

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

JANUARY 2023

Donna Moses, Events / Bead Chairperson

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Volume 14, Issue 1

S.A.L.T. e-NEWSLETTER

HAPPY NEW YEAR H

S. A. L. T. CALENDAR NEXT S.A.L.T. SKILLS MEETING / EVENT SATURDAY, JANUARY 21st

10 am – I pm ANNUAL MEMBERSHIP MEETING and Elections

S.A.L.T. SKILLS #1 Discoidal Blade #2 Cordage & #3 Friction Fire

at PUEBLO GRANDE MUSEUM

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

UPCOMING 2023 MEETINGS & EVENTS:

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

PGM ANCIENT TECH DAY - SATURDAY, MARCH 11, 2023 S.A.L.T. will do ATLATL on the Range

Saturday, March 18th SKILLS MEETING at PGM S.A.L.T. SKILL # 4 TOOLS -Make a Hoko Knife with Gary Alves Make Pine Pitch Adhesive with Charlie & Bob

Saturday, April 1st AZ Archaeology Expo 10 am – 2 pm SAN TAN HISTORICAL SOCIETY MUSEUM, Queen Creek

Saturday, April 15th SKILLS MEETING at PGM S.A.L.T. SKILL # 20 BOWS & ARROWS - Make a primitive arrow

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 AMANDA, TIL WE MEET AGAIN...



You may have met the Lyons family at one of our S.A.L.T. Meetings... Kevin, Amanda, Ramsey, Nova and the baby at last year's Holiday Party at Charlie & Tamara's house. What a lovely family! Amanda, you left too soon...



Services are January 4th at 9:00 am at Best Funeral Services, 501 E. Dunlap Ave., Phoenix, AZ 85020 Followed by graveside committal at 11:30 am at Resthaven Park Cemetary, 6450 W. Northern Ave., Glendale, AZ 85301

PUEBLO GRANDE MUSEUM



Pueblo Grande Museum is an archaeological site once inhabited by the Hohokam culture, just of downtown east 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



A GOURD FESTIVAL?

Wuertz Farm's "Running of the Gourds" is an incredible annual event held at the Pinal Fairgrounds and Events Center. It's a festival that is hard to put into words. It features over 100 amazing gourd vendors selling unique one-of-kind masterpieces crafted from this versatile fruit. From crafty, to functional, to extreme fine art, you will see it all.

When you enter the fairgrounds, you are welcomed with a large display of whimsical and seasonal gourds. These displays are set out to provide ideas, photo opportunities and an overall bright start for what's to come.

At the end of the displays, you will be welcomed into "Kindergourden", an educational experience teaching you the ABC's about gourds you probably didn't know.

As you venture further into the fairgrounds you will see the gourd shopping area which houses over 50,000 dried gourds. Here you will be able to look through over 30 different varieties of gourds and hand select the perfect gourds to purchase for your unique creations.

As you shop for gourds you will start to smell the aroma of the many food vendors that are there to provide you with their culinary treats.

Next, take a stroll through Building #2 which holds a judged gourd competition hosted by the Arizona Gourd Society. Artists enter their gourd art into an array of categories to be judged and awarded ribbons. The Arizona Gourd Society also offers various chances of winning a piece of art. You can also have a say in the judging by voting for the "people's choice" award. <u>Click Here</u> for more information on the judged show.

In the vendor building you will find row after row of vendors selling their amazing masterpieces. You will see artwork ranging from a few dollars, all the way up to several thousand dollars. From crafty to extreme fine art, you will see it all.

Throughout most of the festival you will also be entertained by an array of entertainers such as musicians, "Gourd Washington" on his noble steed, Polynesian dancers and "Flash Gourden."

Saturday afternoon is a special time at the festival as we have the Gourdster Race. This race features mini cars made from gourds that resemble the pinewood derby races that boy scouts have. This race is fun and comical and also has a prize of \$100 to the fastest gourd car. Car kits are purchased from Wuertz Gourd farm prior to the race and built before the festival begins. <u>Click Here</u>to purchase a Car Kit.

Gourd classes are also offered. Classes are scheduled during all three days of the festival as well as the Thursday before the festival begins. In these classes you can learn the techniques needed to work on gourds. Registration begins online around the middle of December at www.wuertzfarm.com. A preview of the classes offered will be emailed two days prior to registration to all those on our email list. Send us an email at wuertzfarm@wuertzfarm.com to be placed on our email list.

Not sure where to stay? Why not stay on the grounds! The Pinal Fairgrounds also offers RV Parking. Camping not your thing? No problem, we recommend the Holiday Inn Express, the Comfort Inn and the new Best Western just down the road in Casa Grande.

Have a Question? We are here to help! Email: <u>wuertzfarm@wuertzfarm.com</u>



WINTER COUNT

MARK YOUR CALENDARS FOR

FEBRUARY 19-25, 2023 As Of November 11, 2022.

Registration Is Now Full.

We do not have a waiting list. We have created a post on our Facebook page where anyone who registered but can't attend can offer their spot to someone else. Check <u>HERE</u> to see these messages.

This year we have raised our prices for the first time since 2017. PRICES: Adult Early Registration \$385 (17 and up) (November 1, 2022 - Lonuory 15, 2023)

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 maintain a small financial aid fund generated through raffles and donations from a few of our instructors. Requests may be made for access to that fund starting Nov. 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 JANUARY 2023 S.A.L.T. SKILLS MEETING!





ANNUAL MEMBERSHIP MEETING with ELECTIONS for VP & Secretary S.A.L.T. SKILLS # 1 DISCOIDAL

BLADE, #2 CORDAGE and #3 FRICTION FIRE

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



DISCOIDAL BLADE



CORDAGE



FRICTION FIRE

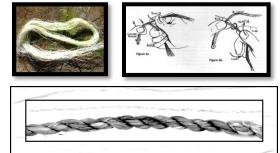
LEVEL I of SKILLS 1, 2 and 3 INSTRUCTION PROVIDED AT EVERY SKILL MEETING DEPENDING ON THE WEATHER...

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!

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

Saturday, December 17, 2022

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

Members in attendance: Carlos Acuna, Arturo Ramirez, Barbara Huegel, Susan Jeffay, Diane Wax, Luis & Noah Ahumada, Joyce Alves, Sam Sargent, Aurora Oberloh, Sylvia Lee, Donald Raker, Chris Reed, Shannon Weller & Hawthorn, Bill Warner, Don Raker and Linda Jolle

 $\mbox{Guests:}$ Richard & Melissa Gagner, Bill Dundas, Konrad Howard, and Teresa McCoy

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

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

Saturday was the S.A.L.T. (Study of Ancient Lifeways and Technologies) monthly skills meeting. This month's skill was learning how to turn a dried-up gourd into a useful item like a bowl or container. Our teacher for this skill was SALT member Ron Moses who was assisted by his wife Donna. They provided the dried gourds, tools and know how. It is NOT as easy as you might think to turn a dried-up gourd into something useful. We had the advantage of using some – but not all – modern tools in the process. NO power tools, but we did have small hand saws, files, steel rasps, sandpaper, and pencils. You know, "Modern Indian stuff" as a Native American friend says. Even with all the advantages of modern tools, to duplicate the ancient process took nearly 3+ hours to get an almost finished gourd bowl.



Ron Moses







Barbara, Carol & Bob





Gourd Master Arturo





Chris

Susan





Diane

Sam and Teresa





Don





Aurora

Shannon & Hawthorn





Peter & Barbara



Barb's bowl and mine on the right. They are not finished



DECEMBER 2022 S.A.L.T. HOLIDAY PARTY HIGHLIGHTS

After the Skills Meeting at 1:30 pm on 12/17/22 at PGM

After 3+ hours of making gourd bowls we had our annual Christmas party. The menu was Curry. We had both Japanese and Indian style curry made by SALT member Charlie Tadano and his wife Tamara. Charlie also made the rice that the curry went on top of before you add the layers toppings. The members were asked to each bring a couple different toppings for the curry. We had toppings! The toppings ranged from dried apricots, cilantro, 2 kinds of chopped onions, chutney sauce, jalapenos, raisins, dried bananas, cranberries, blueberries, pineapple, chopped eggs, celery, chives, red and green bell peppers, black olives, several kinds of chopped nuts, and more.



Your curry platter starts with a bed of white rice, then you add either the Japanese or the Indian style curry, then you put on as many toppings as you like. One topping? Two toppings? Five toppings? Nine toppings? How much of each topping?



Since you get to create your own platter of curry it was made more interesting by having a competition. Two members took a photo of each person's plate after they had dished out their rice, curry, and toppings. Then those two members decided which was the "Best looking" and which was the "Worst looking" curry platter. Both "winners" got a prize.

Then came desserts. Cookies, Carrot cake, Doughnuts, and various candies.



Craft lesson, diner, and dessert over we gathered in a large circle for our gift exchange. Everyone brings a wrapped gift. Preferably something handmade or that relates to the ancients and the ancient technologies SALT teaches - but it does not have to be that. The exchange is done via a game where each person holds the wrapped gift they brought. Then each person takes a turn rolling a single dice. Whatever number is rolled determines what each person does with their gift. Only after the first roll of the dice and no one has what they brought are the gifts opened so everyone can see all the gifts. That is when the fun begins because people get their heart set on getting one of the gifts going around the circle. If you roll a 1 you can "exchange" the gift you currently have with anyone and get the gift you want. Per the instruction sheet the number that is rolled could mean everyone passes their gift 5 time to the left. Or the number might mean only the person who rolled the dice exchanges their gift with someone. Everyone gets to roll the dice and the gifts go around and around back and forth. Once the last person has rolled the dice the game is over and you get the gift in your hand. BUT, then the "Trading Post" is opened and you can try to trade what you have for what you would rather have.



Luis and Noah



Sam and Chris

Linda

After that I took anyone who want to go up onto the ancient mound to see the "Solstice Room." Since we were only 4 days from the Winter Solstice – the shortest daylight day of the year and the sun was getting low in the sky we were able to see the ancient's technology of determining when that day occurs.



There are the remains of a room on top of the ancient mound that has two doors. One door is an unusual door in a corner of the room. The other door is across the room in the middle of the wall. On the Winter Solstice at sunset the light of the sun passes in one door across the floor and out the corner door on the other side of the room. On the Summer Solstice – the longest light day of the year (June 21) at sunrise the light comes through the corner door and out the door in the middle of the opposite wall.

After all of that we went home.



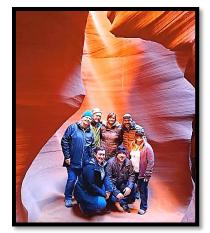
I went home with a mug made by one of our SALT members and sandstone petroglyph. He gathers the clay and the pigment used to paint his pottery. Then he fires the piece to turn it from clay to pottery just like the ancients did it. Body is clay from Show Low, AZ; slip is white clay from about 5 miles north of St. Johns; black is boiled down Rocky Mtn. Bee Weed (Cleome serratula) painted on the slip before firing, that particular slip holds the "organic black" when fired correctly.

Barb ended the gift exchange game with a gift she was willing to trade IF she could get a large ceramic Santa that was in the gift exchange. She got lucky and the person who had the Santa wanted to trade. The ceramic Santa is looking good in our living room on our antique table being lit by our antique lamp.

Plus, we both had the beginnings of a couple gourd bowls.

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

ANTELOPE CANYON November 2022 with Ron & Donna Moses









Wow!

S.A.L.T. MEMBERS PROJECT GALLERY

NEW HAVERSACK by Tom Wax

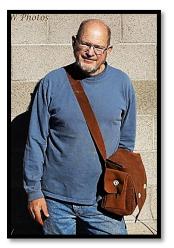
My old canvas Haversack bag that my dad bought me when I was ten years old has finally given its last for me and I have retired it.



I have made a new leather Haversack bag to replace it. I made it by hand and stitched it together with artificial sinew.



I put a side pocket on the side of it and used deer antler buttons that I made to secure the flaps on the bag. I still have some embellishments that I want to put on it that will enhance it beauty and usefulness.



With this project, I came to realize how important it is to learn how to sew. My mom started teaching how to sew by hand when I was very young. It may sound like a mundane thing to learn, but sewing is an important skill to learn.



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>

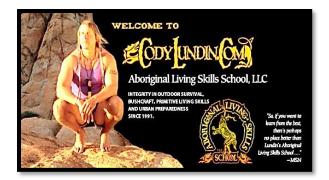
Betweentheriversgathering.com

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



7448 S. J-B Ranch Rd. Roosevelt, AZ 85545

www.reevismountain.org

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!

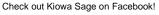
www.reevismountain.org/classes

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





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 PABBITSTICK 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





2023 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 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 <u>saltdonna1@gmail.com</u>

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