





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



Millie Vanillie affectionately known as Momma. She's the cat of our Graphic Designer, Marly, and the best coworker she's ever had.



Table Of Contents

- 2..... Lake Life: July Fishing Report/Tonka Lifestyle
- 3.....Neighborhood Spotlight: Patriotic Purpose
- 4.....July Activities
- 5.....Wayzata & Excelsior: Independence Day Activities
- 7.....Wayzata History: The Wreck of the Minnie Cook
- 8....Low Back Pain by Dr. Barbro Brost, D.C.



From The Editor

I suppose if you're going to publish a magazine and serve as its editor, you should like words.

That's certainly the case for me. I confess that I'm a word nerd.

July is a perfect month to reflect on our nation's history and one of its crucial documents.

The Declaration of Independence was signed on July 4, 1776. It's more than 1,300 words long.

The word that is used most in that document is "people". Other words used frequently include "right", "powers", "independent", and "free".

The way that the Declaration of Independence is written may not follow the current style of writing, but at its core, it is as timely as ever.

The people of this country still enjoy the rights and powers to be independent and free that the founding fathers envisioned nearly 250 years ago.

We wish you a happy and safe Independence Day and we ask that you reflect on what July 4 is really about.

Editor in Chief nate@wayzatatogether.com 612.221.4646

Nate heding

Marly LePage Graphic Design



Nestled on the shores of Lake
Independence, BridgeVines' 48
acres of beautiful rolling
landscape showcase its
stunningly curated 28
homesites. Luxury home
packages starting at \$1.8M.

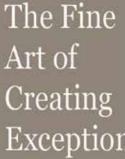
Just far enough to feel like
a private retreat, with the
proximity to all of life's
conveniences, award-winning
Orono schools, shopping,
golfing, meandering trails, and
countless opportunities to
cultivate community.

Brought to you by awardwinning BohLand Development.









Exceptional Exteriors.

very competitive price.

Replace.Repair.Restore.

affordable plans, please contact:

nate@wayzatatogether.com

Roofing Siding Windows Gutters Decks



Allstar Construction

For your complimentary consultation, connect with us:

Neighborhood Spotlight











Lake Minnetonka Society of the C.A.R.





It's always great to see young people getting involved in their community - whether that's through school, church, or another organization.

One organization that is especially visible this time of the year is the Lake Minnetonka Society of The Children of the American Revolution (C.A.R.).

Since 2005, the group has held the 4th of July Flying Pancake Breakfast at the Wayzata Depot.

It's not only a great way to celebrate our nation's independence, but also a way to show support for veterans and military families. Veterans eat free. The event draws more than 1,000 people each year.

The National Society of the Children of the American Revolution was founded in 1895.

C.A.R. is the nation's oldest, largest, non-partisan patriotic youth organization It offers membership to anyone under the age of 22, Images courtesy of: lineally descended from someone who rendered material aid to the cause of American Independence as a soldier, sailor, civil officer, or recognized patriot in one of the several Colonies or States, or of the United States.

> Senior members (over age twenty-two) act as mentors for the members in their activities and projects. Members gain invaluable leadership

experience in conducting meetings, following parliamentary procedures and standard protocol, serving as delegates, and speaking before groups at local, state and national conferences.

On July 4th, a ceremony and flag raising including a rifle salute will be conducted at the Wayzata Depot. The 7th Pennsylvania Regiment of Revolutionary actors tell tales and interact with quests as they demonstrate the loading and firing of their powder muskets. The Sons of the American Revolution Color Guard, and the Daughters of the American Revolution help educate attendees.

This year, the event is presided over by C.A.R. Leadership of Lydia Muldoon and Katherine Ahlquist, co-Presidents of C.A.R. They are both rising seniors in high school who have been participating in C.A.R. since middle school. They both hold state-level positions in C.A.R., as well as their co-President roles in the Lake Minnetonka Society. Both girls have deep connections to Wayzata and the Lake Minnetonka area and are dedicated students, varsity athletes, school leaders (various clubs/ student government, etc), and hard-working community volunteers.

As co-Presidents, Katherine and Lydia will work with the other junior C.A.R. members to fully decorate the Depot with traditional July 4th bunting and balloons, plant American flags in the Depot Garden and Heritage Park in Wayzata (as they do every July 4th, Memorial Day, Labor Day and Veterans Day), and coordinate with the junior C.A.R. volunteers to man the different stations serving food and drink during the breakfast.

They will also give a short speech of thanks during breakfast to the veterans and present a charitable donation to a charity they select in support of Veterans. This year, they are thrilled to be donating \$5,000 to a cause that is of critical importance, veteran mental health. Their chosen charity, Veteran Resilience Project (VRP), is a Minnesota-based non-profit with a mission to provide free, confidential, therapy via a statewide network of accredited therapists to all Veterans including active military, reserves, and national quard. You visit the website www.veteranresilienceproject.org to learn more.

Make sure to head on down to the Flying Pancake Breakfast on July 4th at the Wayzata Depot and support these young folks and their unique mission.



July Activities

Independence Day, 7/4

Fireworks, 7/4 **Excelsior Lakefront**

Concerts In The Commons 7/12 • Gear Daddies, Excelsion

Crazy Days, 7/12 -7/16 Wayzata

Minnesota Wakesurf Championship 7/13-7/15 • Surfside Park, Mound

Spirit of the Lakes Festival 7/14-7/15 • Surfside Park, Mound

Sailing with Shino 7/14-15 • Memorial Fundraiser Wayzata Sailing

Wayzata Police vs. Fire Softball Game 7/20 • Klapprich Park, Wayzata

Excelsior Crazy Days, 7/21-7/23

Ashurs, 7/28



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

Throughout the Summer...



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

Who will win this year? Come support and cheer on your team!



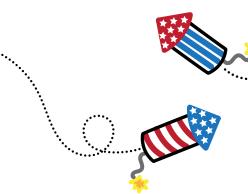




Annual Police Vs. Fire Softball Game

The Wayzata Crime Prevention Coalition invites you to come watch the annual Wayzata Fire vs. Wayzata Police charity softball game on Thursday, July 20 at 6:00 p.m. at Klapprich Field. The departments play for the Second Call and the Wayzata Crime Prevention Coalition. The public is encouraged to attend and cheer them on while they compete for the Old National Bank Cup!

Last Year's Game, July 2022



Check out these offers...





Men's & Women's Polo Knits - 15% off every Monday thru July!







Flying Pancake Breakfast

Wayzata Depot from 8am - noon! Flying Pancakes, historical reenactments, & family fun for all. A festive celebration for patriots of all ages

10 AM: Kiddie Parade at Broadway and Park

12:30 PM: Mini Olympics at Wayzata West Middle School

4th of

Excelsior, The Commons

7:30 AM: Firecracker Race 1 Mile, 5K & 10K

11 AM: Water Street Kids Parade & Popsicle social

11-1 PM: Free petting zoo in the Commons 10 AM - 10 PM: Food trucks in the Commons

9:50 PM: Fireworks Show

Music Lineup

DJ Bill Lage

4-6:30 PM: Paul Christian











Connecting Wayzata to What Matters

Comcast creates incredible technology and entertainment that connects millions of people to the moments and experiences that matter most. We are connecting the community in more ways than ever before by bringing you the next generation broadband network that continues to get smarter, faster, and more reliable. We are giving people unparalleled entertainment options, and state-of-the art video and voice technology for both residents and businesses of all sizes.

We are engaged in community partnerships that connect people to the Internet, advance economic mobility, and open doors for the next generation of innovators, entrepreneurs, storytellers, and creators.

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.







xfinity

Monday, July 13, 1885

Wayzata History

When you think of shipwrecks what comes to mind?

At a global level - the Titanic's is probably the most well known. Perhaps, here in the Great Lakes region, Edmund Fitzgerald comes to mind. Closer to home - on Lake Minnetonka specifically - the most famous shipwreck involved a boat called the Minnie Cook.

The Monday, July 13, 1885 headline of The Minneapolis Daily Tribune described the tragedy.

LOST ON THE LAKE

A Disaster Sudden And Awful On The Waters Of Fair Minnetonka The Steam Yacht Minnie Cook Gone To The Bottom With All On Board

The newspaper report stated that the wreck happened the day before, on Sunday.

The Minnie Cook took off from Breezy Point around 2 p.m.

"The sky was blue, the sun shone bright, and all nature seemed to smile upon a perfect Sabbath day."

W Wayzata

M Maplewood (Woodland)

B Breezy Point

P Point Lookout

St. Louis Hotel (Deephaven)

Where The Minnie Cook Sank

But the weather was changing.

The wind became chilly and dark clouds were on the horizon. Witnesses reported that the waves became higher creating white caps. There were also reports of heavy rain and hail.

The Minnie Cook went under about 800 feet from shore just off Point Lookout.

Witnesses Mr. Hardenberg and his two sons saw the ship go down and raced in their boat to help, but it was too late - the situation was not a rescue, it was a recovery.

In the end, eight people drowned including three children.

The exact time the boat went under was captured by the watches some of the victims wore. All of the watches had stopped at 4:30 p.m.

The sinking of the Minnie Cook made national headlines in newspapers like the New York Times:

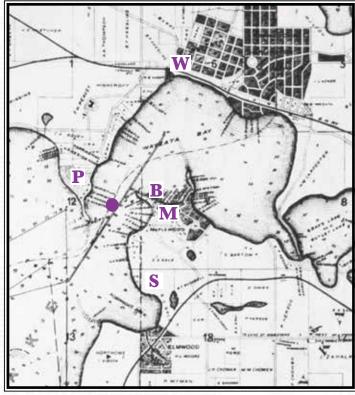


Image courtesy of: Excelsior Lake Minnetonka Historical Society

EIGHT PERSONS DROWNED; A YACHT CAPSIZED DURING A HEAVY STORM ON LAKE MINNETONKA

The tragedy was amplified as former Minneapolis Mayor Alonzo Rand and his family drowned in the sinking of the Minnie Cook. Thousands of people in Minneapolis paid their respects to the victims during funeral ceremonies in the days that followed. In a subsequent article, The Minneapolis Tribune claimed, "The Procession Nearly Two Miles Long and 328 Carriages in Line."

There may not be a movie or song to remember the Minnie Cook, but for folks living in the Twin Cities at the time - there was no bigger front page story.

Low Back Pain: Preventative Care Is Key

By Barbro Brost D.C.
The Brost Clinic

Did you know that at any given time, 1 in 4 Americans experience low back pain? In fact, 80% of the population will experience low back pain at some point in their life. Low back pain is the second most common reason for missing work and the fifth most common reason for healthcare visits. It is the number one cause of work-related disability in persons under 45 in the U.S. and is very costly both in lost work time and the cost of care.

Low back pain is the second most common reason for missing work. In many cases disabling low back symptoms could be prevented.

Good ergonomics and lifting techniques, as well as not rushing and hurrying when lifting can prevent many unnecessary low back injuries. A good chair with proper lumbar support is a must for people sitting for extended time at work. The new stand-up desks can be a life saver for the backs.

Yoga, Pilates or other core strengthening is a great idea for everyone. Good core muscle strength helps to support the spine and creates a protective muscle wall around the lower back.

If you are a low back pain sufferer, don't resort to covering up the pain with medication. These are functional, mechanical problems that are not corrected with pills! If you suffer from low back pain and are unsure if there are other options than medication or possibly surgery, give us a call at The Brost Clinic and schedule a complimentary consultation to discuss your options





Advertise with us!



Wayzata is a very special place filled with interesting people, beauty and a rich history. This deserves to be showcased and Wayzata Together does just that. With the help of our Sponsors we are able to bring Wayzata residents a monthly publication. If you want to join our team and support the community, contact us for advertising opportunities. We have affordable plans and multiple options that can be custom fit to your needs.

nate@wayzatatogether.com or 612.221.4646



PROUD PRINT PARTNER OF

WAYZATA together

ABOUT DOCUMATION

Documation is a commercial printer offering world-class solutions for printing, binding, finishing and distribution services. We work with thousands of businesses of all sizes across the nation, meeting (and often execeeding) organizational expectations.

PRINT EXPERTISE BUILT ON QUALITY



WE PRINT:

- Annual Reports
- Brochures
- Books
- Calendars
- Certificates
- Direct Mail
- Flyers
- Magazines
- Manuals
- Newsletters
- Programs
- · And more!



Affordable ad rates and flexible plans. Support your community and get your message out.

Contact for more info: nate@wayzatatogether.com or 612.221.4646



THERE'S A YOUNGER YOU INSIDE.

The comfort of a spa. The care of a clinician. The latest non-surgical anti-aging services and products.

At Skingevity Medspa we offer comprehensive cosmetic skin care services. Our team of highly trained professionals are dedicated to enhancing the way patients look and feel.



NOW SEEING CURRENT & NEW PATIENTS

SKINGEVITYSPA.COM | 952-476-2SPA ON LAKE MINNETONKA

Wellness Packages & Memberships now available!

New Infrared Sauna & Float Spa.

Now hosting private spa days for groups with special events. Catering options available.

SKINGEVITY MED SPA

> WELLNESS • INJECTIONS LASER • SKIN BODY CONTOURING

Looking to Buy, Sell or Build In The Wayzata Area?

WE'VE GOT YOU COVERED

Luxury Condos | Existing Homes | Lots & New Construction

Featured Properties



2 Bed/3 Bath | \$1,800,000



935 Lake Street East #303 | Wayzata 875 Lake Street North #301 | Wayzata 2 Bed/3 Bath | \$1,575,000



120 Benton Avenue | Wayzata 4 Bed/4 Bath | \$2,100,000

Reach out to us today if you'd like to chat about your next real estate move!

> Beth Ulrich - 612-964-7184 UlrichRealEstateGroup.com

URE ULRICH REAL ESTATE

COMPASS

Chelsev <u>Danielsor</u>









BLV development
Design•Manage•Build

New Construction · Basement Finish Remodel · Additions



Custom Build in Wavzata Walk Out Lots Now Available

207 Benton Ave N 2 Walkout Lots / Packages Starting at \$1.7

224 Chicago Ave N - ON HOLD Lot Size: .19 / Packages Starting at \$1.9

350 Gardner St E - ON HOLD Lot Size: .30 Flat / Packages Starting at \$1.4



REGENCY M HOMES

Visit www.BLVdevelopment.com or call 612-964-7184 or 763-438-1030 for more information.







COMPASS