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From The Editor

Happy New Year!

Here's to a fantastic 2023.

January is the perfect month to reset and look ahead to the year that lies before us.

What are your plans for the new year?

With the hustle and bustle of the holidays over, I cherish the quiet winter days to research articles for our magazine - meet new people and uncover interesting points of Wayzata history.

I'm also looking forward to outdoor activities.

Those frigid temps transform Lake Minnetonka into a brisk, new landscape - a vast, icy terrain perfect for skiing, snowshoeing, and snowmobiling.

I think a Norwegian proverb is appropriate this time of year:

“Det finnes ikke dårlig vær, bare dårlig klær.”

Roughly translated - There is no such thing as bad weather, only bad clothing.

So, get your gear together and get out there!

Nate Hedning
Editor in Chief

Marly LePage
Graphic Design

Lake Life: January Fishing Report

COMMUNITY CONNECTIONS

Wayzata Bait & Tackle
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If you're hunting for walleye - West Arm and Jennings are good bets. You should hit the weed-lines at 22 to 26 feet.

If panfish are your target, head to Carson Bay, Grays Bay, Black Lake, and Seton.

A jig and minnow will serve you well.

With changing conditions during ice fishing season, safety is even more important. When you venture on the ice the first couple of times, bring a buddy, rope and check the depth of the ice constantly. Know what to do if you happen to fall through the ice...**Safety is paramount!**





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January Activities

COMMUNITY CONNECTIONS

NEW YEAR'S DAY, 1/1

CHRISTMAS TREE PICKUP
1/2 - 1/19, Wayzata

WAYZATA FREEZE HOCKEY TOURNAMENT
1/6 - 1/8, Plymouth Ice Center

FAMILY SKATE DAY
1/8, Klapprich Park, Wayzata

SLED DOG RACES
1/7, 1/14, 1/21, 1/28
Birch's On The Lake, Long Lake

MARTIN LUTHER KING, JR. DAY, 1/16

WAYZATA CLASSIC HOCKEY TOURNAMENT
1/20 - 1/22, Wayzata

LAKE MINNETONKA FLURRY SCURRY 5K
1/21, Excelsior

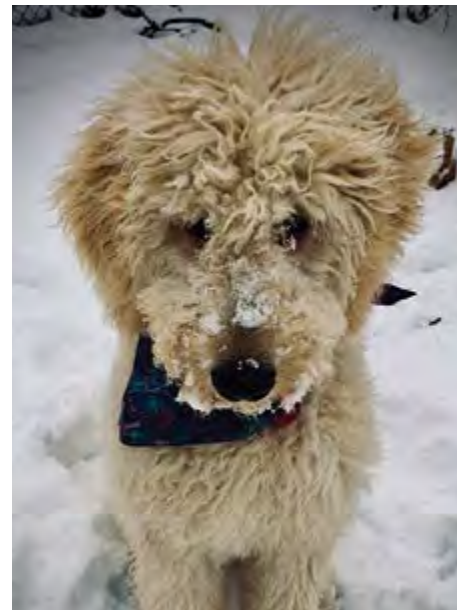
SCAN THE QR CODE FOR MORE EVENT INFORMATION



Stay up to date on all of the lake area activities at tonkalifestyle.com/events. We will continue to add and update events. Our QR codes are interactive in our e-mag. Just click to access the webpage. Are we missing something? Send an email to nate@wayzatatogether.com!



PawParazzi



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

Indie, is a one-year-old Golden Doodle She loves the snow and everything about Wayzata. She has a lot of energy and loves playing with other dogs.
Owner: Amanda Arnold

Neighborhood Spotlight: Making A Difference



Pictured Right:
Dave & Liane Laurion

Pictured Below:
Chris Bentley, Wings
For Widows CEO



There's a non-profit based in Wayzata that helps newly widowed women manage their finances.

It's called Wings For Widows. Angels looking out for women who have lost their spouses.

It all started back in 2017 when a woman named Liane Laurion lost her husband Dave after 40 years of marriage. In one instance, she found herself alone.

What is often the case, the couple's finances were managed by her husband Dave, a financial planner.

One of Dave's co-workers, Chris Bentley, inherited Liane Laurion as a client.

"While death is inevitable, few are prepared for the loss of a spouse," said Bentley. "Losing a spouse is the most stressful experience in a lifetime."

Bentley, a financial advisor, and Certified Financial Planner with a decade-long history of working with women in transition, along with Liane's journey inspired the idea of providing financial counseling to new widows.

He filed Wings for Widows as a 501(c)3 public charity, the first and only organization of its kind in the United States. Liane joined him as the first secretary of the organization and Bentley took on the role of the charity's president.



"The need, the demand, for something like Wings for Widows is clear," said Bentley.

Wings For Widows provides advice, education, and encouragement to help the newly widowed gain clarity and empower them to make smart financial decisions.

"I believe Wings For Widows can make a difference to thousands and thousands of people going through the worst experience life can throw at you," said Bentley. "My mother was a widow, and I recall all the stuff I had to do for her. I quit my day job as a CFP FA in June and am now the CEO of Wings for Widows."



The services provided by the nonprofit are free. There is no charge.

Today, now with more than 50 volunteers, Wings for Widows provides pro bono financial coaching to women from all walks of life nationwide.

"We continue to expand our coaching and educational offerings to become the primary provider of financial literacy consulting and education in the U.S.," said Bentley.

The services include a do-it-yourself online coaching tool and a smart-phone app.

Wings For Widows relies on 200 donors and various grants.

"You will gain control over your personal finances and build your confidence to move forward," said Bentley. "Wings for Widows is transformative. With financial clarity comes hope."



To find out more about the organization and how you can get involved use the link – wingsforwidows.org or simply scan this QR code.

- 86% of widow(er)s are now making financial decisions alone.
- 69% of widows said 'becoming the sole financial decision-maker' was the top financial challenge of widowhood.
- Approximately 3,000 women become widows every day in the U.S.
- 70% of all married women will face widowhood
- The average age of a widow is 59. She will live another 15 years after the loss of her spouse, on average.

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Blue, Gold & Bold: Wayzata's Student Leaders

bold / böld/

adjective - (of a person, action, or idea) showing an ability to take risks; confident and courageous.

Wayzata West Middle School has a number of students who are bold. Bold is actually a group of student leaders that serve in a similar role to a student council.

They are called Ambassadors. These young people are nominated by their teachers and other students.

Bold stands for (B)uild community, (O)wn your learning, (L)ead positively & (D)evelop balance.

The Ambassadors welcome students into the building, help with student tours and 6th grade orientation, and plan school-wide events.

"Our Bold Ambassador program provides opportunities for learners to develop as leaders by encouraging them to think critically about how to better themselves and their community through advocacy, volunteering, event planning, teamwork, effective communication and collaboration," said Missa Morey, Wayzata West School Counselor.



A service project is one of the bigger initiatives the Ambassadors complete.

They first brainstorm organizations, research options and present their ideas to each other. The student leaders narrow down the options and hold a school-wide vote to select the focus, and then the fundraiser takes place in the week leading up to winter break.

Last month, the students voted and selected St. Jude Children's research hospital as the organization they will be raising funds for the year.

The mission of St. Jude Children's Research Hospital is to advance cures, and means of prevention, for pediatric diseases through research and treatment.

In an effort to promote the service project, the Ambassadors created posters to develop awareness about the fundraiser for St. Jude.

The dictionary definition of the word "bold" barely defines all the good these young people are doing in that old brick building on the corner of Barry Avenue and Wayzata Boulevard.



Pictured Above and Left: Ambassadors creating posters promoting their service project.



Happy Healthy New Year!

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

The New Year gives us pause to evaluate our health and wellness choices.

Do we need to make some changes in our eating habits? Do we need to incorporate more exercise in our daily routine? Do we take the right kind s of vitamins and supplements to optimize our general health and immune function? Do we get enough sleep? Are we drinking too much alcohol? Do we take too many drugs to cover up symptoms instead of addressing cause? Do we drink enough water throughout the day to stay hydrated? Do we have enough social interactions? Are we taking enough vacations? Are we learning new things that bring us joy?

That is a short list to start thinking of goals and plans for the new year. We have about 80% control of our health and wellbeing. What you invest in your health pays off manyfold in health dividends in the future!

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Wayzata History: Ice Fishing On Lake Minnetonka

Frozen Fun

Ice fishing has a long history on Lake Minnetonka dating back to the Native Americans who lived in the area using the lake as fishing and hunting grounds.

Thelma Jones documented ice fishing on Lake Minnetonka in the early 1900s in her 1957 book *Once Upon a Lake*. According to Jones, William A. Gonyea was 90 years old when he looked back on a lifetime of ice fishing. Gonyea was quoted in the book, "It's the excitement. There's something about ice fishing if you have the patience. You sit there watching the bobber. There's something about it. Maybe today they'll bite."

And as anyone who is serious about ice fishing will tell you, keeping a hot spot where the fish are biting a secret, is essential.

Jones captured that idea of secrecy with a quote from Oscar P. Hanson, "You cut a hole in the ice, catching crappies, people come all around you close enough to cut your heels off. Here's the secret: a man who fishes on his knees so carefully you can't see him doing it."

The Minneapolis Journal newspaper documented how great the ice fishing was in a January 7, 1901 article.

"There is excellent fishing through the ice at Minnetonka these days. Dozens of fishermen are making good catches daily, and the market is being reasonably well supplied with "coarse" fish. The gamey, toothless bass, as everybody knows, is not such a sucker to bite this kind of weather."

Some 50 years later, the Wayzata American Legion hosted its first ice fishing contest on January 15, 1950. Approximately 700 anglers braved minus 10-degree temps and 40 mph winds. The top prize was \$100.

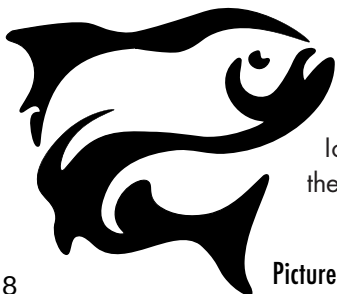
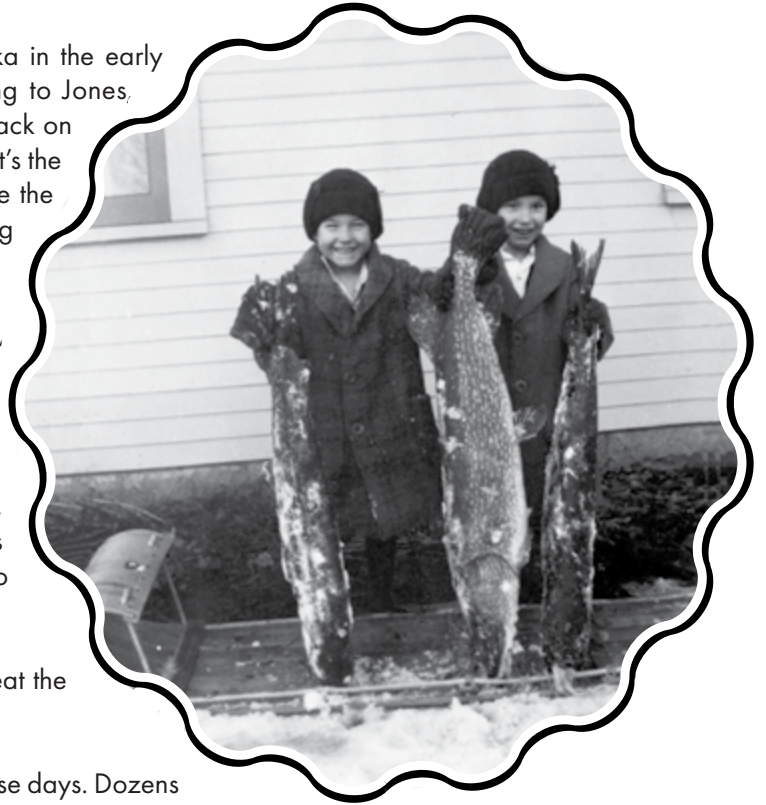
Meanwhile, the Wayzata Fire Department hosted a similar event up until the mid-1980s.

Despite improvements in clothing and equipment, the number of people ice fishing each year has declined through the decades.

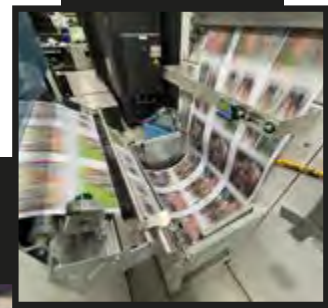
Aerial surveys conducted by the Minnesota Department of Natural Resources (DNR) of the fish houses on Lake Minnetonka counted 2,125 houses in 1961. During the last year of aerial surveys, 2003, only 242 were recorded.

Warmer temperatures have had an impact over the years. In years past, it was common to ice fish on Thanksgiving Day. Not anymore.

Ice fishing on Lake Minnetonka has a long legacy that continues today. And with fewer anglers braving the frigid temps - your chances at catching your limit is better than ever.



Pictured Above: Wayzata Residents Melvin and Marvin Getten with father's fish, circa 1937 (Courtesy of The Wayzata Historical Society)



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