

T'epot'aha'l

The People of the Salinan Tribe

Vol. 25 No 12

December, 2025



Winter Solstice



Winter Solstice Sunday 21st of December.

Gates open at 9am, Volunteers needed to man the gate.

We will be having Pot Luck lunch at noon, so bring your favorite dish to share, bring your own drinks and chairs as none will be provided.

Ascenders will start the ascent to the top of Lesa'mo' at 1pm to 2pm.

Thank You Tribal Chair Bruce Flood @ 805-903-3089

Indian Cemetery Work Day

At Mission San Antonio

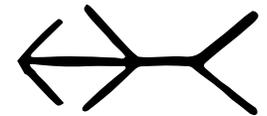
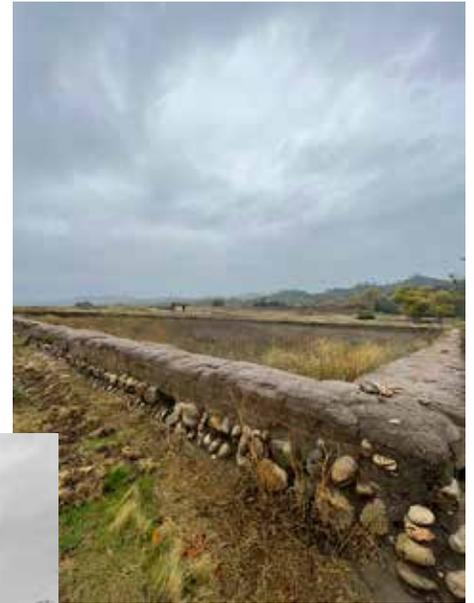
Next work day at San Antonio Mission, on Indian cemetery Adobe walls is Saturday, **December 6th**. 8 am. To 11 am. This is the last work day This year,. thanks to all the volunteers who have donated four hours this year. Starting January 2026, another round of work will start the process again, looking forward to seeing you.

Contact Bruce Flood @ 805-903-3089 If you have any questions, comments or would like to volunteer contact the Tribal Office and leave a message. @ 805-464-2650

I had the fortunate opportunity to come up from LA and be a part of the cemetery restoration project at Mission San Antonio de Padua Saturday November 15th 2025. It was a peaceful rainy day and as I walked the grounds of the mission I couldn't help but think of how grateful I was to be in this place where so many of our people have walked before. For me the cemetery restoration is more than a preservation project; it is an opportunity to honor our ancestors and connect us to the land. I see the land as our first teacher. Although the lessons change and evolve over time the land stays strong holding space for past, present, and future generations of Salinan Natives to walk upon and learn from.

Submitted By: Tribal Member Maddie Flood

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The H.E.A.L.T.H. Corner
Submitted by Tribal Member Jessica "Jaq" Conklin

No. 2- 11.01.25

I'm back with some fascinating information on the **Vinegarweed (*Trichostema lanceolatum*)**. This has been a very fun plant to research. I hope you all enjoy learning about it too.

This article is not used to replace medical practice, (it is always advised to consult your physician as herbs can interfere with certain medications), but to provide knowledge and education to historical uses. Although most of the information regarding the medicinal use of herbs isn't well documented for the Salinan People, it is thought that our neighboring tribes' medicinal use mirrored that of our people.

Vinegarweed (*Trichostema lanceolatum*)

H – History

Vinegarweed, also known by the name "blue curls", is a strong aromatic annual herb native to California. It gets its name from its sharp, sour, vinegar-like scent that intensifies when crushed. The Salinan people found many uses for this plant. Due to its potent strong amora and resinous oils, **Vinegarweed** gave important roles in medicine and cleansing. Reports by early ethnobotanists note that it held much value, that **Vinegarweed** was used as "money" for trade between tribes.

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E – Education

The Salinan people valued Vinegarweed because there were copious amounts throughout our land. Vinegarweed didn't lose its potency when dried, making it ideal to dry and store for later dates, keeping its value for trade. Vinegarweed has antimicrobial properties, meaning this plant was documented and used for wound washing and aiding in healing processes.

A – Art



L – Location

The plant grows in dry grasslands and oak savannas, including much of the traditional Salinan territory. Small shrub 2 feet high. Blooms from June to November. Thrives in dry locations. The flowers are shaped a bit like a blue larkspur (Plant of the Month Page, n.d.).

T – Traditional

Vinegarweed was used to treat a wide array of ailments such as colds, fevers, headaches, stomachaches, bladder problems, and nasal congestion. Skin wounds, irritations, pains and rashes were also treated with **Vinegarweed**. Due to the potent aroma, it was effective as a bug repellent; documentation reads that **Vinegarweed** was found to be placed in bedding. Used as an aid in fishing to temporarily immobilize fish. Bathing with fresh or dried **Vinegarweed** was believed to “cleanse the skin” when the thought of being exposed to disease. Chewing on fresh **Vinegarweed** leaves aid in relief of tooth pain.

H – How to Use

Internal Use: Tea – steep 1-2 tablespoons of dried leaves and flowers in a pot for 3-5 minutes, 10 minutes if a strong taste is preferred. Strain the leaves and flowers and enjoy. The tea aids in calming digestive upset and general body aches during colds and the flu.

Topical Use: A small handful of fresh **Vinegarweed** leaves are used to make a poultice. Crushing the leaves helps break down the plant walls and release the oils. Apply directly to the skin to aid in wound healing, relieve skin irritations and pain or treat skin rashes.

Adding a small handful of fresh or dried **Vinegarweed** directly into a bath and soaking for 5-10 minutes will aid in relief and healing of smallpox lesions. The resinous oils act as a natural antiseptic wash. Soaking in the tub with **Vinegarweed** can provide relief to sore muscle aches.

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Steam/Inhalation: Placing fresh or dried leaves and flowers in hot water to inhale steam to treat nasal congestion, relieve coughs, and aid in relief from headaches.

Cautions: Currently there are no documented risks in women who are pregnant and/or breastfeeding; avoid internal use due to unknown risks.

* **Drying the plant can reduce the plant's aroma, but only mildly. The aromatic compounds can cause irritation in the eyes, nose, and lungs.**

Medication and Health Interactions:

Skin Sensitivity: Those who have a history of skin sensitivity should use **Vinegarweed** in low or short periods due to the high potency of aroma and oils. Avoid prolonged handling of fresh **Vinegarweed** without gloves.

Allergic Reactions: Those with allergies to plants in the mint family should use **Vinegarweed** with caution. Avoid internal use and test on a small skin area to test reaction.

Asthma: Due to the plants' strong aroma, those with asthma should avoid use, specifically inhaling.

Ingestion: Large quantities may cause stomach upset.

Resources:

California Native Plant Society. (n.d.). Calscape California Native Plant Society. Calscape. Retrieved November 20, 2025, from [https://calscape.org/Trichostema-lanceolatum-\(Vinegarweed\)](https://calscape.org/Trichostema-lanceolatum-(Vinegarweed))

Plant of the Month page. (n.d.). Santa Monica Mountains Trails Council. https://smmtc.org/plantofthemoth/Vinegar_Weed.php

Yumpu.com. (n.d.). Plant Guide - USDA Plants Database - US Department of Agriculture. [yumpu.com. https://yumpu.com/en/document/view/19288926/plant-guide-usda-plants-database-us-department-of-agriculture](https://yumpu.com/en/document/view/19288926/plant-guide-usda-plants-database-us-department-of-agriculture)

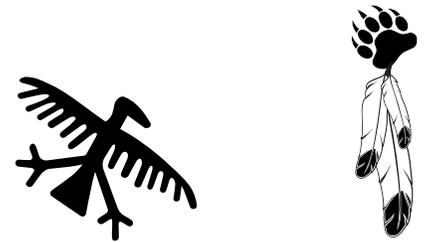


Volunteers Needed

We have several volunteer opportunities with current and future projects at the Willow Creek Conservancy in rural Paso Robles. We're looking for individuals who want to work outdoors on horticultural projects, educational presentations, and get in on the ground level of our preparation to assemble cultural fire teams.

All interested individuals either email or text council member Robert Piatti at monitoring@salinatribe.com, or 949-677-0549. Thank you to all who have previously volunteered as well, and expect to hear more soon.

Submitted By: Council Member Robert Piatti



Tis the Winter season when families get together to celebrate. Some do the hustle/bustle promoted on USA Calendars. Or as Tribal Elders we have slowed down, no longer able or willing to do what family say, "But you did....in prior years?' By choice or circumstances Elders and family may be far apart-too far to celebrate in person during the Winter months.

At our Tribe's Fall Gathering (October 18th), there were 35 Tribal Elders in attendance, enjoying the day with family. Or they kept busy ensuring everyone else shared great food and company together. I knew there were 35 tribal Elders because I decided to 'acknowledge our Elders' who came that day. Thank YOU for your trust.

1) Elders politely were willing to wear purple ribbons with "OFFICAL" printed on them (another story why ribbons were chosen). The ribbons were a visual that I hear started many a story?

2) As we pinned them on, I asked if our Elders could come into a circle, sit together; most did without knowing why beforehand?

Getting into a circle I hoped the rest of family, friends, guests would visually identify our tribal Elders. Elder gifts made by volunteers were given out. Most of the day, it was difficult for me to sit down after from the many who stopped to give input about what they saw as 'Honoring Elders'.

It doesn't take a tribe to do that these Winter months. Winter creates quiet space; and in that I hope all our community members reach out to OUR ELDERS. They have so much history, how could anyone walk away without hearing some Elder Wisdom?

For US ELDERS-we are Cultural Knowledge Keepers; through sharing just one story, you possess the power to pass on tribal cultural values. Those values are the base that strengthens our Salinan Community. Please share one of your stories with your "YOUNGERS".

Each story you share is the opportunity for family & friends to learn those values. The Youngers' expressions may appear different. However, if within your Elder story the values come through, Tribal Cultural Wisdom will stay alive generations to come. Happy Holidays

The Elder Project/Bonnie (Pierce/McCormack family line)





KinéK

"Good Bye"

TséP K'esháy

"Good Morning"

Salinan Words of the Month

Guide to sounds

- ts** – sound at the end of cats
- tr** – make a t but curl your tongue (almost sounds like a ch)
- '** – sound in the middle of uh-oh (glottal stop)

- a** father
- e** get
- l** beat.
- o** hope
- u** due
- ay pie
- ow mow
- oy toy

- P' t' k' ts' ch'** consonants said at the same time as a glottal stop ('); they make a strong, emphasized pop!
- x** – guttural throaty h sound

double vowels (**aa**, **ae**) are the same sound but longer in length

Quotes from Native Elders

It is our desire we and you should be as one heart, one mind, and one body, thus becoming one people, entertaining a mutual love and regard for each other; to be preserved firm and entire, not only between you and us, but between your children and our children, to all succeeding generations.

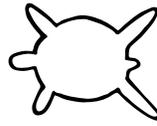


Kanickhungo, Iroquois

Might I behold thee, Might I know thee, Might I consider thee, Might I understand thee, O Lord of the universe.

Inca saying

Let me do the right things for my people. Not for the sake of merit, but because of the sacrifice of my people in this land which belongs to them.



Teton Sioux Vision Quest Prayer



This brings rest to my heart. I feel like a leaf after a storm, when the wind is still.



Petalasharo, Pawnee

Notice !!!

Remember the Newsletter will be ONLINE ONLY.

Contact Kenneth Pierce at editor@salinantribe.com with your email address to receive a Newsletter online or pick one up at the Tribal Office.



We have a new T-Shirt design and it will be available at the general meetings it will also be on the website soon for viewing.

The following sizes are available,

Women's – Sm, to 3xl

sweatshirts size sm to 4xl

Men's – Sm, Med Lg, xLg, xxLg, xxxLg

We also have hooded sweatshirts



NEW ADDITIONS

In women's t-shirts we have size small to 3xl. And we have have sweatshirts sizes small to 4xl.

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December 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1	2	3	4	5	6 Cemetery WorkDay at Mission San Antonio 8 am -11 am
7	8	9	10	11	12	13
14	15	16	17 Tribal Business meeting 6:00pm	18	19	20
21 Winter Solstice	22	23	24	25	26	27
28	29	30	31	1	2	3

Tribal business meeting is on the 3rd Wednesday of each month

**THERE ARE NO DRUGS OR ALCOHOLIC BEVERAGES ALLOWED AT ANY TRIBAL EVENT.
 PLEASE USE INFO@SALINANTRIBE.COM TO EMAIL THE OFFICE**

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T'epot'aha'ul The People of the Salinan Tribe

REMEMBER TO PRAY TO kensha:nel (CREATOR) TO keeheak (PROTECT) ALL lu wa' (MEN) AND lets'e (WOMAN) WHO ARE SERVING OUR COUNTRY. AND BRING THEM Ta'ma (HOME) SAFE.

Vision of the Salinan Tribe

We, as the Salinan Tribe, follow the way of our ancestors as we walk the path of our heritage toward becoming complete individuals. We exercise our rights as a sovereign entity. We continue to reawaken our culture. Each and every tribal member has an equal voice.

We, as the Salinan Tribe, commit to honoring the rights of each and every tribal member to practice our spiritual, individual, or religious beliefs. We remember and honor our ancestors, elders, and children now and for all generations to come.

We as the Salinan Tribe, continue to gather as a tribal family.



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