



# Newsletter



Vol. 2016, No. 2

March, 2016

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# From the Editor:



Scott Farquhar

In this issue .... A new Gear Swap section, Upcoming Programs, information on becoming a Trip Leader, Photography Tips, a link to a carabineer recall, a link to a GPS Review article, upcoming courses, a couple helpful hints, a few trip reports and a call for HELP on the May Newsletter

Thanks go to Don Carpenter, Ward Whicker, and Paul Weber for contributions to this newsletter. Some of these folks are racking up the Ellie Adventure Awards. I may have to come up with an "Ellie Award Sash"!

As I do in every newsletter I would like to welcome the 18 new members that have joined the Fort Collins Group since December (see the next page for a listing). If you need any help in taking advantage of the resources the club has to offer don't hesitate to contact me or Chris Haugen, our Membership Director. For all of you existing members remember to extend a hearty welcome to any new members you see.

See ya on the trail ..... Scott

# Welcome New Members!

January	February
Mark Sears	Shannon Ingraham
William Tieman	Rebekah Walton
Lori Benvenuto	Candice Veale
Ted Arther	Duane Bauman
Bill Trout	Curt, Katie, Jake and Julia Reynolds
	Robert Clark
	Jeana Herron
	Andrea Severson
	Joshua Christianson
	Bobby Lynn Williams

# Message from the Chair:

By Ward Whicker



Trip leaders are pretty much the heart and soul of our club, especially in terms of what they do for the membership. In addition to offering trips, many of these leaders also help teach courses in mountain skills, help develop programs, and serve on our governing Council. They get to know the membership well, and end up becoming great friends of many in the club. They tend to be knowledgeable on gear, places to explore, mountain hazards and all sorts of related areas, and thus provide a knowledgeable source of informal advice to members. Personally, I'm proud to be an active leader, and derive great pleasure from leading trips and "giving back" in this way. I think most of our leaders feel this way too.

Those contemplating becoming a CMC leader might ask: "What does it take?"

- First, one needs enough experience to feel confident in leading others of varied abilities. This can be achieved over time simply by being in the mountains a great deal and learning how to travel, manage hazards, and stay safe & comfortable. Many, myself included, gained confidence this way; however it can take a long time to learn enough through trial & error to become a competent leader. A more efficient way is to take educational offerings of our club, such as the Mountain Hiking School, Alpine Scrambling Course, Basic Mountaineering Course, and clinics or workshops on snowshoeing, skiing, snow climbing, and related topics.



# Message from the Chair: (cont.)

Of course, a combination of self-taught experience and course completion is even better, allowing one to reach a certain level of competence in a given activity, which naturally is different for each person. Leaders may be limited to A hikes on well-used trails, qualified to lead high mountain month-long expeditions world-wide, or virtually any level in between these extremes. What they have in common, however, is knowing their individual skills & limits, and being able and willing to lead, demonstrate, encourage, caution, and ensure a safe trip for all the participants.

- Next, our Group requires attendance at an evening seminar on leadership and safety, typically given by a highly-experienced leader who also serves as Director of Leadership & Safety for the Fort Collins Group Council. This person, currently Paul Weber, covers the main concepts and rules that are summarized in a 57-page Trip Leader Manual. This manual is developed and periodically updated by an experienced committee selected by the Statewide CMC.

See: <http://www.cmc.org/Portals/0/GoverningDocs/Trip%20leader%20manual%202012.pdf>

Parts of the manual only apply to certain activities, such as the various types of skiing, technical climbing, or snowshoeing. Fundamentally, leaders are expected to know and abide by the concepts & rules outlined in the Trip Leader Manual that apply to the kinds and levels of activities they are qualified to lead.

# Message from the Chair: (cont.)

- All leaders are required to be certified in first aid skills. Standard American Red Cross First Aid qualification, or higher, is needed, depending on the type, level, and difficulty of activity expected. For example, a person leading easier on-trail A and B hikes might only need the Standard American Red Cross First Aid qualification. More difficult, off-trail hikes at C and D levels, or moderate to advanced backcountry ski outings, for example, should have certification in Wilderness First Aid. A major difference in the two types of certifications lies in the difficulty of getting help in more remote, wilderness settings in case of a serious injury, as well as the level of risk based on the nature of the terrain being traveled. Typically, these certifications are valid for two years, after which time they need to be renewed through appropriate courses. Leaders are very strongly encouraged to maintain proper certification.
- The final step is to successfully complete a Leader-in-Training (LIT) hike under the mentorship of an experienced CMC leader. The trip is officially co-led by the CMC leader and the candidate for leadership status who has completed the Leadership and Safety Seminar, studied the Trip Leader Manual, and become certified in the appropriate first aid course. At this stage, the person who is the LIT is expected to plan & organize the trip, research the area to be traveled, determine things like distance and elevation gain, classify the trip, enter the details on the CMC Trip Calendar, handle correspondence with prospective participants, and make sure participants are sufficiently fit and skilled to be on the trip. The roster is formed and notified, then logistical details of the trip are communicated to the trip roster, usually a few days ahead of the trip. Finally, the trip is held, with the LIT taking charge of the day, and the mentor observing and being there as a resource if needed. Once successfully completed, the



# Message from the Chair: (cont.)

mentor provides a detailed evaluation of the trip and performance of the LIT and recommends, or not, the elevation of the LIT to a Leader. This is submitted to the Leadership and Safety Director, who can deny or recommend leadership status of the LIT to the State CMC Office. The latter then adds the new leader's name to the computer files allowing that person to access the software necessary to post trips.

Once a new leader is fully endorsed, that person is free to offer trips to the membership. Leaders are, of course, expected to lead trip types and levels of difficulty that are well-within their experience and. Usually, to destinations that are familiar. It is often advisable for new leaders to ask more-experienced individuals to co-lead trips. This adds a layer of insurance and mental comfort, just in case something unexpected should happen. Even highly-experienced leaders often use co-leaders for these reasons, or sometimes to also provide additional tips and experiences for less-experienced or newer leaders.

While leading trips can be great fun and very rewarding, we should recognize that leaders are assuming considerable responsibility. There is notable effort involved in trip planning and posting, as well as communicating with participants. And, on the trip, the leader takes on the serious responsibility of making good decisions, keeping everyone safe, and properly handling any emergency situation. Leaders do have a degree of liability protection provided by the

# Message from the Chair: (cont.)

CMC; however in any situation on a trip that results in legal action against a leader, it is extremely important that the leader has acted responsibly and within the safety guidelines published in the Trip Leader Manual. It is also extremely important that any leader makes decisions in the best interests of the group, and sometimes in the best interests of the least fit, most vulnerable, or most anxious of the participants. Never ever, should a leader allow his/her personal goals to over-ride the best-interests of all or any of the participants.

In the next Message from the Chair, I will discuss the question: "What does it take for leaders to become better at it, and what does it take to become an exceptional leader?"

Ward Whicker



# Programs!



Bob Dietz  
Program Director

## March Program The Mountaineering History of Estes Park – Dr. James H. Pickering

What: March Program

Where: Senior Center

When: January 27, 7:00 PM

Who: Fort Collins CMC Members AND Public Welcome

James H. Pickering became Estes Park's Historian Laureate in 2006. He received his undergraduate education at Williams College and his M.A. and Ph.D. degrees from Northwestern University. A professor of English, specializing in American literature and American studies, he has taught at Michigan State University, where he served as Director of The Honors College, and at the University of Houston, where he served as dean, provost, and president.

Jim's long adventure with the Estes Valley and its history began in the late 1940s, when he vacationed with his parents and sister in a 1916 log cottage on the lower slopes of the Twin Sisters, high up in the Tahosa Valley. Jim has been a part-time resident in Estes Park since 1992 and has served on the board of directors of the Estes Park Museum Friends & Foundation for nine years.

# Be Someone Special! Become a Leader!

By Paul Weber – Leadership & Safety Director

At the heart of CMC is a leader guiding members on a trip. It is the most basic service we provide to our members. Leaders are not paid for their efforts; they receive their only reward in providing opportunities for others. It is something special we ask of certain members - to volunteer to become a leader. Leaders are special people, and without leaders we would have no trips.

As Leadership & Safety Director, I am asking for willing members to step forward to become leaders in the Fort Collins Group. The responsibilities are not onerous, and the rewards may surprise you. Members do appreciate a good leader's effort.

How do you become a leader? You must complete a one-day leadership course. The next course is scheduled for Saturday, April 9th. Leaders must also complete a Basic First Aid, for Class A and B hikes, or Wilderness First Aid for more advanced trips. The Club will reimburse you for the cost of the first aid course. On your first trip, you will lead with an experienced leader who will provide feedback to you.

Then you are free to schedule as many or as few trips as you please. It's a good idea to start by leading easier trips to gain experience. Lead an Easy B trip in Lory State Park or a Moderate A to Emerald Lake in RMNP. Where you go beyond that level is entirely up to you. And you will have gained the respect and privilege of being a LEADER! For more information and to sign up for the Leadership course, contact Paul Weber at 970-225-1026 or email [pweber.cmc@comcast.net](mailto:pweber.cmc@comcast.net).

# What's Coming Up?

## Snow Climbing and Crampon Workshop

The Fort Collins CMC Group will offer a snow climbing and crampon workshop for spring 2016. This workshop is intended to prepare participants for moderate angle snow climbs in Colorado. To participate, you should have completed instruction in basic snow climbing techniques such as in a basic mountain hiking or scrambling course that includes a day of snow practice. That instruction should include basic techniques for ascending and descending moderate angle snow without crampons, self-arrest with and without an ice ax, self-belay with an ice ax, and assessing terrain risks and run outs.

The workshop will build on those basic skills to develop skills for climbing intermediate snow slopes that require the use of ice ax, crampons, and on occasion roped climbing. Course content will include: gear and equipment choices and selection, a review of basic snow climbing techniques, ice ax techniques, crampon techniques, basic roped climbing techniques, route planning and route selection, terrain and hazard considerations.

The course instructors will be John Raich, Gordon Thibedeau, and Peter Gill. The course will consist of one class session and two field trips in May. The cost to participate is \$35. For more information go to [cmc.org](http://cmc.org) (click on "Quick Trip", choose Fort Collins Group and click "Apply") .

# Did you Know?

## YIKES – Carabiner and Sling Recall

Black Diamond has issued a voluntary recall for safety issues with some of their recently manufactured carabiners and slings. Please check your gear and make sure you do not have any of the recalled items. If you do, self inspection instructions are in the links below:

<http://warranty.bdel.com/CarabinerRecall/Landing>

<http://warranty.bdel.com/RunnerRecall/Landing>

Thank you Chris Haugen for sharing this



# Did you Know?

## A few Photography Tips

We would all like to take better photos to remember our adventures, but sometimes when we get home the results of our efforts are a bit disappointing. I am certainly not an expert, BUT I can search the internet for help. There are many sites that provide tips. I have included 10 tips suggested by Zachary Konecki on the web page PhotoGuides. Rather than going into detail in the newsletter I have provided the link so you can read the entire article.

<http://www.photoguides.net/11-tips-for-amazing-landscape-photographs>

So get out there and “get clicking” AND remember to share on our Group Facebook page or send photos to me to share in the Newsletter

- 1. Make sure the camera is using the highest quality setting**
- 2. Enjoy the moment before you start taking photos**  
**(After all most photos capture a memory)**
- 3. Composition is King, use the rule of thirds**  
<http://www.ultimate-photo-tips.com/photography-rule-of-thirds.html>

# Did you Know?

## A few Photography Tips (cont.)

4. Use a low ISO and small aperture  
(most point and shoot cameras can be adjusted, experiment)
5. Capture at least one panorama while you are out there.  
(many point and shoot cameras have a setting for this)
6. For panoramas, photograph in a portrait orientation.  
(you may get better quality using a setting that “stitches” multiple photos)
7. Know if your location looks best at sunrise, midday, or sunset  
(many times scenes can be “washed out” on a return trip)
8. Play with the clouds/water. Experiment with shutter speed.  
(experiment to get cool effects)
9. Let lines guide the eye.  
(natural lines can direct the eye to a focal point)
10. Shutter speed amplifies ISO.  
(quality can go down on long exposures)

# Did you Know?

## Handheld GPS Review

The attached link takes you to a review by Outdoor Gear Lab of handheld GPS. Note that to see the entire review you need to click on the “tabs” (Overview, Ratings, Price vs. Value Chart, Buying Advice, and How We Test). This is the article referenced during the presentation at the Annual Pot Luck Dinner. Enjoy!

<http://www.outdoorgearlab.com/Handheld-Gps-Reviews>



# Trip Reports – Mount Tileston

## 1/16/16

By Scott Farquhar

Stats; 11.8 miles, 2900 ft elevation gain, Time on trail 8 hrs

Leader: Scott Farquhar

Co-Leader: John Wullschleger

At 11,254 ft Mount Tileston is a fun mountain to summit with a wide-open ridge near the top and spectacular views of the entire Mummy range to the west. Welllllll, that is true if it is a calm sunny day. Unfortunately, Mother Nature does not always cooperate and during our trip this January she decided to bless us with cool temperatures, high winds and a blowing snow. Oh, well as they say, "A less than ideal day in the woods is way better than a good day in a cubical".

Six hearty souls showed up early in the morning to brave the elements and snowshoe to the summit of Mount Tileston. Expectations of views from the summit were low due to the forecast of low cloud cover and high winds. However, all involved came with a positive attitude and looked forward to a rewarding day in the woods. The group started up the Lawn Lake trail a bit before 8:00 am, the trail was packed so we did not need to use our snowshoes at this point.

Photos by  
Scott Farquhar



A bit breezy on the summit of Mt. Tileston



# Trip Reports – Mount Tileston (cont.)

It was a strong group so we quickly made our way up to the intersection with Ypsilon Lake Trail. Just beyond this intersection the Lawn Lake Trail was much less used so the group put on snowshoes to avoid post-holing in the snow. At times the trail became difficult to follow, but since we knew it generally followed Roaring River the group was never off trail for long. As an experienced leader I was more than happy to let the young bulls break trail as we continued to climb.

As a side note, during the climb I had one of the straps break on my snowshoe. I was very glad that I had purchased and carried a repair kit. I was able to quickly fix my binding and get back on the trail. Just another reminder that one of the ten essentials is “Repair Kit and Tools”!

After hiking just over 5 miles, at an elevation of approximately 10,800 ft (about 0.4 miles before the intersection with the Black Canyon Trail), the slope to our right became less steep. At this point the group cut off trail and we climbed to the east to get on the ridge that leads to Mount Tileston. The climb was not technical, but was a bit challenging due to the slope, the deep snow, large boulders and downed trees. However, once on the ridge the terrain became much easier to negotiate. From here we hiked south on the ridge that led to Mount Tileston. I had done this hike in the past and knew that if we stayed to the west side of the ridge we would avoid the deeper snow and thicker stands of trees. This did expose the group to the wind coming from the north-west, but made the walk much easier. Thank goodness we were not walking directly into the wind (at least not at this point!).



Photo by Scott Farquhar

A Winter Wonderland

# Trip Reports – Mount Tileston (cont.)

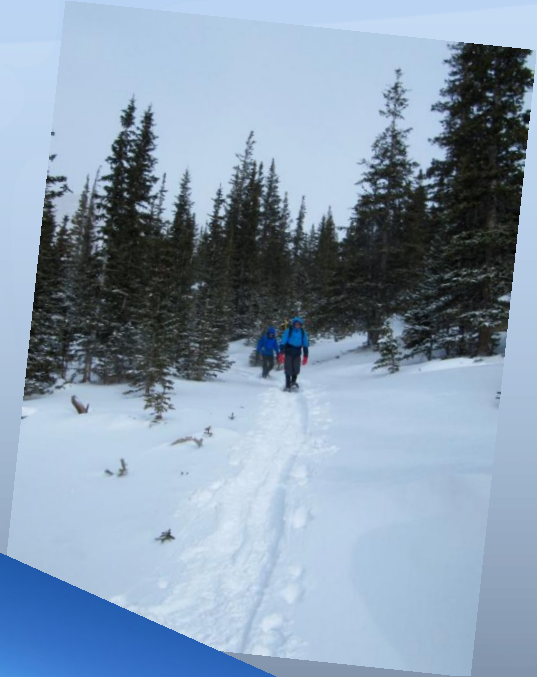
With the wind “urging” us on, we moved up the ridge, climbed up a few boulders, and made the summit of Mount Tileston. Unfortunately, there was not much of view that day. It was also cold and extremely windy on the summit, so after a couple of quick photos the crew headed back down. This time we were headed into the wind, so most of the group put on face protection to avoid frost bite as we following our tracks back down the ridge.

Once off the ridge we were protected from the wind AND the sun actually came out for a while as we ate lunch. After lunch we headed through the Winter Wonderland back down the Lawn Lake Trail. The group made good time going downhill in the tracks we made coming up. We had been on our own all day, but we finally ran into a couple groups of hikers after passing the intersection with the Ypsilon Lake Trail. After answering their questions of “Where the heck were you?” we continued down to the trailhead.

AT the trailhead the group was tired but happy. Even though we didn't get to see the views advertized in the Trip Description, it was still another “good day on the mountain”.

Photos by  
Scott Farquhar

Making our way back downhill



The view from Mt. Tileston on a sunny day. Oh well maybe next time



# Trip Reports – Sawmill Backcountry Ski

## 2/13/16

By Scott Farquhar

Photos by  
Scott Farquhar

Stats; 6.4 miles, 1690 ft elevation gain, Time on trail 5 1/4 hr

Leader: Scott Farquhar

Co-Leader: Ward Whicker

It is tough to be a “tweener”. You know those folks that want a bit more excitement than a flat cross country ski trip, but are not yet ready to venture out to the AT world where avalanche gear is required. The advantage of being a trip leader is that you can schedule your own “tweener trips”. Thank goodness there are people like Ward Whicker that are willing to co-lead this type of trip with me.

I love the area off Sawmill trail for backcountry skiing. It is exciting, but not too exciting for a three-pin “tele-wanta-be”. To entice other folks to go with me I put it on our Group Trip Schedule. Ward Whicker (Obe Wan of the Cameron Pass area) graciously agreed to co-lead the trip with me.



Going Up?



Views of the Rawahs

# Trip Reports – Sawmill Ski (cont.)

As the trip approached it was apparent that the conditions would not be ideal because it had not snowed in the area for a while (in the past when I had gone we have had 6 inches of fresh powder). Due to the less than ideal conditions Ward and I decided to consult with backcountry skiing guru John Raich. During consultation, John noted that he and an AT crew were going to take a trip that same weekend to the Sawmill area (they had changed plans due to the conditions). He indicated they were going uphill just south of Sawmill Creek and recommended that we do the same. The greatest thing about the slight change in plans was that we would be going to an area that neither Ward or I had ever been before. I love to lead trips, but when you can also go to somewhere new, well that is just icing on the cake!



Dwarfed by the mountains

We met bright and early on Saturday morning then quickly made our way to the Blue Lake Trailhead. At the trailhead we met John Raich And his crew. We walked together the short distance up the road to the Sawmill Trailhead. Here we graciously allowed the AT skiers to be in front of us, both because they were a bit faster and because John promised to mark in the snow the best area to go up off trail. The Sawmill Trail was hard packed and slippery in spots so some of our group opted to put skins on for the on-trail portion of our climb. As we climbed the sun shone through the trees and at a number of open areas the group was rewarded with spectacular views of the Rawah Mountains.

Photo by Scott Farquhar



# Trip Reports – Sawmill Ski (cont.)

We quickly ate up the miles until we passed a fork in the trail where we continued on the left fork. Approximately ½ mile past this fork we came upon an arrow drawn in the snow by John pointing the way uphill. You could almost hear the announcement “This ends the on-trail portion of your adventure. Strap on your skins to get ready for the uphill climb.” So the skins went on and we started uphill towards peak 12,170.

We started off trail at an elevation of about 10,200 ft and we climbed following in the tracks of John’s group. Since there was a bit of powder on top of the packed snow, it was nice to follow in the trail John’s group made. Our group continued to climb to an elevation of approximately 10,900 ft. At this point there was a series of steep inclines that all of us felt would more than tests our “three pin” skill level. We were out of the wind and it was a beautiful sunny day, so we decided to have a bit of lunch before braving the powder and trees.



Down through the trees



Getting by with a little help from my friends

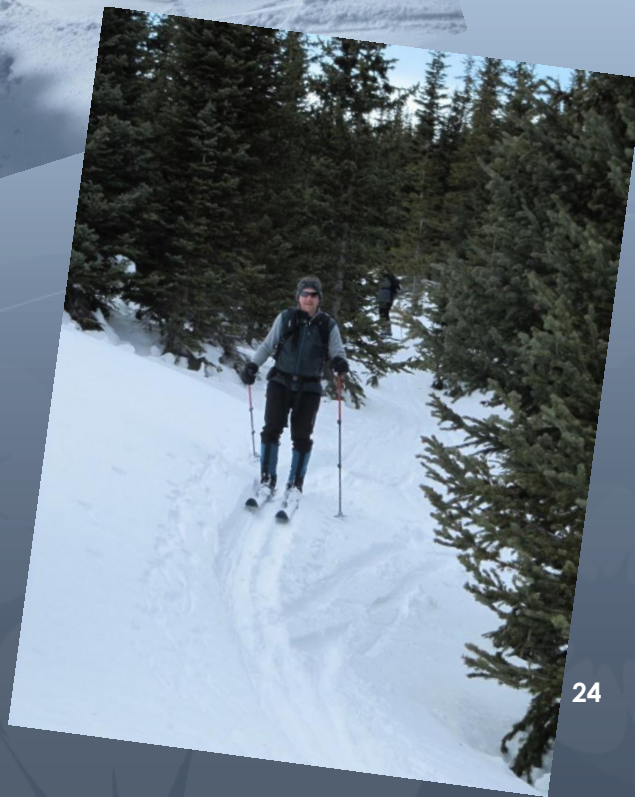
Photos by  
Scott Farquhar

# Trip Reports – Sawmill Ski (cont.)



Tele turns!

Evidence of a "Fall Stop"



Gliding through the trees

After nourishing our bodies we steeled ourselves for the run down the 20 deg slope in the powder (the slope is by my rough calculation off the saved route). Ok, was it 6 inches of fresh powder? No, but there was 2-4 inches of soft "sort of powdery" snow on top of the compacted base which made it a joy to ski. Downhill we all went doing our best to avoid the trees and using the classic "Fall Stop" when the situation required it. Note that there is a Scott "Angel" in the snow in a few of the photos. Better to "fall stop" than have your molecules interact with those of a spruce. We regrouped often after each steep incline run to laugh about our form, consult on techniques, and steady ourselves for the next downhill portion.

Photos by  
Scott Farquhar



# Trip Reports – Sawmill Ski (cont.)

As we approached the main trail once again there were a few spots in the sun that had icy patches and the trees became a bit denser. This made for a series of spectacular "exits" from the forest back to the main trail by all in the group. From here it was mostly downhill on trail back to the road. In theory this would not be as exciting as the off trail skiing. However, due to the warm weather the trail was very hard packed and a bit icy. This made for a exciting run down the trail. As trip leader I stopped after the steep sections to do "limb checks". Having made an extremely quick run down the main trail the group arrived back at CO-14, all limbs present and accounted for. Another great day skiing in the woods ..... who needs ideal conditions!



Coming out of the woods



Obe Wan looks on

Photos by  
Scott Farquhar

# Trip Reports – Beginner XC Ski Workshop, Moose Visitors Center Colorado State Forest State Park 2/13/16

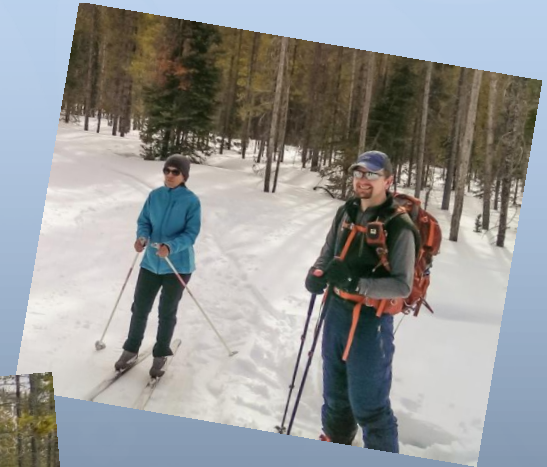
By Don Carpenter

Our first class was cancelled due to very poor road conditions so we hastily added another session and had eight students. Instructors were Mike Smilie and Eileen Edelman. The Instructors take a "how to teach XC ski " course featuring two weekends of on course training by the Denver group. The first weekend is on a groomed track and the second is in the back country.

For the beginner class we started in the warmth of the Moose Visitor Center. The group discussed balance technique, recovery from a fall, and simple walking strides before moving outside.

Photos by Don Carpenter

Will Davidson ascending the "Slalom Hill"

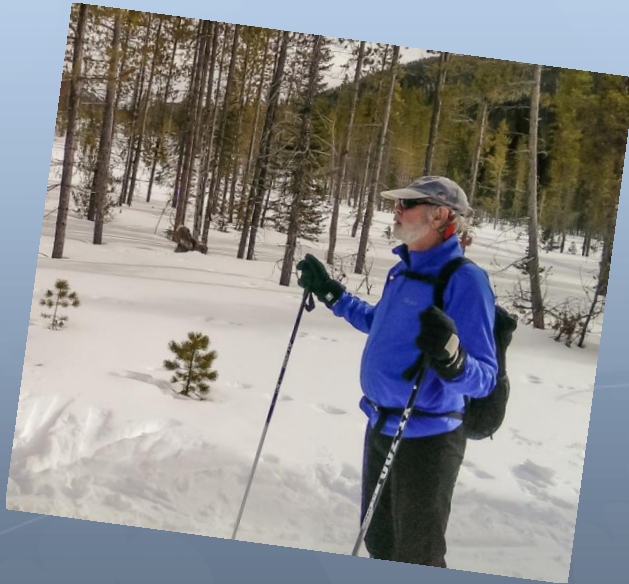


Amparo Maya and Bob Dietz



# Trip Reports – Beginner XC Ski

Once outside we covered the basics of kick glide, poling, uphill stride technique, herringbone, sidestep, downhill wedge, and the wedge turn (snow plow to us old timers). Bob Dietz wowed us with his skillful control on the downhill runs using split skis. However, with no wax, no fish scales and no skins, he did pay the price during our short uphill climbs!



Richard Gonet awaiting his turn on "Bandana Run"



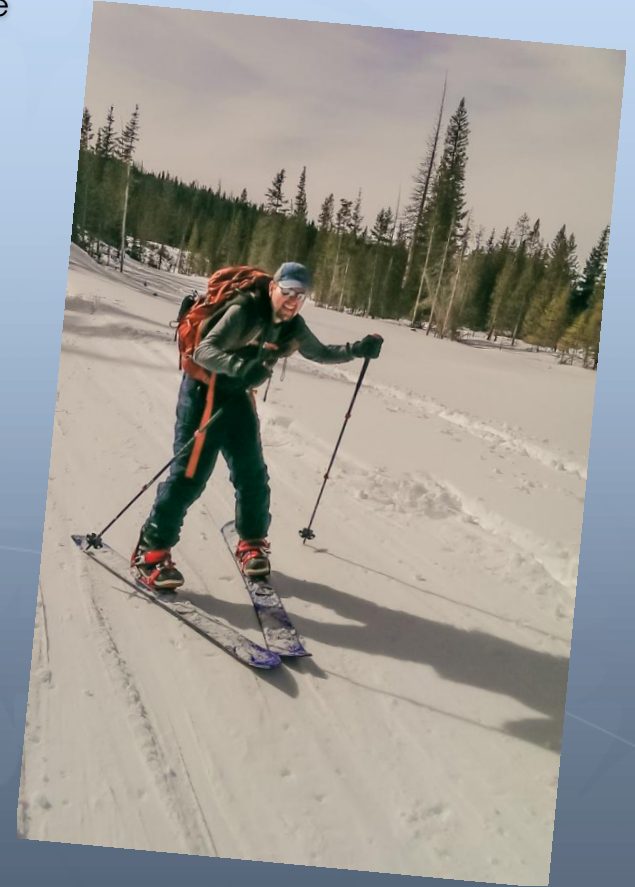
Debbie Davis watching skiers ascend the hill

# Trip Reports – Beginner XC Ski

All students showed great improvement during the day culminating in successfully navigating Eileen's downhill slalom course of bandanas. We finished up with practice breaking trail through deep snow (see picture of Laura Hinds in thigh deep snow along the Michigan River).



Laura Hinds demonstrating off-trail technique



"Split-ski Bob" successfully navigated the bandanas

# Gear Swap

I had a request to start a Gear Swap section in the newsletter as a service to members trying to get rid of, sell, find or swap equipment. Note this is ONLY be for Fort Collins Group CMC Members (not stores or personal businesses) AND the intent is only be for advertising used gear (selling or swap?) or looking for used gear NOT for services or selling new products (since I put together the newsletter I have total control ..... BawHaaaaaaa). If you have something you would like added to the newsletter send the information to [fccmcguy@gmail.com](mailto:fccmcguy@gmail.com) . Note I complete the newsletter during the first couple of days every other month (on the odd numbered months) so please send the information before then (i.e. this newsletter was completed on March 2).

## For Sale

Scarpa Inverno - plastic double boots  
size 8.5 – only worn twice.  
Asking \$160  
Contact: April K. Gray  
at [peakapril@comcast.net](mailto:peakapril@comcast.net)  
970-493-4785

# HELP!

I will be very busy through March and April so I will only be going on one CMC trip (the ski trip I am leading). Soooo, if there are going to be any trip reports in the May Newsletter I will need some help! Just a short paragraph with a few photos would be great. I know that many of you say you don't have the time. Well, to help out I have put together a "generic" report that you can use ☺

So please take a few photos on your next trip and send a short report to [fccmcguy@gmail.com](mailto:fccmcguy@gmail.com) by May 1<sup>st</sup>. There will be an Ellie Adventure Award waiting for you if you do!!!!

(Your Trip Name – date)

We had a (a. great, b. rough, c. miserable) time on our (a. ski, b. snowshoe, c. hike) to (your location here). The weather was (a. sunny and warm, b. sunny but windy, c. windy, cold and basically awful) so we could not help but (a. have a good time, b. dance like woodland fairies, c. spin and sing "The Hills are Alive", d. hunker down, e. mutiny). Our leader (your leader's name here) was (a. an inspiration, b. fantastic, c. confused, d. lost) which made the trip (a. a wonderful experience, b. a pleasure, c. a terrible time, d. my last hike, e. a death march). The group was so (a. inspired, b. grateful, c. upset) that we all (a. cheered, b. hugged, c. congratulated, d. tied up and gagged) (your leader's name here) at the end of the hike.



# Parting Shots

## Miscellaneous FC Group Photos



Photos by Scott Farquhar



Backcountry Film Fest  
Photo by Brittany Pennington

