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# Through the Gateway

Volume 28 Issue 1 Spring-Summer 2020

## President's Letter

by Beth Hayden

I am excited to be stepping into the role of President to help lead the activities of the Gateway Brown's Creek Trail Association. My deepest gratitude goes out to you, our members and sponsors, for being partners of the trails, especially during times like these. The importance of access to natural and recreational areas has never been more important, as many of us turned to the Gateway and Brown's Creek trails for solace, distraction, and a deep breath of fresh air when the world closed around us. Thank you for continuing to support the maintenance and improvement of these two trails. We hope you will help us get the word out to all trail users that things will be a little different this summer.

- Due to the shelter in place, the DNR, which owns and manages the trail, has not yet been able to hire seasonal crews. They will be shorthanded this summer, and ask for your patience as they try to keep up with maintenance. Please call the DNR immediately if you see a tree is down on the trail. Clearing of that will be given priority.
- Drinking fountains **will not** be turned on until further notice. No one yet knows what COVID transmissions could result from exposure related to drinking fountains. Please bring reusable bottles for fluids on your trips to the trail.
- We ask all trail users to be aware and conscientious about social distancing. Please enjoy the trail, but we encourage you to space yourselves at least 6 feet apart, and avoid crowded areas if possible.

I hope the summer brings many fulfilling moments for you on the trails and in Minnesota's many other great natural areas.



You will notice new signs along the trail, put up by the DNR to remind us about the important of social distancing.  
Photo: Dennis Lindeke



An example of chalk art along the trail to celebrate the 50th anniversary of Earth Day. See an update about this event on Page 3.  
Photo: Patti Fahey

## DNR Update

Rachel Henzen, Parks and Trails (PAT) Area Supervisor

### Trail Use Increased: Please Be Safe

If you were on the trails this spring, you might have thought there were more people out than usual, and you would be right. The Brown's Creek trail counter showed daily average trail use is up 58%! On May 2<sup>nd</sup>, the counter showed 2,512 on this section, a record since it was installed. The DNR encourages everyone to model safe behavior, and do your best to practice social distancing while on the trail. Thank you!

### L'Orient Street Re-route and Westminster Bridge Replacement and Trail Upgrade

DNR staff are working on final alignment, land acquisition, and construction plans for the L'Orient re-route. We would like to collect bids for the project this fall, and start construction in the summer of 2021. Things are also progressing for the Westminster Bridge and upgrade project. The DNR would like to begin the bid process for this project in the fall as well.

### Brown's Creek Culvert Replacement Completed

The failing culvert on Brown's Creek along Highway 95 north of Stillwater has caused a significant bump in the trail surface for some time. We're happy to report it was replaced, and the trail surface repaired in time for Memorial Day weekend!

### Gateway Extension Update

The William O'Brien State Park to City of Scandia connection gained momentum during the 2020 legislative session. With technical assistance from DNR, advocates worked hard to secure funding for this approximately 3 mile segment of trail. Unfortunately, no bonding bill was passed this session, and we will have to wait and see what happens during the Special Session. DNR and local partners continue to pursue purchase of private land easements south of the park.

### Trail Maintenance

The DNR will experience significant staff shortages because of the current pandemic situation. Maintenance that typically occurs on the trail may be significantly delayed or cancelled. We ask for your patience, and we are doing the best we can.

Thanks to the Association for all the great work you do. I hope to see you on the Trail!



Photo Karen Jeffords-Brown



Photo Karen Jeffords-Brown



Photo Dennis Lindeke

Spring blooms to find and admire along the trail.

- Left: White-flowered Penstemon
- Middle: Michigan Lily
- Right: Jack-in-the-Pulpit

## Facebook and Social Media Update

by Jon Stock, FB/Social Media Chair

I'm happy to report that the Association reached 1000 likes/followers in early April. That's double the number of followers since I took over Facebook duties back in the fall of 2019!

Even with COVID-19 precautions cancelling in-person trail events, we had a successful socially-distanced Earth Day chalk art event on the trail in April (thank you Kerri Kolstad). During that event, I initiated an online photo contest on our page to encourage trail users to post what they saw. And our most engaging FB post (i.e. the most views/likes) since the snow melted was also about Earth Day, regarding the fun (earth) fact that the 45th parallel runs through the Gateway in Maplewood.

Our Association is part of a broader community of trail users (bikers, walkers, riders, nature lovers, etc.). I share posts about trail projects in other communities like St. Paul and White Bear on our site. Doing that increases our visibility, and my actions are reciprocated when other organizations share our information on their sites, like the Gateway to Scandia trail extension. And I am in somewhat regular contact with organizations like St. Paul Bike Alliance and the Parks & Trails Council of MN, which is also of benefit to our site and to the GBCTA.



Notice anything new on the front and back pages of your newsletter? We have a new logo! Membership chair Kerri Kolstad worked with Laura Poulsen of local firm Mantra Mojo on the design. We think it looks great!!

# TIDS and BITS along the TRAIL

**Pictures, Poems and Play, Earth Day 2020**

by Kerri Kolstad

With 2020 being the 50th anniversary of Earth Day, the GBCTA had to scramble (as many of us do these days) to find a way to celebrate a bit differently. We did NOT want this significant day to pass by without notice. Since 1970, April 22 has been designated as Earth Day, and set aside to remind us to increase awareness of the planet; encourage us to learn more about pollution, climate change, endangered species, and all environmental issues. These are important concerns to the GBCTA! But what could we do safely on the trail? The answer—CHALK ART MESSAGES! So, “Pictures, Poems & Play” was born as our 2020 celebration activity. The weather was perfect. Many families and friends safely distanced on the trail near their homes to creatively share earth-friendly messages with others out enjoying the trails.

A big thank you to all our chalk artists who made Plan B successful!!



Looking back to winter: Folks stroll on the trail during the candlelight walk last January, sponsored by the DNR. Estimates were over 800 in attendance!

## Gateway Trail to Scandia Extension Update

by Janie O'Connor

Our numbers: More than 500 online signatures on the petition of support, 40 custom designed tee shirts, 22 personal letters of support from citizens to legislators, and 1 reserved room at the Capitol. These were just some of the dynamics planned for “Gateway to Scandia” day at the capitol, on March 16<sup>th</sup>. But corona virus precautions meant everything was cancelled, and funding is now on hold.

According to Scandia Mayor Maefsky, as of May 27<sup>th</sup>, the Gateway Trail to Scandia extension bill (\$1.25 million), co-authored by Sen. Karin Housley and Rep. Bob Dettmer, was part of the \$2 billion House bonding bill. A Democratic amendment including the extension bill was proposed to the Senate, but it failed on a party line vote. Mayor Maefsky is in contact with Karin Housley for updates about where things stand in the Senate, but has not yet heard back from her yet.

*Luv Ice Cream—continued from page 6*

But on special occasions, I would make a wonderful meal using real butter and other ingredients. When that happened, my husband would say “Thanks for making it with love”. We finally realized that too much processed sugar and carbohydrates were the real issue for us, not healthy fats! But we still wanted to have our favorite treats – ice cream and chocolate. So, we decided that I would find the healthy ingredients, and Ilya (who has a doctorate in chemistry) would work in the kitchen on recipes. From that effort came Luv Ice Cream!

### What brought you to have a brick and mortar business in NSP?

The early work on these recipes was done part-time in our own home kitchen. As we outgrew that space, we rented shared areas in a commercial and a manufacturing kitchen in the Twin Cities. Several local coops and health food stores became interested in our products. Demand grew by word of mouth as well, so we knew we were doing something right! Eventually, it was time to find a location of our own. We spent a year looking, and bought this space in April of 2015. For those who know a bit about North St. Paul history, it’s the old Harry’s Rexall Drugstore. Our café opened in 2016.

### What’s your next project?

Great question. Well, Ilya is not only a chemist, he is a passionate chocolatier! So we are in the process of establishing a cacao farm in Puerto Rico. We want to use our own cacao beans to make Luv’s chocolate bars, chips, and the flavoring for our ice creams.

### Your ice cream and nice cream flavors sound delicious – which one do you like best?

I’m very partial to coffee. We call it “The Morning-After Coffee”.

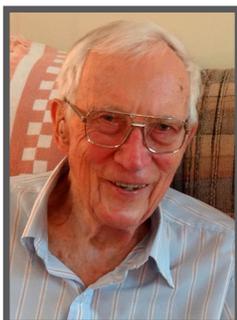
### Any final thoughts for our readers?

We encourage everyone to come in to try our products, and explore a different way of thinking about sweet treats. And especially now, it’s important for all of us to share kindness and love with one another.

## Gateway Browns Creek Trail Association Announcements

### *In Memoriam*

Bill Berger, founder and owner of Gateway Cycle for 28 years, passed away on February 27th after courageously facing ALS for the last 3½ years. Bill and the Gateway Cycle van were fixtures at many of our Gateway Trail events. He generously donated bike repairs, and gave great advice to all the riders he saw at those gatherings. Bill was an active supporter of the trail, and we will miss him.



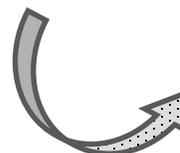
Alan Porter, a true trail champion, passed away on the 16th of April. Al was a long time GBCTA board member, and served as Vice President from 2007-2013. He loved nature and the out of doors, and happily shared that love with family and friends. Until just a few years ago, Al and his wife Barb Wahman could be seen daily out on the trail either biking, walking, cross country skiing, or snow shoeing. He was a devoted advocate of the Gateway trail, and will be greatly missed.

### *Thank you to our outgoing officers and board members. . .*

- Dennis Lindeke stepped down as Association President in April, and will remain on the board as Trail Extension and Legislative Advocate. Dennis was president for 3 fun-filled years (it *was* fun!), and worked to increase membership, advocate for trail improvements and extension, and promote trail events. Thank you for your service, Dennis!
- After many years on the board, Peter Nord is stepping down. Peter served on many sub-committees, volunteered for many trail improvement and special events, and recently led the annual Gasthaus ski event. Our thanks to Peter for his service, and we hope to see him out biking on the trail!
- Ian Harding is stepping down after 2 years as webmaster. Because of his service on numerous other boards, he will also step away from the GBCTA board. Ian made significant improvements to our website format and content, increased communications with members, improved Association outreach, and helped manage the flow of membership and finance data. The board is truly grateful for Ian's many contributions.

### *. . . and welcome to our new officers!*

- The Board would like to welcome Cecily Harris as our new Vice President. Cecily brings extensive professional and volunteer work experience related to trail planning and advocacy. She is an avid hiker along both trails. The interview process had to take place virtually, and we look forward to seeing you in person soon, Cecily!
- Last but not least, a BIG welcome to our new President, Beth Hayden!



The Association is seeking applicants for the open position of **website manager**. If you are interested, contact us at: [www.gatewaybrowns creektrail.org](http://www.gatewaybrowns creektrail.org), or email [gbctapresident@gmail.com](mailto:gbctapresident@gmail.com)

## Frog and Toad Calls on the Trails

by Dennis Lindeke, Master Naturalist

Who's making all that noise from ponds and marshes along the trails? Birds, crickets, cicadas, turtles? No, it's a whole bunch of frogs. If you were out in the trails in April and early May, you were treated to the wonderful woodland sounds of the early season frogs. And they are really noisy when they get cranked up! As soon as the ice starts to go out on these ponds, the mating season begins, signaled by their loud and varied calls.

The first three frog types to call, (males), are:

- Spring Peeper – Makes a high ping, ping, ping, or peep, peep, peep call.
- Wood Frog – My personal favorite. Makes a short raspy quack sound, like a duck.
- Western Chorus Frog – A unique sound, like a fingernail being dragged across a stiff pocket comb.

These little guys are usually done chatting by mid-May. Following this racket, and sometimes overlapping with them, are the calls of the late spring, early summer group:

- Leopard Frog – The classic large pond frog, fun to try and catch. The one that's dark green, with dark spots on his back, like a leopard. His sound is a long, deep snore, ending with a chuckling sound. My second favorite.
- American Toad – Found in lakes and ponds in the spring; moves to yards and gardens in the summer. He takes a deep breath, then makes a long, musical, high pitched trill, lasting 5 – 30 seconds.
- Tree Frogs – There are two closely related treefrogs in our area; the 'Gray Treefrog' and 'Copes Gray Treefrog' which look virtually identical, but have slightly different calls. The Gray Treefrog (actually gray, or green) has a short musical, birdlike trill. Copes Gray Treefrog also has a short trill, but more like a metallic buzz, and not as musical. They start calling in the ponds for mating season, but move to the yards and trees for summer. These are the frogs that perch on your windows, near a porch light, hunting for bugs in the summer. When they call from trees they can be easily confused for a bird. You will seldom see them, as they are so well camouflaged.
- Green Frog – Larger, like the Leopard Frog. Usually the last to call in the summer. Dark green, with a round patch right behind the eye. The call is sounds like a loose banjo string twang, gunk, or boink.



Spring Peeper (Top),  
Chorus Frog (Middle),  
Grey Treefrog (Bottom)

Right now there are so many of us out enjoying the trails with our family and close friends. Maybe take a moment to listen to the sounds around you, and see if you can figure out who it is? If unsure, it's easy to do a quick internet search on "frog calls".

2020 Gateway Brown's Creek Trail Association Board / Association Officers					
<b>President</b>	Beth Hayden	<b>Treasurer</b>	Laurie Mainquist		
<b>Vice President</b>	Cecily Harris	<b>Officer at Large (Newsletter Editor)</b>	Liz Stejskal		
<b>Secretary</b>	Kerri Kolstad				
Association Board of Directors					
Lorrie Beaulieu (Equestrian Liaison), John Kimberly, Rob McKim (Community Liaison), Dennis Lindeke (Trail Extension and Legislative Advocate), Pam Meyer (Graffiti Removal Captain), Janie O'Connor, Ed Sanderson, Jon Slock (Facebook/Social Media/Website Manager), Barb Wahman (Volunteer Liaison), Kim Weber					
Honorary Board Members and Trail Liaison					
Judy Drew (Equestrian Liaison), Noreen Farrell, Bob Hagstrom, Doug Schwartz, Peter Seed, Vik Wilson					
<b>DNR Parks and Trails Supervisor</b>	Rachel Henzen	<b>DNR Trail Naturalist</b>	Linda Radimecky	<b>DNR Acquisition/ Development Specialist</b>	Brandon Helm

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Go to our website, click on 'Contact Us' and send us your preference.*



## The Back Page

### Luv Ice Cream, North St. Paul

by Liz Stejskal

Luv sells ice cream, non-dairy 'nice cream' made with coconut milk, sorbet, coffee, delectable chocolates, baked goods, and fun gifts. This wonderful café is owned by Susanna and Ilya Gorodisher, and is located at 2587 7<sup>th</sup> Ave. East in North Saint Paul. That's just a hop, skip and a jump from the Gateway Trail! Next time you're out on the trail, look for turns-offs between the Giant Snowman and the Century Ave./Hwy 61 overpass, heading towards downtown North St. Paul. We think you will "Luv" it there! We sat down with Susanna recently for a chat.

#### **You're not just an ice cream store. What's the philosophy behind your products?**

My husband and I have educated ourselves about healthy nutrition, and are dedicated to improving people's lives with food and movement. Of course we sell treats, but we encourage our customers to "scoop responsibly"! Our products are meant to support a healthy lifestyle, not replace an entire meal! We source our ingredients locally and organically, make all products in our manufacturing kitchen here in the store, and are a gluten-free facility. We want to help people learn about alternatives to sugar, and how to decrease refined carbohydrates in their diets. Our shop typically hosts 2-3 support groups each month on topics like good nutrition, Keto diet support, yoga, and walking. Anyone can attend.

#### **Where did the name Luv come from?**

We tried numerous diets over the years, and found ourselves eating foods with processed carbohydrates and almost no fat, with little improvement.

*Continued on page 3*

