



A Moment with Donna ...3 Chocolate Day

It is one of those days when a sense of humor and a box of chocolates create magic, when chaos and the unexpected keep you hopping.

Believe me when I say chocolate is magic...even my 4-year-old neighbor, who is absolutely passionate about chocolate, supports my beliefs about this incredible substance 100%.

Many years ago, when I lived in Eagle Rock, California, I had a neighbor named Sandy who joined me on a fairly regular basis for fence chats. Sandy was a student at the time studying to be a nurse. She shared with me a story about one of her professors, a woman, who had traveled to South American and Mexico frequently. This professor made a very strong point about the nutritional value of chocolate and how one should have chocolate every day for optimal health. Sounded good to me and perfectly logical! From that moment on, my appreciation for the value of chocolate increased, and as we are coming into the holiday season...well, it fits perfectly into my entertainment plans and gifts for friends.

Here we are entering into the last quarter of 2021 when daylight savings time disappears, the temperatures drop dramatically, summer outfits are packed away and heaters are turned on to make everything warm and cozy. Of course, if you live in one of those places on this planet where summer and warm temps reign this time of year, some of the things I have mentioned won't apply

Fall is a favorite season of mine because it seems like Mother Nature, should you choose to observe and pay attention, is moving with the rhythm of her systems, showing us that change is ever present and not to get too complacent. She shows us that we don't have control over everything in our lives, and how best laid plans can go awry no matter how efficient we try to be.

I sincerely think the scout motto, *Be Prepared*, is a good one. However, I've lived through too many experiences that no matter how much positive thinking I did, organizing and carefully planning whatever I was engaged with, there was the unexpected. Like a person dying in my home, sick animals needing immediate care, financial disasters, creepy, unethical people to deal with...I am sure you have stories of your own you could share.

Life happens and for some reason, all too many people seem to think they should be exempt. Guess what...you are not exempt from life experiences, no matter what your age, circumstances, education, whatever. Life's greatest teacher, *experience*, will knock on your door, presenting you with unexpected, mostly undesirable gifts, leaving you speechless and you'll say to yourself, *Why Me? I didn't ask for any of this!*

So, what can one do? Take your wisdom from baseball...PUNT. You do the best you can with what you have and are able to do. You move forward, communicating with friends, family, neighbors, leaving the pity, potty party behind. Stand true to the reality that it is time to grow into a deeper, wiser

part of yourself. Adversity isn't an enemy. It can be a friend that enables you to empower yourself in unimaginable ways. You'll discover strengths that can lift your weaker self into a new mold of self-awareness and improvement. Investing in yourself, weathering challenges, kicking fear up and out of your environment on all levels, is empowering and freeing at the same time.

Today we're riding waves of discord, confusion, frustration, and more. Our ancestors faced much worse...what are we? A bunch of wimps? I don't think so.

Every day I see and talk with people coping with unbelievable circumstances. Be inspired. Be engaged in your opportunity of creating the environment of bettering life in one way or another. You have the opportunity of choice. Don't be afraid to use it.

This month ghosts, goblins, witches and bumps in the night are celebrated on Halloween. This is the time to celebrate life, share good actions, thoughts, feelings with those around you.

Oh...and don't forget the chocolate! 3 pieces at least and keep a special batch in the freezer for emergencies. It is always good to *Be Prepared*.

Happy October and Halloween everyone.

Donna Seebo

October's Quote

"If America is to be run by the people, it is the people who must think. And we do not need to put on sackcloth and ashes to think. Nor should our minds work like a sundial which records only sunshine. Our thinking must square against some lessons of history, some principles of government and morals, if we would preserve the rights and dignity of men to which this nation is dedicated." ~Herbert Hoover

October's Chuckle

Outside the ladies' and men's restrooms of a Texas steak house, I found a confused and anxious young woman who sighed with relief when she saw me.

"Oh, I'm so glad you're here," she said. "I was afraid to enter. I didn't know if I was a steer or a heifer." ~C.L., Michigan

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



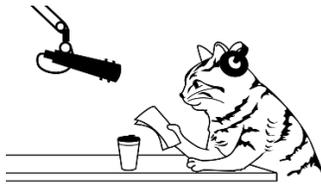
And Warriors for Peace – October 2021

- 1...Letting Go of Nothing – Peter Russell**
- 4...Second Half – Kelsey Chittick**
- 5...Big Brain, Little Brain – Kevin McCarney**
- 6...So Many Babies – Dr. Susan Landers**
- 7...Time Benders – JB Yanni**
- 8...First Nations Crystal Healing – Luke Blue Eagle**
- 11...Our African Unconscious – Edward Bynum**
- 12...From Triggered to Tranquil – Susan Campbell**
- 13...Leadership Rites of Passage – Rick Tirrell, #2 Guest-The Little Philosophers-The Hoo's of Truth-Juel Mertz (Nova Scotia)**
- 14...The Last Ride in the Bumblebee Jacket -Spencer Kope**
- 15...Her Smile – Carla Kelly**
- 18...Buy Your First Home Today – John Mallett**
- 19...The Demon in Disguise – Ashley Elliott**
- 20...The Alaskan Heritage Seafood Cookbook – Ann Chandonnet**
- 21...Red Cape Rescue, Save Your Career Without Leaving Your Job – Darcy Eikenberg**
- 22...When Women Rise – Dr. Michele Kambolis**
- 25...To be announced**
- 26...WhereAfter – Mariel Forde Clarke (England)**
- 27...FDA – Fixing Food – Richard Williams**
- 28...Raven's Cover – Mary Ann Poll**
- 29...The Sacred Herbs of Samhain – Ellen Evert Hopman**

Warriors for Peace

- 6...Empire of Terror – Mark Silinsky**
- 13...48 Whispers – Kevin Hancock**
- 20...Unanswered Questions – Ray McGinnis**
- 27...Hyper Education – Pawan Dhingra**

Upcoming Events & Broadcasts-October 2021.



No Events are scheduled in October.

BEPC event –There will be a 2-day event in November, the 6th & 7th. This is being held at the Kent Commons, in Kent, Washington. I will be appearing on both days of this fabulous event, doing readings, and will have books and other items to share at my booth. More details will follow in the November newsletter.

November 13 & 14...MeWe Fair, Bellevue, WA. We are waiting to see if this event will be happening at the Vasa Park Resort in Bellevue. I will be confirming the event one way or another when the confirmation is given. At the moment it is being scheduled.

November 15th...I will be the keynote speaker at the BEPC monthly meeting and will be doing blindfold demonstrations as well. Details will be given about the Zoom connections and how you can participate will be given in the November newsletter.

December 4th & 5th...MeWe Fair, Bellevue, Wa. We are waiting to see if this event will be happening at the Vasa Park Resort in Bellevue. I will be confirming the event one way or another when the confirmation is given. At the moment it is being scheduled.

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.

Snippets - A Touch of History

- The first letter carriers authorized by Congress for the United States Post Office Department in 1794 received two cents for each letter they delivered. In 1836 they were allowed another cent. Not until 1863 were mailmen paid salaries.
- More than 1,750,000 earthworms may turn through one acre of rich farmland, producing as much as 40 tons of topsoil every year. Their tunnels aid root growth, allow air to penetrate underground and improve drainage, thus preventing erosion.



The Recipe Box...Ghirardelli Chocolate Chip Cookies

On one of my daily programs, I shared this recipe, that is absolutely delicious, and a listener asked if I could repeat it. So, I thought I would put it into this newsletter to make it available to anyone who would like to try it. You can add nuts, use different flavored chocolate chips, candied fruit, coconut, or whatever is your pleasure. Kids of all ages love these cookies.

Ingredients: 1 cup softened butter, $\frac{3}{4}$ cup packed brown sugar, $\frac{1}{2}$ cup white sugar, 1 Tbls. vanilla, 1 egg, 2 $\frac{1}{4}$ cups unbleached flour, $\frac{1}{2}$ tsp. salt, 1 tsp. baking soda, 2 cups (12 oz.) dark chocolate chips.

Directions: Preheat oven to 375 degrees. In a small mixing bowl, stir together flour, baking soda and salt. Set aside. In a large mixing bowl, cream butter and sugars together until light and fluffy. Add vanilla and egg. Beat well. Add dry ingredients to creamed mixture. Mix well. Add chocolate chips. Mix well. Roll a heaping tablespoon of dough into a ball. Place each ball 2" apart on an ungreased cookie sheet. (I use parchment paper, saves cleanup time). Bake in preheated oven for 10-15 minutes. Remove from oven and place cookies on a cooling rack.

Donna Tip: I roll up all of the cookie dough into balls and then put into a plastic bag, putting the cookie balls into the refrigerator. That way I can cook up as many or as few of the cookie balls as I like. You can also put them into the freezer. Just be sure they come to room temperature prior to baking.

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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