

MY LIFE AS A MOM

LOVE LIFE AS IT IS, ENJOY WHAT YOU LOVE

ISSUE 2

FEBRUARY 2022

GIFT IDEAS FOR YOUR SWEETHEART

GIFT IDEAS & ROMANTIC DATE IDEAS

Making 2022 Valentine the one to Beat

EDITOR'S NOTE

GIFT IDEAS

UPCOMING IN MARCH



WELCOME

HAPPY LOVE MONTH!!!

Let makes this Valentine the one you can forget. Show your love one how much you love them and how much you appreciate them to the moon and back. Need some ideas for what to get for your Valentine for Valentine's day well check out this month issue on "Valentine's Gift Ideas" as well check out the weekly Newsletter on "My Life As A Mom Newsletter" for updated sales and more. Check out page 5 for more ideas.

Here are some ideas quick ideas to what to get you Valentine for Valentine's Day:

- Jewelry
- Handbag
- Homemade
- Card, etc.

Anyway, we hope you enjoy this one.

FOLLOW ON THE BLOG

www.mylifehobbiesasamom.com

EDITORIAL

TAQUELA HUDSON

Editor-In-Chief

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Natalie Mills
and more...



TAQUELA HUDSON
Editor-In-Chief

QUELA'S SIP & PARTY

BY ONE HOPE

WINE CLUB SAVINGS

Save 5% on 4+ bottles, 10% on 6+ bottles, 20% on 12+ bottles
FREE shipping on 4+ bottles
Earn 10% back in rewards with every order

START YOUR BUSINESS

Earn an income sharing wine from home

If you're looking for a way to earn money without having to leave your home, we're here to help. Learn more about how you can share ONEHOPE wine with friends and family, hold online tastings, and earn an income while giving back to meaningful causes.

EVERYDAY SAVINGS

Save 5% on the 4+ bottles, 10% on 6+ bottles, 20% on 12+ bottles
Half-off shipping on 4+ bottles
Earn 5% back in rewards with every order

BECOME A PREFERRED CUSTOMER

Sip. Give. Get perks.
It pays to be preferred! Join today to SAVE UP TO 20% all year long, enjoy free or \$10 shipping, and earn reward points on every purchase!

Please note after your first year, a \$19.99/yr membership fee will be automatically charged to your account. You may opt-out at any time.





Starter Kits

STEP ONE

Ready to make an impact? Let's get started.

Purchase your Join Kit for \$39 and choose whether you'd like to pay your membership fee annually or monthly.

STEP TWO

Select Your Wine Kit

Launching your wine business requires that you start with some wine. Set yourself up for success by adding wine (and more!) to your Join Kit with discounts only available during enrollment. These bundles are perfect for your wine education and for hosting your first event(s)!

Join Kit

\$39.00

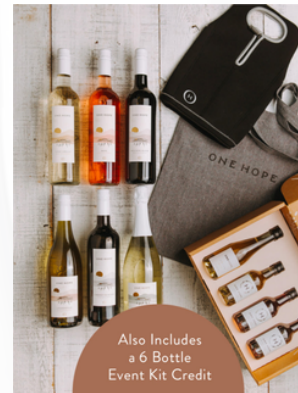
- Interactive "Getting Started" planner
- Sparkling wine stopper
- Business Materials

Membership Fees

STARTING \$8.25/MONTH**

*Billed as one payment of \$99 (or \$12/month)

- Your personalized website
- Business analysis and marketing tools
- Community support, digital training videos, and wine education
- Earn commissions on your personal purchases
- Access to events, incentives, and CE exclusive specials



Also Includes a 6 Bottle Event Kit Credit

\$199 Wine Add-On

\$416 VALUE

Join Kit price not included

Maximize your start with everything in the \$99 option PLUS our mini 4-pack Tasting Flight, an Event Kit Credit, and a ONEHOPE wine tote!

\$99 Wine Add-On

\$160 VALUE

Join Kit price not included

The perfect introduction to six of our best-selling, Vintner Collection wines. Also includes a complimentary ONEHOPE tote bag!



\$59 Wine Add-On

\$69 VALUE

Join Kit price not included

This tasting flight includes four mini bottles of our best-selling Vintner Collection wines. We bring our Napa Valley tasting room directly to you!

VALENTINE'S GIFT IDEAS

A GIFT JUST FOR YOU

GET YOUR VALENTINE A GIFT TO
REMEMBER



Barkav



Natalie Mills



KN95
10 PACK
2 OF EACH
DESIGN



ESSENTIAL OIL OF THE MONTH



Price: \$68.00

Description

Renowned as one of the most prized and precious essential oils, Frankincense oil has extraordinary health benefits.* In addition to its notoriety in the New Testament, the Babylonians and Assyrians would burn Frankincense in religious ceremonies and the ancient Egyptians used Frankincense resin for everything from perfume to salves for soothing skin. This centuries-old knowledge contributes to the modern uses of Frankincense oil today. Its soothing and beautifying properties are used to rejuvenate skin and help reduce the appearance of imperfections when applied topically. As the king of oils, Frankincense is known to support healthy cellular, immune, nervous, and digestive function when used internally.* Combine Frankincense essential oil with essential oils like Bergamot or Lavender and inhale or diffuse to create an experience of peace and satisfaction.

Uses

- Rub Frankincense on your hands after a long day of gardening.
- Apply topically to help reduce the appearance of skin imperfections.
- Massage Frankincense oil on the bottoms of feet.
- Take one to two drops in a veggie capsule to support healthy cellular function.*

Primary Benefits

- Ingest to support healthy cellular function*
- May provide a soothing aromatic experience
- Helps reduce the appearance of skin imperfections when applied topically
- Supports healthy immune and nervous system function when taken internally*

Aromatic Description

Warm, spicy, clean

Collection Method

Hydrodistillation

Plant Part

Resin from *Boswellia carterii*, *sacra*, *papyrifera*, and *frereana*

Main Constituents

α -pinene, limonene, α -thujene

Directions for Use

Diffusion: Use three to four drops in the diffuser of your choice.

Internal use: Dilute one drop in four fluid ounces of liquid.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity.

This oil is Kosher certified.

Cautions

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

Consultant: Taquela Hudson

Website: my.doterra.com/quelascents



Together
Forever

**UPCOMING FOR THE
MONTH**

Black History Month

5th - Essential Oil of the Month

7th - Art of the Month

8th - Book of the Month

11th - Essential Wax of the Month

12th - Flower of the Month

14th - Valentine's Day

18th - Make-Up of the Month

22nd - Skin Care of the Month

27th - Cookbook of the Month



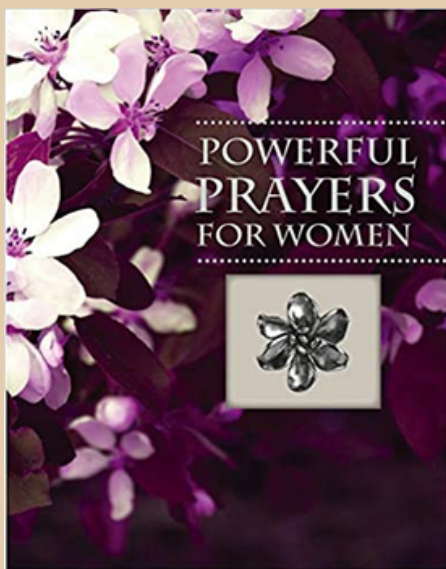


Moment As A Mother

QUOTES



QUOTES TO INSPIRE BY:



Learn about the power of prayer from the book of Powerful Prayers for Women from topics about:

- Friendship
- Hold Steady
- Keep Moving
- Stand Up
- Be Yourself and so much more..

**QUELA'S
SIP & PARTY
NEW YEARS
BOOKLET**

CHECK OUT OUR NEW WINTER WINE CLUB AND EARLY RELEASE WINES OUT NOW AND ALL OF THE INCLUSIVE NEW WINES TO COME.

WINTER WINE CLUB

Vintner Collection

Brut Sparkling Wine
Chardonnay
Pinot Noir
Red Blend

Reserve Collection

Argentina Malbec
Pinot Noir
Paso Robles Cabernet Sauvignon

Partnerships

"Bridget Moynahan Signature EB" Etched Brut Sparkling Wine Silver Shimmer Edition

Bridget Moynahan's Favorites

Limited Edition Curated 4-Bottle Selection
3 Bottles Vintner Rose & 1 Bottle Shimmer Brut

Quela's
Sip & Party

February 2022





WINE TASTING

Date for Wine tasting

Want to host a wine tasting of your own? Do you want to give back to your favorite charity? Well how about doing it with Quela's Sip and Party and host one while giving back to a great cause of your choosing. Quela's Sip and Party make it easy for you to choose a variety pack or make your own variety pack. We have a lot of delicious choices to choose from and it is partner with One Hope that helps give back to a great cause while you enjoy some wine. Choose the 501(k) charity of your choosing or choose one of the charity that is pre-selected on the site.

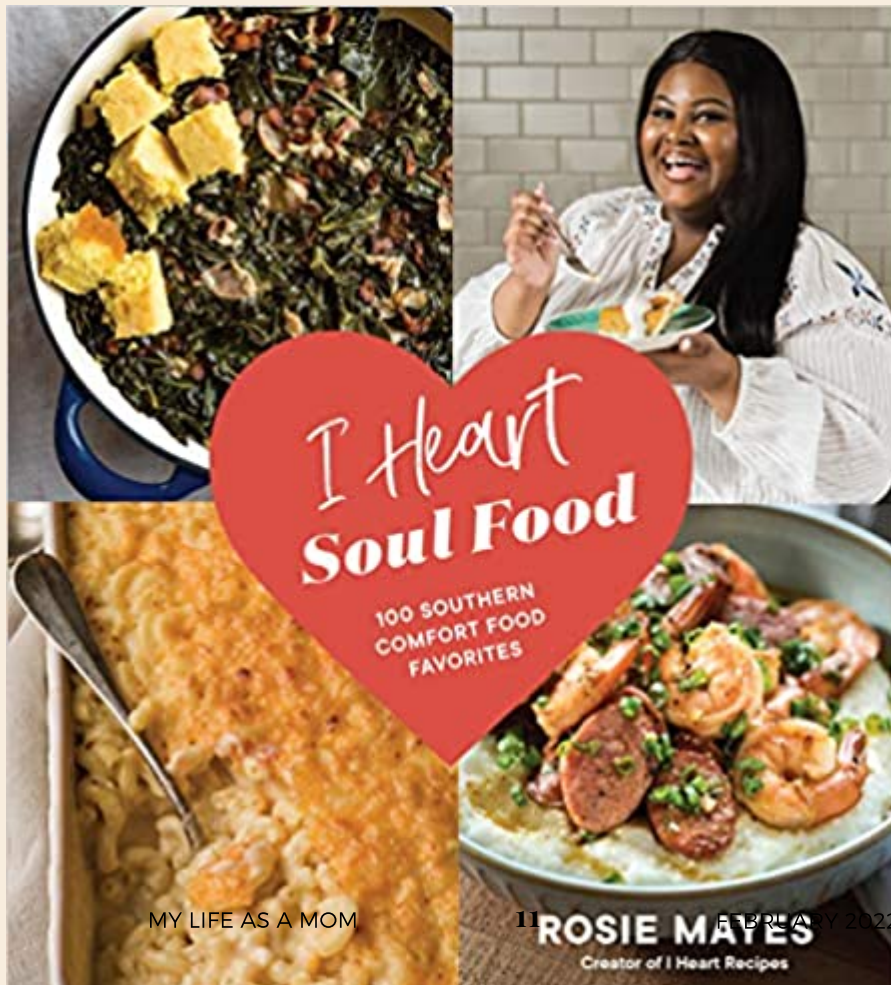


Cookbook of the Month

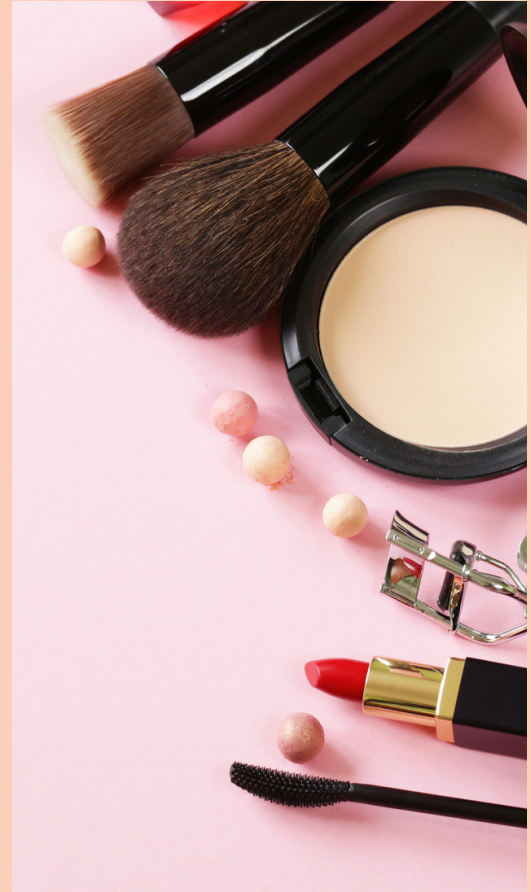
I HEART SOUL FOOD

100 Southern
Comforted Food
Favorites

BY
ROSIE MAYES



Make-Up of the Month



What is your favorite foundation? What is foundation makeup?

Foundation is a liquid, cream, or powder makeup applied to the face to create an even, uniform color to the complexion, cover flaws and, sometimes, to change the natural skin tone. ... Foundation applied to the body is generally referred to as "body painting" or "body makeup".

Reference:
[https://en.wikipedia.org/wiki/Foundation_\(cosmetics\)](https://en.wikipedia.org/wiki/Foundation_(cosmetics))



SOCIAL MEDIA

Find us on us on social media and keep up to date with our weekly newsletter and so much more.

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Instagram: @mylifeasamomblog | @quelasdesign

Website

Blog: www.mylifehobbiesasamom.com

One Hope Wine: <https://www.onehopewine.com/myshop/taquela-hudson>

doTerra: my.doterra.com/quelascents

Etsy Shop: www.etsy.com/shop/quelasdesign

ONE HOPE

dōTERRA



BOOK OF THE MONTH



“All Her Little Secrets is a brilliantly nuanced but powerhouse exploration of race, the legal system, and the crushing pressure of keeping secrets. Morris brings a vibrant and welcome new voice to the thriller space.” —Karin Slaughter, New York Times and international bestselling author

In this fast-paced thriller, Wanda M. Morris crafts a twisty mystery about a black lawyer who gets caught in a dangerous conspiracy after the sudden death of her boss . . . A debut perfect for fans of Attica Locke, Alyssa Cole, Harlan Coben, and Celeste Ng, with shades of How to Get Away with Murder and John Grisham’s The Firm.

Everyone has something to hide...

Ellice Littlejohn seemingly has it all: an Ivy League law degree, a well-paying job as a corporate attorney in midtown Atlanta, great friends, and a “for fun” relationship with a rich, charming executive, who just happens to be her white boss. But everything changes one cold January morning when Ellice arrives in the executive suite and finds him dead with a gunshot to his head.

And then she walks away like nothing has happened. Why? Ellice has been keeping a cache of dark secrets, including a small-town past and a kid brother who’s spent time on the other side of the law. She can’t be thrust into the spotlight—again.

But instead of grieving this tragedy, people are gossiping, the police are getting suspicious, and Ellice, the company’s lone black attorney, is promoted to replace her boss. While the opportunity is a dream-come-true, Ellice just can’t shake the feeling that something is off.

When she uncovers shady dealings inside the company, Ellice is trapped in an impossible ethical and moral dilemma. Suddenly, Ellice’s past and present lives collide as she launches into a pulse-pounding race to protect the brother she tried to save years ago and stop a conspiracy far more sinister than she could have ever imagined...

Upcoming in February

Valentine's Day Decor

Menu

February 14th

Cranberry Candied Pecan Salad

w/ Strawberry Vinaigrette

Slow Cooked Tenderloin

Crab & Shrimp Wonton

Sauteed Spinach & Kale

Sweet & Spicy Carrots

Red Velvet Cake

w/ Vanilla Bean Ice Cream

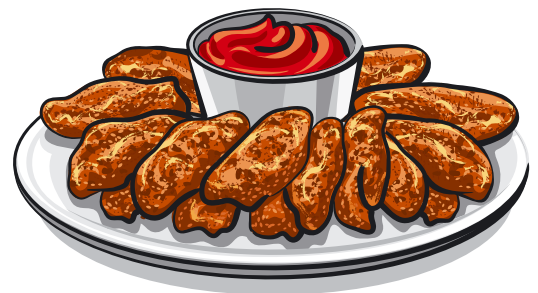
Strawberry & Blueberry

Sangria

MY LIFE AS A MOM

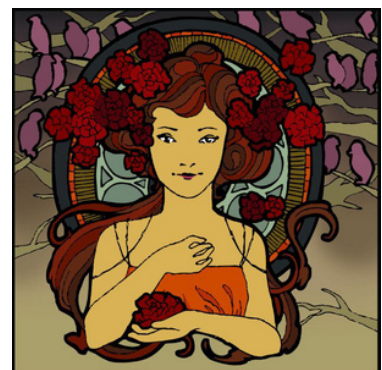
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Wings FEBRUARY



Art

Of the Month



Art by Ronna Encarnacion

FEBRUARY 2022

FLOWER OF THE MONTH



PEPPER PLANT

Origin

Tropical America

Living

Can last from
Spring to Winter.
Can also live up to 5
years

A bell pepper plant
can produce 6 to 8
fruits in a growing
season.



LEARNIGN ABOUT PEPPERS

Learning about peppers and their benefits with delicious recipes.



Ice Chocolate Moca Coffee

Ingredients

- 1 cup Leftover coffee (Your choice)
- 3 tablespoon of sugar
- 1/4 cup of skim (Milk of your choice)
- 2 tablespoon of chocolate
- Ice (optional)

Direction

Pour coffee into blender with sugar, milk, and chocolate and blend together. Pour over ice and Enjoy!!!



Black History

New Planner

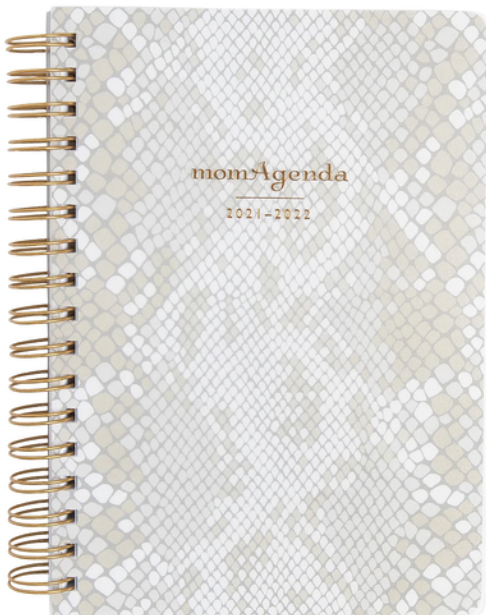
Planners for Mom

Planners for Everyone

Pad

Weekly Meal Planners

Weekly Family Planner



Skin Care Routine

Skin By Believe Beauty

Skin Care on the Budget

Daily Skin Gel

Exfoliating In-Shower Mask

Hydrating Overnight Mask

Moisture Creme

Face Toning Mist



March Digest Coming Soon



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