



A Moment with Donna....The Human Touch

I had spent an hour in the bank with my dad, as he had to transfer some money. I couldn't resist myself and asked... "Dad...why don't we activate your internet banking?"

"Why would I do that?" he asked.

"Well, then you won't have to spend an hour here for things like a transfer. You can even do your shopping online, everything will be so easy!" I was so excited about initiating him into the world of Net banking."

He asked "If I do that, I won't have to step out of the house?"

"Yes, yes!" I said, I told him how even groceries can be delivered to the door now and how Amazon delivers everything!"

*His answer left me tongue-tied, he said: "Since I entered this bank today, I have met four of my friends, I have chatted a while with the staff who know me very well by now. You know I'm alone... this is the company that I need. I like to get ready and come to the bank, I have enough time and it is the *physical touch* that I crave. Two years back when I got sick, the store owner from whom I buy fruits came to see me and sat by my bedside and cried. When your Mom fell down a few years ago while on her morning walk, our local grocer saw her and immediately got his car to rush her home as he knows where I live."*

"Would I have that 'human' touch if everything became online? Why would I want everything delivered to me and force me to interact with just my computer? I like to know the person that I'm dealing with and not just the 'seller'. It creates bonds and relationships. Does online deliver all this as well?"

**Technology isn't Life...Spend time with People ... Not with Devices* ~ Author Unknown*

~ ~

2018 is going to be a very powerful year on so many levels. One of the most important aspects of life is building and expanding our contacts with others. That means taking time to visit by phone, or even planning get-togethers like a potluck or coffee/tea/sparkling cider visit time. Add a little chocolate for good measure.

This past year of 2017 some friends passed away and I am so glad I was able to spend time with them prior to their crossing over to their next experience. Living in the now is so important and sharing time, good conversation, and more brings a richness to life money can't buy. If you can't be with those who mean most to you in person, then pick up the phone and talk person to person. This is what creates memories and those special feelings that nourish one's soul.

HAPPY NEW YEAR! Enjoy this lovely video that was sent to me.

[AULD LANG SYNE by Sissel - Happy New Year - YouTube](#) – Submitted by B.G., California

May this New Year bring you the best of the best of everything you desire, lots of love & friendships too!

Donna Seebo

January's Chuckle

"My husband is an efficiency expert in a large office."
"What does an efficiency expert do?"
"Well, if we women did it, they'd call it nagging."
~ Author Unknown

Power Thought for January

'Twixt optimist and pessimist
The difference is quite droll:
The optimist the doughnut sees,
The pessimist, the hole.'
~McLandburgh Wilson

The Donna Seebo Show

&

"Warriors for Peace"



Heard worldwide.... Celebrating 16 Years

"Delphi Vision Broadcasting" is celebrating its 16th year of positive and informative programming with 'The Donna Seebo Show' and 'Warriors for Peace'. Currently people in over 128 countries, including the United States, are listening 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. **Direct Link:**

<http://www.delphiinternational.com/VisionBroadcasting/VisionBroadcasting.html> .

There you will find a blue player that enables you to connect to the 'live' show 9:00 am to 10:00 am, 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, 11:00 am to Noon, 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.



Featured Radio Guests on the Donna Seeba Show



Upcoming Guests - January 2018

- 1....*New Year's Day - No live broadcast - show replays*
- 2....*An Eagle's View - Paddy Fievet*
- 3....*Aches & Gains - Dr. Paul Christo*
- 4....*Bullets to Bandages - Dr. James Terris*
- 5....*Perceptual Intelligence - Brian Boxer Wachler, MD*
- 8....*Love is the Power - Robert Williams*
- 9....*Here's Smiling at Your - Tony Ventrella*
- 10...*How to Survive Your Childhood Now that You Are an Adult - Ira Israel*
- 11...*Crafting Gratitude - Maggie Shannon*
- 12...*The New Senior Man - Dr. Thelma Reese*
- 15...*Find Peace - Ronald Griffith*
- 16...*Joyful Toddlers - Faith Collins*
- 17...*Running with Mindfulness - William Pullen (England)*
- 18...*A Spiritual Hypothesis - Daniel Punzak*
- 19...*Book of Calm - Nancy Shapiro (Mexico)*
- 22...*Weed, Inc, Truth about Pot Lobby - Ben Cort*
- 23...*Blowing America's Mind - Paul Davids*
- 24...*Our Horses, Ourselves - Paula Josa Jones*
- 25... *The Body Heals Itself - Emily A. Francis*
- 26...*5 Rules of a Master Herder - Linda Kohanov*
- 29...*Year of Inspired Living - Kelly Martinson*
- 30...*Stamp Counterfeiting - H.K. Petschel*
- 31...*Finally Focused - Dr. Greenblatt*

Warriors for Peace

- 3....*Vandevent - 100 year History of Central Oregon Ranch - Ted Haynes & Grace*
- 10...*Red November - Wm. Craig Reed*
- 17...*What Causes Global Warming? - Peter Ward*
- 24...*The Busy Family's Guide to Volunteering - Jenny Friedman*
- 31... *Women in the United States Armed Forces - Darlene Iskra*



Upcoming Broadcasts and Appearances



January - 2018

January 13 and 27 - Saturdays...Saturday Night Psychic Showcase. I will be on the panel and will have my publications available, arriving about 5pm. Speaker will be heard at 6pm and panel will be doing demonstrations afterwards.

January 17 - Wednesday...Psychic Spectrum, Poodle Dog Restaurant Banquet Room, Fife, Washington. I will be the Keynote speaker at 7 pm and will have my publications with me as well. I will be arriving between 5-6pm, depending on traffic, and will be available for mini-sessions before and after the presentation.

January 30 - Tuesday...Lou J. Free's Showcase, New Location - IHOP Restaurant, 178 SW Campus Drive, Federal Way, WA 98023 253.661.7300. I will be the keynote speaker at 7 pm and will be arriving around 5 pm, available for mini-sessions. I also will have publications available for sale.

February - 2018

February 10 - Saturday Night Psychic Showcase. I will be on the panel and will have my publications available, arriving about 5pm. Speaker will be heard at 6pm and panel will be doing demonstrations afterwards.

February 14 – Wednesday...Psychic Spectrum, Poodle Dog Restaurant Banquet Room, Fife, Washington. I will be the Keynote speaker at 7 pm and will have my publications with me as well. I will be arriving between 5-6pm, depending on traffic, and will be available for mini-sessions before and after the presentation.

*****February 23 and 24, Saturday/Sunday...The So Pacific Northwest Women's Show, Celebrating its 30th year, will be held at the Tacoma Dome, Tacoma, Washington. I will have a booth and we are so excited to be a part of this annual experience that brings us in touch with thousands of women from around the Pacific Northwest. We will be announcing our booth information and more in our next newsletter.*****

February 27 – Tuesday...Lou J. Free's Showcase, IHOP Restaurant, 178 SW Campus Drive, Federal Way, WA 98023 253.661.7300. I will be the keynote speaker at 7 pm and will be arriving around 5 pm, available for mini-sessions. I also will have publications available for sale.

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.

Golden Nuggets True Stories about Real People

https://en.wikipedia.org/wiki/Jeanne_Calment



The Recipe Box....Chef Le Tips

Submitted by D. Emerson, California

Tippy is a 6 yr. Corgi/Doxi/Jack Russel mix rescued from a shelter in Yolo County, CA. by a group called 'Rescue for Pets Sakes' located in Grass Valley, CA. He was covered with fleas, there were tumors on the ends of his ears, and he was in need a great deal of dental work. The Rescue group took care of all of these needs, found him a foster home to settle into and heal before he was ready for adoption. Tippy has come a long way in his recovery and is in his new 'Forever' home. He is quite the character now! Tippy is a dog with many interests, one of which is baking and cooking...with the help of his mom of course! For the New Year, Chef Le Tips (as he calls himself) shares a nutritionally balanced and delicious meatloaf for dogs made into individual muffins for portion control! He hopes you'll make this for your canine friend and he will share other tasty treats in the future! Toodles from Tippy and Happy New Year!

Doggie Meatloaf - Pre-heat oven to 350

Ingredients: In a large bowl add: 14 oz Lean ground beef or turkey - I use both sometimes
2 tsp hempseed oil, 1/2 can of sardines packed in water or 1/2 tsp of Carlsen's Cod Liver Oil
1/2 tsp of ground ginger, 1/2 tsp Kelp powder, 1 egg (hold on to shell)

Directions: In your blender or food processor mix: 1/2 of the egg shell, 1 oz beef liver (found in frozen food section of your grocery store.) Assortment of Veggies/fruit: (I usually use spinach, broccoli, red pepper and carrots because I eat them too.) You don't have to use all of these, just giving you some choices! 1 small bit of

Broccoli, 1/2 Red Bell Pepper, handful of spinach, 1-2 carrots, handful of green beans, canned pumpkin, sweet potato, apples, blueberries or whatever whole veggies you have in fridge. (Veggies and fruit must be broken down in food processor so dogs can get the full nutrients.) Process and add this mixture to the meat mixture and fold in like you would a meatloaf until completely combined. Spray muffin tin (with or without cupcake papers) with a cooking oil spray so they don't stick. Fill the 12 muffin cavities with meat mixture and cook in oven for 45 minutes. Let cool and store for immediate use or you can freeze them for later. Enjoy!

P.S. To see photo of Tippy go to website www.delphiinternational.com-newsletter.

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. 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/audio tape publication along with your 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 donna@delphiinternational.com or 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"* my award winning illustrated book and audio tape. Go to my website, fill out the information and I will be delighted to personalize the book for that special child. We are celebrating our 22nd anniversary of 'Classics' publications and now have a website showing 'God's Kiss' and other products. Both e-books and audio e-books are now available as well.

My new children's publication, *"The Magic Hat"* is available in e-book and e-audio book format. It is also available in book form and I am happy to personalize it for you. You can go to my website to order directly or Amazon, Create Space, and Kindle. This book is beautifully illustrated by Carol Ann Johnson and you can listen to a 'free' preview of the audio book and view some of the art as well on Mrs. Seebo's Classics website.

Go to www.mrsseebosclassics.com to find out more about these wonderful publications. 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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