

**“May your
heart be
light and
happy, may
your smile
be big and
wide, and
may your
pockets
always have
a coin or two
inside!”**

WAYZATA
together
March 2022

About The Editor

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. 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. Living here with my wife, daughter, dog and cat, I'm thrilled to share this wonderful community with you.

Nate Hedging
Editor

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From The Editor

You'll notice throughout this month's magazine, a theme that's a wee bit Irish. It's a natural fit for a month known for shamrocks, St. Patrick's, and shenanigans.

I'm Irish. My grandmother was 100% Irish and proud of it. She moved to Wayzata in the 1930s and raised her family in this community. She was a founding member of the Waytonka Club, an organization formed to assist less fortunate families.

In this issue, you'll meet a pair of Wayzata sisters who have competed in Irish dance on the international stage.

We feature a local business that'll make you feel like you're in the heart of Dublin.

We also take you back in time with a story about a beloved school on the hill.

We hope you enjoy!



Support a local business that supports your community. We have plans specifically tailored to meet your marketing goals & budget.

Advertising info at wayzatatogether.com



Negative
space
designwerks

Marly McPhail
Ann Rief

Cover: A beautiful bouquet mixing white and green and featuring Bells of Ireland. This along with other incredible arrangements can be found right here in Wayzata. Photo Courtesy of Candlelight Floral & Gifts.



“May your troubles
be less and
your blessings
be more,
And nothing but
happiness
come through
your door.”

Sponsor Spotlight

About seven years ago, Nothing Bundt Cakes - Minnetonka owner Kim Cassens stopped in another location. She was so impressed with the company’s vision that she opened her store near Ridgedale.

Her goal was to spread joy and nurture her community, employees, and customers.

Cassens has hired employees who have the same goal and vision that she does.

“Our team believes that when our community is doing better, we are doing better,” said Cassens.

Community involvement has been the root of why she got into this business.

Nothing Bundt Cakes in Minnetonka works with local and national non-profits like the Leukemia Lymphoma Society (LLS).

The organization is near to Cassens’ heart. You see, her husband is a cancer survivor.

“This partnership started out as cake donations to the LLS “Light the Night” event, but has evolved to NBC fundraising for the whole month of March

2022, if you donate to LLS in-store, you receive \$5 certificate to Nothing Bundt Cakes,” said Cassens.

Nothing Bundt Cakes – Minnetonka gives back to the community and has definitely made a home sweet home in our slice of Minnesota.



Kim Cassens, owner Nothing Bundt Cakes



Scan the QR code to access Nothing Bundt Cakes website for menu and pricing.

Lake Life

community connections

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

March Fishing Report:

March is an iffy time of the year as the lake begins to thaw. This month is panfish only. Smaller bays are the spot to be. Lake current, temperature, and rain will dictate how the lake thaws. As the temperatures warm and the ice melts, safety is more important than ever. Historically, the average ice-out (the day when ice is broken up and safe for boats) on Lake Minnetonka has been mid-April. But the past few years have shown that you can still have ice-out in March.

March Lake Minnetonka Ice-Out Dates

11th.....1878 (earliest recorded)
17th.....2016
18th.....2000
21st.....1987, 2012
27th.....1910, 1981, 2017
30th.....1858, 1945, 2021

Median ice-out date.....April 14
Latest ice-out date.....May 5, 1857

Source: Minnesota Department of Natural Resources



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Welcome Aboard: F45 Training Ridgedale

F45 Training Ridgedale is one of our newest sponsors. It's owned by Wayzata Residents Becci Powers-Johnson and Jaime Kastner.

"I've always wanted a business that helps others, and I've been working out my whole life," said Powers-Johnson.

"I was a three-sport captain in high school," said Kastner. "Really involved in athletics my whole life."

The couple launched their fitness business a couple of years ago.

So, why Wayzata?

"Why not," said Powers-Johnson. "We're within walking distance of downtown. We like to walk, a lot. Going out for dinner, let's walk downtown."

Chances are you've seen these two walking along Panoway on Lake Street. They truly enjoy living in a small town. They also bring that tight-knit feel to their business.

"We're a community, not a gym," said Kastner.

"We accommodate all fitness levels," said Powers-Johnson. "The coaches are certified personal trainers, so if it's a high-intensity type exercise, the coaches can help make it low intensity. We help you go at your own pace."

Powers-Johnson's daughter Kelsi, a grad student, assisted with the opening. She is a certified fitness trainer and helped train the trainers. She still coaches when her schedule allows.

Running a fitness facility is not an easy thing especially when you add the Covid-related restrictions during the past couple of years.

But for these two, the rewards are immense, especially the transformation they witness in the people who work out at their place.

"We're seeing their lives change," said Powers-Johnson.



Scan the QR code to access F45's website and see the workout schedule and membership information



PawParazzi

Each month, Wayzata Together will feature furry friends around town. Do you know of a picture perfect pet?

Email a pic to: nate@wayzatatogogether.com



Andy is a 2.5 year old border terrier rescue. He loves to walk along Lake Street in Wayzata Owners, Jerilynn & Dick Bergeson.

"May peace and plenty bless your world, With a joy that long endures, And may all life's passing seasons, Bring the best to you and yours."

Important Dates

Key Dates:

3/13.....Daylight Saving

3/17.....St. Patrick's Day

Wayzata School District

3/31.....Spring Break Begins

March Activities



St. Patrick's Day Parades

St. Paul, kicks off at 12 PM

St. Patrick's Day Parade(54 years and counting!) kicks off at Mears Park in Lowertown St. Paul at noon. There is a post-parade party at CHS Field featuring live music by The Northerly Gales and Tim Sigler, food and beverages.

Minneapolis, parade 6:30 PM

Hosted on the newly renovated Nicollet, come celebrate 50 years of Irish heritage and families in Minnesota.

3/2 - 3/6.....Minneapolis Home + Garden Show, Minneapolis Convention Center

The Show is sure to inspire homeowners with its more than 1,000 experts sharing new ideas and practical advice as well as hundreds of exhibits featuring innovative products and services.

3/13.....Plymouth Concert Band - A Night at the Movies, Wayzata High School, 4-5:30 p.m

Join us for A Night at the Movies, a concert featuring music from some of your favorite films: A Space Odyssey, Captain America, James Bond & Indiana Jones...among other titles.

3/14.....Irish Scamper 5K & Parade, Maple Lake

Celebrate St. Patrick's Day by running a 5K through the old town of Maple Lake. Pre-registered runners are guaranteed a tee-shirt.

3/30.....Robbie Massie, mountain climber, Wayzata Country Club, 11:30 AM - 1:00 PM

Enjoy a Luncheon and spend an hour listening to Robbie Massie talk about his time while climbing Mt. Everest during the 2015 earthquake.



For more St. Patrick's Day events and other adventures check out explore Minnesota...get out there!

community connections

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-Amiee, F45 Member



History of Wayzata



School Days: Widsten Elementary

There is a townhome complex on the southeast corner of Broadway Avenue and Rice Street in Wayzata. It's up on a hill and it's on some pretty hallowed ground. You see, this is where thousands of children were educated.

Ask anybody who grew up in Wayzata during the 1980s or before, they'll have a story to tell about attending school on that spot.

Wayzata Consolidated School was dedicated in 1921 on the same ground as its predecessor which burned down one year prior.

It was built in an adobe Pueblo Revival style which was very unique in the Midwest. The school had high ceilings. And to give the effect of adobe surfaces, the doorways were framed in a specific way.

For most folks who attended this school, it was known as Widsten. It was officially named Widsten in 1953 in honor of principal Halvor Widsten who passed away the previous year.

The corner of Broadway and Rice was known as School House Hill back in the day. Where city hall, the fire department, and library stand today was a ball field in the past.

At first, the school K-12. When a new high school was built, it only served as an elementary school. Widsten closed in 1989 and was later torn down. Students were moved to the new Gleason Lake Elementary.

The townhomes that occupy the spot, the Widsten Townhomes, are named after the beloved school.



Photos in this story courtesy of Wayzata Historical Society

Neighborhood Spotlight:

Dancing Queens

Not many young people in Wayzata can say they've traveled internationally competing in an activity they love.

Gebby and Libby Simpson have done that.

Their passion is Irish dancing and they are very talented, and have the hardware to prove it.

This dynamic duo has competed in Canada and of course Ireland.

Jumping In

"Our Grampa (Joe O'Connell), a big Irishman, wanted us to start this," said Libby. "My mom enrolled us in classes. It made him so happy."

Their grandpa passed away several years ago, but he's still with them in spirit.

"We always talk about how he would have loved this," added Libby. "See us dance in pubs and go to Ireland. He's a really big inspiration."

Like many young people, Libby (19) and Gebby (17) have tried different activities, but they kept coming back to the stage.

"I tried so many different things while dancing," said Gebby. "This is just a thing that stuck. Dance was our passion."

Not For The Faint Of Heart

When you see the end product, dancers like Libby and Gebby can make it look so easy.

Of course that's not the case.

Irish dancing is demanding both physically and mentally.

"Going to competitions and being judged, it's kind of different from other sports," said Libby. "You're individually judged and you see how you're doing compared to other girls. You really have to keep your head high."

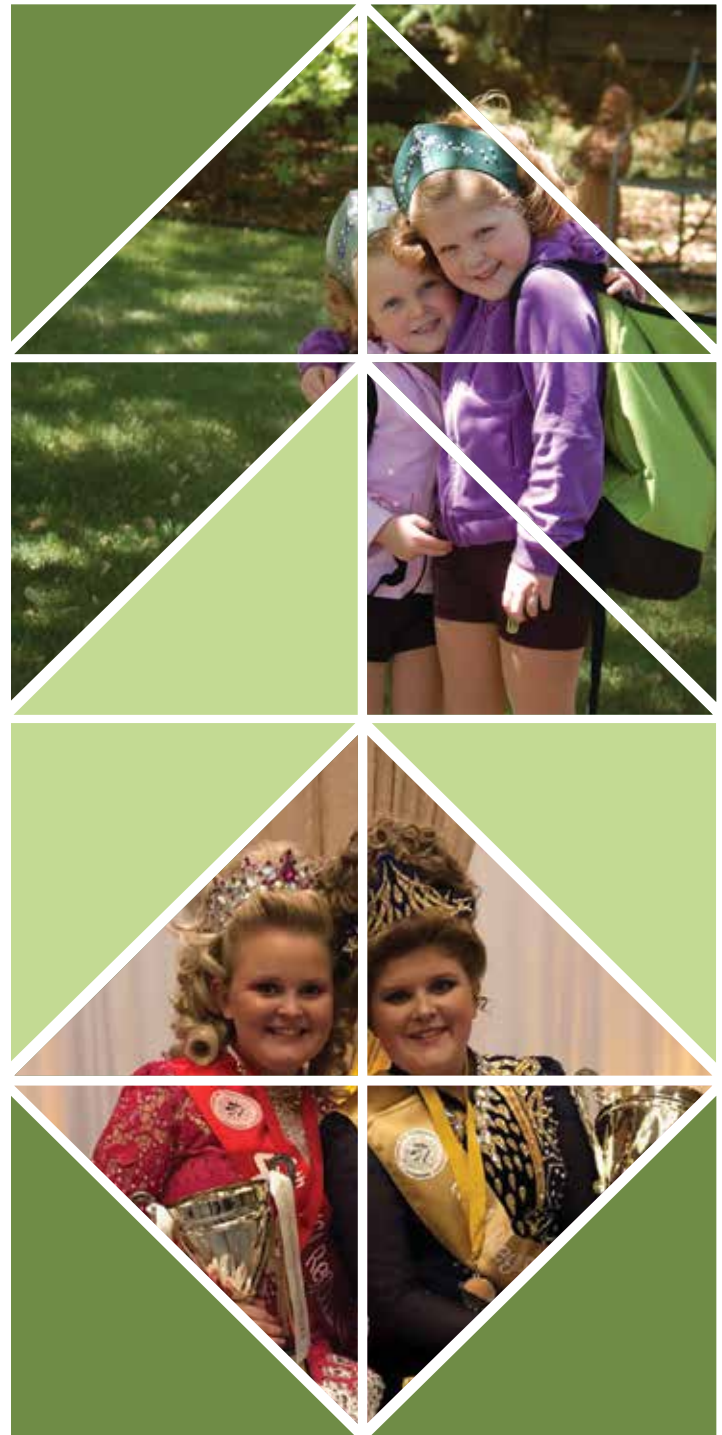
Despite the pressure of competition and the ups and downs of judges' scorecards, the Simpsons say the competitors are very supportive of each other.

Friendships Made

The strongest support might come from the people they spend the most time together.

"It's really easy to get connected to people you see four times a week," said Gebby.

She's talking about the other dancers she practices with.



Those bonds with them are truly forged when they leave town for competitions.

"When you travel with people it's a whole different experience," added Gebby. "Your friendship grows so much."

Grandma's Stage

We mentioned the inspiration the Simpsons got from their grandpa. Their grandma, Paula, is also front and center in their dancing lives.

"The most consistent for us is our practice stage at our grandma's house," said Libby. "Our dad built it out of plywood. It has a good spring and support for our feet. We have a bathtub liner from Home Depot so we don't slip. That's our practice place."

Passing It Down

Gebby and Libby have been dancing for quite a while, starting when they were small girls.

And now, they are paying it forward by teaching younger dancers.

"I teach a few privates for some girls," said Gebby.

And where does she teach those girls?

In the basement of her grandma's house of course.

Next Steps

This dynamic duo has no plans on slowing down and plan on continuing to dance their way through adulthood.

Libby, 19, is a sophomore at the University of St. Thomas. Gebby, 17, is a senior at Benilde-St. Margaret's.

Gebby is considering attending college out of state.

"Personally, I want her to go to the U because I don't want her to leave me," said Libby.

"May the sound of happy music, and the lilt of Irish laughter, fill your heart with gladness that stays forever after."

A Little Bit of Ireland in Wayzata

March is the month that interest in Irish dancing really jumps.

And fortunately for folks in our community, there is an Irish dancing studio right in Wayzata.

"Try Irish dancing, even if you don't know what it is," said Corey Hudson, Owner of Hudson Irish Dance Academy. "We offer real, true Irish dancing.

You don't have to be Irish to do it."

Hudson opened his studio in Wayzata in 2016.

He studied dance in Ireland and got his accreditation there.

All four of his grandparents immigrated from Ireland.

"It's a great workout," said Hudson. You can do it competitively; you can do it totally recreationally."

In addition to teaching classes, the academy takes the show on the road.

From March 3rd to St. Patrick's Day Hudson Irish Dance has 16 shows at malls, pubs, etc.

"No matter what you know or don't know about Irish dancing, you walk in these doors, we're fun, active. There's a place for everybody here" said Hudson.



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**“Laughter
is brightest
where food
is the best.”**

Shop, Eat & Local

McCormick’s Pub and Restaurant features a cozy pub steeped in the Irish tradition of warm hospitality.

Inspired by ancestral connections to Ireland, owner Tim McCormick and his partner, Michael Simpson, offer a unique guest experience that blends the best of traditional Irish pub fare, Continental, and Nouveau American cuisine.

“We work diligently to prepare all of our food from scratch and strive to serve fresh, wholesome, and healthy food to our customers every day,” said McCormick.

“We love our customers,” said McCormick. “We love the inter connectivity of this community and the care and concern people show for others. Wayzata is a wonderful place to live and work!”



Scan the QR code to access McCormick’s website to check out monthly specials, happy hour, menu and any upcoming events and information.



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Joint Pain and Stiffness

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

Stiff and painful joints are a very common problem and one of the main reasons for the enormous consumption of Advil, Tylenol, and other pain medications. There are many reasons for stiff and painful joints, but a common reason are slight misalignments of the joints from years of wear and overuse or from past injuries.

When joints aren't lined up quite right, they don't move as smoothly and a slow wearing and deterioration of the cartilage on the joint surfaces occur. This makes the joint surfaces rough and irritated. Low grade inflammation can start in the joint, which worsens the problem. This is called osteo arthritis or degenerative arthritis.

Other causes are systemic inflammation from food sensitivities or autoimmune reactions such as rheumatoid arthritis. Typically, many joints are involved.

The easy, temporary fix is to take the same pain pills and get relief for a few hours. The problem is that this, in time, can actually worsen the problem since you may overuse the joint and not feel that further damage is induced. Long term use of medications can also damage your liver and kidneys. A better alternative is to get chiropractic care to realign and increase the mobility of the joint.

Glucosamine and chondroitin sulphate supplements help to regenerate worn cartilage in combination with adequate fluid intake to make sure there is not underlying dehydration, which diminishes the synovial fluid in joints.

Today there are good CBD products that can be very beneficial to decrease pain and inflammation. They are often very effective and have no long-term side effects like pharmaceutical medications can have.

Well educated chiropractors can help evaluate for food sensitivities and in many cases investigate the reason for auto immune reactions. Certain foods can be the underlying cause.

Well adjusted, aligned joints are happy joints and allow for full mobility. Chiropractic care can help find misalignments

and correct them. Chiropractors can also recommend other supportive treatments to increase and maintain your wellbeing and ability to move freely!



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Your Local Home Report

Home Sales in the Wayzata area from 1/13/22 to 2/10/22

Address	Neighborhood	List Price	Sale Price	Sold Date	DOM	Beds	Baths	SqFt
14723 Oakways Court	Minnetonka	\$1,373,500	\$1,300,000	02/08/2022	125	5	4	4,156
16510 Black Oaks Circle	Minnetonka	\$1,799,500	\$1,755,000	01/21/2022	119	4	4	5,133
16531 Ringer Road	Minnetonka	\$1,850,000	\$1,730,000	02/07/2022	41	3	5	6,422
1290 Briar Street	Orono	\$249,900	\$248,000	01/28/2022	24	2	1	796
650 Indian Mound Street	Wayzata	\$1,850,000	\$1,780,500	02/01/2022	9	3	4	3,385
625 Locust Hills Drive	Wayzata	\$2,795,000	\$2,575,000	02/01/2022	82	3	4	4,973

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*Ulrich Real Estate Group sales.

FEATURED PROPERTIES



3960 Walden Shores Rd / Deephaven
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!



607 Gardner Street / Wayzata
3 Beds/2 Baths / \$650,000

Incredible corner lot with open kitchen/living room layout. Wood burning fireplace and great natural light. Three bedrooms on the main floor with bathroom. Lower level holds second living room and another bathroom. One car garage attached.



444 Pondridge Circle / Wayzata
3 Beds/3 Baths / \$349,000

Engineered hardwood floor throughout the main level. Three bedrooms upstairs, including one primary suite with private dual vanity bathroom and full guest bathroom. Balcony off of sitting room with wooded views. Attached two car garage.



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