

@The Donna Seebo Newsletter

August 1, 2026



A Moment with Donna... The Visitor - The Brown Owl

Wow! What an awesome summer we are having! Other than a couple of days when the temps were in the 90's, we have enjoyed gloriously sunny days with moderate temps between the low 70's to middle 80's. Mother Nature's creatures provide on-going entertainment, as lots of hunting is going on as various birds (red-tailed hawks, eagles, pigmy nuthatches, crows, and various other species), check out our yards, eating the various seeds, rodents, and bugs that are abundantly available.

Throughout various cultures the owl has symbolized wisdom, clear vision, a messenger between the physical and spiritual worlds, a strategist, the silent observer and skilled hunter. We have an owl family in our small forest and I can watch all kinds of activity. Most of the time I hear the owl calling during the night; its soft *Hu-Hoot* tone repeats until it decides to retreat into the quiet that is so much its natural pattern.

However, it has its nest in an adjacent neighbors' tree, and there is an extremely thick bough that they use as a perch during daylight hours. I have had the good fortune to watch the family as the owlets come out of the nest, joining their parents on this bough; going through the learning curves of balance, gaining strength in their wings, eventually daring to leave the bough's security and flying through the forest they know as home.

I have been amazed when the young owls will come into my backyard. In fact, the whole family has actually entered my yard...I was lucky enough to watch them interact, also catching a mouse that happened to scurry about. The older young owl feeding their younger sibling, made me aware that their patterns are very much like our own. I observed some of their challenges too. Crows don't let them stay around in their territories. They chase them off by forming a group of comrades in the air, buzzing the owls, until they become so uncomfortable; they fly away to a place where they won't be heckled.

Recently, when I just happened to observe a young owl in my yard, I took the time to quietly watch and observe its behavior. My schedule had been quite intense and I made a point of stopping my bustling about to be still, quiet...to appreciate the moment of seeing this beautiful creature just sitting quietly in the divided boughs of a tree. In doing that simple action, a level of stress evaporated away. I was refreshed. The young owl reminded me that to stop, be quiet, and become centered, is energy boosting in the simplest way. What a gift that was for me.

Summer months in the Pacific Northwest can be on the shorter stick of time, so it is so important to enjoy, savor, the sunshine, and the vitality of the season. Being busy seems to be an on-going patterning that is too easy to get stuck in. Deliberately take breaks to enjoy the beauty that surrounds you. All too soon, fall will be joining us. There are already the whispering fragrances of fall's essence floating through the air.

Have a fabulous month of August.

Donna Seebo

Power Thought for August

"Our country is still young and its potential is still enormous. We should remember, as we look toward the future, that the more fully we believe in and achieve freedom and equal opportunity – not simply for ourselves but for others – the greater our accomplishments as a nation will be. ~ Henry Ford II

Augusts Chuckle

Canada and Denmark both claimed a small island off the coast of Greenland. Rather than firing shots in 1984, Canada staked its claim by planting a flag and a bottle of Canadian whisky on the island. Denmark retaliated by planting its flag and a bottle of schnapps. This back-and-forth lasted for decades. Finally, the “Whisky Wars” ended in 2022 when the two countries simply decided to split the island. ~BBC

“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 - August 2026

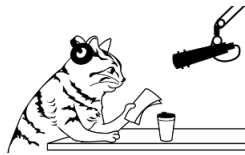
Thursday...August 6th... It’s Happening! I will be the keynote speaker for Sandie McNaughton’s group, which meets twice monthly at the **IHOP restaurant** in Federal Way, **178 SW Campus Drive, Federal Way, WA 98023**. I will be arriving between 5:00pm to 5:30pm, and will be available until 7:00pm, when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

September – No appearances scheduled

October 1st to October 4th – Anchorage, Alaska... Special appearance, Alaska’s Whole Life Festival. I will be a speaker and will also be available for mini-sessions during the event. For more details regarding the event, please contact Cindy Calzada, Call or text...907.863.1076, calzada@mtaonline.net.

While in Anchorage, I will also be available for private sessions. Should you or a friend desire to schedule an appointment with me, please call my office at 253.582.5604.

October 17th & 18th ...BEPC Expo @ Kent Commons, Kent, Washington. More details to follow in upcoming newsletters. Check out www.BEPCweb.org for more details.



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

- 3...*Fight for the Quantum* – John LaCasse
- 4...*Remember Who You Are* – Andi Saucerman (Author Karen Alexander)
- 5...*Our Ancestors Want Us to Be Mushrooms* – Madison Barney
- 6...*Voting Privilege* – Lilli McGregor
- 7...*The Plaid Bear* – Patti Saxon & Florence Petherman
- 10...*Their Winter Burn/Their Solo Spring* – Mary Ann Trail
- 11...*Lessons from the Front Lines* – Kurt Schauerma
- 12...*Longing* – Chris Sansome
- 13...*Black & Blue* – Andra Douglas
- 14...*Good Dogs & Difficult People* – Chris Blazina
- 17...” *Special Editions*” TV show- audio – 1776-Early American History & The Classics, Guests: Ray Deptula & Richard Fallquist
- 18...*Pablo* – Mars Anderson
- 19...*Somatic Emotional Processing* – Robert Weisz & Daniel Blackwood
- 20...*To be announced*
- 21...*Northern Comfort* – Keith Stavley & Kathleen Fitzgerald
- 24...*To be announced*
- 25...*To be announced*
- 26...*Black Woman Running* – Tiffany Chenault
- 27...*To be announced*
- 28...*To be announced*

Warriors for Peace

- 5...*Families We Lose* – Rin Reczek
- 12...*Reading Matters* – Joel Haldorf (Sweden)
- 19...*To be announced*
- 26...*A Soul on Trial* – Robin Cutler

The Donna Seebo Television Show, “Special Editions”

Episode #21, “Special Editions”, *Silent History, The Everett Massacre*, is available for you to watch on my U-Tube-channel & website. All episodes are featured on TCTV, and other outlets. In July, we filmed Episode #22 – *1776 -Early American History & The Classics*, it is now up on U-Tube and my website for viewing as well. Featured guests: Ray Deptula & Richard Fallquist. 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-empowement-videos>
<https://youtube.com/@donnaaseebodelphivisioninte9974/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... Pork & Pasta Florentine

Just recently I prepared this dish and it was a hit with my guests. The flavors are amazing and it makes for great leftovers...if there are any left overs! Add a salad and a crusty loaf of bread, with a side bowl of your favorite preserves, and you'll have a true 'Happy Meal'!

Ingredients: 2-quart, shallow baking dish, grease or use non-stick cooking spray. *Pork & Pasta:* 3 Tbls. butter, ½ cup chopped onion, 1 clove garlic minced, 1 tsp. dried thyme leaves, ½ lb. ground lean pork, 1 tsp. salt, 1/8 tsp. pepper, 1 bay leaf, 1 can (1 lb.) whole peeled tomatoes (undrained), 1 pkg (10oz) frozen chopped spinach (thawed), 1 pkg (8oz) medium noodles, 1 Tbls. all-purpose flour. *Cheese Sauce:* ¼ cup butter, ¼ cup all-purpose flour, ¾ teaspoon salt, Dash pepper, Dash Cayenne Pepper, 2 cups milk, 1 cup grated sharp Cheddar cheese (1/4 lb.) and 2 Tbls. grated sharp Cheddar cheese.

Directions: Put 2 Tbls. butter in a medium-sized skillet and heat over moderately high heat. When butter is melted and hot, add onion and garlic, stirring with a spoon until onion is golden brown. Add thyme and ground pork to onion in Skillet. Cook, stirring with the spoon, until pork is lightly browned and broken into small pieces. Add 1 tsp. of salt, 1/8th tsp. pepper, bay leaf and tomatoes with the liquid. Bring to a boil; reduce heat and simmer, uncovered, 30 minutes. Meanwhile, drain thawed frozen spinach, squeezing to remove excess moisture. Cook noodles as package label directs. Drain thoroughly and toss with 1 Tbls. of butter. In a measuring cup, mix 1 Tbls. flour with 2 Tbls. water until smooth. Add flour mixture to pork in skillet and continue to cook 5 minutes longer, stirring constantly, until liquid is slightly thickened. Preheat oven to 375 degrees.

Make cheese sauce: In medium-sized saucepan, melt ¼ cup butter, stir in ¼ cup flour, salt, pepper and cayenne. Cook 1 minute, stirring constantly; remove from heat and stir in milk. Return to heat; bring to a boil, stirring constantly with a spoon or spatula. Reduce heat and simmer 1 minute. Add 1 cup Cheddar cheese to sauce; stir until melted. Spread spinach in bottom of baking dish; cover with half of the sauce. Top with noodles and then pork; pour remaining cheese sauce over all. Sprinkle with 2 Tbls. cheese. Bake 30 minutes or until hot. Serves 8.

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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