

©The Donna Seebo Newsletter

December 1, 2023



A Moment with Donna... Twinkles, Sparkles & Ho, Ho, Ho!

Fog hangs like a heavy, cold, damp blanket, surrounding and wrapping its grayness around the forest and neighborhood environment I live in. It is that time of year when temperatures here in my section of the Pacific Northwest have serious moments of confusion. December can be a bit wacky, even our plants in our gardens get confused sending up sprouts of green thinking it is time to grow again. However, Mother Nature, or should I say Old Man Winter, keeps sneaking in for a visit and we have to prepare for those serious weather changes he likes to surprise us with.

Fog creates a surreal effect with the twinkling, sparkling lights of the season. You feel like you are in a wonderland of magic. Walking around the neighborhood, the beauty of those multicolored lights, the decorated wreaths, Christmas trees, and other various artistic creations people come up with...well, you can't help feeling like you did when you were a kid, gazing with wonder at the brightness and beauty of it all in the cold darkness of winter's grip, bringing forth memories of Christmas's past.

There is also the interaction, the connecting with people that is heartwarming too. This is the season to catch up with friends, neighbors, family, and those you come in contact with when engaging in normal activities. There are the opportunities to share meals and stories, traditions, recipes, and something called "old fashioned conversation and fellowship". Remember those old patterns of human relationships? I believe, in practical terms, it is related to something called "real time people connection". For all of the commentary on AI, artificial intelligence, nothing can replace hugs, compassion, sharing and caring...real interaction with real people.

This month on my Warriors for Peace program, just before Christmas, we are featuring an interview with Helena Schrader, who authored a book on the Berlin Airlift and it includes a detailed story about a very special man, The Candy Bomber, who ... along with hundreds of men and women did the impossible to make Christmas a reality in its true spirit, for children and adults in Germany. I am including a link below so you can watch the video, one of many, that document this phenomenal achievement.

"Peace rules the day where reason rules the mind." ~William Wilkie Collins

The Candy Bomber...<https://www.youtube.com/watch?v=LzZsW0AxqP>

Feel free to share this link with anyone you like. I believe what was achieved so many years ago in very dark and turbulent times is not only inspiring but shows the true and best of the human spirit and the belief that anything can be overcome when people work together in community, for a common purpose.

In a few weeks, we will be celebrating a New Year. Enjoy and savor the gifts of this beautiful season. I wish for you and your loved ones a warm, happy, safe, and most enjoyable holiday season.

With warm and sincere regards,

Donna Seebo

Lower Thought for December

“Universal peace will be realized, not because man will become better, but because a new order of things, a new science, new economic necessities, will impose peace.” ~Antole France

December's Chuckle

Local police in Cumberland, Rhode Island, received an unusual request in 2022, courtesy of a young girl who sent in part of a cookie she had left for Santa on Christmas Eve. “I was wondering if you could take a sample of DNA and see if Santa is real,” she wrote. The cookie was forwarded to the state’s Department of Health-Forensic Sciences Unit for analysis. Police also responded to the girl with some evidence in support of Santa’s presence in her neighborhood on Christmas Eve, including a photo of what appeared to be a deer with antlers. ~NPR.org

The Donna Seebo Show" & "Warriors for Peace"



Heard worldwide

“Delphi Vision Broadcasting” is celebrating its 22nd year of positive and informative programming with ‘The Donna Seebo Show’ and its 9th 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, I Tunes, Alexa, TuneIn, and Spotify.



Featured Radio Guests on the Donna Seebo Show

& Warriors for Peace - December 2023

1...The Donna Seebo Television Show, "Special Editions"-Alternative Health Therapies (Audio)

4... Surprise Guest-to be announced

5... Walter Geeding – The Christmas Mouse

6...Sacred Herbs of Yule & Christmas – Ellen Ever Hopman

7...Reclaiming the Sacred – Jeff Golden

8...God Light – Bart Barthelemy

11...The Girl from Wubang – PJ Caldas

12...What Patients Teach – David Schenck

13...Letters to My Son in Prison – Ken Guidroz

14...A Monk, A Pilgrim, & A Purpose, Brother John – August Turak

15...Tarot Life Lessons – Julia Gordon Bramer

18...Finding Faith in the Field – Ben Hylden

19...Mindful Investing – Jonathan De Yoe

20...Public/Private, My Life with Joe Papp and the Public Theatre – Gail Papp

21...Faded Genes – Patrick Girondi (Italy)

22...Brother John – August Turak

25...Merry Christmas everyone! Christmas Special

26...To Be announced

27...A Feather for My Love – Daeryl Holzer

28... Spark of Truth – Marilyn Redmond

29...Open Mike Hour with Host, Donna Seebo.

Warriors for Peace

6...Public Hostages – Dr. William Bronston

13...Follow the Pipelines – Charlotte Dennett

20...The Blockade Breakers, Berlin Airlift and The Candy Bomber – Helen Schrader (Greece)

27...Justice at Trial, Courtroom Battles & Groundbreaking Cases – James J. Brosnahan

Upcoming Events & Broadcasts - December 2023

Saturday, December 9th and Sunday, December 10th...The MeWe Metaphysics & Wellness Fair, Auburn, Washington. This two-day event will be held for the first time at the Green River College, 12401 SE 320th Street, in their new building. We'll be celebrating the upcoming holidays and the setting will be magical as the view is amazing. I will be there available for mini-sessions, will have a lot of books with me, and will be speaking as well. To find out more information go to their website: MeWeFairs.com. Look forward to seeing you there.

Wednesday, December 13th... 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 5:30pm. I will be arriving before then and will be available for mini-sessions before and after the meeting. Demonstrations of mind skills will also be a part of my presentation. These will be blindfold demonstrations. I will also be bringing several books, including my children's publications. Go to <https://psychicspectrum.com/> or <https://delphiinternational.com/event/the-psychic-spectrum-23/> for more details.

Special Note: The Pacific Northwest Women's Show will be happening in 2024. Date: March 23 & 24. If you would like to be a volunteer at this wonderful event at my booth, please call my office at 253.582.5604. I will have 8 free passes to give out. More information will be posted in upcoming newsletters.

Special Announcement... Television Program *The Donna Seebo Show, "Special Editions"*

My television program, *The Donna Seebo Show-Special Editions* features this month, *Alternative Health Therapies*, on TCTV media, Channels 3,22,26,77, every Tuesday at 5:00pm, Pacific Time. It will be listed in their Community Voice section, <https://tcmedia.org>. We are posting the videos on U Tube, my website, and other venues. The next television program, *The World of the Fiction Writer* to be aired in January, featuring authors, Matt Shea and Walter Geeding.

Also, we will be posting soon, the videos of my talks at The Psychic Spectrum and my demonstrations of mind skills. The following links will be carrying the postings once they are uploaded.

<https://delphiinternational.com/personal-empowerment-videos>
<https://youtube.com/@donnaseebodelphivisioninte9974/videos>



The Recipe Box... Hot Toddy with Herbs

This recipe is from one of my radio guests, Ellen Evert Hopman*, and she shares some delightful history regarding *hot toddies*. The drinks are thought to have originated in Scotland. Ross Dennis, of Dewar's Aberfeldy Distillery in Scotland, told an interviewer in 2016, "The first mention of what we now

think of as a hot toddy comes about in the 1780's. We think the name hot toddy comes from the Todian Well, an ancient water source in Edinburgh." This recipe is one of many featured in her publication.

Ingredients: 1 cup water, 2 inches fresh organic ginger, cut into coins, a quarter of an organic lemon (or 1/c organic lemon juice), 1 Tbls. raw, local honey, 3 Tbls. good single-malt whiskey.

Directions: Combine the ginger slices and water in a nonaluminum pot with a tight lid. Simmer for 20 minutes. Set a silver spoon into a fine crystal glass. Strain the hot liquid into the glass. Add the honey and lemon and stir well. Add the whiskey and sip slowly.

Special note: Ginger has a very sturdy volatile oil, so the same slices of the ginger root can be used twice to make tea. The silver spoon in the glass keeps the glass from cracking. (You can also use a ceramic mug.) This is for one serving. This toddy is perfect if you are feeling under the weather with a cold or flu. I know, as a friend's mother fixed this hot beverage for me when I had a very bad case of the flu one year and it did wonders for me. Yes, I...Donna Seebo...can testify to the benefits of this toddy.

*Ellen's book – The Sacred Herbs of Yule and Christmas.

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 <https://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, <https://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 Radio/Television Talk Show Personality. Host/Producer of the International 'Donna Seebo Show'... 'Warriors for Peace' radio shows, also The Donna Seebo Show, "Special Editions" television programs

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