

@The Donna Seebo Newsletter

July 2026



A Moment with Donna... We the People

Summer has arrived with the wonderful dynamics of warm temperatures, people ready for a vacation that doesn't include rain in the forecast, and lots of sunscreen to keep one from looking like an overcooked lobster.

250 years ... this is going to be quite a dynamic year of celebration for those of us in the United States. Compared to many other nations, we are the youngster on the block of time.

When getting ready to set-up this newsletter I recalled an old movie that was about a Supreme Court judge who was on a vacation. *A Stranger in Town* is the title, (1943). This was to be a time of quiet and he was going to go fishing. As it turns out, he ends up in a small town that has corrupt officials and ends up getting involved with bringing them to justice in their own town. He gives a speech and I was so impressed with the script I am going to share it with you...the townspeople have just found out his status of position at this public town meeting and he is addressing one of the corrupt officials who has been arrested...

It's true you are not formally on trial here. You asked for this hearing, to demand by what right we had you arrested. We are here to tell you and to accuse you of conspiring against men who honestly opposed you, of inciting a riot with reckless disregard, for human safety, of abusing the office to which you have been elected by the people of this town and these accusations we are prepared to prove.

The judge then speaks to the townspeople present: *Because like all of you here, I am a citizen of this country...that is no little honor...men have fought revolutions, have died to be called citizens and as citizens, we carry a burning responsibility. It means that when we elect men to public office, we cannot do it as lightly as we flip a coin. It means that after we've elected them, we can't sit back and say...our job is done, what they do now doesn't concern us.*

That philosophy of indifference is what the enemies of decent government want. If we allow them to have their way, to grow strong and vicious, then the heroic struggle which welded thousands of lovely towns like this into a great nation means nothing. Then we are not citizens, we're traitors. The great liberties by which we live have been bought with blood. The kind of government... the kind of government we get is the kind of government we want...the Government of the People, by the People, and for the People, can mean any kind of government. It is our duty to make it mean only one kind...uncorrupted, free, united.

That film was made 83 years ago during a time of war with Japan and Germany. It was a time in human history when the whole world was fighting for survival, fighting to have the right to be free from oppressions of the worst order. What this time, July 4th, celebrates is the past generations and their willingness to stand true to the expectations/demands of their times...the generations today have the same challenges; however, those enemies are still here...they have just designed different costumes and/or appearances of those who want to see our precious freedoms disappear.

Have a wonderful holiday and a safe, no sunburn summer.

Donna Seebo

Lower Thought for July

“Despite Whatever agreement there may be between some of us, let us never forget that we are all working whole-heartedly and humbly for the same goal – a country of peace, abundance and prosperity – for all of our people of all races, of all groups – whoever they may be, wherever they may live.” ~ Chester Bowles

July's Chuckle

Only one ship the U.S. Navy is allowed to fly the Jolly Roger. That ship is the guided missile destroyer USS Kidd, named for Rear Adm. Isaac C. Kidd, who died aboard the USS Arizona during the attack on Pearl Harbor. Kidd's nickname was Cap, a nod to pirate Capt. William Kidd, and sailors didn't need much more than that to unfurl the skull and crossbones. ~Military.com

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 days 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 interviews 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 - July 2026

No public appearances in July.

Thursday...August 6th... It's Happening! I will be the keynote speaker for Sandie McNaughton's group, which meets twice monthly at the **IHOP restaurant** in Federal Way, **178 SW Campus Drive, Federal Way, WA 98023**. I will be arriving between 5:00pm to 5:30pm, and will be available until 7:00pm, when I will be speaking, for mini-sessions. Look forward to seeing everyone.



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

- 1...Tapping into the Akasha – Rohini Moragi
- 2...The Missing Child – Paul O'Connor
- 3...The Saved Effect – Brad & Kiera Newbury
- 6...Murder at the Aphrodisia – Renaii West
- 7...Effective – Melissa Swift
- 8...A Sea of Ships & Souls – Jordan Keller
- 9...Super Teams – Ron Friedman
- 10...The Yoga of Marketing – Jeanna Valenti
- 13...Supernatural Woman – Angel Millar
- 14...Can't Find My Way Home – Ray Deptula
- 15...Ep #4 – Advanced Flower Essences – David Dalton
- 16...Antique – Seth Panitch
- 17... Atlantis, The Lost Continent Finally Found -Frank Joseph Hoff
- 20...Taming Tigers & Butterfly Dreams – Ming-Dao Deng
- 21...To be announced
- 22...Donna Seebo TV Show, "Special Editions", Silent History, The Issaquah Massacre-Audio portion
- 23...To be announced
- 24...To be announced
- 27...To be announced
- 28...Love & Suffering – Tony Silard (Rome/Mexico)
- 29...To be announced
- 30...To be announced
- 31...To be announced

Warriors for Peace

- 1...Great Saves & Terrible Losses – Dr. Anthony Goodman
- 8...Bridging the Rivers of Difference – Catherine Meeks
- 15...To be announced
- 22...We Became Mexican American – Carlos B. Gil
- 29...Fair Share – W. Brad Johnson & David G. Smith

The Donna Seebo Television Show, "Special Editions"

The filming for Episode #21, "Special Editions", *Silent History, The Everett Massacre*, was done in the latter part of June 2026. It will be available for you to watch on my U-Tube-channel & website.

Episode #21 is featured on TCTV, and other outlets. In July, we will be filming Episode #22. 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 these 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... No Bake Key Lime Pie

It is summer time and no one wants to spend more time in a hot kitchen than necessary. I found this recipe made with sweetened condensed milk that is so refreshing as a light dessert. This is a recipe by Erin Merhar. This is a taste treat that is sure to satisfy that sweet/sour combination for just about everyone.

Ingredients: (Crust) 12 graham cracker Sheets, 1/3 cup brown sugar, 6 Tbsp. melted butter. (Filling) ¾ cup heavy cream, 1-14 oz. Sweetened condensed milk, 12 oz. cream cheese, 2 tsp. freshly grated lime zest from one lime, 1/2 cup key lime juice, whipped cream and lime zest, for serving.

Directions: (Crust) Grind graham crackers and brown sugar together until fine. Add melted butter, mix well. Then press crust into the bottom and up the sides on a deep 9" pie pan. Press crust firmly to make an evenly thick crust. Place into freezer for 20 min. (Filling) Whisk the heavy cream to stiff peaks with electric mixer. Set aside. Using the electric mixer cream the cream cheese until silky smooth on medium-high, scraping bowl as needed. Reduce speed to low and slowly add the key lime juice and mix until well combined. Then take your whipped heavy cream and gently mix it into the cream cheese. Transfer the filling to the pie crust and smooth into an even layer. Refrigerate for 12 hours. Serve with additional whipped cream and a sprinkling of lime zest if desired.

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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