

SPORTSMEN'S NOTES
Official Newsletter of the Dormont-Mt.Lebanon Sportsmen's Club
March 2018 Edition

April 2018 Calendar

SUN	MON	TUES	WED	THUR	FRI	SAT
1 Easter Sunday	2 7:00PM - Indoor pistol (NMC) MPRL Week 12	3 6:00PM-10:00PM - Trap range	4 12:00PM-3:00PM - Open Shoot 3:00-6:00PM - MTL Rifle Practice 7:00PM - PSRL Spring Board Meeting	5	6	7 8:00AM-5:00PM - NRA 3P Junior Sectional
8 8:00AM-5:00PM - NRA 3P Junior Sectional	9 7:00PM - Indoor pistol (NMC) MPRL Week 13	10 6:00PM-10:00PM - Trap range	11 12:00PM-3:00PM - Open Shoot 3:00-6:00PM - MTL Rifle Practice	12 7:30PM - Board Meeting	13	14 Trout Season Opens 8:00AM-12:00PM - NRA Highpower All Upper Ranges Closed
15 11:00AM - CMP rifle match	16 7:00PM - Indoor pistol (NMC) MPRL Week 14 Last MPRL	17 6:00PM-10:00PM - Trap range	18 3:00-6:00PM - MTL Rifle Practice	19	20	21 8:00AM Work Party All ranges closed
22 8:00AM-12:00PM - ARC Clinic Rifle Range Closed	23 7:00PM - Indoor pistol (NMC)	24 7:30AM-5:00PM - Envirothon Study Session All ranges closed 6:00PM-10:00PM - Trap range	25 3:00-6:00PM - MTL Rifle Practice	26 8:00PM - Membership Meeting	27 11:30PM-12:00PM (approx) Silhouette Setup All Upper Ranges Closed	28 8:00AM-5:00PM - PA State Championship 4P Smallbore 9:00AM-4:00PM - Outdoor Pistol Silhouette All Upper Ranges Closed
29 8:00AM-5:00PM - PA State Championship 4P Smallbore	30 7:00PM - Indoor pistol (NMC)					

DMSC SHORT SHOTS

• **New Club House:** The initial plans to build a new club house can be viewed on the club website:

http://mdi.net/dml/CLUBHOUSE_02.10.2017.pdf

• **Changes to by-laws:** The proposed changes to the by-laws were approved by the membership at the February membership meeting.

• **Board Appointment:** Mark Chiocca was appointed to the DMSC Board to serve the remainder of Marc Burnes' term.

• **Discount for Members:** Allegheny Gun Works in Bethel Park is offering a discount to DMSC. Members will receive 5% off firearms, and 10% off everything else by presenting a DMSC membership card.

• **This Old Gun:** Bruce Long will present an M1 Carbine at the March membership meeting.

• **Lower Ranges:** Recent storms caused significant damage to the road leading to the lower ranges. Work is underway restore the road, but the road will remain closed to vehicular traffic until the work is completed in the near future.

• **Fishing:** Trout season begins April 14th. Only club members are permitted to fish the banks of Linden Creek inside of the club gate. Non-members are permitted to fish the banks outside of the gate.

• **Work Party:** The first work party of the year will be April 21st beginning at 8am.

• **Black Powder Survey:** The Black Powder committee would like your input. See insert for details.

KEEP IT SAFE

ALWAYS keep firearms pointed in a safe direction.

ALWAYS keep your finger off the trigger until you are ready to shoot.

ALWAYS keep firearms unloaded until ready to use.

ALWAYS unload, remove the magazine, and open the action of a firearm when someone is going down range.

NEVER handle firearms while someone is down range.

ALWAYS wear proper eye and ear protection at the range.

<u>Safe Shooting Hours</u>		
Dates	Begins	Ends
January 1-15	7:00 AM	5:30 PM
January 16-31	7:00 AM	5:45 PM
February 1-15	7:00 AM	6:00 PM
February 16-28	7:00 AM	6:15 PM
March 1-10	7:00 AM	6:30 PM
March 11-31	7:00 AM	7:30 PM
April 1-15	7:00 AM	8:00 PM
April 16-30	7:00 AM	8:15 PM
May 1-15	7:00 AM	8:30 AM
May 16 - July 31	7:00 AM	8:45 AM
August 1-15	7:00 AM	8:30 PM
August 16-31	7:00 AM	8:00 PM
September 1-15	7:00 AM	7:30 PM
September 16-30	7:00 AM	7:15 PM
October 1-15	7:00 AM	7:00 PM
Oct 16 - Nov. 5	7:00 AM	6:30 PM
November 6-15	7:00 AM	5:15 PM
Nov 16 - Dec. 31	7:00 AM	5:00 PM
** Exception: No shooting before 9am on Sundays		

BLACK POWDER SURVEY

METALIC CARTRIDGE AND MUZZLE-LOADING SPORTING ARMS

The Black Powder Committee of the DMSC is currently conducting a survey to determine the total number of members that are interested in becoming part of the Black Powder Fraternity.

This discipline will include the use of flint and percussion as well as metallic cartridge rifles, pistols and shotguns from the earliest colonial era through all of America's military engagements from the French and Indian War, our American Revolution, War of 1812, Mexican War, the American Civil War, and the Western American Indian conflicts. Whether you "patch" a round ball, load a military "minie ball", shoot a modern "inline" or a black powder "cartridge" gun, we would like to see you on the range as a shooter or a competitor.

If you would like to demonstrate your competitive spirit with the use of these antiques or exercise your hidden enthusiasm for black powder, your participation is welcome.

To register, send an email or call:

Ron Watton 724-941-5891 watton2@verizon.net

John Nipar 412-835-7629 jlthenips@aol.com

Dave Willard 724-941-6620 dwillard49@gmail.com

TWO

AR Advanced Rifle Matches

DMSC will conduct an Advanced Rifle Match **on two different days** as part of the America's Rifle Challenge Program. Intended for experienced action rifle shooters, competitors will be required to change firing positions, move through multiple firing points and reload **against the clock**. Assignments will be made to relays comprised of 5 shooters.

Date: Saturday June 9, 2018 and July 29, 2018 **Pre-requisites:** Previous participation in DMSC Basic Match or other experience as determined by the match director. **Time:** First relay reports at 7:30 AM **Cost:** \$5 for DMLSC members; \$10 for non-members.

Advanced Match Course of Fire : 83 rounds total

Stage 1: 100/200 yds. Prone: Fire seven shots, alternating between 200 and 100 yd. targets

Stage 2: 50 yds. Fire two shots standing, three shots kneeling, and five shots prone

Stage 3: 50 yds. Fire two shots standing, then three shots prone, reload, and fire five shots prone

Stage 4: 50 yds. From behind a barricade fire five shots standing, reload, then fire five shots kneeling.

Stage 5: 25 yds. From behind a barricade fire four shots standing, reload, and then fire four more shots.

Stage 6: 25 yds. Fire four shots and move to the barricade. Reload. Fire four shots through a barricade portal. Reload. Fire four more shots through a different barricade portal.

Stage 7: 7 yds. Standing: Fire four shots using the support shoulder.

Stage 8: 7 yds. Standing: Fire two shots to the lower target and one shot to the upper target. Repeat.

Stage 9: 7 yds. Standing: Fire two shots lower zone and fire two shots upper zone using both the right and left targets, reload, repeat sequence.

Rifle Categories:

Iron Sights: a rifle that has only iron sights

Optics Limited: a rifle that has only a non-magnified optic, such as ACOG, EoTech, Red Dot, etc. Back up iron sights are allowed.

Optics Open: a maximum of two optic sights with a maximum of one being magnified.

Participants need to have prior experience in an action rifle match, such as the DMSC's Basic ARC Match or other experience as determined by the match director.

All NRA Safety Rules and DMLSC Rules apply.

Competitors need to attend a mandatory safety briefing and **must arrive at the designated time of their assigned relay.**

Keep all rifles cased and in your vehicles until instructed to bring them to the firing line.

Eye/Ear Protection and Empty Chamber Indicators are mandatory (ECI's are available for a \$1 charge).

Rifles need to be Zeroed for 100 yards **prior** to the match. Participant should be able to adjust fire for the 200 yd. steel target. No spotting scopes, **shooting mats**, or shooting jackets are permitted.

Rifles need to have attached slings capable of being worn across the back.

Competitors should have a minimum of 3 magazines (5 magazines are optimal) and will need to carry them in a bandoleer, pouch, pocket, or similar device on the person for each stage.

For more information visit: <https://arc.nra.org/faqs/>

No AP or incendiary ammunition is permitted.

Space is limited to 20 shooting positions. Registration opens on April 1, 2018 for the June 9th Match and May 1, 2018 for the July 29th Match. To insure your participation, contact John T. via email: dmlscNRA@verizon.net

TWO

ARC Plus (2-gun) Matches

As part of the America's Rifle Challenge Program, DMSC will conduct a 2-Gun Match **on two different days**. Competitors will be required to change firing positions, move through multiple firing points and reload **against the clock**. Stages will consist of rifle only, pistol only, and transitioning from one firearm to the other. Assignments will be made to relays comprised of 5 shooters.

Date: Sunday, June 24, 2018 and Saturday August 11, 2018 **Pre-requisites:** Previous participation in a DMSC Advanced Match

Time: First three relays reports at 8:15 AM **Cost:** \$5 for DMLSC members; \$10 for non-members.

2 Gun Course of Fire : Total rounds - Rifle 63/Pistol 70

Stage 1: 50 yds. (Rifle Only) Fire two shots standing, three shots kneeling, and five shots prone.

Stage 2: 25 yds. (Pistol Only) Fire three shots standing, three shots kneeling, reload, and fire six shots prone.

Stage 3: 25 yds. (Pistol Only) From behind a barricade, fire four shots standing, reload, then fire four shots kneeling.

Stage 4: 100 yds. (Rifle Only) Prone: Fire seven shots, alternating between 200 and 100 yard targets.

Stage 5: 25 yds. (Transition Rifle to Pistol) Starting with the rifle fire eight shots alternating between the left and right targets including a reload. From behind the barricade and transitioning to the pistol, fire eight shots alternating between the left and right targets including a reload.

Stage 6: 25 yds. (Transition Pistol to Rifle) Starting with the pistol, fire twelve shots alternating between the left and right targets including a reload. From behind the barricade and transitioning to the rifle, fire twelve shots through two different portals, alternating between the left and right targets including a reload.

Stage 7: 25 yds. (Transition Pistol to Rifle) Starting with the pistol shooter will have a maximum of 8 rounds to knock down four (4) steel targets. Transitioning to the rifle, shooter will remain behind and shoot over a bunker firing three rounds standing and three rounds kneeling.

Stage 8a: 7 yds. (Pistol Only) Standing using the Support Hand Only, fire four shots.

Stage 8b: 7 yds. (Rifle Only) Standing using the Support Shoulder, fire four shots.

Stage 9: 7 yds. (Transition Rifle to Pistol) Starting with the rifle fire twelve shots alternating between the left and right targets including a reload. Transition to Pistol and fire twelve shots alternating between the left and right targets including a reload.

Firearm Categories:

Iron Sights: a rifle or pistol that has only iron sights

Optics Limited: **a rifle** that has only a non-magnified optic, such as ACOG, EoTech, Red Dot, etc. ; **a pistol** that has only a non-magnified optic, such as a Red Dot, laser, etc.

Optics Open: a rifle with a maximum of two optic sights with only one being magnified.

Participants must have participated in a DMSC Advanced Match.

All NRA Safety Rules and DMLSC Rules apply.

Competitors need to attend a mandatory safety briefing and must arrive at the designated time of their assigned relay.

Keep all rifles and pistols cased and in your vehicles until instructed to bring them to the firing line.

Eye/Ear Protection and Empty Chamber Indicators are mandatory (ECI's are available for a \$1 charge).

Rifles need to be Zeroed for 100 yards **prior** to the match. Participant should be able to adjust fire for the 200 yd. steel target. **No** spotting scopes, shooting mats, or shooting jackets are permitted.

Rifles need to have attached slings capable of being worn across the back.

Pistols must be a semi-automatic of 9 mm caliber (or higher) **and securely carried in exterior holster (OWB).**

Competitors should have a minimum of 3 magazines for the rifle and 3 magazines for the pistol and will need to carry them in a bandoleer, pouch, pocket, or similar device on the person for each stage.

No AP or incendiary ammunition is permitted.

Space is limited to 15 shooting positions. Registration opens on April 1, 2018 for the Jun24 Matchth and June 1, 2018 for the August 11th Match. To insure your participation, contact John T. via email: dmlscNRA@verizon.net

America's Rifle Challenge (ARC)

Schedule of Events 2018

** Note: Due to ARC requirements and range restrictions, each event will have a limited number of slots that will be assigned on a first come – first served basis. **You must reserve your spot by sending an email** to dmlscNRA@verizon.net . Registration will open two months prior to the month in which the event is held.

<u>Event</u>	<u>Date</u>	<u>Registration Opens</u>
Clinic	Sunday April 22	February 1
Basic Match	Saturday May 12	March 1
Advanced Match	Saturday June 9	April 1
ARC Plus (2 gun)	Sunday June 24	April 1
Basic Match	Saturday July 14	May 1
Advanced Match	Sunday July 29	May 1
ARC Plus (2 gun)	Saturday August 11	June 1
ARC Special (Vintage 2 gun)	Saturday September 8	July 1

Please stay tuned to Newsletters and Bulletin Board Flyers for more detailed information regarding each of these events.

Vintage Two-Gun Match

As part of the America's Rifle Challenge (ARC) program, DMSC will offer a Vintage 2-Gun Match in September 2018. Complete details are in the planning phase, but the match will entail similar stages and courses of fire already being used in ARC Advanced and 2-Gun Competitions – the difference will be in the firearms permitted. **Any pre-1945 design** rifle, carbine, or semi-automatic pistol that was used by the military is eligible; this includes any modern day commercial versions of those firearms. Stay tuned for further details in upcoming versions of the newsletters. Until then, clean and oil those Garands, M1 Carbines, 1911's, Lugers, 1903's, Mausers, Kraggs, etc. And don't forget about those vintage pistol and cartridge belts - you do need to use something to carry your ammo.

PSRL Update

Dormont-Mt. Lebanon finished the season last night with a make-up match from December 13 at Allegheny. After being concerned that we might not have three live people to travel up (and thank you all of you who volunteered in case we fell short) Allegheny ended up being the ones with not enough shooters; this is the first time this has happened to them all season.

Here are the results:

March 14, 2018 (December 13, 2017) @ Allegheny
Dormont-Mt. Lebanon

Tom Gerner	50-3	50-4	98	97	295
Miles Ford	50-4	50-3	99	96	295
Matt Piatt	50-5	50-5	100	95	295
Jason Allshouse	50-5	49-3	100	94	293
Tom Benedict	50-4	50-5	99	94	293
					1471
Fritz Hempelmann	50-5	50-4	97	91	288

Allegheny

Darryl Guthrie	50-4	49-2	99	95	293
Ray Magerl	50-5	50-4	97	90	287
Gene Lechmanick	50-3	49-3	100	88	287
Bill Crooks	49-3	47-2	96	61	253
					1120

Congratulations to Miles Ford, who finished the season with a bang! The 295 is the highest score that Miles has fired as far back as the 2013-14 season (I don't have records on my computer before that) — Good job Miles! Congratulations (and a Razzie) to Tom Benedict, who shot the first 29 shots really well last night, and I believe had a "6" on his last shot.

More congratulations: Tom Benedict, with his 50-5x sitting last night finished the season with a 50.00 average with 4.20x in the sitting position and looks to have taken second place in the league! And congrats to Matt Piatt, with a 100 kneeling last night Matt finished the season with a 99.80 average and should be taking home the Mike Eddy Kneeling Trophy for first place in the league. After many close calls I believe this is Matt's first time winning high kneeling. I've finished, after a rather shaky start, with a 297.50 average and a 97.93 average standing, so Dormont-Mt. Lebanon will be taking home a number of trophies at our banquet on May 20.

Thank you to everyone who shot this season and to everyone who has helped support the team and making this season such a success. Next year we're just going to score more points against Frazier.

We will have a practice this Sunday at 6:00, and there are several good matches upcoming:
Sunday 3/25 – Robert K. Moore 100-shot Off Hand Match at Frazier-Simplex

Sat-Sun 4/7-8 – NRA Jr. 3P and Air Rifle Sect. at our range – Let me know if you can help.

Sat-Sun 4/28-29 – Pennsylvania State 4P Championship at Dormont-Mt. Lebanon. I hope everyone can come out and shoot.

Good Shooting Everyone!

Dean Trew

The Dormont Mount Lebanon Sportsmans Club

CMP Monthly High Power Rifle Match January 21, 2018

In the spirit of patriotism, education, sportsmanship, and competition
A 50 round, 4 stage, 3 position, 100 yard, unsanctioned rifle match

Competitor	Rifle	Prone slow	Prone Rapid	Sitting Rapid	Offhnd Slow	Total
M1 and M1A						
Andrew Guarino	M1 Garand	143	56-1	78	66	343-1x
Dillon Kennedy	SA M1	178-2	88	65	84	415-3x
Bruce Long	M1A	193-3	96-2	91-2	84-1	464-8x
John Tupta		178-2	90	68	75	378-2x
Bolt Action						
John Bradford	Mauser M-63	36	26	22	47	131
M1 Carbine						
David Burd	M1 Carbine	159	90	66	53	372
AR 15 variants						
Ted Hildabrand	Bshmstr A2XM2	199-5	99-3	93	87	478-8x
Allan Jaworski	AR-15 NM	200-14	99-4	100-3	94	493-21
Michael E. Ligman	Bshmstr XM15E	185-2	89	58	76	408-2x
Chris Marley	M16	199-10	96-1	93-2	78	466-13
Tom Morley	AR	200-17	97-3	97-4	92	486-24
Bonnie Popso	AR	194-1	88-1	82	53	417-2

January is not generally thought to be the best time of year for an outdoor rifle match, but, we were pretty lucky that it was a moderate temp and that the winds were calm. Kudos to Mr. Jaworski for an exemplary score, A grateful tip of the hat to Mr. Hildabrand for scraping the snow off of the target line and for a path to it. Thank you all for your cooperation and attention to details of range safety.
Ungar



The Dormont Mount Lebanon Sportsmans Club

CMP Monthly High Power Rifle Match February 18, 2018

In the spirit of patriotism, education, sportsmanship, and competition
A 50 round, 4 stage, 3 position, 100 yard, unsanctioned rifle match

Competitor	Rifle	Prone slow	Prone Rapid	Sitting Rapid	Offhnd Slow	Total
M1 and M1A						
Dave Bazzoli	M1 Garand	112	60-1	67	30	269-1x
David Burd	Sprgfld M1 Grnd	182-2x	80	77	81	420-2x
Jeremy Dawson	M1 Garand	116-1	85	54	71	326-1x
Theodore Hildabrand	M1A .308W	197-7	90-3	98-2	84-1	469-13
Jim Madar	M1 Garand	194-4	93	88-1	77	452-5x
Bolt Action						
Bruce Long	Swiss K31	191-6	87-1	88	86	452-7x
M1 Carbine						
AR 15 variants						
Michael E. Ligman	Bshmstr XM-15	182	92-1	85-1	60	419-2x

An excellent outdoor match day considering it was the third Sunday in February. We had good light and the wind was no consideration. The air was crisp but did not bite. Mister Hildabrand demonstrated the results of focus, determination, preparation of equipment and ammunition, and of course, regular practice. Thank you all for your cooperation and attention to details of range safety.

Bruce Ungar



Dormont-Mt. Lebanon Sportsmen's Club
P.O. Box 12692 Pittsburgh, PA 15241-0692

Next Meeting: Thursday, March 22, 2018 at 8pm
Agenda: John Tupta will present Precision Shooting vs Action Shooting
Menu: Ham, baked beans, salad and cake.

EXECUTIVE STAFF

GEORGE TAYLOR IV.....PRESIDENT
 THEODORE K. HILDABRAND VICE PRESIDENT
 ELLSWORTH F. VINES.....TREASURER
 DOUG GAWRONSKI.....RECORDING SECRETARY
 BRUCE UNGAR..... EXECUTIVE RANGE OFFICER

ADMINISTRATIVE STAFF

MARK CHIOCCA.....NEWSLETTER EDITOR
 BRIAN FINKMEMBERSHIP CHAIR

MEMBERSHIP CLASSIFICATIONS AND DUES

<i>Active</i> (Full-fledged membership)	\$100.00 per year
<i>Senior</i> (65 years old, 10 years consecutive membership)	\$40.00 per year
<i>Intermediate</i> (18 - 21)	\$40.00 per year
<i>Junior</i> (12 - 17)	\$15.00 per year
Spousal membership	\$50.00 per year
<i>Initiation fee</i> (one time)	\$100.00
<i>Computer Gate Card</i>	\$10.00

CLUB DIRECTORS

CHARLES R. AUGENSTEIN, II724-941-9538
 THEODORE K. HILDABRAND.....724-942-2125
 JOHN BRADFORD724-228-0545
 GARY SCHERER412-699-5773
 GEORGE TAYLOR, IV412-855-6721
 BRUCE D. UNGAR412-343-2256
 ELLSWORTH F. VINES412-721-9632
 RONALD J. WATTON724-941-5891
 DAVE WILLARD.....724-941-6620
 WAYNE THOMPSON.....412-874-8888
 DENNIS DEE.....724-914-3310
 BILL FERTALL724-260-0693
 BRUCE LONG.....724-941-3918
 MARK CHIOCCA.....412-953-0542

AFFILIATIONS:

PA Federation of Sportsmen's Clubs
 Washington County Sportsmen
 Metropolitan Police Revolver League
 Pittsburgh and Suburban Rifle League
 National Shooting Sports

SANCTIONED BY:

National Rifle Association
 Civilian Marksmanship Program
 Pennsylvania Rifle and Pistol Association

CLUB COMMUNICATION

Club Web Site:
www.mdi.net/dml
 Club House Phone:
 (724)745-9794
 Membership Inquiries:
DMSCMembers@gmail.com
 (412)831-4857

MEMBERS ARE EXPECTED TO CARRY THEIR GATE CARDS AND BE ABLE TO IDENTIFY THEMSELVES WHEN ASKED TO BY A RANGE OFFICER OR OTHER MEMBER

SHOOTING OPPORTUNITIES

Program	Description	Contact	Centerfire Pistol	Rimfire Pistol	Air Pistol	Centerfire Rifle	Rimfire Rifle	Air Rifle	Shotgun	Muzzleloader
Monday Night Pistol	This program takes place year round. Indoors during the winter and outdoors during the summer. National Match Course. First line fires at 7pm indoors, and 6pm outdoors	George Taylor (412) 855-6721 Bruce Ungar (412)343-2256	X	X						
Outdoor Silhouette	This fires the 4th Saturday of the month at 9 AM. April—September	George Taylor (412) 855-6721	X	X		X	X			
CMP Rifle	The Civilian Marksmanship Program rifle matches occur the third Sunday of every month January - October. Matches begin at 11 AM.	John Tupta (724) 941-1494 teefam@verizon.net Bruce Unger (412) 343-2256				X				
NRA High Power	200 yard match. 2014 season begins March 8. Matches begin at 9 AM. March - October	John Tupta (724) 941-1494 teefam@verizon.net				X				
Pittsburgh Suburban Rifle League	Our champion smallbore team practices every Sunday at 7 PM	Dean Trew (724) 239-3012					X			
Trap	Trap shooting occurs every Tuesday starting at 6pm. The season runs April - October	Wayne Thompson (412) 874-8888							X	
Winter Indoor Shooting League	The season runs January - March. The shooters participate and shoot concurrent with the indoor open shoots on Wednesday, Friday, Saturday, or Sunday	Ted Hildabrand (724) 942-2125 tkhaquariusnetwk@gmail.com	X	X	X		X	X		
Antique Military Rifle Match	This program typically takes place in June and November. Any centerfire original military rifle with original open sights, no scopes, manufactured prior to January 1, 1946 and in safe shooting condition. No semi-autos	Bruce Ungar (412)343-2256 Gary Scherer (724)809-7358				X				
Blackpowder Skirmish	The Black Powder matches are held Semiannually. See the club calendar for exact dates	Ron Watton (724) 941-5891								X
Indoor Air Rifle	Wednesdays 10:30 AM - 12:00 PM. October - March	Ted Hildabrand (724)942-2125 Dave Faust (724)225-9057						X		
CMP Junior Rifle Program	Every Tuesday September - March at 7 PM.	Miles Ford (412) 833-0813 Chuck Augenstein (724) 941-9538					X			
Indoor Air Pistol Silhouette	Saturdays @ 1pm January - March	George Taylor (412) 855-6721			X					

See our website for more detail about shooting opportunities at the club:

www.mdi.net/dml/programs.html

Follow us on Twitter and Facebook for announcements and important updates:

@DMLSportsmen

www.facebook.com/DMLSportsmen