

January 2022



WAYZATA together

**Sharing Wayzata's
history, honoring
the past and focusing
on our bright future.
WE CAN DO THIS...TOGETHER!**



Wayzata Together aims to do just that, bring Wayzata together by showcasing our community with thoughtful content, local photography and sharing Wayzata's history, honoring the past and focusing on our bright future.



Wayzata is my hometown. I grew up here, walking to Widsten Elementary School Kindergarten through 6th Grade. Widsten is where I initially met my wife. I have so many memories growing up - J.J. Hill Days, the 4th of July bike parade along Broadway Avenue, skating at Klapprich Park, and spending countless summer days at Wayzata Beach. My grandmother came to Wayzata in the 1930s. My grandfather was coaxed away from the Iron Range to become the first manager of the Wayzata's new municipal liquor store in 1947. My great uncle was the commander of the Wayzata Legion. It's an honor to be the publisher of Wayzata Together. Wayzata is my hometown and as a current resident, living here with my wife, daughter, dog and cat, I'm thrilled to share this wonderful community with you.

Nate Leding
Editor



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By Barbro Brost

Happy New Year!

If you do the New Year's resolution thing, it's not too late to make your pledge.

How about this one? Shop Local.

We hear this phrase every year in November and December, but why not make it a yearlong resolution?

Wayzata Together would not exist without the support of local businesses.

So, before you add another item to your online cart, think about the local businesses in Wayzata.

More than likely, they have just what you're looking for!

We will practice what we preach in 2022. We will do our part! How about you?

Shop Local ... our community businesses depend on you.

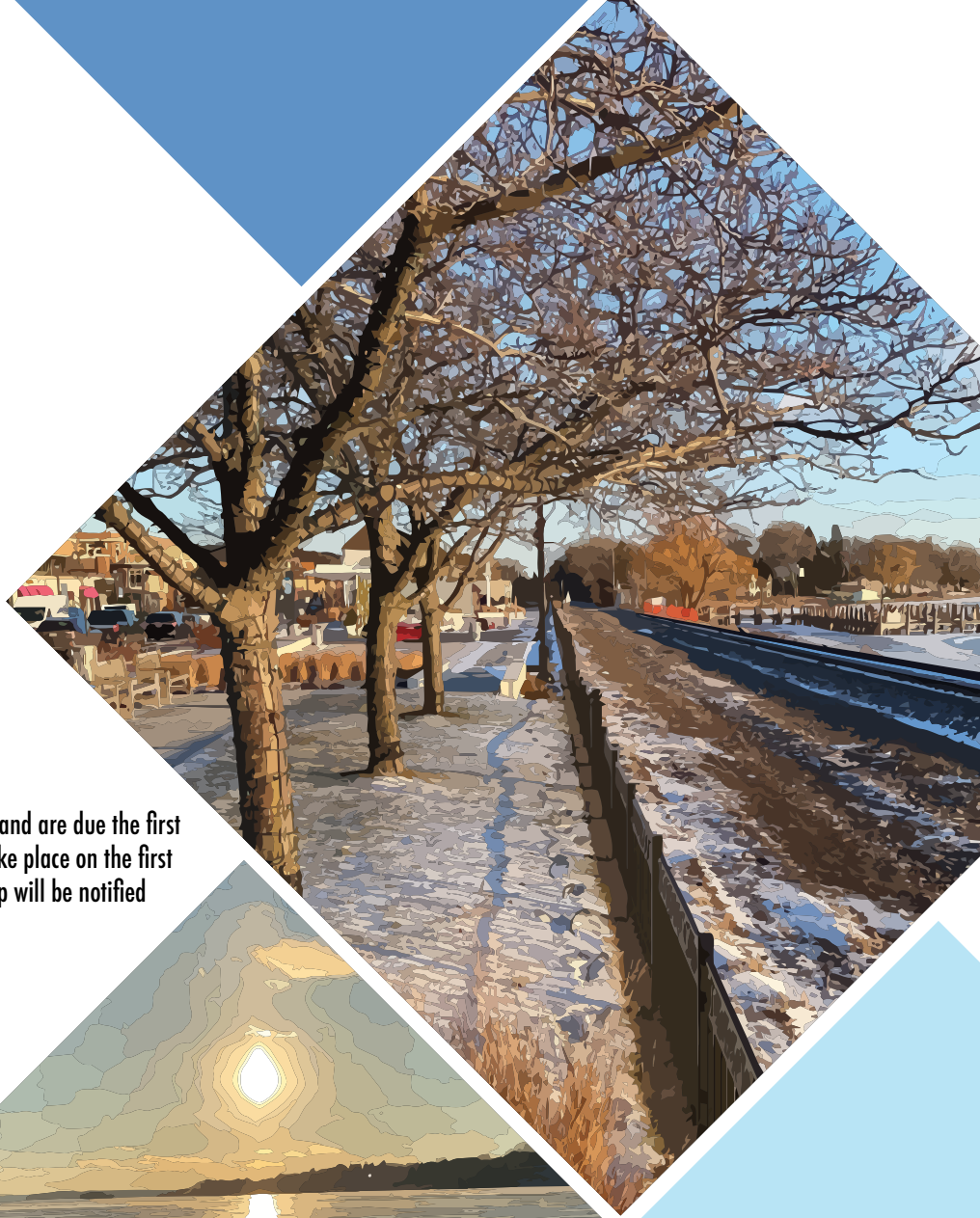
Throughout the magazine, you'll see QR codes. "QR" stands for quick response. QR codes are square boxes containing barcodes. This is a handy way to access websites.

To use the QR codes, open the built-in camera app on your phone. Point the camera at the QR code. Tap the banner that appears on your phone.



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LAKE LIFE



2022 Boat Slip Lottery

Applications are limited to one per residence and are due the first Tuesday in February. The 2022 lottery will take place on the first Tuesday in March and those who receive a slip will be notified by phone.

Visit Wayzata.org/boatslips to apply.



January Fishing Report:

Wayzata Bait & Tackle
15748 Wayzata Blvd. Wayzata, MN 55391
(952) 473-2227

The beginning of January is typically the sweet spot for ice fishing on Lake Minnetonka. Most years, the ice is strong enough for walking, but not strong enough for vehicles.

This means things are relatively calm and the fish go about business as usual. But as soon as it is safe enough for motorized vehicles, the noise tends to spook the fish to deeper and more protected areas.

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.

Questions about ice depth and other conditions? Stop by or call Wayzata Bait & Tackle and they'll get you the latest information.

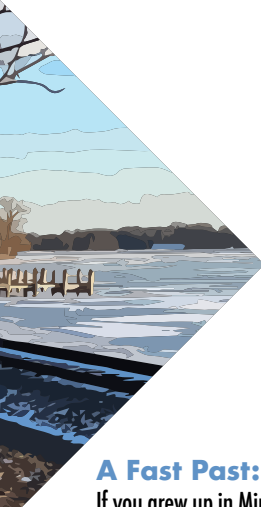


Photo courtesy of Wayzata Historical Society



A Fast Past: Lake Minnetonka Ice Boating History

If you grew up in Minnesota, chances are you have worn ice skates. The first few outings were likely bumpy ones. But after a while, you got the hang of it and were able to, at least to a certain degree, glide across the ice with the steady sound of the blades cutting through the ice. Now imagine the sensation of gliding across the ice at more than 40 miles per hour. This time, you're in a sailboat rigged with runners that enables it to do the same thing an ice skate can do. But the power of the push of a human leg has been replaced with a wind-filled sail. You're in an ice boat and you're hurtling across Lake Minnetonka.

Why should sailing Lake Minnetonka be strictly a summer activity? That's a question asked by the folks who opened the Minnetonka Ice Yacht Club back in 1900. The club opened on St. Louis Bay and had 167 members and 35 ice boats. Theodore Wetmore of New York was the first commodore.

The ice boats were specially-fitted with skis or runners designed to run over ice instead of water. The idea was the same: move across Lake Minnetonka at a very fast clip. It was a different means to the same end. Passionate sailors did not have to put their beloved hobby on ice during the winter months, they simply adapted to the elements.

A decision made on the East Coast had a profound impact on Lake Minnetonka ice boating. In 1902, it was decided that the Hudson River would remain open for year-round shipping. That meant that there would no longer be solid ice for ice boating. You see, the winter activity was extremely popular along the Hudson. So, instead of remaining moored out east, many of those same ice boats would soon be gliding across Lake Minnetonka.

There are many tales of the early days of ice boating on Lake Minnetonka. There were many successes, but also a few mishaps. One of Wetmore's mistakes was detailed in a Minneapolis Tribune on March 2, 1903. Commodore Wetmore and his friends stopped the boat and stood on the ice discussing their contempt of anything that had sails on that part of the lake. In the heat of their imprecations they forgot that they had not moored the North Star, and suddenly the sails of the boat filled with an extra heavy gale, and the boat started in a mad chase across the bay.

Any attempts to stop the boat were useless as it was off with the speed of the wind, and almost before the commodore realized that his craft had started for parts unknown, it had bumped into one of the piles at the Blue Line pavilion. The beautiful boat was smashed into kindling wood, and the proud pennant of the commodore was thrown with the violence of the gale to a cold resting place on the ice.

A team of horses was obtained, and the wreck of the late ice challenger was hauled ruefully homeward. The sturdy commodore also took the vehicle and went home by a somewhat slower method, and more roundabout way than he had come.

Fast forward more than 100 years in the future. Ice boating is still a featured winter activity on Lake Minnetonka. The ice boats look different these days - smaller and speedier. But the need for speed is the same. Keep an eye out this winter for boats sailing across the flat terrain and remember the history and tradition of this swift sport.



PawParazzi

If you haven't noticed, Wayzata is very pet friendly. Each month, Wayzata Together will feature furry friends around town. Do you know of a picture perfect pet? Email a pic to nate@wayzatatogether.com



Elvis is a year and a half old Multipoo. He loves to go for a walkdown Wayzata's Main Street!
Owner, Judy Ulrich

Key Dates:

- 1/1.....New Year's Day
- 1/3.....School Resumes
- 1/17.....Martin Luther King, Jr. Day

Wayzata School District

- 1/27.....Early release K-12
- 1/28.....No School K-12

Christmas Tree Pick Up

Wayzata Public Works will start curbside pickup of Christmas trees and spruce tops the week of January 3. Before placing your tree at the curb, please remove all nails, screws, wires, tree stands, tinsel, plastic bags, glass, and metal decorations. Wreaths are not accepted. If you still need your tree picked up after January 19, call Public Works, 952-404-5363.

JANUARY ACTIVITIES

community connections

Three Rivers Park District

(www.threeriversparks.org)

GALE WOODS FARM

7210 County Road 110 W
Minnetrista, MN 55364
763-694-2001

An educational opportunity to gain an understanding of agriculture, food production, and land stewardship.

BAKER PARK RESERVE

2309 Baker Park Road
Maple Plain, MN 55359
763-694-7860

Cross-country skiing, sledding, snowshoeing.

FRENCH REGIONAL PARK

12605 Rockford Road
Plymouth, MN 55441
763-694-7750

Cross-country skiing, skijoring/dog sledding, sledding, snowmobiling, snowshoeing.

Klapprich Ice Rink & Warming House

The warming house and skating rink will be open with an attendant on duty, weather-permitting, weekdays from 3 to 10 p.m., as well as from 10 a.m. to 10 p.m. on weekends and days when Wayzata Public Schools are not in session. For more information, go to Wayzata.org.

1/13....Skate the Hilde

4-7p
Hilde Performance Center
3500 Plymouth Blvd.
Plymouth

Lights, music, and a frozen skating pond. Hot chocolate provided.

1/15....Arctic Fever (Excelsior, Shorewood & Tonka Bay)

arcticfever.net
Sleigh rides, snowshoeing, ice carving, skating, fat tire bike race, etc.



SHOP, EAT & LOCAL:

BAJA HAUS



Wayzata businesses are the backbone of our community. They offer a wide selection for residents and businesses and they employ thousands of people.

Each month, we will highlight one of those businesses and ask that they pay it forward and nominate the following month's featured business.

Cali-Mex is how Baja Haus in Wayzata describes itself.

"I love the town of Wayzata," said owner Josh Friedt. "I've been working in Wayzata for 20 years. It offers all walks of life. That's what I love about it."

Early 60s surf rock with the reverb electric guitars could serve as this joint's theme music.

Another way to describe the restaurant is ... relaxed.

Casual, laid-back, colorful, beach vibe comprise the atmosphere.

Friedt is very grateful for the folks that come and enjoy that atmosphere now more than ever.

"Through the pandemic, our customers got us through a very tough time," said Friedt.

Friedt and drink master Troy Vasquez create cocktails that make you feel the sea breeze of Southern California.

Back here in Wayzata, Friedt believes that local business owners need to back each other.

"I do whatever I can to support the other businesses," said Friedt. "I try to grab lunch at other places from time to time. Spend my money with them."



Scan the QR code to access Baja Haus' website (bajahaus.com) to check out monthly specials, happy hour, menu and any upcoming events and information.

Paying It Forward: Baja Haus has nominated Lavish Salon as February's featured business!

A big thank you to our Sponsors...we couldn't reach our community without them!

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NEIGHBORHOOD SPOTLIGHT:

Dr. Kristi Phillips



The holiday season is over. For many in the Wayzata community it was a time to get together with friends and family. But there are folks in our community who feel isolated and lonely.

Our community is small, and it is crucial to check on our neighbors during this time.

Psychologist Dr. Kristi Phillips practices in Wayzata in an office on Lake Street.

"I opened Wayzata Bay Wellness in fall of 2019," said Phillips. "I have enjoyed the warm welcome of the community and getting to know families, professionals and business owners of Wayzata."

She has seen the impacts isolation and loneliness have on our community members.

Phillips says there are many causes.

"Physical isolation, moving away from the support system and major life changes such as divorce, losing a job or losing a loved one," said Phillips. "Humans are generally wired for connection."

All of us go through isolation and loneliness from time to time. It's the long-term situations that concern medical professionals.

"It is normal that at times we are lonely. What isn't normal and not good for our health is when we are feeling a perpetual loneliness and not seeing options to connect with others," said Phillips.

Dr. Phillips has practiced in Wayzata for several years.

She received her doctorate in clinical psychology from Minnesota School of Professional Psychology and completed her residency at Abbott Northwestern Hospital in Minneapolis.

Phillips is a member of the American Psychological Association, Minnesota Psychological Association, and the National Register of Health Service Psychologists.

Dr. Phillips says some have difficulty or inability to connect with others on a meaningful level. The signs of loneliness can show up in a variety of ways. "It can present differently in each person. Some common presentations include becoming more negative, spending most time alone or in group situations not connecting with others, having difficulty completing tasks and feeling symptoms of being sick more than most people."

Loneliness is linked to risks of physical and mental health issues.

"Heart disease, high blood pressure, obesity, a weakened immune system, anxiety, depression, cognitive decline, Alzheimer's disease, and even death," said Phillips.

It's up to all of us to look out for folks in our community. The pandemic has put us all through some form of isolation - the inability to get together with friends and family as we've always done. Perhaps that's something that makes us all more aware of the impact of isolation and loneliness in our community.



A big thank you to our Sponsors...we couldn't reach our community without them!



We don't just take the high road, we build it.



Stahl creates space that fosters connection and positive human health experiences for the community. Stahl is a proud partner of the City of Wayzata, and we hope that you are enjoying the new lakefront amenities!

Keep up with Stahl.



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Have a Happy and Healthy New Year!

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

A new year is always a good time to do inventory of our personal health habits. The past two years have made many more people aware of the importance of adopting habits that promote health and a strong immune system. The vast majority of patients that were hospitalized or succumbed to Covid were overweight, had high blood pressure, diabetes, or other chronic diseases.

Weight loss is the most common New Year's resolution. This year, losing those extra pounds is more important than ever. In fact, it can mean the difference between life and death! The New Year is a perfect time to give up fast foods, sugary drinks, and other unhealthy habits. Convert to a diet that is high in complex carbohydrates: vegetables, fruits, and legumes with lean protein in small amounts added.

Avoid drinking your calories. A sugary, caramel, whipped cream coffee contains about half of your daily caloric intake and no nutritional value. All your body needs is pure water! Tea or coffee are also no calorie drinks.

Taking immune enhancing supplements are mandatory if you want to avoid getting sick with any of the many viruses that always circulate in the winter months. Did you ever stop and think why we call it "flu season"? The flu always occurs the dark time of the year, when we don't get sun exposure and natural vitamin D. So, taking the sunshine vitamin is of utmost importance living in Minnesota!

For optimal immune support, based on research, we recommend that you take Vitamin D and C, zinc, Quercetin, and N-acetylcysteine (NAC)! It is also recommended to take a multivitamin, omega 3 fatty acids (fish oils) and calcium/minerals for general health.

Of course, exercise and fresh air is also important, so get outside and enjoy the beautiful Minnesota winter!

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LakeMinnetonka BEST OF '17

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Shawn Sailer D.C., Caroline Brost-Sailer D.C., Ryan Elton D.C., Barbro Brost D.C., Aaron Schulte D.C., Tyler Knutson D.C.

Your Local Home Report

Home Sales in the Wayzata area from 11/17/21 to 12/15/21

Address	Neighborhood	List Price	Sale Price	Sold Date	DOM	Beds	Baths	SqFt
205 Barry Avenue S #111	Wayzata	\$225,000	\$210,000	12/10/2021	70	1	1	724
141 Benton Avenue	Wayzata	\$519,000	\$575,000	12/10/2021	2	3	1	1,563
116 Edgewood Court*	Wayzata	\$639,000	\$620,000	11/19/2021	51	3	4	2,522
875 Lake Street N #216*	Wayzata	\$850,000	\$855,000	12/09/2021	0	2	2	1,175
147 Glenbrook Road N	Wayzata	\$899,900	\$900,000	12/03/2021	17	3	3	2,537
520 Indian Mound Street E #4	Wayzata	\$995,000	\$965,000	12/10/2021	8	2	2	1,800
325 Wise Avenue*	Wayzata	\$1,245,000	\$1,200,000	12/01/2021	53	4	4	3,988
155 Wooddale Avenue	Wayzata	\$1,295,000	\$1,190,000	12/10/2021	26	5	4	5,509
460 Peavey Lane	Wayzata	\$1,995,000	\$1,830,000	11/30/2021	112	4	5	4,960

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*Ulrich Real Estate Group sales.

FEATURED PROPERTY



3960 WALDEN SHORES RD
11,000+ SQ FT / \$7,250,000

Keith Waters built home with breathtaking panoramic views. This southwest facing beauty looks out at the Minnetonka Yacht Club, Carson Bay and St. Louis Bay. Truly an entertainer's dream home!

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607 GARDNER
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