

March 2024

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From the Editor

I'm not an artist. My musical career crashed and burned in 4th grade when I could hardly play a simple recorder. School plays were not only painful for me but also for the audience. My karaoke renditions tend to attract stray dogs. And I'm the last one you want on your Pictionary team. Imagine drawing a stick figure with your opposite hand, behind your back, on a crumpled piece of paper. That's about what I can create without all of these limitations.

I'm in awe of those who are skilled in the arts. It's amazing for me to see what these folks can create. One of those people is my daughter London. One of her many superpowers is her ability to draw freehand. I realize this father is bragging about his kid, but she is really talented. How she processes what she sees through her hand and onto paper is mind blowing.

I could fill this entire magazine with how great my kid is. Throughout this magazine you'll meet some other really talented artists with ties to Wayzata.

Again, I'm in awe of those who are skilled in the arts. Especially my daughter London!

Nate Leding, Editor in Chief
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Get Ready to Vote with WayzataTogether.com!

The 2024 election cycle is going to be a fascinating one especially for Wayzata residents. We are tracking Wayzata city council seats, Minnesota State House District 45B, Hennepin County Board of Commissioners District 6, and the Third Congressional District race. We have city council election results for the past two decades, Wayzata resident general election voting trends dating back to 2000, and who the previous city council members were dating back to the 1920s. Make us your one-stop shop for local 2024 election information. Use the QR code or visit bit.ly/wtelection2024.



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Leader Of The Band: Woody Budnick



Top: In the Gymnasium of the then Wayzata High School, circa 1947. The building later became Widsten Elementary School.

Bottom: Woody Budnick behind the stand where he could be heard daily saying - "Okay people, let's get those horns up together!" and "Hey, Charlie!"

Bottom Right: Woody Budnick & wife, Marion Thuney Budnick



For four decades, there was no leader who commanded such a following at Wayzata High School as Band Director Woody Budnick. His legacy still touches the lives of high school band members in an annual scholarship that promotes the continued study of music after high school.

Willard H. "Woody" Budnick was born in 1916 in Superior, Wisconsin. He earned a BA in Education from Superior State College and got his Masters from the Minneapolis College of Music. After teaching in Cameron, Wisconsin for four years, he moved to Wayzata in 1941. He left to serve in World War II for three years. He returned and once again was calling the tunes.

Budnick's influence went beyond high school. He served as president of the Minnesota Music Educators Association and was organist, choir master, and Director of Youth Fellowship for Wayzata Community Church. Beginning in 1969, Budnick worked with the Minnesota State Department of Education to develop the concept of bringing music to every student no matter their ability to pay. His work helped bring music to the general student population at all grade levels.

Images Courtesy of The Wayzata Historical Society

"He was more than a teacher; he was a mentor and a friend to all he worked with," said former student Alan Hanson. "His legacy is thousands of people who love music."

The year that Budnick retired, 1979, the newly built Wayzata High School Auditorium was named the "Willard H. Budnick Auditorium". And in 1988, Budnick was inducted into the Music Education Association's Hall of Fame. Budnick passed ten years later in 1998.

"Woody's message to young musicians would be the same as it was to us," said former student Alan Hanson. "A life with music in it is a happy and fulfilling one. The bands, orchestras and choirs you perform in are more than just classes in school; the people you share those experiences with will become your life-long friends."

Woody Budnick's legacy still lives on in our community. He paved the way for generations of band students in Wayzata and throughout the state. Music education is that much better today because of the many gifts given by our own Leader Of The Band.



Health Insurance vs. Wellness Care

Barbro Brost D.C., The Brost Clinic

The term health insurance is misleading. It should be called sick and injury insurance, since it covers care when you are sick or injured! Health insurance was originally created to cover catastrophic events that require expensive hospitalizations and procedures.

When HMOs were invented and gradually took over the health insurance market, people found themselves with inexpensive \$3-5 copays and got used to seeking care for any minor cold or discomfort. This forced prices to increase. (The name HMO stands for health maintenance organization, which is also misleading since none of these insurance plans cover maintenance care!)

Gradually cost for insurance coverage has sky rocketed while the coverage gets more limited. Premiums, deductibles and copays outpaces inflation every year while covered healthcare services become more restricted. This is driving health insurance back to where it originally started, only covering big, catastrophic events.

Taking care of your health and minor problems is reverting back to the healthcare consumer. This might actually increase people's responsibility for taking better care of their health for financial reasons. Getting sick is getting too expensive!

About 80% of all healthcare issues in the U.S. are related to unhealthy lifestyle choices. Most chronic diseases can be prevented or corrected by changing eating and drinking habits, increasing exercise, sleep and a focus on wellness instead of relying on pharmaceutical interventions when the body starts to malfunction. "An ounce of prevention is worth a pound of cure" is becoming financially much more obvious to people in today's health insurance environment.

A new health care model is being birthed out of financial necessity! Regular chiropractic care to maintain mobility and optimal function of your nervous system, massage, vitamins and supplements, regular exercise and yoga, healthier eating, hydration, rest and relaxation etc. are increasingly becoming part of savvy health care consumers' routines.

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Fishing Report:

March is all about the big thaw on Lake Minnetonka. It looks very different this year though. The thaw will be dictated by the lake current, temperature and rain.

You can only go after panfish this month. Your best bet will be on the smaller bays.

Typically, Lake Minnetonka's ice out has been the middle of April, but it will likely come earlier - please be careful out there folks.

Safety is paramount!

Events

Wayzata American Legion

Weekly Events | Taco Tuesday, Bingo, Meat Raffle, Karaoke & More!

Wayzata Trojans vs Minnetonka Skippers, 3/1

4:15 PM | Basketball - Boys Varsity/JV/Sophomore | Wayzata H.S.
For all Wayzata Athletics info/dates/times visit wayzataschools.org

Matt & Laurel, 3/1

2:30PM | Lake Minnetonka Shores | bandsintown.com

Luce Line Running Club, 3/2

11:30 AM-12:30PM | lucelinebrewing.com/event

Sloughgrass, 3/2

11:50 AM | Crowne Plaza Minneapolis West | sloughgrass.com

March Craft Fair, 3/3

112-5 PM | Boom Island Brewing | boomislandbrewing.com

Fate vs. Destiny - The Wayzata Symphony Orchestra, 3/3

3-5 PM | Wayzata Central Middle School | thewso.org

Daou Vineyards Wine Dinner at 6SMITH, 3/6

6:30-9 PM | daouvineyards.com | 6smith.com

Annie!, 3/6-3/10

7 PM | Good Works Community Theater | wayzatacommunitychurch.org

Sonic Dream, 3/7

6-9 PM | Live Music Thursdays | ninetytwentyfive.com

Daylight Saving Time, 3/10

Songs of the Sea, 3/10

4-5:30 PM | Plymouth Concert Band | plymouthconcertband.org

First Night of Ramadan, 3/11

Annual Pie Day Fundraiser, 3/14

10:00AM-1:00 PM | Plymouth Community Center | plymouthmn.gov

Live Music Friday Night - Angela Meyer, 3/15

6:00-9:00 PM | Back Channel Brewing Co. | Spring Park

Blackberry Smoke, 3/15

8:30 - 11:30 PM | Medina Entertainment Center

Luck O' the Lake Run in Excelsior, 3/16

7:30 AM-12 PM | 5k & 1-mile | excelsiorlakeminnetonkachamber.com

Annual St. Patrick's Day Irish Celebration, 3/16

9 AM | Hosted by Irish Arts Minnesota | irishartsmn.org

Marriage Retreat, 3/16

8 AM-3 PM | St. Therese Parish | st-therese.org

Wayzata Bunny Yoga with RRMN!!, 3/16

10-11 AM | Wayzata Central Middle School | rabbitrescueofmn.com

Maple Grove Home Show - Spring 2024, 3/16

10 AM-4 PM | Free Event | Maple Grove Community Center

St. Patrick's Day, 3/17

Bird House Make and Take, 3/19

4-7 PM | Rockler Woodworking, Minnetonka | Contact for info

The Name Jar, 3/22-4/18

7 PM | Stages Theatre Company Hopkins | theatermu.org

Palm Sunday, 3/24

Nature Bookclub - An Immense World, 3/24

4 PM | The Thinking Spot | RSVP required | thethinkingspot.us

Spring Break Adventure Week, 3/25-3/29

8:30 AM-4:30 PM | Camp Fire Minnesota | campfiremn.org

Holi, 3/25

Indigo Girls, 3/26

7 PM | Orchestra Hall | minnesotaorchestra.org

Disney's The Lion King, 3/27-4/28

See Schedule | Orpheum Theatre | hennepintheatretrust.org

Good Friday, 3/29

Easter Sunday, 3/31

Local Library Offerings

For more info including a listing of other libraries & events visit - www.hclib.bibliocommons.com/v2/events

LEGO® Lab, 3/9

5:30-7 PM | Westonka Library

Writing Scholarship Essays, 3/13

6-7:30 PM | Wayzata Library

Stitches and Stories, 3/14

3-4 PM | Minnetonka Library

Coiled Basket Weaving, 3/25

3:30-5PM | Excelsior Library

Drop-in Tech Help, 3/28

5-7 PM | Ridgedale Library



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Scottie Miller: Local Roots

There's an event coming up at Blue Water Theatre in Wayzata that you want to circle on your calendar. It's Wayzata Musicales April 6 at 7 p.m. Every performance is a special one, but this one is extra special and has a terrific tie to the local community.

The performance is not only a great night of music but it also serves as a fundraiser for the Woody Budnick-Chip Williams Scholarship Fund which has given a generous college scholarship to a graduating Wayzata band senior every year since 2001.

One of the performers that night is pianist, songwriter, and 1986 Wayzata High School graduate Scottie Miller. He is known on the national stage for the blues and roots genres. Miller started piano lessons at age 6 and never looked back. He was very involved in the high school band and was heavily influenced by former band director Chip Williams.



"I played in the marching band and the really unique thing that Chip (Williams) and the school provided was an electronic sounds program," said Miller. "It was unlike any other program in the country. We had synthesizers and reel-to-reel tape recorders and we were composing electronic music for a course in school."

While in high school, he also took on a big responsibility in an effort to make a big impact on younger kids. "As I entered sophomore year, it was kind of a turning point," said Miller. I went to the treatment program briefly and as I came out of there I entered into the really great support system the school had. I was also involved in Athletes For Drug Awareness and the student council. I was out talking to kids about staying off of drugs and alcohol. I was very involved in that, going to speak to elementary even junior high kids. City council meetings once a month."

Miller continued his studies after high school at Berklee College of Music in Boston. He further forged his love for blues music. Later, he formed the Scottie Miller Band which tours and has released several albums. This includes the latest - Carnival Cocoon. It's unique in that it is a poetry book and a musical album. "It has been one of the most liberating projects I have ever done," said Miller.

He also tours with Ruthie Foster, a veteran blues artist. Her latest album is called Healing Time. "I came up with the tune, 'Healing Time,'" said Miller. "And it wasn't going to make the album. It just wasn't fitting in. Things changed and I found out we're going to put it on the album and found out it was going to be the title track. I was really, really excited of course." Healing Time was nominated for a Grammy. Miller joined Foster at the Grammy Awards in Los Angeles last month. "I think that's what makes me feel the best about it is that the music is getting recognition," said Miller.

Despite attending major musical award events, and touring the nation, he hasn't forgotten where he's from. Miller has many fond memories growing up in the Wayzata community. "Going down to Maggie's pizza listening to music in a Ford Capri," said Miller. "Wayzata Beach, we spent a lot of time hanging around there."

Miller will make more memories next month at Wayzata's Blue Water Theatre during the Wayzata Musicales performance April 6 at 7 p.m. For more information about the event, use the following QR code or go to bit.ly/bluewatertheatre





The Pop Collective

If you haven't noticed, there's a new kid on the block in Wayzata. Specifically, we're talking about the 600 block of Lake Street. The Pop Collective is calling 611 Lake Street East home through September.

It's very unique - it's a store that features a collective of 10 businesses and artists. We're talking jewelry, wall art, apparel, candles, and more.

Be sure to "pop" in and check out this latest edition to Wayzata's retail scene.



Find out more on their instagram page - [instagram.com/the.pop.collective](https://www.instagram.com/the.pop.collective)




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