, however, when one finds a recipe that is perfect for the lazy cook (that's me!) one is always happy to share with anyone and everyone. This recipe can be adapted with meat of choice, even different cheeses...so have fun serving this delicious dish any time of the day or evening. Leftovers are delicious too, if you have any.

Ingredients: 1 tsp butter, 1 ½ cups bread cubes, made from 2 or 3 slices fresh bread (or used prepared bread cubes), 1 cup chopped onion, ½ lb. ham-sliced ½ to ¼ inch thick, 1 ½ cups (6 oz) grated Swiss cheese, 4 eggs, 1 Tbls all-purpose flour, 1 ½ cups dairy half-and-half cream, dash salt, dash ground cayenne pepper.

Directions: Butter a 10-inch ceramic quiche pan (or use 10" deep dish pie pan), spread toasted bread cubes in bottom of prepared dish. Melt butter and cook onions-sauteing for about 3-5 minutes until golden. Using a 2-inch heart-shaped cookie cutter, cut 6 hearts out of the ham slices. Coarsely chop trimmings from ham and sprinkle them over the bread cubes in the dish. Spoon onion over ham and top with grated Swiss cheese. Put eggs in a medium-size bowl-beat thoroughly-add flour, half-and-half, salt and cayenne pepper. Beat until combined but not frothy. (You can do these steps in advance, cover and refrigerate until ready to bake.) Oven is preheated to 350 degrees, put dish which you have added the egg mixture to, arranging the ham hearts so points are facing center, onto the oven rack which is in the center position in the stove. Be careful not to spill the egg mixture. Bake 50 to 60 minutes – using a knife inserted into the quiches center to be sure it is done. Let it cool 10 minutes before cutting and serving.

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. Do put *The Donna Seebo Show* in the subject line. 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 contact information and 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 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, The Magic Hat, and The Woodcutter & The Tree*, my three award-winning illustrated books and audio books. Go to my website, fill out the information and I will be delighted to personalize the books for that special child. We are celebrating our 22nd anniversary of 'Classics' publications and now have a website showing all of my children's publications and other products. Both e-books and audio e-books are now available as well.

You can listen to a 'free' preview of the audio book and view some of the art as well on www.mrsseebosclassics.com. Ed Gedrose is the illustrator for *God's Kiss* and Carol Ann Johnson is the illustrator for *The Magic Hat* and *The Woodcutter & The Tree*.

You can go to my website to order directly on Amazon, Create Space, and Kindle. 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'

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