Imsdahl Bruce T Form 4 November 30, 2004

FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

Check this box if no longer subject to Section 16.

Form 4 or

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF **SECURITIES**

OMB APPROVAL

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January 31,

2005

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Form 5 Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, obligations Section 17(a) of the Public Utility Holding Company Act of 1935 or Section may continue. 30(h) of the Investment Company Act of 1940 See Instruction

1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person * Imsdahl Bruce T	2. Issuer Name and Ticker or Trading Symbol	5. Relationship of Reporting Person(s) to Issuer			
	MDU RESOURCES GROUP INC [MDU]	(Check all applicable)			
(Last) (First) (Middle)	3. Date of Earliest Transaction	Director 10% Owner			
	(Month/Day/Year)	X Officer (give title Other (specify below)			
400 NORTH FOURTH STREET	11/29/2004	President and CEO			
(Street)	4. If Amendment, Date Original	6. Individual or Joint/Group Filing(Check			
	Filed(Month/Day/Year)	Applicable Line)			
BISMARCK, ND 58501		_X_ Form filed by One Reporting Person Form filed by More than One Reporting Person			

(City)	(State)	(Zip)	Table I. Non-Derivative Securities Acquired Disposed of ar Reneficially Owned
(010)	(State)	(-P)	Table L. Non-Derivative Securities Acquired Disposed of or Reneticially Owned

1.Title of Security	2. Transaction Date	2A. Deemed	3.	4. Securities Acquired (A)			5. Amount of	6.	Nature
(Instr. 3)	(Month/Day/Year)	Execution Date, if	Transacti	or Dispos	ed of	(D)	Securities	Ownership	of Indirect
		any	Code	(Instr. 3, 4	4 and 5	5)	Beneficially	Form:	Beneficial
		(Month/Day/Year)	(Instr. 8)				Owned	Direct (D)	Ownership
							Following	or Indirect	(Instr. 4)
					(A)		Reported	(I)	
					or		Transaction(s)	(Instr. 4)	
			Code V	Amount	(D)	Price	(Instr. 3 and 4)		
			Couc v	7 Illiount	(D)	\$			
Common Stock	11/29/2004		M	12,000	A		16,165	D	
						19.8267			
Common Stock	11/29/2004		S	12,000	D	\$ 27.45	4,165	D	
				,		T =	.,		
Common Stock -							14,532.582	I	By
(401-k)							14,332.362	1	Trustee
									_
Common Stock -							8,628.939	I	By
(ESOP)							0,020.737	•	Trustee
Common									
Common							7.040	_	By
Stock-Restricted							5,310	I	Trustee
Stock									1145600

Common Stock Insdahl
Trust

Imsdahl
Family
Trust

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

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(9-02)

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transactio Code (Instr. 8)	ransactionDerivative ode Securities		Derivative Expiration Date Securities (Month/Day/Year) Acquired (A) or Disposed of (D) (Instr. 3, 4,		7. Title and Amount o Underlying Securities (Instr. 3 and 4)	
				Code V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Share
Stock Options (Right to buy)	\$ 19.8267	11/29/2004		M	12	2,000	02/15/2010(1)	02/15/2011	Common Stock	12,000

Reporting Owners

Reporting Owner Name / Address Relationships

Director 10% Owner Officer Other

Imsdahl Bruce T
400 NORTH FOURTH STREET
BISMARCK, ND 58501

President
and CEO

Signatures

Debra S.
Anderson

**Signature of Date

**Signature of D Reporting Person

Explanation of Responses:

- * If the form is filed by more than one reporting person, see Instruction 4(b)(v).
- ** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).
- (1) These options were originally exercisable 2/15/2010 but vesting of 23,361 was accelerated to 2/12/04 upon attainment of certain performance goals. The balance of 17,264 options will vest on 2/15/2010, but vesting of some or all of these 17,264 may be accelerated

Reporting Owners 2

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depending on attainment of certain performance goals.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.