

**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](http://www.saltskills.com)

[saltskills@gmail.com](mailto: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 15, Issue 8

S.A.L.T. e-NEWSLETTER

AUGUST 2024

**S.A.L.T. CALENDAR**

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

**SATURDAY, AUGUST 17<sup>th</sup>**

10 am – 2 pm

at S'EDAV VA'AKI MUSEUM

**S.A.L.T. FLINT KNAPPERS / DRUMMING CIRCLE 9am**

**S.A.L.T. SKILL #25 GAMES**

Corn Cob Darts and Dice Games

with Ron & Donna Moses and Laura Robins

**S.A.L.T. QUARTERLY BOARD MEETING  
FOLLOWS SKILLS CLASS**

**UPCOMING MEETINGS & EVENTS**

Saturday, September 21<sup>st</sup> SKILLS MEETING at SVM  
S.A.L.T. SKILL #9 FINGER WEAVING with Jen Ahumada

Saturday, October 19<sup>th</sup> SKILLS MEETING at SVM  
S.A.L.T. SKILL # TBD

Saturday, November 16<sup>th</sup> SKILLS MEETING at SVM  
S.A.L.T. SKILL # TBD

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

**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 SVM!*

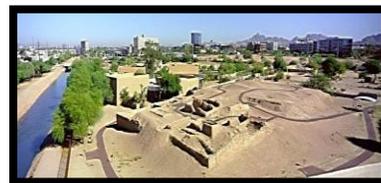
~SENDING THE PAST INTO THE FUTURE~



**S'EDAV VA'AKI MUSEUM**

in English it is "Central Platform Mound."  
Pronounced: SUE DOVE VE AWKEY

S'EDAV VA'AKI Museum (formerly 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.



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

4619 E. Washington St, Phoenix, AZ 85034 [\(602\) 495-0901](tel:6024950901)



## NOTICE

Beginning July 15, 2024, the S'edav Va'aki Museum will be closed to the public for renovations. Exciting changes are coming!

### + Museum Store Opening Hours +



Tuesday - Saturday 9:00AM - 4:00PM  
 Sunday & Monday Closed

\*store hours are subject to change\*

[store@svmfoundation.org](mailto:store@svmfoundation.org) 602-534-2430

## Summer Storytime For Kids

The Remarkable Story of Willie the Crow  
by Linda Harkey



### Summer Storytime For Kids

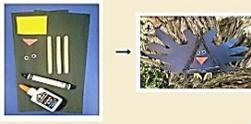
Hacienda Dog Bookmark Craft Kit



Order Online and Pick up at SVM  
June 27 - August 30, 2024

### Summer Storytime For Kids

Crow Craft Kit



Order Online and Pick up at SVM  
June 27 - August 30, 2024




[www.saltinfo.com](http://www.saltinfo.com)  
**WOULD YOU LIKE TO LEARN ANCIENT SKILLS?**  
 Everyone is welcome to join our S.A.L.T. SKILLS MEETINGS  
 at S'EDAV VA'AKI MUSEUM from 10:00 AM - 2:00 PM  
 on the third Saturday of every month for free instruction of ancient skills



\* You are here today because YOUR ancestors knew these things.\*

## Save the Date! 2024

47th Annual S'edav Va'aki Museum  
Indian Market &  
Young Artist Market

December 14 & 15, 2024  
S'edav Va'aki Museum  
Phoenix, AZ 85034  
(formerly Pueblo Grande Museum)



Richard Dawavendewa  
2024 Featured Artist



ARTIST APPLICATIONS  
OPEN MAY 15  
Questions? Contact:  
[market@svmfoundation.org](mailto:market@svmfoundation.org)





# DON'T MISS THE AUGUST 2024 S.A.L.T. SKILLS MEETING Saturday, August 17<sup>th</sup> 10 am - 2 pm

(Remember to bring something for the Potluck Brunch!)

**S.A.L.T. FLINT KNAPPERS and the S.A.L.T. DRUMMING CIRCLE will meet at 9 am**

## S.A.L.T. SKILL #25 GAMES

### CORN COB DARTS & DICE GAMES

with **Ron & Donna Moses and Laura Robins**

*S.A.L.T. QUARTERLY BOARD MEETING FOLLOWS SKILLS CLASS*

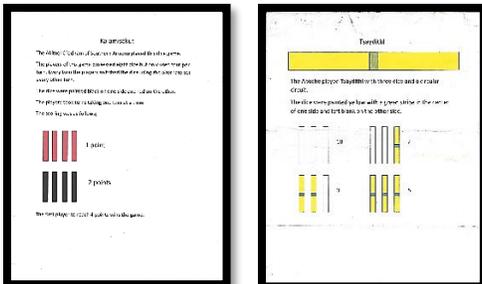
SKILL	Apprentice Level I	Apprentice Level II	Apprentice Level III
25. Musical Instruments / Games	Take a class and make an instrument or game	Make and learn how to play 1 instrument and 1 game on your own	Demonstrate and display 3 instruments and 3 games

These classes both involve making a game item and then using it in the associated game.

**Corn Cob Darts and Hoop Game:** Make a corn cob dart and, if you wish, a corn husk hoop target. Compete with other students with your finished dart using an indoor hoop target range. **Corn Cob Darts and Hoops** is a variation of **Hoop and Stick** games. These games were (and still are) played by young and old for fun and also to teach and practice hunting skills.



**Two-Sided Dice Game:** Make a set of two-sided seashell dice and scoring sticks. When completed, challenge another student or a team to a game. Two-sided dice games have been used since ancient times for a variety of purposes in addition to being fun to play. Think about our modern use of flipping a coin to see who goes first or who pays? In some cultures, "luck" is considered to be a powerful force and winning may determine the outcome of disputes large and small.



Laura will bring the materials to make and play Alberts's Dice Games, too.

## 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

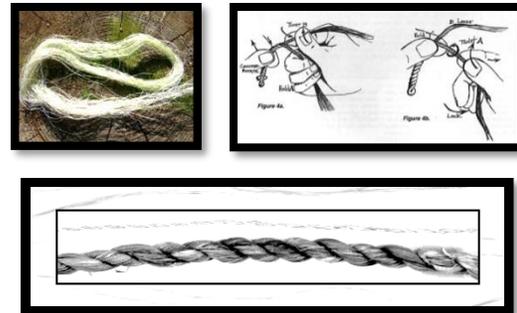
### SKILL #1 CUTTING TOOL: Level I

*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 S.A.L.T. FIELDTRIP/PARADE in Heber/Overgaard, AZ

July 5 – 7, 2024

What a great time was had by all who attended! Mari & Dalen Townsend, Charlie & Tamara Tadano, Laura Robins, Carol Schroeter and Marie & Jim Britton.



The weather was perfect up in the pines. Mari & Dalen were wonderful hosts at their awesome cabin!



On Friday we helped decorate the float



and practiced our drumming.



At 7 am on Saturday morning we got into the parade queue.



Dalen and Jim were in the truck towing the float.



Tamara & Charlie



The parade started at 9 am and lasted well over an hour! There were thousands upon thousands of spectators along the whole route. We drummed almost non-stop! Laura played her flute during the short drumming breaks.





There were over 100 floats in the parade! The huge participation and home-town atmosphere made it a must-see event and we are looking forward to S.A.L.T. being there next year!



Laura, Tamara and Marie found some sheer flag vests after the parade at a market in the park.

Charlie, Tamara and Laura had to leave in the afternoon on Saturday and missed the fireworks show at the High School. What a great way to celebrate the Fourth of July it was!

# S.A.L.T. MEMBERS PROJECT / INFO GALLERY

## FLINT KNAPPING with Luis Ahumada

Seeing as how I missed out on the June meeting, and I couldn't join in on the camp out (escaping the heat would have been AMAZING) I thought I'd send in some of my summer project.



I don't believe everyone saw my upgrade in storage/tools that I brought along to World Atlatl Day (it's becoming necessary to upgrade storage these days). Also, my "tools" got another upgrade when my wonderful family gave me my Father's Day present; my very own copy of an Overstreet Guide of Indian Arrowheads (which has already been put to use).

Admittedly, I am a bit of a tease, so I'm only including some pictures of my pre-knapped successes.



I've been using my own collection of obsidian and the donated debitage, but I'll wait to show off the finished pieces at the August meeting. The only thing I'll say about one of the pieces is that I REALLY enjoy knapping... making a handle/shaft? Not so much.



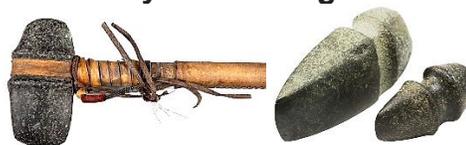
## WOODEN SPOON by Tom Wax

Made a spoon for eating and cooking. I engraved my initials and pattern design with a Dremel tool. However, I did use a knife, a wood rasp and sandpaper to cut out the spoon from a piece of Ironwood. Ironwood is a very hard and dense wood.



I still need to coat it with Mineral Oil or Linseed Oil or some kind of cooking oil before using it. I will add this to my Primitive/Bushcraft gear.

## STONE AXE INFO by Peter Huegel



"Stone axes of the Native American tribes are a symbol of ingenuity and creativity in utilizing natural resources. These tools come in various shapes and sizes, suited to different purposes. Small hand axes were often used for detailed tasks like carving or making jewelry, while larger axes were employed for chopping trees, building houses, and preparing wood for tools or shelters.

The process of crafting a stone axe began with selecting a suitable type of stone, typically those that are durable and easy to grind, such as granite, basalt, or chert. The craftsman would shape the stone into the desired form using other hard stones or wooden tools. The axe blade was then smoothed by rubbing it with sand or other abrasive materials to create a sharp edge. Finally, the blade was attached to a wooden handle, usually by carving a narrow groove into the handle and securing the blade with rope, animal hide, or tree resin.

Stone axes also held significant roles in the rituals and beliefs of Native American tribes. They were often buried with the deceased as symbols of strength and protection. Some cultures regarded stone axes as sacred objects, capable of connecting with the spiritual world and deities. In ceremonies, stone axes could be used to perform sacrificial rites or prayers.

Beyond their practical and spiritual functions, stone axes also reflect the trade and exchange between different Native American tribes. Archaeological sites have uncovered stone axes in regions far from where the raw materials were sourced, indicating the exchange of goods and crafting techniques among communities. This demonstrates the complex relationships and extensive trade networks of Native American tribes before the arrival of Europeans on the continent."



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

# S.A.L.T. MEMBERS OUT AND ABOUT

## ON A BISON HUNT IN TEXAS

by Carol Schroeter

The story behind these pictures:



I love bison and I love the atlatl. I stopped at Caprock State Park in Texas in route to my cousin's funeral. I like to share the atlatl with friends, family, and anyone else I can share it with. I posed for this picture because it was relevant. Obviously, I was NOT actually hunting in a State Park.



Later in the day, as I was observing bison in a tank as well as a good size herd in the surrounding bush, one snuck up on me from behind having climbed a steep incline, noiselessly (if you can picture that).



I heard the short low rumble, spun around, quite surprised to be face-to-face with this guy! At this point, I gracefully (heh-heh) made my exit.

## WIRE WRAPPING CLASSES with Bob Sizemore

As many of you know, I have been crafting wire wrapped jewelry. Now I know that it is not exactly ancient, but it's not new either. The Egyptians were making wire jewelry and decorations as early as the second dynasty (2890- 2686 BCE) And by the medieval period in England tools of wire were in use. Such as wool cards, chain and chain mail etc. One of our goals as salt is to learn how to use our hands again and wire wrapping fits that goal. After numerous requests to teach wire wrapping with the help of SALT member Lanly Le I have been holding classes at the Giving Tree Cafe. I highly recommend the cafe. It has a unique menu and the food is great. If anyone is interested in wire wrapping 101 contact me at 520-705-9780 to be on the waiting list.



**GIVING TREE CAFE**

**ORGANIC, PLANT-BASED, GLUTEN-FREE,  
SOY-FREE, DAIRY-FREE, NO SEED OILS,  
NO REFINED SUGARS**



**VIET ESPRESSO  
CON PANNA**

ORGANIC ESPRESSO, COCONUT WHIP, COCONUT  
CONDENSED MILK, ORGANIC CANE SUGAR, ORGANIC  
CINNAMON. HOT OR ICED



**GRIZZLY BEAR BREAKFAST**

YOUR MONSTROUS HUNGER WILL BE SATISFIED WITH  
BUCKWHEAT PANCAKES COVERED IN FRESH FRUIT WITH  
BREAKFAST POTATOES, BREAKFAST SAUSAGE, AND  
AVOCADO.





VIEW OUR FULL MENU AT  
[GIVINGTREECAFE.COM](http://GIVINGTREECAFE.COM)

VISIT OUR ORGANIC  
PLANT-BASED OASIS AT  
**2024 N. 7TH ST, PHOENIX AZ**  
INSTAGRAM  
[@GIVINGTREECAFEAZ](https://www.instagram.com/GIVINGTREECAFEAZ)

## Volunteers Needed for City of Phoenix Park Steward Program



The City of Phoenix Park Steward Program is looking for volunteers to help maintain, clean, and preserve our trails. Help make a difference in your community!

Visit [volunteer.phoenix.gov](http://volunteer.phoenix.gov) to apply or reach out to 602-495-5458 for more information on how to get involved!



## 36<sup>TH</sup> RABBITSTICK

in Rexburg, Idaho

**SEPTEMBER 15 – 21, 2024**

**Registration opens in February 2024**

Rabbitstick Primitive Skills Gathering, held the 3<sup>rd</sup> 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](http://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 next year!**

[www.rabbitstick.com](http://www.rabbitstick.com)

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

Rabbitstick | (208) 359-2400 | [backtracks905@gmail.com](mailto:backtracks905@gmail.com) | [societyofprimitivetech@gmail.com](mailto: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>

## 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](http://www.meetup.com)

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



## FALL CAMP for ANCESTRAL SKILLS

October 10 – 12, 2024

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.

NEXT



May 26<sup>th</sup> – 31<sup>st</sup>, 2025



[Email Mullein HERE with any further questions](#)

Between the Rivers Gathering is a week-long educational workshop for learning skills that originated in the stone-age all the way up to modern homesteading. We are an annual event located in Washington State about an hour north of Spokane. We will have a multitude of instructors offering a broad-range of classes all week long. Included will be wilderness survival skills of all kind, basic and homespun living, preparedness and skills of a practical and archeological nature.

**We offer hands-on classes in ancestral living and survival, and we also focus on the skills of self-sufficiency and sustainable living to minimize our impact on this planet we all share. Come join our community and experience for yourself what an ancestral skills gathering is all about!**

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](mailto:patrickf@bridgestothepast.org)

[BetweentheRiversGathering.com](http://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](mailto:kandiscreated@gmail.com)

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



## WINTER COUNT

MARK YOUR CALENDARS FOR

**FEBRUARY 16-22, 2025**

**REGISTRATION OPENS NOVEMBER 1, 2024**

Winter Count, (started 1995), is part of a family of gatherings that strive to reconnect people with old ways of making fire, tanning hides, forming metal, weaving baskets, hunting, gathering and much more. We teach ancestral skills that were essential to the survival and well-being of all cultures, no matter what continent your ancestors came from. Through the understanding and mastery of these skills, people find that they can connect not only to a simpler way of living life but also to the roots of their heritage and to a pathway to interact more deeply with the natural world.

We provide a camp with some of the best instructors in their fields, teaching what they have learned through experience, experimentation and through source materials. Some of the instructors have spent many years perfecting their crafts. Some have managed archeological sites while others have lived deeply among the wild places, hunting, raising their own food and making their own clothing and tools from the most basic elements. We are a diverse group of people from many experiences, opinions, and family backgrounds, who come together to share what it is that makes us excited about life.

Winter Count is a drug, alcohol, and firearm free event.

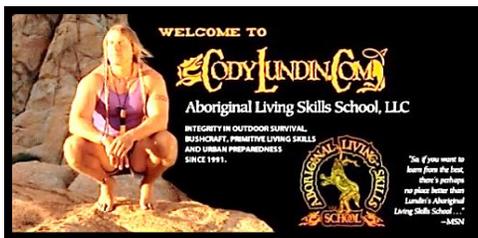
Winter Count 505-570-9484

369 Montezuma Avenue, #326, Santa Fe, NM 87501

[WinterCountCamp@gmail.com](mailto:WinterCountCamp@gmail.com)

[www.WinterCountCamp.com](http://www.WinterCountCamp.com)

## THE MORE YOU KNOW, THE LESS YOU NEED



[www.codylundin.com](http://www.codylundin.com) [abodude@codylundin.com](mailto:abodude@codylundin.com)

## Earth Knack Courses, Classes, and Programs

Independent Living Skills ... More Important Now Than Ever  
Hands-On, In-Person Instruction ... More Important Now Than Ever  
Lighthearted Positive Teachings ... More Important Now Than Ever  
Top Quality Instruction ... Our Specialty Since 1990!



Robin Blankenship, Founder, Owner and Instructor of Earth Knack School

Author: [How To Play In The Woods](#) (Gibbs Smith, Publisher 2016)

[Earth Knack: Stone Age Skills for the 21st Century](#) (Peregrine Books - Gibbs Smith 1996)

P.O.#508 Crestone Colorado 81131 719 256 4909 [earthknackschool@gmail.com](mailto:earthknackschool@gmail.com)

<http://www.earthknack.com/>



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

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](http://www.reevismountain.org/classes)

Order all your favorite Reevis Mountain Remedies online!

[www.reevismountain.org/country-store](http://www.reevismountain.org/country-store)

Blessings, Peter Bigfoot & the RMS Interns



## 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](mailto:Jeff@primitivelifeways.com)

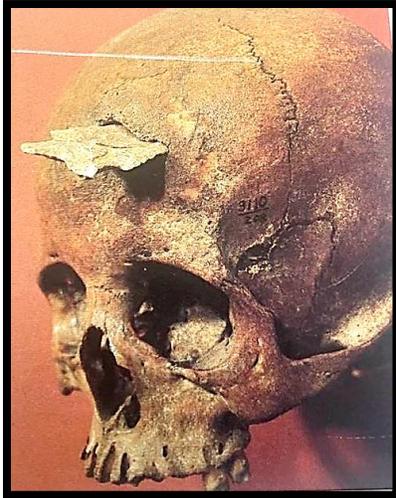


## NEED YOUR HELP!

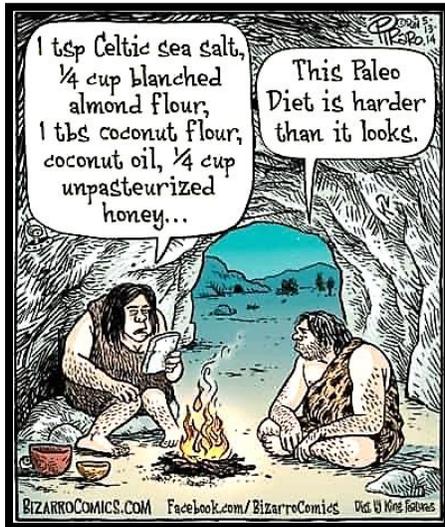
Jax's Project has been growing by leaps and bounds! He has had the opportunity to touch the lives of 185 Veterans who are transitioning from homeless to healing. If you would like to help, put bags together, supply items, or donate money for supplies, you can partner with Jax in honoring these Veterans.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

help at 602-920-8228. The website is:

[www.americanveteransranch.org](http://www.americanveteransranch.org)



**OUCH!**



## 2024 MEMBERSHIP DUES ARE DUE !

**SINGLE \$20.00 or FAMILY \$40.00**

Please pay at a Skills Meeting or mail them to  
S.A.L.T. Treasurer,

**TAMARA TADANO**

12840 N. 45<sup>th</sup> Drive, Glendale, AZ 85304

Please make the check out to Tamara Tadano

Or Zelle Tamara at 602-920-8228

## 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

**NEW BLACK S.A.L.T. T-SHIRTS, LONG SLEEVED SHIRTS, HOODIES**



**And NEW LEATHER S.A.L.T. PATCHES are available!**

(Special pricing for members) S.A.L.T. PATCHES \$5.00  
(Memberships receive one free)

## 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](mailto:saltskills@gmail.com)



STONE AGE TECHNOLOGY FROM PRIMITIVE WAYS

**ALSO, THINK ABOUT TEACHING ONE OF OUR SKILLS CLASSES!**

Contact Charlie Tadano at 602-524-6910

## S.A.L.T. CONTACT INFORMATION:

**Website:** [www.saltskills.com](http://www.saltskills.com)

**e-mail address:** [saltskills@gmail.com](mailto: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](mailto:saltskills@gmail.com)

For **EVENTS** and **BEAD** information contact Donna Moses at 602-384-1359 or [saltdonna1@gmail.com](mailto: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](mailto:saltskills@gmail.com)