

Cahuilla Band of Indians

Cahuilla Tribal Environmental Protection Office

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July Newsletter

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CTEPO Updates!

Summer is officially in full swing! It's a great time to take it easy and make sure to stay hydrated. This is especially important during the warmer, dry months so that we don't overheat ourselves.

As we head into summer, it is important to recognize some of the challenges which come with the heat. More extreme heat means we use more A/C and water to keep us cool. It is important we recognize the strain the heat puts on our resources and our bodies. That's why it is crucial for us to build projects which promote environmental sustainability.

CTEPO strives to utilize its programs to protect the present and future quality and availability of the very natural resources which we depend upon, especially as these types of challenges arise.

This past month we were especially thankful to share our programs with you at the 2026 Mountain Cahuilla Tribal Earth Day! It was a great day, and we are very grateful to Santa Rosa for serving as the hosting Tribe this year. We can't wait to see you all again in 2027!

Overall, June was a productive month and was a great opportunity to connect directly with you all. We hope July provides us the chance to see more of you and make our projects better than ever!

Summer Calendar

July 2026

S	M	T	W	T	F	S
			1	2	3	4
					Holiday	Fourth of July
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

August 2026

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

September 2026

S	M	T	W	T	F	S
						1
						2
						3
						4
						5
6	7	8	9	10	11	12
13	Labor Day	14	15	16	17	18
19						
20	21	22	23	24	25	26
27	28	29	30			
						American Indian Day

Feverishly Fun Facts

July is a great time to add mulch to your garden to maintain moisture.

It is also important to keep your garden well-watered during the summer months. This might look like increasing the number of times you water your garden to combat dryness.

But, make sure to avoid overwatering! A mosquito's dream is some stagnant water in the summer. Keep that in mind!



7-4
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"Christmas and Easter are quiet holidays. New Year's and Fourth of July are noisy ones."
By: JEFF KEANE

Sunny Sillies

What did the ocean say to the beach in July?

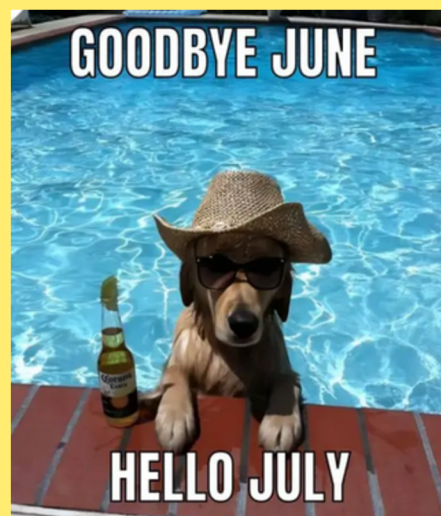
Nothing. It just waved!

Why did the banana go to the doctor in July?

After a day in the sun, its skin was peeling.

What do you call a pig on the beach?

Bacon



Planting Native



Native is Best!!!

Did you know the best thing for the land is for it to be accompanied by native plants? That's because native plants are tremendously important to the environment. They help to maintain the natural composition of the soil and serve as critical habitat to many important animals of the ecosystem. Their presence also keeps invasive species away.

Native plants also help to maintain a balanced watershed. Plants naturally occurring within the ecosystem are designed to thrive in the environment's regular conditions. This means they don't drink more water than what's naturally available. All of this is to say, native plants are crucial to the ecosystem and should be your first choice when planting.

Cahuilla's Native Plants

These are some of the most common plants of the region

- Coast Live Oak
- Black Oak
- Fremont Cottonwood
- Scrub Oak
- Chaparral Yucca
- Mojave Yucca
- Red Shanks
- Manzanita
- Blue Elderberry
- California Poppy
- Indian Paintbrushes
- Purple Owl's Clover
- Apricot
- Globemallow
- Menzies' Baby Blue Eyes
- Scarlet Bugler
- Deergrass
- Juncus
- California Buckwheat
- White Sage
- Sagebrush
- Beavertail Pricklypear
- Chamise
- Sacred Datura

Fire-Smart Plants

Some native plants are beneficial to the ecosystem and help to protect the land from fire. For Cahuilla, this looks like prioritizing native plants which are also drought tolerant. With the proper care, the following species are considered to be more resilient:

- Coast Live Oak
- Black Oak
- Manzanita
- Blue Elderberry (near water sources)
- California Poppy
- Juncus (near water sources)

Have You Seen This Plant???



The castor bean plant is an invasive species in California. While you might think it is a pretty, harmless plant, it often will displace native plants and can be harmful to the environment and human health. Their seeds can be toxic to humans and livestock. The plant can cause allergic reactions, dermatitis or can even be lethal.

It is important to remove any castor bean plants found in Cahuilla to protect the health of the people, animals and environment. Call us if you see one!

Word Scramble

Unscramble the words below and use the numbered letters to reveal the secret message.

MSICAEH	9
YPOPP	
CAYUC	2
NUCSJU	1
BELYEDERRR	6 16 10
OKA	13
UBIPTSARNH	4 12
ESGA	14
SCUAARDERATD	3
VNVISAIE	15 5 11 8
OCTASR	7
	1 2 3 4 5 6
	7 8 9 10
	11 12 8 13 14 15 8 16

Citations

Alex, H. 75 hilarious jokes to celebrate the month of July - Discover jokes. Discover Jokes.

<https://discoverjokes.com/jokes-about-july/>

Cal-IPC. Ricinus communis profile – California Invasive Plant Council. Ricinus communis. <https://www.cal-ipc.org/plants/profile/ricinus-communis-profile/>

July Garden Tips. Illinois Extension. <https://extension.illinois.edu/sites/default/files/july.pdf>.

July Memes. Humordname. <https://humordname.com/wp-content/uploads/2023/06/Goodbye-June-Hello-July-Meme-531x620.jpg>

Today's comic from the Family Circus. <https://comicskingdom.com/family-circus>

USDA. (n.d.). After the fire - natural resources conservation service. Natural Resources Conservation Service. https://www.nrcs.usda.gov/sites/default/files/2024-07/AtF-Erosion_Control_&_Firescaping.pdf