



# 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  
Laura Robins, Newsletter Editor/Webmaster

Jennifer Ahumada, Secretary Tamara Tadano, Treasurer  
Donna Moses, Events / Bead Chairperson

Volume 12, Issue 5

S.A.L.T. e-NEWSLETTER

MAY 2021

### 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



4/28/21 There are no changes at this point. Pueblo Grande Museum's outdoor interpretive trails remain open to the public free of charge Monday – Saturday from 9 am – 4:45pm.

We have two trails - the portal loop trail near the grand canal and our main interpretive trail that includes the platform mound, Hohokam House replicas, and ballcourt.

The indoor exhibits (including the restrooms) remain closed. Even though we are still only partially open, it is wonderful to see so many people enjoying the beautiful weather and outdoor interpretive trails.

Check our website and follow us on Facebook (<https://www.facebook.com/PuebloGrandeMuseum>) and YouTube (<https://www.youtube.com/c/PuebloGrandeMuseumArchaeologicalPark/videos>).

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

## Between the Rivers Gathering May 31st- June 5th, 2021

Ancestral Skills for Self-Sufficiency  
Sponsored by Bridges to the Past 501(c)(3)

### Northeastern Washington State Ancestral Skills & Self-Sufficiency Gathering

**Between the Rivers Gathering** is a week-long 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.

See page 9 for all the details!



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

LET'S MAKE AN AXEHEAD! Part IV  
by Charlie Tadano

## AXEHEAD PRODUCTION

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

MEANWHILE, STAY SAFE!



## 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](http://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](mailto:saltskills@gmail.com)

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



Well...to start off...I made an error and dropped my axe blank on a tile floor and knocked out two huge divots on the bit end! This is one of the worst things to happen when working on your blank! You would think that I would have learned not to play with my blank when I am not working on it! LOL!

As you can see it is a very large divot. There are two approaches: 1). Completely work down the bit edge to the lowest part of the divot and redo the bit. 2) Peck into the divot edges (very softly) and blend in the divot as much as possible. This is the method that I will be using. My plan is to work on the divot, smooth out the surrounding areas (both sides) then thin out the bit end down to the lowest part of the divot. This will take some time to do because it is so close of the cutting edge I don't want to knock off anymore divots by pecking too hard when I am so close to the edge.



Here is what I am doing....a little pecking to bring down the surrounding stone to the lowest point in the divot and a little grinding to keep the bit edge at the proper angle.



Here is where I am stopping...the bit edge has been reclaimed and the remaining divots are pretty small and can be easily ground out during that process .



This shows the bottom portion of the  $\frac{3}{4}$  grooved axehead. The bottom is kept flat and eventually, a shallow straight groove about 1" in length and  $\frac{1}{2}$ " wide will be pecked in in the flat spot. This is where a wedge will be inserted to really secure this variation of axehead.



**FINISHED!!!**

After about 30-45 minutes with the coarse block, 30-45 minutes with the medium block, 30-45 minutes with the fine block. I used the fine block to work on the bit edge and 600 grit wet sandpaper to really bring out the shine in the stone. Traditionally, very fine sand or charcoal was mixed with animal fat and was used by some axehead makers to polish. I normally don't do this because of the mess it makes. Ask Tamara and she will tell you I am messy enough when I am trying to keep things clean! LOL!

**NOW FOR THE HAFTING....NEXT MONTH!!!**



This series of photos shows the "grinding blocks" that I use to grind the axeheads and the axehead blank ready for grinding and polishing. Historically, sandstone, vesicular lava cobbles, and other coarse stones are used. I do have many of these to use, but I seem to use the "grinding blocks" more than I do the traditional grinding stones, I think it is because they last longer and I don't have to look for replacements as often.

# SEASHELL HORNS OR SHELL TRUMPETS

by *Danette Turner*

Seashell horns or shell trumpets have been used since at least the Paleolithic period and have been found around the world. They have historically been, and remain, an important part of a number of cultures. In North America and Mesoamerica these natural horns continue to be used as parts of ancient ceremonies, traditions, celebrations, and to make music. Constructed from mollusk or sea snail shells that are conical in shape, shell horns are easy to craft or modify for use as an instrument. Conch shells are a favorite for this purpose. Pronounced “konk,” these types of horns or trumpets are produced from a variety of species though queen conch shells are quite common. Conch cavities function based on the law of the Archimedean spiral or similar to the French horn. Those found in the Southwest are believed to have been carried here along trade routes.



(Pictured here is a mid-16<sup>th</sup> Century Aztec shell trumpeter known as a *quiquizoani*)

**Finding the right shell.** Please note that many species of mollusks including the queen conchs are considered endangered and managed by laws designed to protect them. If you plan on harvesting your own, please consult local laws to determine how and where to best collect your shell. Suitable shells may also be found for sale online or through responsible shell dealers. You can also find appropriate shells at yard sales or second-hand/thrift shops. Avoid shells that have been “conched” or pickaxed in order to harvest the meat. The holes left by this process are difficult to patch. It is better to use an undamaged shell. Also, size may vary. I have constructed horns successfully as small as 5-6 inches with good results, but prefer to work with 8-10 inch shells.

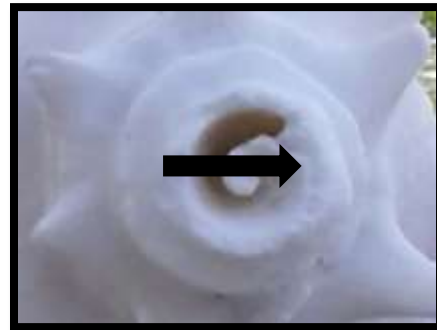


**Shell preparation:** Begin with a clean shell. If you harvest your own, ensure that it is dry and free from dirt and organic

matter such as the snail itself. Once your shell is properly cleaned, decide if you wish to keep or remove the crusty outer layer of the shell known as a *periostracum*. Some people choose to leave their shells in their natural state with this layer intact, others prefer a smooth shell surface. To remove the periostracum, simply cover the shell with a mixture of 1 part chlorine bleach to 2 parts water in a bucket and allow it to soak overnight. Rinse the shell thoroughly and then buff it with a stiff bristle brush to remove any remaining flakes of periostracum. You may then “polish” your shell with mineral or baby oil if you like.

**Building your horn:** The construction of your instrument is simple. In some cultures the horns are complex and ornate. Some of these horns even feature a small hole drilled near the tip of the shell in order to insert a modified mouthpiece, or hollow tube for blowing. This practice was not common in Mesoamerica and is not necessary in order to play your instrument. To create your mouthpiece “Mesoamerican-style” the apex or end tip of the shell must be removed. Begin with a hacksaw that has a metal cutting blade. Choose a spot close to the point to saw. You want to cut the tip so that it leaves a hole about the size of a U.S. Dime. As a word of caution, some may try to break the tip off by smashing it with a rock. This approach may leave a hole that is too large or create deep fissures or splinters around the edges that are impossible to repair. In this case you will need to start over with a new shell. In my opinion it is better to start small and then sand the mouthpiece down if you wish a larger hole.

Once you have cut the desired hole size, you will find a core or spiral spine in the center of the opening. Remove this by gently tapping it with a slotted screwdriver or chisel and a small hammer—or some may prefer to use a Dremel tool to grind it out.



(Tap the center core out with a slotted screwdriver and small hammer.)

Once the core has been removed, sand the edges of the mouthpiece and the outer “lip” or side edge of the shell with extra fine sandpaper until it feels smooth in your hands and against your lips. Your horn is now ready to play.



(The edges of a raw mouthpiece and the outer edge of the side opening can be rough and should be sanded smooth for comfort.)

**How to play your horn:** Take a deep breath and tighten your diaphragm. Moisten your lips and purse them over the hole to create an airtight seal before discharging your air. The technique used is similar to the embouchure of a brass horn player. Take a deep breath and allow your lips to buzz as you release air into the horn. You can change the sound by adjusting your lips or by sliding your hand in and out of the open canal at the side of the shell. Some people are able to produce amazing sounds and the range can reach a sixth! Have fun!

#### Resources

- There are a number of great tutorials on YouTube demonstrating how to blow or play the conch including this one:

[https://youtu.be/k-Uk0sXw\\_wq](https://youtu.be/k-Uk0sXw_wq)

- Here is an example of the extraordinary sound that may be produced by a shell horn as played by professional jazz musician Steve Turre:

<https://youtu.be/cRTXJHzL3s8>

- At this site you may listen to a recent recording of an ancient trumpet found in France known as the Marsoulas conch. This horn is believed to be around 1,800 years old and has not been played since the late Stone Age.

[https://soundcloud.com/cnrs\\_officiel/marsoulas-shell-conch-sound/s-234KE5bFZO1](https://soundcloud.com/cnrs_officiel/marsoulas-shell-conch-sound/s-234KE5bFZO1)

- Here is a 3D model of the Marsoulas conch trumpet:

<https://sketchfab.com/3d-models/triton-700k-0bdfff3405144c7b8f91f902e28bcc9b>

## ALMOST FELTING DOG FUR... by Tom Wax



My felting experiment with Triggers fur. I took Triggers fur and felted it. First you need to have enough fur. 🐶



Second you use some soapy water for felting. I used about two of the mugs worth in the photo.



Next I laid out the fur and sprinkled the soapy water on the fur and started patting it.

I patted the fur for about an hour and a half. It takes a long, long time to felt using your hands. (I don't have the patience for that very much)



After much patting for the fur adhere to itself, I set it out in the sun to dry.



After drying, the fur held together; but when I sewed it and turned it inside out, it came apart in places.

Either I did not pat with my hands long enough to make it adhere totally or not enough fur was used or the fur would not felt to completely adhere to itself to make something with it and hold up. If I had not turned it inside out, it would have held up for a while at least. Besides I was told that if your dog's fur felt got wet, you smelled like a wet dog 🐶🐶

🐶 Another reason not to felt your dog's fur!

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

## SANTA CRUZ ISLAND in the CHANNEL ISLANDS NATIONAL PARK March 2021 by Tom Wax

Day 2 of my 3 three day backpacking trip in Channel Islands turned into a most beautiful day hike to Chinese Harbor that is a wilderness rocky beach. It was an 8 mile round trip hike that is rated strenuous from Del Norte Backcountry Camp.



Photo 1: I walked back out to the Del Norte Trail and I was greeted with majestic views of Santa Cruz Island and the ocean along the way.



Photos 2 & 3: It wasn't long before I came across my first sighting of an Island Fox. We actually crossed paths on the trail not more than two feet apart. I took these Photos with a normal camera lens when it walked right passed. Island Fox is only found in the Channel Islands and nowhere else in the world.



Photo 4: It wasn't long before I came to the trail jct. to Chinese Harbor and an overlook of Chinese Harbor.



Photo 5: View of Chinese Harbor down below me. In the photo you can see some boats anchored in the ocean to give you some perspective of size. YEP! You go all the way Down there to get to the beach and all the way buck UP on the return. 🌈 But it was worth it.



Photos 6 & 7: Once I got down to the beach, I had the rocky shoreline to myself.



Photo 8: It is here I gave praise and thanksgiving to God for such a beautiful day in His Creation. I ate my lunch and explored the beach for a little bit and then it was time to go back UP to Del Norte Backcountry Camp.

Day 3 of my backpacking trip in Channel Islands N.P.. Read the text and open up to see all the photos. I usually do not post this many photos at one time, but they all tell about my backpacking trip to channel Islands N.P.



Photo 1: This is not a good photo that is in focus but a view from Del Norte Backcountry camp but still worth showing. You are looking at the ocean and mainland in the distance with city lights and stars in the foggy night. It is what I saw at night.



Photo 2: Day three began with a beautiful morning sunrise as I ate breakfast before heading back to Prisoners Harbor to be picked back up by boat.



Photo 3: on the way back I saw two more Island Fox. This one decided to take a nap in the trail right in front of me. Wasn't even concerned about me.



Photos 4 & 5: Views from the Del Norte Trail.



Photo 6: A weather recording station along the trail.



Photos 7-10: At Prisoners Harbor is an old sheep ranching building that was built in 1887 and corrals. There is no Sheep herding in Channel Islands N.P. but the building remains as a historical landmark.

After hiking back to Prisoners Harbor, I had several hours to hang out on the beach, relax and take pictures before the boat came to pick me up.



Photo 1: Is the rocky shoreline of Prisoners Harbor, there is very little sand on the beach.



Photo 2: Interesting fact: Oil sludge that has washed upon the beach naturally. A park ranger said it seeps up off the ocean floor and not necessarily from an oil rig or ship.



Photos 3-5: Seashells found on the beach. You cannot take anything from Channel Islands N.P. including seashells.



Photos 8 & 9: Seashells and Sea Urchins that had washed up on the beach.



Photo 6: Can anybody tell me what marine animal this came from? It is bone and very odd and fairly large.



Photo 10: A Sea Urchin that had washed up on the beach and met its fate. A storm must had blown it up on the beach and it could not get back into the water.



Photo 7: Seaweed growing in the aquamarine color ocean.





## Between the Rivers Gathering

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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!

**Warning:** *Attending Between the Rivers Gathering may change your life!*

Sometimes the old legends say it best:

*"We do not go to the green woods and crystal waters to rough it, we go to smooth it. We get it rough enough at home; in towns and cities; in shops, offices, stores, banks—anywhere that we may be placed—with the necessity always present of being on time and up to our work; of providing for the dependent ones; of keeping up, catching up, or getting left. "Alas for the life-long battle, whose bravest slogan is bread." I am talking ... to those of the world's workers who go, or would like to go, every summer to the woods. And to these I would say, don't rough it; make it as smooth, as restful and pleasurable as you can." - Nessmuk*

**That is our hope and dream that we can help all who attend to be able to make meaningful life changes that increase their skills, intensify their connection with the Earth, and improve their relationships with others. It is all about deeper connections!**

"Primitive 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

### Skills Classes Offered May Include:

- Atlatl and Dart
- Archery & Bow making
- Basketry
- Blacksmithing
- Buckskin Tanning
- Campcraft
- Clothing & Decoration
- Fibers, Cordage & Weaving
- Friction Fire
- Flintknapping
- Footwear
- Fur Brain Tanning
- Hunting, Tracking & Trapping
- Kids Program!
- Lithic (Stone) Tools
- Navigation
- Pottery
- Shelters
- Survival Skills
- Tin Smithing
- Tracking
- Water Craft
- Weapons
- Wild Edibles & Medicinals
- Woodworking
- And Much More!

[Link to Classes](#)

Come and experience the entire week with us!

To register click [here](#).

Other [Skills Gatherings](#)

[BtR T-Shirt](#)

Burning questions that can't wait? Contact us: [patrickf@bridgestothepast.org](mailto:patrickf@bridgestothepast.org)

[betweentheiversgathering.com](http://betweentheiversgathering.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)

# 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)



This material comes from Arizona and is called perkinsville jasper. Archaeologically we find it all over the Prescott area. From raw stone to finished projectile point, I made this using deer antler tines and hammer stones

Watch for new listings of classes that are offered, and there will be more to come!

-Kiowa Sage



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](http://www.reevismountain.org) to enroll and to get more information

Sign up online!

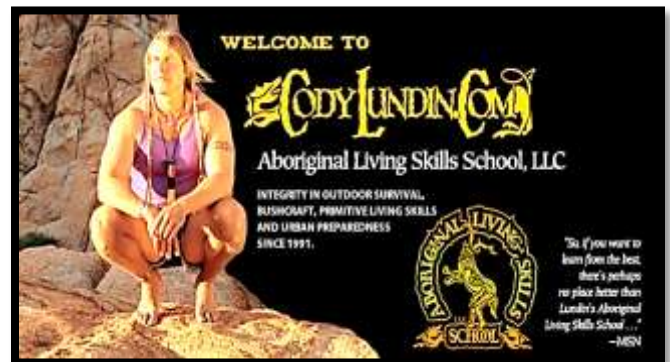
[www.reevismountain.org/classes](http://www.reevismountain.org/classes)

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



“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



# 33RD RABBITSTICK

in Rexburg, Idaho

**SEPTEMBER 12 - 18, 2021**

**"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](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>



# WINTER COUNT

**MARK YOUR CALENDARS FOR  
FEB. 13-19, 2022!**

Winter Count  
2119 Calle Tecolote  
Santa Fe, NM 87505  
Winter Count 505-570-9484 | [WinterCountCamp@gmail.com](mailto:WinterCountCamp@gmail.com)  
[www.WinterCountCamp.com](http://www.WinterCountCamp.com)

## 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

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



**2021 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**  
**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. 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**

**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)