

AMERICAN ASSOCIATION OF UNIVERSITY WOMEN

Lewis County Branch

October 2024

BRANCH MEETING INFORMATION

Thursday, October 3, 2024
Social time: 6:30 p.m.
Program begins: 7:00 p.m.

In Person

Fellowship Hall
Westminster Presbyterian Church
128 NW Prindle St, Chehalis.

The Hall is located in the lower level of Westminster. As you approach the church from Prindle Street, not from the chapel's main doors on Market, you will see a set of double doors. The Fellowship Hall is to the left as you enter those double doors.

Online

[Zoom Meeting Link](#)

Meeting ID: 843 7003 3864
Passcode: 515176

Hostesses: Carol Kostanich, Natalie Vedder, Sharon Winningham

BRANCH PROGRAM

October 3, 2024

Physical Wellness The Best Version of Yourself Carrie Johnson

Carrie Johnson, Centralia College assistant professor in physical education and health, will be the presenter for the October branch meeting, talking to us about strategies to maintain and improve physical health across various stages of life. This will be a participatory presentation as Carrie shows us simple ways for us to increase our flexibility, allowing us to remain active as we age.

Carrie has been an instructor at Centralia College since 1989, starting as an adjunct professor, then moving into full time. Over the years, she has transitioned from primarily active physical education to more health education courses. During those years, she also worked at Thorbeckes's in a variety of roles such as aquatics manager, personal trainer and group fitness instructor. Carrie began her education at Highline Community College, transferred to Western Washington University to complete her B.A. in Recreation and Parks. She earned her M.S. in PE, Health and Recreation at Emporia State University in Emporia, KS.

This promises to be an opportunity for us to learn about something we will be able to use every day. We invite all members to participate in this active branch meeting.



EXPANDING YOUR HORIZONS

Corene Jones-Litteer & Swede Svenson

VOLUNTEERS ARE NEEDED. If you haven't signed up to help make this year's EYH a success, volunteer TODAY. You will, we assure you, find that EYH is one of the most rewarding volunteer experiences in your life. On October 19, 2024, there will be 250-300 excited middle school girls at Centralia College, eager to learn about opportunities in STEAM-related careers. It's exciting to see young women discover new opportunities in areas they had not considered before. At EYH this year, the girls can choose from more than twenty different STEAM-related workshops taught by women in those careers. If you still need convincing, check out this [video](#) promoting the event. Currently, ten more volunteers are needed to monitor workshops, three to four volunteers are needed to set up and direct students during their snack time. Additional help is needed to set up the atrium area on Friday as well as Saturday for the adult break and lunch time. Then it's all hands needed to clean up the area. Set up on Friday is from 11:45 a.m. to 2:00 p.m. On Saturday, October 19, registration happens from 7:30-8:25. Everything else happens from 8:30 to noon and lunch is included. Please contact Renae Seegmiller to sign up or for more information. Volunteers will receive emails prior to October 12 with details of your responsibilities including times and locations. If you have any questions, contact Corene Jones-Litteer or Swede Svenson.

Evening With Authors

Jo Martens, Chair

Months of work and planning went into making this first-time event, the Evening with Authors on September 6, a success as a fundraiser and as an evening of entertainment for the community. According to our treasurer, Donna Loucks, the benefit cleared \$4400 in round numbers for Hope Alliance, partly from general tickets and partly from the basket raffle.



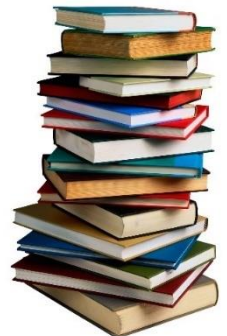
Sharon Lyons and Jan Leth contacted all the restaurants in Centralia, and some in Chehalis, for donations of trays of hors d'oeuvres or gift cards. Ten restaurants donated food trays, and many others donated gift cards which were added to the baskets. Julie Zander wrote several articles about the upcoming event in The Chronicle, including a follow up about the gift benefit to Hope Alliance. Peggy Hammer posted many, many times on Facebook in the months and weeks leading up to the September 6 event, keeping it in the public eye. The delicious and lovely finger foods on attractive black trays were offered to attendees by Laura Hewett, Ine Marie van Dam and Catherine Weber. In addition, Sharon arranged for Bateaux Cellars to provide wine for the wine bar, staffed by Noel Sharp and Kelly Stanley as well as a Bateaux employee who served the wine. Natalie Vedder collected not only the baskets donated for the raffle, but also many individual items to be added to baskets or used imaginatively in baskets of her creation. Natalie had a crew of volunteers to help wrap the baskets with cellophane and ribbon and move them from her home to the TransAlta Commons. Our interest groups and individuals donated 26 different baskets and items for the raffle. Donna LaLond created beautiful fall-colored centerpieces for each table, a very nice contrast to the black tablecloths. Amber Buck and her volunteers, Corene Jones-Litteer, Julie Nurse and Cheryl Vance, sold raffle tickets which contributed significantly to the total \$4400. Ticket takers at the doors were Donna Loucks, Cathy Cavness, Jane King and Maree Lerchen. Book 'n Brush brought several local writers' books in to sell, including those of Garth Stein and Olivia Hawker. Many other members helped set up at 3:00 that afternoon, spending a couple of hours setting up tables, moving books for the 10 local authors who were there to sign books, arranging the raffle items, and food trays. Afterward, so many people helped break everything down that the Rose Bowman Room and lobby of the TransAlta Commons were empty before 9:00 p.m.

To everyone who helped with this event: a huge thank you!

Book Sale

Donna Loucks

Books have been flooding in this summer, with well over 200 boxes already stored and more that have been promised. Betty Garrett and her husband Steve have handled the majority of it, with help from some others when there was a situation where we could pick the books we wanted from the shelves at a vacated house. Thanks to Mary Dahlstrom for sharing her garage with the boxes of books, and also to Sharon Lyons for allowing us to use her garage to store flat empty boxes (and maybe books!) We would like to find an empty building or space to use for storage and sorting between about November 1 and the end of March. If you have any ideas of possible locations, contact Donna Loucks. If nothing better turns up, we expect to be back at St. John's Lutheran Church for the winter.





Women Supporting Women Scholarships Jasmine McMahan

Jasmine McMahan is the recipient of the Jan Leth Tribute Scholarship for the 2024-2025 academic year. Jasmine graduated as Salutatorian from White Pass High School this past June and is now enrolled at Central Washington University. While at Central, she plans to study Early Childhood Development or Psychology and Counseling with the goal of returning to her community as an elementary school counselor.

During her senior year in high school, Jasmine was a member of National Honor Society, participated in the high school's volleyball program, served as Class President, and was ASB Vice President. During the winter, she was a ski coach and worked in the bakery at White Pass Ski Resort. She also volunteered at the Randle Fire Department, at her church youth group, and as a teaching assistant in junior high classrooms. As her senior class advisor stated in a letter of recommendation, "Jasmine does not do anything half-heartedly. Each thing she endeavors to do she perseveres until it is accurate and well done. With Jasmine you get the whole package". WSW Scholarships is pleased to help Jasmine on the path to reaching her educational goals.

SHARING & CARING

Jo Martens, Sunshine Chair

I would like to take a little space here to thank all of our members who put so much time and effort into making our Evening with Authors a success. And now we're on to Expanding Your Horizons where we'll see the effort and dedication that makes our branch so effective and so special.

Please take a minute to let Bonnie Blake know that we are hoping she'll soon be among us as active as ever.

There are four ladies celebrating the anniversary of their birth this October. We wish each of them a very Happy Birthday:

Kaitlyn Beesley 10/10

Kathy Tennyson 10/23

Lynn Rash 10/26

Kathleen Blanchard 10/28

For those who need our thoughts of support or for events we would like to make note of and celebrate, please contact Jo Martens

MEMBERSHIP

Welcome to our newest members, Pat Campbell and Mary Capen. Both joined at our highly successful Evening with Authors in September. Please give them a call, introduce yourself at the meeting, and invite them to your favorite interest group activities.

Our branch is inching toward our goal of one hundred members! Tell your friends, watch for the new brochure available soon. Any questions about membership? Call or email Kathy Halsan or Cathy Cavness.

Watch the WAAG for our next membership get together!

Kathy Halsan
Cathy Cavness
Membership Co-chairs



2024-2025 DIRECTORY

Jeanne Nygard put a LOT of work into the guts of the directory as well as creating and printing the startling cover. Nancy Leventon coordinated the printing of the inside pages, assembling the booklets, and distributing the final edition. A work crew including Kelly Stanley, Donna Loucks and Sharon Lyons worked on the page/cover assembly. A big thank you needs need to go to those three. It went so quickly with so many hands. If anyone did not receive their copy of the directory, please contact Nancy Leventon.



INTEREST GROUPS

TRAVEL GROUP

Donna Loucks

Travel Group will meet on Tuesday, October 22 in-person at Jan Snider's home and by Zoom. Social time 6:45, Program 7:00. Jeanne Nygard will share photos from her recent trip to Kenya and Tanzania. Everyone is welcome. If you aren't on the email list for Travel Group and think you might want to attend, let Donna Loucks know so you can be provided with last minute details, or watch the WAAG just before the meeting.

ART GROUP

Bonnie Blake

Location of the next October Art Group meeting, on Monday, October 28, to be determined. If you want your name on the email list, please contact [Bonnie Blake](#).

MILES AND SMILES

Laura Hewett

Our 2024 year of walks and hikes is rapidly coming to a close, with three more scheduled hikes. We have tried a few new trails this year, including Evergreen Beach Trail near the campus at Evergreen College, the Kalama Marina and River Walk, Ellis Cove Trail in Squaxin, and Sequest State Park. We will try another new hike on October 9 to Mima Falls and on October 23, we will return to see the fall colors at Lake Sacagawea. We will finish the year in November on either the Willapa Trail, Discovery Trail, or, if weather permits, Lake Sylvia which has been closed this summer. We hope you will consider joining us as we finish off the calendar year and prepare to begin again in 2025. If you are not on the email list and would like to be, please contact [Laura Hewett](#).



EARLY MORNING DISCUSSION GROUP

Norma Green

The Early Morning Discussion Group will meet via Zoom at 8:30 a.m. Country Music is our topic for October 10. Several volunteers will be needed to each present visual and verbal information about a Country Music performer or group and style – traditional or modern. It is helpful to include a sample of the music. Discussion will follow each presentation. After deciding on a Country Music topic, please respond to the group email with your choice.

All interested AAUW members are welcome to join us – to see and listen to presentations, participate in our discussions, and, if interested, put together a presentation to share with the rest of those attending. Any questions, or to be added to the email list, please contact [Norma Green](#).



CINEMA CHICKS

Nancy Kruger



Cinema Chicks will meet next on Tuesday, October 8th, at 1:00 p.m. at the home of Nancy Kruger to view the film *Where Do We Go Now?* This is a 2011 comedy that takes place in a remote Lebanese village which is inhabited by both Muslims and Christians who have co-existed since time immemorial. Recently the men, inflamed by the introduction of TV and outside news, have decided the two groups are enemies. The women decide to take steps to trick their men into calming down and living peacefully side by side.

Kathy Tennyson will lead the discussion following the viewing. All are invited but please let [Nancy](#) know if you plan to attend.



RAVENOUS READERS

Nancy Leventon

The October meeting of The Ravenous Readers will be on Tuesday, October 15, at the Stillwaters home of Sharon Lyons, 125 Robert Frost Drive. You can arrive any time after 6:30 pm. Discussion will begin at 7 pm.

The book for October is *Good Night Irene* by Luis Alberto Urea. If you will be attending in-person or by Zoom, please let Sharon know in either case. It is important that we know how many will be attending and how. Check the Ravenous Readers reminder e-mail for details on how to enter Stillwaters after the gate has closed. Or call Sharon for entry instructions.

About October's Book: Abandoning her abusive fiancé in New York in 1943 to enlist with the Red Cross and head to Europe, Irene Woodward befriends Dorothy Dunford as they join the Allied soldiers streaming into France after D-Day where they are embroiled in danger, from the Battle of the Bulge to the liberation of Buchenwald, and where Irene learns to trust again through their friendship.

Planning Ahead: The November book will be *The Women* by Kristin Hannah with discussion led by Julie McDonald Zander. This meeting will be held at Jan Snider's house.

PAGES & BEANS

Corene Jones-Litteer

Pages & Beans will meet Friday, October 18, at 2:00 p.m. at the **Vernetta Smith Chehalis Timberland Library** in the small meeting room. Kathy Halsan will lead the discussion of *Warrior Girl Unearthed* by Angeline Boulley. In this book, Perry Firekeeper-Birch has aspirations that won't take her far from home. She becomes embroiled in a high-profile murder investigation. She is also interested in pursuing native items stolen from her Anishinaabe tribe ancestors that are either in museum holdings or for sale on the internet. She can only count on her friends and allies, including her overachieving twin, for help. Old rivalries, sister secrets, and botched heists cannot - will not - stop her from uncovering the mystery before the ancestors and missing women are lost forever.

This is a hybrid meeting. Please let Renae Seegmiller know if you will be attending via Zoom.

Looking ahead: In November, Barbara Selis will lead the discussion of *Knife* by Salman Rushdie. At the October meeting, Corene will hand out the New Yorker article "Defiance" by David Remnick about Rushdie's decision to write about the attempt on his life (New Yorker, February 13/20, 2023).



Java Break

Everyone is invited to join other members in an informal social time. Java Break is held the first and third Mondays of each month, at 10:00 a.m. at Joy's Once Upon a Thyme in Chehalis.

Great Decisions 2025

Sue Heise, of Hudson's Bay Branch, is making plans to pre-order the books for the Great Decisions Discussion group, as part of [Foreign Policy Association](#), hosted by Hudson's Bay for 2025. If you are interested in being part of this Zoom group, which includes purchasing the accompanying booklet and contributing to the video presentations, please contact [Sue](#) by October 15. She will give you more details.

Great Decisions 2025 Topics

- American Foreign Policy at a Crossroads
- U.S. Changing Leadership of the World Economy
- U.S.-China Relations
- International Cooperation on Climate Change
- The Future of NATO and European Security
- AI and American National Security
- India: Between China, the West, and the Global South
- After Gaza: American Policy in the Middle East

MOVERS AND SHAKERS

Initiatives on the November 2024 ballot

As an organization and as individual members, we advocate for federal, state and local laws and policies to ensure equity and end discrimination. This work is political but not partisan. We believe that Public Policy work is the most effective way to fulfill our mission to advance equity for women and girls.

Our state AAUW Public Policy committee has researched the three initiatives which will be on our ballot in November. The recommendation of this group is that each initiative would be detrimental to our mission to advance equity for women and girls. Please go to AAUW Washington State website for in-depth information concerning each initiative, or contact Kathy Halsan, Cathy Cavness, or Kathy Tennyson.

Timberland Library Trustee Board Meeting

We will circulate a calendar at the October meeting to schedule members to attend the upcoming regional board meetings. Our participation throughout the year has been vital in communicating library needs, especially with regard to availability of books and materials available to children and youth.

Community Needs

In the branch budget for the coming fiscal year we have funds set aside for community needs. Please contact Kathy Halsan, Kathy Tennyson, or Cathy Cavness if you are aware of a need in our area. The Hope Alliance Giving Box will be available at our November meeting. Watch for a reminder in late October. Questions concerning Community Needs contact Kathy Tennyson, Kathy Halsan, Cathy Cavness.

Movers and Shakers interest group will meet Monday, October 28, 6:30-7:30 PM via zoom. Watch the WAAG for the zoom link.



Don't forget to vote! Registration deadline is October 28 online or by mail and November 5 in person. You can check your registration and get other information about the election at the [website](https://www.vote.gov), [vote.gov](https://www.vote.gov)

If you have a favorite candidate for any position, you can go to their website to learn about other actions you can take to help the candidate.

BYLAWS

Branches are being required to change their bylaws to match the national AAUW bylaws. Because it is a mandated change, a vote of the membership is NOT required. The changes are only slight variations in wording, but if anyone wants to review them more closely, please see this [revised version of our bylaws](#). The sections that have been removed or changed are marked with strike-through and the new sections are in red.

BRANCH WEB PAGE and FACEBOOK

- ✚ Please check out our [BRANCH WEB page](#) for more information about our branch.
- ✚ The password for the [MEMBERS ONLY page](#) is in the directory. There you will be able to find past newsletters, videos of the Zoom programs, the handbook, recipes and other interesting resources. Consider bookmarking this page for quick access to branch information.
- ✚ Be sure to follow and share our [Facebook page](#) and our [Instagram page](#). Contact Peggy Hammer with information for social media postings.

American Association of University Women, Lewis County Branch Proposed Budget for 2024-25 and Comparison with 2023-24

The budget for the upcoming year is prepared based on the income from the book sale in March.

	2023-24	2024-25
	Actual	Proposed
Income		
Book Sale Proceeds	17,737	\$18875
Membership Dues – Net to branch	800	\$900
Interest Income	410	\$425
Total Income	\$18,947	\$20,200
Fixed Expenses		
Scholarships (Women Supporting Women)	4000	\$10,000
Banquet & Meeting Costs, Net to branch	362	\$500
Insurance	200	\$200
Miscellaneous Supplies, etc.	176	\$1000
Newsletter & Directory Copying & Postage	582	\$500
EYH		\$2,000
SubTotal	\$5320	\$14,200
Discretionary Expenses		
Contribution to STEM-oriented camps		\$5000
Contribution to WF West STEM Camp	\$2000	
Contribution to Tech Trek	\$2000	
Contribution to Hope Alliance	\$8500	
Contribution to Stillwaters Foundation	\$500	
Contribution to Immediate Community Needs		\$1000
SubTotal	\$13,000	
Total Expense	\$18,320	\$20,200
Budgeted but Unspent	\$627	
Account Balances as of September 15, 2024		
ID 90 Checking		\$5109.56
ID 00 Prime Savings		\$472.95
ID 20 Money Market		\$4378.30
Dues Support		\$325.89
CD 40 Scholarship & EYH reserve (12 mo. - matures 4/25)		\$10,464.05
CD 41 (6 months – matures 10/24)		\$15,175.90
Total Assets		\$35,926.65
Reserved		\$10,464.05
Budgeted for 2024-25		\$20,200.00
Proceeds from Evening with Authors, to be given to Hope Alliance		\$4400.00
Available		\$862.60

Additional Information About Our Spending

Donna Loucks, Treasurer

CDs: Interest rates on CDs finally rose above what was being paid on Money Market funds, so in June 2023, \$25,000 was put into 2 CDs. CD 40 started with \$10,000 that is set aside as EYH Reserve and Scholarship Reserve and expires in 12 months. CD 41 expires in 6 months and started with \$15,000 of money that we knew wouldn't be needed immediately.

EYH Reserve: The EYH fund is so that we always have enough to host the event, even if the College is unable to fund it at the last minute. Usually our income and expenses come out very close, but in 2022, expenses exceeded income, so \$2000 was removed from this fund and returned to the branch budget, leaving \$4000 (+ interest). This year (2024), the college is no longer able to pay for the buses for EYH, so we are going to have to cover that from the reserve. Therefore \$2000 has been added to the budget for next year on the assumption that this need will continue.

Scholarship Reserve: This was set aside in case we fail to earn enough in a book sale to cover the \$4000 contribution to Women Supporting Women Scholarships that has been promised for each year. It started at \$6000 and now has interest added. Now that the amount of money in the WSWS Endowment Fund has increased, it may be that this is no longer needed. However no change is proposed in this budget.

Dues Support

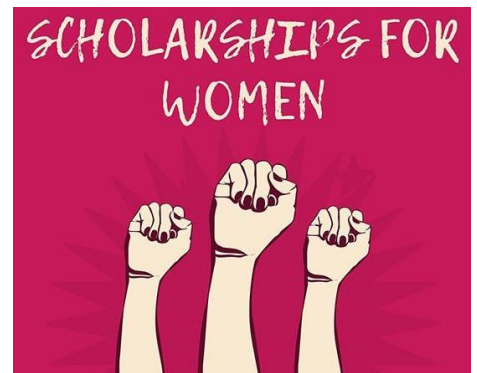
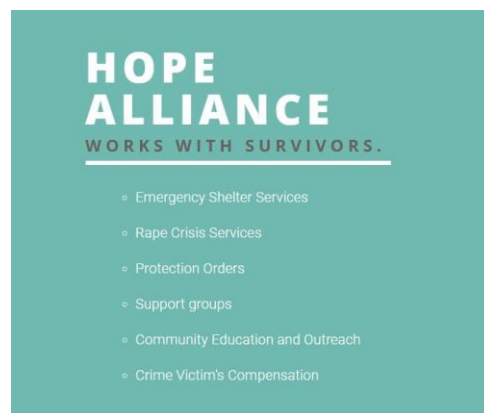
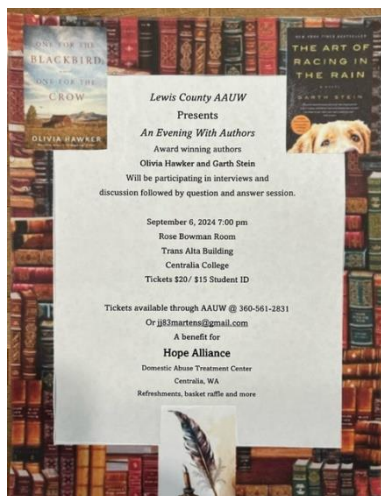
At a previous business meeting, we discussed creating a fund that could be used to pay dues for members who find them a hardship. We have received a discount on new members who joined recently, and rather than refund it to them, I have transferred it to an account which was open but not in use. If existing or potential new members want to use it in the future, they should contact the Membership Chairs. If other members want to contribute to it, contact Donna Loucks, Treasurer.

Contributions

Last year we gave \$2000 to the WF West STEM Camp and \$2000 to Washington State AAUW's Tech Trek instead of our usual \$1000 each. We make a contribution to GeoGirls summer camp only when a girl from Lewis County is selected to participate, which did not occur this past year. I have lumped STEM donations together so that we can make a final decision on exact distribution later. I increased the amount to Women Supporting Women Scholarships from our prior \$4000, and added \$1000 for Immediate Community Needs.

Contributions that don't show in the Budget

Profit from Lunafest and now from Evening with Authors is given directly to Hope Alliance, so does not appear in the budget. Also, we gave them a donation from funds that had accumulated over the past several years. So in 2023-2024, we gave (or will soon give them): \$2275 from 2023 Lunafest, \$8500 from budgeted funds and \$4400 from Evening with Authors, **totaling \$15,175.**



Lewis County Branch AAUW Branch Meeting Minutes
September 5, 2024

The meeting was called to order by President Laura Hewett at 7:00 p.m. in our new location at the Fellowship Hall at Westminster Presbyterian Church in Chehalis.

Corene Jones-Litteer talked about the upcoming EYH event. She asked if anyone was willing to put up EYH posters, as she had them available. She also talked about needing volunteers to help with EYH registration and bus arrangements and passed around sign-up sheets.

Marilyn Chintella introduced our guest speaker for the evening, Ashlee Shire, owner of Sweet Dough Cookie Company in Chehalis. An enthusiastic and personal presentation by Ashlee followed. Her cookie evolution began as a toddler decorating cupcakes. As she grew, her interest and skills were honed, landing her a stint on the Food Network where she twice won a cookie baking and decorating competition. She opened Sweet Dough Cookie Company on February 5th, 2022. Ashlee stated, "This was my dream and we made it happen!"

Laura thanked Ashlee for sharing a variety of her delicious cookies with our coffee/friendship gathering!

Laura thanked the hostesses for the evening: Bonnie Blake, Barb Charest, and Maree Lerchen.

Jo Martens reported that all is ready for the Evening with Authors for the next day.

Kristi Nelson announced that our next program would be Carrie Johnson from Centralia College on Women's Fitness and Health.

Meeting was adjourned at 8:00 p.m.

Respectfully submitted,

Carol Kostanich, Secretary

Bits n' Pieces

Conservancy Workshop

Contributed by Kathy Tennyson

Join an online workshop October 10, 2024, 1-3 p.m., and learn about the "Ellsworth Experiment". Ellsworth Creek is a small stream at the south end of Willapa Bay known for its high densities of chum salmon and nestled within the [Ellsworth Creek Preserve](#), which is owned and managed by The Nature Conservancy (TNC). In 2008, TNC initiated a watershed-scale experiment on forest management and watershed health with the goal of restoring ecological characteristics of late-successional forest landscapes from the current state as a relatively young, dense forest. Long-term monitoring of forest, fish, and wildlife have tracked responses to forest management treatments over time.

This 2-hour online workshop will include presentations from Dr. Michael Case (Forest Ecologist, TNC) and Dr. Michele Buonanduci (Postdoctoral Researcher, TNC) and a discussion facilitated by Dr. Mara Zimmerman (Executive Director, Coast Salmon Partnership) to answer the questions: Can forestry management increase the resilience of salmon populations to climate change? How have watershed-scale forest management, estuary restoration, and ocean conditions affected the dynamics of chum salmon populations? There is no cost for participating in the workshop, but registration is requested to help us prepare. [Please Register Here](#) or contact Kathy Tennyson for more information.

CALENDAR

Thursday, October 3 – 7:00 pmBranch Program
 Monday, October 7 – 10:00 amJava Break
 Tuesday, October 8 – 1:00 pmCinema Chicks
 Wednesday, October 9 – 9:00 amMiles & Smiles
 Thursday, October 10 – 8:30 amEarly Morning Discussion
 Tuesday, October 15 – 7:00 pmRavenous Readers
 Friday, October 18 – 2:00 pmPages and Beans
 Saturday, October 19EYH
 Monday, October 21 – 10:00 amJava Break
 Tuesday, October 22 – 7:00 pmTravel Group
 Wednesday, October 23 – 9:00 amMiles & Smiles
 Saturday, October 26November Newsletter Deadline
 Monday, October 28 – 10:00 amArt Group
 Monday, October 28 – 6:30 pmMovers & Shakers

OFFICERS 2024-2025

President	Laura Hewett
President Elect	Viki Draper
Program Vice-Presidents:	Kelly Stanley & Wendy Tripp
Program Committee:	Cathy Cavness, Marilyn Chintella, Norma Green, Jo Martens
Membership Vice-Presidents:	Cathy Cavness & Kathy Halsan
Secretary:	Carol Kostanich, Robin Warren, Sharon Winningham
Treasurer:	Donna Loucks
Historian:	Judy Scheer
Book Sale:	Donna Loucks
Expanding Your Horizons:	Corene Jones-Litteer & Swede Svenson
Scholarship Board of Directors:	Nancy Kruger, President Viki Draper, Mary Ann Gowing, Carol Kostanich, Wendy Tripp, Robin Warren, Adele Woodward
Directory Editors:	Nancy Leventon & Jeanne Nygard
Communication Editors:	Renae Seegmiller & Laura Hewett
Hostess Coordinator:	Mary Dahlstrom
Sunshine Chair:	Jo Martens