

@The Donna Seebo Newsletter

April, 2026



A Moment with Donna... The Unexpected Distraction

Daylight Savings Time... What a joy to have the shift to longer daylight hours!

Now...my biased opinion. Let's forget about the time change for winter and just keep buzzing along as usual. All those in favor...smile big ☺!

Distractions...they come in all shapes, sizes, and conditions. Example: having to go through 1,000 emails waiting for you after a week's vacation, finding that most of them are junk. Oh, don't forget to check your junk mail file first because an important email may have been flipped in there by mistake. How about technology, computer style? It does get cranky at times and you can spend hours trying to figure it out? PMS moments? They are exhausting.

Distractions have their own unique time tables too. Example: Recently while preparing for my latest television program in the TCTV studio, my guests are waiting in the Zoom Green Room, ready for the filming to begin. However, there is a loud banging on one of the studio walls that has started, and it is echoing quite loudly through the studio. My first thought is that the adjacent building section is being worked on. I asked my camera man if they are doing any repair work, if so, could they delay for an hour so we can start the filming of my show.

The camera man says that to the best of his knowledge, no repair work is being done. The banging meanwhile continues. The station manager/director was told about it and when she meets me outside the open door of the studio tells me it is a pileated woodpecker that has entered the building's ceiling area and gotten into the air-conditioning system! Talk about a distraction...a woodpecker? Seriously?!

My guests are still in the Zoom Room. I check on them and they are happily talking with each other – time to get back to the woodpecker. The camera man and the director bang on walls and ceiling...then they listen. No more banging sounds. Before going back into studio and getting my mike in place, the director and I are standing near the air-conditioning grid, which is above us. She points to the air grid above us and then points down to the floor space between us. While we were talking, the woodpecker leaves a special message...a bird pile of white poop is very visible on the uncluttered hardwood floor between us. Obviously, our actions and noise were not appreciated by our bird friend.

We were able to complete the program without any further distractions. In a million years I would never have imagined that I would be upstaged by a woodpecker! The adage, BE PREPARED, is a good one, however, sometimes you have to deal with situations you could never imagine entering your life's space. Keeping your cool, having a good sense of humor goes a long way to releasing the stress that evolves because of something that you have absolutely no control over, presents itself, front and center.

This is Easter week and the Pacific Northwest is gloriously endowed with daffodils, tulips, flowering plants and trees of all kinds are in full blooming expression, creating a feast of color that makes us aware we have a lot to be grateful for ... to take time to see the beauty and share it with those you love and care for.

Spring is here, dancing her Tango of refreshing energy that is so invigorating after too many days of grey skies, cold temperatures, and lots of that golden wet essence – rain. Smile...be Happy!

Have a lovely Easter week.

Donna Seebo

Power Thought for April

"We the people are the rightful masters of both Congress and the courts, not to overthrow the Constitution but to overthrow the men who pervert the Constitution." ~Abraham Lincoln

April's Chuckle

On November 9, 1989, the Berlin Wall fell. Here's a gag that had East Germans guffawing:

A man in East Germany was sent to work in Siberia. He knew his mail would be read by censors, so he told his friends, "Let's establish a code. If a letter you receive from me is written in blue ink, what I say is true. But if it is written in red ink, it's false."

After a few weeks, his friends receive a letter written in blue ink. It reads: "Everything is wonderful here. Stores are full of good food, apartments are large and luxurious, movie theaters show films from the West. The only thing you cannot get is red ink!" ~B.B. - California

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 - April 2026

April 25th, Saturday & April 26th, Sunday...BEPC Semi Annual Event at the Kent Commons, Kent, Washington. Location: 525 Fourth Ave North, Kent, Washington. Hours: I will be a speaker and doing mini-session at this event and will also host the Psychic Panel on Sunday, 10:00am- 11:00am. For more details regarding special programs and more go to: <http://bepcweb.org> or call 253.544.9200. Looking forward to this celebration of Spring...see you there!



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

- 1...Santa Fe Trilogy – Kathleen Glassburn*
- 2...The Moralist – Glen Dunzweiler*
- 3...Southern Alaska Mysteries – Greta McKennan*

Happy Easter Weekend Everyone -

- 6...Advanced Flower Essence Healing – David Dalton*
- 7...Find the Answers Within You – Shannan Kim*
- 8...The Cunning Farmer, Part II – Todd Elliott*
- 9...Forest Bathing – Amos Clifford*
- 10...Dance of Oneness – Banafshen Sayyad*
- 13...Moodtopia for Kids – Sara Chana Silverstein*
- 14...Soul Writing – Joanne Dimaggio*
- 15...Forest Bathing Cards – Lissa Kennedy & Roxanne Cotee*
- 16...Great Works & Me – Richard Fallquist*
- 17...Seasons of Light & Dark – Janet Gilsdorf*
- 20...The Donna Seebo Television Show, “Special Editions” #20, Audio portion- Brain Trauma, The Medical Challenge.*
- 21...To be announced*
- 22...Weight Class – Danny O’Connor*
- 23...To be announced*
- 24...To be announced*
- 27...To be announced*
- 28...To be announced*
- 29...Emotional Literacy – Doug Earl Johnson*
- 30...To be announced*

Warriors for Peace

- 1...The Warriors Nurse – Sarah Blum*
- 8...What’s Right with America – Honorable Paul Johnson*
- 15...The Tigerbells – Aime Alley Carp*
- 22...Cold Victory – Helena Schrader*
- 29...Before the Next Crisis – Anna Flaster*

The Donna Seebo Television Show, “Special Editions”

The filming for Episode #20, “Special Editions”, *Brain Trauma, A Medical Challenge*, was done in the latter part of March 2026. It is now available for you to watch on my U-Tube-channel & website.

Episode #20 will be featured on TCTV starting April 6th and all others outlets, this month. In the latter part of April, we will be filming Episode #21. Tap the links below and you will connect directly with my U-Tube television channel and all the posted programs and videos.

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.

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... Broccoli & Cheese Pie

Sometimes we want something nutritious that looks lovely, and tastes good too. This is a relatively simple recipe with Phyllo pastry and if you don't like broccoli, you can choose another vegetable. The Phyllo you can find in your grocery store freezer and you can even use frozen chopped broccoli, if you are a lazy cook like me. If feta isn't your favorite cheese, try a Gruyère Cheddar, delicious, or again, use your favorite cheeses mixed.

Ingredients: 8 Phyllo-pastry leaves, 1 bunch fresh broccoli (2lb), boiling water, ¼ cup butter, ½ cup finely chopped onion, 3 eggs, ½ lb. feta cheese, crumbled, ¼ cup chopped parsley, 2 Tbls. chopped fresh dill, ½ teaspoon salt, dash pepper, ½ cup butter (melted).

Directions: Preheat oven to 350 degrees. Remove pastry leaves from freezer. Let pastry leaves warm to room temperature according to directions on package. Wash broccoli; trim leaves and stem ends; discard (or save for a soup). Split heavy stalks. With sharp knife, coarsely chop stems and flowerets. Turn into large skillet; add ½ cup boiling water. Cook over medium heat, covered, 5 minutes. Drain well. In ¼ cup butter in large skillet, sauté chopped onion, stirring, until it is golden---about 3 minutes. Add chopped broccoli; sauté 1 minute, stirring. Remove from heat. In a large bowl, beat eggs slightly. Add feta cheese, chopped parsley and dill, salt, pepper, and broccoli mixture; mix well. Line inside of a 9-inch springform pan, with rim in place, with 6 phyllo pastry leaves, overlapping edges; brush each pastry leaf with melted butter. Pour filling into prepared pan. Fold overlapping edges of pastry leaves over top of filling. With scissors, cut four 9" circles from remaining phyllo leaves. Brush each circle with melted butter, then layer one over the other on top of pie. With scissors, cut through leaves to make eight sections, as pictured. Pour any remaining melted butter over top. Place springform pan on jelly-roll pan, to catch drippings. Bake 40-45 minutes, or until crust is puffy and golden-brown. Remove to rack; cool 10 minutes.

Note. Remove side of pan; with sharp knife, cut into wedges. **Keep pastry leaves covered with damp paper towels. ***Use 3 packages (10 oz.) drained thawed frozen chopped broccoli.

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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