

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

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

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Tom Wax, Vice President

Jennifer Ahumada, Secretary

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Laura Robins, Newsletter Editor/Webmaster

Donna Moses, Events / Bead Chairperson

Volume 13, Issue 6

S.A.L.T. e-NEWSLETTER

JUNE 2022

## S. A. L. T. CALENDAR

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

Saturday June 4<sup>th</sup> WORLD ATLATL DAY at PGM 9 am – Noon

**SATURDAY, JUNE 18<sup>th</sup>**

9 am – Noon

### S.A.L.T. SKILL #4 TOOLS

PUMP DRILLS with Bob Sizemore

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

### at PUEBLO GRANDE MUSEUM

#### UPCOMING 2022 MEETINGS & EVENTS:

Saturday July 16<sup>th</sup> SKILLS MEETING at PGM  
S.A.L.T. SKILL #24 DECORATION – ROCK ART with Peter Huegel

Saturday July 23<sup>rd</sup> SPECIAL SKILLS EVENT  
S.A.L.T. SKILL #16 MEDICINAL PLANTS – Make Lye Soap  
10 – Noon at Susan Jeffay's House RSVP 602-620-3370

Saturday August 20<sup>th</sup> SKILLS MEETING at PGM  
S.A.L.T. SKILL #15 EDIBLE PLANTS – Make a Corn Husk Doll and share Corn,  
Squash and Beans at the Potluck Brunch with Peter Huegel  
QUARTERLY S.A.L.T. BOARD MEETING FOLLOWS

Saturday September 17<sup>th</sup> SKILLS MEETING at PGM  
S.A.L.T. SKILL #11 CLOTHING – Make and decorate a small buckskin pouch with  
Laura Robins

Saturday October 15<sup>th</sup> SKILLS MEETING at PGM  
S.A.L.T. SKILL #12 GOURDS – Make a gourd bowl with Ron & Donna Moses

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

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



## WORLD ATLATL DAY at PGM



**Come join us on Saturday, June 4<sup>th</sup>  
9 am until Noon** (Come at 8 am if you can help out and  
remember to wear your orange S.A.L.T. Range Shirts)

## PUEBLO GRANDE MUSEUM



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

Historic Landmark and Phoenix Point of Pride accessible by the Sky Train and the Light Rail. Part of the City of Phoenix Parks and Recreation Department since 1929, it's the largest preserved archaeological site in Phoenix.

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

### Check this out! THE STORY CONTINUES...

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

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

-Peter Huegel

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



**DON'T MISS THE JUNE 2022  
S.A.L.T. SKILLS MEETING!**  
Saturday, June 18<sup>th</sup> 9 am - noon



## SKILL #4 TOOLS – Level III

### PUMP DRILLS with Bob Sizemore

SKILL	Apprentice Level I	Apprentice Level II	Apprentice Level III
4. Building Tools	Make a fire hardened Digging Stick, Shell Scraper and Bone Needle	Make a Hoko Knife, Bone Awl and Pressure Flaker	Make a pecked and ground Stone Axe and a Pump Drill



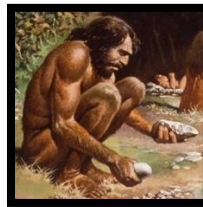
Bob Sizemore

## 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

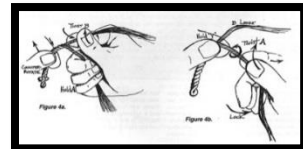
### SKILL #1 CUTTING TOOL: Level I

*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.)

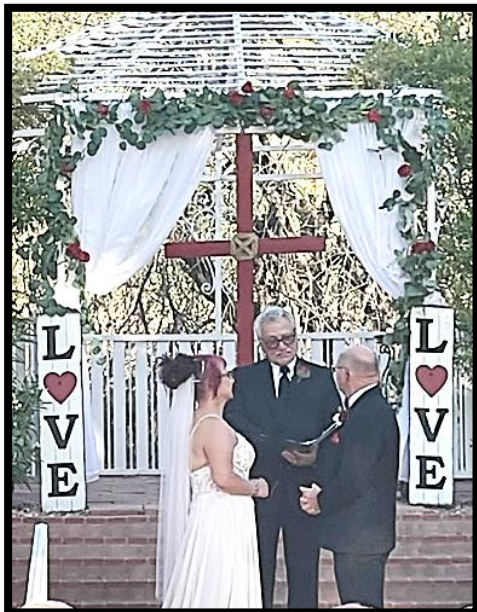
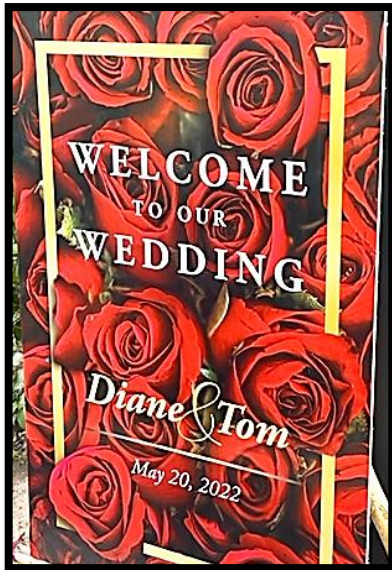
**Remember to bring your own primitive tools and materials to the Monthly Skill Meetings, if you have them. Materials for the Membership Requirement Skills are provided at each meeting for guests and new members.**

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!



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

WAX WEDDING on 5/20/22  
with Tom & Diane



## CONGRATULATIONS ! ! !

### SPECIAL S.A.L.T. SKILLS CLASS!



Come Make Soap!



#### Two Hour\* Soap Making Class with "Soapy Su"

Who will walk you through the procedure for making your own batch of Hot-Process soap in a crockpot.

Class size limited to 9

**When:** July 23, 2022 from 10 am to about 12pm

(\*soap decides when it's ready!)

**Where:** 7716 W Redfield Rd Peoria, AZ

**Cost:** \$30 includes:

- hands-on instruction,
- a cardboard mold
- 1 pound of soap (aprx 5 bars)
- Hand-out to take home

**Equipment and some essential oils will be provided.**

You are also welcome to bring your own essential or fragrance oils: (aprox .5 to .7 oz per pound)

**Contact:** Susan Jeffay Ph/TX 602-620-3370

## DON'T FORGET TO RSVP!



# MAY 2022 S.A.L.T. SKILLS MEETING HIGHLIGHTS

**Saturday, May 21, 2022**

**Board Members in attendance were:** Charlie & Tamara Tadano, Laura Robins, Bob & Carol Sizemore and Ron & Donna Moses

**Members in attendance:** Peter Huegel, David, Ezra, Lucy & Missy Lauck, Lilianna Kalinanskas, Susan Jeffay, Rosalyn Jonas, Tom Adkins, Melissa & Richard Gagner, Michael Jeudrysik, Aurora Oberloh and Sam Sargent.

## SKILL #24 DECORATION Make an Argillite Bead / Pendant with Charlie & Tamara

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



Raw Argillite and Charlie's finished pieces



Great Class Charlie & Tamara!



Carol, Lilianna and Bob



Peter at work...

I spent my Saturday morning at Pueblo Grande Museum with my friends in the SALT group. We are there the third Saturday of every month demonstrating some ancient technology or lifestyle to the visitors of the museum. The fun part is one member teaches and EVERYONE participates.

Today was Argillite Day. We all selected a piece of Argillite rock and spent a few hours using water, sandstone, and muscle power to shape the rock into whatever we wanted. Most of us made an ancient style pendant for a necklace.

Turquoise and obsidian were valued by ancient people across the Southwest for thousands of years. Argillite was lesser known but equally valuable. In other parts of the country, it's called pipestone, and like its namesake suggests, is used for carving smoking pipes. It was also used to carve beads, pendants, bracelets, and effigies. Argillite is made of compacted mud or clay, and in Arizona most argillite comes from deposits in a rock formation called Mazatzal Quartzite. This distinctive deposit of argillite was mined at least a thousand years ago near Prescott. The argillite mine near Prescott was the source of many ancient artifacts found in Arizona.

The argillite we used today came from those ancient mines. The process we used is relatively simple. Select your piece of argillite, envision what you want it to become, and then figure out how to continually wet it and rub it on a piece of wet sandstone until you have removed everything that is not what you envisioned. Your hand will get VERY tired of holding the pieces of rock (I got cramps in my hand) and your arm and shoulder will get VERY tired from the repetitive motions of rubbing the stone back and forth over the wet sandstone.



Did I mention it is VERY messy? It is VERY messy. Argillite is ancient mud that has hardened into a rock. Using the sandstone and water you effectively are turning the parts of it you don't want back into mud. Dark orange mud.



When we had the shape we wanted, we reverted to a “modern Indian” technique of using 1200 grit sandpaper to smooth the surface rather than the method of rubbing it on leather that would have been used in the past. Finally, it needed to be oiled. You can use two techniques.



The ancients would often use their own body oils from their nose and forehead to oil the stone. This imparts your spirit into the piece. Or, they used animal fats.

When I was done smoothing my piece, I used both my nose oil and forehead oil to make the piece shine. My spirit is now imparted into the pendant. After spending many minutes rubbing those oils into the piece I also used some bear fat. Yes, we had bear fat handy. Why wouldn't we? A few coats of bear fat also got rubbed into the piece.

So, a bear and I now inhabit the stone pendant which I will now turn into a necklace.

FYI the pipe in the photos is one I own made by Ray Redwing. Ray is Santee Sioux. He was born and raised in South Dakota and has taught pipe making at Pipestone National Monument in Minnesota for many years. — Peter Huegel

## FINISHED PIECES!



Lucy



Tom



Richard



Sam



Aurora and Laura



Lilianna and Carol



Michael



David, Ezra, Lucy and Missy Lauck



Rosalyn and Susan

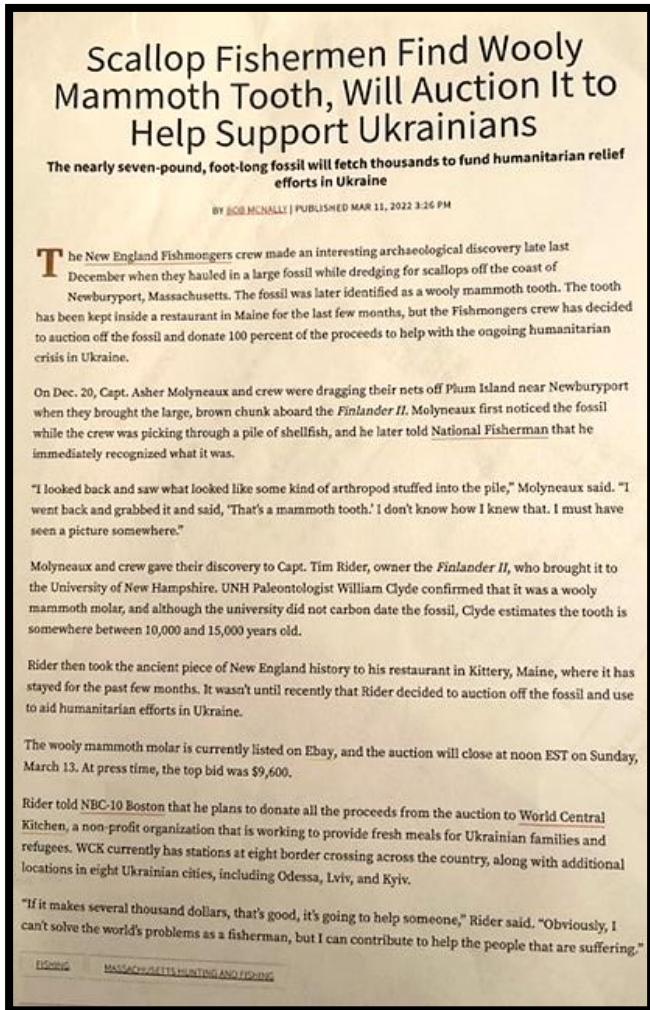
## POTLUCK BRUNCH!



Laura and her Pendant



Thank you to Marilyn Nolan for this interesting article!



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

**BOLAS**  
by Steven Hall



So, while testing the sling yesterday, a friend asked me if it was the same thing as a bola. To be honest, I wasn't really sure. I knew I had heard about bolas before, I just couldn't remember what they were. So, when I got home, I did a quick search and was quickly reminded. Anyway, after looking at a few examples, I made this today. It definitely isn't the best bola ever made. After just a couple throws one of the stones already busted and there are a couple tears in the sheep skin. Fun project for sure though!

#primitivetechnology #primitiveskills #primitivehunting  
#weapon #rewild #rewilding







## Between the Rivers Gathering May 20th- June 4th, 2022

### FALL CAMP October 6 – 9, 2022

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

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)

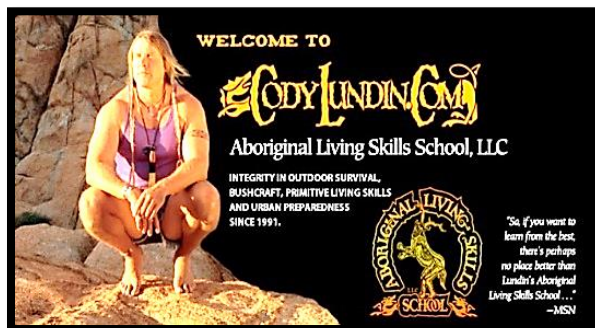
### BTR LOGO HATS ARE AVAILABLE!



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  
FEB. 19-25, 2023

Winter Count 505-570-9484 | [WinterCountCamp@gmail.com](mailto:WinterCountCamp@gmail.com)  
[www.WinterCountCamp.com](http://www.WinterCountCamp.com)



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

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

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

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

[Register On-Line Today](#)

[Share a Ride Bulletin Board](#)

[Meet Our Staff](#)

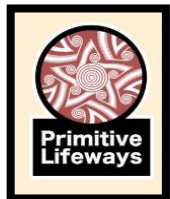
Rabbitstick | (208) 359-2400 | [backtracks905@gmail.com](mailto:backtracks905@gmail.com) | [societyofprimitivetechnology@gmail.com](mailto:societyofprimitivetechnology@gmail.com)



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>

~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



### 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)

## 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

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



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

## EARTH KNACK

Stone Age Living Skills

Earth Knack Stone Age Skills for the 21st Century

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

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

[Visit Us on Facebook](#)

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

[Visit Our YouTube Channel!](#)

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

### August

#### Paleo Bread Baking with Natural Leavening

2 days August 6 – 7 (Saturday and Sunday)

Co instructed by Alma Carel and Robin Blankenship

What a better way to celebrate Lammas, the first festival of the grain harvest, then to bake traditional paleo recipes?

Alma will start us out on our first day teaching primitive sprouted bread preparation, and then we will set a sourdough sponge. Learn to winnow grain from the field, hand grind whole grain into flour, and learn delicious preparations for ancient grains and wild seeds. On the second day we will bake the different breads using hearth cooking and mud oven techniques.

Throughout the class Alma will share a wealth of knowledge of Earth traditions and history, gathered after years of focused and diligent study driven by her deep curiosity of global cultures and celebrations throughout history. Don't miss this inspiring weekend.

Set your camp up in the woods along the banks of pristine Cottonwood Creek. Use our fully equipped large outdoor kitchen to prepare your own meals and snacks. Oils, spices, and teas are also provided, along with all the cooking pots, pans and eating dishes. There is an adobe "horno" baking oven, several solar ovens, and dutch ovens. Facilities include composting toilets and a lovely solar shower structure.

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

#### Best Tasting Survival Plants of the Rocky Mountain West with nationally known survival plant expert Cattail Bob Seebeck

2 days August 11 – 12 (Thursday – Friday)

Instructed by Cattail Bob Seebeck

Plant walks on Thursday through the riparian and more moist meadow areas of 8,000 ft. Friday walk will focus on the more desert environment and the Pinon and Cedar boundary along the base of the Sangre de Cristo Mountains. Learn to correctly identify, compare and contrast plants for survival, edible and medicinal uses.. Cattail has described and photographed Rocky Mountain plants for several volumes of his plant identification books that brilliantly include identification photos for all 4 seasons!!

He teaches at many colleges and institutes around the Rocky Mountain west.

Set your camp up in the woods along the banks of pristine Cottonwood Creek. Use our fully equipped large outdoor kitchen to prepare your own meals and snacks. Oils, spices, and teas are also provided, along with all the cooking pots, pans and eating dishes. There is an adobe "horno" baking oven, several solar ovens, and dutch ovens. Facilities include composting toilets and a lovely solar shower structure.

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

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

2 days August 13 – 14 (Saturday and Sunday)

Instructed by Robin Blankenship

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

Make a pair of custom fit moccasins. Learn how to work with natural leather to make lovely garments and accessories. Hides don't work like cloth. How do you get the right fit? Use stone age tools to mark and cut patterns in rawhide, leather and fur. Learn the tips and tricks of fur sewing. Make buckskin lacing, sinew (tendon) and plant fiber stitching material. Several stitching techniques will be shown.

Set your camp up in the woods along the banks of pristine Cottonwood Creek. Use our fully equipped large outdoor kitchen to prepare your own meals and snacks. Oils, spices, and teas are also provided, along with all the cooking pots, pans and eating dishes. There is an adobe "horno" baking oven, several solar ovens, and dutch ovens. Facilities include composting toilets and a lovely solar shower structure.

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



### Green River Canoe

**6 days August 17- 22** (Wednesday – Monday)

Guided and instructed by Robin Blankenship

**Set Adrift on the Green and Travel into Deep Time:** a cold water geyser, sandy beach camping, hikes into Canyonlands wilderness, cliff jumps, stunning geologic architecture towering 700 feet above, as you float the cool currents of a river that has run before time remembered. It's never quite summer until you jump into the Green and float, arms akimbo, watching the walls of Labyrinth Canyon squeeze a small strip of impossible blue sky above.

We will explore for river bank clay and learn about ancestral pottery skills, make stone tools with a variety of rock, harvest Tamarisk and Willow and learn some weaving techniques, and learn about the Canyonlands bio region flora and fauna. Join in the true spirit of adventure. Participants bring their own food and cooler, tents, sleeping gear, dry bags, 5 gallon water container (per person), camp chairs, cooking stove, pot and pan, and eating dishes. Kitchen tables, group tarp, dish washing set up and "groover" buckets with t.p. and cleaners supplied. The tuition includes canoe rental. (Have your own canoe? Take \$100 off tuition if so.\*\*)

We will meet at Green River State Park by 11am Wednesday, August 17th, load canoes, do a shuttle run, put a few miles" on down river" and camp at the Crystal Geyser.

On Monday, August 22nd, we will "take out" at Mineral Bottom and head back to Green River for a final dinner celebration, at Ray's Tavern, our river runner's tradition.

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

## ATTENTION

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

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

Send it to [saltskills@gmail.com](mailto:saltskills@gmail.com)



STONE AGE TECHNOLOGY FROM PRIMITIVE WAYS

**ALSO, THINK ABOUT TEACHING ONE OF OUR SKILLS CLASSES WHEN WE GET BACK TO PGM!**

Contact Charlie Tadano at 602-524-6910

## 2022 MEMBERSHIP DUES ARE DUE !

**SINGLE \$12.00 & FAMILY \$24.00**

(New memberships are  
pro-rated throughout the year)

Please mail them to S.A.L.T. Treasurer,

**TAMARA TADANO**

**12840 N. 45<sup>th</sup> Drive**

**Glendale, AZ 85304**

Please make the check out to

**Tamara Tadano**



*I think I finally  
found my spirit  
plant*



## S.A.L.T. MEMBERSHIP ITEMS

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

## S.A.L.T. T-SHIRTS



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

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

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

Website: [www.saltskills.com](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)