



### *A Moment with Donna.... An Old Suit Jacket*

A couple of nights ago I was scrolling about on U-Tube and just happened to come across a video of a young woman who took an old man's suit jacket, magically recycling it into a lovely woman's jacket. That transformed jacket would easily bring a price tag of \$300 in a boutique store today.

As I watched the process of transformation evolve, I was fascinated with her skills at being able to keep the integrity of the jacket structure intact while also incorporating her creativity of design. She even used leftover pieces of fabric to create a stylish hat! Little was wasted. This was innovative recycling at its best.

I thought to myself, *there is a deep lesson in what this seamstress/tailor is doing that can be applied. How we can deal with changing situations, like today's environment. We can remodel, restructure, what is a throwaway situation/condition/experience into something better.*

Problem solving... Creativity + Critical Thinking = Thinking outside the box. We are living in transformational period of evolution that is demanding that we wake-up and show-up with answers/solutions. We human beings are extraordinary at adaptations and we have before us the opportunity to demonstrate our resourcefulness.

Here in the Pacific Northwest, we are experiencing a heat wave unparalleled in our state's history. Many of us had to make some serious adjustments in our living environments as few of us have air-conditioning. Concerns about blackouts in parts of Washington are real issues. What energy solutions can be developed that are friendly to the environment, dependable, and reasonable in cost? What plants and trees should we have in our yards to create shade as the weather continues to warm? How can we revitalize our environments so we work with Mother Nature instead of fighting her? There are various individuals around the world who have similar problems and are resolving them. Can we buddy up, sharing knowledge and then see what works for us? I think so.

We can be catalysts for redesigning, upgrading what needs to be done with thoughtful efficiency, not unlike the skilled seamstress/tailor who took an old man's suit jacket, transforming a throwaway item into something beautiful. It all starts with us, right now, in the present. What is done in the present literally creates the future and the foundation for the future of those who follow us.

This month we celebrate the Fourth of July. Our forefathers, like Benjamin Franklin and so many others, dared to step to a different tune of action. It was a dynamic period of change that required a lot of work, sacrifices, and a willing commitment to see the plan of action through. They dared to stand true for the values of freedom that cannot be measured by dollars in a bank, but could be held in the hearts of its citizens for generations yet unborn.

We are the ones who will choose to uphold those values, moving forward towards a future that will empower those who follow us, empowering them to be the best they can be, creating their world just as we have ours. We can recycle, reframe attitudes, actions that will produce the results that are needed.

Our ancestors survived some real ugly circumstances and so can we. We can inspire ourselves by learning from our past, redesigning the now, so we create amazing changes that benefit ourselves and the amazing planet we live on.

Have a fabulous 4<sup>th</sup> of July and a magnificent summer and stay *cool*.

*Donna Seebo*

## *Power Quote for July*

“Life is a series of experiences, each one of which makes us bigger, even though sometimes it is hard to realize this. For the world was built to develop character, and we must learn that the setbacks and griefs which we endure help us in our marching onward.” ~Henry Ford

## *July's Chuckle*

Sometimes communication between generations can be very entertaining. Enjoy!

Submitted by B.G., California

[https://www.youtube.com/embed/L1\\_WOLCHwK4](https://www.youtube.com/embed/L1_WOLCHwK4)

## *The Donna Seebo Show*

*&*

## *“Warriors for Peace”*



*Heard worldwide*

“Delphi Vision Broadcasting” is celebrating its 20<sup>th</sup> year of positive and informative programming with ‘The Donna Seebo Show’ and its 7<sup>th</sup> 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 – July 2021*

- 1... *The Mysteries of Reality, Dialogues with Visionary Scientists – Gayle Kimball*
- 2... *Climate Courage – Andreas Karelak*
- 5... *The Luminous Landscape of the Afterlife – Matthew McKay*
- 6... *Miraculous Milestones – Bill Federer*
- 7... *Being Better - Kai*
- 8... *Relentless – Jonathan Maberry*
- 9... *NoWhere Girl – Chery Diamond*
- 12... *Citizen King – Les Jensen*
- 13... *Overcoming Stuttering - Sander*
- 14... *Sand & Steel – Dorit Sasson*
- 15... *It's All your Fault – Rajan Shankara*
- 16... *Real Magic – Dean Radin*
- 19... *What Do You Want to Do When You Grow Old? – David Shapiro*
- 20... *From Rails to Trails – Peter Harnik*
- 21... *Soul Injury – Deborah Grassman*
- 22... *Taking Care of Other People's Children – Debbie Ausburn*
- 23... *The Drive to Learn – Dr. Cornelius Grove*
- 26... *Floating in Quiet Darkness – Glenn Perry*
- 27... *Hope is a Bright Star – Faith Wilcox*
- 28... *The True Nature of Tarot – Diane Wing*
- 29... *Happy Money – Ken Honda (Japan)*
- 30... *A Narrative Tale of Morocco – J. Peter Hall*

*Warriors for Peace*

- 7... *Trial By Fire – P.T. Deutermann*
- 14... *I Miss the Rain in Africa – Nancy Wesson*
- 21... *The Division of Light & Power – Dennis J. Kucinich*
- 28... *Demystifying Diversity – Daralyse Lyons*

*Upcoming Events & Broadcasts - July, August, etc.*



***Emerald Spiral:*** We were just notified events are being planned for the following months in 2021. Here is the schedule: ***July 24, 2021-Kent, Washington at Kent Commons;*** September 25, 2021-Kent, Washington, at Kent Commons; March 26, 2022-Kent, Washington at Kent Commons. Check [www.EmeraldSpiral.com](http://www.EmeraldSpiral.com) for details regarding location, hours, parking, and more. I will be available for mini-sessions and will also have publications available as well.

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

**August 3<sup>rd</sup>**...New group-The Jupiter Experience...Eileen Grimes & Susan Bergstrom are putting on the event and I will be their guest speaker. Here are the details: **Location:** Pizza Casa Restaurant, 12924 Pacific Highway S.W. Lakewood, WA 98499. Phone: 253-588-8135. We will be in separate banquet room. [www.pizzacasa.com](http://www.pizzacasa.com) Contact person at Pizza Casa: Joani Welch. **Time:** Doors open at 5:30pm, Program starts at 7:00pm and I will be speaking, doing demonstrations as well. Before and after the program I will be available for mini-sessions. Look forward to seeing you there.

***A Special Note: The North West Women's Show has been rescheduled to March 12 & 13, 2022. Be sure to mark your 2022 calendars when you get them so you won't miss this fabulous event. More details will be forthcoming as they become available.***

### *Golden Nuggets – True Stories about Real People*

**YES! POPEYE THE SAILOR MAN REALLY EXISTED**

His real name was Frank "Rocky" Fiegel. He was born in 1868 in Poland and, as a child, immigrated to the United States with his parents, who settled down in a small town in Illinois. As a young man, Rocky went to sea. After a 20-year career as a sailor in the Merchant Marines, Fiegel retired. He was later hired by Wiebusch's Tavern in the city of Chester, Illinois as a 'Bouncer' to maintain order in the rowdy bar.

Rocky quickly developed a reputation for always being involved in fighting (and usually winning).. As a result, he had a deformed eye ("Pop-eye"). He also 'always' smoked his pipe, so he always spoke out of one side of his mouth. In his spare time as a Bouncer, Rocky would entertain the customers by regaling them with exciting stories of adventures he claimed to have had over his career as a sailor crossing the 'Seven Seas.'

The creator of Popeye, Elzie Crisler Segar, grew up in Chester and, as a young man, met Rocky at the tavern and would sit for hours listening to the old sailor's amazing 'sea' stories.' Years later, Segar became a cartoonist and developed a comic strip called 'Thimble Theater.' He honored Fiegel him by asking if he could model his new comic strip character, 'Popeye the Sailor Man,' after him. Naturally Fiegel was flattered and agreed.

Segar claimed that 'Olive Oyl,' along with other characters, was also loosely based on an actual person. She was Dora Paskel, owner of a small grocery store in Chester. She apparently actually looked much like the Olive Oyl character in his comics. He claimed she even dressed much the same way.

Through the years, Segar kept in touch with Rocky and always helped him with money; giving him a small percentage of what he earned from his 'Popeye' illustrations.



### ***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](mailto:donnaseebo@comcast.net). Do send your contact information as well (phone number, etc.) Thank you.



### *The Recipe Box...A Tangy Coleslaw Vinaigrette*

When it gets hot, like it has been big-time in the Pacific Northwest, one doesn't want to spend much time cooking in the kitchen. This coleslaw recipe has been a favorite at more than one summer gathering and I am happy to share it with you. You can prepare it in advance and then add the marinade about 4 hours prior to serving and it will turn out perfectly.

**Ingredients:** 1 head green cabbage, 1 large green pepper, 1 medium Spanish onion, 1 cup cherry tomatoes, 1 cup sugar, 1 tsp. dry mustard, 2 tsp. sugar, 1 tsp celery seed, 1 Tablespoon salt, 1 cup white vinegar,  $\frac{3}{4}$  cup vegetable oil.

**Directions:** Rinse cabbage; remove dark, tough outer leaves. Cut cabbage into quarters, then shred finely. You should have about 10 cups of cabbage. Core green pepper, remove seeds and ribs. Cut pepper crosswise into thin rings. Peel onion and cut off root end. Cut into thin slices; separate into rings. Cut cherry tomatoes in half lengthwise; cover and chill until ready to serve.

In a large bowl alternately lay  $\frac{1}{2}$  of the cabbage,  $\frac{1}{2}$  of sliced onion,  $\frac{1}{2}$  of sliced green pepper. Repeat layering until all vegetables are used. Sprinkle with 1 cup of the sugar. In a small saucepan, combine mustard with 2 tsp sugar, the celery seed, salt, vinegar and oil; mix well. Bring to a rolling boil over high heat, stirring constantly. Pour hot dressing over vegetables in bowl. Cover bowl tightly with plastic wrap and place in the refrigerator for 4 hours or longer, so that the vegetable mixture can marinate. Toss vegetables several times during the marinating time so that they all have a chance to absorb the dressing. To serve: Uncover coleslaw and add cherry tomato halves. Toss gently with two wooden spoons or forks until vegetables are well coated with dressing. Makes 8 servings.

### *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](mailto: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](http://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](http://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](mailto:donna@delfhiinternational.com) or [donnasebo@comcast.net](mailto:donnasebo@comcast.net)*

*[www.delfhiinternational.com](http://www.delfhiinternational.com) [www.mrsseebosclassics.com](http://www.mrsseebosclassics.com)*

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

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