



A Moment with Donna....Perfectionism

You'll notice that this editorial has a link at the bottom. It was inspiration for this commentary for this month of April.

Spring is the time for spring cleaning, for opening up windows and airing out one's residence, cleaning up those spider webs that have found haven in corners of windows that require giants to reach, dispatching dust bunnies to the vacuum in the sky, and washing windows that have become so dirty from the raging storms of winter that blooming daffodils look brown. Well...forget the spring cleaning. Here in the Pacific Northwest one storm after another has baptized us with abundant rain (for which I am very grateful, but, enough is enough already!). We don't rust in the Pacific Northwest...no, we turn into green algae. Great for the environment.

Perfectionism...something we all, at one time or another, aspire to achieve. Rarely do we get there but the process is really educational.

I was watching, just the other night, skaters competing in the world competition in Helsinki. Of course, the skaters are magnificent to watch. What is really fascinating to me are the behind the scene stories that are rarely talked about. What are they? The failures, injuries, high stress training, working with various coaches, and so much more. One comment was made that the best of the best skaters make everything look soooo easy and the truth is it has taken years of intense training, commitment, a high level of discipline, personal sacrifice, and a drive to be the best one can possibly be regardless of the falls, failures experienced. They don't give up unless circumstances force them to, and, even then, they keep reaching for that gold.

There are three sides to perfectionism. 1) That inner drive that constantly haunts us to keep reaching for that which will make us better. That is really a good trait to have, to consistently examine how we can get better and better so that we can be the best of what we want to be, do, or have. 2) The down side is...perfection is rarely attained, as life for one reason or another, throws a monkey wrench into the best of hard work and intentions creating disappointment and havoc. 3) The middle of the road...setting goals and going with the flow, never giving up on dreams, desires, aspirations, but understanding that we may end up taking a road less traveled. We each have to make the choice(s) that we want to live with.

A wonderful comedian, Vi Childs, used to have a club, the 737 Club, in Buckley, Washington. She would sing a particular song whose lyrics people loved to sing along with her.

'Oh Lord, it's so hard to be humble when you are perfect in every way.

Oh Lord, it's so hard to be humble I get better looking each day.

To know me is to love me – I am one h***of a gal/guy.

Oh Lord, it's so hard to be humble but I'm doing the best that I can.

Spring has arrived in the Pacific Northwest and it is going a glorious job of brightening up the days with longer hours of daylight, beautiful flowers blooming bringing color to the otherwise grey, wet

skies, and people are out walking, smiling, and anxious for more of that golden glow of sunshine to grace our part of the world. So, I am going to join them by taking my little Scottie, Victor, out for a long jaunt.

This is the time to refresh the mind, body, and spirit...remember, while reaching for those dreams, aspirations, goals, do take time to smell the roses...or whatever else may take your fancy.

Donna Seebo

Enjoy this video.

<https://biggeekdad.com/2017/03/cleaning-out-the-garage/>

*****Special Note:** *If you have received this newsletter and find it hard to read on your computer you can go to my website and see the original version with bigger lettering and all of the colorful images.*

Power Thought for April

“It takes a great deal of elevation of thought to produce a very little elevation of life.”
~Ralph Waldo Emerson

April's Chuckle

Mark Twain tells us of a neighbor of his, a connoisseur of books, who knew less about the art of being friendly than he did about first editions. Once Mark Twain asked if he might borrow a book, and the connoisseur replied: “You may consult it in my library, but I cannot let you take it away.”

There came the day when the book-lover asked if he might borrow Mark Twain’s lawn mower, whereupon the humorist replied: “Certainly, but you must use it in *my* garden.”

“The Donna Seebo Show”

&

“Warriors for Peace”



Heard worldwide.... Celebrating 15 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 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. 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.

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 - April 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**

- 3...What Will They Say about You When You are Gone? Rabbi Cohen
- 4...Literacy for Parents & Children – Carol Watts
- 5...The Real Adventures of Tom Sawyer – Tom Sawyer
- 6...It's Not about Time – Nan Russell
- 7...Lose Your Final 15 – Dr. Rovenia Brock
- 10...Garbage Bag Suitcase – Shenandoah Chefalo

Monday - Happy Passover - April 10th

- 11...All Spooked Up – Teresa Carol
- 12...New Psychology of Human Wellbeing – Richard Barrett (England)
- 13...No Grey Area – Joseph Gagliano
- 14...From Bully to Bulls Eye – Andrew Faas

Sunday - Happy Easter- April 16th

- 17...The Skeleton Code – Ken Massey
- 18...Rethinking of Rural – Don Albrecht
- 19...Quantum Lace – Bella St. John
- 20...Wicked Danville – Frankie Bailey
- 21...Time to Talk – Michelle MacRoy-Higgins
- 24...Sensing the Future – Trish MacGregor
- 25...Why Won't You Apologize – Harriet Lerner
- 26...Love Lost, Love Found – Tatiana Jerome
- 27...Backbone – Volker Sonntag
- 28...The Cosmic Hologram – Joe Currivan (England)

Warriors for Peace

- 5....Brain Training & Concussions – Dr. Greg Goodrich & Thomas Zampieri
- 12....Peace Weavers – Candace Wellman
- 19...Revisioning Activism – David Bedrick
- 26...Gotcha! – Eldon Taylor



Upcoming Broadcasts & Appearances



April 8th & April 15th, Saturday Psychic Showcase...I will be on the panel at Bur's Restaurant (Banquet Room), Steilacoom Blvd, Lakewood, Washington and will be available for mini-sessions. I will be arriving at 5pm and program starts at 6pm.

April 18th, Tuesday evening...Lou J. Free's Psychic Showcase...I will be the keynote speaker at 7pm. I will also be available for mini-sessions from 5-7pm.

April 19, 20, and 21...Salem, Oregon. Appearing at the Librarian Conference-Salem's Convention Center. Parking is free.

April 24th to 30th...Fairbanks and Anchorage, Alaska

- **Fairbanks, Alaska...April 24th (Monday) 25th (Tuesday) & 26th (Wednesday).**
- **Anchorage, Alaska...April 27th (Thursday), 28th (Friday), 29th (Saturday), 30th (Sunday), and 31st (Monday-Noon).**

April 27th...Broadcast with Michael Duke, KBYR, Anchorage – 8:30am.

Should you or a friend desire to schedule a consultation with me while I am in the cities noted, please call my office – 253.582.5604 or the following phone numbers in: Fairbanks – 907.479.3650 or Anchorage – 907.274.1000.

2017 Women's Show – Winner of Topricin Gift Box

Congratulations to Fran Curl of Edgewood, Washington!



The Recipe Box...Eggplant Italian Style

How often do you think of fixing this unique purple vegetable? Not often I bet. This recipe may change your mind and it is so easy to fix. It may quickly become a family favorite and if you are a vegetarian...this recipe is just perfect.

Ingredients: 2 Tbls. olive oil, ½ cup chopped onion, 1 clove garlic-crushed, ½ lb. ground chuck, 1 can(2lb. 3 oz.) Italian tomatoes-undrained, 1 can (6 oz.) tomato paste, 2 tsp. dried oregano leaves, 1 tsp. dried basil leaves, 1 ½ tsp. salt, ¼ tsp. pepper, 1 Tbls. brown sugar, 1 large eggplant (1 ½ lb.), 2 eggs-slightly beaten, ½ cup Italian-flavored dry bread crumbs, 1 ¼ cups grated Parmesan cheese, 1/3 cup olive oil, 1 pkg. (8 oz.) mozzarella cheese-sliced.

Directions: Heat 2 Tbls. hot olive oil in large skillet, sauté onion, garlic, and chuck, stirring occasionally, until meat is no longer red-about 5 minutes. Add tomatoes, tomato paste, oregano, basil, salt, pepper and sugar; bring to boiling, stirring with wooden spoon. Reduce heat; simmer, covered and

stirring occasionally 45 minutes. Meanwhile, preheat oven to 350 degrees. Lightly grease a 13x9x2 inch baking dish. Wash eggplant –do not peel. Cut crosswise into slices ¼” thick. In pie plate combine eggs and 1 Tbls. water; mix well with fork. On waxed paper, combine bread crumbs with ½ cup Parmesan cheese; mix well. Dip eggplant slices into egg mixture, coating well. Then dip into crumb mixture coating evenly. In 1 Tbls. hot oil in medium skillet, sauté eggplant, a few at a time, until golden-brown and crisp on both sides. Add more oil as needed. Drain on paper towels. Arrange half of eggplant slices in bottom of prepared baking dish. Sprinkle with half of the remaining grated parmesan cheese. Top with half of mozzarella cheese slices. Cover with half of tomato sauce. Arrange remaining eggplant slices over tomato sauce. Cover with the rest of tomato sauce and mozzarella slices. Sprinkle top with rest of Parmesan. Bake, uncovered, 25 minutes, or until cheese melts and top is golden brown.

Tip #1: You can freeze this dish. Bake frozen, at 350 degrees-covered, 45 minutes. Then uncover and bake 15 minutes longer.

Tip #2: If you are a lazy cook you can skip making the sauce and use prepared marinara sauce. Follow the rest of the directions for eggplant and cheeses.

Hangin a Picture

How very clever! - Why didn't I ever think of that on those many occasions when I struggled to hang a picture?? [Click on me!!](#)

Golden Nuggets

True Stories about Real People

This is a very powerful video and I encourage you to share it with others.

“We are Americans”

https://www.youtube.com/embed/rKsW6c_CgFY?feature=player_detailpage

Submitted by C.A., Austin, Texas

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 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 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'

P.O. Box 97272, Lakewood, WA 98497-0272 --- (253) 582-5604

donna@delfhiinternational.com or donnaseebo@comcast.net

www.delfhiinternational.com www.mrsseebosclassics.com

<https://www.linkedin.com/in/donnaseebo> <https://www.facebook.com/donna.seebo>

<https://www.facebook.com/donnaseeboshow/> <https://twitter.com/donnaseeboshow>