

# Lake News

2016 Spring Issue 92



## Anglers who catch a tagged walleye should report to DNR as part of 2016 walleye tagging project on Woman Lake chain

The MN DNR section of Fisheries is conducting a tagging study of Walleye in the Woman Lake chain (Child, Girl and Woman Lakes). According to Carl Pederson at the DNR office in Walker, the goal of this study is to estimate the size of the Walleye population. A creel (angler) survey is also planned for this summer.



Anglers should report a catch of a tagged Walleye in one of the following ways:

1. Call the Walker fisheries office between 8 a.m. and 4:30 p.m. (218-547-1683).
2. Email the Walker Fisheries office at [walker.fisheries@state.mn.us](mailto:walker.fisheries@state.mn.us)

3. Report the tag online at [www.dnr.state.mn.us/fisheries/tagged\\_fish\\_reporting/](http://www.dnr.state.mn.us/fisheries/tagged_fish_reporting/) or,
4. In person, report the tag at the Longville One Stop, Longville Bait Company, Mule Lake Store or Swanson's Bait and Tackle in Hackensack. A folder will be available at each location to record necessary data.

Here's what to do if you catch a tagged Walleye:

- Clean the tag with your finger to make sure the lettering is visible.

- Write down the 4 or 6 digit tag number, along with the date and approximate location caught.
- Some Walleyes will have two tags, please record both numbers.
- If you release the fish, please do not remove the tag.
- If you harvest the fish, you may keep the tag. The tag does not need to be returned to the DNR if the fish was harvested and the number reported as described above. Thank you for your cooperation and helping with this tagging study!



For more information on this project, or if you have questions, call Carl Pedersen at the DNR-Fisheries office in Walker, 218-547-1693

## Meet a Neighbor: Carol Fox

With a name like Fox, you probably wouldn't be surprised to learn that Carol Fox is an unabashed nature lover. Fox, who lives



on the east end of Girl Lake, just west of the public landing in Longville, spends countless hours feeding and watching the birds that visit her feeders each day outside her house. "My kids say I would never come inside if it didn't rain or get cold," she joked.

"We have many, many birds that come in to feed," said Fox. "A pair of pileated woodpeckers lives

nearby and they frequently bring their young to eat suet. Five different kinds of woodpeckers come as well as chickadees, nuthatches, goldfinches, pine siskins, several song sparrows, juncos and other migrating birds pass through. We once watched a blue heron pick a chipmunk off a tree trunk. That really surprised us!"

(Continued on page 4)

## Krusin' with Don



Aquatic Invasive Species (AIS) is still an issue we all need to keep top of mind. If you have a guest this summer who brings a boat to our lake chain please make sure you

infested lakes in our area and we would sure like to keep our lake chain AIS-free--especially zebra mussels. We are all responsible to help keep our lakes free of AIS.

This spring when the walleye trap was set up on the Boy River the DNR tagged every walleye. Please read the article on page one and help us gather information on the fishery. There were also several box traps set up around the lake for the same purpose. We will meet with the DNR on Wednesday, June 15th, at the Woodrow town hall. If you are a member you are welcome to attend.

Our annual meeting this year will be on Saturday, August 6, 9:30 a.m. at the Woodrow town hall. Mark your calendar and plan to attend. Our monthly board meetings are the third Thursday of the month except for the June meeting. This year we will publish upcoming events in the local newspaper and send notices by email to addresses we have in our computer.

When on the water be safe and wear your life jackets or have them readily accessible. We are so fortunate to have this beautiful environment and clear, clean water.

**Don Kruse, President**

know where they came from and that they are free of these unwanted hitchhikers. As you know, there are many

## Water Patrol gears up for a new season

According to Ted Sigthenhorst, CGWLAA's Water Patrol chair and coordinator, the Water Patrol is once again up and running for the coming boating season on our lake chain. The Child, Girl, Woman Lake Water Patrol, a volunteer organization, sponsored and supported by the Cass County sheriff's of-



**Ted Sigthenhorst**

office, has scheduled its volunteer roster to maintain and encourage safety on our lake chain, according to Sigthenhorst. "The sheriff's office provides us with a retired county patrol boat that we use to patrol our lakes," he said. "Most of our members

DUI or any other dangerous activity. We have two-way radio communication capability in the boat that allows us to receive calls for assistance from the sheriff's dispatch center and allows us to contact the dispatcher if we need

live on our chain help with an incident we encounter of lakes and patrol in pairs on weekends and holidays. Several are husband/wife teams."

"Our main objective," says Sigthenhorst, "is to promote boating safety, but we also check for current boat license decals, signs of a boater operating while

while on patrol. We keep a detailed log of each patrol for review by the sheriff's office."

Sigthenhorst says one of the patrol's most enjoyable tasks is rewarding children under age 10 who it "catches" wearing a personal floatation device, as required by state law. "The reward is a coupon for a free ice cream cone at Frosty's in town or for treats at Bear Pause Theater in Hackensack."

The water patrol also promotes our lake association and approaches the public as a friendly, welcoming group.

"We have seven new volunteers coming on board in 2016 and several more waiting to be approved by the sheriff's office. We always welcome new members to our patrol," he said. If you are interested in joining the water patrol, call Ted at 218-363-3634 or e-mail him at [tsigthenhorst@arvig.net](mailto:tsigthenhorst@arvig.net).

## Summer Board Calendar

- May 19 6:30
- June 15 6:00, DNR 6:30 p.m.
- July 21 6:30 p.m.
- Aug 6 9:30 a.m. (An mtg.)
- Aug 18 6:30 p.m.

**Sept 6 Volunteer recognition dinner**

**Sept 15 6:30 p.m.**

**Oct 20 6:30 p.m.**

**Note: Board meetings held at Woodrow Town Hall. All members welcome.**

## One On One with Rich Hess

### What did you do before you retired to Woman Lake?

I worked for the Illinois DNR for 27.5 years, mainly as a Fisheries Biologist on Lake Michigan where I studied the fish community and stocked salmon and trout. I was also a Conservation Officer for two of those years.



Rich Hess

### Tell us about your family.

I was born and raised in Chicago, IL along with two brothers and a sister. Our parents were able to send all of us to college for an education that served us in our careers. Both of my brothers and my sister were teachers. We had a large family and spent a lot of time with relatives. We were also fortunate to have a summer cottage near Lake Michigan in Indiana that belonged to my paternal grandparents. We spent our summers swimming in the lake and playing in the woods. It was a great escape from the big city traffic and noise.

### What do you do for the CGWLAA Board?

I have done a variety of things including Water Patrol, Water Quality Monitoring, Roadside Cleanup, Aquatic Invasive Species Committee and Fisheries Committee.

### What do you think is our biggest AIS challenge on our lake chain?

Currently, I feel that Zebra Mussels are the greatest threat. They are too easily transported by boaters from one body of water to another. They are now also found in nearby lakes such as Gull and Winnibigoshish. But, there are other AIS in close proximity to us that also threaten our waters such as the New Zealand Mud Snail, Eurasian milfoil and the Spiny Water Flea.

### Do you think Zebra Mussels are inevitable in our chain?

Although they are a significant threat, I don't believe they are necessarily inevitable. I say this because as we take appropriate preventative measures in concert with the Minnesota DNR, Cass County and the Association of Cass County Lakes, we continue to fund and conduct watercraft inspections and educate boaters on how to prevent transporting this invasive. So far, so good, as they say! But, we must remain vigilant.

### What are the top one or two things we have done so far to keep them out?

As I mentioned above, watercraft inspections and boater education are very important. It only takes one contaminated watercraft to transport zebra mussels and other AIS to a body of water. If any of these AIS we have mentioned infest any waters in the Boy River system, they will travel downstream to infest all of the others.

### What additional things can we do that we haven't already done?

We have to do the best job we can to contact our state lawmakers and encourage them to both continue and

expand the statewide funding and programs to combat invasive species. At this point in time, once they get into a body of water you can't get rid of them. We are fortunate that the Legislature has funded the development of the Minnesota Aquatic Invasive Research Center at the University of Minnesota. It will take time for MAISRC to better understand each of our aquatic invaders and develop control and preventative measures that can be employed statewide. I believe that our Cass County Lake Associations need to come together and collectively do a better job of staying on top of our legislators. We all need to support the Association of Cass County Lakes and attend their meetings. One body, one large voice is better than disparate smaller voices.

### Has the DNR done everything it can to help lake associations like ours cope with this threat?

The DNR has a lot on its plate statewide with limited funding and personnel. I believe they are doing some very important things. But, in order to do more they need more funding from the Legislature. This is where we can come in collectively and support them. Many people feel that watercraft inspections should be conducted statewide on infested lakes to inspect departing watercraft. More decontamination stations are needed as well to disinfect watercraft.

(Editor's Note: As part of his board responsibilities Hess also covers the area of "Fisheries." In the next Lake News, Fall issue, we'll ask him additional questions about this important area.)

## Does your road sign need to be updated?

Remember seeing the white-with-green-lettering name signs at the entrance to your lake home drive? Those signs and the wooden framework supporting them are the property of CGWLAA. A new sign is added whenever an owner becomes a member for the first time.

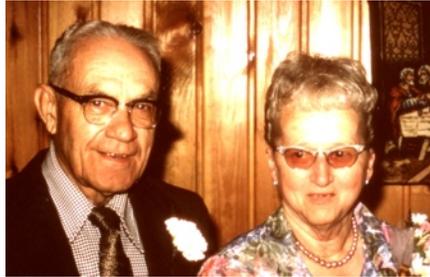
In the past, we have had a sign for each property parcel. If there are people whose names are up and are not currently members, those names will remain up until we need additional space for new member signs. As a result, non-members could have their signs removed. If we take down the sign of a non-member and they ask why it was taken down, please tell them the reason for the removal and that their name could go back up with a membership renewal.

There may still be a few name signs up for people who have moved or died. If you notice signs on your driveway that are out of date for that reason please call Don Kruse at 218-363-2580. Thank you for your help!

**(Carol Fox continued)**

“I can always tell if there is an eagle in the area when the loons start their special danger call,” Fox continued. “I have never seen an eagle take a loon though. They are usually after a fish that is nearby. The loons spend some time in the spring looking for just the right place to build their nest. I really think the Gulf oil spill several years ago has had a negative effect on their breeding as they have lost several babies or eggs since then. The environmentalists seem to agree with that.”

Fox loves taking her paddle boat out on the lake on a beautiful summer evening, either alone or with her daughter, to watch the sun set and sometimes to see the moon rise. “We have a bog off to the side of us and the wildlife is just awesome,” she explained. “Several people near us have duck houses and we see many kinds of ducks nesting. A few years ago the loons moved in and we get to watch



Fox’s parents, Dana and Helen McCutchan, purchased property on Girl Lake. Dana was the Longville mayor for a year, helped launch the Longville turtle races.

them mate, build a nest, protect those eggs and then we watch the little ones come out—a highlight of spring!” said Fox.

Fox, 81, grew up in Bloomington, a suburb in the Twin Cities area, where she graduated from high school. As a young girl, she remembers many trips to the cabin her parents, Dana and Helen McCutchan, owned on Sand Lake. In 1962 they moved into Longville on the east side of Girl Lake. Fox’s father, Dana, became a

one-term mayor of Longville, getting Longville on the State map, and was instrumental in launching the turtle races in Longville and establishing the airport.

During those early years Fox remembers owning only a small fishing boat and some black inner tubes they used to float around the lake.

Fox also vividly remembers a winter long ago when the lake froze over

very clear and quite deep. They were able to skate from the east end of Girl Lake all the way to the west end of Broadwater Bay on Woman Lake where her in-laws, Otto and Marie Fox, had a home. “That was the best skating any of us remember!” said Fox.

She met her future husband, Cliff Fox, during her junior year in high school. They graduated together in 1952 and got married the next year. During the next four years they had their first two children, girls, while Cliff served in the army at Ft. Riley, Kansas. At the end of Cliff’s military service, they moved back to Bloomington where Cliff first worked for the



Carol Fox with husband Cliff. Photo circa 1990, about five years before he retired.

City of Bloomington and then later joined a family member in the insurance business. During that time their third child, a boy, was born.

(Continued page 5)

## Fishing with Bill



Setting goals each new fishing season helps me to be a better fisherman and makes my time on the water more meaningful. When setting goals it’s always a good idea to write them down and revisit them often. Make your goals specific and measureable.

For example, it is too easy to say I want to fish more. If your goal is to fish more, ask yourself these types of questions: What species should I target? What techniques should I try? What lakes will I fish in?

A good way to monitor your goals is to keep a journal of your days on the water. Jot down weather patterns, water temps, time of day, techniques used, and any other information you may find useful down the road. For those of you who are a little more tech savvy, there are some fishing apps that make

tracking your day on the water very easy.

With fishing, it’s the little things that separate successful anglers from others. My fishing journals help me identify patterns that consistently produce fish year after year. I always enjoy looking back at my fishing journals and reflecting on my time on the water, and I bet you will too. See you on the water!

*Editor’s Note: Bill Hornung, a year-’round resident of Child Lake and fishing enthusiast, is a full time school teacher who works as a fishing guide in his spare time.*

### (Carol Fox Continued)

In 1964 they moved to Pennsylvania where Cliff worked four years in the Social Services division of the Central Pennsylvania Synod of the Lutheran Church in America. Then it was back to Minnesota where he became an executive with Lutheran Social Services. "I was a stay-at-home Mom and I loved it," said Carol.

Fox says her husband died suddenly from a heart attack in 1999. During his four and a half years on Girl Lake after retirement, Cliff headed up the finance committee for building the new Salem Church in Longville. He also chaired the building committee, and was president of the church coun-



Fox, center, with her daughters Terri, left, and Bambi

cil at the time of his death.

Their three children have all married and Fox has nine grandchildren and seven great grandchildren.

"Our whole family comes to visit frequently," said Fox. "We now have a pontoon, a paddle boat, a canoe,

kayaks and two paddle boards. "The kids are on the lake the whole time they are here," she said. "One of my daughters and her husband own cabins on the lake chain and plan to retire here next year. And now a fifth generation in our family is enjoying life on the lake — just like we did and still do."

Fox says one of their favorite family excursions is to take the pontoon all the way up the chain into Child Lake. "Of course the young ones

just love going through the tunnel on Highway 5. They always have to toot the horn in the tunnel!" Another trip the kids love is to take the boat into Longville for ice cream at Frosty's, says Fox.

"Come July 4, my family is usually here and we watch the fireworks from our beach," she explained. "Some in my family like to go out on the lake on the pontoon to join the fleet of boats out there. Our town puts on quite a display!"

As a year-round resident, Fox says every season on the lake has its own beauty. "Watching the ice go in or out is always fascinating. Fall is a really special time with all its color. I always look forward to every season. And the snowfall on all the pine trees is gorgeous!" she said.

"I live in God's country and I wouldn't want to live anywhere else," she concluded.



A family photo on the shoreline at Girl Lake

*(Editor's Note: If you know someone in your neck of the woods who might be a good subject for a future Meet a Neighbor story, please contact John Gundale, johngundale@tds.net.)*

## New Minnesota law to require buffer zones around lakes

The 2016 Legislative Priorities sheet, published by Conservation Minnesota, reports that the Minnesota Legislature has passed a law requiring a 50-foot vegetative buffer around all Minnesota lakes, rivers and streams and a 16.5 foot vegetative buffer along ditches.

No word is yet available on exactly how that will play out in specifics: what the buffer zone must consist of, i.e., lawn grass, native plants, or how the law will be enforced.

According to Vic Rinke, a lake association board member who has been following the issue, the best first step for lakeshore owners would be to simply stop mowing the lakefront area within the "buffer zone." Lake News will update you on further details and implications as they become available.

The new lake buffer law was passed in an effort to help improve water quality statewide.

## Runoff abatement projects moving forward

Lake News readers may remember seeing an article in the Fall Issue last year regarding the work of Woodrow Township to create runoff ponds near public roadways to prevent pollution from entering our lakes.

As reported in that issue, many of the roads in Woodrow Township are treated with calcium chloride to help stabilize road surfaces and control dust for residents on township roads. During periods of heavy rainfall, however, some of those treatment chemicals, combined with road silt, drain directly into the Boy River and our lake chain because that's the way the roads were designed many years ago.



This erosion abatement project was finished recently at the juncture of Clearwater and 36th. Silt and road salt from this road no longer enter Bungey Bay.

Fortunately, the Woodrow Township Board has taken a very aggressive approach to solving that problem by building water retention areas at particularly troublesome locations so the

particulates can settle out before reaching our lakes.

Another of those key spots is now completed--the runoff area at Edgewater and 36th Street.

Myles Wagner, one of the Woodrow Township board members who has been involved in the project, said recently "Over the years with heavy rainfall, tons of silt and other pollutants have entered the lake at that site near Bungey Bay on Woman Lake. The catch basin will now prevent that from continuing. This site has been a problem area since the road was constructed in the 1920s. These citizen-approved efforts by the township are a huge step forward in reducing damage to the water quality of our area's lakes and watershed."

Our thanks to the Woodrow Township Board and others from Cass County for devoting scarce resources to this significant effort.

## From the editor

The Child, Girl, Woman Lake Area Association (CGWLAA) is extremely fortunate to have a dedicated corps of volunteers. Without them there would be no programs geared toward maintaining and improving the quality of life we all enjoy on our lake chain. It is no exaggeration to say that if we didn't have these volunteers the work many of us take for granted would simply not get done.

When you pay your dues at the beginning of each year you get lots of value and bang for your buck because it all goes toward supporting the activities these volunteers are carrying out on your behalf.

Have you ever considered becoming a volunteer yourself? There are many

ways you could contribute. Could you help pick up trash during the summer along the roadsides bordering our lakes? Could you take water samples from the lake you live on? Could you and/or your spouse take a turn in the Water Patrol's boat once a month to help keep our boaters safe? Could you assist our membership committee with mailings and recording names of new members? Could you visit non-members to explain what we are doing on their behalf? Could you help out with this newsletter by writing an article or two? Could you serve a term on the board as a lake representative?

As you can see, the list of tasks carried out by our volunteers is quite diverse. There are, quite literally, many things that just about anyone could do to help out.

We invite you to call Don Kruse, our president, or any of the board mem-

bers listed on the back of this newsletter, to get additional information about how you can be more involved in your lake association. We'd love to work with you and to see you at the volunteer appreciation dinner in September.

By working together we can make our lake association even stronger and more effective than it already is.

**John Gundale, editor**



**Just for fun....** All the toilets in New York 's police stations have been stolen. As of now, it appears the police have nothing to go on.

## Association members pick up free trees in May



Thirty two CGWLA members picked up approximately 525 tree and shrub seedlings on May 7th and 14th. As you may recall, all members were offered the opportunity to claim five free trees and any additional trees or shrubs for \$1 each. If you are interested in ordering for next spring please look for the order form in the Fall Lake News. We appreciate all the members who have supported this program and it's effort to promote a healthy and natural shoreline.

Woman Lake resident Pat Gonja, left, picked up five free paper birch he'd ordered and purchased an additional five white pine seedlings at \$1 each.. Jim Lewis,, right, coordinates the tree program for CGWLAA.

## Tips for dealing with ticks

Most ticks do not carry diseases, and most tick bites do not cause serious health problems. But it is important to remove a tick as soon as you find it. Removing the tick completely may help you avoid diseases such as Lyme disease that they may pass on during feeding, or a skin infection where it bit you.

When you return home from areas where ticks might live, carefully examine your skin and scalp for ticks. Check your pets, too

### Some tips on how to remove a tick:

- \* Use fine-tipped tweezers to remove a tick. If you don't have tweezers, put on gloves or cover your hands with tissue paper, then use your fingers. Do not handle the tick with bare hands.
- \* Grab the tick as close to its mouth (the part that is stuck in your skin) as you can. The body of the tick will be above your skin.
- \* Do not grab the tick around its swollen belly. You could push infected fluid from the tick into your body if you squeeze it.
- \* Gently pull the tick straight out until its mouth lets go of your skin. Do not twist the tick. This may break off

the tick's body and leave the head in your skin.

- \* Put the tick in a dry jar or ziplock bag and save it in the freezer for later identification if necessary.

After the tick has been removed,



wash the area of the tick bite with warm water and soap. A mild dishwashing soap, such as Ivory, works well. Be sure to wash your hands well with soap and water.

Note: If you can't remove a tick, see your doctor.

You can use an antibiotic ointment, such as polymycin B sulfate (think Polysporin or bacitracin) Put a little bit of ointment on the wound. The ointment will keep the wound from sticking to a bandage. If you get a skin rash or itching under the bandage, stop using the ointment. The rash may mean you had an allergic reaction to the ointment.

Some ticks are so small it is hard to see them. This makes it hard to tell if you have removed the tick's head. If you do not see any obvious parts of the tick's head where it bit you, assume you have removed the entire tick, but watch for symptoms of a skin infection. Symptoms of infection may include:

- \* Pain, swelling, redness, or warmth around the area.
- \* Red streaks leading from the area.
- \* Puss draining from the area.
- \* Fever or chills.

If you have a rash, headache, joint pain, fever, or flu-like symptoms, this could mean you have an illness related to a tick bite. If you have any of these symptoms, or symptoms of a skin infection, contact your doctor.

### Do not try to:

- \* Smother a tick that is stuck to your skin with petroleum jelly, nail polish, gasoline, or rubbing alcohol.
  - \* Burn the tick while it is stuck to your skin.
- Smothering or burning a tick could make it release fluid--which could be infected--into your body and increase your chance of infection.

Source: [webmed.com](http://webmed.com)

# Lake News



Child, Girl, Woman  
Lakes Area Association  
PO 335, Longville, MN 56655

**Website addresses:**

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[info@womanlakechain.org](mailto:info@womanlakechain.org)  
[waterpatrol@womanlakechain.org](mailto:waterpatrol@womanlakechain.org)



## Child, Girl, Woman Lakes Area Association Leadership Team

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Vice-President	Gary Knox	<a href="mailto:gary@minneteepee.com">gary@minneteepee.com</a>	682-2485
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Girl Lake:	Sue Meyer	<a href="mailto:gsmeyer@arvig.net">gsmeyer@arvig.net</a>	363-3659
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Woman Lake:	Dave Brown	<a href="mailto:sjblake2@tds.net">sjblake2@tds.net</a>	682-2309
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Road Signs	Dave Brown	<a href="mailto:sjblake2@tds.net">sjblake2@tds.net</a>	682-2309
Shoreline Naturalization	Jim Lewis	<a href="mailto:jimlewis@tds.net">jimlewis@tds.net</a>	682-2499
Aq. Invasive Species	Rich Hess	<a href="mailto:rhess48@arvig.net">rhess48@arvig.net</a>	363-2282
Fisheries	Rich Hess	<a href="mailto:rhess48@arvig.net">rhess48@arvig.net</a>	363-2282
Water Patrol	Ted Sigtenhorst	<a href="mailto:tsigtenhorst@arvig.net">tsigtenhorst@arvig.net</a>	363-3634
Healthy Lakes	Gary Meyer	<a href="mailto:gsmeyer@arvig.net">gsmeyer@arvig.net</a>	363-3659
Conserv. Stewardship	Vic Rinke	<a href="mailto:vicrinke@gmail.com">vicrinke@gmail.com</a>	682-2866
Newsletter	John Gundale	<a href="mailto:johngundale@tds.net">johngundale@tds.net</a>	682-2093
<b>Task Team Committees</b>			
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Navigational Safety	Dwayne Waldera	<a href="mailto:noisytoys@hotmail.com">noisytoys@hotmail.com</a>	363-2030
Webmaster	Carole Houghton	<a href="mailto:mchcah@arvig.net">mchcah@arvig.net</a>	363-2286

**Lake Representatives**

Zone 1	Andrew Benjamin	682-2153	Zone 6	Vacant Position	
Zone 2	Vacant Position		Zone 7	Kenneth Hanson	682-2045
Zone 3	Jim Limburg	363-2589	Zone 8	Scott Fjellman	714-742-6557
Zone 4	Dave Brown	682-2309	Zone 9	Peter Zenk	363-3445
Zone 5	John Lange	682-3119	Zone 10	Dean Berntsen	363-2613