

# WAYZATA together

**November 2022**





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## From The Editor

Thanks for giving!

One of the things I love about Wayzata is how folks here pitch in and help their town

Volunteerism, civic engagement, and community involvement are very important.

We celebrate this spirit of service in this month’s magazine with two stories that highlight volunteering time and giving back.

If you have the time, I encourage you to get involved.

There are countless opportunities for you to lend your talents.

I’m thankful to live in such a giving community.

*Nate Hedging*  
Editor in Chief

**Marly LePage**  
Graphic Design

# Lake Life:

COMMUNITY CONNECTIONS

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## November Fishing Report:

This time of the year is prime time for Muskie fishing on Lake Minnetonka.

With low water temperatures, the fish can be anywhere between 10 feet to 30 feet of water.

Schools of bait fish are best found with electronics. Find the bait fish and the bigger fish will be there too.

Also, give fish a chance to strike by slowing down your presentation and using bigger baits.



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# November Activities

COMMUNITY CONNECTIONS

**Daylight Saving Time Ends (Fall Back), 11/6**

**Election Day, 11/8**

**Monty Python's SPAMALOT, 11/10-11/13**

Blue Water Theatre Company, Wayzata

**Veterans Day, 11/11**

**Autumn Festival An Arts and Crafts Affair, 11/11**

Canterbury Park, Shakopee

**Thanks for Giving Craft & Gift Show, 11/10**

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**Fall Leaf Pickup, 11/14**

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**Thanksgiving, 11/24**

**Tonka Turkey Trot, 11/24**

**Native American Heritage Day, 11/25**

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# Neighborhood Spotlight: Judy Starkey

COMMUNITY CHAMPION



Judy Starkey with her Section Foreman House model at JJ Hill Days

Wayzata resident Judy Starkey may have not been born and raised in Wayzata, but she definitely qualifies as a Wayzata native.

## Making Wayzata Home

She moved here from the East Coast some 45 years ago with her husband and daughters. “We knew from living in Minnesota once before that Wayzata schools would be very good,” said Starkey. “Janice, a junior, made friends quickly and learned to ski, something that was not readily available near the Jersey shore. Sarah, our youngest, was in 8th grade, and was able to take advantage of the buses that took kids with their ski gear on weekends to ski areas.”

## Getting Involved

Being involved in her community was old hat for Starkey and she jumped right here in Wayzata. She was initially involved in her church, St. Edward’s Episcopal. “I did the monthly newsletter and chaired the annual plant sale,” said Starkey.

## Serving The City

In the late 1990s Starkey wanted to volunteer with the City of Wayzata. She wasn’t selected as a member of the Planning Commission, but another opportunity popped up. “Mayor Humphrey asked if I’d like to be on the Heritage Preservation Board (HPB),” said Starkey. “I appreciate history and joined.” Despite being busy with her teenagers, serving her church, caring for her mother, and working part time, Starkey was a quick study in Wayzata history. “I liked the small town of Wayzata and especially our neighborhood,” said Starkey. “I learned a lot from Merrily Babcock and later from Irene Stemmer when she joined the board.”

## Saving The Post Office

We featured the Wayzata Post Office and its history in our October magazine issue. Starkey was instrumental in saving the historic building when the post office explored the idea of selling the structure.



“Our most significant achievement during our earlier years on the board was saving the Post Office,” said Starkey. “Irene Stemmer always had an idea of something we should be doing. Working together on HPB she was like Batman and Robin. When she spotted a notice on the Post Office board saying that the building was to be put up for sale she went into high gear.”

There was a lot of heavy lifting to get the post office off the market. “We stood out in front of the Post Office for days collecting signatures,” said Starkey. “We hardly ever encountered a patron who didn’t want to sign.” The hard work paid off - the Wayzata Post Office was no longer for sale.

### Second Tour With HPB

After Starkey served more than a decade on the HPB, she took a break. But the draw to help preserve the historic buildings in Wayzata could not be ignored. After her husband passed away and a major home remodel was complete, Starkey joined the HPB again.

“The first thing I learned was that the Section Foreman’s House was finally being taken seriously by the city and was likely to be preserved and reused due to Panoway.”

The Section Foreman House has become her passion just like the Post Office was. She even built a model of the home with a friend to use as a display to help tell the story of the home. The house, originally built in 1902, will be rehabilitated and reused as a learning center for children.

### Encouraging Community Service

Starkey is a fantastic example of what a good neighbor and steward of the community can be. “Wayzata is really an extra special place to live,” said Starkey. “It has quite a history and many ‘incarnations’.

So what’s Starkey’s message to those who call Wayzata home?

“Get involved, but get to know the history and the stories and use them to keep it special.”



There are a number of ways you can get involved in the community. One of them is serving on a City of Wayzata commission, authority, or board. Scan the QR code or visit [www.wayzata.org](http://www.wayzata.org) to find out more.



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## Neck Pain

By Dr. Barbro Brost, D.C.  
The Brost Clinic

Neck pain is the third most common chronic pain condition in the United States. It isn't just a pain in the neck. It can have devastating effects on your daily life, work experience and over all physical well being.

Neck pain can occur at any age and can have many causes: muscle strain from exercise or sports, sleeping wrong and waking up with a "wry neck", whip-lash injuries resulting from a car accident or neglected, untreated accidents or injuries earlier in life.

Neck pain is not infrequently also associated with headaches or migraines or symptoms in shoulders, arms and hands.

Minor neck problems often resolve in a couple of days with rest and stretches. Persisting or more severe pain should be treated to not develop into chronic or more severe conditions.

The cervical spine (neck) consists of seven vertebrae with disks in between each segment. The cervical spine encases the brain stem and the cervical part of the spinal cord. Between each vertebral segment there are nerve roots that exit and supply and control the function of the face, neck and arms. The cervical spine is a very delicate structure that is surrounded by muscles to allow for mobility and support. Treatment of the cervical spine should only be done by experienced health care professionals.

If you struggle with neck pain, weather it is chronic or a new injury, you can be confident that you are in good hands at The Brost Clinic. We are experts at diagnosing neck conditions and can suggest a treatment plan to correct the problem instead of covering up the symptoms with potentially harmful drugs. We work with you to minimize your symptoms and support your body's natural healing process.

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# Wayzata History



Twenty-six-year-old Edmund Magill was the first Wayzata scoutmaster back in 1915.

The original committee members included Sam Baston, John Spencer and Frank Bovey. Originally there were 12 boys registered with the troop. The chartering organization was the Wayzata Public Schools.

Through the years, the Wayzata American Legion, The Wayzata PTA, the Wayzata Lion's Club and since 1958, Wayzata Community Church has been the chartering organization.

Ninety-nine years after women gained the right to vote, girls were allowed to participate in Scouts. In February of 2019, nine girls showed up for their first meeting in Wayzata. Five more joined by the second troop meeting. Before long, 20 girls were on the roster.

Since February 2019 over 31,000 girls have joined Scouts BSA.

Scouts BSA (as it is called now) is for boys and girls fifth grade through high school. The important parts of the program include service, community engagement and leadership development. All of this helps them move toward earning Scouting's highest rank - Eagle Scout.

Times have changed since 1915, no doubt. Try getting a loaf of bread for 7 cents these days. Scouting in Wayzata has evolved since that first year too. The inclusion of girls is probably the biggest change. But through it all, the Scout Law remains -

***A Scout is trustworthy, loyal, helpful, friendly, courteous, kind, obedient, cheerful, thrifty, brave, clean, and reverent.***

Did you know that Wayzata's Troop 283 is the oldest, continuously chartered scout troop in Minnesota.

On November 15, 1915, the Wayzata Boy Scouts gained a charter as Troop 83. It would later become Troop 283.

A loaf of bread was seven cents that year. A dozen eggs cost 34 cents and a pound of butter was 36 cents.

That year Alexander Graham Bell made the first transcontinental phone call and the Raggedy Ann doll was patented and Albert Einstein formulated his theory of relativity.

The U.S. House of Representatives rejected a proposal to give women the right to vote. Later that year, 25,000 women marched in New York advocating for voting rights. It would be another five years before women could legally cast a ballot.

The evolution of the rights of females is central to the story of the Wayzata scouts.



Photos in this story  
Courtesy of The Wayzata  
Historical Society

Image Above:  
Sam Baston,  
Scoutmaster 1918

Image Right:  
Wayzata Troop 1918



# Wayzata Fire Department: All In A Day's Work



The Wayzata Fire Department has a father-son duo that is all about community service. Dan Day is an assistant chief, and his son Derek serves as a firefighter.

## Family Fire Service History

The Day family got involved in Wayzata's fire service decades before the department was officially formed in 1912. Abel (AW) Day was one of the men on that first crew.

Dan Day joined the fire department in 1986.

Dan's uncle Bruce Day served as chief and helped light a fire.

"I wrote a check for \$25 and (Bruce) said 'great, we're going to get you on the fire department,'" said Dan. "A couple weeks later they said to start showing up at drills. A year later, they voted me in."

Meanwhile, you could say that Derek was destined to become a firefighter. "We always knew that Monday night Dad was going to be here (at the fire station)," said Derek. "We would walk up the hill from the house

and we'd hang out for drills and help set stuff up when we got a little older."

## Household Lessons

Derek and his three siblings learned valuable lessons growing up.

"He (Derek) had fire drills," said Dan. "We were one of the only families that Dad would set the alarm off and would ask 'what do you do?' and make them figure it out."

"Sometimes when you didn't want to get up for church the smoke detectors were going off," said Derek.

"They went to church," said Dan.

## Fighting Fires Side-By-Side

Derek joined the department five years ago.

"I had been on the department for a little over two months," said Derek. "We were called to Plymouth for an apartment fire. It was my first structure fire. We walked around the building, and he (Dan) was pointing things out to me and a Minnetonka firefighter yelled, 'I didn't know it was take your kid to work day'."

## Not Just Fires

And the emergencies are not just fires - many of the calls are medicals, etc.

"The fire service is a fix-all," said Dan. "If you have an elevator problem, you call the fire department. If you have a carbon monoxide issue, you call the fire department. You cut yourself, you call the fire department. We're the utility people, we fix everything."

***Wayzata relies on volunteer firefighters like Dan and Derek. The department can always use more folks dedicated to the community.***

To find out more about applying to join the Wayzata Fire Department, scan this QR code or go to [www.wayzata.org/521/Become-a-Firefighter](http://www.wayzata.org/521/Become-a-Firefighter)





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