

©The Donna Seebo Newsletter
November 1, 2022



A Moment with Donna.....
Robbie

Mother Nature can be really pushy at times. We are finally getting fall's winds and rains, with sunshine playing peek-a-boo now and then. The blue skies of Seattle have turned grey and snow is starting to fill the mountain peaks.

Nature's critters are out and about too, well aware of the shifting season. Migrations of woodpeckers, geese and other birds started up about a week ago. Hummingbirds are feeding more frequently as their flower supply has diminished significantly. Raccoons, feral cats and possums are checking for food resources, and last but not least, a coyote visited my backyard to check out the squirrel population. They, coyotes, are the local exterminators for those fuzzy, furry, much-loved rodents.

November is the kick-off for the holiday season and it is in full force. In fact, it actually started earlier than usual as supplies that were to have been in stores last year arrived this year due to shipping challenges. That's a first. My information resource was a cashier at one of the big box stores.

While preparing this editorial a memory popped into my head. It was one I hadn't thought about for years and it is about a man named Robbie. I met Robbie, a man of mature years, while I was working as an executive secretary for a company in Glendale, California. He was a regular visitor to the offices and knew all of the executives quite well. We would often have short conversations and I enjoyed talking with him.

One day he asked if I would like to join him for lunch. I said yes, I would be delighted to be his guest. At the time I was a single mom and to have a meal in a restaurant setting was a rarity and a real treat. Robbie took me to one of his favorite restaurants and when we entered, I quickly realized that this wasn't any ordinary restaurant. This was an exclusive club where the very wealthy came for meetings and fabulous food. When we were escorted into the dining room I was stunned by the elegance of the environment and the abundance and variety of food dishes available. My eyes must have been as big as saucers as Robbie asked if I had ever been to such a buffet. My response was, "Not like this one."

After choosing the foods we wanted, we were served and while we were eating, Robbie started to tell me about himself. He had had a very successful career as a champion racecar driver, made lots of money, traveled around the world. Then one day, literally, that life came to a dead end when he was involved in a horrible crash that injured him so badly, it took years to recuperate and pain was a constant companion. He said, "Donna, I learned that you can only wear one pair of shoes/pants/underwear at a time, eat only so much food, drive only one car at a time." In other words, Robbie was sharing how important it was to be present with what you have, to live each moment without envy, and to be grateful for life as you never know what challenges will evolve. After a most enjoyable lunch and more shared

wisdom by a man of the world, his words, those spoken and the hidden ones expressed, gave me a lot to think about.

I was in my late 20's at the time, quite unaware of the various worlds that other people lived in. His words burrowed into my psyche. Robbie continued to be involved in the racing world as a coach, mentor to a younger generation, sharing his knowledge. His graciousness and kindness to me I have never forgotten.

November is a month of celebration, of appreciation we should daily express. Try an experiment...go for one day without complaining about anything. For every time you grumble, or have a negative thought, put a quarter, (or better yet a dollar) into a Thanksgiving Jar. Know that the power of your thoughts and words make a difference.

Oh, I almost forgot...take the money out of the Thanksgiving Jar after the holiday and take yourself and a friend to a movie or restaurant of your choice...celebrate your positives. Share your 'Robbie' story.

Have a fabulous November.

Donna Seebo

Power Quote for November

"Truth is the discipline of the ascetic, the quest of the mystic, the faith of the simple, the ransom of the weak, the standard of the righteous, the doctrine of the meek, and the challenge of Nature. Together, all these constitute the Law of the Universe." ~John Hay Allison

November's Chuckle

Recipe for salad from The Hippie Cookbook:" Cut up lettuce, cucumbers, green peppers and tomatoes. Add a little marijuana and let the salad toss itself." ~Author unknown

The Donna Seebo Show" & "Warriors for Peace"



Heard worldwide

"Delphi Vision Broadcasting" is celebrating its 21st year of positive and informative programming with 'The Donna Seebo Show' and its 8th 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. The latest 13-15 hours of programming is available 24/7. 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.

As of 2022, we are featuring *The Author's Showcase*. You are invited to visit our new addition to *The Donna Seebo Show & Warriors for Peace* show page.

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 – November 2022

- 1...*Talking Turkey – Leo Pearlstein*
- 2...*Urban Foraging – Lisa Rose*
- 3...*The Empty Confessional – Tom Hogan*
- 4...*Headscape, How a bald guy replanted his hair and restarted his life. - Chris Schroeder*
- 7...*Under the Great Elm – Rich Flanders*
- 8...*Chase the Bears – Ric Keller*
- 9...*Oracles of the Female Archangels – Calista (Scotland)*
- 10...*Where Do You Spend Your Heartbeat – Stacy Domanico*
- 11...*To be announced*
- 14...*Prime Threat, Shattering the Power of Addiction – Joan Peck*
- 15...*Bright Lights, Big Empty – Ron Baker*
- 16...*Daisy – Libby Sternberg*
- 17...*The Other Within – Judith-Kate Friedman*
- 18...*Dancing with the Muse in Old Age – Precilla Long*
- 21...*Alzheimer's Revolution – Joesph Keon*
- 22...*Love Letters from Janey – Richard Cheu*
- 23...*Integral Relationships – Martin Ucik (Turkey)*
- 24... ***Thanksgiving – pre-recorded programming***
- 25...*Move or Die – Chris Carlisle*
- 28...*The Story of Gaia – Jude Currivan (England)*
- 29...*Tandem – Robert & Kay Lee*
- 30...*The End of Scarcity – Kristin Ragusin*
Warriors for Peace
- 2...*The Laws of Creativity – Joey Cofone*
- 9...*Not in Vain – Melissa Mullampny*
- 16...*Wiser, The Scientific Roots of Wisdom – Dilip Jeste, MD*
- 23...*To be announced*
- 30...*The Olive Branch from Palestine – Jerome M. Segal*

Upcoming Events & Broadcasts- November 16, 2022

November 5th & November 6th. Saturday/Sunday... BEPC Expo, Kent Commons, Kent, WA. Saturday, 10am to 6pm. Sunday, 11am-5pm. Mini-readings, lots of books and more, will be available at my vendor table, booth 31. I will be speaking at this event, Saturday, 1:00pm. For more details go to www.BEPCweb.org. P.S. One hour prior to the opening of the Expo there is the psychic panel for the public. Go to their website to find out more.

November 16th...The Psychic Spectrum, Banquet Room at the Poodle Dog Restaurant, Fife, Washington. I will be the keynote speaker for the evening and the meeting starts at 5pm. I will be arriving before then, being available for mini-sessions before and after the meeting. Demonstrations of mind skills will also be a part of my presentation. I will also be bringing a number of books, including my children's publications which make great gifts for the holidays upcoming. Go to www.ThePsychicSpectrum.com for more details.

Author's Alert

Check out this new page on my radio network. Any author can participate in a new opportunity, *The Author's Showcase*. This new format enables an author/PR agencies/publishing houses to have visibility for their publication(s) that I have been unable to offer previously. If you are interested in participating, please call my office for more details, 253.582.5604. Thank you.



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, 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...Italian Topsy Cake

This recipe came from a recipe shared by chefs that worked for the Princess Cruise Lines. It is simple, easy, and oh, sooooo good.

Ingredients: 3 layers sponge cake-approximately 3/4" thick and 9" inches diameter, 1 cup rum, 2 cups fruit preserves, 4 cups vanilla or chocolate custard, 2 cups whipped cream and 1/2 cup assorted candied fruits.

Directions: Place one layer of sponge cake on a large serving plate and sprinkle with 1/2 cup rum. Spread it with one cup of your favorite fruit preserves. Pour two cups of the custard over the preserves. On this, place the second layer of sponge cake and spread with same amounts of preserves and custard (no rum). Add the third layer of cake and sprinkle with remaining rum. Top with whipped cream, candied or fresh fruits and serve. Special note: If you are fixing this for a party or family gathering, you can make

the custard in advance, refrigerate. When you are ready you can put your cake together, excepting the whipped cream, cover it carefully, and add the whipped cream just before you are ready to serve dessert.

Golden Nuggets – True Stories about Real People

The Dragon Man...this is a phenomenal video about a 20+ year project of unimaginable proportions. Watch the video all the way through and you'll be amazed at what you see. This is all done by a couple in Colorado who are totally dedicated to keeping history alive in a most unique way.

<HTTPS://m.youtube.com/watch?v=9hUI5Fz1jOg>

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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