



“Alone we can do so little;
together we can do so much”
- Helen Keller

WAYZATA together April 2023

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You By Dr. Barbro Brost, D.C.

From The Editor

The Sounds Of Spring

Take a minute and listen. The sounds of Spring are in the air.

I think the biggest change you'll hear around Wayzata are the bird calls.

Some of our fair weather bird friends are back from their warmer winter retreats.

That's what sticks out to me - not only the bird calls you hadn't heard in months but variations of different calls from our year-round aviators.

Cardinals, jays, and chickadees all have different songs in their playlist. Listen closely, you'll hear the variations.

Spring is here ... soon, all those things we love about the warmer weather will have a big reveal as the snow and ice blanket melts. The cracking of ice and the trickling of water are part of the process.

Take a minute and listen. The sounds of Spring are in the air. Heck, the sights, smells, and feels of Spring are in the air too.

Enjoy April!

Nate Leding
Editor in Chief

Marly LePage
Graphic Design

Cover: Susan & Gretja Otten as they began their journey through the Appalachian Trail



All Aboard!

...you don't want to miss this boat

Lake Minnetonka area residents deserve a monthly publication that focuses on Our Lake Community.

We'll have monthly features including:

- Making Waves: Community 411
Updates on what's going on in Lake Minnetonka towns. We're opening this section up to local communities to provide content they want highlighted.
- Tonka Lifestyle Guide
Shore Leave - highlighting events, things to do & lifestyle services
The Captain's Table - features area restaurants
- Neighborhood Anchor - Who, What, Where, When, Why & How
An article about an outstanding citizen, local group or business that is making their community better.
- All Paws On Deck - You will not want to miss this ode to our furry friends.
- Hooked! - Our Lake Minnetonka fishing report.
- School Scuttlebutt
News from the school districts of Minnetonka, Orono, Wayzata, & Westonka. The most important information, events or happenings in the surrounding schools.

And of course this publication would not be complete without a monthly walk down memory lane and the rich Lake Minnetonka History.



Our Lake Community is a special place. *Let's celebrate it!*
Scan the QR Code to join the crew and have our e-publication delivered to your email inbox each month.





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Neighborhood Spotlight: A Family's Journey



Occasionally, something happens that restores our faith in humanity. Those little sparks, rays of sunshine, or however you describe it are crucial for our well-being.

There is a Wayzata mother and daughter who have quite a story to tell - and it's an inspirational one.

A Good Cause

Gretja Otten and her mother Susan traversed the entire Appalachian Trail together last year. It was 2,200 miles, 14 states over nearly six months.

So what prompted this monumental goal? Susan's husband and Gretja's dad, Ron Otten. You see, Ron was diagnosed with Parkinson's Disease 13 years ago.

"The purpose was to raise funds for Parkinson's Disease research," said Susan.

The Trailhead

Gretja and Susan began their journey in mid-July in Maine.

"The trail is like going up and down Mount Everest 16 times. It's got that much elevation gain and decline," said Susan. "I don't know how you train for the trail other than to do the trail."

Honestly, they faced just about every sort of weather condition. In fact, they went head-to-head with the inland aftermath of three separate hurricanes during their trek.

Appalachian Hospitality

There is something special about the folks who call home along the trail.

"We had stayed with 25 people we never met," said Susan. "They allowed us to shower, did our laundry, and cooked us wonderful home-cooked meals."

Residents welcomed the Ottens with open arms. "It's one of the beautiful mysteries we talked about a lot," said Susan. "It's just an amazing community on the trail that I've never witnessed anywhere else."

"It also made us experience firsthand the goodness of humanity that is alive and well in our world," said Gretja.

Social Connection

The Ottens documented their journey on YouTube and many people followed their day-to-day progress. Residents would message them and offer to pick them up from the trail, take them to their home, and return them to the trail in the morning. They were inspired by their story and wanted to be a part of it.

"It totally restores your faith in humanity when that happens," said Susan.

Facing Adversity

The Ottens faced inclement weather and a rocky trail, but it was a couple of serious injuries that truly put them to the test. On two separate occasions, Susan lost her footing and hit her head and required immediate medical attention.

"I tripped on a root and hit my head on a root and screamed for Gretja," said Susan. "I got my bearings, sat up, and two gentlemen appeared."

One of the men had also had a head injury on the trail and helped bandage her up. Once they made it to a road, a couple picked the pair up and took them to a local hospital.

"We had a real serious conversation in Critical Care after the second injury," said Susan.

"It was the first time, we both felt she may not finish the trail," Gretja.

The decision was made to keep on keeping on. But moving forward, Susan wore a bike helmet.



The Finish Line

Gretja and Susan reached the end of the trail in Georgia on December 21 of last year. And who was there to greet them at the finish line? Ron of course. They did it for him and the millions of others suffering from Parkinson's. At last check, their journey raised more than \$80,000.

Bigger Picture

Their story has gained a lot of attention - and rightfully so. "We had people following us from across the globe - a few examples are Tanzania, Australia, and Canada," said Gretja.

The Otten family was also featured on CBS national news and Twin Cities CBS affiliate WCCO. The hike may have ended at the end of last year, but the fundraising continues. Their story has even caught the eye of the Michael J. Fox Foundation - an organization devoted to accelerating Parkinson's treatments.

"The most memorable thing from our hike wasn't a moment or any spectacular scenery or even the day we finished, but instead getting to spend five uninterrupted months with my mom," said Gretja.




 If you would like to donate to this cause scan this QR code.



*"We make a living by what we get.
We make a life by what we give."*

- Winston S. Churchill

 All images are from the Otten's personal collection. To see the full video on YouTube scan the qr code.

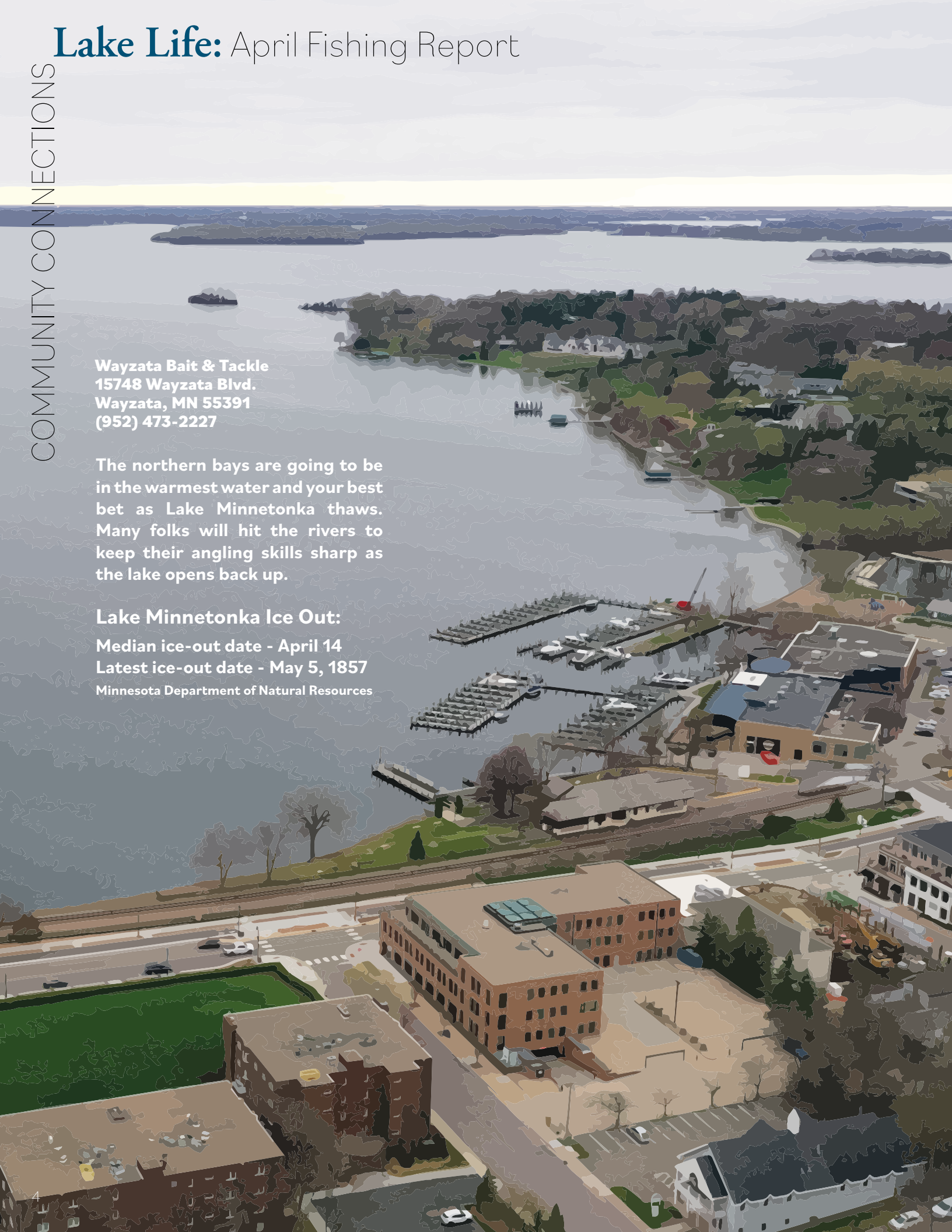


Lake Life: April Fishing Report

Wayzata Bait & Tackle
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The northern bays are going to be in the warmest water and your best bet as Lake Minnetonka thaws. Many folks will hit the rivers to keep their angling skills sharp as the lake opens back up.

Lake Minnetonka Ice Out:
Median ice-out date - April 14
Latest ice-out date - May 5, 1857
Minnesota Department of Natural Resources



April Activities

COMMUNITY CONNECTIONS

Tonka LifestyleTM
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Underdog Rescue Adoption Event, 4/3

6 - 8 pm, Brew Park · Plymouth

Fred Kurz 10 Mile, 4/8

12 pm · Wayzata

Solidcore + CRISP & GREEN, 4/8

9-10 am, Crisp & Green · Wayzata

Forest Bathing w/Wayzata Community Education, 4/8

9 - 11 am, Wolsfeld Woods (SNA) · Long Lake

The Easter Journey & Egg Hunt, 4/8

9:00 am, Our Savior Lutheran Church and School · Excelsior

Easter, 4/9

Easter Sunday Brunch Buffet, 4/9

10:00 am - 4 pm, 6Smith · Wayzata

5k Beer Run x Boom Island Brewing Co, 4/15

11 am - 1 pm · Minnetonka

Eid al-Fitr, 4/21

Birches on the Lake (acoustic show), 4/21

8 pm, Clark Machtemes and the Traveled Ground

Earth Day, 4/22

Paul Douglas - Book signing and Meet & Greet, 4/22

2 pm, The Thinking Spot · Wayzata

Orono Foundation Bash For Education, 4/22

5:30 - 11 pm · Wayzata

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Inherited Stories

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Wayzata History

Holy Trinity: Wayzata's Hilltop Churches

If you walk along Rice Street in between Walker Avenue and Broadway Avenue you'll notice plaque. It's on the north side across the street from the fire department. The Wayzata Historical Society does a great job of documenting what once stood in that area. The plaque tells the story of three churches on a hill.



Courtesy of www.st-barts.org

Congregational Church of Christ

Back in 1881, the Congregational Church of Christ was built on the corner of Rice and Walker. The church building was updated with structural work in 1911.

Five years later the church burned down because of faulty electrical wiring. The church was resurrected in the same location in a similar style.

Fast forward to 1949 - the congregation moved into a new building on the corner of Ferndale Road and Wayzata Boulevard. It's new name - Wayzata Community Church.

The original church at Rice and Walker continued to serve. In 1953, Wayzata Evangelical Free Church moved in. Later, in 1965, the Unitarian Universalist

Church of Minnetonka used the space. The building now is home to Blue Water Theatre Company.

St. Bartholomew's Catholic Church

On Christmas Day, 1916, St. Bartholomew's Catholic Church was erected on the corner of Broadway and Wayzata Boulevard. A modest structure that seated 60 people.

It was named for its founding pastor Rev. George Bartholomew Scheffold.

Over the years, St. Bart's made additions like a new rectory (1942) and a one-story school and convent (1955). A second story school addition was added in 1959 to serve elementary grades.

The church was expanded in 1989 to connect to the school and in 2007, it was enlarged and remodeled.

Redeemer Lutheran Church

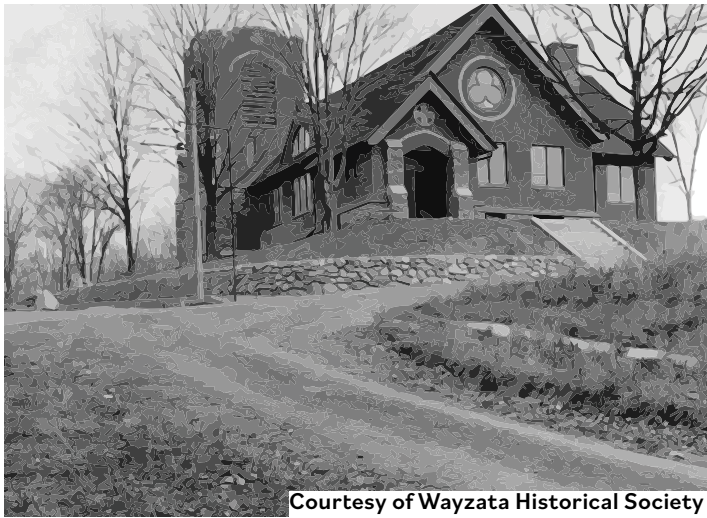
Redeemer Lutheran Church came along in 1938. But by the early 1950s, it outgrew its location.

The original church property at Rice and Broadway was sold to St. Bart's to support its expansion.

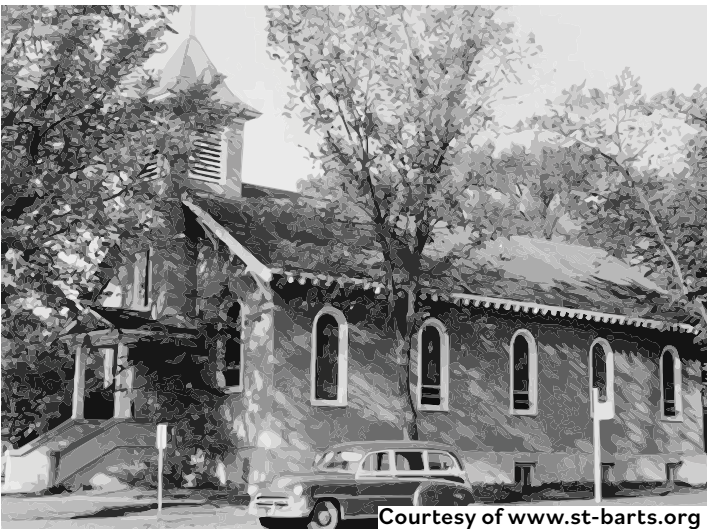
Redeemer built a new facility on the corner of Ferndale Road and Wayzata Boulevard across the street from Wayzata Community Church. Once again, they were neighbors!

Back to that original structure built in 1938. It was actually sold and moved to the city of Crystal where it became the community's first Lutheran church.

"Faith is believing BEFORE what will only make sense AFTER" - Steven Furtick



Courtesy of Wayzata Historical Society



Courtesy of www.st-barts.org



Courtesy of Wayzata Historical Society

Images from top to Bottom:
 Congregational Church of Christ, built 1881
 St Bartholomew Catholic Church, built 1916
 Redeemer Lutheran Church, built in 1938

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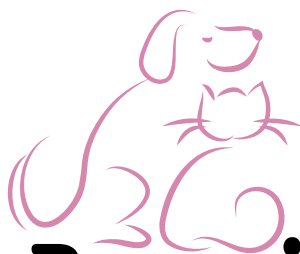
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PawParazzi

Each month, Wayzata Together features furry friends around town. Do you know of a picture perfect pet? Email a pic to: nate@wayzata.com



We want to thank Golden Veterinary Care for providing the festive pics of their clients. Happy April everyone!

Top left: Louise

Middle, left to right: Chloe & Louie

Front, left to right: Frankie & Mac

Gut Health and a Healthy, Happy You

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

The health of your gut is fundamental for your general health. The food you eat and how well you break it down and absorb nutrients, directs how well your body and mind will function.

A person who eats processed and junk food will be less healthy and happy than someone who eats healthy, organic produce and antibiotic/hormone free meat and dairy products.

What we eat and drink matters, not only for the calorie content, but the nutrient content and how well it is absorbed into the body. It also matter greatly for the development and maintenance of your microbiome.

The microbiome is the collective name for the friendly, beneficial bacteria that inhabit your gut. There are millions of these friendly bacteria that have recently been acknowledged and just beginning to be understood.. So far over 2,000 types of bacteria, with a wide variety of functions, have been discovered.

There are between 4-6 pounds of good bacteria in a healthy gut! There are actually more bacteria in your gut than there are cells in your body, which is a mind-blowing thought!

Most people have heard of lactobacillus acidophilus and that antibiotics can kill the good bacteria with the infection causing bacteria. That is why taking a quality probiotic mix after completing a course of antibiotics is important. It is also important not to overuse antibiotics. They should only be taken for severe bacterial infections that the body's own immune system is not able to handle. Antibiotics should never be taken for viral infections.

Our daily food and drink choices direct the development of your unique microbiome. Eating healthy is not just beneficial for your body but also important for the good bacteria in your gut.

The healthier your gut flora is, the healthier and happier you will be. The microbiome aids in the breakdown and assimilation of nutrients, but it also performs thousands of yet undiscovered functions. It is now known that about 90% of Serotonin, the "happiness hormone", is produced in your gut. So, a healthy, happy gut makes a healthy, happy you!

If you need help with digestive issues and natural health advice, call The Brost Clinic!

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