

The Donna Seaba Newsletter © September 1, 2021



A Moment with Donna...Observation & Inspiration

Sometimes life gives you gifts of insight in the simplest forms. What enables one to recognize the gifts is being open and mindful of what is going on around oneself.

Prior to writing this editorial I decided I was going to go outside and have a walk around my area. The weather was cool as fall is coming in early this year, and as I walk out the front door, I immediately became aware of the fragrance of the changing season. Yes, it was good to get outside, get some fresh air and just be present and observant. No clock to be observed, just walk and enjoy the afternoon.

What evolved was wonderful. I encountered people who had the same idea. As we passed each other, we smiled saying *Hello*. Then as it happened, there was a woman who was cleaning up debris from trimming a massive hedge, and I smiled at her saying, *I just got finished doing the very same thing for my yard. The work is never done.* That simple greeting was the beginning of a conversation that lasted a good 20-30 minutes. What was exchanged was most delightful and I felt I had made a new acquaintance, making me aware of how important conversation with others is. I also made the acquaintance of a 3-month-old puppy named Nina, who was extraordinarily friendly...also having a chat with her owner that was most enjoyable. Even as I walked back to my turf, I realized how grateful I was making the decision to be out and about in my own neighborhood, being refreshed with not just the exercise but the interaction with the various people and puppy I encountered.

Here in the Pacific Northwest this is the time of the year for doing repairs, painting, preparing the garden for winter, basically tying up loose ends so when winter arrives you don't have undesirable surprises that require expensive repair work. Cleaning up falling leaves, debris of different types as winds blow different things about, is almost a daily chore. Also gutters and roofs have to be free of needles, leaves, and dirt, as they have covered and filled every open space with what Nature discards so readily with the season's change.

I had hired someone to clean my roof and when the man who was cleaning the roof starting removing the massive amounts of debris, the piles on the ground accumulated. I watched some of the process. I had this thought... fall is the perfect time of the year to take time to evaluate what kind of debris one needs to eliminate from one's life. This is an opportune time to observe what we need to clean up and out of our environment, mentally, physically, emotionally and spiritually. This requires thoughtful examination, then thoughtful evaluation to determine a process of eliminating those habits, fears, attitudes, etc., that one determines need to be dumped to achieve desired results. Once we determine those actions we want to implement, then we use our mental shovel to scoop up what we don't want and dump into the ethers that debris we no longer desire or need.

The opportunity, if you choose to accept it, to revitalize your life, goals, perhaps even developing a new bucket list, is available anytime you are ready to take on the challenge.

Funny how a walk and having a roof cleaned can be so enlightening. Life is for living, not just existing. Enjoy the process of being who you are and know you are forever, a work in progress, lighting

up the human experience with that special essence of your uniqueness. Let it shine. You do make a difference you know.

Have a magnificent September.

Donna Seebo

Quote for September

"Live life as if everything is rigged in your favor." ~Rumi

September's Chuckle

We were dining with my husband's colleague, a therapist, who told us that her seven-year-old daughter had recently asked, "Mommy, what's normal?"

Our friend gave a response that only a mother who's analyzed one too many patients could give: "Honey, normal is what people are before you get to know them." ~M. Reed, California

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 – September 2021

- 1....*The Way of Miracles* – Mark Mincola
- 2....*Mysteries of Knowledge Beyond Our Senses* – Gayle Kimball
- 3....*Lucid Dreaming* – Lee Adams
- 6....*Wealth Building for Beginners* – Edward Williams
- 7....*The Followers* – Radhia Gleis
- 8....*It Started With a Helmet* – Gerald Stanford
- 9....*The Emotionally Savvy Adult* – Jan Booth
- 10...*Raise Your Vibes* – Athena Bahri
- 13...*When the Bright Moon Rises* – Dena Merriam
- 14...*Toxic Affairs on Hidden Lane* – Donald Hricik
- 15...*The Kid & The King* - Shasheen
- 16...*My Journey Through Her Eyes* – Robert Attenello
- 17...*360 Degrees of Your Star Destiny* – Ellias Lonsdale
- 20...*Butterfly Awakens* – Meg Nocero
- 21...*Inner Work of Age* – Connie Zweig
- 22...*Four Thousand Weeks* – Oliver Burkemao
- 23...*Bisexual, Pansexual, Fluid & Nonbinary Youth* – Ritch Savin Williams
- 24...*Ancient Language of Sacred Sound* – David Elkington (England)
- 27...*Precognitive Dreamwork* – Eric Wargo
- 28...*To be announced*
- 29...*Trauma Junkie* – Shelly Ann Jones
- 30...*Marriage Minded* – Marcia Naomi Berger

Warriors for Peace

- 1... *10 Principles of a Character Coach* - Coach Waters
- 8... *Canine Warrior, Creating an American National Treasure* – John Burnam
- 15...*Grasslands Grown* – Molly Rozum
- 22...*Covid Lockdown Insanity* – Hugh McTavish, Ph.D.
- 29...*Cuba, An American History* – Ada Ferrer



Upcoming Events & Broadcasts-September 2021

Emerald Spiral: We were just notified that the September event has been cancelled. We are looking forward to our next scheduled event... March 26, 2022-Kent, Washington at Kent Commons. Check 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 –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 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.



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.



The Recipe Box...Beautiful Breakfast Buns

Sunday mornings have typically been the time when my baking urge really kicks in. Why? Because that is when I can fix a fabulous breakfast and share goodies that I wouldn't normally eat during the week. This recipe has been a Seebo family favorite and is finger licking good if picked up with fingers and eaten with gusto. We don't count calories on Sunday. This can be enjoyed anytime and your kitchen will smell fabulous. Enjoy!

Ingredients: Yeast Dough-1/3 cup milk, 1/4 cup sugar, 1/2 tsp salt, 1/4 cup butter, 1/4 cup warm water, 1 pkg active dry yeast, 1 egg, 2 1/2 cup unsifted all-purpose flour. Filling – butter, softened light brown sugar, 1/2 cup pecan or walnut halves, 1/2 cup chopped raisins, 1/2 tsp. ground cinnamon.

Directions: In a small pan, heat milk just until bubbles form around edge of pan; remove from heat. Add sugar, salt and 1/4 cup butter; stir to melt butter. Cool to lukewarm. Mix yeast in water in large bowl, stir to dissolve. Stir in lukewarm milk mixture, add egg and 2 cups of flour; beat with electric mixer until smooth. Add the remaining 1/2 cup flour; mix with hand until dough is smooth and leaves side of bowl. Turn out dough onto lightly floured board or counter. Knead until dough is smooth and blisters appear. Place dough into greased bowl and cover with towel. Let rise in warm place until doubled, about an hour. (It may take less time to rise if you use quick-rise yeast). Meanwhile, make filling: in small bowl, with wooden spoon, cream 1/4 cup butter with 1/4 cup light brown sugar. Spread on bottom and sides of 9x9x2" Square baking pan. Sprinkle with pecans. Roll dough into a 16X12" rectangle. Spread with 1/4 soft butter; sprinkle with 1/2 cup brown sugar, the raisins and cinnamon. Roll up from long side, jelly-roll fashion; pinch edge to seal. Cut crosswise into 12 pieces; place, cut side down, in pan. Let rise, covered, until doubled. Meanwhile, preheat oven to 375 degrees. Bake 25 to 30 minutes or until golden. Invert on board/platter, let stand for one minute. Serve warm. Makes 12 buns.

Golden Nuggets – True Stories About Real People

– Submitted by C. Adams, Texas

Enjoy a bit of history...Coming home, 1945

In 1939, there were 334,000 servicemen, not counting the Coast Guard. In 1945, there were over 16 million, including the Coast Guard. At the end of the war, over 8 million of these men and women were scattered overseas in Europe, the Pacific and Asia. Shipping them out wasn't a particular problem but getting them home was a massive logistical headache. Army Chief of Staff General George C. Marshall had already established committees to address the issue in 1943.



Soldiers returning home on the *USS General Harry Taylor* in August 1945.

When Germany fell in May 1945, the US. Navy was still busy fighting in the Pacific and couldn't assist. The job of transporting 3 million men home fell to the Army and the Merchant Marine. 300 Victory and Liberty cargo ships were converted to troop transports for the task. During the war, 148,000 troops crossed the Atlantic west to east each month; the rush home ramped this up to 435,000 a month over 14 months.



Hammocks crammed into available spaces aboard the *USS Intrepid*. In October 1945, with the war in Asia also over, the Navy started chipping in, converting all available vessels to transport duty. On smaller ships like destroyers, capable of carrying perhaps 300 men, soldiers were told to hang their hammocks in whatever nook and cranny they could find. Carriers were particularly useful, as their large open hangar decks could house 3,000 or more troops in relative comfort, with bunks, sometimes in stacks of five welded or bolted in place.



Bunks aboard the Army transport *SS Pennant*. The Navy wasn't picky, though: cruisers, battleships, hospital ships, even LSTs (Landing Ship, Tank) were packed full of men yearning for home. Two British ocean liners under American control, the *RMS Queen Mary* and *Queen Elizabeth*, had already served as troop transports before and continued to do so during the operation, each capable of carrying up to 15,000 people at a time, though their normal, peacetime capacity was less than 2,200. Twenty-nine ships were dedicated to transporting war brides: women married to American soldiers during the war.



Troops performing a lifeboat drill on board the *Queen Mary* in December 1944, before *Operation Magic Carpet*. The Japanese surrender in August 1945 came none too soon, but it put an extra burden on *Operation Magic Carpet*. The war in Asia had been expected to go well into 1946 and the Navy and the War Shipping Administration were hard-pressed to bring home all the soldiers who now had to get home earlier than anticipated. The transports carrying them also had to collect numerous POWs from recently liberated Japanese camps, many of whom suffered from malnutrition and illness.



U.S. soldiers recently liberated from Japanese POW camps. The time to get home depended a lot on the circumstances. *USS Lake Champlain*, a brand-new Essex-class carrier that arrived too late for the war, could cross the Atlantic and take 3,300 troops home a little under 4 days and 8 hours. Meanwhile, troops going home from Australia or India would sometimes spend months on slower vessels.



Hangar of the *USS Wasp* during the operation. There was enormous pressure on the operation to bring home as many men as possible by Christmas 1945. Therefore, a sub-operation, *Operation Santa Claus*, was dedicated to the purpose. Due to storms at sea and an overabundance of soldiers eligible for return home, however, Santa Claus could only return a fraction in time and still not quite home but at least to American soil. The nation's transportation network was overloaded, trains heading west from the East Coast were on average 6 hours behind schedule and trains heading east from the West Coast were twice that late.



The crowded flight deck of the *USS Saratoga*. The *USS Saratoga* transported home a total of 29,204 servicemen during *Operation Magic Carpet*, more than any other ship. Many freshly discharged men found themselves stuck in separation centers but faced an outpouring of love and

friendliness from the locals. Many townsfolk took in freshly arrived troops and invited them to Christmas dinner in their homes. Still others gave their train tickets to soldiers and still others organized quick parties at local train stations for men on layover. A Los Angeles taxi driver took six soldiers all the way to Chicago; another took another carload of men to Manhattan, the Bronx, Pittsburgh, Long Island, Buffalo and New Hampshire. *Neither of the drivers accepted a fare beyond the cost of gas.*



Overjoyed troops returning home on the battleship *USS Texas*. All in all, though, the Christmas deadline proved untenable. The last 29 troop transports, carrying some 200,000 men from the China-India-Burma theater, arrived to America in April 1946, bringing *Operation Magic Carpet* to an end, though an additional 127,000 soldiers still took until September to return home and finally lay down the burden of war.

BLESS THE GREAT GENERATION and the Generations that have served this Great Nation since WW II!

A Veteran-whether active duty, retired, served one hitch, or reservist is someone who, at one point in his or her life, wrote a blank check made payable to "The Government of the United States of America", for an amount of "up to and including their life." _____Author unknown

Special Comments

A special' thank you' to the many people who join me weekdays to hear '[**The Donna Seobo 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 Seobo 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 donnaseobo@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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