



August 2023
WAYZATA
together

If you're not barefoot on the beach day in August, then you're overdressed. ~Unknown

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From The Editor

Happy August!

Can you believe Summer is almost over? We hope you enjoyed yourselves and had some fun in the sun. Especially after a brutal winter and spring.

We really hope you enjoy this month's magazine!

We look at ways you can give back to the Wayzata community and how one group is truly making a difference bridging the past and the present.

Have you visited the Wayzata library lately? It's a special place with a very interesting history.

We have news about the future of Lake Minnetonka historical societies.

And we look at what pain really is and tips to listen to your body and live a healthier life.

Have a blast this month and know what's just around the corner next month ... JJ Hill Days!

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August Fishing Report

Wayzata Bait & Tackle
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Considering the warmer temps, most folks will be fishing early in the morning and later in the evening. It helps avoid recreational boat traffic. Walleyes will be going deeper looking for cooler water around 24-28 feet. Find the schools of sunfish and crappie and you'll find walleye. Bass fishing will be fantastic - if you find a big bass know that they school together and there will be others in that area.



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Neighborhood Spotlight

Wayzata Heritage Preservation Board: Safeguarding Our Past For Future Generations

So much of our future lies in preserving our past.

~ Peter Westbrook

If you want to get involved in the Wayzata community and volunteer your time, there are numerous opportunities for you.

And if you're into history, the Wayzata Heritage Preservation Board has openings for board members. This is a small but crucial board. Of all the volunteer boards for the City of Wayzata, HPB flies the lowest under the radar. Its importance is no less important though.

The Heritage Preservation Board (HPB) advises the City Council, City Manager and other City boards and commissions on all matters relating to heritage resource preservation, protection, and enhancement in the community.

The HPB consists of up to five voting members. No less than three must be Wayzata residents. Right now, Wayzata residents Judy Starkey and Sue Ankeny are board members. City planner Valerie Quarles also stewards the good ship U.S.S HPB.

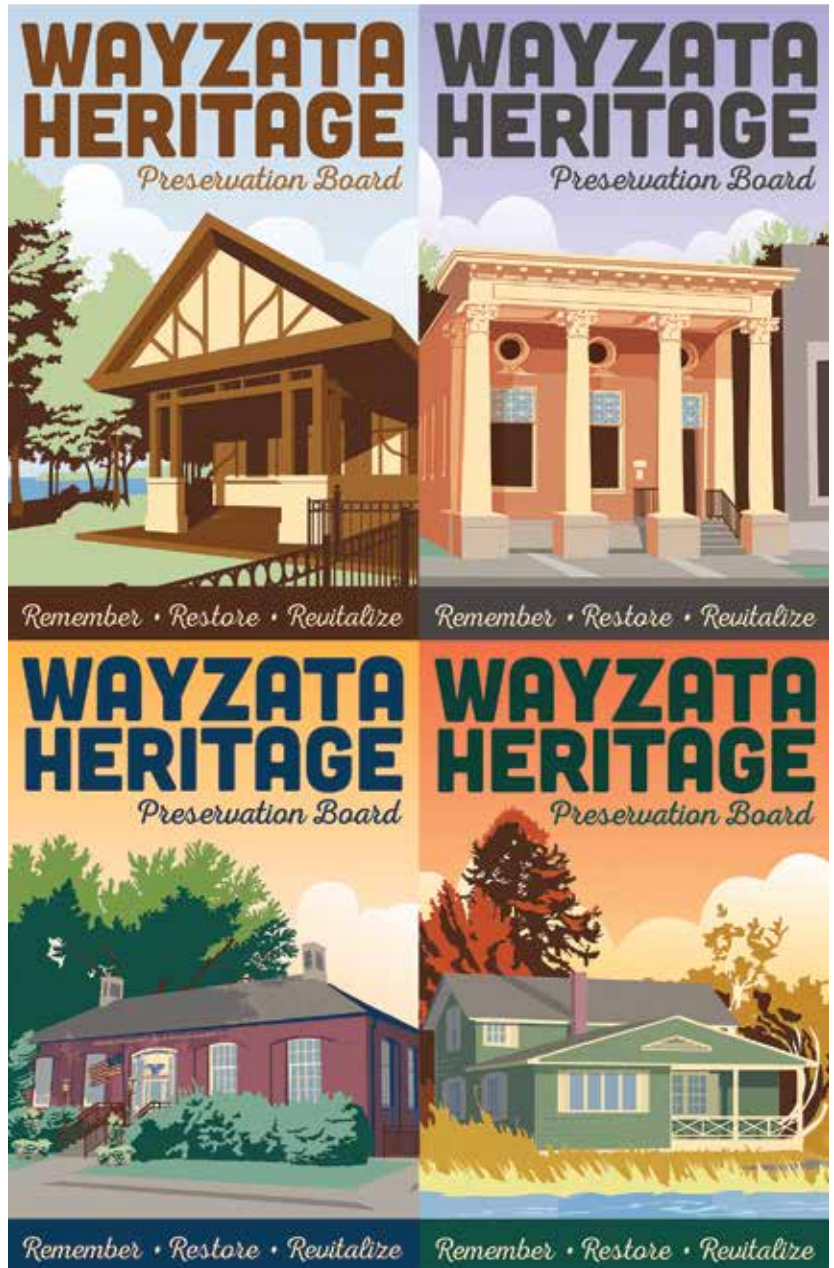
The HPB celebrates homes that are more than a century old and the owners who have taken great strides to make their older home a delight to look at.

The HPB is responsible for identifying structures in Wayzata that it feels are worth saving. A great example of that is the Section Foreman House. The home was all but forgotten when the HPB put it in the spotlight.

Now, the house stands on the National Registry and is set to be rehabilitated and ultimately transformed into a learning center for children. Heritage Preservation Board members made it a priority to save this house years ago. And now the little railroad house from the early 1900s has a bright future. Wayzata residents like Irene Stemmer, Sue Sorrentino, and Starkey simply wouldn't give up on this crucial piece of Wayzata history.

The Heritage Preservation Board will have a booth at James J. Hill Days next month. Stop by - the folks would love to tell you more about the organization.

Each resident has unique skill sets and there's a good chance those abilities would mesh well with the many volunteer opportunities in town. And if you're into history - boy, is HPB for you!



For more information access the QR code to be directed to the city of Wayzata's website

August Activities

COMMUNITY CONNECTIONS



Tour De Tonka, affectionately known as “Minnesota’s Ride,” is in its 18th year. What began in 2006 with 819 riders has grown to nearly 3500 from 166 Minnesota cities, 73 counties and 44 US states. Partnering with the ICA Food Shelf a portion of the rider’s registration fee is donated to the ICA. As well as giving riders an opportunity to donate money or non-perishable food items. The remaining proceeds go to Minnetonka Community Youth Education and Early Childhood Programs. Come cheer the riders on and support this worthy cause.

Saturday, August 5, 2023

Rides	Start Location	Ride Start
16, 30, 36, 41 mile	Mtka High School	7:30 AM
71 and 100 mile	Clear Springs Elem.	7 AM



Wayzata Farmers' Market

Thursdays, 1:30 - 5:30 pm

Minnetonka Farmers' Market

Tuesdays, 3 - 7 pm



Music By the Lake

Thursdays, 6:30 to 8 pm

wayzatachamber.com

Entertainment in the Park

Events June through August

minnetonkamn.gov

Night to Unite | Wayzata

8/1, 5 PM

Sunday Music in the Park

Sundays, 4:30 - 5:30 PM

Great Lawn, Wayzata

CōV presents Live Summer Music

Check CōV’s website for info

Saturday Morning on the Farm

9:30 AM - 12 PM

Gale Woods Farm, Minnetrista

Dog Days Westonka

8/12, 9 AM - 2 PM

Surfside Beach, Mound

Big Island And Back Paddle 2023

8/12, 9 AM

Excelsior Commons Beach

Hamel Lions Flea Market

8/13, 6 AM - 12PM

Medina Entertainment Center

Holly J Fitness + CRISP & GREEN

8/12, 9 AM, Wayzata

FREE outdoor fitness class!



Scan the QR Code for more event information Stay up to date on lake area activities at tonkalifestyle.com/events. Missing something? Send us an email to nate@wayzatatogether.com



MINNESOTA STATE FAIR

It all started in 1854 as a territorial fair that highlighted agriculture and encouraged farming in the surrounding area. A year after Minnesota was granted statehood, in 1859, it became the Minnesota State Fair...also known as The Great Minnesota Get-Together!

The State Fair has become one of the most popular tourist attractions in the entire region. This end of the summer extravaganza is open only for the 12 days leading up to and through Labor Day. Don't miss starting, or continuing, your annual tradition and enjoy all the delicious food, rides, entertainment and events it has to offer.

Fairgrounds Admission Hours

7 a.m. to 9 p.m. • 7 a.m. to 7 p.m. on Labor Day

Fairgrounds Hours

7 a.m. to 11 p.m. • 7 a.m. to 9 p.m. on Labor Day

Grandstand Shows

- 8/24 • 7:00 PM • The Black Keys
- 8/25 • 7:00 PM • The Chicks
- 8/26 • 7:00 PM • Keith Urban
- 8/27 • 7:00 PM • Boyz II Men & Chaka Khan
- 8/29 • 7:00 PM • Brandi Carlile & Wynonna Judd
- 8/31 • 7:00 PM • Duran Duran
- 9/1 • 7:00 PM • Jonas Brothers



August 24th thru September 4th

Contact Info

1265 Snelling Avenue N, St. Paul
651-288-4400

www.mnstatefair.org

Driving Directions

Coming from the west: Take I-94 east to Snelling Avenue, then turn left and head north.



Scan QR code for more info on the fair and events or visit mnstatefair.org

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We're proud to be a part of the Wayzata community and keep it connected to what's most important. We're proud to be your friends, your family, your neighbors.

From all Midwest Region Comcast employees,
Thank You.

Scan QR Code for more expansion information in the Wayzata area.



Wayzata History

The Wayzata Public Library: An Enduring Legacy

“The only thing that you absolutely have to know, is the location of the library.” ~ Albert Einstein

Throughout the history of the United States, there were numerous big ideas that have enduring legacies.

One that stands tall is the establishment of the National Park System that dates to the 1870s. There’s a good chance you’ve visited at least one of these parks. All are truly national treasures. Another legacy is the free and public library system.

One of the catalysts was businessman and philanthropist Andrew Carnegie. His contributions created nearly 1,700 libraries between the 1880s and the 1920s.

This forethought is alive and well here in Wayzata today.

The Wayzata library sits on top of the hill at the intersection of Broadway Avenue and Rice Street.

It’s a wonderful place to visit. It has a helpful staff, a great selection of literature, and a terrific view of Lake Minnetonka while you read.

The Wayzata library has a storied history that dates to the 1890s. Initially, the Wayzata Library and Literary Club was headquartered in the Wayzata Congregational Church building which is now the Blue Water Theatre. In 1905, it moved into Wayzata’s first city hall on Lake Street. More than 50 years later, disaster struck on St. Patrick’s Day 1955. This was not a lucky day for the City of Wayzata. The City Hall building which housed the library at the time caught fire.

Local firefighters did their best to save the structure and the books inside. But during this awful event, the strength of the community shined. Several dozen kids stopped to help on their way home from school. They carried books from the library to a nearby business.

Two years later, City Hall and the library found a home on top of that hill where the current City Hall sits. And in 2003, the facility we use today opened its doors. Through the years there have been countless librarians that held down the fort.

Once Upon A Lake: A History of Lake Minnetonka and Its People author Thelma Jones led the library from 1949 to 1968! She really captured what a librarian should be in a Minneapolis Star article from 1962. “I would advise someone who is fond of dealing with people to become a librarian,” as she was quoted in the article. “Oh, books too, but people first of all.” That’s very true today. Interact with the folks who work at the Wayzata library currently and you know they meet Jones’ criteria.

If you haven’t already, stop by the Wayzata library. It’s a terrific facility with a rich history.



Hennepin County Library, James K. Hosmer Special Collections



From top to bottom:

Original library was in the village hall built in 1904.

A Hennepin County Library bookmobile is parked in front of the Wayzata Public Library, City Hall building.

Wayzata City Hall’s 1955 fire

Kids saving books following the 1955 fire.

Images courtesy of The Wayzata Historical Society, except otherwise labeled

What’s Old Is New Again! The Excelsior-Lake Minnetonka Historical Society, the Museum of Lake Minnetonka (Steamboat Minnehaha), the Wayzata Historical Society, and the Westonka Historical Society will consolidate effective October 1. All of these organizations have been so helpful in developing our magazine’s history stories. The new organization will be called the Lake Minnetonka Historical Society.

What is Pain?

Barbro Brost D.C.

Pain is a common symptom for many ailments and injuries. It can range from a mild, nagging discomfort to excruciating.

Many medications are developed to relieve pain and millions of pounds of drugs are consumed for this purpose.

But, what is pain and why do we experience it?

Pain is a signal by the nervous system that something is wrong. It's the body's "fire alarm" signaling to you that something isn't right. It could be a sudden localized pain telling you that you just sprained an ankle, stepping wrong off a curb, or generalized, achy pain from Fibromyalgia in an inflamed body.

Sometimes pain can be severe and overwhelming, such as after a big surgery and pain medication can be temporarily necessary. Most of the time the analogy of the fire alarm makes for a more sensical approach. Very few of us would think of turning off a fire alarm and not investigate where the fire is and put it out, before it causes severe destruction.

The same approach ought to be applied to pain! The sound thing to do is to ask why, find the cause and eliminate that. Sometimes it can be easy, like the pain from a sprained ankle. Sometimes detective work by a trained professional is necessary.

Chiropractors are trained in this way of reasoning when it comes to pain. Instead of just covering up the symptoms with medications, that can be harmful to your internal organs, chiropractors investigate and find the cause of the pain and work on eliminate that.

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