



# T'epot'aha'l

The People of the Salinan Tribe

Vol. 26 No 4

April, 2026



## Indian Cemetery Work Day

At Mission San Antonio



Next work day at San Antonio Mission, on Indian cemetery Adobe walls is Saturday, **April 11 th**, 9 am. To 3 pm. Adding mud to the Adobe cemetery wall at mission San Antonio that protects over two thousand native ancestors. Adobe wall restoration at mission San Antonio. Tribe call out for volunteers. Indian cemetery restoration at mission San Antonio. Bring all the children and family to free BBQ lunch and play with Adobe mud. Bring sun protection, gloves and chairs. Please call if you plan on attending for BBQ we need a head count, show up and have fun.

Cemetery Adobe wall restoration continued on march 7th with volunteers, Courtney, Billy, Naomi, Joan, Bonnie, Kai and Bruce, adding Adobe to reverse the erosion damage to the wall. Kai, gifted the tribe with a horse hair rattle and basket, and wellness card. Thank you Kai.

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

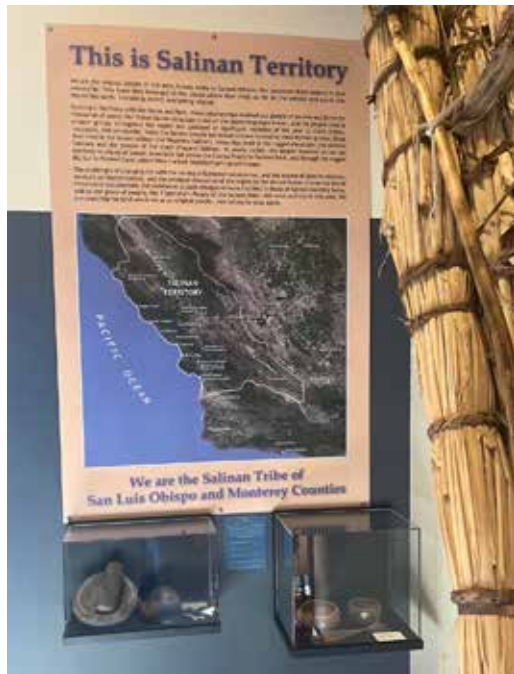
Submitted By: Council Member Bruce Flood



## First Annual Equinox Lesa'mo', Climb 2026

572 feet of Great Spirit .

Lesa'mo' was graced by five Salinan Indians. Naomi and Scott McCormack, Ben Flood, Dean Gallardo and trail guide Josh Cody. Jessica Rogers blessed for the climbers.



We as the Salinan Tribe donated \$250.00 to the Maritime Museum for a display box, for the basket and other items in the display which are shared by Tribal member Joan Pierce.



### Mark your Calendars for coming Events

More information will be included in future newsletters.

#### **Carrizo Plains National Monument**

Marking the 25th anniversary of the establishment of the Federal Carrizo Plains National Monument and protection of indigenous sacred space of Painted Rock, the Bureau of Land Management is holding an open-house reception at the Carrizo Plains Goodwin Visitor Center on April 10 at 10am. Everyone is welcome, and refreshments will be provided. If any tribal members are interested in possibly displaying anything at the event, please contact Michael Khus-Zarate, the chairman of the indigenous advisory council for the Monument, and a member of the Coastal Band of the Chumash People, at 559-761-9827

#### **Beaver Festival**

April 11th 2026

If anyone would like to help with our informational booth or in any other capacity, please contact Council member John Piatti at (805)703-0629

#### **Adobe Springs Interpretive Program**

April 14th & 15th if you would like to help or learn about this event, Contact Patti for more information at (805)464-2650

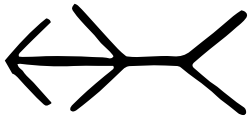
#### **Rio Caledonia Adobe**

San Miguel

May 2nd 2026 at 11 am - 3pm

The Salinan Tribe of Monterey & San Luis Obispo Counties will gather on May 2nd for a General Meeting at the site of the Rios-Caledonia Adobe Museum across from Mission San Miguel, just off the 101 North offramp. In addition to our meeting, we will be supporting the public unveiling of historic museum panels on the Salinan people and culture, created in partnership with our tribe.

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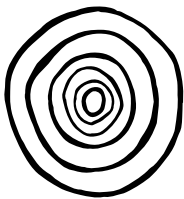
The schedule for the day is as follows:

11am - informal greetings, with tours of the museum grounds and exhibits (until 3 pm)

Noon - Opening Remarks and Introductions

12:30 pm - General Meeting of the Salinan Tribe of Monterey & San Luis Obispo Counties

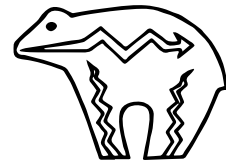
It is important for tribal members to attend when possible, and have your questions and voices heard. **IMPORTANT** - Please bring your own chair! Some h'ordeuvres and refreshments will be provided for snacking. Anyone who wishes to contribute to the offerings, please contact Council Member Robert Piatti at [monitoring@salinatribe.com](mailto:monitoring@salinatribe.com) or TEXT at 949-677-0549. Thank you.



**Summer Solstice** is June 21st 2026

**Maritime Explorers**

A summer program for Kids Ages 8-12  
June 15 through August 10 2026  
Mondays 10am to 12pm & 1 to 3pm



**Volunteer Opportunity.**

The Salinan Tribe of Monterey & San Luis Obispo Counties is looking for members with knowledge of indigenous plants and their traditional cultural uses, or willing to learn. Starting in February, we will be conducting flora surveys at the Willow Creek Conservancy in the Adelaide region of Paso Robles, and planning our reintroduction efforts. Interested?

Please contact Council Member Robert Piatti via email at [monitoring@salinatribe.com](mailto:monitoring@salinatribe.com) Please do so even if you have previously of volunteered. Thank you.



**The H.E.A.L.T.H. Corner**

Submitted by Tribal Member Jessica "Jaq" Conklin

**No. 3 – 03.12.26**

I'm excited to continue sharing herbal knowledge with our tribe. This time, I explored **Pineapple Weed** (*Matricaria discoidea*), a small but mighty plant known for its sweet, pineapple-like scent.

**This article is not a replacement for medical practice (it is always advised to consult your physician, as herbs can interact with certain medications) but is intended to provide knowledge and education about historical uses. Although most information about 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.**

**Pineapple Weed** (*Matricaria discoidea*)

Continued on next page:

## H – History

**Pineapple Weed** is native to North America and has long been used by Indigenous peoples for medicinal purposes. Salinan neighbors reportedly used the plant for digestive issues, colds, and as a calming agent. Its leaves and flowers, when crushed, release a sweet scent similar to pineapple, which made it a favorite for teas and remedies. Our neighbors to the southeast, the Shoshone tribe, documented braiding the plant into women's hair as a fragrance (Pineappleweed – Native Memory Project, 2019). Early settlers also used it as a substitute for Chamomile (*Matricaria chamomilla*), appreciating its similar relaxing properties.

While I have not yet found family stories connected to **Pineapple Weed** within my own lineage, I hope that by documenting this knowledge now, future generations of our family and tribe will be able to refer back to these writings and add their own stories, experiences, and traditional knowledge. In this way, the knowledge of our ancestors can continue to grow and be preserved for years to come.

## E – Education

**Pineapple Weed** belongs to the Asteraceae family, like Chamomile, and grows in small, lowlying clusters. It thrives in disturbed areas, such as along roadsides and pathways, which made it easily accessible to both Native peoples and settlers. It is rich in flavonoids and essential oils, which contribute to its calming, anti-inflammatory, and digestive-supportive properties (California Native Plant Society, n.d.).

## A – Art

The plant's delicate, daisy-like blooms are often used in floral arrangements and pressed plant art. The bright green foliage and tiny yellow-green flower heads make it visually appealing while remaining useful in herbal preparations.



## L – Location

**Pineapple Weed** is widespread throughout California, commonly found in open areas, grassy fields, trails, and along roadsides. It grows from sea level up to moderate elevations and can thrive in compacted soils where few other plants succeed.

## T – Traditional

Historically, **Pineapple Weed** was used for a multitude of reasons:

- **Digestive and menstrual discomfort:** Including stomachaches and indigestion. Women traditionally used Pineapple Weed tea to help relieve menstrual pain. The plant contains antispasmodic properties, meaning it may help relax smooth muscles and reduce the contractions that cause cramping.

- **Calming properties:** Dried or fresh Pineapple Weed flowers were commonly used as tea to help ease anxiety and promote sleep. Some neighboring tribes considered it gentle enough for babies and small children, using it to encourage restful sleep. Small bundles of the fresh herb were sometimes tied to the sides of cradleboards for their calming aroma (Pineappleweed – Native Memory Project, 2019).
- **Respiratory support:** Dried or fresh Pineapple Weed flowers were commonly prepared as a tea to help support the body during common colds and other respiratory discomforts. The warm herbal tea was traditionally used to help soothe irritated airways and may assist in easing mild congestion while promoting relaxation during illness.
- **Skin irritation:** Traditional uses documented by ethnobotanical sources note that Pineapple Weed poultices were believed to help draw out foreign materials such as splinters or small metal fragments from under the skin (Native Memory Project, 2019).

## H – How to Use

**Pineapple Weed** can be enjoyed in several ways, whether as a soothing tea, a gentle poultice, or a calming aromatic herb.

- **Internal Use** (Tea): Steep 1–2 teaspoons of dried Pineapple Weed flowers and leaves in 8 oz hot water for 5–10 minutes. This tea can help ease digestion, reduce mild anxiety, and support restful sleep.
- **Topical Use:** Crush fresh leaves into a poultice and apply to minor cuts, splinters, or skin irritations to help soothe inflammation.
- **Aromatherapy:** Gently crush the flowers and inhale the sweet pineapple-like aroma to promote relaxation and a calming effect.

## Cautions:

- Those who are pregnant or breastfeeding should consult a healthcare provider before internal use.
- Rare allergic reactions may occur in individuals sensitive to plants in the Asteraceae (sunflower) family.
- Avoid consuming in excessive amounts to prevent stomach upset.

By learning about plants like **Pineapple Weed** and sharing this knowledge, we continue to honor our heritage while helping future generations connect with the natural world around them.

## Resources:

- **California Native Plant Society. (n.d.).** Matricaria discoidea. Calscape. <https://calscape.org/Matricaria-discoidea>
- **Moerman, D. (1998). Native American Ethnobotany. Timber Press.**
- **Pineappleweed – Native Memory Project. (2019, September 23). Native Memory Project.** <https://native-memoryproject.org/plant/pineappleweed/>
- **Pojar, J., & MacKinnon, A. (2016). Plants of the Pacific Northwest Coast. Lone Pine Publishing.**



# 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



### Xayaatspaani'

Thank You

### TanKa'a'sxom

I come From



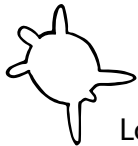
## Quotes from Native Elders

What is gained from our inner nature is exact knowledge, which gives us a far-reaching outlook over the earth. The many powers of inner nature are hidden in everyone, and these are identified with Wakan – Tanka. "Great Spirit"

Blue Thunder,  
Teton Sioux

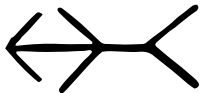
Then I was standing on the highest mountain of them all, and round about beneath me was the whole hoop of the world. And while I stood there I saw more than I can tell and I understood more than I saw; for I was seeing in scared manner the shapes of all things in the spirit, and the shape of all shapes as they must live together like one being . . . And I say the sacred hoop of my people was one of many hoops that made one circle, wide as daylight and as starlight, and in the center grew one mighty flowering tree to shelter all the children of one mother and one father: And I saw that it was holy . . . But anywhere is the center of the world.

Black Elk,  
Oglala Sioux, 1863-1950



Lose your temper and you lose a friend, lie and you lose yourself.

Hopi Adage



## Notice !!!

Remember the Newsletter will be ONLINE ONLY.

Contact Kenneth Pierce at [editor@salinatribe.com](mailto:editor@salinatribe.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.

**SalinanTribe**  
OF MONTEREY & SAN LUIS OBISPO COUNTIES

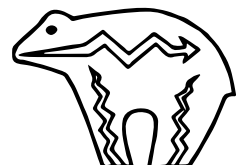
The following sizes are available,

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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# April 2026

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

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'l 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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