



A Moment with Donna...A Cup of Coffee

Fall is a fabulous time of the year. This year Mother Nature has outdone herself with dressing all of the various trees and plants with vibrant colors that truly are a feast for the eyes. Temperatures are getting brisker and it refreshes one's spirit to be out and about, enjoying all of the beauty surrounding us.

When I received the short commentary that is in this editorial I felt it gave a perfect message for this month, and, the importance of civility, good manners, appreciation and respect for others. May it bring warmth of insight into your heart and infuse the holiday spirit that comes with this season.



You are holding a cup of coffee when someone comes along and bumps into you, making you spill your coffee everywhere. Why did you spill your coffee? You spilled the coffee because there was coffee in your cup. Had there been tea in your cup, you would have spilled tea. The point is whatever is inside the cup is what will spill, therefore, when life comes along and shakes you up (which will happen), whatever is inside will come out. It's easy to fake it, until you get soaked. So, we have to ask ourselves, "What's up?"

When life gets tough, what spills out? ...Gratefulness, peace, and humility? Or does bitterness, harsh words, and reactions spill out? You choose! Today, let's work towards filling our cups with gratitude, awareness, joy, words of positive affirmation, kindness, forgiveness, and love for others. ~ Submitted by January, Alaska (Original author unknown).

This is a month of Thanksgiving, not just the holiday itself, but it should emphasize awareness that we have much to be grateful for and, wouldn't it be wonderful, if we could on a daily basis, express that appreciation of our many blessings. This is a habit that is worth cultivating. Why not put that in your self-awareness bucket?

I appreciate you, your support, and your wonderful submissions. May this season of Thanksgiving be filled with abundant love, fellowship and good times, with friends and family. Enjoy the richness of life you have been blessed with and may your blessings multiply many times over.

Have a fabulous month.

Donna Seebo

Lower Thought for November

They should be first among all, who contribute most to the good of all.
~ Giuseppi Mazzini

November's Chuckle



Submitted by B.Z., Washington

Bought vs. Homemade

(It just doesn't get much cuter than this... note the expression in the picture)

Six year old Annie returns home from school and says that today she had her first family planning lesson at school.

Her mother, very interested, asks: "Oh... How did it go"

"I nearly died of shame!" she answers. "Sam from down the street says the stork brings babies. Sally next door said you can buy babies at the orphanage. Pete in my class says you can buy babies at the hospital."

Her mother answers laughingly, "But that's no reason to be ashamed."

"No... But I can't tell them that we were so poor that you and daddy had to make me yourselves!"

The Donna Seebo Show

&

"Warriors for Peace"



Heard worldwide..... Celebrating 17 Years

"Delphi Vision Broadcasting" is celebrating its 17th 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 Seebo Show



Upcoming Guests - November 2018

- 1...Love, Faith & a Pair of Pants – Herb Freed
- 2...Unlocking Natural Born Leaders Abilities – Dr. Konan
- 5...Talking Turkey – Leo Pearlstein (99 years old)
- 6...Tales of an Old Catfish – John P. Lynch
- 7...A Palace in Peking – Margaret St. Claire
- 8...Water & Cattle – Mr. Anderson
- 9...Little by Little – Rich Little
- 12...Seasoned with Gratitude -
- 13...Last Aloha – Gaylin Quinn
- 14...Be the Star – Cynthia Brian
- 15...7 Secrets of Resilience for Parents – Andrea Whittman
- 16...7 Secret Powers of the Heart – Shai Tubali (Berlin, Germany)
- 19...Responsible Entrepreneurs – Carol Sanford
- 20...Kindness Advantage – Amanda Salzhauer
- 21...Welcome Your Dream Life Now – Darren Marc
- 22...**Happy Thanksgiving Everyone!**
- 23...Deadline – Paul McHugh
- 26...Be a Chief – Rick Miller
- 27...Why People Don't Believe You – Rob Jolles
- 28...Smart Ass – Margaret Winslow
- 29...Bookbinders Daughter – Judith A. Fisher
- 30...Enlightened Eating – Cassandra Ohlsen

Warriors for Peace

- 7...My Father's Gift – Sixtus Atabong
- 14...Exiled – Katya Cengel
- 21...American Airline Secret War in China – Leland Shanle (#915-2 - October 2017)
- 28...A Quiet Hero – JoAnne Denko

Mrs. Beebo's Classics

Something new is in the works and we are excited...stop by for a visit and get a peek at what is evolving. We are so excited that my new children's publication – *The Woodcutter and The Tree* - is coming close to going to the printer. Check out the cover on my website.

A special 'Go Fund Me Project' has started too for upcoming publications. Check it out.

<http://mrsseebosclassics.com/news-events/>

Holiday Dinner

I ate too much turkey, I ate too much corn,
I ate too much pudding and pie.
I'm stuffed up with muffins and too much stuffin'
I'm probably going to die.
I piled up my plate and I ate and I ate,
But I wish I had known when to stop.
For I'm so crammed with yams, sauces, and jams
That my buttons are starting to pop!
I'm full of tomatoes and gravied potatoes
My stomach is swollen and sore,
But there's still some dessert
So I guess it won't hurt if
I eat just a little bit more!
~ Author Unknown



Upcoming Broadcasts and Appearances



November 14th, Wednesday...The Psychic Spectrum, Poodle Dog Restaurant Banquet Room, Fife, Washington. I will be the keynote speaker at 6pm, will have publications available and also will be doing mini-sessions before and after the program.

November 17th, Saturday...The Metaphysical Meetup, Carr's Restaurant on Bridgeport in Lakewood, Washington. I will be the keynote speaker at 6pm and will be doing a blindfold demonstration as part of the program. Books and other information will be available that evening and I will be available for mini-consultations as well. Look forward to your joining us for a fun evening of demonstrations and conversation.

November 27th – Tuesday evening, 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 between 5-6 pm, available for mini-sessions up to 7pm. I will have publications available for sale.

Golden Nuggets... True Stories about Real People

TRUCKEE, Calif. — Western stagecoach companies were big business in the latter half of the 19th century. In addition to passengers and freight, stages hauled gold and silver bullion, as well as, mining company payrolls.

Stage robbery was a constant danger and bandits employed many strategies to ambush a stagecoach. Thieves rarely met with much resistance from stage drivers, since they had passenger safety foremost in mind. The gang was usually after the Wells Fargo money box with its valuable contents. Passengers were seldom hurt, but they were certainly relieved of their cash, watches and jewelry.

Before the completion of the transcontinental railroad over Donner Pass in 1868, the only transportation through the Sierra was by stage. Rugged teamsters held rein over six wild-eyed horses as they tore along the precipitous mountain trails. The stagecoaches were driven by skilled and fearless men who pushed themselves and their spirited horses to the limit.

One of the most famous drivers was, Charles Darkey Parkhurst, who had come west from New England in 1852 seeking his fortune in the Gold Rush. He spent 15 years running stages, sometimes partnering with Hank Monk, the celebrated driver from Carson City. Over the years, Parkhurst's reputation as an expert whip grew.

From 20 feet away he could slice open the end of an envelope or cut a cigar out of a man's mouth. Parkhurst smoked cigars, chewed wads of tobacco, drank with the best of them, and exuded supreme confidence behind the reins. His judgment was sound and pleasant manners won him many friends.

One afternoon, as Charley drove down from Carson Pass, the lead horses veered off the road and a wrenching jolt threw him from the rig. He hung on to the reins as the horses dragged him along on his stomach. Amazingly, Parkhurst managed to steer the frightened horses back onto the road and save all his grateful passengers.

During the 1850s, bands of surly highwaymen stalked the roads. These outlaws would level their shotguns at stage drivers and shout, "Throw down the gold box!" Charley Parkhurst had no patience for the crooks despite their demands and threatening gestures.

The most notorious road agent was nicknamed "Sugarfoot." When he and his gang accosted Charley's stage, it was the last robbery the thief ever attempted. Charley cracked his whip defiantly, and when his horses bolted, he turned around and fired his revolver at the crooks. Sugarfoot was later found dead with a fatal bullet wound in his stomach.

In appreciation of his bravery, Wells Fargo presented Parkhurst with a large watch and chain made of solid gold. In 1865, Parkhurst grew tired of the demanding job of driving and he opened his own stage station. He later sold the business and retired to a ranch near Soquel, Calif. The years slipped by and Charley died on Dec. 29, 1879, at the age of 67.

A few days later, the Sacramento Daily Bee published his obituary. It read; "On Sunday last, there died a person known as Charley Parkhurst, aged 67, who was well-known to old residents as a stage driver. He was, in early days, accounted one of the most expert manipulators of the reins who ever sat on the box of a coach. It was discovered when friendly hands were preparing him for his final rest, that Charley Parkhurst was unmistakably a well-developed woman!"

Once it was discovered that Charley was a woman, there were plenty of people to say they had always thought he wasn't like other men. Even though he wore leather gloves summer and winter, many noticed that his hands were small and smooth. He slept in the stables with his beloved horses and was never known to have had a girlfriend.

Charley never volunteered clues to her past. Loose fitting clothing hid her femininity and after a horse kicked her, an eye patch over one eye helped conceal her face. She weighed 175 pounds, could handle herself in a fistfight and drank whiskey like one of the boys.

It turns out that Charley's real name was Charlotte Parkhurst. Abandoned as a child, she was raised in a New Hampshire orphanage unloved and surrounded by poverty. Charlotte ran away when she was 15 years old and soon discovered that life in the working world was easier for men. So she decided to masquerade as one for the rest of her life.

The rest is history.

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.



The Recipe Box - A Tasty Vegetable Casserole

Sometimes, if you are like me, you like being a lazy cook. I like dishes that are fast, can be adapted to whatever I may have on hand, and are easy to prepare. This one recipe does nicely. The ingredients are simple and you can spice this up any way you like or leave it plain. Try it...I think you'll like it.

Ingredients: 1 lb. of yellow onions, water, 2 lb ripe medium-sized tomatoes, tsp. salt, ¼ tsp. pepper., 1/2 tsp. dried basil leaves, 6 slices American cheese (cut slices in half) ½ cup unseasoned bread crumbs, 3 Tbls. melted butter.

Directions: Preheat oven to 350 degrees. Lightly grease a 2-quart oven-proof casserole dish. Peel onions; discard peels and slice onions very thin. Put water in a 2-quart saucepan to measure 1 inch deep. Bring water to a boil over high heat; add onions, cover saucepan, and cook 10 minutes. Drain onions and set aside. In same saucepan, put 6 cups of water and bring to a boil. Add tomatoes to boiling water, a few at a time, and blanch for 15 to 20 seconds, remove from water and set the aside to cool. Repeat with remaining tomatoes. When all tomatoes are blanched and cool enough to handle, use a small sharp knife to peel off skin and cut out cores. Discard skins and cores. Cut tomatoes into ¼ to ½ inch-thick slices and arrange half of them in the casserole. Top with half of the onions. Sprinkle tomatoes and onions with half of the salt, pepper and basil; top with half of the cheese. Repeat layering with remaining tomatoes, onions, salt, pepper basil and cheese. In a small bowl, toss the bread crumbs with the melted butter. Sprinkle bread crumbs evenly over the top of the casserole. Bake on center rack in oven, uncovered for 30 to 35 minutes or until casserole bubbles. Makes 6 servings.

Donna note: If I am in a hurry I use canned tomatoes instead of fresh and extra-sharp Cheddar mixed with a little Mozzarella cheese.

The Magnificence of Hummingbirds

Submitted by Charlie, Washington

<https://www.youtube.com/embed/FPRswRWZ23Q>

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/DVD 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 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.

Late summer we will be coming out with book #3, *The Woodcutter & The Tree*. Stay tuned for more information. It is exciting to bring a book to completion and we'll be letting you know when it all comes together.

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@delphiinternational.com or donnaseebo@comcast.net

www.delphiinternational.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>