



STUDY of ANCIENT LIFEWAYS and TECHNOLOGIES

S.A.L.T. MISSION STATEMENT

S.A.L.T.'s primary goal is to understand, practice and share all life skills and arts of the ancient world. This is accomplished by regular Skills Meetings and informing the public through various Events.

www.saltskills.com

saltskills@gmail.com

Charlie Tadano, President Tom Wax, Vice President
Laura Robins, Newsletter Editor/Webmaster

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Volume 11, Issue 8

S.A.L.T. e-NEWSLETTER

AUGUST 2020

S. A. L. T. CALENDAR

NEXT S.A.L.T. SKILLS MEETING...

**ALL MEETINGS AND EVENTS ARE
STILL CANCELLED UNTIL
FURTHER NOTICE**

at PUEBLO GRANDE MUSEUM

4619 E. Washington St., Phoenix, AZ 85034 602-495-0901



Pueblo Grande Museum is still closed until further notice.

Check our website and follow us on Facebook
(<https://www.facebook.com/PuebloGrandeMuseum>)
and

YouTube (<https://www.youtube.com/c/PuebloGrandeMuseumArchaeologicalPark/videos>).

Please let us know if you have any questions.

Laura Andrew, Visitor Services Supervisor
City of Phoenix Parks and Recreation
Pueblo Grande Museum and Archaeological Park
Office: 602-495-0901

**S.A.L.T. LOOKS FORWARD TO
GETTING BACK TO PGM
WITH SKILLS MEETINGS
ONE DAY IN THE FUTURE...
WATCH FOR E-MAIL UPDATES.**

MEANWHILE, STAY SAFE!





Maricopa County COVID-19 Hotline Hotline:

To answer COVID-19 questions from health care providers and the general public, call 1-844-542-8201.

More information:

<https://www.maricopa.gov/5460/Coronavirus-Disease-2019>

For the most updated news and information related to COVID-19 or Coronavirus, please frequently check www.phoenix.gov/newsroom

CORONAVIRUS BUSINESS & RESIDENT RESOURCES

Please visit <https://www.phoenix.gov/Resources> for the latest updates to accessing resources. Residents with questions about city services and programs are encouraged to call 602-262-3111 or e-mail contactus@phoenix.gov



CITY OF PHOENIX IMPACTED SERVICES UPDATE

Please visit <https://www.phoenix.gov/newsroom/em-and-hs/1054> for information on City Services and facilities currently closed or impacted, and City Services available online.

Read this information in Spanish. Lea esta información en español (PDF)

https://www.phoenix.gov/newssite/Documents/COVID19_Newsroom_Main_SP.pdf



Staying Active During COVID-19



Social distancing and sheltering in place doesn't necessarily mean having to endure isolation or living in fearful separation. There are still great ways to getting and staying active. Being physically active is helpful for mind and body well-being. While there are ways to be active outdoors, such as walking, running or hiking; if you can't or don't want to go outside, here are some suggestions for being active indoors. Do your best to find time every day to move. However, remember the advice of medical professionals calling for us to wear face coverings as much as possible until this health crisis ends.

Here's how:

- Do your best to find time every day to move. Even a small amount of time each day is good for your health.
- Find the type of movement that works best for you. Physical activity, such as walking or biking, can be done by people of all ages and abilities. Find the type of exercise that works best for you.
- Even in small spaces, walking is good for you. Consider pacing while on a phone call.
- Try to stand up and move around every 30 minutes or so, especially when you are watching TV or using a computer.
- Take activity breaks. Little amounts of physical activity, like cleaning, gardening, dancing, and cooking add up.
- Join a free online exercise class on YouTube. Cardio, yoga, strength training—the options are endless!
- Maintaining physical distance does not mean social distance—work out virtually with your friends. Plan to tune into the same exercise video or create a workout plan together over video chat.
- Stretch. Gentle movement, like yoga, can help your body relax and rejuvenate. Sync movement with deep breathing.

Here's why:

- Exercise reduces levels of the body's stress hormones.
- Exercise stimulates the production of chemicals in the brain that are the body's natural painkillers and mood elevators.
- Exercise helps to boost your immune system.
- The stress reduction and mental health benefits of physical activity and exercise can last throughout the day.

Also:

- Give friends and family regular emotional support. Moral support is essential during these times.
- Share ideas with others on ways to stay healthy and positive, such as careful online shopping, preparing nutritious meals, and using other online resources for personal recreation.
- Stay current with ongoing activities, take part in conference calls, and share timely information and links with other retirees and friends.
- Remember to stay active!

HOMWORK

For all S.A.L.T. Members and Associates!

While you are looking for something to do at home... please go to our S.A.L.T. Website, www.saltskills.com and scroll way down to the bottom beyond CONTACT US and open the S.A.L.T. SKILLS pdf under S.A.L.T. INFO. Look through all the skills and please e-mail us the ones you are interested in learning to saltskills@gmail.com

We can include "How To" information in our newsletters and on the website.

THANK YOU!!!

Here are a couple of projects to do with the kids!

WRAPPED TWIG ANIMALS

Materials: long, flexible, freshly picked twigs such as willow; optional thread for tying ends; and raffia for wrapping the twig body.

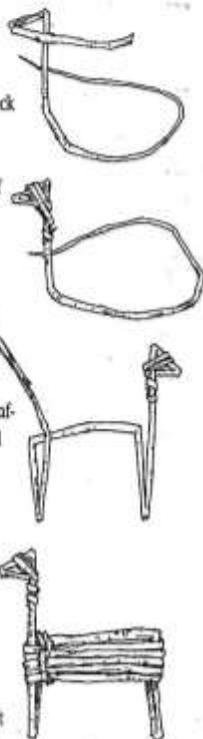
1. Give your animal a triangular head. Leave extra length. Bend twigs gently or they will snap.

2. Wrap the extra length around the animal's head or neck and tuck under or tie with thread.

3. Bend twig for front legs, animal back, and back legs. If your twig is not long enough, tie on a second twig.

4. Wrap the rest of the twig back and forth around body. Tuck the end under or tie with thread.

5. You may choose to wrap your twig animal with dark raffia strips. Two or three strips that are an arm's length will be enough.



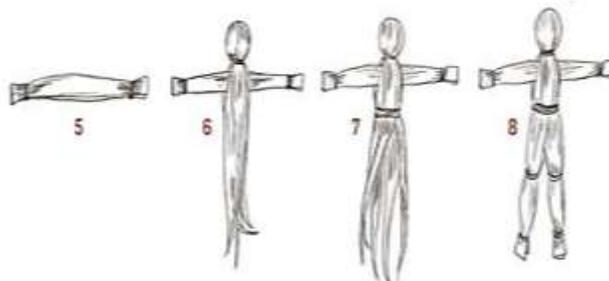
Long ago, in 6500 B.C., Archaic people in ancient desert caves such as Danger Cave in Utah, fashioned twigs into small animal figurines. Some think the figurines look like deer. Nobody knows why these people made split twig animals—perhaps they were toys or used for good luck in hunting.

Over 2,000 years ago the desert sands covered and protected the Archaic people's delicate twig animals, stone tools, mats, sandals, grinding stones, and rabbit snares. Today we can see these objects in museums and think about their use.

CORN HUSK DOLLS

MAKING THE DOLLS

Start by soaking the husks in water for 10 minutes, and then blot excess water with a paper towel.



HOW-TO

1. Lay 4 or 6 husks (always an even number) in a stack.
2. Using thin twine, tie husks together, about 1 inch from top.
3. Separate husks into equal portions (2 and 2, or 3 and 3), and fold halves down, covering twine.
4. Using thin twine, tie husks about 1 inch down, creating head.
5. Roll a single husk, and tie at ends to make arms.
6. Position arms below knot at neck, between equal portions of husks.
7. Tie waist. For female doll, trim husks to an even length.
8. For male doll, separate legs into equal portions. Tie at ankles (and knees, if desired). Trim evenly.

**"Knowledge is not complete until it is passed on."
Steve Watts**

S.A.L.T. SKILL CHALLENGE

by Thomas Robins

WOVEN ROCK SLING



AGAVE CORDAGE



ROPE



YUCCA



NATURAL CORD

Slings were first used thousands of years ago for hunting and as weapons. They were used in war up to the 1700s in the British military weapon that the Cavalry men used for long range hits. A sling was used by small man David to take down the giant Goliath in the bible. This shows two things about a sling: 1) it's a low status weapon and 2) in the hands of an expert it can be devastatingly effective.

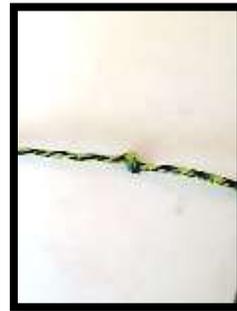


Step 1: Materials for a Para-cord Sling



12 feet of para-cord
Knife or scissors
Lighter

Step 2: Starting the Sling



Take one loose end and measure out about three feet. Tie a knot there to mark it.

Step 3: Weaving



Take the other nine foot side of the knot and fold it as shown above making even rabbit ears about 3 inches long.



Hold on to the rabbit ears and weave the horizontal cord back to the left under, over, under and over the four rabbit ear cords.



Repeat to the right and so on until the end of the rabbit ears.



Step 4: Tying It Off



Now take both loose ends and pull on them as hard as you can to from a pouch.
Press your thumb into the middle as your tightening. Then go to the middle of the edge and tie a knot with the loose ends through the rabbit ears. (You might have to pull on them a little to get them to stick out)

Step 5: Finishing Up



Trim any extra cord off the ends, and go ahead and melt the ends with a lighter.



Make a slip knot on one end, and a granny knot on the other.

Step 6: Using the Sling

Making a sling is pretty easy, but using one is more difficult. For ammo, you want to use something small and heavy, like a shooter marble or a small round rock. You can also make your own out of clay.

Once you've inserted your ammo in the pouch, you put your index finger through the slip knot and then pinch the other knotted end between your thumb and index.

Next you sling.
<http://www.slinging.org/> has lots of great techniques.

S.A.L.T. MEMBERS OUT ON THE TRAIL

STALKING THE WILD
FOMES FOMENTARIUS
July 2020 in Northern Minnesota
by Ron Moses



A recent trip to northern Minnesota, near the Laurentian Divide, gave me the opportunity to replenish my depleted cache of FOMES FOMENTARIUS.

Masters of friction fire know this as "tinder fungus."



FOMES FOMENTARIUS is a large polypore shelf fungus found on dead or dying paper birch trees. It is considered to be an excellent natural friction fire tinder that easily captures and then extends an ember or spark into a much larger coal. This is due to the microscopic tubular construction in the core of the fungus. The tubular feature greatly increases the oxygen available to the newly created ember allowing it to grow in size and intensity.



Tinder fungus is also used as a coal keeper because it does not in itself become an active flame. A large piece will smolder for a considerable period of time and particularly if enclosed in a birch bark carrier that somewhat restricts access to fresh air. A smoldering piece of the fungus can be carried from one encampment to the next. This can be very useful if the weather conditions or environment might be questionable for making a new friction fire from scratch.



JULY 2020 ALASKAN ADVENTURE

by Tom Wax



Hiking in Denali National Park up to Mount Healy Overlook.



4 photos merged into one panoramic photo of Exit Glacier and Harding Icefield in Kenai N.P. As far as the eye can see is nothing but mountain peaks, snow and ice.



Me on top of the Harding Icefield Trail



Humpback Whale in Kenai Fjords N.P.

SUB ARCTIC MOUTH STRAP DRILL

While in Alaska I have been making fire with the Sub Arctic Mouth Strap Drill. Even in the rain and dampness that is here, however I found the Egyptian Bow Drill did better for making fire. I gathered all wood from a brush pile that was wet and maybe somewhat green. The socket I brought with me and it is made of Moose Antler. I had bought a piece of brain tanned Moose hide for the strap and lost it. So I never did get to use it for making a complete set from materials that are in Alaska. The strap cord is Tandy leather of some type.



The fire board with the shelf appears to be Aspen or Poplar (top). The bottom fire board or hearth is Birch. The type of wood the spindle is I am not sure. It still seemed to be green a little to me. With each hole drill that is in the fire board with the shelf, I made an ember, but as soon as I dumped it into a tinder bundle, it went out because of the wet and dampness, it is just that wet and cool here. If I had a better spindle material that is dead and dry it would be better. I used a Desert Seepwillow spindle that I brought with me on the bottom fireboard or hearth that is birch wood and it worked beautifully. I was able to keep an ember with it. The tinder bundles in the picture on the left is Birch bark and the one on the right is either Poplar or cottonwood. On the right side of the spindle is cottonwood bloom which makes a good coal extender. I need to find a better spindle from materials that is in Alaska to make a really great Sub Arctic Mouth Strap Drill set. I blew into flame using both types of tinder materials. Last Wednesday; I taught fire making here in Alaska to some kids and all were able to make friction fire with the Egyptian Bow Drill method except for one. It rained heavily in the middle of class and we had to move inside a carport area to get out of the rain. Everything up here in Alaska is damp and wet with the rain and humidity which makes it difficult for primitive fire making.

WEEKEND IN BOULDER, UTAH
by Kiowa Sage



Kiowa and John



Spent the weekend in Utah firing pottery at John Olsen's house. John is someone who I've learned a lot from in indigenous southwestern ceramics. He's a true master of the craft.



The backcountry of this state is truly remote with lots of magic in the canyon country. @ Boulder, UT



PRESCOTT PRIMITIVE LIVING SKILLS
Prescott, Arizona

Check out Kiowa Sage on facebook!



Hello friends! It's Kiowa Sage! I started a local meetup group to teach courses on primitive living skills, nature awareness and outdoor survival skills - all of which I've been training in for many years. All classes ranging from two hour workshops, day long classes and multiple day immersion courses. Skills and knowledge bases such as making fire with sticks, edible and medicinal plants, animal trapping and tracking, fiber arts and weaving, basic outdoor survival skills and how to do more with less in the outdoors. Right now I only have a couple classes listed until I acquire more traffic. Check out some of the listings that are available!

Here's an upcoming class I'm teaching! Come and learn about the edible, medicinal and useful plants on the trail.

Saturday, August 8th at 10:30 am. \$10.00, Register on www.meetup.com



This hike will give you an opportunity to learn the variety of flora the land can offer. Arizona is home to a diversity of bio-regions that support a large amount of plant life. Hike through riparian habitat, high-desert, and mountain country and learn about the wild foods and medicines these lands can provide. Building a better relationship between us and our wild environment.

Bring plenty of water and a notebook and pen.

****Moderate to Advanced levels of hiking are involved with these courses****

Some new listings of other classes are offered, and there will be more to come!

-Kiowa Sage



33RD RABBITSTICK

9/13-19/2020 in Rexburg, Idaho

**HAS BEEN CANCELED UNTIL
SEPTEMBER 12 - 18, 2021**

DUE TO COVID-19

**"Rabbitstick is the Mother Church
of Primitive Technology"**

-Steve Watts, Past President of the Society of Primitive Technology

Rabbitstick Primitive Skills Gathering, held the 3rd week of September in ID, is the premier Backtracks event. Rabbitstick is the oldest of all of the modern primitive skills events and has been the model for most of the events currently running worldwide. Each year we host nearly 150 instructional and support staff who provide a camp with hands-on classes that run 9am-5pm for 5 days for about 400 registered participants. This is an unparalleled opportunity to learn skills and get to know teachers that you can trust. Visit our new website - rabbitstick.com - for complete event and registration details.

Backtracks has assembled one of the largest and most complete rosters of primitive skills teachers and practitioners available anywhere. Backtracks is your source for the best instructional staff you'll find at any event. Join Us!

www.rabbitstick.com

[Register On-Line Today](#)
[Share a Ride Bulletin Board](#)
[Meet Our Staff](#)

Rabbitstick | (208) 359-2400 | backtracks905@gmail.com | societyofprimitivetech@gmail.com



Bulletin of Primitive Technology website at [-primitive.org](http://primitive.org). Order back issues, download a complete index of topics and titles, or view the entire first issue and newsletters for free. Don't miss out on this amazing collection of information. It's up and running and ready to take your orders now.

<https://www.facebook.com/Backtracks-Keeping-Traditions-Alive-213565755397099/?fref=nf>



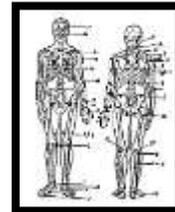
Dear RMS family & friends,
~ Live What You Love ~

Upcoming 2020 Workshops:



Herbal Pharmacology Fri - Sun, October 2nd-4th

Make your own medicine using wild and cultivated plants.



Oriental Acupressure Thurs-Sun, October 22nd-25th Hands-on healing workshop. Learn how to heal yourself and others.



All classes held at Reevis Mountain School include hearty meals fresh from the homestead, class supplies, hot showers, and campsite. Camping is free, or stay in a yurpee (\$10 per night per person), single cabin (\$25 per night, sleeps 1), or double cabin (\$50 per night, sleeps 1-2+), availability permitting. We provide complimentary shuttle service from Roosevelt, AZ, or caravan in your own 4X4. Shuttle pickup is at 4 p.m., first day of class. Please see our [website](#) to enroll and to get more information

Sign up online!

www.reevismountain.org/classes

Order all your favorite Reevis Mountain Remedies online!

www.reevismountain.org/country-store



Blessings, Peter Bigfoot & the RMS Interns



JOIN US OCTOBER 8-14, 2020
FOR THE THIRD ANNUAL
SKYEARTH
IN VENUS, TEXAS!

SkyEarth:

With all that is going on, we feel it is best to hand off the baton of hosting this gathering to Scott Ezzell and his crew.



Scott and his family are the owners of the land, Prairie Haven, where SkyEarth takes place. They are excited at the prospects of running this vital gathering.

Please do what you can to get the word out and support Scott. You can start by going to his [Facebook page](#) and "liking" it.

You will find some of the particulars of the gathering there.

To be in touch with Scott directly regarding the gathering, you can call or text him at (817) 994-7735.

Joshua, Kirsten, Kiyota and Tomoki



WINTER COUNT

**February 14 - 20, 2021
AT THE BOULDERS!**

About 1/2 hour east of Florence, AZ on the East Florence-Kelvin Highway which is just south of Florence off Hwy. 79.

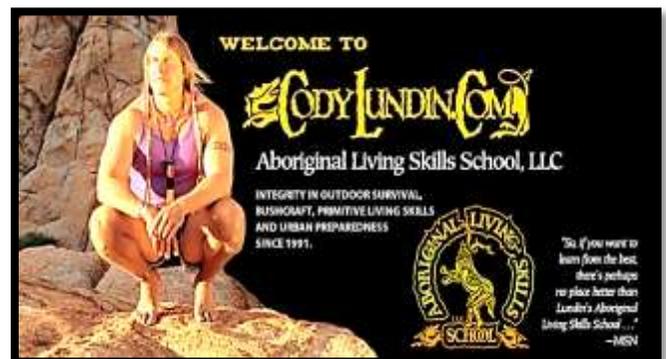
Winter Count:

People have been asking us if we're planning to host Winter Count, February 14-20, 2021. The answer is YES! It is our full intention at this point to host this wonderful and life sustaining gathering in the saguaros of Arizona.

So put it on your calendar and we will plan to see you there!

We look forward to seeing you in the desert,
Joshua, Kirsten, Kiyota and Tomoki

Winter Count
2119 Calle Tecolote
Santa Fe, NM 87505
Winter Count 505-570-9484
WinterCountCamp@gmail.com
www.WinterCountCamp.com





This has been a long time coming and we are excited to share this news!

First, Bridges to the Past has secured 40 acres of land in Valley, WA for use as a permanent campus and gathering site. We have long wished for a piece of ground to call our own, and this spring we were able to make it happen. The photo is of the meadow which will be the heart of our primitive camp. The location of this new campus is about 4 miles northwest of the previous gathering site, and Between the Rivers Gathering will be moved to this site this coming Spring, AND...(drum roll please)...



We would like to announce **Fall Camp Gathering** to take place this **October 8-11th!** This is a shortened format running Thursday through Sunday, with classes starting Thursday morning and running through Saturday evening. Camp will break after a morning get-together on Sunday. Please see www.fallcamp.net for details, differences from other events, and how to register.

There will be a few differences in format from other gatherings and from BtR due to current world events as noted on the website. We will be following CDC guidelines and local laws for the current pandemic during Fall Camp.

We are excited to be offering this first annual event, and we look forward to hearing from you! We plan to have a Fall & coming Winter focus for Fall Camp including food preservation, shelters, warm clothing, fire making and use, primitive cooking, hides & such, felting, metalwork, and of course lithic technology and weapons & hunting (and more!). If you are unsure please don't hesitate to ask! **Registration will open August 1st.**

<https://www.fallcamp.net/register.html>

Follow us on social media through our Bridges to the Past Facebook page, and on Instagram @fallcamp_gathering. We will also be updating our Between the Rivers Facebook Group with the new name of BtR, FallCamp & Bridges Group to reflect our recent changes.

We hope to see you this Fall! Patrick and the BtR Crew



Please plan to join us for Between the Rivers Gathering in 2021, May 31st - June 5th. We will look forward to a joyful reunion with our dear community of friends and family! Until then, please stay well and take care of yourselves and each other.

Sincerely,
Patrick and the BtR Crew

Contact us: patrickf@bridgestothepast.org

BTR LOGO HATS ARE AVAILABLE!



Kandis Larson is now making Between the Rivers Gathering Logo Hats and making them available to you! Each hat has a leather patch branded with our BTR logo that we have all grown to love, no two are alike, and have a primitive touch to them.

From Kandis, "I am sure you all share my same feeling about our beautiful BTR gathering canceled. I decided since we can't be together in person this year, I would bring to you online the hats that I was planning on selling at camp this year, and we can all sport them in our daily lives."



Hats \$20 (four designs to choose from)
1.) Brown 2.) Green 3.) Black 4.) Green/Tan



Beanies \$15 (four colors to choose from)
1.) Black 2.) Grey 3.) Blue 4.) Green

Please contact Kandis directly if you would like to purchase a BTR hat (remembrance of the year that Covid19 squashed our plans)

She has many payment options available including, Venmo, cash app, and a card reader.

"Hope you all enjoy the rest of your spring. Thank you to my gathering family, and may we meet soon around the fire." -Kandis

kandiscreated@gmail.com
509-994-0585 cell . @kandis created (Instagram)

ATTENTION

S.A.L.T. Members and Associates!

Please send in pictures and articles for this newsletter! Send in information on projects you are working on, information you have found on primitive skills, pictures from trips to archaeological sites, etc.

Send it to saltskills@gmail.com



STONE AGE TECHNOLOGY FROM PRIMITIVE WAYS



ALSO, THINK ABOUT TEACHING ONE OF OUR SKILLS CLASSES WHEN WE GET BACK TO PGM!

Contact Charlie Tadano at 602-524-6910



BE SURE TO WATCH CALLIE RUSSELL



**ON ALONE THURSDAY NIGHTS!
HOPE SHE HAS ANOTHER 4 RABBIT DAY!**



S.A.L.T. STORE

T-SHIRTS & PATCHES will be available at all S.A.L.T. Skill Meetings



S.A.L.T. T-SHIRTS are available in all sizes at \$20.00 each
(Special pricing for Members)



S.A.L.T. PATCHES \$5.00 each
(Memberships receive one free)



Have a place to store and carry all of your S.A.L.T. Projects and Tools! \$15.00 each
(Special price for members)
Call Charlie for availability on Totes
602-524-6910

"Primitive (first) skills are our shared inheritance. It is the shared thread which links us to our prehistory and binds us together as human beings." Steve Watts

2020 MEMBERSHIP DUES ARE DUE!

SINGLE \$12.00 & FAMILY \$24.00
(New memberships are pro-rated throughout the year)

Please bring it to the next Skills Meeting or mail them to S.A.L.T. Treasurer,

TAMARA TADANO
12840 N. 45th Drive
Glendale, AZ 85304

Please make the check out to
Tamara Tadano

S.A.L.T. MEMBERSHIP ITEMS

The Tan "Fishing Shirt" Style S.A.L.T. Membership Shirts are available by pre-order. Please contact Charlie Tadano to order your Shirt at 602-524-6910

**S.A.L.T. T-SHIRTS
and S.A.L.T. PATCHES
are still available!**

There may be some Tote Bags, too.

The S.A.L.T. "Sonoran Desert, Sorting out the Weak" T-SHIRT is available to anyone interested for \$15.00 each. They will be available at most S.A.L.T. Monthly Skill Meetings and Events until they are gone. (Only a few left!)

S.A.L.T. CONTACT INFORMATION:

Website: www.saltskills.com

e-mail address: saltskills@gmail.com

For MEMBERSHIP information call Charlie Tadano at 602-524-6910 or Bob Sizemore at 520-705-9780 or e-mail saltskills@gmail.com

For EVENTS and BEAD information contact Donna Moses at 602-384-1359 or saltdonna1@gmail.com

For S.A.L.T. e-Newsletter or Website info contact Laura Robins, Editor at 623-533-0847 or e-mail saltskills@gmail.com