

Warm holiday greetings,



In January I wrote, *I sense strongly that 2020 is about vision, how we see things, perspective.*

Who knew a global pandemic would be such a catalyst in how we see things? Social distancing, masks, self-quarantines, working from home every day, and working differently—at a different pace, remotely, using technology, with family members as co-workers. Even news and weather forecasters broadcast from home. We got a more human, personal, glimpse of each other—even celebrities—where professional and personal life overlapped into one another.

Terms like *essential* and *non-essential* (workers and businesses), became common. Essential workers kept working; a lot of *non-essential-labeled* businesses—restaurants, coffee shops, boutique, personal services, small businesses, schools—closed completely for a while—most reopened, with modifications; some didn't. Everyone has their own story of side-affects.

Added to a pandemic backdrop, 2020 was socially and politically volatile. Distancing may be easier for some this holiday season.

Choose your lane and stay in it; keep your eyes on where YOU are going.

Health, happiness, sanity, wellbeing, soul-centering required deliberate self-care choices for us—like less news and more entertainment. Used our libraries much more this year, read more, and watched YouTube and DVDs. Did our best to support local businesses. Easter brunch was a take-out; coffee beans come from local bistro we frequented. Sometimes coffee was take-out, enjoyed with a lake view from the car. At home, coffee creative time included co-worker pets who loved having us around more. An abundance of isolating time stretching out, was interesting. Being introverts, having quiet interests, hobbies, and creative minds, made it easier. There was a lot of self-learning in this.

I am incredibly thankful we live now, with technology to communicate, work remotely, keep in touch, and create with. Thankful, too, we have each other and that we are who we are. Became much clearer on subtle significant things about life, happiness, and health.

Highlights of 2020:

- *What we DIDN'T do this year!*—first thing Michael noted for this list. State fair, art fairs, Saturday morning music, movies and birthday gatherings at Donn's, Door County music weekend, Robi-clan pizza parties—things on *pause* we're looking forward to again. Instead, did smaller-scale things: Met Cathy and Connor at Horicon Marsh for a hike; had a state fair-themed picnic in a park, hosted by a fun-loving friend with 4-H connections...complete with award ribbons, sweet corn, foods on a stick, and cream puffs! Always silver linings.
- Mom days continued. Paused several weeks, then resumed. Lunch is take-out and usually eaten in the car at Lakeside Park, followed by St. Vinny's and whatever else is on her list. Love Mom day! ... *the number one thing you can do for your health is to live joyously.* —Christiane Northrup, M.D. Little things are big things.

- Attended a virtual *Women's Herbal Mycelium Mysteries* conference weekend. Signed up and gave myself an entire (at home) weekend retreat of learning—mushroom identification, medicinal mushrooms, and a whole lot more. Loved it! (Michael had marathon movie weekend.)
- Learned and used Zoom video conferencing...as option for clients; and Wednesday writing group became a virtual writing group. Always like options, and it works.
- Coffee creative time, at home, included Simba snuggle time with Anne and Mo lap-time with Michael. Coffeehouse coffee is now a treat.
- Learned a new course-making software and used it to create and publish my first online course. Felt good.
- Read more books—learned things; got inspired; others, just fun escapes. Found favorite quote: “Creating something gives you a voice.” —Pam Grout, *Art & Soul, Reloaded*.
- Michael set up his movies and music room as an ‘Isolation Cinema,’ playing DVDs and videos, and guitar, too. Zoom video concert ... Maybe. (Coffeehouse group still on pause.)
- We both tested positive for COVID early November. Symptoms felt like bugs we’ve had before; got tested when sense of smell was missing. Back to normal again.
- Road trips got us out of the house; art, beaches, beauty, seeing what we’d find: Sheboygan beach walk, picked up some colorful swirly garden art at *Bent Outa Shape* in LeRoy (Austin helps makes stuff there; owner is talented metal artist), Holy Hill Art Farm in September, second-hand shops, and new artisan mall in Oconomowoc is like an indoor art fair.
- Michael still likes to cook and bake and make things; and learn. We eat healthy and good. His reading and research is a lot into health science. From science of happiness, to weight and health and his lifelong experience, to health science research, he knows a lot, and keeps learning. (Me, too; we just come in through different doors.) Back to Michael’s making things, twice-baked potatoes—with both sweet potatoes and Idaho bakers—were the best! That ring-binder cookbook I made him last year gets a lot of use...and he keeps adding to it. Okay, I cook and make things, too. Four-ingredient salad dressing is a favorite: extra-virgin olive oil, apple cider vinegar, raw honey, and celery seed. Shake in a bottle; store in a cupboard; use on salad. Mixed greens, vegetables, and garbanzo bean salad is usually prepped and in the fridge.

A lot we’re appreciating and thankful for this year; health, happiness, each other, *everything*; and surprising, good things, opportunities, possibilities, during an unusual year. It’s perspective, what we see, where we look, how we want to feel. Mike says it’s his 2020 retreat.

Happy holidays, Merry Christmas, and a New year of happiness, health, and heart’s desires...and family pizza parties together again.

Love always,

Anne and Michael

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Photo gallery for us: <https://annewondra.com/notepad/> 😊



1 Working at home co-workers



2 2nd-hand shop find



4 Coffee creative time



3 Isolation theater



5Music prep



6Saturday morning music at Cafe de Arts



7Coffee in the car, lake view



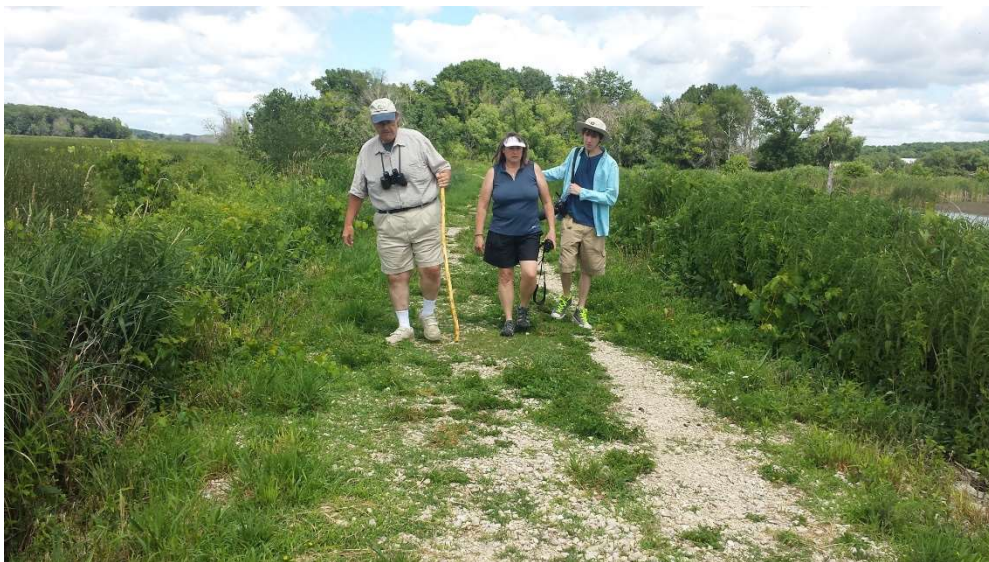
8Sweet roll casserole ... tasted like it anyway



9Twice-baked two-toned potatoes



10St Vinny's finds, weekend conference prep



11Hiking at Horicon Marsh



12Swans at Horicon Marsh



13Sheboygan beach walking



14 Mom day lunch, Lakeside park with view & audience



15 Art swirls from Bent Outa Shape



16 In coffee shop window, Stevens Point



17Thankful and Happy, Thanksgiving 2020



18Simba and Mo birdwatching



19Christmas at home 2020



"Creating something gives you a voice." –Pam Grout, Art & Soul, Reloaded.

Create a 2021 Self-Happiness Project



If there is an emotion that you are wanting to foster, that would serve you very, very well, it is positive expectation. It is excited anticipation. –Abraham-Hicks.com, San Diego, CA on 8/3/97

