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JOURNAL OF SURVIVAL AND SELF-SUFFICIENCY

APRIL 1980

EDITORIAL

I'm having a hard time getting off the same old subject...our need for lifestyle changes! A few years ago columnist Jack Anderson spoke of a secret government report which predicted the possibility of utter chaos by the turn of the century, if the energy problem were not addressed squarely.

At first glance, that sounds a bit far-fetched. But it's a reality which many of us have considered, from time to time, as we've observed the progress of our society. And especially in light of the events more recently. And...our society has changed!

How does a teacher maintain control over a room filled with 25 to 35 kids? Good, bad or indifferent, that teacher is recognized and accepted as the authority figure, at least most of the time.

How does a police force of one officer per 1,000 or 2,000 citizens maintain order? Simply because we have conditioned ourselves to accept his badge of authority.

But, though we are basically an orderly people, we have become disenchanted with our institutions in recent years. We're suspicious of government, of big business, of most of the seats of authority. And a crisis of any major impact could certainly be the breaking point...

It is not inconceivable that if, after years of talking about the energy crisis, the lights were to suddenly go out, chaos and anarchy would result. And the only way I can see to avoid the kill or be killed result of such chaos is to be prepared to change lifestyles. Not necessarily this very moment, although the sooner the better, but now is the time to prepare for that change.

The adjustment won't be easy. It means changing habits. It means an awakening and an awareness must be brought about. And since warning the populace and expecting them to listen is out of the question, our duty is to prepare ourselves to be self-sufficient. Not only to protect our own families, but so that we won't be a burden to others.

But this must be done BEFORE the crisis. It will surely be done after such a crisis, but we may have sacrificed far too much by that time!

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SURVIVING MENTALLY

by

Gary Wisdom/USN Survival Team

When you find yourself in a survival situation, there are several facts which you should remember. One fact is this; the obstacles you have to overcome are not so much natural and physical ones as they are mental ones.

For no matter how well prepared you are, you will probably never completely convince yourself that, "It can happen to you."

But it can, as the records show, so before you start collecting survival facts and information, you should understand what these psychological obstacles are which you must overcome. These obstacles all fall under the general heading of that very normal and common emotion called "fear". Fear of the unknown, fear of discomfort, fear of your own weaknesses. And in many cases, even though these other fears are overcome to some extent, a lack of confidence in their own fortitude and ability has broken people who could otherwise have fared much better

In a survival situation, you will be exposed to certain common stresses. These are "Fear & anxiety, pain, injury & illness, cold & heat, thirst, hunger, fatigue, sleep deprivation, boredom, loneliness & isolation."

Each of these common stresses brings about a number of reactions which can be recognized and dealt with appropriately. The stresses that cause these reactions vary considerably, and specific ways of reacting vary among

individuals. You should also understand that the stresses often occur at the same time.

Already mentioned are the common stresses of survival, there are also some associated emotional states which in survival must be understood just as survival conditions and equipment are understood. In the survival situation the most important elements in the determination of success or failure are yourself and your companions, if any.

Important areas of concern to you are: how you react to various situations; what various signs, feelings, expressions and reactions in yourself mean; your tolerance limits; how to maintain, care for and effectively use your abilities in order to perform, resist, endure and control yourself; and how to apply helpful influence to your companions.

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Nature has endowed you with biological reaction mechanisms which generally aid your adaption to stress. The bodily changes resulting from fear and anger, for example, tend to increase your alertness and provide you with extra energy. These same mechanisms however, can betray you under survival conditions.

Two of the gravest general dangers to survival are concessions to comfort and having a passive outlook. These dangers must be recognized because of their general implications and their relation to the specific survival stresses. Both dangers represent attitudes which follow lines of least resistance, and over-rule your effort or desire to cope with stress. Both dangers represent attitudes of primary concern with the immediate situation rather than the overall problems of survival. To survive successfully, you must be able to master both of these tendencies.

Reason is the key to this change of attitude, reason which identifies discomfort as a temporary problem in comparison with the tremendous advantage of endurance.

Tools and training are not enough, none are effective without "the will to survive." Cultivate "good" survival attitudes. Keep your mind on your main goal and keep everything else in perspective.

Survival training is like life insurance, you never need it until you need it. How convenient it would be if you could just skip your life insurance premiums until the month before you die, however it doesn't work that way.

Perhaps comparing life insurance to survival training is misleading. Life insurance doesn't guarantee that you will live longer, survival training does. Survival training is the only real form of life insurance..and the odds are that you "will" be around to collect on the policy.

"Dare to be wise; begin! He who postpones the hour of living rightly is like the rustic who waits for the river to run out before he crosses." Edgar W. Howe



3rd Annual

Primitive Living Rendezvous



3rd Annual

Primitive Living Rendezvous

June 17-21 (5 days)

Diamond Fork Canyon, South of Provo Utah

— More than just a rendezvous —

Some of the most expert instructors in the field of primitive survival will teach workshops in the following skills:

(These are participating workshops, not demonstrations)

Plant Construction

Edible Plants & Herbs

Primitive Pottery Making

Tracking & Trapping

Brain Tanning Techniques

Primitive Tools & Weapons

Pressure Flaking (lithics)

Tipi Living & Outdoor Cooking

— And Much, Much More —

Also . . . trading sessions, campfire programs, skills contests, special lectures . . . all in a real tipi camp atmosphere.

Cost: \$35.00 per person, \$50.00 per family

Register early: Send \$20.00 deposit with your name, address and number in your party to:

Woodsmoke Rendezvous

P.O. Box 15754

Colorado Springs, CO 80935

You will receive a complete registration packet including map upon receipt of your deposit.

 101 USES OF THE SNAKE BAG

 by
 Jim Riggs

When in junior high I became eagerly engaged in the study of herpetology (reptiles and amphibians), I soon learned from peers and from reading, that the prescribed method for carrying these cold-blooded critters after they were collected in the field was in cloth bags, from pillow size on down. I seldom ventured into the woods without one or two of these bags tucked under my belt.

A budding young herpetologist does not always return from a collecting trip with his snake bags bulging with squirming creatures, but I seldom returned without something to show for my time...neat rocks, moss to line a terrarium, a bunch of ants or termites to feed my lizards and turtles, some mint or yerba buena for tea or numerous other treasures one finds in nature. One time it was a highly odoriferous vulture egg collected from a cave months after the nesting season. My snake bag was the obvious container in which to carry all these important things.

Conversely, at the beginning of a hike the same bag was handy for carrying an orange or candy bar, small notebook and pencil for recording data, extra film, and any number of other necessary articles too bulky to fit in a pocket, or too slippery to stay in the pocket of one who was continually bending over to look under rocks, bark and dead logs for the sought after quarry.

In those early days my friends and I depended on our mothers to occasionally sew up some bags for us. But soon our demands far exceeded the supply and we were forced to learn the intricacies of the sewing machine and produce our own.

Designed for securely holding such determined escape artists as snakes, snake bags have two main requirements; they should be long enough so that the top portion can be tied in an overhand knot, and all the seams should be double-stitched. Unbleached muslin, because it is durable, cheap, and "breathes", is the most commonly used material, although I have a friend who once decided that muslin bags were too dull and uninspiring for the truly dedicated herpetologist; he began to mass produce brightly colored paisley bags! Not to be quietly outdone, I got a bunch of muslin bags and tied them into my own bright patterns.

While I now prefer to observe reptiles and amphibians in their natural habitats and rarely carry any home in my trusty snake bag, the bag remains essential to any outing. Snake bags have proven their usefulness to me far beyond their intended function and have infiltrated the anks of many friends who wouldn't think of catching snakes!

Over the years snake bags have served as emergency bandages, bandanas, potholders, washclothes, towels, flags, pads for uncomfortable pack straps and all-around ditty bags. I've used them for leaching the tannic acid from freshly ground acorn meal in a stream, collecting innumerable wild foods, and keeping fish moist and fresh (and safe from bands of marauding crayfish).

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dead logs for the sought after quarry.

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- 1980 ANASAZI & BITTERROOT EXPEDITION SCHEDULE -

We are conducting 2 top quality 10-day primitive living expeditions this year. The cost for each is \$289.00. A \$50.00 deposit is required (non-refundable unless the trip is cancelled or prior arrangements are made). The balance is due 30 days before the date of the expedition. There will be a 10-student limit, registration is limited to the first 10 deposits recieved per trip. Others will be put on a waiting list in case of cancellations.

May 16-25	Jarbidge Canyon, Nevada
Sept 1-10	Southern Oregon

Life on these expeditions is plain and simple...keeping warm and finding something to eat and drink! The complicated world that is left behind seems distant and remote and as the survival experience continues the problems of the outside world gradually take on more manageable proportions.

The atmosphere of the camp is relaxed, but effective. You will be given a small ration of whole wheat flour or corn to supplement your diet of wild foods and make it easier to live off the land, yet the plain taste of the cooked grain will not hinder you in developing a taste for the wild things you harvest.

Some of the skills you will learn during the 10-day period include; primitive fire building, locating water sources, edible and poisonous plants, primitive tools and weapons, tracking and trapping, shelter building, cooking without utensils, plant construction etc. Many skills you will work on around the campfire while enjoying friendly conversation with fellow participants and instructors.

These courses, however, are not for everyone. They are rigorous, difficult and challenging. They are for the serious individual willing to sacrifice the comforts of modern living in order to develop skills and knowledge leading to greater self-sufficiency, explore the limits of mind and body, and find deeper understanding of self and others.

An additional information packet including map will be sent upon receipt of deposit. Send name, address, date preference, and phone number with \$50.00 deposit to:

Anasazi & Bitterroot Expeditions
P.O. Box 15754
Colorado Sprgs, CO 80935

**Sponsored by "Woodsmoke" Journal of survival
and primitive living.**

WHAT IF...

The following is a summary of an article published in the Feb 1980 "McKeever's Strategy Letter." P.O. Box 4130, Medford, OR 97501.

As we begin to look at how you can personally benefit by asking "what if" questions, we must first realize that it is difficult for people to discipline themselves to take actions. In fact, we will frequently pay somebody to force us to do something. Some people have the government withhold too much income tax from their paychecks to force them to save. Other people take out whole life insurance so they will be forced to save. Similarly, we can sit down and read a book on a particular subject, but we will pay tuition to go and have someone force us to read that book. This kind of difficulty in actually taking actions certainly applies to our own individual situations.

But by the proper use of "what if" questions, I believe you can help motivate yourself to take some actions. I can not motivate you. I can simply point out alternatives for your consideration. Now let us look at how to use this valuable tool.

Part of the technique of using "what if" questions involves the use of your imagination. It is similar to Harry Browne's "Swiss bed test". Harry recommends that you imagine the worst possible thing has occurred (whatever that might be) and that you are sitting in a Swiss hotel room on the edge of the bed saying. "I wish I had....." He recommends that whatever you put in the blank, you go out and do.

We use a similar technique, but we will also add a probability factor to it. If a nuclear war or a banking crisis or wage and price controls were to occur, there are certain things that you would wish you had done. However, I would not recommend that you go out and do these until you begin to feel there is a 50% probability that these things will occur within five years.

Even if such things were to occur, there are certain remedial things that you could still do. They may not be as desirable as if you had been able to take action before the events occurred, but life goes on and there are still things that can be done in every situation.

For each "what if" question there are three areas that we should consider:

- 1) Things I will wish that I had done:
- 2) Things I can still do.
- 3) Probability of occurrence _____.

I recommend that each family have a notebook. In your notebook you could have a page for each of these events that could be reviewed and updated a couple of times each year.

Now lets take a look at a specific event that you might want to consider, and how you might want to set up some of your pages. These thoughts are my own and should not be accepted as perfectly applicable to you. You should take these as a spring board for your own creative thinking, and design pages which will best meet your own needs.

WHAT IF...there is a major war?

The likelihood of a major war continues to grow day by day. This could be a conventional war, or it could involve nuclear weapons. It is a little difficult to ascertain which way it might go: thus, it would be prudent to include nuclear weapon considerations in your

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WHAT IF...there is a major war?

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1) THINGS THAT I WILL WISH I HAD DONE:

- a) Built a fall-out shelter.
- b) Stored water.
- c) Purchased a geiger counter.
- d) Invested heavily in gold and silver.
- e) Purchased a supply of items that will be in short supply.
- f) Prayed more for our country, it's leaders and the world situation.

2) THINGS I COULD STILL DO:

- a) Build a fall-out shelter, perhaps not as elaborate but one that will suffice.
- b) Immediately purchase items which might be in short supply.
- c) Invest in gold and silver although the price will be much higher because war and fear spawn a heavy supply of buyers.
- d) Start praying.

3) PROBABILITY OF THIS OCCURRING _____%

I would place the probability of our encountering a major war in the next five years at about 75%. You must make your own assessment and then take the appropriate actions. (For information concerning fallout shelters and how to survive nuclear war, we still have a few copies of MISL #135 which are available at \$5.00 each.)

"What if" questions can be a very valuable tool in personal planning, but most people do not take the time to plan in this way. For a very small investment of our time and a few pieces of paper, we can think through a number of these issues and have a plan of attack. When our estimate of the probability of any event occurring reaches 50% or more, we should seriously consider taking action.

There are many more "what if's" that we could have looked at such as: What if...there is runaway inflation? What if...there is a depression? What if...there is total oil cut off? What if...there is a dictator in the U.S.? What if...Russia takes over Europe?

Thank God every morning when you get up that you have something to do which must be done, whether you like it or not. Being forced to work, and forced to do your best, will breed in you a hundred virtues which the idle will never know. -Charles Kingsley-

- BOULDER OUTDOOR SURVIVAL SCHOOL -

A 30-day course conducted in the mountains, deserts and canyonlands of south Utah.

Learning skills to survive off the land and to cope with the elements is one of the most challenging, strengthening, and character-building experiences to be found.

Courses offered by Boulder Outdoor Survival School are patterned to...

- Develop skills and proficiency in the out-of-doors.
- Increase self-confidence and awareness.
- Enhance interpersonal relationships.
- Contribute to positive behavioral changes.
- Increase spiritual awareness.

This is a 30-day course. The first two days of the course are spent in classroom preparation in Provo, Utah. The actual in-field experience is 28 days and divided into five main phases.

I. Impact - Each student experiences an adjustment to the environment through 2½ days of rigorous hiking.

II. Group Expedition - Men and women are placed in separate expedition groups; each group, with instructor support, follows a planned route to a common destination.

III. Survival Week - Primitive outdoor survival skills is the emphasis of this phase.

IV. Student Expedition - Students are organized into small groups and assigned routes to follow to a common base camp.

V. Solo - Each student spends from four to five days alone in a preselected and supervised area.

During the survival experience participants will have the opportunity to learn various survival skills, including primitive fire building techniques, trap and snare construction, plant identification, primitive direction finding, shelter construction, and other survival techniques. Survival students will also gain a working knowledge of how to live

off the land through direct instruction and demonstration. Students will not, however, live off the land for the entire twenty-eight day period, but rather they will be provided with basic food packs consisting of flour, cracked wheat, oatmeal, honey, vegetables, etc.

Instructors - Each instructor employed by Boulder Outdoor Survival School has completed a comprehensive training program at Brigham Young University in outdoor education and is highly qualified in primitive survival skills and leadership. The ratio of students to instructors is approximately five to one.

Cost: \$425.00

Dates: N-2 May 27 - June 27

N-3 July 1 - Aug 1

N-4 Aug 5 - Sept 5

For additional information write to:

Boulder Outdoor Survival School
University Station P.O. Box 7215
Provo, UT 84602

Please indicate that you learned about the expeditions through WOODSMOKE.

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REPORT FROM THE ELUSIVE HEKARWI

As you may recall from issue #8, Woodsmoke readers were invited to send their experiences at being lost (Where the HECK-ARE-WE) to be published in future issues. In return you will receive an official "Hekarwi and Proud of it" tee shirt and will be invited to the special

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The following report was received from Dorothy (Sam) Winburn:

"I will tell you now how I joined the Hekarwi Tribe. This summer I accompanied a friend to England where we were guests of her gracious parents who were in London on a year long sabbatical. The morning after we arrived we decided to explore London via the "London-in-2-hours-bus-tour", which left from Picadilly Circus every $\frac{1}{2}$ hour on the mark. Fortunately the subway (pronounced "tyewb") left from near our host's home and made a clearly marked stop at Picadilly.

Well, the tyewb got us to Picadilly, the "London-in-2-hours-tour-bus" was an emotionally draining experience, akin to maybe your first free-fall from 3,000 feet. The English have taken the questionable art of driving to new lows (definitely not for the weak at heart).

Sworn to walking, and armed with our trusty "London-tourists-guide-map" we decided to walk the mere two blocks to Trafalger Sq, right here on the map...see? Straight down Regent St. from the now familiar Picadilly, 2 blocks and, ta-da! Three hours later we finally got to a street big enough to be on the trusty "London-tourist-guide's-map" and decidedly could have shortened our trip had the map been right side up. Sure did miss the mountains over there, I never did find East!"

 TIPI LIVING IN THE MOUNTAINS

 by
 Rick & Debbie Barker

This will be the first of a series of articles on tipi living, beginning in the winter. We get about as much snow and below zero weather here in Western Montana as anyone, so if we can make it here, any of you can do it too if you've a mind to. We hope to gain some insight this year that would help anyone else contemplating a similar mode of life.

First, I would hope that anyone who tries this will prepare for it better than we did! Stock up on some dehydrated food that won't freeze and get plenty of warm clothing.

Here are some things we have learned so far...First and foremost you should determine which direction to face your lodge. I know all the book say to face it east like the Indians did. Well as far as I know Indians had more smarts than to set up a lodge at 7,000 feet in the Rockies during winter. What I'm trying to say is, in the mountains the wind doesn't blow steady in one direction like it does out on the plains. Our lodge is facing almost south/west. If I face it east, the wind at night blows right in the smoke hole. So test your area and put the back of the lodge where the majority of wind comes from. Remember too, that it is coldest at night and this is when you want all the fire you can get.

After deciding which way to face your lodge, get the thing set up, and before you even think about doing anything, and I do mean anything, dig a trench around it to drain off any rain. We found out our first night up here that it can rain anytime in the mountains. We woke up to a fire pit that resembled crater lake and 3 inches of good

We are thinking of putting in a small box stove to cook on, we're using open fire now, but it will be hard to cook on in winter while keeping the heat burning hot enough to warm the lodge.

I am also making a canvas reflector to hang down in front of the door area. I used a deer hide with the hair on for a door cover, mainly because that's all I had.

This winter will be hard on the 3 of us (young son Rick is with us) especially being in such a small area with no real privacy. We will try to give you some hints on how to keep from going beserk during 5 months of isolation and confinement. Hopefully my wife won't commit "husband-cide" before it's over. We think this experience will be a rewarding one for us both spiritually and physically. It will also give us an insight into the hardships suffered by early people who lived this way their entire lives.

Anyone wanting to visit us this winter is welcome, just bring your snowshoes and 6 cords of wood!

Rick, Debbie, Little Rick and 7 cats!

(2 adults and 5 kittens)

Editors Note:

We have several other reports from Rick and Debbie and think you will enjoy their experiences, next issue will continue with a report on tipi cooking and how to take a bath in a tipi (in the winter).

The difference between perserverance and obstinancy is that one comes from a strong will and the other from a strong won't.

The Great Northwest Fur and Trading Post will be conducting a tipi living workshop for individuals and families beginning in late spring and running through winter. Reservations are necessary and more information can be obtained by writing to Box 88, Heron.

After deciding which way to face your lodge, get the thing set up, and before you even think about doing anything, and I do mean anything, dig a trench around it to drain off any rain. We found out our first night up here that it can rain anytime in the mountains. We woke up to a fire pit that resembled crater lake and 3 inches of good ole "Montana Gumbo" covering the floor. For you flatlanders, Montana Gumbo is mud that is more like tar than mud. When you walk through it you either lose your shoes or your whole lower leg.

If this wasn't enough to start my day, I could cuddle up to the dead rabbit my cat had proudly deposited in bed with us. Oh the wilderness life! Moral...trench your tipi and shoot your cat.

Next on the list for winterizing your lodge is a good ground cover. After trying more modern methods we have gone to straw covered with canvas and deer hides (with hair still on). My wife and I are sleeping on a bed of fir boughs about 2 feet deep with a plastic sheet and two wool blankets under us and two Hudson Bay blankets over us. It's fine right now and I'll report whether we change when it gets -40 degrees.

Having enough firewood is always a high priority item in snow country, and this goes double in a tipi. You burn an extraordinary amount of wood in a tipi. I'll have to let you know how much I burn this winter, but I plan to have about 20 cords cut up. Most of the wood I'm burning now is about the size of a tipi pole and about 2 ft lengths. At night I throw on two or three logs about 2½ or 3 feet long and 6 to 8 inches in diameter on the fire. These will burn for 4 or 5 hours and not smoke too much.

It was 26 degrees last nite when I got up to get rid of some of the coffe I drank before bed (don't drink diuretics before bed). It took me above 10 minutes to get the temp up to 65 degrees inside the lodge.

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EDITORIAL NOTES

We want to thank those who entered the WOODSMOKE Subscription contest. First place winner is A.J. Fife, second place Leighton Baker, third place Harry Deibert, fourth place Mel DeWeese and honorable mention to Paul Hellweg and Stewart Dulaney.

As per suggestions received from our questionnaire of last summer, we are mailing a newsletter for issue #9 rather than miss an issue due to lack of publishing funds. Any subscribers who may be dissatisfied, just send a post card with name, address and the number in the lower right hand corner of your mailing label and we will send you a back issue in compensation.

In an effort to channel all possible funds toward the next issue, we will not be sending renewal notices. If the number in the lower right hand corner of your mailing label is 3 or 4, it is time to renew. Your cooperation will be greatly appreciated in this effort. This number is the issue with which your subscription began, thus #4 ends with issue #9 etc.

We do still have a few back issues...only issues #2, #4 and #8 now. To order please send \$1.50 each plus 40¢ postage to Wood-Smoke, P.O. Box 15754, Colo. Sprgs, CO 80935.
