

Ideal Day: Debbie Gaby

Written by Editorial

Tuesday, 20 September 2016 13:26 - Last Updated Tuesday, 20 September 2016 13:30



I learned a long time ago to plan my day with the most important things first (I call important things walnuts) and sprinkle the less important things around them (like rice). Imagine if you have a jar, and you put the large walnuts in and pour the rice around it. A good visual for how I get things done. I learned this many years ago when I was a realtor in Texas. Once I learned I could never get everything done in one day, my life was much easier. Time is the one thing we wish we could have more of, so here's a sample day in my everyday life

6:05 a.m. I wake up really well rested, which is very typical

6:10 a.m. I let our two dogs—Ziggy and Banks—outside, who were jumping up and down with excitement to see me and start their day. Ziggy, our big chocolate lab, likes to let the neighbors know he's up and on duty, with a deep hound dog bark. He's really more of a teddy bear than a tough dog, so don't let his bark scare you.

6:15 a.m. I grab a cup of coffee from our Keurig.

6:20 a.m. Dogs come in, and eat Cesar dog food. I give them their medications and vitamins.

6:25 a.m. I walk over to the Omni Scottsdale Resort & Spa at Montelucia health club, and exercise for 20 minutes on the rowing machine. Sometimes Banks comes with me but not this day.

6:45 a.m. Walk home.

6:55 a.m. Take Ziggy and Banks for a quick walk in my neighborhood.

7:05 a.m. I quickly check e-mails and learn what's happening with many updates. At this point, I'm just look for major changes and potential crises.

7:30 a.m. Len wakes up, and we enjoy a cup of coffee together in our bedroom where we can hear our beautiful fountain, which we designed and built. This is our time to connect and share our day's plan with each other. We also delight in watching our dogs play together. This never gets old.

7:45 a.m. I take a really hot shower, which gets my blood flowing and cleanses my body and spirit. I get dressed quickly in the outfit I laid out the night before.

8:10 a.m. I leave the house ready for my day and head to DigitalWire 360 for a graphics meeting.

8:30 a.m. My first appointment is with Amy Packard and Joann Holland at DigitalWire 360, during which we finalize the invitations for our Celebrity Catwalk event (see sidebar).

9:50 a.m. I head to KSLX radio to record a commercial for radio and TV for Celebrity Catwalk.

11:30 a.m. I pick up Bonnie Olson, owner of Jewels & Estate Gallery, for lunch.

11:45 a.m. We both enjoy grilled salmon for lunch at Vincent's. I have steamed vegetables, and she has salad. We share a few laughs and enjoy each other's company as we eat delicious food and discuss her sponsorship of the Catwalk event.

12:45 p.m. Drop Bonnie off at Jewels & Estate Gallery and head back to Omni Scottsdale Resort & Spa at Montelucia for the next planning meeting.

1 p.m. Meet for a walk-through with all the technical people involved in producing the Catwalk show: videographer, PSAV, sound and lighting people. I like to introduce everyone so there's less chance for mistakes.

1:55 p.m. Walk back home.

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2 p.m. Go to the post office to my check mailbox. Good news! We received a check from Honor Health for their sponsorship and a donation from Phoenix Art Museum.

2:30 p.m. Back at my desk, working in my office on my Apple computer. I also return phone calls and many e-mails.

4 p.m. Pick out an outfit for tomorrow.

4:15 p.m. Freshen up for dinner with touch-ups for my hair and makeup.

5:50 p.m. Len and I leave to meet friends for dinner.

6 p.m. We have dinner at Tarbell's with great friends, Dr. Sam and Joan Weisman.

8 p.m. Home for a little relaxation with Len and dogs. We watch TV and eat lemon sorbet. Yum.

10 p.m. Go to bed and read a little *O Magazine* before going to sleep. Say my prayers and thank God for the many blessings in my life that I am grateful for.

Save the Date

Debbie Gaby Charities hosts the 10th anniversary of Celebrity Catwalk presented by the Virginia G. Cancer Center at Honor Health on Oct. 11 from 11 a.m. to 2 p.m. at Omni Scottsdale Resort & Spa at Montelucia. The fall luncheon will feature Dream Boxes, a live auction, shopping and a runway fashion show featuring local celebrities and fashions from Dillard's. This year's PURRFECT 10 award recipient is Brenda Warner, the Legacy Lifetime Achievement award recipient is Dr. Gladys Taylor McGarey and the Golden Heart award will be presented to Jane Seymour. Highlighted charities will support a home for a severely injured Arizona veteran from Iraq and Afghanistan and VALLEYLIFE, which provides disabled individuals of all ages the opportunity to live a life with choices, independence and dignity. debbiegabycharities.org.