

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)

Charlie Tadano, President

Tom Wax, Vice President

Jennifer Ahumada, Secretary

Tamara Tadano, Treasurer

Laura Robins, Newsletter Editor / Webmaster

Donna Moses, Events / Bead Chairperson

Volume 14, Issue 3

S.A.L.T. e-NEWSLETTER

MARCH 2023

### S. A. L. T. CALENDAR

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

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

10 am – 1 pm

#### S.A.L.T. SKILL #24 Decoration

Make an Argillite Bead / Pendant  
with Charlie & Tamara

MARCH IS ARCHAEOLOGY MONTH!

**at S'EDAV VA'AKI MUSEUM**

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

#### UPCOMING 2023 MEETINGS & EVENTS:

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

AZ ARCHAEOLOGY EXPO Saturday, April 1<sup>st</sup>  
10 am – 2 pm SAN TAN HISTORICAL SOCIETY MUSEUM, Queen Creek

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

Saturday, May 20<sup>th</sup> SKILLS MEETING at PGM  
S.A.L.T. SKILL # 20 BOWS & ARROWS – Make a primitive bow  
SKILL # 4 TOOLS -Make a Hoko Knife

**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!*



MARCH IS  
ARCHAEOLOGY MONTH !

Don't miss  
**ANCIENT TECH DAY**  
March 11<sup>th</sup> from 9 am - 3 pm  
at **PUEBLO GRANDE MUSEUM**

which is changing its name to:

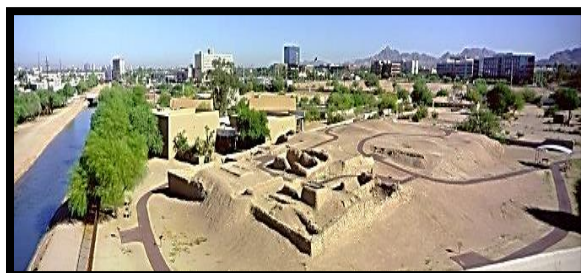
**S'EDAV VA'AKI MUSEUM**

in English it is "Central Vahki".



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

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



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

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

**Attention all SALT Members and prospective members!**

**ANCIENT TECH DAY  
at S'EDAV VA'AKI / PUEBLO  
GRANDE MUSEUM**

**Saturday, March 11, 2023 9am - 3pm**  
(Set up at 8:00 am)



S.A.L.T. will be participating in S'EDAV VA'AKI / Pueblo Grande Museum's Ancient Technology Day as we have been doing for many years. Please make every attempt you can to help us with the Atlatl Range and Skills Demos.



We need many hands to man the Atlatl Range as it is always a very popular activity. Mark the day on your calendar and make plans to be there. Call Charlie Tadano at 602-524-6910 or Bob Sizemore at 520-705-9780 to sign up to help. Thank you!

**ARIZONA ARCHAEOLOGY EXPO**

**SATURDAY, APRIL 1<sup>st</sup> 10 am – 2 pm**

(Set up at 9:00 am)

Theme: The San Tan Chapter of the Arizona Archaeological Society is inviting the public to a Free Event to learn about Arizona Archaeology from a host of activities and demonstrations. Check Website: [azarchsoc.org/SanTan](http://azarchsoc.org/SanTan) or contact M. Britton at [mbrit@cox.net](mailto:mbrit@cox.net) for more information

**ARCHAEOLOGY MINI EXPO:**

**STUDYING THE PAST IN THE PRESENT TO SEE THE FUTURE!**

Presented by :

The San Tan Chapter of the AZ Archaeological Society



Come and learn about AZ archaeology in a **no-charge**, hands-on setting with pottery making, flint napping, adobe brick making, safe hiking, Site Stewardship and so much more.

**April 1, 2023 10:00 am-2:00 pm**  
**San Tan Historical Society Museum**  
**20435 S Old Ellsworth Rd, Queen Creek**  
**Parking is behind Museum**



Remember, participation in SALT activities is a part of membership!

Call Event Chairperson Donna Moses at 602-384-1359

[saltdonna1@gmail.com](mailto:saltdonna1@gmail.com)

or S.A.L.T. President Charlie Tadano at 602-524-6910

[info@tripletpromotions.com](mailto:info@tripletpromotions.com)





**DON'T MISS THE MARCH 2023  
S.A.L.T. SKILLS MEETING!**  
Saturday, March 18<sup>th</sup> 10 am - 1 pm

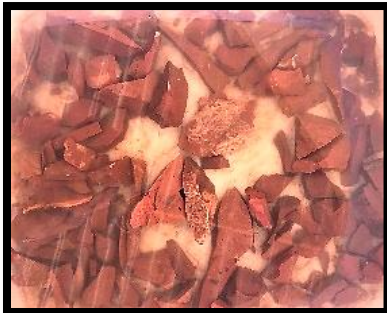


*(Don't forget a dish to share for the potluck brunch!)*

## S.A.L.T. 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



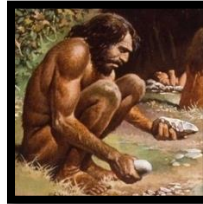
Raw Argillite and Charlie's finished pieces

**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

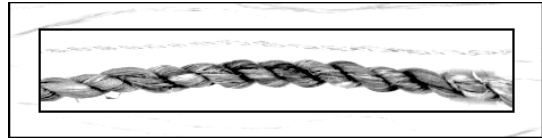
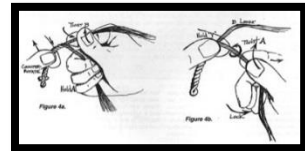
### SKILL #1 CUTTING TOOL: Level I

*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!



# FEBRUARY 2023 S.A.L.T. SKILLS MEETING HIGHLIGHTS

Saturday, February 18, 2023

**Board Members in attendance:** Charlie Tadano, Laura Robins, Bob & Carol Sizemore, Jennifer Ahumada, and Donna Moses

**Members in attendance:** Carlos Acuna, Beau, Ryann & Jack Robins, Sienna & Saige Sutton, Luis & Noah Ahumada, Aurora Oberloh, Sylvia Lee, Donald Raker, Sam Sargent, Teresa McCoy, Molly Fraley, Linda Jolle, Tom Adkins, and Christina Tatalovich

**Welcome New Members:** Jeannie Dicarlo, Dulce Shumkus and Melanie Akins

**Guests:** Laura Engstrom, Christina Hossman, Justin Sowles, Fred Yu and Lisa McCormick

## S.A.L.T. SKILL # 5 FLINT KNAPPING Pressure Flaking with Bob Sizemore

SKILL	Apprentice Level I	Apprentice Level II	Apprentice Level III
5. Flint Knapping	Demonstrate Core Reduction by Percussion	Use Percussion to produce Bi-face Preform	Make primitive tools such as Southwestern Points

Excellent instruction by Bob on Pressure Flaking!



Bob Sizemore







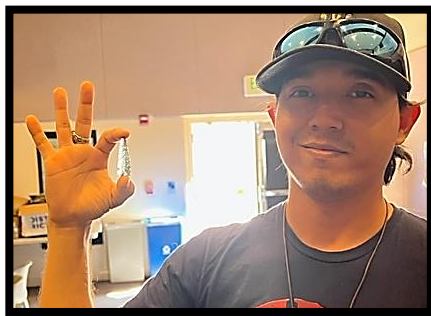
Donna and Linda



Carol



Beau made a small arrow point for Jack



Luis made an awesome clear point



Jennifer and Noah



Sienna, Saige, Ryann and Jack all made cordage!



Jack at work



Sienna, Saige and Ryann



Tom Adkins made friction fire with a Flint & Steel along with Beau, Ryann, Jack, Sienna, and Saige



Always a delicious Potluck Brunch! Thank you to all who contributed!





# WINTER COUNT HIGHLIGHTS

February 19-25, 2023 AT THE BOULDERS!



All three ponds were full of water!



Winter Count Instructors

**S.A.L.T. Members / Instructors**



Arturo Ramirez and Tom Wax



Tom Wax said they had strong winds blowing down tents and canopies on Wednesday. It was the worst weather at Winter Count ever, but he still had a great week!



Arturo Ramirez taught Gourd Bowls, Tamara & Charlie Tadano



Tom Wax taught Friction Fire



Ron Moses taught Agave Fiber



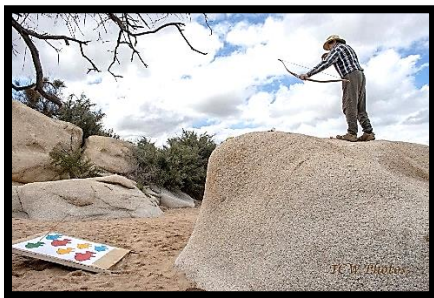
Susan Jeffay taught Candle and Lye Soap Making



On Thursday, Bob Sizemore and I ran an Atlatl Field Round Competition.



Archery Field Round Competition is more difficult than it looks. Shooting fish from the top of Atlatl Rock can be deceiving. A special thanks to Bob for helping me put on this event. I would not have been able to do it without his help.



Winter Count 2023 pottery class. Everyone did so well, despite a massive winter storm that ravaged camp.



Kiowa Sage

Winter Count is a primitive living skills conference I've been teaching at for the past 8 years as a pottery instructor - sharing a traditional land-based relationship with ceramics.



Brain Tanning



Bow Making





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

## S.A.L.T. FIELDTRIP TO WINTER COUNT The Boulders East of Florence, AZ 2/20/22 by Peter Huegel

Monday, President's Day, I got to spend my day in a beautiful area called "The Boulders" about 1 1/2 hours' drive south of Phoenix. I went with several other S.A.L.T. members. It is an annual event called "Winter Count."



Winter Count is held in the desert about a 30-minute drive east of Florence, AZ. The site (elevation 2600 ft) has a view of the Superstition Mountains. Local plants range from palo verde, ironwood, saguaro, catclaw, mesquite, jumping cholla, and barrel cactus. The adage that "Everything in the desert sticks, pricks, bites, and stings" befits this beautiful area.

Instructors in the field of primitive living skills, experimental archeology and survival skills come together sharing knowledge of their skills. Instructors and students spend one week together sharing their enthusiasm and knowledge of skills such as fire making, archery, basketry, hide tanning, pottery, flint knapping, moccasin making, soap making, gourd bowl and canteen making, medicinal and edible plants, bow and arrow making, cordage making and more. Several of the S.A.L.T. members were instructors at this year's event.



One instructor was Woniya Thibeault, the winner of the TV show Alone: Frozen. She survived, or as she calls it "surthrived", 50 days in icy tundra of Labrador, Canada. If you are unfamiliar with the show survivalist contestants are dropped off in remote areas with only 10 supplies of their choosing – no guns allowed - and their wits. To win they must build shelter, catch food, and survive for the 50 days alone in the wilderness. She beat all the other contestants, lasted the full 50 days, and won the prize of \$500,000.



I got to photograph some incredible views of the landscape and capture some images of the people there.



I also got to trade some of the primitive items I have made – Wampum shell pendants - for a couple items I wanted – Hohokam style shell bracelet and other shells. No cash needed.



I also took a walk away from the encampment and spent some time at a large boulder with numerous ancient metates (grinding stones) in it. How old? Why so many in this one boulder? What were they grinding?



At the end of the day many of the attendees met around a campfire to honor a few who had passed in the last year or so. Two of those we honored were members of our local S.A.L.T. group, Tom Robins, and Albert Abril.

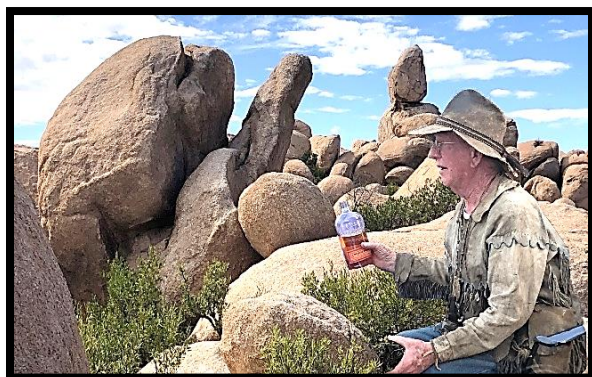


David Holladay



Joshua Sage and Charlie

The President of our S.A.L.T group, Charlie Tadano, made the memorial special in a special way. Albert Abril used to stop by to visit Charlie with cigars and a bottle of bourbon for them to enjoy. It was always one special brand of bourbon. So, Charlie brought a bottle of that bourbon. Everyone around the fire spoke a bit about those three who had passed and then took a sip – sometimes more – of the bourbon from the bottle. There were tears on more than one occasion, but there was also laughter about the stories told.



Turkey Tom



Jennifer, Noah, Charlie, Bill, Tamara and Laura





## Between the Rivers Gathering May 29<sup>th</sup> - June 3<sup>rd</sup>, 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!



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](#)

**FALL CAMP October 12-15, 2023**

[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)



## 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](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)

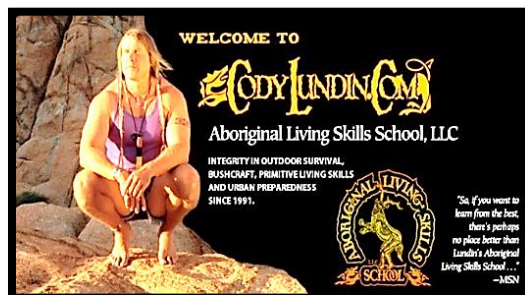
[Register On-Line Today](#)  
[Share a Ride Bulletin Board](#)  
[Meet Our Staff](#)

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

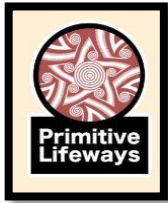


Bulletin of Primitive Technology website at [primitive.org](http://primitive.org). Order back issues, download a complete index of topics and titles, or view the entire first issue and newsletters for free. Don't miss out on this amazing collection of information. It's up and running and ready to take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

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







### Visit the Primitive Lifeways Store!

The Primitive Lifeways store is up and running. This month we are featuring new merchandise including beautifully crafted prehistoric replica pottery and jewelry. We are still selling stickers for less than a cup of coffee at Starbucks. By purchasing our new merchandise, you are helping us educate

the public on archaeological preservation and the sharing of free information.

[Click Here](#) to visit our store.  
Jeff Martin

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

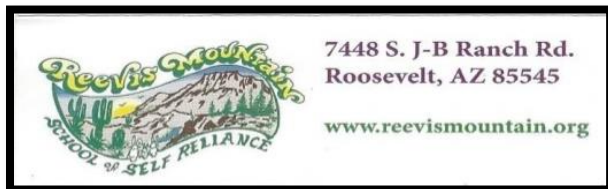
### NEED YOUR HELP!

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

Please call Tamara if you can help at 602-920-8228.  
The website is: [www.americanveteransranch.org](http://www.americanveteransranch.org)



Jax and the Veterans



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)

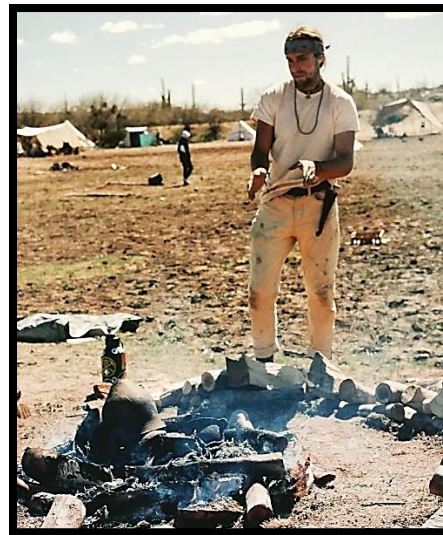
Order all your favorite Reevis Mountain Remedies online!  
[www.reevismountain.org/country-store](http://www.reevismountain.org/country-store)

Blessings, Peter Bigfoot & the RMS Interns

## 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



## WINTER COUNT

MARK YOUR CALENDARS FOR  
**FEBRUARY 18-24, 2024**

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

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

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

Winter Count 505-570-9484  
369 Montezuma Avenue, #326, Santa Fe, NM 87501

[WinterCountCamp@gmail.com](mailto:WinterCountCamp@gmail.com)  
[www.WinterCountCamp.com](http://www.WinterCountCamp.com)



**"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.

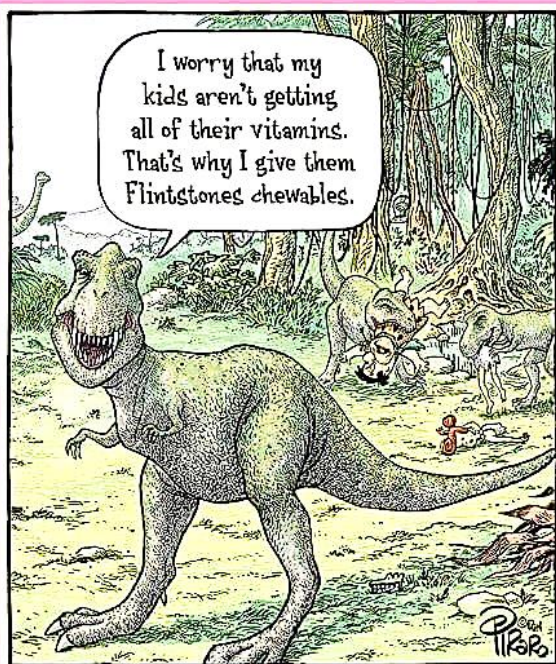
Send it to [saltskills@gmail.com](mailto:saltskills@gmail.com)



STONE AGE TECHNOLOGY FROM PRIMITIVE WAYS

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

Contact Charlie Tadano at 602-524-6910



**"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. 45<sup>th</sup> 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: [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)