



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

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Laura Robins, Newsletter Editor/Webmaster

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Donna Moses, Events / Bead Chairperson

Volume 11, Issue 7

S.A.L.T. e-NEWSLETTER

JULY 2020

S. A. L. T. CALENDAR

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

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

at PUEBLO GRANDE MUSEUM

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



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



Due to coronavirus concerns, Pueblo Grande Museum has cancelled all programming, events, tours, lectures, and meetings until further notice.

Please let us know if you have any questions.

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





Maricopa County COVID-19 Hotline Hotline:

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

More information:

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

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

CORONAVIRUS BUSINESS & RESIDENT RESOURCES

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



CITY OF PHOENIX IMPACTED SERVICES UPDATE

Please visit <https://www.phoenix.gov/newsroom/em-and-hs/1054> for information on City Services and facilities currently closed or impacted, and City Services available online. Read this information in Spanish. Lea esta información en español (PDF) https://www.phoenix.gov/newssite/Documents/COVID19_Newsroom_Main_SP.pdf

Maricopa County Public Health Reminds Residents That They Have a Role to Play in Slowing the Spread of COVID-19

Strongly recommends that all residents wear masks in public settings

PHOENIX (June 10, 2020)—As Maricopa County Department of Public Health (MCDPH) and its partners continue their work to fight the spread of COVID-19, residents are reminded that they have an important role to play in slowing the spread of the disease.

“Until we have a vaccine, we cannot go back to the way things were pre-COVID-19. I know this is not what people want to hear, but in order to keep our community safe and protect our most vulnerable, we have to create a new normal,” said Marcy Flanagan, executive director of MCDPH.

“We expected to see an increase in cases with more people out and about, but the rate at which cases are increasing is concerning. And, the thing is, we have the tools to absolutely slow our rate of infection if each of us does our part,” added Flanagan.

Public Health’s tools include working with partners to educate the public, facilitate testing in high-risk settings, provide personal protective equipment to healthcare workers, and conduct investigations and contact tracing for positive COVID-19 cases.

Dr. Rebecca Sunenshine, medical director for MCDPH, pointed out what is required of each resident in order to slow the spread.

“Regardless of age or risk, all persons in Maricopa County should take the following precautions to keep themselves, those they love and our community safe.”

- WHEN POSSIBLE - Avoid being in any setting with more than 10 people
- ALWAYS - Keep at least six feet of distance from others when out in public
- WHEN POSSIBLE - Limit contact with those outside of our household, especially if you are in a high-risk group
- ALWAYS - Stay home when you are sick
- ALWAYS – Stay home as much as possible when a household member has tested positive for COVID-19 except to get essential medical care, prescriptions, and food
- FREQUENTLY - Wash hands with soap and water, and use alcohol-based hand sanitizer if unable to wash hands
- ALWAYS - Wear a mask or cloth face covering when going out in public

There is now a lot more scientific evidence that wearing a well-fitting cloth face mask can prevent COVID-19 from spreading. There is even some evidence that wearing it will decrease exposure to the person wearing the mask by about 60%, and there is lots of evidence that it protects those around the mask-wearer. That’s why Maricopa County is now requiring all employees to wear a mask when they can’t maintain 6 feet of distance at work.

MCDPH offers these tips for proper mask wearing:

- Cloth masks are most effective when they have multiple layers, have a blend of materials and fit well with no gaps around the face.
- When you are wearing a mask, be sure that you’re putting it on and wearing it properly
- Put it on and take it off—known as donning and doffing—by holding the straps to avoid contaminating your hands
- Makes sure it covers your mouth AND nose
- Wash your hands each time you touch the mask and after taking it off
- Once you’ve worn it, the mask is considered contaminated both inside and out, which is why hand washing or sanitizing is important
- If you put it down, it contaminates that surface it is on, so put it on a piece of paper or tissue and throw that away or disinfect the surface
- Avoid touching your mask as much as possible while wearing it, but carry hand sanitizer with you in case you do need to readjust it when you have to
- If your mask has a hole, gets wet, or gets visibly dirty, wear a different mask and wash the dirty one
- Wash reusable masks at least once per day with hot water and soap or detergent

“I can’t emphasize enough. It is not one tool alone that will help us slow the spread of this disease. It is only our collective efforts working together that will slow the spread,” Flanagan concluded.

HOMEWORK

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

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

saltskills@gmail.com

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

THANK YOU!!!

(A SPECIAL THANK YOU TO THOMAS ROBINS, RON MOSES AND STEVEN HALL FOR THEIR CONTRIBUTIONS TO OUR NEWSLETTER!)

S.A.L.T. MEMBERS PROJECT GALLERY

**Fishing Flies Tied on
Barrel Cactus Thorns
by Thomas Robins**



Fishhook Barrel Cactus in our yard



Woolly Worm Flies made with Cactus Thorns, Feathers, Red Wool, Dog Hair and Agave Fiber



Using a Motero Madera to Process Palo Verde Seed Pods

by Ron Moses

Thanks to the extra rains we received earlier this spring, the Palo Verde Trees in the Phoenix area have produced a bumper crop of seed pods. The Palo Verde or Koh'o-koh-matk trees are common in the desert southwest. The name Palo Verde comes from the Spanish meaning stick or post that is green and is based on the green colored trunk and limbs. The two primary species in our area, the Blue Palo Verde and the Foothill Palo Verde have been used as a food source since ancient ancestral times.

The inner seed can be eaten raw, when still green, much like soybeans, by using the teeth to split open the pod to extract the often sweet tasting and still tender inner seed. The pods and seeds, however, do not stay green for long and soon become dry, and the inner seed becomes hard much like a dried pinto bean. These dried pods are collected and the seeds are extracted and can be processed various ways: The seeds can be soaked until soft and sprouted then consumed raw or lightly fried. They can be boiled until soft and eaten much like you do with dried beans. Sometimes the boiled seeds will be mashed to make a mush. The dry seeds are also ground into flour which is then formed into cakes and fried. The dried seeds can also be roasted or parched and eaten much like a roasted peanut.

To help extract the dried seeds from the pod, a wooden mortar and pestle know as a Motero Madera was often used by ancestral harvesters. It is typically made from a section of log for the mortar and a tree branch for the pestle. I made the one for this project from part of a dead Palo Verde tree in my yard and it is based on a Motero displayed in the ancestral demonstration area at the Phoenix Botanical Gardens.



My Replica Motero Madera



Dried Pods

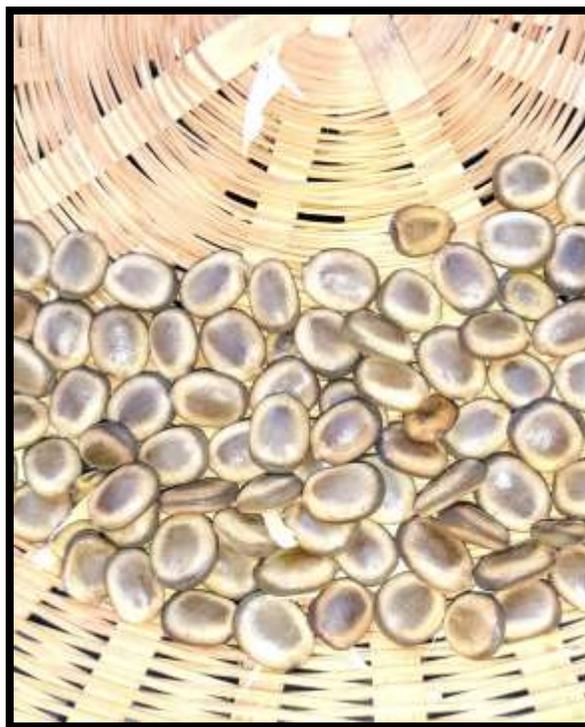


Ready to Process Pods

The dried pods are gathered and placed in the Motero to be crushed. The results are then put in a basket and gently tossed in the air to winnow out the crushed pods, leaving behind only the seeds.

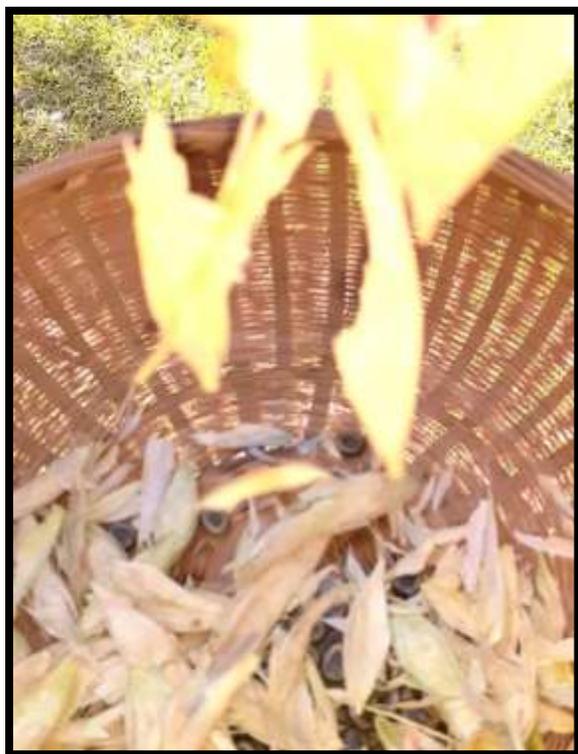


Pods Ready to be Crushed



The Separated Palo Verde Seeds

The seeds can be further processed into flour by grinding them with a lava stone Molcajete like the one shown here. The flour would often be formed into small cakes and baked or fried.



Winnowing the Pod Husks from the Seeds



Lava Stone Molcajete and Tejolete

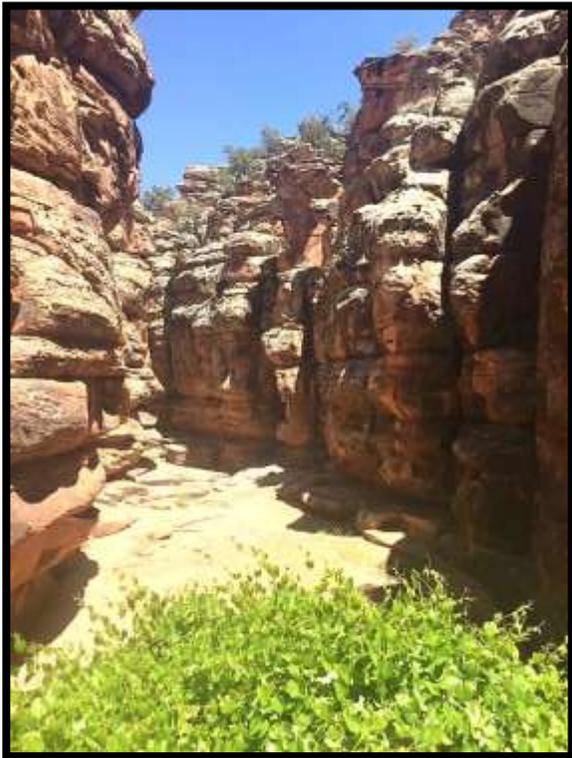
S.A.L.T. MEMBERS OUT ON THE TRAIL

**NORTHERN ARIZONA, SOUTHERN
NEVADA AND SOUTHERN UTAH**

June 2020
By Steven Hall

I just finished a 2 week road trip through Northern Arizona, Southern Nevada and Southern Utah.

The first leg of the trip I spent in Pinetop, AZ where a friend showed me a canyon to the North that was filled with rock art.



From there I headed to Nevada for a 3-4 day trek through Red Rocks. We had little food, faced near severe dehydration (a small pool at the back of a canyon was the most amazing thing I had seen in a while) and had to fix our sandals a lot! Xero Shoes were not approved!



After that we slowly headed to Boulder Outdoor Survival School. A spur of the moment decision took us down a long dirt road through Grand Staircase Escalante.





Michael Zukin



Finally we were off to explore Comb Ridge. We found several alcoves with dwellings in them, and some amazing artifacts including corn cobs, turkey feather cordage, yucca paint brushes and a nice point. The baths in the river were nice too, but it is good to be able to take a real shower again.



A great trip was had. Other than what was already said, we taught a few people friction fire, almost ran out of gas, almost got in a head on collision and we somehow managed to get the pickup stuck in a wash. I would definitely do it all over again!



33RD RABBITSTICK

SEPTEMBER 13 - 19, 2020

in Rexburg, Idaho

"Rabbitstick is the Mother Church of Primitive Technology"

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

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

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

www.rabbitstick.com

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

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



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

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

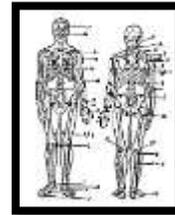


Dear RMS family & friends,
 ~ Live What You Love ~

Upcoming 2020 Workshops:



Herbal Pharmacology Fri - Sun, October 2nd-4th
 Make your own medicine using wild and cultivated plants.



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



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

Sign up online!

www.reevismountain.org/classes

Order all your favorite Reevis Mountain Remedies online!

www.reevismountain.org/country-store



Blessings, Peter Bigfoot & the RMS Interns



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

SkyEarth:

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



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

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

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

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

Joshua, Kirsten, Kiyota and Tomoki



WINTER COUNT

February 14 - 20, 2021 AT THE BOULDERS!

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

Winter Count:

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

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

We look forward to seeing you in the desert,

Joshua, Kirsten, Kiyota and Tomoki

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

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



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

Sincerely,
Patrick and the BtR Crew

Contact us: patrickf@bridgestothepast.org

BTR LOGO HATS ARE AVAILABLE!



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

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



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



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

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

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

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

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

ATTENTION

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

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

Send it to saltskills@gmail.com



STONE AGE TECHNOLOGY FROM PRIMITIVE WAYS



ALSO, THINK ABOUT TEACHING ONE OF OUR SKILLS CLASSES!

Contact Charlie Tadano at 602-524-6910



S.A.L.T. STORE

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



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



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



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

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

2020 MEMBERSHIP DUES ARE DUE!

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

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

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

Please make the check out to
Tamara Tadano

S.A.L.T. MEMBERSHIP ITEMS

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

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

There may be some Tote Bags, too.

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

S.A.L.T. CONTACT INFORMATION:

Website: www.saltskills.com

e-mail address: saltskills@gmail.com

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

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

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