

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

Jennifer Ahumada, Secretary

Tamara Tadano, Treasurer

Laura Robins, Newsletter Editor/Webmaster

Donna Moses, Events / Bead Chairperson

Volume 13, Issue 8

S.A.L.T. e-NEWSLETTER

AUGUST 2022

S. A. L. T. CALENDAR

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

SATURDAY, AUGUST 20th

9 am – Noon

S.A.L.T. SKILL #15 Edible Plants

CORN HUSK DOLLS with Peter Huegel

Share the Three Sisters, Corn, Squash and Beans
at the Potluck Brunch

(Please bring a dish to share for the potluck Brunch!)

QUARTERLY S.A.L.T. BOARD MEETING FOLLOWS

at PUEBLO GRANDE MUSEUM

UPCOMING 2022 MEETINGS & EVENTS:

Saturday September 17th SKILLS MEETING at PGM

**S.A.L.T. SKILL #11 CLOTHING – Make and decorate a small buckskin pouch with
Laura Robins**

Saturday October 15th SKILLS MEETING at PGM

S.A.L.T. SKILL #12 GOURDS – Make a gourd bowl with Ron & Donna Moses

**REMEMBER TO WEAR YOUR S.A.L.T. SHIRTS
TO ALL MEETINGS AND EVENTS!**

**All Members make sure Tamara has your name
on the membership list for free entry into PMG!**

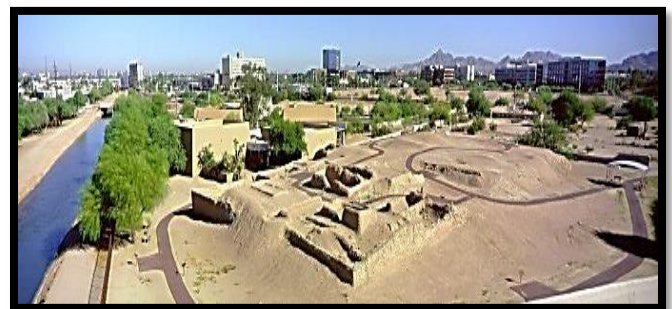


PUEBLO GRANDE MUSEUM



Pueblo Grande Museum is an archaeological site once inhabited by the Hohokam culture, just east of downtown Phoenix, next to Sky Harbor International Airport. It's a National Historic Landmark and Phoenix Point of Pride accessible by the Sky Train

and the Light Rail. Part of the City of Phoenix Parks and Recreation Department since 1929, it's the largest preserved archaeological site in Phoenix.



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

Check this out! THE STORY CONTINUES...

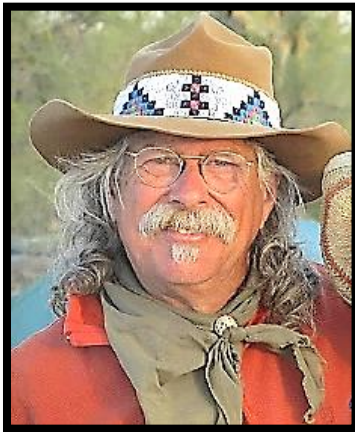
Pueblo Grande just put out an in depth "on-line exhibit" called The Story Continues. Here is the link to go to the part of the exhibit that includes SALT. Just scroll down past that guy at the Artifact Cart and past the parts about pottery. That is where the part about SALT is located. On the SALT photo you can move the arrows from side-to-side to get two separate full pictures.

<https://storymaps.arcgis.com/collections/54b9e45dee7a41c9ac2141cc67f52838?item=2>

-Peter Huegel

**"Unless there is CONTEXT,
it's all arts and crafts." Steve Watts**

FAREWELL ROB, 'TIL WE MEET AGAIN...



July 9th we lost Rob Withrow, another great friend in our Primitive World. He was always at Winter Count and Rabbitstick with his smile and guitar... he will be missed by so many...



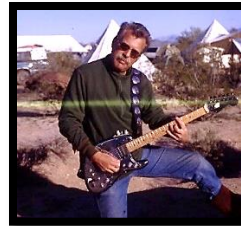
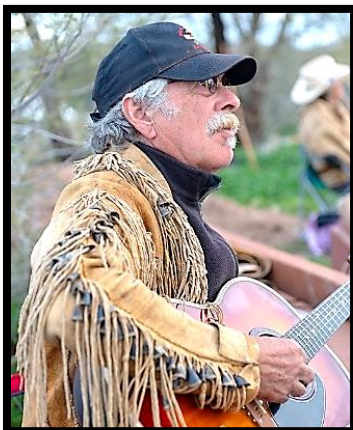
Winter Count Tam & Charlie & Rob



Tom and Rob



One Class Rob taught was Heat Treating Flint



Rob was an awesome musician!



Rob and Larry Kinsella

"I FINALLY found the pics of Rob when he was in the band "Cellar Door". He was the lead guitar player for Steve Gaines in this band. Steve Gaines was the writer of "Freebird", for Lynyrd Skynyrd and was one of Rob's dearest friends. He often told me of how sad he was when their plane crashed and Steve was killed. I think it must have been as bad as I feel now. It isn't that hard to pick out Rob!"

-Larry Kinsella





**DON'T MISS THE AUGUST 2022
S.A.L.T. SKILLS MEETING!**
Saturday, August 20th 9 am - noon



SKILL #15 EDIBLE PLANTS CORN HUSK DOLLS with Peter Huegel

SKILL	Apprentice Level I	Apprentice Level II	Apprentice Level III
15. Edible Plants	Research 12 plants and fieldtrip to Botanical Gardens or Boyce Thompson Arboretum	Research 12 more plants and fieldtrip to Reevis Ranch or take Winter Count class	Demonstrate processing and storage of 24 plants

Cornhusk dolls have been made by Northeastern Native Americans probably since the beginnings of corn agriculture more than a thousand years ago.

Brittle dried cornhusks became soft if soaked in water, and produced finished dolls sturdy enough for children's toys. In addition to their use to amuse children, some cornhusk dolls were used in various ceremonies. A type of Iroquois cornhusk doll was made in response to a dream.

The doll was then...well come and find out.

There is a direct connection historically to the people who first made the cornhusk dolls and the Pilgrims, the Colonists winning the American Revolution, some of the laws we live by today, the images on the Great American Seal, a type of clam, and a hit movie.

Myths and legends cannot be left out. There will be talk of the "Three Sisters" of corn, beans, and squash. The Native American tale of what the Great Spirit asked Corn Sister, the problems created by his request, and how Great Spirit resolved the problem.

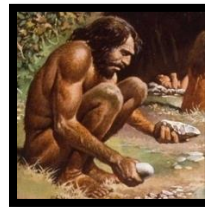
After the presentation we will learn the step-by-step of "HOW" to make a traditional cornhusk doll and everyone will make their own cornhusk doll.



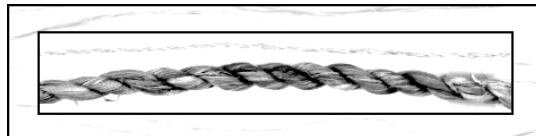
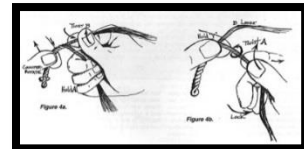
LEVEL I of SKILLS 1, 2 and 3 INSTRUCTION PROVIDED AT EVERY SKILL MEETING DEPENDING ON THE WEATHER...

SKILL	Apprentice Level I	Apprentice Level II	Apprentice Level III
1. Cutting Tool	Make a flake and Discoidal Blade	Make flakes from three different rocks and refine the tools	Demonstrate a use or project with the tool
2. Cordage	Make a uniform 3 foot length of cordage	Process three different fibers and make cordage	Demonstrate a use or project with the cordage
3. Friction Fire	Demonstrate one method of primitive fire starting	Forage for materials, construct hand drill or bow drill and make fire	Make a complete Fire Kit to use and display

SKILL #1 CUTTING TOOL: Level I *Make a flake and discoidal blade.*



SKILL #2 CORDAGE: Level I *Make a uniform 3 foot length of cordage.*



SKILL #3 FRICTION FIRE: Level I *Demonstrate one method of primitive fire starting.*



(Beads will be given out to new members when Level I of all three of the above Membership Requirement Skills are completed and dues are paid.)

Remember to bring your own primitive tools and materials to the Monthly Skill Meetings, if you have them. Materials for the Membership Requirement Skills are provided at each meeting for guests and new members.

Also, you are responsible to sign in at meetings and events to be included in the newsletters, etc. and note on the sign-in sheet each level of each skill you complete to be awarded your beads. You need to make a Personal Bead to receive the leather thong for your Skill Beads. Thanks!

JULY 2022 S.A.L.T. SKILLS MEETING HIGHLIGHTS

Saturday, July 16, 2022

Board Members in attendance were: Charlie & Tamara Tadano and Laura Robins

Members in attendance: Peter Huegel, Aurora Oberloh, Sylvia Lee, Carlos Acuna, Susan Jeffay, Sam Sargent, Mia Fortin, Tom Adkins

Welcome New Member: Laura Olivas

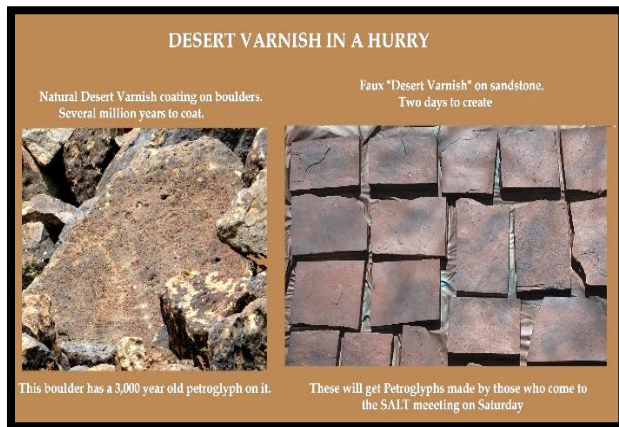
Guests: Shannon Weller, Christina Tatalovich, Sandra Schickel, Javi Sanchez Blanco and Taty Castillo

SKILL #24 DECORATION ROCK ART with Peter Huegel

SKILL	Apprentice Level I	Apprentice Level II	Apprentice Level III
24. Decoration – Pigments, etc.	Make a personal S.A.L.T. Bead	Research 6 different kinds of decoration such as pigments, etc.	Display 3 different items that were decorated by you

Counting down to my teaching about ancient "Rock Art" at Pueblo Grande Museum for SALT on Saturday. I will be doing a PowerPoint presentation on "Rock Art, the Who, What, When, Where, Why, and How?" Finishing touches are being done on the presentation. I hope. Mr. Anal that inhabits my brain is unwilling to sit back and say, "It's done!"

Mr. Anal is the same guy who said "No, the people there can't make their Petroglyphs and Pictographs on some broken piece of plaster of Paris. They need REAL rocks." I let him win that debate and spent a couple weeks finding slabs of sandstone to use. After I found the pieces of sandstone, Mr. Anal said "No, you cannot just smash them into random pieces you have to use a power saw and cut them into shape." He simply won't shut up! After I had cut a bunch of pieces, Mr. Anal jumps in and says "Sandstone doesn't have Desert Varnish on it. How are they going to pick, chip, grind their way through Desert Varnish to make a Petroglyph if there is no Desert Varnish on the rock.?" Along about then I was starting to dislike Mr A.



So, knowing what real desert varnish is – layers of brown and black mineral deposits built up over millions of years on top of the boulders used to make ancient Petroglyphs – I decide to cut a few million years off of the process and use brown and black spray paint. In two days, I had REAL rocks with faux Desert Varnish!

I painted only one side of the rocks. It will be the Petroglyph side. The opposite side is bare rock and can be used to simulate the wall of a cave to make a Pictograph.

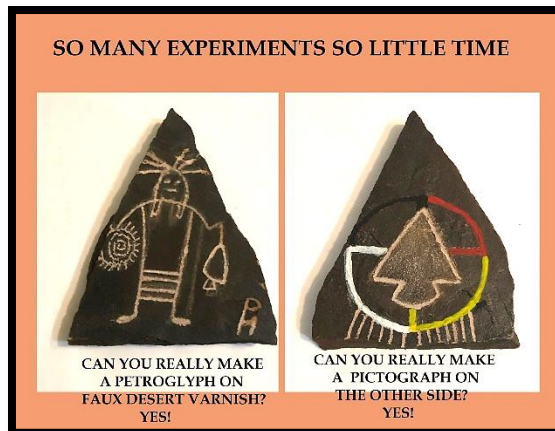


I and a fellow SALT member had already made yucca paint brushes in the style of the ancients so folks can use them to paint their Pictographs. They are just going to have to deal with the disappointment of the fact that I did not grind up the various colored minerals to make the paints they will use.

So, the PowerPoint is ALMOST finished. The rocks, including "Desert Varnish" are ready. The paint brushes are ready. Tomorrow I will be making the tools they will need to peck, or scrape, or scratch their Petroglyph image through the Desert Varnish.

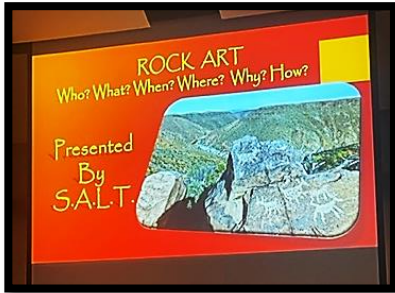
Then the only thing left to do is on Friday make a dish for the potluck lunch we put out for our guests after the meeting.

Below are some photos of the progress on the REAL rocks with the faux Desert Varnish. I also included a photo of my example Petroglyph and Pictograph of one of my rocks.





Charlie opened the meeting



Peter's PowerPoint presentation was outstanding!



Peter's Petroglyph



Painted Pictographs on the sandstone side
And pecked Petroglyphs on the desert varnish side... fun project!



Always a delicious Potluck Brunch!

JULY 2022 S.A.L.T. SKILLS SPECIAL EVENT ON SOAP MAKING

Saturday, July 23, 2022 at Susan's House



Susan went over the information on Lye Soap Making before we started. It is a very exciting endeavor!



Susan's Honey Soap



Tamara and her grandson, Jax, have been making hundreds of bars of soap!

NEED YOUR HELP!

Jax's Project has been growing by leaps and bounds! He has had the opportunity to touch the lives of 185 Veterans who are transitioning from homeless to healing. If you would like to help, put bags together, supply items, or donate money for supplies, you can partner with Jax in honoring these Veterans. Please call Tamara if you can help at 602-920-8228.

The website is: www.americanveteransranch.org



Jax and the Veterans

Susan put out quite a spread of goodies!

S.A.L.T. SKILL #15 EDIBLE PLANTS

Here is some interesting information from

ALONE Season 8



ALONE Cast

SO, WHAT DID I EAT ON ALONE S8?!

by Theresa

Contrary to the edit which seems to indicate that I lived on air until finding a dead fish on the beach.... I was gathering intensively everyday I was out. Living on plant foods is far from the idyllic fairy tale that seems to be a prevalent misconception in the outdoor communities. The majority of plant food is a low caloric return for the caloric investment necessary to gather then prepare it. I often spent entire days processing food to make it digestible, but that was what I had. So, you have two options, whinge and go home or get busy and be full and happy!

I choose the latter. My strategy for this was fairly multidimensional.... I require around 1500 calories per day as a baseline. When out in an environment where the body is seldom in homeostasis, I require more like 17 to 1800 to maintain or very slowly loose weight. As a way of making sure I was getting enough calories, I had memorised the caloric content of a large number of plant foods per 100 grams before I went out. Then I built a scale using a broken arrow shaft and two identical bags which I sewed from my T-shirt. I put the GoPro which weighed approximately 300 grams in one bag and the food in the other. This gave me a rough idea of how many calories I was eating per day.

For foods that I did not know the caloric content for I based my calculations on the type of nutrient that made up the bulk of each food. Carbohydrates and Protein have 4 calories per gram while Fat has 9. You can see why fat is so highly prized by communities which live off gathering and hunting!! I then halved this amount to compensate for the amount of non-digestible fibre in most of the plant food.

I targeted the foods with the highest calorie contents first. These were early season berries, roots and seeds. Seeds being the only plant food available out there with a high fat and protein content. For the less digestible late season berries I was double boiling them, then pureeing and straining them. This reduced the bulk significantly so I could physically eat enough of them to get the required calories in. For the False Solomons Seal roots which make up a large portion of my diet later in the season I took a page out of the Mesoamerican strategy for dealing with Maize. I nixtamalized them using the Potassium Hydroxide that I produced using wood ashes. This helps to break down some of the less digestible carbohydrates, making them more bio available. It also improved the taste significantly! They are rather strongly flavoured..... I think I can now write a book on how to find these under the snow and tell

them apart from Bane Berry and Twisted Stalk with no above ground stalks or leaves...

Here is a list of what I was eating to the best of my memory: Raspberries, Skunk Current, Red Elder, High Bush Cranberry, Dew Berries, Mountain Ash Berries (Rowan), Creeping Dog Wood Berries? Creeping Juniper Berries, Rosehips, a variety of Grass Seeds, Sedge Seed, Nettle Seeds, Pond Lily Roots, False Solomons Seal Roots, Fire Weed Roots and Greens (Rosebay Willow Herb), Nettle Greens, Water Cress, and a variety of teas such as Raspberry, Strawberry and Dogwood leaves and of course Spruce and Douglas Fir needles!



Yes, that's our friend Theresa on the bottom right! (Dr. Theresa Emmerich Kamper) Tom would've so loved to have seen her on ALONE! She is all grown up from the days I remember her at our camp at Winter Count so long ago! One year she wore a belly dancing outfit at mask night! Our son, Christian, followed her all over camp that year! She lives in the UK now and teaches primitive skills. So, if you're across the pond and want to take classes at Exeter University...

- Laura





FALL CAMP October 6 – 9, 2022

We are excited to announce that we will be camping this Fall at the Bridges to the Past Campus in Valley, Washington, about 45 miles north of Spokane. Fall Camp will feature instruction in subjects that are appropriate for the season, and for the coming winter that will include food preservation and ethical harvesting, hide collection, tanning and storage, fire making methods and use, basic outdoor cooking, whole animal processing, working with bones, lithics, fibers, metal, wood and feathers, ancestral tools and weaponry, shelters, and more.

Tickets for students will go on sale August 1st! Keep an eye on the website for details and updates.

Instructors: it's not too early to confirm with me that you are planning to attend and teach. See you when the weather cools!



Ancestral Skills for Self-Sufficiency
Sponsored by Bridges to the Past 501(c)(3)
Northeastern Washington State Ancestral Skills & Self-Sufficiency Gathering

Other [Skills Gatherings](#)
[BtR T-Shirt](#)

Burning questions that can't wait? Contact us: patrickf@bridgestothepast.org

BetweentheRiversGathering.com

BTR LOGO HATS ARE AVAILABLE!



Kandis Larson is 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.

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



34TH RABBITSTICK in Rexburg, Idaho SEPTEMBER 11 - 17, 2022

**REGISTRATION IS OPEN
AND FILLING UP FAST!**

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](#)

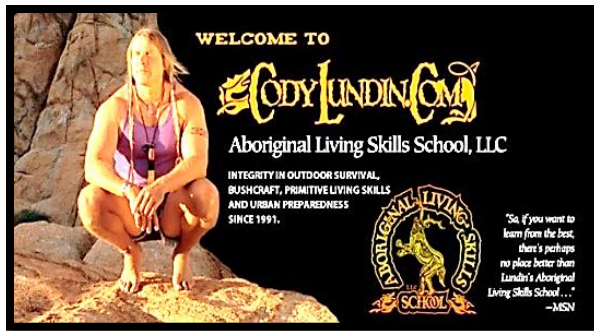
Rabbitstick | (208) 359-2400 | backtracks905@gmail.com
societyofprimitivetechnet@gmail.com



Bulletin of Primitive Technology website at 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>

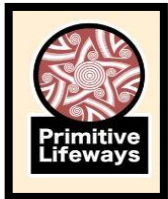
"Primitive (first) skills are our shared inheritance. It is the shared thread which links us to our prehistory and binds us together as human beings." Steve Watts



WINTER COUNT

MARK YOUR CALENDARS FOR
FEB. 19-25, 2023

Winter Count 505-570-9484 WinterCountCamp@gmail.com
www.WinterCountCamp.com



Visit the Primitive Lifeways Store!

The Primitive Lifeways store is up and running. This month we are featuring new merchandise including beautifully crafted prehistoric replica pottery and jewelry. We are still selling stickers for less than a cup of coffee at Starbucks. By purchasing our new merchandise, you are helping us educate the public on archaeological preservation and the sharing of free information.

[Click Here](#) to visit our store.
Jeff Martin

Jeff@primitivelifeways.com

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! www.meetup.com

Watch for new listings of classes that are offered, and there will be more to come!
-Kiowa Sage

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



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



All classes held at Reeves 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 Reeves Mountain Remedies online!

www.reevismountain.org/country-store

Blessings, Peter Bigfoot & the RMS Interns

EARTH KNACK

Stone Age Living Skills

Earth Knack Stone Age Skills for the 21st Century

Primitive and Modern Life Skills Training. Don't just survive... Thrive!

Earth Knack has been offering primitive skills courses, wilderness treks, and sustainable modern life skills teaching since 1990. The Earth Knack school site is near Crestone, Colorado and the Great National Sand Dunes. Robin Blankenship owns and operates Earth Knack and has been working in the outdoor field since 1978.

[Visit Us on Facebook](#)

Give us a like on the [Earth Knack Facebook Page!](#)

[Visit Our YouTube Channel](#)

Watch some great videos on our [Earth Knack YouTube Channel!](#)

August

Paleo Bread Baking with Natural Leavening

2 days August 6 – 7 (Saturday and Sunday)

Co instructed by Alma Carel and Robin Blankenship

\$115 includes camping, classes and materials, use of kitchen and bath facilities.

Best Tasting Survival Plants of the Rocky Mountain West

with nationally known survival plant expert Cattail Bob Seebeck

2 days August 11 – 12 (Thursday – Friday)

\$195 includes camping, classes and materials, use of kitchen and bath facilities.

Moccasin Making and Buckskin / Fur Sewing and Design Tips and Tricks

2 days August 13 – 14 (Saturday and Sunday)

Instructed by Robin Blankenship

"These (boot) moccasins are made for walking...."

\$135 includes camping, classes, moccasin materials, use of kitchen and bath facilities.

Green River Canoe

6 days August 17- 22 (Wednesday – Monday)

Guided and instructed by Robin Blankenship

\$465 per person **(\$365 if you bring your own canoe)

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.

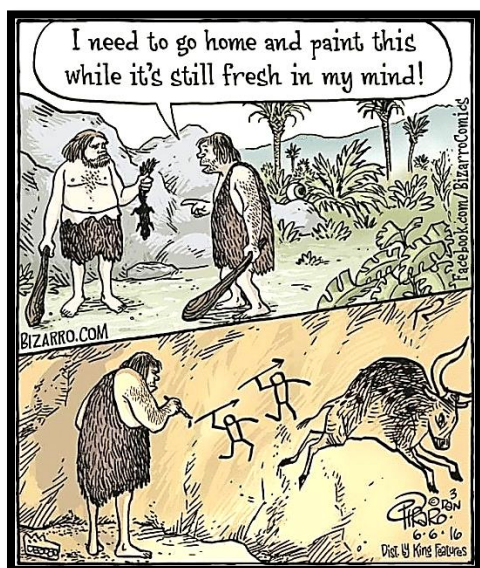
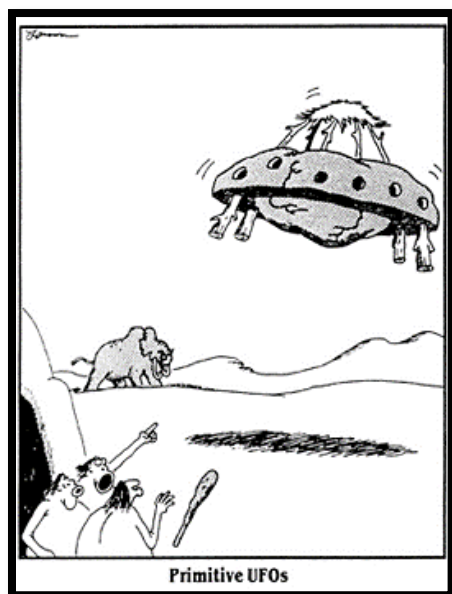
Send it to saltskills@gmail.com



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



2022 MEMBERSHIP DUES ARE DUE !

SINGLE \$12.00 & FAMILY \$24.00

(New memberships are pro-rated throughout the year)

Please 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!

S.A.L.T. T-Shirts in all sizes \$20.00 (Special pricing for members) S.A.L.T. PATCHES \$5.00 each (Memberships receive one free)

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