



**WAYZATA**  
**together**  
**SEPT 2022**



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by Dr. Barbro Brost

## FROM THE EDITOR

Have you ever had a memory and can't quite nail down when and/or where it took place?

The mind is a funny thing.

I've had a very vivid image of hot air balloons floating over Wayzata. My memory of this was so animated and dramatic that it had to have been real, right?

Turns out, my recollection was real. As I recently did research on the history of James J. Hill Days for an article you'll read later in the magazine, it hit me! My memory wasn't just "hot air".

Sure enough, beginning at the 1979 JJ Hill Days, a hot air balloon rally was introduced. It would be a part of the annual event for years to come.

It's nice to piece together a puzzle, even if it is just in your head.

I have countless memories of life here in Wayzata and this one was validated with a little research.

Enjoy September and make new memories at this year's JJ Hill Days!

*Nate Hedning*  
Editor in Chief

**Marly LePage**  
Graphic Design

**The Wayzata Depot Garden offers beautiful views and shaded sitting areas for everyone to enjoy.**



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### **SEPTEMBER FISHING REPORT:**

This is when the water starts cooling down and recreational boating dies down. Anglers will work more shallow depths. Find the greenest weeds. You'll see more muskie enthusiasts on the lake. Use jig and minnows if you're going after walleye. Trolling Rapalas along the deeper weedlines will also work. Bass will be attracted to big bladed spinner baits and fat body crank baits. You'll find northerns in 12-20 feet of water.

## **LAKE EVENTS**

### **September 9 to 10**

46th Annual Real Runabouts Rendezvous

### **September 16 to 18**

Star of the North Regatta

### **September 11 to 18**

E Scow Nationals

### **September 18**

History Cruise

### **Scan the QR Code for more event information**



Stay up to date on all of the lake area activities at [tonkalifestyle.com/events](http://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@wayzatatogogether.com](mailto:nate@wayzatatogogether.com)!



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### Tiny Tracks, Big Impact

There are many special places to visit in Wayzata, but one has a sort of magical aura to it.

Tucked away behind the Wayzata Depot stands the Wayzata Garden Railroad.

It's a mystical place transporting both young and old back in time.

"I have a good time watching the kids and the seniors really light up," said volunteer Ed Lethert.

The model railroad was built back in 2009, but the feel is much older.

One of the trains that runs the tracks is an old steam locomotive - a relic of a bygone era.

"Ever since I was a little tike, my grandfather had a big train layout in his house in Buffalo," said Lethert.

Lethert is relatively new to the Wayzata project.

"I asked if they could use some help and they all but shackled me to it," said Lethert.

The Wayzata garden railroad tracks wind through miniature towns with buildings that reflect the rich history of the railroad.

And it's the only outdoor garden railroad in Minnesota that is open to the public. Of course, Wayzata was built on the railroad, and formed by the railroad. This little town transformed when that first train came barreling down the tracks for Wayzata for the first time in 1867.

The little railroad is supported by the Wayzata Historical Society. It has also been supported by generous donations from the Deetz Humes family of Duluth and the Deephaven Briggs family.

But the thing that really propels this project is volunteer manpower.

Folks at the garden railroad are always looking for railroad enthusiasts to volunteer on weekends.

During the warmer months, weather permitting, swing down to the depot on Saturday or Sunday and check it out.

And as you watch the trains travel down the tracks, you can imagine what life might have been like here in Wayzata many decades ago.



**Children chase the train around the tracks on a sunny Saturday at the Depot.**



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# SEPTEMBER ACTIVITIES

COMMUNITY CONNECTIONS

September 5 | Labor Day

September 6 | School Starts

September 10 to 11 | Volkfest

September 9 to 11 | James J. Hill Days

September 10 | Oktoberfest Car Show

September 10 | Running of the Bays Half Marathon/5K

September 16 | Apple Day

September 17 | Apple of the Lake 5k

September 18 | Beer Run 5K & 10K

September 25 | Fall de Tonka

For more info on these events scan the QR Code below



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



Wayzata Farmers' Market

Thursdays, 1:30 - 5:30 pm

Minnnetonka Farmers' Market

Tuesdays, 3 - 7 pm

### Wayzata Proposed Development Projects

Find out what projects are currently being studied and which ones have already been approved and are in development.



Scan QR code for detailed information

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A steam locomotive on display at 1981's JJ Hill Days. That year's celebration marked 75 years since the depot was built. Courtesy Wayzata Historical Society

James J. Hill Days is upon us once again. And as important as it is to remember who Hill was and the impact he had on Wayzata, it's also important to remember the history of Wayzata's famous festival.

James J. Hill Days first came down the tracks in 1975. We're now accustomed to it happening mid-September, but the first celebration was Oct. 2-4. The Minnetonka Sun Newspaper chronicled those early days. That year the Minnetonka steam engine was stationed near the Depot. Old farm equipment and steam tractors were on display at Lake Street and Broadway Avenue.

One could visit Colonial Square to see antique cars and take advantage of JJ Hill Days specials offered by businesses like Rexall Drug and Ben Franklin. And down the hill at the Wayzata Bay Center shopping mall (where the Promenade currently stands) Casey Jones, a popular Twin Cities television personality, judged a kids art contest. A model railroad was on display as well as Guthrie actors in early 1900s clothing. There was a six-mile race and a two-mile race for folks to take part in too.

In 1977, the festival was held Sept. 24-25 and featured an amateur photography contest, a youth tennis tournament, and a volleyball tournament. According to the Lake Minnetonka Sun newspaper, "the names of the teams must be suitable for publication". Despite the rain that weekend, Gov. Rudy Perpich attended and lost his bocce ball match with future U.S. Senator Rudy Boshwitz.

Folks had great weather for the 1978 event. A couple new additions included a blacksmith making railroad spikes, gunny sack races for the little ones, and paddle wheel rides aboard the Lady of the Lake. The boat ride cost \$2 for adults and \$1 for children.

The annual event continued to add things to keep it interesting.

Pony cart rides, a turn of the century parade featuring Gov. Al Quie leading the way on horseback, locomotive rides, and a square dance were added in 1979. That year's JJ Hill Days was highlighted by hot air balloon races over Lake Minnetonka. The event was sponsored by nine area realtors. Lift off of the balloons took place at Wayzata West Middle School.

1980's event saw an antique boat regatta added to the mix. The second

year of the hot air balloon rally was a bit of a disaster when one of the balloons hit a powerline. Two people were injured when the basket caught fire and they were forced to jump about 20 feet to the ground below.

JJ Hill Days celebrated the Wayzata Depot's 75th anniversary in 1981. A steam locomotive was brought in and folks were decked out in early 1900s clothing. Olson's Bakery made a 1,600-pound Depot replica cake too.

Windsurfing sponsored by Ski Hut was a big hit in 1982. So was the music provided by the Wayzata Depot Brass Band.

In 1983, JJ Hill Days added miniature mule rides, beach lagoon raft races, and an old-time sock hop was held at Wayzata West Junior High.

Wayzata's biggest celebration continued to evolve through the decades.

In the years to come - steak fries at the Wayzata American Legion and a Fall Fireman's Dance at the fire station were added. As were dachshund races, lumberjack shows, an historic trolley ride around the lake, skateboarder exhibits, a "Wayzata Idol" talent contest, excursions on a steam train, a craft beer festival, and live music.

Since 1975, JJ Hill Days has been a must-attend event. When you go to this year's event, you'll understand the rich history that made it what it is today.



A crowd dressed up in early 1900s attire at 1981's JJ Hill Days. Courtesy Wayzata Historical Society



Mayor Humphrey presents a plaque to Vic Olson, of Olson's Bakery, 1981. Courtesy Wayzata Historical Society



## ARE YOU OUTLIVING YOUR MOBILITY?

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

As life expectancy has increased over the past century and cost of living continues to increase, financial planning for the retirement years has become gradually more important. You don't want to outlive your retirement savings!

What is equally important to think about and plan for, is your physical quality of life during your senior years. You don't want to outlive your mobility!

Taking care of your body becomes more important every year you add another candle to your birthday cake. Healthy eating and exercise to manage weight, maintaining cardiovascular health and preventing muscle wasting is important. But keeping your body in good alignment and your joints moving freely is just as important and often not emphasized. If you have joint misalignments, especially of your hips and spine, you will gradually develop decreased mobility, degenerative arthritis, and pain.

We all know how common hip and knee replacements are these days. Because of increased longevity, joints that are misaligned or have uneven weight bearing start to wear out. The good news is that it doesn't have to be so! Regular chiropractic care to keep your body well aligned and your joints moving freely can prevent this wear and tear. It's the best kept secret in town!

But is it too late, you ask?

Sometimes the degeneration of joints is too advanced to reverse, but most of the time good chiropractic care can stop the degenerative process, increase mobility, and alleviate pain.

Starting chiropractic care and maintaining a healthy, mobile body throughout life sets the stage for the golden years to be golden instead of miserable. But, better late than never! Invest in your mobility future as you invest in your financial future and the retirement years will be a lot of fun!

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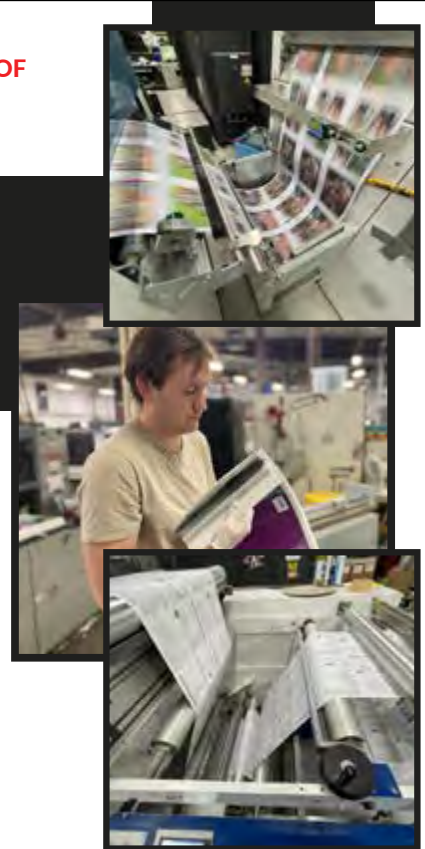
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