

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 5

S.A.L.T. e-NEWSLETTER

MAY 2023

**S. A. L. T. CALENDAR**

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

**SATURDAY, MAY 20<sup>th</sup>**

**10 am – 1 pm**

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

Make a Hoko Knife and small wood carving with Gary Alves

**QUARTERLY S.A.L.T. BOARD MEETING FOLLOWS**

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

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

**UPCOMING 2023 MEETINGS & EVENTS:**

**WORLD ATLATL DAY Saturday, June 3<sup>rd</sup>  
9 am - Noon at S'EDAV VA'AKI MUSEUM**

**Saturday, June 17<sup>th</sup> SKILLS MEETING at SVM**  
S.A.L.T. SKILL # 23 TRACKING / DESERT ANIMALS by Peter Huegel

**Saturday, July 15<sup>th</sup> SKILLS MEETING at SVM**  
S.A.L.T. SKILL # 14 BASKETS – Make a small pine needle basket by Tom Wax and Jennifer Ahumada

**Saturday, August 19<sup>th</sup> SKILLS MEETING at SVM**  
S.A.L.T. SKILL #

**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!*



**S'EDAV VA'AKI MUSEUM**

in English it is "Central Platform Mound."



S'EDAV VA'AKI 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**

**WORLD ATLATL DAY at SVM**

**Come join us on Saturday, June 3<sup>rd</sup>  
9 am until Noon**



(Come at 8:30 am if you can help out and remember to wear your orange S.A.L.T. Range Shirts)

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



**DON'T MISS THE MAY 2023  
S.A.L.T. SKILLS MEETING!  
Saturday, May 20<sup>th</sup> 10 am - 1 pm**

**QUARTERLY S.A.L.T. BOARD MEETING FOLLOWS**



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

**S.A.L.T. SKILL #4 TOOLS  
Make a Hoko Knife with Gary Alves**

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

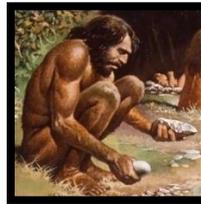
Gary is a very talented wood carver and would like you to bring:  
 1. wood carving knife if you have it. or any other modern knife, the shorter the blade the better.  
 2. A leather glove or a latex coated knit glove if you have them,  
 3. If you have wood carving sets or any other wood carving tools, such as a gouge or a V tool.  
 I will bring all the materials necessary to make the hoko knives for approximately 30 people and wood blanks and pins for the first bird pin project.



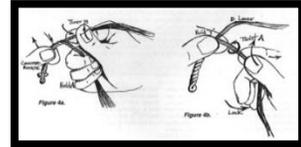
**LEVEL I of SKILLS 1, 2 and 3  
INSTRUCTION PROVIDED AT EVERY SKILL  
MEETING DEPENDING ON THE WEATHER...**

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!

# APRIL 1, 2023, S.A.L.T. at SAN TAN MINI EXPO HIGHLIGHTS



Laura and Tamara



Carlos



Carol, Lilianna, and Bob



Tom demoing a Hand Drill Fire



Bill demoing Flint Knapping



Ron and Donna



Don demoing Pottery



Jennifer demoing Beading Luis, Noah & Jennifer



Charlie teaching Eva and Jax how to throw an Atlatl



Bill throwing Bob teaching about Atlatls Luis & Noah



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

Saturday, April 15, 2023

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

**Members in attendance:** Carlos Acuna, Sienna Sutton, Luis & Noah Ahumada, Susan Jeffay, Teresa McCoy, Wesley, Calvin, Bingham, Jodee & Russell Hortin, Rocky Hettinger, Sam Mendoza, Tom Adkins, Donald Raker, Sam Sargent, Linda Jolle, Ed Travis

**Welcome New Member:** Anne Sofie Hansen

**Guests:** Lauren & Debra Gagner, Alec & Justin Sounder, and Carol Schroeter

## S.A.L.T. SKILL #20 BOWS & ARROWS

Make an Arrow with Charlie, Bob & Tom

SKILL	Apprentice Level I	Apprentice Level II	Apprentice Level III
20. Bows / Arrows	Take a Bow class and an Arrow class	Make a primitive Bow and Arrows on your own	Demonstrate how to use the Bow and Arrows proficiently



The first step was choosing a blank shaft and cleaning it.



Finding the right length.



Charlie started the class with an overview of arrow making.



Sanding the shaft.





Tom showed how to straighten the shaft with heat.



Decorating the arrow.



Some of the finished arrows.



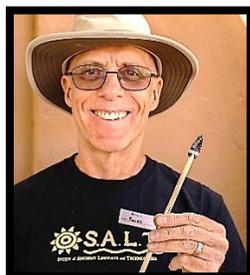
Charlies awesome Axe Heads



Carlos brought S.A.L.T. a delicious Cheesecake and Chocolate Cake to thank us for the San Tan Museum Event!



Bob taught how to attach the arrow point to the shaft. We used pine pitch glue and real sinew!



Some used the arrow points made at the February Skills Class.



A Yummy Potluck Brunch!  
Susan brought arrowhead cookies!

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

## PINE PITCH GLUE by Tom Wax

I made pitch glue and here are the steps to make pitch glue.



Photo 1: First I started with Pine sap that is in the little tin in the center of the picture along with charcoal and tree fungus as a binder to make Pitch Glue. You can also use Elk dung or rabbit turds, etc. as a medium as a binder. 🍌🍌



Photo 2: Step two I took the Pine sap with a very low heat melted the sap into a liquid. I used a stove, but using a traditional method you would use hot coals, not a fire.



Photo 3: Next, I ground the charcoal and tree fungus into a fine powder. In photo one you can see the mono grinding stone and Metate. I then added it to the melted Pine sap. I only added a little bit of tree fungus as a binder.



Photo 4: I then let the mixture cool and as it was cooling put the mixture on sticks to harden and use later.



Photo 5: I used some of the Pine Pitch Glue and hafted a drill point that I had made to a shaft. The Pine Pitch Glue holds the drill point securely to the shaft.

## ANCESTRAL HOOP DRUM by Ron Moses

I don't wanna work

Just wanna bang on the drum all day.....

Finished this replica ancestral hoop drum using some really nice deer hide stretched over a bent ash frame. Not sure about embellishing with paint design or leave it as is.

[#keepingbusywithmoses](#)

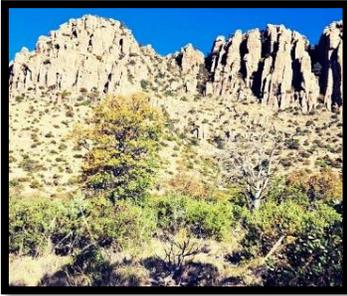


# S.A.L.T. MEMBERS OUT AND ABOUT

## CHIRICAHUA NATIONAL MONUMENT

4/20/23 by Ron Moses

#wanderingwithmoses



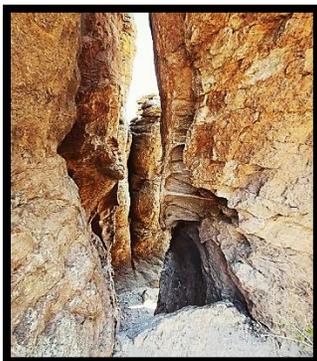
Sunrise view from our campsite in Chiricahua National Monument. Wonderful days of hiking and exploring amongst the volcanic hoodoos and canyons.



Exploring historic Faraway Ranch in Chiricahua National Monument



Donna



Another kind of Wall Street!

This view along the Echo Canyon Trail in Chiricahua National Monument is named "Wall Street" on park maps. The trail passes between high sheer walls at this point, which appears to be a fault block line in the surrounding rock. The trail follows this walkable section for several hundred feet, providing a very dramatic view.

## WONIYA'S BOOK



Fantastic news everyone! I share updates about my work from my inner circle outward. First with my Patreon members, then with my mailing list, then on social media. Last week, I told my Patreon members that the book was available for pre-order. Saturday I sent an Earth Day message to my mailing list making the same announcement. Today I am announcing here that it is time! My book, *Never Alone: A Solo Arctic Survival Journey*, is NOW available for pre-order on Amazon

— <https://a.co/d/fNMXJbj>

Over the weekend it already achieved bestseller status in one of its categories and holds the top two slots there for "hot new releases" and number three in "most wished for."

I am so thrilled that so many people are excited to join me on this deep dive into the heart of an arctic wilderness immersion. Join the crowd and pre-order yours today at <https://a.co/d/fNMXJbj> so you'll get it the second it comes out!

## NEW Upcoming Gatherings:



[Click here for more information](#)

Summer Lake, Oregon ~ May 10th – 14<sup>th</sup>





## 《 》 BETWEEN THE RIVERS GATHERING 《 》

**May 29<sup>th</sup> - June 3<sup>rd</sup>, 2023**  
Ancestral Skills for Self-Sufficiency

**Greetings BtR Family,**  
Registration for this year's gathering has reached capacity for the student total! We are truly looking forward to it and feel beyond grateful for your continued support.

Kitchen and work crew members, please register as "Work Trade Deposit"

Our website IS up to date and we encourage you to check there if you have any questions. Mullein is also available for further inquires you might have.

Email Mullein [HERE](#) with any further questions

Between the Rivers Gathering is a week-long educational workshop for learning skills that originated 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)

[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)



## 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)

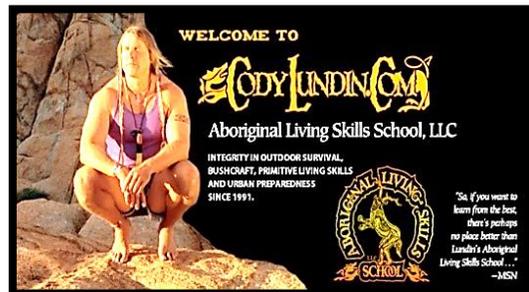
[Register On-Line Today](#)  
[Share a Ride Bulletin Board](#)  
[Meet Our Staff](#)

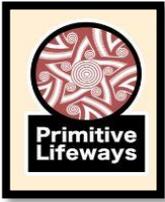
Rabbitstick | (208) 359-2400 | [backtracks905@gmail.com](mailto:backtracks905@gmail.com) | [societyofprimitivetech@gmail.com](mailto:societyofprimitivetech@gmail.com)



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)

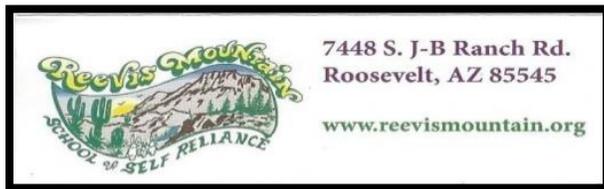
### NEED YOUR HELP!

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



I was at the Earth Day event at the downtown square, Prescott AZ on April 22<sup>nd</sup> (Saturday) with @archaeologyarizona. I taught the replication of prehistoric ceramics of the Southwest, among other activities! Our main offering was Archaeology for Kids with fun excavations of various artifacts found in Arizona (Both Prehistoric and Historic). #earthday #prescottearthday #archaeology



## 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.

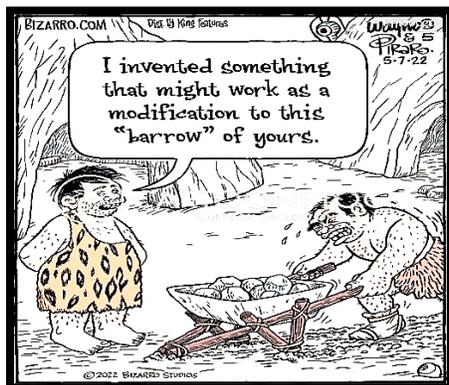
Send it to [saltskills@gmail.com](mailto:saltskills@gmail.com)



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)