



Warm holiday greetings,

2017 was about gatherings and bucket list travels and time with special people and places.

We gathered in Crystal Falls, MI for the memorial of Michael's Aunt Jean in April. His Aunt Joyce, Uncle Tom, and only cousin, Elizabeth, from Spokane, Washington, were there too.

In May, we gathered in Florida for a nephew's wedding; and while there, we road tripped to spend a day with my cousin Sue. Then we gathered in Oshkosh, WI with good friends to celebrate birthdays—Donn's, mine, and Michael's.

On the Wondra side, Mom and John, Mike and I took a long day trip to The National Eagle Center in Wabasha, MN. Live eagles, close up; learned a lot. Want to go back in winter when there are more eagles to see along the open waters of the Mississippi River.

Mom Days started this year too. Mom had a bucket list of places she wanted to see: Fond du Lac County Airport; an RV sales lot and explore RVs; Le Clare farm goats, gift shop, and café. Armstrong Apples, Orchard & Winery and a little Kewaskum café were stops along the way. Whatever is on her list is what we do, and it's been fun *together* time.

There were also some big bucket list places on my Life List that materialized this year: The Grand Canyon and Sedona. We always wanted to visit Arizona. Mike's brother, Bryon, and Jimmy live there; my friend Larry lives there too. All kinds of things aligned to make it possible.

It was perfect. Mike and Bryon got to explore the Musical Instrument Museum together; I got to have lunch with Larry. Bryon and Jimmy had a day to show us the area—Jerome and Sedona; the horse stables and Jimmy's beloved Sierra; we got to meet Barb and Bob and see where Bryon works. Even a friend *from Ohio* who I'd never met in person *happened* to be in the area at the same time; we met Nancy for lunch in Sedona one afternoon... Wow; in wonder and awe; and full of gratitude and love.

Closer to home, Mike and I took a summer road trip along Highway 2 and Lake Michigan in the UP, stopped in Manistique, walked the paved trail to the lighthouse and back, headed toward St. Ignace, and stopped to play in the sand dunes on the way. So beautiful.

I so love beaches, books, long walks and talks. Lake Geneva Friday nights were added this year, too. I'm privileged to lead Friday evening wellness classes at the [Heartland Spa and Wellness Retreats](#). My view when I lead groups there is the lake and beautiful sunsets. More angels and magical amazing unfoldings.

Michael continues his love of music-making, playing Saturday mornings at Café de Arts in Waukesha, and solo gigs for book signing / author events and an active senior apartment complex in Madison that has invited him back for more in the new year. Also added this year, was a 2-hour happiness workshop led by Michael, called 'Simple Pleasures, Big Ideas,'

where he brought it all together: music, guitar, and voice, brain science, great props, and humor. I think there'll be more of these in the new year too. So proud of him in so many ways. He's also gotten more into baking this year, having asked for and gotten a chef's quality mixer his brother wasn't using anymore... Michael is loving it!

I'm still a life-traveler, writer, and professional [muse](#). I've learned that things work out better for me when I'm invited and asked, rather than when I initiate. I've learned that fun is on the other side of yes, when my heart sings at the thought of it. Travel partner gigs and author events that took me as far as Montana and as close as Brookfield this year, came that way. Somebody hired me to build a web site, because they loved the one I built for me.

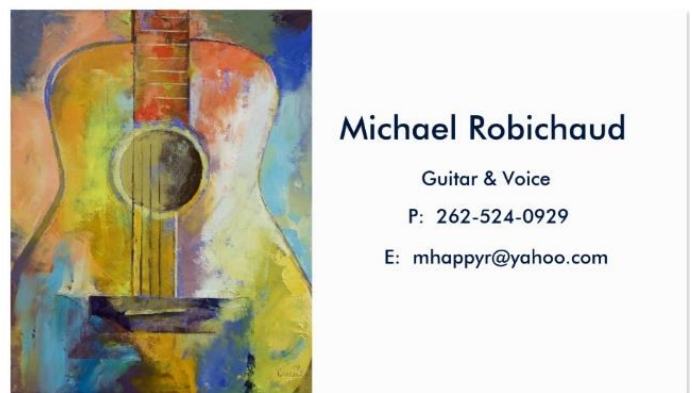
I've been taken care of, well-loved, and I'm happy. These are the greatest gifts. And I am in awe and grateful and blessed; and I know I don't walk alone.

Mike and I wish you much love, happiness, and joy in 2018, and sincerely thank you and appreciate your place in our hearts and life this year.

Merry Christmas and Happy Holidays.

Anne Wondra
annew@wonderspirit.com | 262-544-4310

Michael Robichaud
mhappy@yahoo.com | 262-524-0929
www.hapacus.com









Simple Pleasures, Big Ideas

A Conversation on the Science of Happiness

November 12, 2017 • Sunday, 12 noon - 2:00 p.m.



Michael Robichaud is a trainer with Hapacus, a locally grown international company, working with top researchers to share the ongoing science of well-being.

This time of year, many people find it difficult to navigate the holidays without sadness and depression. This workshop will provide ideas, solutions and methods to maintain a happier outlook.

Start your happiness journey! Bring about some amazing insights into your life! Suggested donation is \$25 but no one turned away due to lack of green energy!



Workshop leader:
**MICHAEL
ROBICHAUD**



1717 N. 73rd St., Wauwatosa, WI 53213 • 414-475-0105
www.UnityChurchInMilwaukee.org
ucim@wi.rr.com

 facebook







