

@The Donna Seebo Newsletter

February, 2026



A Moment with Donna... Shifting Gears

The Pacific Northwest is enjoying warmer temperatures than usual. Weather is moderately warm, in the 50's, and soft rains are blessing us with that liquid gold that keeps us nice and green. Compared to the rest of the country we are having a very mild, yet wet, winter. However, I do keep in mind how in a month of March, some years back, we had 'corn snow' covering everything which was a new experience for this California gal at the time.

That old admonition used by the Girl & Boy Scouts is as true today as it was when it was first stated by some old ancestors, ***Be Prepared!*** Two words of wisdom that will forever stand true. Mother Nature is one of the most fearsome teachers. Her teaching methods range from a gentle caress to the most brutal harshness. Not only that she can give gentle nudges, signaling she is sending/setting something up, or she hits like a rogue wave...NO WARNING! The element of surprise, her most powerful tool.

Two words kept drifting through my mind as I was preparing this editorial, "Shifting Gears." A memory popped up recalling how I learned to drive a stick shift, by a very patient teacher, Kathy, in her old VW bus. A company parking lot was my training ground and I'm sure she needed to see a chiropractor by the time she finished coaching me, with all of the jerky stops and starts we went through as I learned to coordinate my brain with my hands and feet, working with the clutch and brakes. Nerve wracking? Absolutely! However, we both survived the process, often laughing at my lack of smooth coordination, rocking and rolling with the learning of how to work with shifting into different gears. The VW bus survived as well, as I managed to not add any additional scars to its well-marked form.

Right now, we all have to learn how to shift big-time with all of the fast-moving changes being forced upon us. Do we like it? Heck NO! Yet, this isn't the first time we humans have had to deal with the dynamics of change...nor will it be the last.

It is ok to be frustrated, whine and complain a little...anger can even show up, waving its red flag. Let's stop for a moment and think. If you want to see a difference, then start the process of looking at solutions...brainstorm with someone. Solutions, *not destructive actions of stupidity*...solutions that get to the core issues of why the challenges are there and how they evolved. What options are available? If we can't see options, then create them. No blame game here, positive action with both short-term and long-term solutions can be explored.

Clear consciousness, open communications, organized planning and action, vision(s) expanded beyond pre-established boundaries, breaking through broken-down systems and out-of-date glass ceilings. All of this requires willingness to switching the gears of what needs to be adapted so we move forward through the jerks and sudden stops, learning to make our lives, our nation, our world, a better demonstration of the finest and best of human expression.

February is noted for its Valentine holiday, where love and chocolate reigns supreme, red roses and other flowers are bundled into bouquets gracing aisles of stores, along with an abundance of red hearts. I cannot think of a better way to celebrate change, embracing it with optimism, shifting the gears of action into a moving forward position. After all...doesn't chocolate create its own magic?

Have an awesome month and a ***Happy Valentine's Day.***

Donna Seebo

Power Thought for February

"I could not sleep when I got on such a hunt for an idea until I had caught it;...This was a kind of passion with me, and it has stuck by me; for I am never easy now, when I am handling a thought, till I have bounded it north, and bounded it south, and bounded it east, and bounded it west." – Abraham Lincoln (President's Day, February 16th)

February's Chuckle

Jeff's blind date with Suzanne was bad from the start...in short, they loathed each other. Fortunately, Jaff had asked his friend to call him so he'd have an excuse to leave if the date wasn't going well.

When his friend called, Jeff pretended to be in shock. "I have to leave," Jeff said to Suzanne. "My aunt just died."

"Thank God," Suzanne replied. "If yours hadn't, mine would've had to!" ~ Andrews McMeel

The Donna Seebo Show" & "Warriors for Peace"



Heard worldwide

"Delphi Vision Broadcasting" is celebrating its 25th year of positive and informative programming with 'The Donna Seebo Show', its 12th year with 'Warriors for Peace' and its 3rd anniversary of The Donna Seebo Television Show, "Special Editions". Currently people in over 128 countries, including the United States, have listened 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...<https://delphiinternational.com/donna-seebo-show/>
There you will find a player that enables you to connect to the 'live' show 8:00 pm to 9:00 pm, Monday through Friday, Pacific Time. The latest 13-15 hours of programming is available 24/7 on the network's player, plus 100's of programs are listed in the archives, available 24/7. Callers are welcome during the second half of the program – Call in number - 253.582.5597.

"Warriors for Peace" is aired on Wednesdays, 7:00 pm to 8:00 pm, Pacific Time. No calls are taken during this interview program.

"The Donna Seebo Television Show, Special Editions" is aired 3 day a week on TCTV media and programs are also on U-Tube, my website, and other venues for viewing 24/7.

We are featuring The Author's Showcase. You are invited to visit our addition to The Donna Seebo Show & Warriors for Peace show page. You have direct links to their interview and can listen anytime.

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.

Special Note: Programming can be heard via these additional connections: IHeart Radio, I Tunes, Alexa, TuneIn, and Spotify.

Upcoming Events & Broadcasts - February / March 2026

Special Event - The Donna Seebo Show Presents

The Author's Showcase - Public is Invited

Date: February 28th, 2026, Saturday. **Time:** 2:00pm...**Location:** University Place Library, Conference Room, 3609 Market Place West, Suite 100, University Place, WA 98466. **Event:** Author's Showcase.

Donna Seebo, an International Radio & Television talk show host and producer is bringing 10 authors from the Pacific Northwest and other areas in the United States to showcase their publications, and will then be available for questions from the audience. If you have wanted to have a book published, this is your opportunity to chat with these successful authors. This is a 90-minute program and the author's books will be present as well.

The event begins at 2:00pm. Lots of free parking. Be sure to share this information with your friends and family.

March - 2026

March 11th, Wednesday – March 15th, Sunday– Anchorage, AK....I will be available for private appointments by phone and in-person. I will also be appearing at the Alaskan Whole Life Festival, as a vendor and speaker. For more information contact Cindy Calzada., 907.863.1076.

March 28th, Saturday & March 29th, Sunday – The MeWe Fair is happening at the Emerald Downs Racetrack. For more details contact Laureli Shamayo at www.MeWeFairs.com.



Featured Radio Guests on the Donna Seebo Show & Warriors for Peace - February 2026

- 2...Outbound, Meta Mars – Richard Anderson*
- 3...This is Consciousness – Regina Leffers*
- 4...Awkward Awakening – Scott Guerin*
- 5...You Want It When? – Peter Economy*
- 6...Winds of Spirit – Renee Baribeau*
- 9...Genealogy of Plant Food – Nathaniel Altman*
- 10...Cyborg Fever – Laurie Sheck*
- 11...The Sacred Biodiversity Oracle – Angela Manno (England/France/United States)*
- 12...To be announced*
- 13... Stoicism Quotes for Mind & Body – Kortney Yasenja*
- 16... To be announced*
- 17... To be announced*
- 18...Babylon Blueprint – David Hancock*
- 19... To be announced*
- 20... To be announced*
- 23... To be announced*
- 24... To be announced*
- 25... The Card People – James Sulzer*
- 26... To be announced*
- 27... Moss Medicine – Robert Dale Rogers*

Warriors for Peace

4...Say It Skillfully – Molly Tschang

11... To be announced

18...Constitutional Law – The Cornerstone – Ed Campbell

25...To be announced

The Donna Seebo Television Show, "Special Editions"

The filming for "Special Editions"- Year Three- starts this month in 2026. If you are an author and would like to be featured on one of my upcoming programs, please contact my office-253.582.5604, or email me your contact information, donnaseebo@comcast.net, and we'll share the protocols of becoming a part of this special show.

The filming for Episode #19 was completed in December 2025. It is now on TCTV and in the latter part of this month; we will be filming EP 20. Tap the links below and you will connect directly with the U-Tube television channel and all of the posted videos.

My television program, The Donna Seebo Show-Special Editions is featured, on TCTV media, Channels 3,22,26,77, three air-times a week. 2:00pm, Sunday...4:00pm, Tuesday & Friday, Pacific Time. You can go to TCTV's website <https://tcmedia.org> to download their app for 'live streaming' or you can scroll down to the 'Watch Button' to watch the programs. Also, if you want to have an app for your phone there are apps at the bottom of the initial website page you can put on your phone. We are posting the television programs on U Tube, my website, and other venues. Upcoming programs will be announced via social media and my radio shows.

<https://delphiinternational.com/personal-empowerment-videos>

<https://youtube.com/@donnaseebodelphivisioninte9974/videos>

The audio portion of the programming will be heard on my radio show...watch for the postings in my newsletter, website, and social media. Be sure to like and subscribe if you enjoy the programming.



The Recipe Box... Buttermilk Biscuits

You don't have to be from the South to enjoy good biscuits. Just recently I was bitten by the baking bug and decided to fix a batch. Buttermilk isn't something I typically have in my refrigerator; however, it does make a difference with biscuits. Here is an old country recipe that I fixed and the biscuits turned out quite nicely.

Ingredients: 2 cups flour, 1TbIs baking powder, 1TbIs sugar, salt to taste, 1 cup buttermilk. All ingredients should be at room temperature.

Directions: Mix dry ingredients together, and then add buttermilk. Mix until blended, roll out dough. If very sticky, add flour (small amounts at a time, until you have the right consistency), let the dough rest for about 15 minutes-covered. Then cut out the biscuits and put onto a baking sheet, baking at 450-500 degrees for 12-15 minutes.

Note: This is a recipe that doesn't include solid shortening. There are many different ways to make biscuits, including adding cheeses, seeds, etc., which you'll find on the Internet. I sometimes will fix drop biscuits, using my greased muffin tins, letting the dough rest in them for a good 15 minutes before baking. Brushing the tops of the uncooked biscuits with melted butter or an egg wash gives them a nice golden color too.

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. Do put *The Donna Seebo Show* in the subject line. 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 contact information and 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 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, The Magic Hat, and The Woodcutter & The Tree, my three award-winning illustrated books and audio books. Go to my website, fill out the information and I will be delighted to personalize the books for that special child. We are celebrating our 29th anniversary of 'Classics' publications and now have a website showing all of my children's publications and other products. Both e-books and audio e-books are now available as well.

You can listen to a 'free' preview of the audio book and view some of the art as well on <https://mrsseebosclassics.com>. Ed Gedrose is the illustrator for *God's Kiss* and Carol Ann Johnson is the illustrator for *The Magic Hat* and *The Woodcutter & The Tree*.

Go to my website to order directly on Amazon, Create Space, and Kindle. To order, contact me via my website, <https://mrsseebosclassics.com> or call my office directly to find out more information. Be sure to like us on Facebook, LinkedIn, and X (Formerly 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 Radio/Television Talk Show Personality. Host/Producer of the International 'Donna Seebo Show'... 'Warriors for Peace' radio shows, also The Donna Seebo Show, "Special Editions" television programs

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