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HAPPY MOTHER'S DAY!

"I always say if you aren't yelling at your kids, you're not spending enough time with them." – Reese Witherspoon

Pluma Snippets May 2019



A String of Todays

"There is no tomorrow, only a string of todays."
-Mark Nepo, *The Book of Awakening*

For those who dread another birthday, I'd like to offer instead a conciliation of reflections of stringing together todays. Take time and think of several memories during the past year of becoming one year older and recall the story surrounding it. After all, every life is a sequence of stories of todays. Please indulge me on this my birthday month while I share a few of my heart-felt

memories of 'todays' wrapped in the magic of remembering the past year.

On the Saturday before Easter, my son and his wife surprised me with the news of becoming a grandmother. They presented me with a hand drawn Easter card with a bunny carrying a basket full of colored eggs with the inscription: *There's something extra in the basket this Easter!!* Inside a black and white photo image of an embryo the size of a bean. We called him Bean. His first string of todays for me began on that special day.

One month later, on the day of my birthday, my friend Randy surprised me with gifts and shared our dinner with two dear lady friends. A week prior to the dinner, he had emailed me several thought-provoking questions to answer including: what are your two best memories from the past year? what books most impacted or changed your life this year? if you were a plant or animal to describe the last year, what would you be and why and what would you like more of in the coming year? Although a bit daunting to answer fifteen inquiries, at dinner the four of us participated in answering as many as we could. Together, we welcomed another year; tying our friendship to a string of memorable birthdays.

In August, after years of both physical and mental decline, my sweet mother passed to her home in heaven. The night before she took her last breath I was with her. I held her in my arms lying in bed next to her body pressed against mine for the last time releasing the earthly strings that held us still together. Her eyes opened looking forward to something only she could see, breathing deeply with the sound of death near by. I made sure she knew her children loved her...absolutely. Just a few hours later she was gone --her unwavering spirit of determination and courage left behind for us to commit to memory. At the end of her visible life, she left her invisible string tied firmly around us.

In October Bean was born 3 weeks early weighting 5lbs, 13 ounces. A perfect baby boy born to a couple who a year earlier did not have any assurance of ever having a child. Mr. Finn, another miracle in the line-up of strings of todays.

In October Mary Beth and I published and launched *Living Brave...Women in Business*, the third book in the series of Stories that Inspire and combined it with a conference, Voices of Success, A Day of Inspiration. To say the day was a success would undermine the effect the day had on all of us attending. 'Inspired by the speakers, lifted by the music and emotionally nourished' are comments we continue to hear months later. We remain tethered to the many strings of the day and stay open to where *Living Brave* will take us next.

On June 3, 1968, four days after my 18th birthday I began my career as a hairstylist. I have completed 50 years in an industry that has choreographed my entire adult life. The memories of places, people, clients and co-workers, assistants, team-members and vendors have shaped my values and directed my professional and personal views. They are braided threads of a diverse life, joyful and painful....failed and successful, they are the strings of todays that continue to hold me devoted to the daily ritual of showing up at Pluma

Designs.

May your tomorrow be yet another string of your todays.

Hilda

pluma-az.com

The 10-10-1 Plan from Rachel Hollis:

Rachel Hollis is a #1 New York Times best-selling author of *Girl, Wash Your Face*, a TV personality, top motivational speaker, top podcast host, CCO of The Hollis Company and mother of four. Rachel was named by Inc. Magazine as one of the “Top 30 Entrepreneurs under 30” and she is deeply passionate about empowering women in business.

Too often, Rachel Hollis says, we have big dreams in our hearts, but we don’t give them the energy and focus they require. Her 10-10-1 Plan:

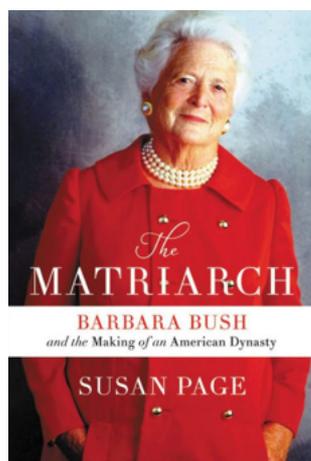
10 Years: Imagine the best version of yourself in 10 years.

10 Dreams: Next, write down the 10 dreams that would need to come true in order for you to be that person that you just imagined.

1 Goal: To sharpen your focus, imagine one goal that would bring you the closest to your 10-years-from-now ideal self.

Make this goal specific and measurable, the only way you will know you’ve achieved it. Imagine, Write and Focus!!

PLUMA BOOK CLUB RECOMMENDATION



Novel

The Matriarch : Barbara Bush and the Making of an American Dynasty by Susan Page

Products of the Month

Sculpture Light Styling Glaze and Illuminant Shine Mist

Snip Tip : "Cocktail" together Sculpture Glaze and Illuminate Shine Mist to create the Color-Lock-In-System. Sculpture Glaze delivers frizz control and light weight styling. Illuminate Shine Mist contains Squalane (cover of an olive, used for sun-block) Vitamin E and Phenyl (moisturizer used in cosmetic products to promote healing) After shampoo and conditioning treatment, towel dry hair and apply a nickel size amount of Sculpture Glaze to 2 pumps of Illuminate Shine....apply thoroughly to damp hair. Leave in and style for sun protection, body and protection from color fading.



**Hilda demonstrates
Sculpture Light Styling
Glaze & Illuminant Shine
Mist application**



**EUFORA Sculpture Light
Styling Glaze &
Illuminate Shine Mist**

Quote of the Month :

“I didn’t come this far...to only come this far.” – Author Unknown

SAVE THE DATE!!



October 26, 2019 - 50th Anniversary Celebration
at Pluma Designs

Hilda celebrates 50 years as a hairstylist!



Living Brave. . . Women in Business Highlight of the Month

Cindy Dach is a business owner, artist, writer and community advocate. Cindy is co-owner of the beloved Changing Hands bookstore and leads a team that produces more than 400 events a year. She established eye lounge, an artist run contemporary art gallery as well as MADE art boutique which features handmade crafts representing 100's of artists in downtown Phoenix.

changinghands.com & madephx.com You can find Cindy's story on page 31 of *Living Brave. . . Women in Business* . livingbrave.net



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