

First, I would like to thank everyone who made it out to our annual Holiday Wine Tasting and Charity Fundraiser at Paesano's just this past December. It was a very full house and really great to see so many faces who braved one of our first snow storms of the season (and crazy traffic) to be there. I would also like to send a special "shout-out" to all of you who worked to coordinate this event and make it happen. And finally, many thanks to all of you who gave generously to this year's charity: 826michigan. If you could not make it, there is still time to donate to 826michigan, a great local non-profit dedicated to helping school-aged youth with their writing skills, regardless of the level.
<https://www.826michigan.org/>

Well, despite our efforts, we find ourselves at this time in the calendar: the doldrums of winter. The holiday good cheer has begun to fade. Folks are back at work and school, grimly contemplating the new year ahead. It doesn't help that the weather outside is generally cold, dark and grey, somehow reflecting our grim mood. It is easy to succumb to a bad mood what with the holiday-bills-hangover (did I really need to buy that new HD Mini-jumbotron TV as a family gift?), waistlines that seem to have magically expanded over the last few weeks, and all the work that you find yourself digging out from under (it did not take the same holiday break you did, apparently). But, take heart, because your favorite local Bar Association is here to help you make it through the dreariest part of the calendar and propel you into spring with a smile on your face.

As I mentioned in my last missive, we kicked off the first in a three-part series of what we are calling "Wellness Workshops for Lawyers." Thanks to Rosemary Frenza Chudnof, who coordinated and put together our first session, we hosted a wonderful lunch event in mid-November: Mindfulness for Busy Professionals. Sarah Hong, the Director of Programs and Outreach at Jewish Family Services gave us a nice introduction to mindfulness with particular focus on how it applies to the life and work of busy attorneys. Look for a notice on our second workshop coming in February.

Some of you may have noticed that the President's Speakeasy returned in November. We gathered at HopCat in downtown Ann Arbor and had a great group of the local Bar that ended up taking over part of the local bar. The Speakeasy surfaced in December at the Wolverine State Brewing Company on Ann Arbor's west side with another festive bunch of folks. Don't miss out on this easy-going social gathering, and keep your eyes peeled for a January Speakeasy later in the month at a location to be determined. (Make sure you find out the password!) And if you are not interested in getting together over good beer and spirits, keep posted for another activity that involves movement and the great outdoors.

So, as you can see, even though the sun might be hiding for the most part during this time of year, the WCBA will be doing its best to get you out and smiling. Meanwhile, bundle up and keep a positive outlook; we will all be better for it! Before you know it, spring will be right around the corner.