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THE Ham Laker

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From the Mayor



Mayor Kirkham

Hello Ham Lakers!

I wanted to write to all of you to talk about our City's Fire Department and a big decision the City Council made.

Before I go into that, I want to go over some history with our Fire Stations.

We currently have two fire stations: Fire Station #1 next to City Hall, and Fire Station #2 at Xylite Street NE and Cross-

town Boulevard NE. Pre-2004, the City only had one station, and it was more than 25 years ago that we started to discuss building two more to complete a triangle of stations to cover Ham Lake.

Building and equipping two fire stations at once costs a lot of money—money the City didn't have. Per our City Charter, if the Council were to sell bonds for this, we can only borrow up to 50% of the current City annual fund budget. Anything higher than that needs to get approval from the residents through a referendum.

In 1998, this was put on the ballot and the residents of Ham Lake voted against it. At that time, the City decided to focus on Fire Station #2 and put Fire Station #3 on hold.

In 2006, the City purchased land at the southwest corner of 149th Avenue NE and Lexington Avenue NE, committing to building Fire Station #3 there. For about the last 10 years, the City has been slowly moving towards building Fire Station #3. In 2018, we hired an architect to give us a sketch of what we were looking for.

Now, your local elected leaders are tested: Do you have your architect design a Taj Mahal that will put your City in debt for 20 years? Or do you design a building that's practical, prioritizing our City's needs over the wants. If you're familiar with our current City Council, then you know we chose to go the practical route.

I know some may be read this and think we want to put up some sheet metal that doesn't match and call it a fire station. That's not the case here. This will be a very nice sloped-roof brick building that will house three fire apparatuses.

Between Covid slowing us down and hiring a new Fire Chief, we weren't ready to get bids on this project until a few months ago. At our March 6th City Council

meeting, we approved moving forward on the bidding process, with a bid opening date of April 5th. Of the 10 contractors who gave us a bid, Ebert Construction came in the lowest at \$2,482,000 (\$482,000 higher than we had in our budget for this).

Now that the numbers are in, we as a Council had to decide what to do. Like most people, I like to weigh the pros and cons:

Cons of Moving Ahead with Fire Station #3

- Inflation

Pros of Moving Ahead with Fire Station #3

- Plan in place to equip the station
- Have a practical design, not a Taj Mahal
- Last major piece of City-funded infrastructure
- Lower cost of insurance for nearby residents
- There's been major growth on the City's east side
- Another location with a fire well
- Located on the extremely busy Lexington Avenue NE corridor
- Provides an additional location for EMT and the Sheriff's Office to stage
- Paying cash for building/equipment

I didn't list all of the pros, but those were some of the big ones for the City Council and me. Now, the only negative thing I can come up with is inflation. So in this case, the pros outweigh the cons.

The City is in a good spot financially. We're going to pull some funds from our reserves to cover the budget difference. This is a larger than normal amount to pull from our reserves, but we're still going to be above the 50% amount of our Annual Fund Budget. This allows us to pay cash for the building, saving the tax payers a few hundred thousand dollars of interest. As a matter of fact, we're three years away from the City being debt free!!

This has been in the making for over 25 years. The City Council unanimously decided on April 17th to accept the lowest bid from Ebert Construction to build Fire Station #3, with the goal of completing constructed by the end of 2023.

If you live near this area, reach out to your insurance agent after construction is complete to see if you qualify for a discount for being located close to a fire station.

Also, we'll need additional firefighters to help staff the station, so please reach out to Fire Chief Raczkowski at City Hall for more information.

Thanks,
Mayor Kirkham

Ham Lake Farmers Market Opening June 21

Our 7th season of the Ham Lake Farmers and Artisan Market kicks off on Wednesday, June 21st in the Mickman Brothers Parking lot (14630 Hwy 65 NE, Ham Lake). The Market will be held every Wednesday from 3:00-7:00 pm, from June 21st through September 27th.

Whether you're looking for food or fun, you're sure to find plenty to please your palate. From syrup to salsa, berries and baked goods, our Market carries a colorful assortment of locally-grown fresh produce, herbs, kettle corn, cotton candy, salsa, Kansas City-style barbecue sauce, beef, chicken, pork, eggs, honey, maple syrup and pickled items.

Many of our artisan crafters are returning again this year and will feature handmade soaps, 3D paper craft greeting cards, wood crafts, towels, totes, candles, jewelry and so much more! You can sample treats from sweet to savory with a variety of food trucks also attending: White Rabbit Kitchen, Now That's Waffles, Grumpy's Mini Donuts, The Treat Truck and Minne-Scoop-ta.

For information on which vendors and food trucks to expect each week, check out our website at: www.hamlakeareacc.org/events/farmersmarket Follow our Facebook or Instagram page for weekly updates.

Voice Your Concerns • June 20 City Storm Water Treatment

The City of Ham Lake obtained a National Pollutant Discharge Elimination System permit from the Minnesota Pollution Control Agency (MPCA), which addresses areas to reduce or eliminate pollutants from storm water runoff.

An important part of Ham Lake's permit is public education and outreach. Citizens are invited to attend an annual public meeting on June 20th and to report concerns or illicit discharges to City staff.

This meeting allows citizens an opportunity to give written or oral input on the program. The City must consider these suggestions and make appropriate adjustments to the program when submitting its annual report to the MPCA.

(Continued on page 3)

Mark Your Calendars

Ham Lake's Fireworks display will be held on Saturday, July 1 at dusk in Lion's Park!

Mark your calendars to join us for the fireworks and the other Freedom Festival events happening that day. Look for more details in the months to come!



Articles and photos that appear in *The Ham Laker*, along with other useful information about the City, can be found on the City's website:
www.ci.ham-lake.mn.us

Ham Lake City Council News

At its **April 17, 2023** meeting the City Council took the following actions:

Approved items on the Consent Agenda included:

- Ham Lake Member City Grant Agreement with Twin Cities Gateway
- 2024 Budget for the Upper Rum River Watershed Management Organization
- Resolution No. 23-17 for the American Rescue Plan Act (ARPA) funding of equipment for Public Works and City Hall
- Oversized accessory building at 4114 158th Ave NE
- Agreement to contract with Isanti County Animal Control for temporary animal control services
- Field Party Permit for Maxx Bar & Grill, 17646 Central Avenue NE for May 19-21
- Approved a reimbursement to Mary Bottineau for the cost she incurred for property appraisal .
- Accepted the low bid from Ebert Construction for the construction of Fire Station #3 and adoption of Resolution No 23-18.

At its **May 1, 2023** meeting the City Council took the following actions:

Approved items on the Consent Agenda included:

- 2024 Facility Use Agreement with Soderville/ Blaine Athletic Association (SBAA)
- Amending the Employee Handbook
- Accepting the resignation of Administrative Assistant II, Teri McMahon
- Accepting the Radisson Sunset Estates Development project and commencing the one-year warranty period
- Accepting the Catchers Creek of Ham Lake project and commencing the one-year warranty period.
- Approved the request of Andy Buddensiek for a Certificate of Occupancy to operate a used car dealership at 15903 Lincoln Street NE, subject to requirements.

Visit the City's website to view Council and Planning meeting videos on-demand and agenda minutes of City Council and Planning Commission: www.ci.ham-lake.mn.us.

Sheriff's Report

Thefts & Damage to Property

03.28 14xx 165 Ave NE—a mower on a trailer at the business was stolen

04.01 176xx Ulysses St NE—a snowmobile and trailer was stolen from a business lot

04.03 9xx McKay Dr NE—damage to mailbox

04.16 176xx London St NE—theft of an Amazon package

04.24 29xx 166 Ave NE—a home was egged two nights in a row; possible suspects identified

04.26 148xx Aberdeen St NE—a stolen vehicle from St. Paul was discovered at the tow lot

04.27 133xx Jenkins St NE—theft from unlocked vehicle in driveway overnight; boxes were stolen

04.27 18xx 134 Ave NE—unlocked vehicle rummaged through overnight; nothing was stolen

05.04 3xx Bunker Lake Blvd NE—a vehicle that was inoperable was stolen from the business

Burglaries

03.29 142xx Hwy 65 NE—a vehicle was stolen from a storage unit at the location

05.04 139xx Yancy St NE—forced entry into barn; owner startled the suspect and he ran

Arrests

04.01 Bunker Lake/Terrace Rd NE—Drugs; deputy observed a suspicious vehicle with expired tabs. The registered owner was also revoked. Meth was found on the driver and he was arrested.

04.06 12xx 133 Lane NE—Domestic Assault; deputies responded to a delayed domestic assault report between a boyfriend and girlfriend. A KOPS alert was put out for the boyfriend's arrest. He was located and arrested in Mankato.

04.08 30xx Hemlock Lane NE—Warrant Arrest; a male with a warrant was found at the location. He was arrested.

04.11 9xx 154 Ave NE—Warrant Arrest; two men with warrants were arrested at the location.

04.13 41xx Wildwood Dr NE – Domestic Assault; deputies responded to a father/daughter domestic. The father was arrested.

04.14 178xx Marmon St NE – Domestic Assault; deputies responded to a father/daughter domestic. The daughter was arrested.

04.14 Hwy 65/Crosstown Blvd NE—DWI 4th degree; vehicle stopped for swerving and varying speeds.

Field sobriety tests were conducted and failed and the male was arrested.

04.16 147 Ave/Hwy 65 NE—Warrant Arrest; deputy stopped a driver because he had a felony warrant. He was arrested.

04.18 12xx Constance Blvd NE—Drugs; deputy stopped a motorcycle for having no rear lights. The driver admitted he didn't have a driver's license and had an open bottle of alcohol in his pocket. An Oxy pill were found in his pocket. He was arrested.

04.22 Davenport/143 Ave NE—DWI 2nd degree; a caller reported a male slumped over a steering wheel with a bloody face. A warrant for blood was obtained and the male was taken to the hospital. Charges are pending blood test results.

04.23 13700 Block Aberdeen St NE—DWI 2nd degree; a caller reported a male unresponsive in his vehicle parked on the wrong side of the street. Field sobriety tests weren't conducted for his safety. He PBT'd .32 and was arrested.

04.30 149xx Durant St NE—Domestic Assault; deputies responded to a husband/wife domestic. The husband was arrested.

05.01 30xx Hemlock Lane NE—Warrant Arrests; a deputy went to the location looking for a male with multiple warrants. The male was found hiding in the closet and arrested.

New to the City's Website

Is there a tree down in the street or a pothole that needs to be fixed? Use Ham Lake's new "Report a Concern" icon on the City's website to report it at: www.ci.ham-lake.mn.us. You can include photos.



Report a Public Works Concern

Choose the category that best fits the problem and fill out the form. Once you've submitted your form, you'll receive an email from the City acknowledging your request.

Our staff responds to these requests during regular business hours. If a report comes in on a holiday, weekend or after-hours, it will be read on the next business day.

This reporting system is for city maintenance/public works issues. If you need immediate attention or police response, please call 911.

Night to Unite at Cedar United Methodist Church

Cedar United Methodist Church wants to meet their neighbors for Night to Unite on Tuesday, August 1st.

All ages are welcome to join them from 5:00-8:00 pm at their location at 17541 Jefferson St. NE in Ham Lake. They'll have live music, a car show, games and food. See you there!

No Oak Tree Cutting Between April 1- July 15

The City would like to remind residents we are in the "no-cut" period for oak trees. It started April 1st and is effective through July 15th (Article 11.1400.4 of the City Code).

If you need to cut an oak tree or trees during the no-cut period, you'll need a permit from the City before cutting. Please contact a City tree inspector with your questions at (763) 235-1662.

Fire Department Calls

The Ham Lake Fire Department responded to 31 calls during the month of April: 22 during the day and nine at night. The department spent just over 15 hours on calls with a total personal time of 472 hours.

Year-to-date, the department has answered 127 calls compared with 128 calls at the same time last year.

April Building Permits

The City of Ham Lake issued 80 permits in April with a valuation of \$963,515.50.

The issued permits are as follows: two commercial miscellaneous, two commercial temporary tents, three residential new construction, three residential remodel, two residential basement finish, five residential deck, two residential pool, two residential miscellaneous and 13 roofing/siding.

Other permits include 24 mechanical, 17 plumbing and five septic installations.

July Issue Deadline: Wed., June 14 @ noon

Please send all Ham Laker correspondence, articles and ideas to:

City of Ham Lake
15544 Central Ave NE
Ham Lake, MN 55304

Email: HamLaker@ci.ham-lake.mn.us

For advertising information please contact City Hall at 763-434-9555

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Ham Lake Contacts

City Hall: 763-434-9555
To report emergencies after office hours call 911.
City Hall Hours: Monday-Thursday: 7:00-4:30
Friday: 7:00-11:00

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Jesse Wilken (Council)
763-458-4608
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(Voice Concerns, continued from page 1)

The meeting will be held at 6:01 pm on Tuesday, June 20th, at the Ham Lake City Council meeting. The public is encouraged to submit written comments and concerns on the Storm Water Pollution Plan by June 23rd to City Hall (15544 Central Avenue NE, Ham Lake MN 55304).

A copy of the SWPPP will be available for review at City Hall or from the City's website. Go to: www.ci.ham.lake.mn.us under *Services and Water/Stormwater*. For more information, call the City at 763-434-9555.

Ham Lake Scout Pack 508

Ham Lake Cub Scout Pack 508 held another successful Pinewood Derby event on January 24th. The excitement to gather and get the wheels turning was palpable from both the scouts and the twenty-four local community sponsors of the FundRacer event.

Scout Nash Friedrich took home the winning trophy from among the sixteen scout-built derby cars. Gizmos Custom Car Shop of Cedar zoomed in with the fastest time of the FundRacer participants.

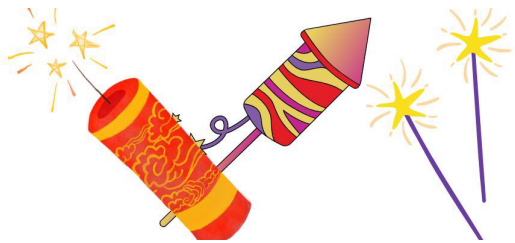
Pack 508 would like to thank the sponsors who made this year's Derby a success and for their donations supporting another year of scouting activities:

C.J. Garage, Canine Crossing, Cedar Creek Energy, Diamond Metal Products, EFI Performance, Elite Garage Door, Gerald Schaefer/First Class Mortgage, Gizmos, Ham Lake Chamber of Commerce, Ham Lake Hardware, Ham Lake Lanes, Ham Lake Lions, Holtz Garden Center, Jefferson Street Barbershop, Lang Builders Inc., Mickman Brothers, Minnesota Equipment, Minuteman Press, One Stop Convenience Center, Paul Klucsar, Polaris Materials Engineering & Testing, Summit Dental, Twin Cities Physicians and Verus.

Cub Scout Pack 508 invites all families to join them in building strong kids and a strong Ham Lake community. Learn how to join at www.pack508mn.org.

Plan to Use Fireworks?

The Fourth of July is nearly here and fireworks are a traditional part of the celebration for many. Before you go out and buy fireworks yourself, let's take a look at some numbers.



In 2017, eight people died and over 12,000 were injured badly enough to need medical treatment after fireworks-related incidents. Of these, 50% of the injuries were to children and young adults under age 20. 67% of injuries took place from June 16th to July 16th. While the majority of these incidents were due to amateurs attempting to use professional, homemade or other illegal fireworks or explosives, an estimated 1,200 injuries were from less powerful devices like small firecrackers and sparklers.

Additionally, fireworks start around 18,500 fires each year. This includes 1,300 structure fires, 300 vehicle fires and nearly 17,000 other fires.

Fireworks are never considered safe, and must be treated with respect. Even a simple sparkler can reach temperatures over 1,200 degrees! And remember, not all fireworks are legal in Minnesota. The best thing to do is leave fireworks to the professionals.

If you choose to use fireworks, here are a few tips:

- Use fireworks outdoors only
- Obey all laws about the type and use of fireworks
- Read and follow instructions on the package
- Closely supervise children with fireworks
- Have a hose or bucket of water nearby
- Alcohol and fireworks do not mix

The Ham Lake Fire Department wishes you a safe and enjoyable holiday and summer!

Happenings at the Senior Center

Open Monday-Thursday 8:00 am - 3:30 pm
15544 Central Ave NE in Ham Lake
763-434-0455

THE SENIOR CENTER IS OPEN for all activities and meals (Mondays and Wednesdays). Please spread the word to everyone as some people didn't renew their membership last year and may not be getting the newsletter.

Senior Dining on Mondays and Wednesdays each week at noon. **Reservations needed!** Meals are \$7 for those 55+ and \$10 for those younger than 55.

NEW!! The Senior Center is offering coffee and cookies for Vets on Monday mornings at 9:00 am.

NEW!! There is a collection box in the entry of City Hall for flexible plastics. Everything must be clean. Grocery bags, bread bags, bubble wrap, dry cleaning bags, newspaper sleeves, ice bags, plastic shipping envelopes, re-closable food storage bags, cereal bags, water bottle case overwrap, salt bags, pallet wrap and stretch film, wood pellet bags and produce bags.

Tax preparers will be at the Senior Center on June 8 and June 27 from 9:00 am to noon to help seniors prepare their M1PR (property tax refund). First come, first served. No appointments.

Senior Center Activities include fitness class, cribbage, wood carving, Bingo, 500 cards, Hand & Foot cards and Dominoes.

Watch for upcoming trips to the Casino (open to the public), Jam Sessions during the day and evening (open to the public), health insurance counseling, scheduled shopping trips for those who need transportation, free blood pressure checks and a birthday lunch.

DEFENSIVE DRIVING COURSES for 2023 are held by MHSRC (Minnesota Highway Safety Research Center) for those 55 and older. Registration is required. Call 1-888-234-1294 for information and to register. Or go online: www.stcloudstate.edu/continuingstudies/mhsrc/55-plus

4-Hour Refresher Course: You need to take this every three years. Time flies, so make sure you are current! The fee is \$24 for the 4-hour class:

Friday, June 9: 11:00 am - 3:00 pm

Friday, September 15: 11:00 am - 3:00 pm

Friday, November 10: 12:00 - 4:00 pm

8-Hour Course for "First Timers"

There are none scheduled at this time.

Did you know? If you're 55 years or older, state law requires your insurance company to give you a 10% discount after taking an 8-hour Defensive Driving Course and attending a 4-hour refresher course every three years.

NOTE: The Ham Lake Senior Center is not available for rent!

Help Prevent Poo-llution!

We've all been there—you're out on a walk when you suddenly have to swerve to avoid stepping in dog poo. Please help prevent this! Not only is it polite to pick up and throw away your dog's poo—it keeps our waters clean.



(Photo courtesy of Clean Water MN)

Even small amounts of dog waste contain lots of E. coli bacteria and phosphorus, common water pollutants. Improperly or undisposed waste can flow into local waterbodies from rain and snowmelt flowing into storm drains.

This is why it's important to always pick up the poo no matter where it is and throw it into trash containers. Pet waste can leach bacteria even in winter, so pick waste up year-round. Thanks for helping protect our water and your fellow walkers' shoes!

For more information, contact the Coon Creek Watershed District at info@cooncreekwd.org or call 763-755-0975.

Illegal Dumping in Streets

A major source of water pollution is stormwater runoff from properties. To reduce this water pollution, state standards require that cities have ordinances stating that anything other than water going into the street or storm drains is illegal.

For example, perhaps you spill fertilizer or paint and wash it into the street so it goes down the drain. Or you blow grass clippings or leaves to the curb. These actions cause pollution in our water and are considered illegal dumping.

They are called Illicit Discharges: "any discharge to a storm drain system that is not composed entirely of stormwater, with some exceptions." (Source: US EPA) Exceptions include firefighting and other permitted discharges.

If you see anyone spilling, dumping or disposing materials into a storm drain or the street between 7:00 am and 3:30pm it should be reported immediately to the Public Works department: 763-235-1662. Call 911 if you think it's a hazardous material emergency. The fire department handles emergency responses for contamination and spills.

The County compost site accepts clippings and leaves, or leave them on the lawn to add natural fertilizer to the soil, as recommended by the professionals.

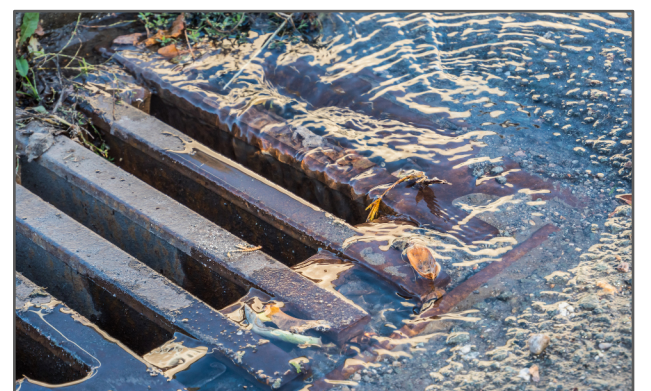
Common Illicit Discharge Examples

Illegal Toxic Materials:

Motor oil and grease, pesticides, herbicides, paint, winter de-icers and salt

Illegal "Organic" Materials:

Grass clippings, leaves, sand, "pet friendly" winter de-icers, fertilizers



Freedom Festival • July 1

Celebrate Freedom on Saturday, July 1st with an amazing afternoon of food and fun at the annual Ham Lake Freedom Festival.

The Festival kicks off at 3:00 pm in Ham Lake Lions Park and ends with the city's fireworks display you won't want to miss!



Freedom Festival will host a number of great family activities such as an obstacle course and inflatables. Kids can practice their archery skills at an archery stand hosted by the BSA.

We will once again hold an Artisan Craft Fair and Business Expo featuring multiple craft vendors as well as informational booths from 3:00-9:00 pm. Join our charitable gambling team at 4:00 pm for Bingo in the pavilion, followed by live music by the Shotgun Drama Junkies.

Food and beverage vendors will be set up in the parking lot near the pavilion so you can enjoy delicious eats and sweet treats throughout the event.

Back by popular demand is 500 FREE pork sandwiches sponsored by Upper Midwest Athletic Construction. These begin at 6:00 pm and are available first-come-first-served until they run out.

The annual Ruck & Roll 5-mile Walk/Run hosted by 13th Hour Training and Self Defense will begin at 4:00 pm. For those who want something less intense, try the Freedom Fun Run at 4:30! No need to worry about being a professional runner for this one—it's only 0.5K! (After all, we don't want to overdo it!)

For full event details plus registration information for both the Ruck & Roll and the Freedom Fun Run, go to the Ham Lake Chamber's website at: www.hamlakeareacc.org/events/freedomfestival

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Ham Lake Business Spotlight: Regan MOVES

Regan MOVES is an online fitness and nutrition program for people with chronic conditions to increase their energy and decrease their pain. Ham Lake-based founder and owner Regan Birr specializes in presenting gentle, adaptable workouts anyone can do, even if they're sitting down.

People who suffer from an autoimmune disease or chronic pain are especially good candidates for her low-torque and specialized exercises. Others who will benefit are seniors, people who want to lose weight, those recovering from surgery, expectant mothers and more. Her main focus is to increase the overall health of her clients.

Regan MOVES provides workouts to clients through live Zoom sessions twice a week, on Tuesdays and Thursdays. This allows them to join her program from the comfort of their own home—or even in a work setting, as these are taught over the lunch hour.

Regan also offers Group Workshops that include a Regan MOVES workout session, training on nutrition and strategies to improve mental health. These workshops are open to businesses, support groups, hospitals, care centers, clinics, senior communities and healing centers.

In addition to those venues, Regan offers personal and group coaching in the areas of mindset, nutrition and exercise. And she offers her personal exercise training for individuals and small groups.

Regan isn't a medical professional or therapist. Her own challenges with systemic lupus have been the catalyst for her journey towards lessening her pain and gaining energy through her mindset changes, food choices and exercises.

With her background in mechanical engineering, she found she could modify movements that caused her pain by using basic physics principles. When asked how this kind of exercise has improved her life on a scale of 1-to-10 she replied, "Off the chart! They're no comparison to my life before. And because of that huge difference, I will never go back. I've been living this way for 15 years now."

Regan always has her clients check with their personal doctor before starting any of her programs. But she's never had their doctor discourage them from participating, as exercise is something the doctors typically advise already.

She emphasizes that her clients need to want to make these improvements in their lives. But if they have the motivation to pick up the phone and call



Regan Birr, owner of Regan MOVES

her, she'll help them in their journey to better health. "We all have the potential to be healthy, even with chronic conditions," she said.

A portion of the proceeds from Regan MOVES goes to help fund the Lupus Research Foundation, a non-profit founded by Regan and her husband Todd. You can learn about it at LetsCureLupus.org.

Regan has spoken on a variety of related topics for HealthPartners, Chambers of Commerce, Lions groups, other lupus foundations and even Duke University (online). She is always open to these kinds of speaking opportunities.

Find out more about Regan MOVES on the website: reganmoves.com. You can contact Regan directly by email at regan@reganmoves.com or by phone at 720-470-8049.

Faith-Based 12-Step Recovery Program

Overcomers Outreach is an international community of 12-Step support groups that are Christ-centered and minister to men and women suffering the consequences of any addiction or compulsive behavior.

Participants recover together as they meet to study, grow and share God's Word. Overcomers Outreach welcomes everyone regardless of age, race, gender, lifestyle, background or belief. Believing that Jesus Christ is their "higher power," they serve as a bridge between traditional 12-Step recovery groups and churches of all denominations.

Overcomers Outreach meets weekly on Tuesday evening from 6:30-8:00 pm at Ham Lake Alano (13536 Central Avenue, Ham Lake). Participation is 100% free, although free-will donations are always appreciated. If you have questions or would like more information, call 763-447-8012.

Community Calendar

- June 5: City Council mtg, City Hall 6:00 pm
- June 12: Planning Commission mtg, City Hall 6:00 pm
- June 14: *The Ham Laker* ads and articles deadline for the July issue @ noon
- June 19: City Hall will be closed in observance of Juneteenth
- June 20: City Council mtg, City Hall 6:00 pm
- June 26: Planning Commission mtg, City Hall 6:00 pm

JUNE 2023

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