



A Moment with Donna... The Red Reindeer

Boxes, plastic bags, and giant tubs of decorations fill my living room and other parts of my home as it is that time to decorate for the upcoming holiday season. As I survey the chaos in front of me I wonder if I have a touch of insanity affecting me, but, that feeling passes as I start taking out the seasonal items that bring such wonderful memories to mind.

Little by little I manage to put things out and about and amazingly the rooms become alive with color, design, and a cheery atmosphere that greets everyone who comes through the front door. The tree is the last major piece of work to be done. As I take out the decorations we have used over the years a small, sparkly, plastic red reindeer is in my hand and immediately it activates a memory of a Christmas long ago spent with some very special people, during a very difficult time in my life.

That particular Christmas I had no real money to spend. As a single mom with a young child it was quite painful for me to not have the means to do much of anything for Christmas. I felt very frustrated that my financial means was so meager that I couldn't do much decorating or anything else for that matter. Of course, I didn't let anyone around me know of my challenges. The loneliness that I felt was very deep and hurtful.

However, I had the good fortune to be involved with a wonderful community church that had a mature and very wise pastor. Unknown to me he made a point of knowing about the people that frequented his church and realized the difficulties many in the parish were experiencing. This pastor had known many challenging times throughout his life and didn't hesitate to share those experiences with us, letting us know there was always the opportunity for change.

This pastor, Rev. Floyd Humble, was passionate about Christmas. It was his favorite holiday of the year and one evening, when everyone was gathered for a special celebration, he comes out with a large box of gifts for everyone, including an ornament to put on our Christmas trees. I received the red reindeer and it has always represented the love and caring one man had for the people he served.

The Reverend passed away many years ago but he lived a life that represented the best of human character. He truly knew what the holiday season represented and demonstrated his wisdom in so many ways during the years I knew him. He literally carried the Christmas season with him all year long.

Life gets so busy some times that we forget that the holiday season truly isn't about the gifts ...it is about remembering the love and fellowship with friends, family, even strangers that we cross paths with. It is about being grateful for our many blessings and, if we are in a position to do so, giving a helping hand or something else to brighten someone's holiday experience.

The red reindeer will always have a place on my tree, as do many other special decorations, as it reminds me of times past when a caring pastor gave a special sparkle of holiday spirit that made for a very heartwarming Christmas.

May this holiday season create rich memories for you and those that you love.

Abundant blessings to you all.

Donna Seebo

Lower Thought for December

“The best ammunition to fight poverty is a load of ambition fired with effort toward a definite goal.”
~Author Unknown

December's Chuckle

Buster, the Boxer – whoever did this short ad has a delightful perspective on life...enjoy!
<http://www.housebeautiful.com/entertaining/holidays-celebrations/news/a7416/>

“The Donna Seebo Show”

&

“Warriors for Peace”



Heard worldwide.... Celebrating 15 Years

“Delphi Vision Broadcasting” is celebrating its 15th 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 - December 2016

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....*No Mistakes – Mandy Berlin*
- 2....*Mars – National Geographic Series with Ben Cotton*
- 5....*Fully Engaged – Thomas Sterner*
- 6....*Feel Rich Project – Michael Kay*
- 7....*Finding Destiny – Barbara Sinor*
- 8....*Christmas Miracles – Mary Ellen*
- 9....*How to Live From Your Heart Nanette*
- 12...*This Life is Joy – Dr. Teel*
- 13...*Heart Based Singing Vocal Technique – Agatha Carubia*
- 14...*The Five Secrets – Dr. Schieman*
- 15...*At Your Command – Mitch Horowitz*
- 16...*Stop Feeling Tired – Dr. George Zgourides*
- 19...*Herbs & Neurologic Disorders – Sidney Kurn*
- 20...*Enlightenment Now – Jason (Thailand)*
- 21...*The Legacy Letters – Carew Papritz*
- 22...*Enjoy Stress – Stanley Abbott*
- 23...*Christmas Special, narrated by Donna Seebo*
- 25...*Merry Christmas Everyone*
- 26...*The Opiod, Free Pain Relief Kit – Beth Darnell*
- 27...*Start Right Where You Are – Sam Bennett*
- 28...*Quiet Sheba – Elizabeth Clayton*
- 29...*What the Fly Saw – Frankie Bailey*
- 30...*To be announced*

Warriors for Peace

- 7....*U.S.S. Arizona, 75th Anniversary – T.J. Cooper*
- 14...*Wounded Warriors, Wounded Wives – Barbara McMally*
- 21...*Christmas History with Music, Ron Clancy*
- 28...*Peace, Christopher Papadopoulos*

"PEACE"

~ Author Unknown

Peace does not mean to be in a place where there is no noise, trouble, or hard work.
Peace does mean to be in the midst of all that and still be calm in your heart...that is real meaning of
peace.

Being gentle is a way to be strong ...

Being kind is more important than being right....

To forgive means "to let go". It does not mean what was done was o.k.

It does mean ...we will no longer allow what happened hurt us, rob us of our joy, or affect us in any negative way.

We can forgive because we deserve to be happy.

When we forgive we become free.

Love...not time.... Heals all wounds

Love builds bridges where there were none

To ignore facts does not change facts

**

Even if you are on the right tract..

You will get run over if you just sit there. (Will Rogers)

**

Everyone deserves to be greeted with a smile.

Just one person saying "You have made my day" makes my day.

So go out and make someone's day happy today.



Upcoming Broadcasts & Appearances



December 3rd and 10th...I will be on the panel at Burs Restaurant on Steilacoom Blvd, Lakewood, Washington. I will be available from 5:00pm to 6:00pm for mini-consultations. Program starts at 6:00pm and I will be available afterwards as well for mini-sessions.

December 13th... I will be the keynote speaker at Lou J. Free's Showcase, banquet room, at the Clarion Hotel in Federal Way, Washington - 7:00 pm. From 5:30 pm to 7:00pm I will be available for mini-consultations. Topic to be announced

December 21st... I will be the keynote speaker at The Psychic Spectrum, banquet room in the Poodle Dog restaurant, Fife, Washington, at 7:00pm. Prior to speaking and after program I will be available for mini-sessions. Topic to be announced.



A RETIREE'S LAST TRIP TO COSTCO !

Submitted by Mary Ellen, Oregon-(no clue who the author is)

Yesterday, I was at Costco, buying a large bag of Purina dog chow for my loyal pet Owen, the Wonder Dog, and was in the check-out line when a woman behind me asked if I had a dog. What did she think I had an elephant?

So because I'm retired and have little to do, on impulse, I told her that no, I didn't have a dog, I was starting the Purina Diet again. I added that I probably shouldn't, because I ended up in the hospital last time, but that I'd lost 50 pounds before I awakened in an intensive care ward with tubes coming out of most of my orifices and IVs in both arms.

I told her that it was essentially a Perfect Diet and that the way that it works is to load your pants pockets with Purina Nuggets and simply eat one or two every time you feel hungry. The food is

nutritionally complete, (certified), so it works well and I was going to try it again. (I have to mention here that practically everyone in line was now enthralled with my story.

Horrified, she asked if I ended up in intensive care, because the dog food poisoned me. I told her no, I had stopped to pee on a fire hydrant and a car hit me.

Well, I thought the guy behind her was going to have a heart attack he was laughing so hard.

Costco won't let me shop there anymore.

Better watch what you ask retired people, they have all the time in the world to think of crazy things to say.

The Hologram

Turn the Sound On...The days of, "you have to see it to believe it", are gone...<https://www.youtube.com/embed/vZRFcGrrsyc> . Star Trek's holodeck is here!

Golden Nuggets True Stories about Real People

A Touch of History – In Honor of December 7th, Pearl Harbor
NORTH PLATTE CANTEEN , NORTH PLATTE, NEBRASKA ...1941-1945
http://www.youtube.com/watch_popup?v=07DGeLvDw8I



The Recipe Box... Tamale Pie

I know this is the holiday season but this is a dish that can be added to any menu, looks wonderful at a buffet, and will be very much enjoyed right along with your holiday favorites. This could easily become a family tradition.

Ingredients: 4 lb. chicken-cut into 8 pieces, 2 Tbls. oil, 2 Tbls. butter, 2 cups chopped onion, 1 clove garlic-crushed, 1 ½-2 Tbls. chili powder, 1 tsp. ground cumin, 1 tsp. dried basil leaves, 1 can(10 3/4 oz)chicken broth, 1 can(1lb.)stewed tomatoes, 1 can(8 oz)tomato sauce, salt, 1 can(12 oz) whole-kernel corn, 2 cups yellow cornmeal, 1 cup grated cheddar cheese, ½ cup pitted ripe olives.

Directions: 6-quart Dutch oven, over medium heat, brown chicken in oil/butter combination until golden brown. Remove chicken as it browns to a platter. When all of the chicken is browned, add onions and garlic to fat in the pot, stirring until tender (about 5 minutes). Then add chili powder, cumin and basil; sauté 1 minute, stirring. Then add chicken, chicken broth, stewed tomatoes, tomato sauce and 1 tsp salt. Bring to boiling, stirring occasionally. Reduce heat; simmer, covered, ½ hour or until chicken is tender. With Tongs, remove chicken pieces and set aside. Boil remaining liquid, uncovered to reduce to 4 ½ cups-about 15 minutes. Skim off excess fat. Add corn and chicken; remove from heat.

In heavy, 4-quart saucepan, bring 4 cups water and 1 ½ teaspoons salt to boiling. Slowly stir in cornmeal. Cook over medium heat; stir constantly until thick-5 minutes. Remove from heat add ½ cup cheese. Cool 5 minutes. Preheat oven to 375 degrees. Lightly grease and line bottom and sides of 3-quart shallow baking dish with half of cornmeal mixture. Reserve 1 cup sauce. Turn remaining mixture into dish. On damp surface, between sheets of waxed paper, roll remaining cornmeal mixture. Roll into 9-by-9-inch square, 1/3 " thick. Remove top paper; cut into 20 rectangles; overlap around edge. Spoon reserved sauce and olives over chicken. Bake, uncovered, 20 minutes. Sprinkle with remaining cheese; bake 10 minutes. Serves 8.

Donna tip...*Buy a cooked chicken, shred meat and put into sauce, saves time. I also double spices as this is a very mildly flavored dish to my taste.*

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@delphiinternational.com or donnaseebo@comcast.net
www.delphiinternational.com www.mrsseebosclassics.com*