



Cahuilla Band of Indians

Cahuilla Tribal Environmental Protection Office

52701 CA-Highway 371 Anza, CA 92539

November Newsletter

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CTEPO Staff:

**Environmental Director
Luther Salgado Jr.**

lsalgadojr@cahuilla-nsn.gov

**Environmental Officer
Alyssa Caravas**

Alyssa.Caravas@cahuilla-nsn.gov

**Waste Technician
Jacob Jupp**

jjupp@cahuilla-nsn.gov

**Waste Technician Assistant
Jason Reynolds**

jreynolds@cahuilla-nsn.gov

Contact Info:

Office: (951) 763-5549

FAX: (951) 763-2808

CTEPO Updates!

Tribal EPA Region IX Conference

In the last full week of October, the CTEPO team attended the Tribal EPA Region IX Conference in Alpine, CA. This year the training event was hosted by the Viejas Band of Kumeyaay Indians alongside the US EPA. The conference lasted four days and was a wonderful opportunity for CTEPO to hear about and participate in discussions revolving around the work of fellow tribal environmental protection offices.

The conference delved into a plethora of topics surrounding the advancements in environmental services. Many of these talks pertained to the most prominent environmental issues particularly relevant to the Region IX Area (Pacific Southwest). These included panels on climate action, tribal beneficial use designations, reservation microgrid projects and composting/integrated organics management.

The EPA and presenting Region IX tribes demonstrated their effective collaboration throughout the duration of the conference by offering coverage of a large scope of environmental topics and emphasizing the importance of intertribal connection through its facilitative events.

The CTEPO staff appreciated the opportunity to connect and learn alongside fellow Region IX tribal environmental professionals. Our team is grateful for the opportunity to attend this annual conference and would like to thank the Viejas Band of Kumeyaay Indians for hosting this year's conference.

Fall Calendar

November 2023

S M T W T F S

Sweater Weather

1 2 3 4

Candle Night

5 6 7 8 9 10 11

Veterans Day

12 13 14 15 16 17 18

19 20 21 22 23 24 25

Thanksgiving Office Closed

26 27 28 29 30



You're Such a Turkey!

Did you hear about the scarecrow who won first prize?

It was outstanding in its field.

What did November say to the cold weather that arrived late in the season?

Sweater late than never!

Why couldn't the gravy boat make it across the table?

It couldn't get past the maize.

THE BEST DAY OF NOVEMBER IS NOVEMBER 1ST. NOT BECAUSE IT'S THE CHANCE TO START FRESH...



Fun Fall Facts

Pumpkins are grown on every continent except Antarctica.

Turkeys can travel up to around 18 mph on foot and 50 mph in flight.

Between the two Thanksgiving NFL games in Detroit and Dallas, nearly 13,000 pounds of turkey is served each year.



December 2023

S M T W T F S



3 4 5 6 7 8 9

10 11 12 13 14 15 16

17 18 19 20 21 22 23

End of Fall

24 25 26 27 28 29 30

Christmas Eve Christmas

31

The Tale of Holidays and the Great Food Waste

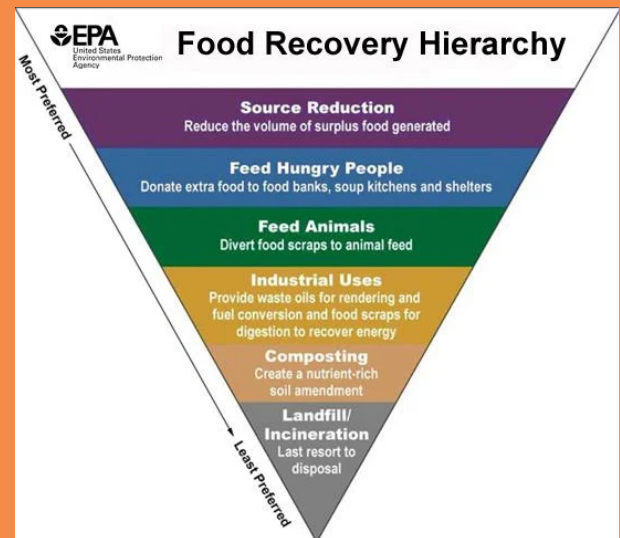
Food Facts

In the U.S., the average household of four loses approximately \$1,500 every year in uneaten food. Residential households create 21 million tons of food waste, accounting for 40% of all food waste generated in the country.

Food waste from Thanksgiving, alone, generates greenhouse gases equivalent to 1.1 million metric tons of CO₂.

Over half of all methane emissions from landfills are created by food waste. This is especially concerning because methane is even more harmful to the environment than carbon dioxide.

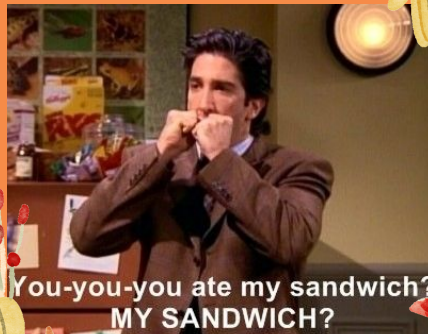
Ways You Can Prevent Food Ending Up in Landfills



Ingredients

- 3 slices of white bread
- Mayonnaise (optional)
- 2 pieces of romaine lettuce
- 1/4 cup of turkey gravy
- a couple of pieces of leftover turkey meat
- 1/4 cup leftover stuffing
- 1/4 cup leftover cranberry sauce

Ross's Holiday Leftovers Sandwich



Directions

1. On top of a piece of bread (add mayo if you'd like) place a piece of romaine lettuce, half of your turkey, and half of your stuffing.
2. Soak a second piece of bread in gravy and place on top.
3. Repeat the process of layering lettuce, turkey and stuffing before closing the sandwich with the final piece of bread.
4. Smash down and enjoy!

Composting to the Rescue

If leftover food can't be eaten or fed to your animals, an at-home composting pile is a great alternative to sending our food waste to the landfills. Many of your food and vegetable scraps will do rather nicely as nitrogen rich "greens" to bury in your compost pile along with yard trimmings, crushed eggshells, and coffee grounds. Add these greens on top of a bulky layer of carbon-rich "browns" such as dry leaves, twigs or shredded paper. Make sure the pile stays moist and be sure to mix it occasionally as it breaks down.

Composting makes for healthier soil and a healthier planet. Regardless of your level of expertise, it is a great way to divert food waste from ending up in landfills and serves as a great opportunity to help this holiday season!

Word Scramble!

Unscramble Key Words from this Newsletter to uncover the special theme of this edition.

HSLDIAOY

AOLTBOFL

TUKYER

PPNMKSIU

YVARG

EOLSRTVFE

VERTDI

ASTEW

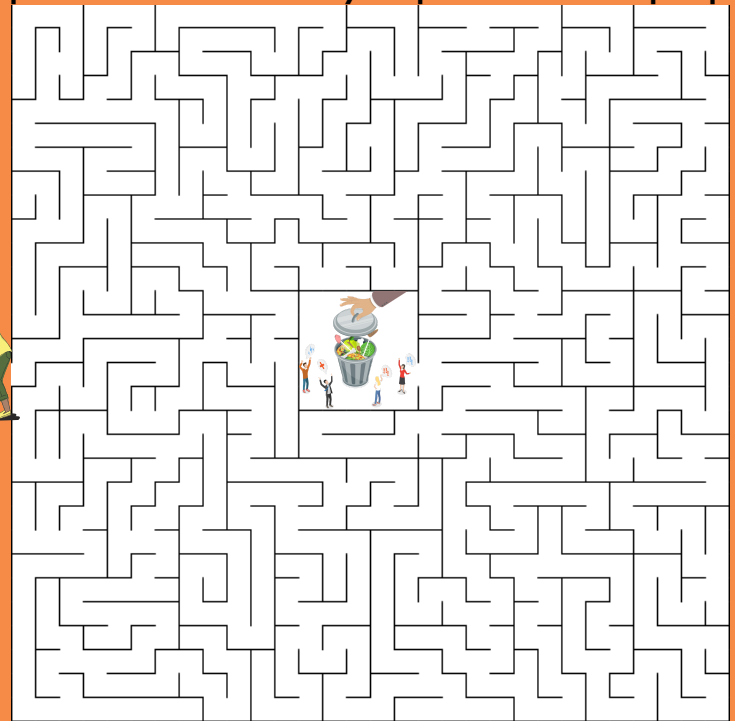
OOCSTMP

RACSPS

MNEETAH

The Waste Maze

Help divert the uneaten holiday scraps to Martha's compost pile!



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