

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

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

Tamara Tadano, Treasurer

DECEMBER 2022

Donna Moses, Events / Bead Chairperson

saltskills@omail.com

Volume 13, Issue 12

S.A.L.T. e-NEWSLETTER

HAPPY HOLIDAYS !!!

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

SATURDAY, DECEMBER 17th

10 am – I pm

S.A.L.T. SKILL # 12 - GOURDS

Make a Gourd Bowl with Ron & Donna Moses and Richard Gagner

at PUEBLO GRANDE MUSEUM

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

ANNUAL S.A.L.T. HOLIDAY PARTY FOLLOWS THE SKILLS MEETING AT PGM at 1:30 pm.

Please call Tamara at 602-920-8228 to find out what to bring to add to the delicious CHICKEN CURRY DINNER!

Also, bring a primitive-related, homemade, if possible, wrapped gift for the White Mammoth Gift Exchange!

UPCOMING 2023 MEETINGS & EVENTS:

Saturday, January 21st SKILLS MEETING at PGM S.A.L.T. SKILLS # 1,2, & 3 Discoidal Blade, Cordage & Fire ANNUAL MEMBERSHIP MEETING before Skills

WUERTZ GOURD FESTIVAL - FEBRUARY 3 – 5, 2023

Saturday, February 18th SKILLS MEETING at PGM S.A.L.T. SKILL # 5 FLINT KNAPPING-Pressure Flaking with Bob QUARTERLY BOARD MEETING FOLLOWS MEETING

WINTER COUNT - FEBRUARY 19 - 25, 2023

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!

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

FAREWELL EMILIANO, TIL WE MEET AGAIN...



Emiliano Jollé of Laveen, Arizona passed away peacefully, at home with loved ones at his bedside on Wednesday, November 16, 2022. He celebrated his 88th birthday this year on August 8th. Born in Decatur, Illinois under the birthname of Charles Wayne Colburn.

He was raised in Roby, Illinois with his mother and grandparents in a small rural community. He traveled to Tucson, Arizona in his mid-teens where he attended Tucson High School. He

married his first wife, Patricia and started a family of 3 children. After joining the Marine Corps in 1956, he then went on to serve his country during the Korean War. During the 1960's, he became a free spirit traveling through the Southwest exploring the areas of Texas, Mexico, and California. Developing his artistic and carpentry skills during this era prompted him to create his new identity. Soon after while visiting Arizona he met his current wife, Linda. They married 2 months later and built their family with 2 more children; thriving in the ever-growing city of Phoenix, Arizona.

Emiliano's primary occupation was a Master Carpenter for the state of Arizona, but his passion was being an artist of many mediums. Native American culture, history and art was a favorite of his. He excelled in woodworking of both large- and small-scale creations. Emiliano built his own woodshop in the backyard of his home to design and create a multitude of artworks including wooden staffs and canes, wooden toy automobiles, bread boxes, chairs, and tables to name a few. When relaxing you could find him drawing, studying history, listening to music, or reading one of his many books. He prided himself on his library that he had compiled over the years and was also a member of the local S.A.L.T. (Study of Ancient Lifeways and Technologies) community and programs.

He is survived by his loving wife of 52 years, Linda Jollé; children T.C. Colburn (Laurie), Mara Gariepy, Tracy Williams (Erik), and Velaine Jollé (Derrick); grandchildren Jesse Colburn (Julie), Clayton Colburn, Sofia Guerrero (Laura), William Guerrero II (Tony), and Mara Balfe; as well as 10 beautiful great grandchildren.

He was preceded in death by his parents,

Lawrence & Winifred; his brother, Jerry; his sisters Norma Jean, Shirley, and Linda; and his son, Matthew. He adored interacting with children and animals. A favorite quote of his was "Let Gratitude Flow Naturally", a motto he lived by and practiced daily. Emiliano was an all-around kind, generous soul and will be missed dearly by his family and friends.



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

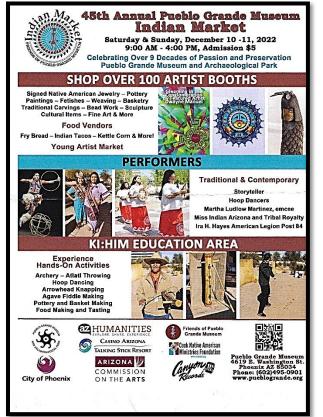
SAT/SUN, DECEMBER 10th & 11th PUEBLO GRANDE MUSEUM INDIAN MARKET



Mark your calendar! Pueblo Grande Indian Market is back and bigger than ever! Artists, vendors, and performers from throughout the country continue to commit to making this year's Indian Market a memorable event! Also S.A.L.T. member Arturo Ramirez will again demonstrate and educate on gourds.

Arturo has worked exclusively with gourds for over 35 years and is a Arizona Gourd Society Grand Master Artist. Arturo will also again

be an invited instructor at the Wuertz Gourd Festival held February 3 - 5, 2023, in Casa Grande Arizona. For information on either event contact Arturo at 505-980-1427.



All Primitive Skills Conferences are filling up fast, so if you are interested act now!



WINTER COUNT

MARK YOUR CALENDARS FOR FEBRUARY 19-25, 2023

REGISTRATION OPENS

NOVEMBER 1, 2022

This year we have raised our prices for the first time since 2017. PRICES: Adult Early Registration \$385 (17 and up) (November 1,

2022 - January 15, 2023) Adult Regular Registration- \$475 (Starting January 16, 2023)

Teen Registration- \$195 (13-16) Youth Registration- \$165 (Ages 9-12) Kids Registration- \$60 (Ages 4-8) Wee Ones (ages 1 to 3) FREE

Day Passes (or any number of days less than full registration) will be available starting Jan 16, 2023 unless full week registration fills up, in which case day passes will not be available. Adults \$95/day, Teen (13-16) \$45/day, Youth (9-12) \$40/day, Kids (4-8) \$15/day, Wee Ones Still free!

Don't have access to credit cards or prefer to mail us a certified money order or cashier's check? Click on the "Download Mail-In Registration Form" button below.

Refund Policy

For all refunds, rollovers, and transfers, **we must be notified via email.** Refunds are available up to 30 days prior to the event. There is a \$50 fee for

refunds. Refunds can be obtained by contacting the office VIA EMAIL (<u>**Required**</u>) at least 30 days prior to the start of the event. Feel free to call us but we need to have the request via email also.

Rollovers and Transfers: Arrangements can be made to roll over the tuition to the following year's gathering or transfer it to another participant. There is a \$35 administration fee for rollover or transferred tickets. For a rollover, you must contact us BY EMAIL before the beginning of the event. For a transfer, you must contact us BY EMAIL 30 days prior to the start of the event.

No rollovers, refunds or transfers after the event begins.

The Weather

Extreme weather conditions are becoming more of a concern. If catastrophic conditions require us to close the camp during an event, refunds will not be available. There are trip insurance options available through brokers that provide a policy to cover such an occurrence.

Discount Policy

We main	tain a	a sma	all fina	ncial	aid	fund	g	enera	ted th	rough	raffle	s a	and
donations		from		а	fe	w		of	OU	r	instr	ucto	ors.
Requests	may	be	made	for	acce	ess	to	that	fund	startir	ng N	ov.	1.

People trying to register using Internet Explorer as their browser may have trouble. Please use Chrome, Safari, or Firefox.

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 www.WinterCountCamp.com



DON'T MISS THE DECEMBER 2022 S.A.L.T. SKILLS MEETING! Saturday, December 17th 10 am - 1 pm



S.A.L.T. SKILL # 12 GOURDS Make a Gourd Bowl with Ron & Donna Moses and Richard Gagner

(Don't forget a dish to share for the potluck brunch!)

SKILL	Apprentice Level	Apprentice	Apprentice Level
	I	Level II	III
12. Containers Agave / Gourds	Gather the materials and clean inside and outside	Make agave container and gourd bowl or canteen	Decorate or embellish Container, Bowl or Canteen

The student in this hands-on workshop will have the opportunity to learn how to create a container, such as a bowl or canteen, from a dried gourd. Learn about the history of gourds and some of the important uses in both ancient and more modern cultures. Instructions and the necessary hand tools will be provided. Steps include selecting the appropriate gourd, safety precautions, cleaning and cutting, and tips on decorating the container such as incising, painting, and preserving. Supply is limited to 20 gourds which will be available at the beginning of class on a first come basis.

Instructors: Ron Moses, Donna Moses, and Richard Gagner



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

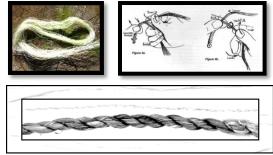
SKILL	Apprentice Level	Apprentice Level II	Apprentice Level III
1. Cutting Tool	Make a flake and Discoidal Blade	Make flakes from three different rocks and refine the tools	Demonstrate a use or project with the tool
2. Cordage	Make a uniform 3 foot length of cordage	Process three different fibers and 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!

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

Saturday, November 19, 2022

Board Members in attendance: Charlie & Tamara Tadano, Bob & Carol Sizemore, Jennifer Ahumada, Tom Wax, Laura Robins, Gary Alves, and Peter Huegel

Members in attendance: Carlos Acuna, Arturo Ramirez, Susan Jeffay, Luis & Noah Ahumada, Sam Sargent, Zackary Marquez, Rocky Hettinger, Donald Raker, Sue Roxburgh, Chris Reed, and Joyce Alves **Welcome New Member Shannon Weller & Hawthorn!**

Guests: Teresa McCoy, Faith Rodriguez

S.A.L.T. SKILL # 3 FRICTION FIRE with Tom Wax

Today we had our monthly meeting at Pueblo Grande Museum. We meet there the 3rd Saturday of every month. Everyone is welcome to attend our meetings and learn a different ancient skill every month.

Today the skill was taught by Tom Wax our resident expert on making fire using ancient techniques that did not require matches or lighters.





It is almost like Tom Wax has ancients guiding him during his teaching of such skills.

We also serve a great buffet style lunch to everyone who attends. -Peter









Tom teaching his grandson, Noah















Carlos

4







Arturo and Tom

After the Potluck Brunch we held the S.A.L.T. Quarterly Board Meeting where we do all the planning for upcoming Skills Classes.



Carol, Bob, Charlie, and Peter



Peter, Gary & Joyce



Joyce, Tom, and Jennifer Laura was there, too!

S.A.L.T. MEMBERS PROJECT GALLERY

ANCESTRAL SQUASH KNIFE by Ron Moses

Getting ready to cut up some pumpkins for holiday season deserts with my replica of an ancestral squash knife, constructed from a modified clavicle (possibly bovine humerus) bone. #keepingbusywithmoses



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

BOYCE THOMPSON ARBORETUM S.A.L.T. FIELDTRIP with Sylvia Lee

AN ABUNDANT ARBORETUM





Our Guide, S.A.L.T. Member Sylvia Lee

If you plan on going someplace you have never been to take a tour it helps if your guide is the person who wrote the book on that place. Saturday our SALT group went to Boyce Thompson Arboretum (BTA). Our guide was fellow SALT member Sylvia Houston Lee who literally wrote the book on the history of the place. The book is titled An Abundant Arboretum. It is filled with 386 pages of the history of Boyce Thompson Arboretum.



Sylvia, Bob, Tamara, Jax, Carol, Charlie, Donovan, and Peter



Bob, Sue, Carol, Donovan, Don, Sylvia, Peter, and Tamara Situated on 343 acres of scenic Sonoran Desert just outside of Superior, Arizona there are nearly five miles of trails on which you can see 19,000 plants within the 135 acres of gardens. The plant collections include plants from the United States, Mexico, Australia, Madagascar, India, China, Japan, Israel, South America, the Middle East, Africa, the Mediterranean, and the Arabian Peninsula.



There are also a few structures including a 7,000 square foot house on a high embankment.



BTA was founded in 1924 by William Boyce Thompson, a mining magnate who understood the importance of plants as the ultimate source of our survival and well-being. The large house was one of his "Winter homes".



The scenery is spectacular, the plants are unbelievable. No potted plants here. Everything is pretty much as it would be if it were growing in the wilds of its home country. Sylvia's shared knowledge of the detailed history added the kind of 'frosting to the cake" you just cannot get without a knowledgeable tour guide.



Without Sylvia we would have admired a tree that was taking on its brilliant Fall colors, but we would not have known the history of that tree. It was planted as a small sapling many years ago so its Fall colors would attract attention to the Arboretum from passersby on the nearby old road. The area around the sapling had heavy underbrush and some Apache Indian landscapers were hired to clear the area around the tree. They did such a good job that they also cut down the sapling. WOOPS! The idea of the tree to attract attention was thus given up on. But Mother Nature decided differently. Within a couple years, TWO saplings had sprouted from the original roots. Both now stand side by side changing their colors every Fall.





I got to see my first Boojum tree. They are named after a mythical thing found in the poem "The Hunting of the Snark" by Lewis Carroll who also wrote "Alice in Wonderland." In the poem he talks of several different kinds of snarks." The Boojum is a particular variety of snark and Carroll ends the poem with "For the snark was a Boojum, you see." You would have to read the poem and hear the whole story from a good tour guide like we had to understand how the tree got the name Boojum.





Donovan and Bob

Sylvia, Peter, Don, Sue, Donovan, Bob, Carol and Laura



Charlie, Donovan, Sylvia, Laura, Carol, Sue, Peter, Bob, and Don



Peter, Donovan, Sylvia, Sue, Don, Bob & Carol

Don, Sue, Donovan, Laura, Carl, Sylvia, and Charlie



Lots of Rattlesnake signs! (We didn't see any!)

After the tour we headed to a Pizzeria in the mining town of Superior, Arizona where our view was some cliffs known since an incident in the 1870's as "Apache Leap."



Legend has it that the soldiers at Camp Pinal in Superior chose to attack a nearby band of 75 Apache warriors. As the soldiers gained on the Apache, they retreated to the west, until they found themselves with the soldiers behind them and an 800-foot-tall cliff in front of them. They had two options, be captured, and killed or jump. They all chose to jump. Since then, the cliffs came to be known as Apache Leap.

BESH-BA-GOWAH Prehistoric Salado Pueblo in Globe, AZ

Lunch over, we decide to go a little farther from home and headed for Globe, Arizona to visit an ancient ruin known as "Besh Ba Gowah". The term was originally given by the Apache to the early settlement of nearby Globe. Roughly translated, the term means "place of metal."





It is one of the largest - about 400 rooms - and most complex of the ancient Salado communities.





There is a fantastic museum with artifacts of the Salado Indians who inhabited the area from A.D. 1225 to A.D.1400 and the partially restored 800-year-old stone ruins.



Beneath the stone ruins archaeologist found another civilization. They found Hohokam pit houses that date back to 550 AD.











During the archaeological digs in 1935 over 350 burial sites were found and about 150 elaborate burials were discovered under the main plaza. The project director suffered an untimely death and the full context of the excavations have never been published. History, ya gotta love it.



Between the Rivers Gathering May 29th - June 3rd, 2023 Ancestral Skills for Self-Sufficiency

Between the Rivers Gathering is a week-long educational workshop for learning skills that originate 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!

FALL CAMP October 12-15, 2023



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

> Other <u>Skills Gatherings</u> <u>BtR T-Shirt</u> Burning questions that can't wait? Contact us: <u>patrickf@bridgestothepast.org</u>

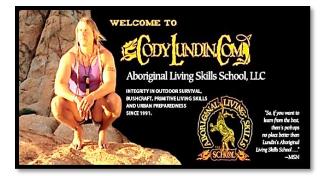
Betweentheriversgathering.com

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)





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

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: <u>www.americanveteransranch.org</u>



Jax and the Veterans



Supporting the Lyons Family by Friends of Amanda givesendgo.com

www.givesendgo.com

Please help our S.A.L.T. Members Amanda & Kevin Lyons! Amanda has been diagnosed with Stage 4 Breast Cancer. Type in Friends of Amanda in the Search Bar.



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 <u>website</u> 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

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



35TH RABBITSTICK in Rexburg, Idaho SEPTEMBER 10 - 16, 2023

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 | <u>backtracks905@gmail.com</u> societyofprimitivetech@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

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! Contact Charlie Tadano at 602-524-6910

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





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

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





and S.A.L.T. PATCHES are available!

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

S.A.L.T. CONTACT INFORMATION:

Website: <u>www.saltskills.com</u>

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 <u>saltdonna1@gmail.com</u>

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