

## The Donna Seebo Newsletter ©February 1, 2017



### A Moment with Donna.....Who Took the Cookie?



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1: [Ctrl+Click Above to Follow Video Link](#)

When I saw this video I laughed and laughed. I have replayed it over and over wondering how many times this scene was rehearsed before they filmed it. This is one of the most charming demonstrations of the *blame game* I have seen demonstrated and not one word was spoken by the actors. Priceless content, to say the least.

This month of February is the celebration of hearts and flowers. Grocery stores and other retail facilities are fully loaded with the goodies of Valentine's Day. Actually, the stores were already loading up their shelves before New Year's Day with Giant Teddy Bears carrying super-sized red hearts, various sizes of heart shaped candy boxes and oh, so much more. Sometimes I wonder if the buyers in retail feel like they are going a little bit crazy when they have to plan so far ahead for various holidays.

Like so many people I resolved in January 2017 to take care of going through a bunch of papers that have been sitting in files forever and trashing them. To my surprise I came across an article regarding a famous entertainer that I thought would be super to share. Of course, the love story of Desi and Lucy Arnaz is a classic one but this gives a different perspective on a man few really know anything about.

Desi said, "Success to me means happiness. You don't have to have a lot of material things to be successful. I have my loved ones-my family and my children-a nice place to live, enough to eat.

My dad was a wonderful guy; he never gave up on anything. He would never let any failures, mistakes or problems stop him. And I try to follow that as much as I can in my life. Many of the things that I became successful at probably wouldn't have happened if I didn't have a problem to solve. My father used to tell me, "When you come up with a minus, try to convert it into a plus."

How is this done? Well, for example, I once had a lousy band that Xavier Cugat sent me when I was working in Florida. The *minus* there was the lousy band, and when I finished the first set, I got my two-week notice. That was definitely a minus. So now what do I do? I had to eat; I didn't want to be out of a job, so I tried to figure what to do. I decided to overcome the fact that the band sounded lousy by playing the drum as loudly as I could-so the audience wouldn't hear the band very well.

And that turned into the conga! I created a diversion, as they say in the military. After that night, we had to do the conga line at least once in every set, and about a week later, it really caught on. You couldn't get into the club; it was jammed every night.

I've always had tremendous drive because I can't do anything halfway. When I go into something, I want to do the very best job I can. I don't think about what time it is or how long I've been working on it. I just keep on going until I reach whatever I'm trying to reach. And that doesn't necessarily mean success to me. It means pleasing myself. What I always try to tell my kids is that whatever they do, whatever job they're doing, a big one or a little one, try to do it as best they can, whether it takes 8 hours or 24 hours. If you're working as a busboy, trying to do a number in front of an audience or whatever, try to do it better than anyone else." *Interview done by Michael Delon-date unknown.*

Desi said it so well and the wisdom is as true today as it was for him so many years ago. We hear this from so many successful people. Don't blame...up your game. In other words...focus on what is the right thing to do and be willing to adapt when things go wacky. I guarantee that *wacky* will happen more than once in your life.

Delight in this experience of living, even with all of the warts that pop up when you least desire them to ... somehow there can be unbelievable magic in those moments and you may find your life transformed in the most amazing way.

Have a love-filled, delightful month and *Happy Valentine's Day.*

*Donna Seebo*

### *Power Thought for February*

"You are either green and growing or ripe and rotten." ~Author Unknown

### *February's Chuckle*

On his 50<sup>th</sup> wedding anniversary, Henry Ford was asked his formula for a successful married life. He replied that it was the same formula that made his automobile successful-"*Stick to one model!*"

*"The Donna Seebo Show"*

*&*

*"Warriors for Peace"*



*Heard worldwide.... Celebrating 15 Years*

"Delphi Vision Broadcasting" is celebrating its 15<sup>th</sup> year of positive and informative programming with 'The Donna Seebo Show' and 'Warriors for Peace'. Currently people in over 71 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 and click the adjacent box to have it download. Shows are available 24/7. I look forward to having you join me and my guests at my global broadcasting table.

***Please be advised that THE DONNA SEEBO SHOW & WARRIORS FOR PEACE is available through iTunes podcast, Stitcher, and TuneIn.***

***Please note: You must have iTunes installed in order to open and listen to any programming. As a result of this new iTunes posting the URL address of Delphi Site public RSS feed has changed:***

***<http://delphiinternational.com/podcasts/donna-seebo-show-podcast.xml>***

***This link is associated with the orange RSS feed button at the bottom of Delphi site pages. Update your standard public RSS feed subscriptions accordingly.***

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.

I look forward to having you join me and my guests at my global broadcasting table.



*Featured Radio Guests on the Donna Seebo Show*



*Upcoming Guests – February 2017*

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

From 9-10am, Pacific Time the ‘live’ program can be heard via the flash player and on the upper left side of ‘The Donna Seebo Show’ page you will find the archive file for all programming. Callers are welcome to call into ‘The Donna Seebo Show’ during the second half of the program.

Call in number is **253.582.5597**

- 1...The Lost Continent of Pan – Susan B. Martinez
- 2...Vegan Fitness for Mortals – Ellen Jaffe Jones
- 6...Loneliness, The Virus of the Modern Age – Tony Jeton Selimi
- 7...The Well Life – Peter Borten
- 8...The Path to Wealth – May McCarthy
- 9...Lanza’s Mob – Christina Ann Marie DiEdoardo
- 10...Dark Associations – Marie Sutro
- 13...Birth of New Consciousness – Jaap van Etten
- 14...Gravity Cakes – Francesca Librae
- 15...Dishonored & Forgotten – Larry Watts
- 16...Draper’s Forge – Richard Sims
- 17...Conquer, Change – Ralph Masengill Jr.
- 20...A Tango with Cancer – Apryl Allen
- 21...Circle of Initiates – Clair Roy
- 22...Lose Your Final 15 – Dr. Rovenia Brock
- 23...Secret Medicines from Your Garden – Ellen Evert Hopman
- 24...EMDR and The Universal Healing – Doug Hilton (Canada)
- 27...Ripley’s Believe It or Not!® Unlock the Weird! 2017 – Edward Meyer
- 28...175 Best Superfood Blender Recipes – Doug Cook (Canada)

### ***Warriors for Peace***

- 1...East Texas War & Memory Project – Hayley Hasik
- 8...Weeping Angel – Mary Kelley
- 15...Unidentified, The UFO Phenomenon – Robert L. Salas
- 22... Women in the United States Armed Forces – Darlene M. Iskra



### *Upcoming Broadcasts & Appearances*



February 7 and 14...Bur's Restaurant, Steilacoom Blvd., Lakewood, Washington. I will be available for mini-sessions and will be appearing on panel.

February 15...The Psychic Spectrum, Poodle Dog Restaurant-banquet room, Fife, Washington. I will be keynote speaker (topic to be announced) at 7pm. Before and after presentation I will be available for mini-sessions. 6pm – 9pm.

February 21...Lou J. Free Showcase, Clarion Hotel, Federal Way, Washington. I am keynote speaker (topic to be announced) at 7pm. I will be at showcase between 5-5:30pm and will be available for mini-sessions. 5pm-8pm.

March 17<sup>th</sup> & 18<sup>th</sup>...The Pacific Northwest Women's Show, Seattle, Washington- Booth #503. This annual event is not to be missed! Ladies, get ready for another dynamic weekend and I will be there, ready to chat and share new publications and more. Go to <http://www.nwwomenshow.com/> and find out more details.

March 28<sup>th</sup>...The Emerald Spiral, Kent Commons, Kent, Washington  
We'll be ready with lots of dynamic talks, vendors, products, services, and some surprises too. To get more details go to [www.emeraldspiral.com](http://www.emeraldspiral.com).

April...Alaska...dates to be announced

### *Important! Phone Scam!*

Great... Another phone scam to look out for... very clever.

<http://ktla.com/2017/01/26/can-you-hear-me-scam-has-police-warning-people-to-hang-up-immediately/>

### *Golden Nuggets*

#### *True Stories about Real People*

At the Chicago Bulls Basketball team home games they have a Kiss Cam. The idea is that couples images are displayed on the big screen over the basketball court and if your image is shown you should kiss your partner. That's the theory. This is a must watch until the end – I guarantee you'll be cheering and laughing at the same time. [Click Here...](#) *Happy Valentine's Day!*

### *The Recipe Box...Cream of Roasted Tomato Soup*

Has the flu/cold season hit you? If you are like me, a hot soup is magical with its soothing liquid presence. Here is a recipe that is sure to please, whether or not you have a cold bug..and, it may well become a family favorite.

**Ingredients:** 1 can (28 oz.) whole tomatoes-drained-reserve juice, 4 Tbls.olive oil (divided), 1 Tsp. crushed Italian spices, salt & pepper to taste, ¼ cup minced onion, 3 Tbls. tomato paste, 2 Tbls. flour, ½ to 1 Tsp. sugar, ¼ Tsp. pumpkin-pie spice (or 1/8 Tsp. ground allspice), 2 cups chicken broth, 1 cup heavy cream.

**Directions:** Cut drained tomatoes in half and remove seeds; place tomatoes on a baking pan lined with aluminum foil. Combine 2Tbls. olive oil, Italian spices, salt and pepper in a small bowl; mix to blend. Brush mixture over tomatoes. Roast in oven at 375 degrees for 30 minutes, or until tomatoes begin to caramelize and edges are slightly browned; scrape tomatoes, oil, and herbs from pan into a food processor with a rubber spatula. Process about 1 minute, but do not puree; set aside. Add remaining olive oil and onion to medium-sized sauce pan and sauté until tender. Stir in tomato paste, flour, sugar and pumpkin-pie spice; cook two minutes over medium-high heat, stirring constantly. Gradually stir in chicken broth,

reserved tomato juice, and roasted tomato sauce. Cook until heated through. Do not boil. Remove from heat; strain mixture if you want a creamier texture. Stir small amount of tomato mixture into heavy cream to blend; return cream mixture to saucepan and stir to mix well. Serve hot with crusty bread.

### *Blowing Bubbles - Amazing*

I wonder why I couldn't do this when I was a little girl – what fun! [Soap Bubbles](#)

### *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](mailto:donna@delphiinternational.com) or [donnaseebo@comcast.net](mailto: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 new 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 also 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](http://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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