

The Arizona Mountaineer

November 2010

Outdoor Rock Climbing School
Fall 2010



The Arizona Mountaineering Club

Meetings: The member meeting location is:

Granite Reef Senior Center
1700 North Granite Reef Road
Scottsdale, Arizona 85257

The meeting time is 7:00 to 9:00 PM.

Board Meetings: Board meetings are open to all members and are held two Mondays prior to the Club meeting.

Dues: Dues cover January through December. A single membership is \$30.00 per year: \$35.00 for a family. Those joining after June 30 pay \$15 or \$18. Members joining after October 31 who pay for a full year will have dues credited through the end of the following year. Dues must be sent to:

AMC Membership Committee
6519 W. Aire Libre Ave.
Glendale, AZ 85306

Schools: The AMC conducts several rock climbing, mountaineering and other outdoor skills schools each year. Browse the AMC website for information on schedules and classes.

For More Information:

Website:

www.amcaz.org

Mail:

Arizona Mountaineering Club
4340 E. Indian School Rd., Ste 21-164
Phoenix, AZ 85018

BOARD OF DIRECTORS

President	Bill Fallon	602-996-9790
Vice-President	John Gray	480-363-3248
Secretary	Erik Filsinger	smorefil@aol.com
Treasurer	Kate Nason	480-286-8222
Director-2	Eric Evans	602-218-3060
Director-1	Steve Crane	480-812-5447
Director-1	Kim McClintic	480-213-2629
Director-1	Curtis Stone	602-370-0786

COMMITTEES

Archivist	Jef Sloat	602-316-1899
Classification	Nancy Birdwell	602-770-8326
Elections	John Keedy	623-412-1452
Equip. Rental	Bruce McHenry	602-952-1379
Email	Curtis Stone	602-370-0786
Land Advocacy	Erik Filsinger	480-314-1089
Co-Chair	John Keedy	623-412-1452
Librarian	David McClintic	602-885-5194
Membership	Rogil Schroeter	623-512-8465
Mountaineering	Bruce McHenry	602-952-1379
Newsletter	Robert England	480-688-5412
Outings	Frank Vers	480-947-9435
Programs	Kim McClintic	480-213-2629
Trng & Schools	Bill Fallon	602-996-9790
ORC	Bill Fallon	602-996-9790
Anchors	Justin York	480-229-8660
Lead	Mike Knarzer	602-751-1701
Web Site	Steve Crane	480-812-5447

The AMC Land Advocacy Committee: The Committee works by itself and with the national Access Fund to maintain public access to climbing areas. If you know of areas that are threatened with closures or climbing restrictions, please notify the Land Advocacy representative Erik Filsinger, 480-314-1089.

The Access Fund: This is a national, non-profit, climber's organization that works to maintain access to climbing areas nationwide. Climbers can join The Access Fund by mailing an annual, tax-deductible donation of \$35 or more to: The Access Fund, P.O. Box 17010, Boulder, CO 80308, or calling 888-8MEMBER or giving it to the AMC Club Treasurer to be sent to The Access Fund in your name. A donation of \$35 or more is needed to receive Vertical Times, The Access Fund newsletter. One can also join electronically at [https:// www.accessfund.org/join](https://www.accessfund.org/join)

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Hot Stuff !!!

**Rock On
Fall Lead
and
ORC Schools
Grads!**

Newsletter

The Arizona Mountaineer is published monthly by the AMC. Members are encouraged to submit articles and photos about their climbing- or mountaineering-related activities. Submit items for publication (subject to approval) to: AMC Editor, 2267 W Periwinkle Way, Chandler, AZ 85248 or through email to robert_england2@yahoo.com. Digital photos should preferably be in JPG format and 300 dpi. Articles can be in any standard word processing format. For more info call or write the editor at (480)-688-5412, robert_england2@yahoo.com.

Advertising in the Arizona Mountaineer is accepted, subject to approval, at the following rates. Personal ads are free to members. Business ads are \$5.00 for a business card, \$10.00 for half page, \$20.00 for full page, and \$25.00 for inserts.

Library

You must be an AMC member; i. e., your name must be on the most current membership list.

The circulation period is one month. Materials are due at the next general club meeting. The overdue fine is \$2 per title per month. Please contact the librarian if unable to return your books and tapes.

The circulation limit is three titles per person. One of these may be a videotape, for which a \$50 deposit is required. Each guidebook requires a \$25 deposit.

Dec NL Deadline: 10 NOV

November Birthdays

Charles Schulz 3, Michael Kelly 4, Alicia Rutledge 5, Jill Johnson 13, Susan Morris 13, Sheri Kenly 14, Ron Donaldson 16, Marshall Snider 17, Ted Zarbock 18, Bruce Robbins 19, Kara Woolgar 19, Candice Yuca 21, Colten Kollenborn 22, Stephen Patterson 23, Stephen VanHerpen 24, Weixiao Huang 26, Matt Crego 28, Tarek Firzli 28, Greg King 30

Discount Directory

These merchants offer a discount to AMC members:

- **Arizona Hiking Shack** - 11645 N. Cave Creek Rd., Phoenix, AZ 85020, (602) 944-7723. Show your AMC membership card and get a 10% discount.
- **AZ on the Rocks Gym** - 16447 N. 91st St., Scottsdale, AZ 85260. 480-502-9777. Gym membership 10% off for AMC members.
- **Phoenix Rock Gym** - 1353 E. University, Tempe, AZ 85281. 480-921-8322. 10% off membership to AMC members.
- **AZ Cliffhanger** - at the Phoenix Rock Gym. 480-642-9507. 10% off membership to AMC members.
- **Climbmax Gym** - 1330 W Auto Dr, Suite 112, Tempe, AZ 85284 - 480-626-7755. 10% off membership, Grand Opening 15% off through 4/30.
- **APE Index Rock Climbing Gym** - 9700 N. 91st Ave Suite 118 Peoria 85345 Phone 623-242-9164 10% discount for Day Pass and Membership. Show AMC Membership card.

Rental Equipment

EQUIPMENT	Qty	\$Dep	1-3day	4-7day
MSR Alpine snowshoes	5	32	10	16
Ice Crampons	5	26	8	13
Ice axes (70 cm)	6	16	5	8
Ice axes (90 cm)	5	14	5	7
Snow shovel	1	8	3	4
Avalanche Kit (probe & shovel)	2	10	5	8
Curved Ice Tools (pair)	2	40	20	35

Call Bruce McHenry at (602) 952-1379 for information on how to rent AMC equipment.

Treasurer's Report

Arizona Mountaineering Club Income Statement Period Ended August 31, 2010

INCOME

Advertising.....	200.00
Dues 2009	5,554.00
Interest.....	28.07
Mountaineering Schools	550.00
Rental Equipment.....	205.00
Anchors	1,950.00
ORC Spring 2010.....	4,900.00
ORC Fall 2010	3,325.00
Lead Spring 2010.....	1,125.00
<u>Lead Fall</u>	<u>750.00</u>
TOTAL INCOME	18,662.07

EXPENSES

Admin	2,435.58
T-Shirts.....	472.07
Capital Expenditures	69.02
Equipment Maintenance	18.29
Land Advocacy	371.71
Newsletter	909.90
Outings.....	91.00
Outing Leaders.....	217.5
Programs Monthly Meeting	2,695.10
<u>Training.....</u>	<u>4,567.74</u>
TOTAL EXPENSES	11,847.91
OVERALL TOTAL.....	6,814.16

ACCOUNT BALANCES

Checking	10,071.30
<u>CD Account</u>	<u>15,000.00</u>
TOTAL CASH ASSETS	25,071.30
<u>AMC Outing Gear.....</u>	<u>3,467.43</u>
OVERALL TOTAL	28,538.73

AMC Board Minutes - October 11, 2010

Board Members Present: Bill Fallon, Erik Filsinger, Eric Evans, John Gray, Steven Crane, Curtis Stone, Kim McClintic.

Call to Order: Bill Fallon called the meeting to order at 7:03 p.m.

Minutes: The Minutes of the September 13, 2010 meeting of the Board were approved as submitted.

Treasurer's Report: The Treasurer's Report for end of September was approved as submitted. A draft budget for 2011 was presented for discussion. Input will be sought from Board members and relevant Chairs.

Committee Reports:

Programs –

- Programs – The next Member Meeting will be held at the Granite Reef Senior Center on November 15. Bruce McHenry will present.

- Outings – The Queen Creek Clean-Up and Climb is scheduled for October 30. An OL will be needed to handle the climbing portion. It is not clear that a group camp site was reserved for Joshua Tree at Thanksgiving. Steven is confirming. Alternatives were discussed. Potentially a BYOL unofficial activity might be posted on Meet-Up. There also might be the potential of local events in lieu of the J-Tree Outing. Alpine rock seminar will be held December 11. A Snow Skills seminar will be held Jan 12 and the weekend of the 16th. Permits will need to be obtained.

Congratulations to those who assisted with the Grand Canyon Clean-Up event for another good activity.

- T&S – Bill Fallon discussed the plans for the Outdoor Rock Climbing and Anchors schools for this Fall. He is looking for OL's to take ORS Grad Climbs.

- Land Advocacy. Chair Erik Filsinger presented a brief update on the City of Scottsdale's planning for the Tom's Thumb trailhead and the Queen Creek Coalition's negotiations with Resolution Copper.

- Web Site – Steven Crane will take over from Robert England the web site work and interface with the Consultant. The Board wants to make sure the project is completed as soon as possible.

Old Business:

- Outing Leader Approval process. Eric Evans will lead a review of the Outing Leader approval process will bring forward a proposal for revising the current system with an eye on streamlining the process to make it easier for interested parties to become OL's in a timely manner.

- Meet-Up. The Board approved the proposal from Steven Crane, Curtis Stone and Eric Evans for the AMC Meet-Up site. That policy statement is presented elsewhere in this newsletter.

New Business:

- 2011 Elections. The Board discussed the process and will coordinate with the Elections Chair, John Keedy, to ensure that all openings are advertised and that we obtain a full list of candidates.

- There was a discussion of potentially forming a new committee/position within the AMC governance structure – an Events committee or Coordinator.

Adjournment: The meeting adjourned at 9:01 p.m.

Fall 2010 ORC School

The Fall 2010 Outdoor Rock Climbing School, though still in progress at the time of this writing, has been a terrific success from my perspective. We've had a record turnout for recent years with 38 students and a nearly equal number of volunteer instructors, many of them returning from the Spring 2010 class. This class has set a new standard for energy, enthusiasm, and FOOD.

It's been a blast meeting so many new friends, reconnecting with old friends, sharing some knowledge and skills, and getting outside on the Arizona rock. Thanks to all the students for being so diligent, tolerant of their lead instructor, and for being just so much fun. Thanks to all the volunteer instructors for making this Outdoor Rock Climbing School possible. Thanks to the eight very special Outing Leaders for capping this school off with Grad Climb outings all over the valley – Jodie Bostrom, Robert England, Eric Evans, Jason Garvan, Dave McClintic, Bruce HcHenry, Matt Percy, and, of course, Rogil Schroeter . And, finally, thanks to Ron Auerbach for opening his house for our Grad Party.

To all our recent grads, Justin and I are looking forward to seeing you in the November Anchors class, if you can make it. And for sure I'm looking forward to your help at the Spring 2011 Outdoor Rock Climbing School. Give a little back and I guarantee you'll be surprised at what you receive in return.

Bill

NEW MEMBERS: *Climbers - Please Welcome*

Annette Austin	Weixiao Huang	Elaine Quigley
Brandon Blain	Chris Humphreys	Korri Rederick
Carly Cipinko	Mark Lucas	Paul Schaaf
Mic Croitoru	Troy Lucas	Rodney Schnuelle
Jill Daugherty	Michael Lust	Marshall Snider
Sutton Demlong	Isaac Martinez	Rob Taynton
Angela Fallon	Douglas Matson	Chris Womack
Ryne Fallon	Erin Matson	Kara Woolgar
Jacob Hancock	Sylvy Nasser	Mike Zapeda

Grand Canyon Over-the-Rim Cleanup - Photos



The Superstition Mountain Rescue Team worked an extra shift on Sunday morning this year to recover a 300+ lb picnic table that had been thrown over the side at Shoshone Point



Grand Canyon Over-the-Rim Cleanup - Photos



Glacier Travel, Snow Skills, Crevasse Rescue Seminar

January 12-15-16, 2011. AMC Mountaineering offers an introduction to winter mountaineering and skills required for climbing the glaciated peaks of North America . For full details of topics covered see list below. Glacier travel School is a multi day course to be held Wednesday January 12, 2011, 19:00 -21:00 at Papago Park (SW corner of College St. and Curry Rd. in Tempe) and all day Saturday/Sunday January 15-16, 2011 on Mt. Humphrey's near Flagstaff , AZ. All class participants must also be available to meet in Flagstaff the evening of Friday January 14 at 20:00, location TBA. The seminar fee is \$50 for first time students and \$25 for returning students.

The Saturday and Sunday portions of the course will be conducted in the field on the slopes of the San Francisco Peaks and will include one night of camping on the snow above 10,000 ft. Students are expected to be in reasonable physical condition and prepared for long days of working in cold weather and camping on the snow.

Class time will run late into Sunday, expect to return home late Sunday night. The course has an extensive list of required equipment; get the complete list at the time of signup. Some items such as crampons, ice axes and snow shoes can be rented from the AMC for a small fee. All participants must have among other things mountaineering boot, winter weight sleeping bag, suitable clothing for climbing and camping in the snow. All boots used in the class must be approved by the instructor.

Prerequisites, Instructor approval. Space is limited.

To signup contact Lead instructor Bruce McHenry at bamchenry@att.net .

The topics covered will include:

1. Travel in the alpine environment: rest step, pressure breathing, moisture management, caloric intake, load management, rest management.
2. Altitude sickness awareness, AMS, symptoms, CE and PE signs and symptoms, AMS -> Stay put, CE or PE ->go down
3. Risk management and time management
4. Snow travel on snowshoes and crampons
5. Roped team travel
6. Ice Axe self arrest
7. Snow anchors (Pickets, Flukes, Dead-men, Snow Bollards, nature of snow as an anchoring medium, matching your anchor to job it needs to perform
8. Methods of dynamic belay, quick belay and running belay
9. Glacier travel: anatomy of the glacier, characteristics of crevasses and snow bridges

Glacier Travel, Snow Skills, Crevasse Rescue Seminar

10. Crevasse extraction, building the C+Z haul system and the standard three member team rescue scenario, hauling weight and stressing anchors.
11. Avalanche Awareness: importance of the critical angle, slope angle identification, clues to snow loading, womphing, layer formation and slab avalanche ingredients, trigger events
12. Basic Avalanche beacon usage – Only a fool gets trapped in an avalanche beacon or no beacon - function, key features and characteristics, placement on the body, what it can and can't do.
13. Avalanche victim/body recover: locating a buried beacon, timely searches, organized rescue effort, search patterns, importance of terrain survey and visual clues, scene safety, fine probing techniques, digging techniques
14. Winter camping: site selection, mostly experience life living on the snow and elements
15. Team resource and camp management: fuel planning, team management, securing winter camp for wind and snow fall.
16. Snow shelters, trenches, wind breaks, block walls and snow caves

A partial list of required gear includes the following items:

Snow shoes

Waterproof and breathable shell, pants and parka,

Mountaineering boots (must be instructor approved)

Crampons with front points, must be capable of fitting your boot

Ice axe

Climbing harness

0F or warmer sleeping bag

Insulated sleeping pad

Tent suitable for use on snow

Layering system suitable for temperatures ranging from 0F to 50F and high winds and snow

Water proof and insulated gloves

Camp stove

Water bottle insulators or thermos

Head lamp

Karabiners, say eight to ten and at least two large D karabiners you can manipulate with a gloved hand

A few sewn runners

Set of prussics

Sunglasses or glacier glasses

Pack large enough to carry equipment for the weekend

Member Meeting: Monday, November 15th

Do you want to learn more about
Canyoneering, Ice Climbing,
Alpine Mountaineering, Kayaking, being a
wilderness first responder, Back Packing in the
Grand Canyon, Orienteering,
Becoming an AMC outing leader,
and more???

The November meeting will be an expo with
displays and experts (or really enthusiastic,
knowledgeable people) to talk to about
wonderful outdoor activities.

Bring a snack to share and don't miss this fun
event!

Where: the Granite Reef Senior Center
1700 N. Granite Reef Rd.
Scottsdale, AZ 85257
(in the PARTY Room)

When: Monday, November 15th at 7:00 PM

Climbing Anchors School **Arizona Mountaineering Club - Fall 2010**

The AMC Climbing Anchors School teaches participants how to set climbing anchors for top-roping. This course is the logical next step for AMC Basic Climbing School graduates.

Class curriculum:

- Tuesday: Anchor components, anchor types, knots and hitches.
- Thursday: Anchor system characteristics and construction.
- Saturday: Set anchors in “hands-on” scenarios.
- Sunday: Set real anchors on an optional climbing day.

Class schedule:

Nov 9	Tuesday	6:00 pm - 9:30 pm	*Scottsdale Cactus Park
Nov 11	Thursday	6:00 pm - 9:30 pm	Scottsdale Cactus Park
Nov 13	Saturday	8:00 am - 4:00 pm	Climbing area to be announced during class
Nov 14	Sunday	7:00 am - 5:00 pm	Climbing area to be announced during class

*Cactus Park is located on the northeast corner of Cactus Rd. and Scottsdale Rd in Scottsdale.

Experience required: AMC Basic School graduate or equivalent, which must include knowledge of how to belay, rappel, prusik, tie a figure-8-on-a-bight and figure-8-on-a-follow-through, and make a girth hitch.

Cost: \$75 plus membership if not already a member (Single membership is \$30, Family is \$35). Membership is good through Dec., 2011. Register on the AMC web site using PayPal or by sending a check payable to ‘AMC Anchors School’ to PO Box 11883, Tempe, AZ, 85284. The registration fee is fully refundable if you cancel. Contact Nancy Birdwell by email: amcanchorsschool@gmail.com for more info. The class size is limited to 36.

Equipment required for the class:

- 2 non-locking “D” or oval carabiners (at least 2, bring more if you have them)
- 3 locking carabiners (at least 3, one of which should be a parabiner)
- 1 rappel/belay device (Trango Jaws, Black Diamond ATC, Trango Pyramid, Figure-8, etc.)
- 1 climbing harness
- 1 ea 4’, 6’, 10’ 6mm prusiks (untied length)
- 2 ea 5’, 10’, 20’ slings (1” tubular webbing, untied length, AKA runners)
- 1 or 2 personal anchor slings (commercial daisy chains or 4’ sewn Spectra runners or equivalent)
- 1 helmet—required for Saturday and Sunday sessions, helmets are available if you do not have one.

(The slings and harness are the only additional equipment needed over the Basic School requirements)

In order to become independent and set your own anchors, you should start acquiring anchor gear. The following gear is not required for Anchors School, but if you have some, you will be able to practice setting it in class. All of the gear recommended below can be used for Lead School, and none of it will be wasted if you intend to set your own anchors. All gear should be marked prior to bringing it to class to prevent confusion between it and other people’s gear.

Other gear you may want to bring:

- Any pro you may have (hexes, nuts, camming devices, Tri-cams, etc.)
- Extra biners (regular D’s, ovals, and lockers—stay away from specialty biners at this time)
- Extra slings (perhaps four 5’, two 15’ slings, untied lengths)

For more information: Visit the Arizona Mountaineering Club website at www.amcaz.org.

Outing Leaders

Requirements for becoming a leader: take the Basic, Anchors and Lead classes (or equivalents), be a member for at least one year, complete a basic first aid and CPR class (8 hours or more), and be approved for leadership by at least five current leaders through formal application process and by the Board of Directors. Contact Nancy Birdwell at (602) 770-8326.

Outing Leader

Contact Info

Jodie Bostrom	480-286-8222	
Robert England	480-688-5412	robert_england2@yahoo.com
Eric Evans	602-218-3060	eae100@yahoo.com
Bill Fallon	602-996-9790	bill.fallon@cox.net
Erik Filsinger		smorefil@aol.com
Jason Garvin.....	480-734-6801	beach_bum43@hotmail.com
John Keedy.....	623-412-1452	jwkeedy@cox.net
Mike Knarzer	602-751-1701	thrashndangle@gmail.com
Grant Loper	602-684-3042	grantloper@loperandassociates.com
David McClintic.....	602-885-5194	david.mcclintic@cox.net
Bruce McHenry.....	602-952-1379	
Monica Miller	623-362-0456	
Rogil Schroeter	623-512-8465	rogil@cox.net
Frank Vers	480-947-9435	climbrox@gmail.com
Justin York.....	480-229-8660	

Your Name Here!

Alpine Rock Seminar

December 11, 2010. Alpine Rock Seminar- AMC Mountaineering Committee offers the 1-day Alpine Rock Seminar on Saturday, December 11, 2010. The hands-on field seminar is for folks with solid rock climbing skills who may be interested in taking their adventures into alpine and mountainous conditions. Topics to be covered include: Mountain terrain, weather, altitude, judgment, equipment, and team considerations. Field exercises include alpine rope work, route finding, alpine considerations for anchoring and belaying, and alternatives for descending will be discussed and demonstrated. Silent communication will be shown and practiced. The Seminar will be offered locally at a site to be announced. It is recommended participants have taken AMC ORS, Anchors, and Lead Schools or equivalent.

For details or questions contact Bruce McHenry bamchenry@att.net . Fees will be \$50 for new students and \$25 for refresher students. Number of participants is limited.

Calendar of Events - Outings/Schools/Events

Oct 30 - Queen Creek Cleanup and Climb Details to-be-announced

Nov 16 - Anchors School (Nov 9, 11, 13, 14)

Nov 25 - J-Tree Thanksgiving Climb and Feast - Details to-be-announced

Dec 11 - Alpine Rock Seminar - Space is limited. To signup contact lead instructor Bruce McHenry at bamchenry@att.net

Dec 17 - (Friday) Holiday Party - Details to-be-announced

Jan 12, 15-16 - Glacier Travel, Snow Skills, Crevasse Rescue Seminar - Space is limited. To signup contact lead instructor Bruce McHenry at bamchenry@att.net

Footnotes: Car-pooling is optional on all outings and is not part of the outing. The outing begins at the trailhead designated by the Outing Leader and ends at the same place. Each participant should bring a First Aid kit. If you leave the outing, with or without the leader's permission, you are considered to be on your own until you rejoin the group. Each participant will be required to sign an AMC Activity Release Form at the beginning of the outing. Participation in AMC outings requires club membership. Outings vary in degree of danger: When you participate in an outing you should be both physically and mentally prepared and equipped with the appropriate gear. You should always be aware of the risks involved in outdoor activities and conduct yourselves accordingly. The Outing Leader is not responsible for your safety; you are. Please contact the Outing Leader before going on an outing, discussing your capabilities with the Outing Leader. You must be over 18 years of age to participate, or must be accompanied by a parent or responsible adult, and obtain prior consent from the Outing Leader. Those accompanying minors are responsible for the minor's safety.

Billboard—Other Scheduled Events

Outings listed in this section are not AMC sanctioned outings. Any AMC member can list an event he or she is planning and which is open to other AMC members. The member does not have to be an approved AMC Outing Leader. If you wish to participate you should be physically and mentally prepared with the appropriate gear and should contact the member planning the outing. You are responsible for your own safety, not the person leading the outing. You should always be aware of the risks involved in outdoor activities and conduct yourself accordingly.

Oct 30 - Grand Canyon - Rim2River2Rim day hike on the New Hance trail. Contact Rogil for more information: Rogil@cox.net


Mondays Ape Index Gym Climbing - AMC Members \$10 admission with ID card. Rogil Schroeter (623) 512-8465

Wednesdays North Mountain hikes after work. Rogil Schroeter (623) 512-8465

Member Advertisement

House for sale near Shea and SR-51, 1 block from the mountain preserve. 2200 sq ft, 3 bd, 2 ba on 1/3 acre. Clean and well-maintained, move-in ready. Call 602-705-4600 for details

November 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 Sunrise: 6:48 Sunset: 17:35 M-rise: 03:59	4	5 	6
7	8 Board Mtg	9	10 Sunrise: 6:54 Sunset: 17:29 M-set: 21:39	11	12	13 
14	15 Member Mtg	16 Anchors	17 Sunrise: 7:01 Sunset: 17:25 M-set: 03:13	18 Anchors	19	20 Anchors
21 Anchors 	22	23	24 Sunrise: 7:07 Sunset: 17:22 M-rise: 20:15	25 Thanks-giving: J-Tree	26	27
28 	29	30	<div>NOTE: Celestial events occur about 10 minutes earlier on Arizona's eastern border; 10 later on its western edge.</div>			



**Arizona Mountaineering Club
4340 E. Indian School. Ste.21-164
Phoenix, AZ. 85018**