

A scenic autumn landscape featuring a paved path winding through a grassy area with scattered fallen leaves. Several trees with sparse, yellowing foliage stand prominently. In the background, a large body of water is visible under a clear blue sky. A building is partially visible on the right side.

November 2023

WAYZATA **together**

“What if today, we were just grateful for everything” – Charlie Brown

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By Dr. Barbro Brost, D.C.

What Is Veterans Day?

Veterans Day (previously known as Armistice Day) is commemorated on November 11 to mark the end of World War I. An armistice was signed between the Allies and Germany in the "eleventh hour of the eleventh day of the eleventh month" of 1918. In the United States, Armistice Day was renamed Veterans Day in 1954. Veterans Day celebrates America's veterans for their patriotism, love of country, and willingness to serve and sacrifice for the common good.



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"Gratitude is a quality similar to electricity: It must be produced and discharged and used up in order to exist at all." ~ William Faulkner

From The Editor

What are you thankful for?

Of course, I'm thankful for family, friends, magazine readers, and magazine advertisers. I'm also extremely grateful for veterans present and past. You'll find that as a common thread throughout this month's magazine I also acknowledge the level of support provided by veterans' friends and family.

Thank you Vets!

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“As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.”
~ John Fitzgerald Kennedy



From Clockwise:

Senior year picture at the U.S. Naval Academy.

Receiving diploma in 1975 from Vice President Nelson Rockefeller as the top graduating Marine. United States Naval Academy Graduation, June 4th 1975.

State GOP Central Committee Meeting 2011.

Images in this story courtesy of Alex Plechash

Alex Plechash: *A Lifetime Of Service*

You may know Wayzata resident Alex Plechash as your neighbor, you may know him as a member of the Wayzata City Council. But you may not necessarily know that he is a veteran and has quite an impressive military service record.

"My first inspiration occurred when I was about six years old," said Plechash. "The family that lived next door were all Marines. I looked up to them as role models. As I got older, John Glenn became a hero of mine. He was a Marine fighter pilot and astronaut and served as an inspiration to me."

Plechash grew up in the Chicago suburb of Oak Park, Illinois. In high school he played football, was a wrestler, and was on the track team. He began his military career at the U.S. Naval Academy where he earned a degree in Aerospace Engineering and had the distinction of being the number one ranked Marine Officer in his class. In his senior year, he was nominated for a Rhodes scholarship and won a Guggenheim Fellowship for PhD study at Princeton, Cal Tech and MIT.

After graduating from Annapolis, Plechash reported for duty to the Marine Corps Basic School at Quantico where he graduated at the top of his class of 270 Marine Lieutenants. Although deeply drawn toward becoming a Marine infantry officer, he ultimately chose

to go to flight school and earned his Naval Aviator wings and transitioned to the F-4 Phantom II – the most prolific supersonic fighter of all time.

While serving in the Fleet Marine Force, Alex made deployments to the Western Pacific and Asian Theater of Operations and was twice selected for early promotion. He attended the U.S. Navy Fighter Weapons School - more commonly referred to as TOPGUN - and earned designations as an Air Combat Tactics Instructor; Weapons Tactics Instructor; and Fleet Test Pilot. He has logged nearly 2000 hours in jets of various types including the F/A-18 Hornet.

An interesting footnote is that early in his career, Alex appeared in the movie "The Great Santini" starring Robert Duvall when his squadron was used on-location at MCAS Beaufort, SC during the filming of the movie.

Following his military career he went into the world of business and eventually moved to Wayzata. "I like the fact that it is a small town with a distinct downtown area," said Plechash. "It has a character that is unique among all towns in the Lake Minnetonka region and has a reputation for being outsized given its small population."

Plechash is currently in his second term on the Wayzata City Council. Earlier this year, he retired after 16 years as a volunteer firefighter. He serves as a national committeeman representing the state of Minnesota in The Republican National Committee.

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“Veterans know better than anyone else the price of freedom, for they’ve suffered the scars of war. We can offer them no better tribute than to protect what they have won for us.”
 ~ Ronald Reagan



John Cleveland & his son, 1942.

Harold Cleveland, 20, of Wayzata, right, told such glowing stories about Great Lakes Naval training station when he came home on leave that his father, John A. Cleveland, 50, Wayzata butcher, shown with him, decided he'd enlist in the navy, too. And he's taking his meat market cleaver along so it'll be handy when he meets the Japs or Nazis. Cleveland, who enlisted Thursday, has two other sons in the army: Robert, 22, and Lawrence, 23.

Serving Our Country: Past & Present

Veterans Day, November 11, is a great time to remember the more than 150,000 men and women currently serving overseas in the U.S. military. But unless you have a loved one overseas, it may not be top of mind.

I stumbled upon an interesting nugget when researching Wayzata’s military history. I was “introduced” to the Cleveland family. John Cleveland was a local butcher and had three sons. He and his boy Harold appeared in the October 1, 1942 Minneapolis Morning Tribune close to a year into America’s involvement in World War II. See, Harold had just returned from the Great Lakes Naval Training station. This inspired his father to enlist at age 50! Harold’s two other brothers, Robert and Lawrence, were serving in the Army.

You gotta think that the Cleveland men wrote letters home to family and friends. That was a big deal back in the 40s when it was really the only way to communicate. I found an old letter at the Wayzata Historical Society written by Wayzata High School grad John Batson. It was dated March 7, 1942 with a location of Northern Ireland. In the letter he stated that he was writing the correspondence on airmail stationery and that he was limited to two pages to stay under the half ounce weight limit. You could tell how much getting mail meant to him. “I enjoyed all your many letters folks,” wrote Batson. “I think I will get mail quite frequently now.”

Of course it wasn’t just the men serving in WWII. The Christmas Eve, 1942 Minnetonka Herald newspaper featured a story about Lt. Bernice Nilson. She graduated from Wayzata High School in 1936. In 1941, she enlisted in the army nurses corps and was directed into active training. At the time of the article, she was stationed at Camp Forrest, Tennessee expecting to be sent on active service abroad.

Please take a minute or two to think about those currently serving overseas. Veterans Day is a perfect day to do that - heck, everyday is a good day to reflect.



Bernice Nilson's service picture, circa 1942.

Northern Ireland
March 7, 1942

Dear Folks,

I got your return cable yesterday, Mother that was fast time. By the check you must have meant the 10£ (lbs) I sent home? Maybe it was my February allotment 20 dollars which is paid around March 1st!

I got a nice letter from Hazel Stuart and your 2 cards, Dad. sent Feb 4+5th. I had a happy day + a field day when our 1st mail in since coming here 6 weeks. We got it all 3 days ago. One boy got 82 letters I got 17 + 6 cards, 5 Mother Harold's 3 Liza 3 parts of 1st + many Star Journals I enjoyed all your many letter folders including Phil's + Doo's. I think we'll get mail quite regularly now.

This is regular air Mail stationery I'm writing on now and I can put in only 2 sheets to stay under 1/2 ounce weight limit. I can write on only one side, because in censoring if some is removed, they cut the letter up.

I plan to go to church tomorrow, down the road away. There are many small churches over here and people are quite strict on their Sunday things, no movies or open etc. Our 1st cook, Dick Stack, is going with me. Her name Betty Lou Rice quite well being he went to Carlton also Hugh Lindsay and others. I see by the Mpls paper you folks get plenty of news about here. Being there is a correspondent over here.



A Letter From John Batson to his Parents, March 7th 1942 with his service picture, circa 1942.



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.

Tip: Give fish a chance to strike by slowing down your presentation and using bigger baits.

Events

Native American Heritage Month, 11/1

Daylight Saving Time Ends (Fall Back), 11/5

Election Day, 11/7

Autumn Festival, An Arts & Crafts Affair
11/9 - 11/12 | Canterbury Park, Shakopee

Veterans Day, 11/11

Wayzata's Winter Medallion Hunt, 11/13 -11/17
Daily clues will be posted online on wayzata.org, wayzatachamber.com and on social media!

Thanks for Giving Craft & Gift Show, 11/19
10:00AM - 3:00PM | American Legion - Mound, MN

Thanksgiving, 11/23

13th Annual Tonka Turkey Trot, 11/23
Minnetonka High School

Native American Heritage Day, 11/24

Light Up The Lake in Wayzata, 11/24

2023 Excelsior Christkindlsmarkt
11/24 - 11/26, opens at 10 AM

Small Business Saturday, 11/25



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Light Up The Lake

Friday, November 24th

4:00 PM **Free Glow Sticks at Panoway**

4:30 - 7 PM
@Depot Park
 Winter Market
 Reindeer Photo Opportunity
 Toys for Tots Collection Kickoff
 Hot Cider & Treats

@Panoway Plaza
 Letters to Santa
 Muni Refreshments

@Lake Street
 Horse Drawn Wagon Rides

4:30 - 5 PM **Live Music w/ Blue Water Theater at Depot Park**

5 PM **Winter Candy Hunt at Depot Park (Ages 5 and under only)**

5 - 6:30 PM **Music on Lake Street**

5:15 PM **Wayzata Firefighters Parade of Lights on Lake Street**

5:45 PM **Lighting Ceremony at Panoway**



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Healthy Fall Habits

By: Barbro Brost D.C

The fall and winter months in Minnesota are more challenging than sunny summer days when it comes to staying healthy. There is a reason we call it the "flu season" and why it always happens in the winter.

The fall and winter brings shorter days, less sunshine and less outdoor activities in the fresh air. Natural Vitamin D is not produced in our skin without summer sunshine, so supplementing with Vitamin D is very important, living in the northern hemisphere.

5,000 I.U.s daily is a good amount for most people. A quick blood test can determine your blood levels, which optimally should be between 60-80. Low levels make you much more prone to viral and other infections and illnesses, but you also don't want to get into toxic levels above 100. Zinc also is important for optimal immune function. Around 20 mg/day is adequate for most people. Quercetin, a flavonol found in fruits and vegetables, helps drive zinc inside the cells to optimize its immune-enhancing function. 500-1,000 mg in a pill form per day is recommended.

Taking a good multi vitamin and an EPA/DHA fish oil supplement is always a good idea year round. Since most people in Minnesota don't eat a lot of ocean fish, a fish oil pill is convenient, but make sure it's from a clean source, since there can be heavy metal contamination of cheaper fish oils.

Of course getting out and enjoying the fall and winter, getting exercise and fresh air is good for your health and strengthens your immune system.

Regular chiropractic care also helps optimize all bodily functions, including your immune system!

Have a happy, healthy fall!



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Barbro Brost D.C., Aaron Schulte D.C., Aarti Goyal D.C. Tyler Knutson D.C.

Awards: Best of Wayzata, Best of Lake Minnetonka (2016-2021)



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