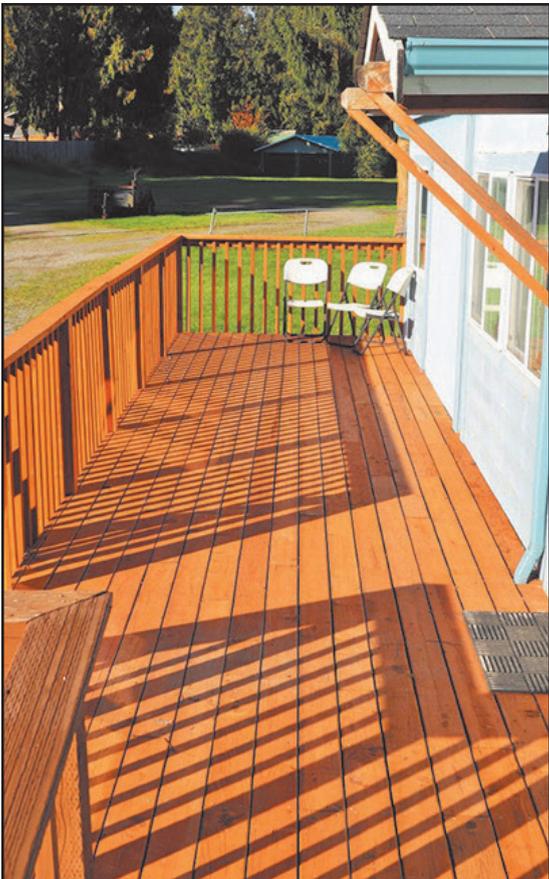




**TULALIP VETERANS RECEIVE UPGRADED WOOD DECK** Page 3



# Becoming a Tulalip Police Officer

By *Kalvin Valdillez*

Over the past several months, the Tulalip Police Department has welcomed nearly ten officers to the tribal law enforcement agency. These include four lateral officers who transferred from other departments and four new officers, who recently completed three-months of training at the United States Indian Police Academy in New Mexico. With the addition of these eight officers, TPD currently stands about forty officers strong.

According to TPD Professional Standards Manager, Angela Davis, the department would like to see the tribal police force increase by about twenty-five additional officers.



The main focus now is recruitment. TPD has made it their priority to introduce Tulalip tribal members and citizens to the badge, in an attempt to strengthen the community from within. With

the Tribe's best interest at heart, Tulalip PD is looking to increase communication and interaction with the people who they vowed to protect and serve, and they believe a major key to achieving that is

See **Police**, page 2

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# Foraging wild Pacific Northwest mushrooms

ʔuʔuləxəd k'i šapiyu (mushroom harvesting)



Submitted by *AnneCherise Jensen*

People from many cultures have a long his-

tory of gathering mushrooms for food, medicine, dyes, clothing and decoration. Over the centuries, humans have accumulated a considerable amount of knowledge about mushrooms, whether they be poisonous, edible or medicinal species. However, because of their variety of health effects, many people have steered away from incorporating wild mushrooms and other fungi into their diet.

Mushrooms are a common, and plentiful wild edibles that grows naturally in the Pacific Northwest. If we have the proper tools, hands on experience, education and resources, we can easily identify and locate some edible species and incorporate them into our diet. This article will dive deeper into some common variations of local, edible mushrooms, their health properties, and how to incorporate them into meals in the kitchen. Let's get started!

See **Mushrooms**, page 4

## Police from front page

bringing on individuals who also have Tulalip's best interest at heart, whether they are members of the Tribe or simply call Tulalip home.

Angela, who oversees a large portion of the hiring, took a moment to speak with Tulalip News about the process of becoming a Tulalip Law Enforcement Officer.

**TPD is growing! Eight new officers were recently sworn-in and the department is still looking to expand. How long does it take to become a police officer after making the decision to apply?**

It takes so long for them to get to this point; a long time to go through the background process. To get through a background investigation, there's a lot of steps. The first is they have to pass the testing requirement for employment and they have to pass the interview. Once they get done with the interview process, we do a conditional offer of employment, stating if you pass the background investigation, we'll hire you.

Once we have an effective start date, then we have to try to get them into the Academy. Unfortunately, being a tribal division, we do not have priority when we go through the Washington State Academy in Burien, it's a hurry up and wait and you might not get in. We've chosen to go to the U.S. Indian Police Academy in New Mexico. Even with that though, there's a waiting list. It could be months. And then when they finally go to the Academy, which is three-months long, they come back and have to complete their field training before they can be on the street by themselves.

**There have been strong efforts to hire and train officers from within the community, why is it important to have that tribal and citizen representation on the tribal police force?**

Chief (Sutter) and I both believe that it is important to have people that represent the community that we serve on the force; having

officers of minorities, any kind including non-tribal, that represent all of the people that we serve. And we have all different kinds of people out here, different cultures and races. It's important for us to have that representation so when people are interacting with a police officer, they feel more comfortable and at ease, like they can relate and connect with them. It's more about building a relationship and connection, to try to help de-escalate a situation better, to understand where they're coming from - why they might be acting this way. Or let's say they're other Native from another tribe, they might understand some of the culture and traditions here. A lot of the Tulalip ways are done on other reservations, and so just trying to understand the ways of the Tribe and the people and not disrespect it.

**Every single officer who recently took the oath stated that they are not going anywhere, that they plan on serving the Tulalip community for years to come. How does it feel hearing that, especially after several former TPD officers left once they received their training and the necessary amount of required field hours?**

I think it's really great because retention is key. We have had a lot of turnover in the past couple years. Retention is a big topic that we've been talking about with the Board of Directors. Law enforcement officers off-the-reservation get to be a part of a retirement pension package, so if you work twenty years you get to have a pension. Here, we don't offer that. We have a 401k-type of retirement package, but it's not a pension. A lot of times, off-the-reservation, medical insurance and stuff like that is cheaper. They have the same great benefits but at a lower cost for them and their families. Here, we are all under the same umbrella as the government, TGO, and everyone that works for them. It's really difficult to retain people because of wages, because of insurance, and sometimes even growth and opportunity. But, it's really nice to have people that are committed

to staying here.

And it has to do with recruiting. When we're recruiting, we're trying to tell them upfront that we want someone who is committed to the community. We tell them that we would like them to be committed to serving Tulalip for at least five years with us. I think one thing that's different to with our recruitment is that we're trying to find people with a servant's heart - just good people on the inside. I'm not focused about someone's physical appearance, their physical abilities as much; are you tall and strong and intimidating looking? Are you a woman? Are you a man? It sounds like all those things happen in the law enforcement world but I'm not like that. Chief's not like that. We want people with a good heart that will serve our people and respect each other and have dignity and respect the human life and not have this power struggle with the people.

**Where would one start on the journey to becoming a member of the TPD?**

We have our new updated Tulalip tribal police website where they can look at all the information there. On there, it talks about the careers and they can click on job openings to learn more. They can apply to the any of the positions that are open. And they can always reach out to the Chief or I and we can take their name down for any future openings, so just reach out to us, stop by anytime and introduce yourselves.

**Can you outline in detail the process of becoming a Tulalip officer?**

After successfully passing the interview process, they can do their new hire paperwork, their UA, and fill out this thirty-five-page personal history packet that lists their whole life, along with some personal references, work references, any other law enforcement agencies that they've applied to, any drug history - just tons of questions.

I then call them in and do what's called

The Tulalip Tribes are successors in interest to the Snohomish, Snoqualmie and Skykomish Tribe and other tribes and bands signatory to the Treaty of Point Elliot, January 22, 1855

syəcəb, the weekly newspaper of the Tulalip Tribes

Reporter: Micheal Rios, 360.716.4198, mrios@tulaliptribes-nsn.gov  
Reporter: Kalvin Valdillez, 360.716.4189, kvaldillez@tulaliptribes-nsn.gov  
Tulalip News Manager: Kim Kalliber, 360.716.4192  
kkalliber@tulaliptribes-nsn.gov  
Media & Marketing Manager: Sara "Niki" Cleary,  
360.716.4202 ncleary@tulaliptribes-nsn.gov

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Deadline for contribution is Monday, with publication on the following Saturday.

In memoriam:  
Frank F. Madison, 1923-2002  
Sherrill Guydelkon, 1945-2008



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or  
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an integrity interview, and ask them eleven more pages worth of questions that are similar, but now I'm seeing them face-to-face to see how they respond. Are they pausing? Are they quick to answer? Are they trying to get around the question? It's just another way to verify what they wrote.

The next step would be a polygraph test, once they pass that they get to the point of a medical exam. They also have a psychological evaluation from certified public

safety psychologists. If they pass that, and all the references and all the information I got, all that totality of everything allows us to decide if they're suitable for Tulalip or not.

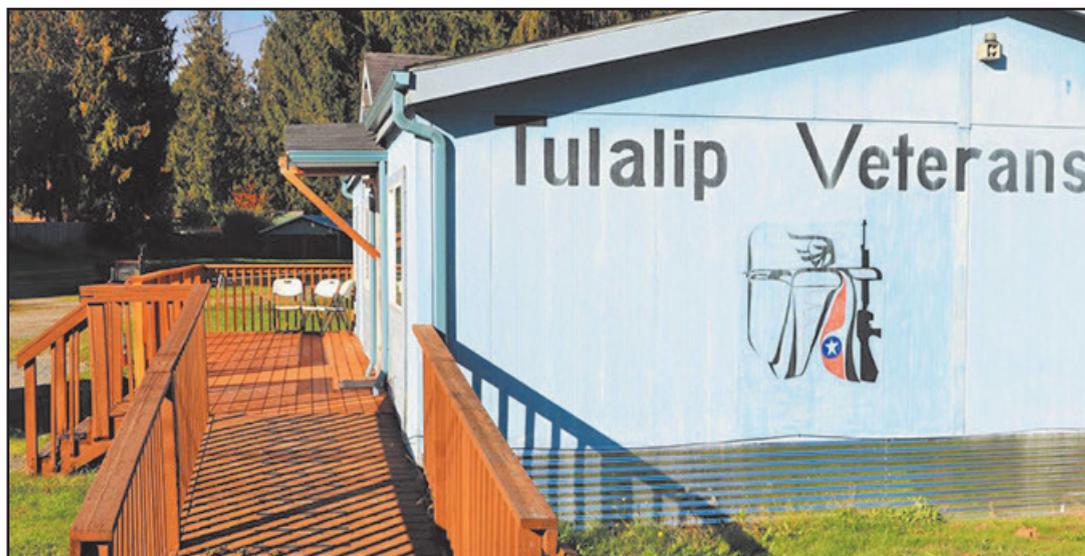
**Hopefully the department continues to grow. I know the new officers are excited to get out into the community. Perhaps by seeing people of the community on the force, others will be inspired to follow a career in law enforcement with TPD.**

You know, it is a long process. It's not an easy decision, it's not an easy job to get into. For anyone that wants to become an officer, and that has tried and failed at some point, you can always keep on trying. Sometimes time is all that people need. For instance, let's say that there was someone that was young, and used to get a bunch of tickets, or smoked marijuana. Well, now the laws have changed and the times have changed. Don't disqualify yourself, apply for the job

and let us make that decision.

If you wish to pursue a career with the Tulalip Police Department, please reach out to Angela to begin your new journey with law enforcement. For additional details, visit [www.TulalipTribalPolice.org](http://www.TulalipTribalPolice.org) or call the non-emergency line at (360) 716-4608.

## 3<sup>rd</sup> & Goal Foundation builds upgraded deck for Tulalip Veterans



By Micheal Rios

The 3<sup>rd</sup> & Goal Foundation was founded in 2011 by Notre Dame graduate and former NFL quarterback, Brady Quinn. His father served as a Marine in the Vietnam War and his grandfather fought in World War II, which inspired Brady's desire to give back to the often neglected needs of America's military veterans.

According to their website, the 3<sup>rd</sup> & Goal Foundation began building wheelchair ramps, as well as, remodeling bathrooms and kitchens for those veterans who were wounded to help them adjust a little easier to their new life and surroundings. Years later, 3<sup>rd</sup> & Goal began to expand its efforts to be able to serve more veterans in need by implementing Operation Education and Operation Joy components to their mission. While the mission is still growing, one thing that will always stay the same is that 3<sup>rd</sup> & Goal is committed to making a difference in the lives of our honored veterans.

This past summer 3<sup>rd</sup> & Goal supporter Tom Hoban, who grew up in the Tulalip community, had a timely conversation with Board of Director Mel Sheldon. During their chat, Mel

mentioned how the reservation-based Veteran's building was in need of repairs. Hoban immediately brought up 3<sup>rd</sup> & Goal as a viable solution. After some coordination between Hoban, 3<sup>rd</sup> & Goal, and then Tulalip Veterans coordinator Rocky Renecker, a mutually agreed upon idea to replace the aging and hazardous deck of the Veteran's office with a new one was put into place.

"This office is intended for all Tulalip veterans, so by replacing our old and withered deck it feels like a genuine gift for every single one of veterans," said Veterans Department manager William McLean III. "Staff from 3<sup>rd</sup> & Goal came out periodically over the last several months, while most of Tulalip was furloughed, and built us an upgraded deck. It was must needed.

"Prior to COVID, we were having monthly gatherings for veterans," he continued. "We were hosting those meetings at Admin because upwards of 30 people would show up and we lacked the capacity. Now with our new deck, which is twice the size of our previous one, we are able to host future monthly gatherings at the Veterans office."

The expanded deck with improved stairs

and accessible ramp makes it easier for our veterans to access their building, gather comfortably outside when they want to, and revel in the knowledge that they are not forgotten. Foundations like 3<sup>rd</sup> & Goal and individuals such as Brady Quinn and Tom Hoban are intentional with their desire to positively impact the lives of retired military servicemen.

With operation build a new deck now completed, it marks the first-ever project by 3<sup>rd</sup> & Goal accomplished in Indian Country.

"Having a group of people willing to give back to veterans for nothing more than a thank you is always great to see," added McLean. "When our building looks nice and is maintained, it lets our veterans know they are cared for and prioritized."

"[A huge] thank you to 3<sup>rd</sup> & Goal for everything they've done," added Tulalip veteran Rocky Renecker. "Ninety percent of our Tulalip veterans are over sixty-years-old and this new accessible space will make it possible for us to come together as a veteran community."

## Mushrooms from front page

Did you know that there are over 2,000 varieties of edible mushrooms? In fact, there are actually more species of edible mushrooms than poisonous mushrooms. Most poisonous mushrooms won't kill you, side effects usually include upset stomach, vomiting and/or food poisoning symptoms. Some common poisonous mushrooms grown in the PNW include Sulfur Tufts and certain types of Amanitas. Keep in mind, poisonous mushrooms are only harmful when eaten. The harmful toxins they contain cannot penetrate the skin, and won't harm you if touched, only digested. Make sure to always cross reference a species before consuming.

Edible mushrooms are tasty, nutritious and can be used in a wide variety of dishes. Mushrooms contain the 5<sup>th</sup> flavor called umami, which is also known as savory and having a meat-like taste and texture. In fact, mushrooms can often be used as a meat substitute in the kitchen. Foraging for local mushrooms is an economical and nutritious way to enhance meals at home (they're free). There are thousands of nutrient dense mushrooms in the forest just waiting to be eaten. The best part is the more you forage wild mushrooms, the more abundant they grow the following year. Here are some tips to help you on your next mushroom forage.

### Mushroom Foraging Tips:

Spring and Autumn are the best months to forage for mushrooms. Winter temps are usually too cold with snow and frost on the ground, while Summer is typically too hot and dry. Some species grow all year round, but generally mushrooms prefer moist damp soils in the cooler months. This is a great hobby to pick up especially in Fall.

- Don't pick or eat mushrooms that you don't know are safe. Be sure to study field guide books before and after a mushroom forage. Use multiple identification books to properly identify before consuming.
- Be sure to bring a basket to carry your foraged mushrooms in. Having holes at the bottom of the basket allows the spores (mushroom seeds) to fall onto the ground and allow for more potential fungi growth in the forest.
- Start by searching your local forests. Go on a walk in the woods. Search for mushrooms on the ground, in the soil, on the fallen trees, and in the timber. Observe what types of mushrooms you find, take a couple pictures from different angles. Go home and research what you saw.
- Go mushroom foraging after a few days of rain. Mushrooms and other fungi require lots of rain and water for them to grow and thrive. This will increase your chances of finding fresh, healthy specimens.
- "Choose mushrooms with a firm texture, even

color and tightly closed caps. They can be stored in the refrigerator in a paper bag for up to one week, but best used within a few days. To prep: Brush them off with your finger then rinse and pat dry with a paper towel or clean towel. Some mushrooms, such as shiitakes, should have their stem trimmed before cooking". (Wolfram)

- Be prepared. Other common tools used on a mushroom forage include a pocket knife, field guide book, camera or phone, and family or friends to share the experience with.

### Common species of locally foraged, edible mushrooms:

There are over 100 species of edible mushrooms that are common in the Pacific Northwest region. Some species are rarer and some are generally easier to find. Here are five common wild mushrooms I've personally identified and located in our region, starting from most common to least common.

**Chanterelles:** Chanterelles rank among the most popular edible wild mushrooms. Chanterelles are usually vase or trumpet-shaped mushrooms with wavy-like gills. This mushroom has a fruity, apricot-like aroma and mild, peppery taste. Most are yellow or orange. In its healthiest form, this is a very firm & rigid mushroom, don't harvest if mushy or gooeey.



**King Bolete:** There are about 20 different types of Boletes that grow in the Pacific Northwest. They contain spores underneath their caps, and are usually very spongy. Most Boletes are edible, but vary in flavor. The King Bolete is one of the most common edible Boletes in this region. They are medium to large in size, caps are usually yellow-brown, red-brown, or dark red. This is the largest Bolete and is usually pretty easy to identify.



**Lobster Mushrooms:** Medium to large sized mushroom, in a layer of bright orange to vibrant red tissues, usually shaped like an upside down pyramid. Found in woods, especially under conifer trees in the Pacific Northwest. Lots of flavor and considered a high quality edible. With its unique vibrant red colors, this mushroom is one of the easiest to identify.



**Morel:** Morels have a distinctive honeycomb-like shape and vary in color from light yellow to dark brown. They are earthy in flavor and should be cooked before eating. However, these are usually only harvested in the spring months in recent forest burn areas.



**Oyster Mushroom:** Oyster mushrooms are usually white, light grey or light yellow. They are smooth, trumpet-shaped that grow in clusters and have a light flavor. There are a few species of oyster mushrooms. All are edible but vary in flavor, color and shape.



cific to your area. Mushrooms of the PNW is probably my most used and helpful book. Check your local bookstore or find these off Amazon.

- The Fungal Pharmacy: Robert Rodgers
- Mushrooms of the Pacific Northwest: Steve Trudell & Joe Ammirati
- All That Rain Promises and More... : David Arora
- National Audubon Society Field Guide to North American Mushrooms: Gary H. Lincoff
- Mushrooms - How to Identify & Gather Wild Mushrooms & Other Fungi: Thomas Laessle

### Nutrition Properties

“One cup of raw sliced mushrooms has approximately 20 calories and are a good source of potassium and, depending on the variety, can provide selenium and

copper. Mushrooms have significant amounts of three B-complex vitamins: riboflavin, niacin and pantothenic acid. The B vitamins help release energy from the fat, protein and carbohydrates in food. They also can be excellent sources of vitamin D if they have been exposed to ultraviolet light right before or after harvesting”. (Wolfram)

### Cooking & Consuming

Mushrooms provide a wide range of flavors and opportunity in the kitchen. However, when first starting to eat wild edible mushrooms, it’s best to start by eating them in small portions. Some individuals have a hard time digesting wild mushrooms and get a mild upset stomach at first. The best way to overcome this, is to start with small portions and gradually eat more wild mushrooms as you get more com-

fortable with them. A suggestion to those who pick a mushroom variety for the first time - have an adult cook and taste a small amount of the mushroom first, and wait 24 hours to be sure there is no reaction, before making a large portion to serve to family, especially kids. When cooking, make sure the mushrooms are fully cooked, usually about 10-20 minutes of frying, steaming, sautéing, or baking will cook them thoroughly.

### Sources:

All That the Rain Promises and More.. : by David Arora  
Mushrooms of the Pacific Northwest : Steve Trudell & Joe Ammirati  
\*\*This material was funded by USDA’s Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider.

Mushroom Identification Resources: Below are some mushroom identification books that I use frequently. There are others out there, but these are just a few that I’ve used. I find it helpful to use books that are spe-

## Education

### Higher Ed in the time of Covid-19

*Submitted by Jeanne Steffener, Higher ED*

No doubt about it, Covid-19 has changed the landscape of education. Campuses were forced to close to the public indefinitely, online learning is now the new normal for students around the world and school budgets are in a precarious position. Surveys of students at large public universities in the United States highlight the impacts of Corona virus on higher education.

An Article published in the Journal of Public Economics, detailed the results of a survey conducted on 1,500 students at a major university in June 2020. The article brought to light some negative effects the pandemic has only amplified in the students. The negative effects include: “13% of students who had a delayed or virtual graduation in 2020, 40% lost a job, internship, or job offer, and 29% expect to earn less at age 35.”<sup>1</sup> In addition, the article suggests that lower income students are more likely to experience delayed graduation compared to higher income students.

In normal times, changing the delivery of education would have taken a decade to map out. However, making the switch to virtual online classes had to be done quickly by teachers during the Spring 2020. Teachers had to transition their in-classroom instruction to an online format in a mere couple of weeks while

the rapid spread of Covid-19 forced everyone to shelter at home. It is now the end of October and we are still not seeing the light at the end of the tunnel. Projections of the virus subsiding without a vaccine looks like folks will be sheltering at home through 2021, and possibly into 2022. So what we thought was going to be a temporary fix is turning out to be a more long-term landscape.

From the students’ point of view, some students were already utilizing online instruction, so this is not new to them. However, a lot students have really missed that face-to-face interaction with fellow students and their teachers. This is especially difficult for young learners; the isolation is challenging for them. The good news is “research suggests that online learning has been shown to increase retention of information and take less time.”<sup>2</sup> It will take time to assess the true pros and cons of online learning and its impacts to not only K-12 but also higher education, worldwide.

The virus has caused significant impacts on fall enrollment across the nation. High school students who were planning to go away to college have had second thoughts and are either attending nearby community colleges, engaging in distance learning at state universities and colleges or have decided to put school on hold for the time being. Schools have been forced to limit the number of courses they are teaching. This is causing concern for students wondering if they will be able to get the classes they need to graduate in a timely manner.

The answer to all questions really depends on if or when we can get a handle on the virus with measures, such as, everyone wearing masks, handwashing hands frequently, social distancing and the development of a credible, safe vaccine.

Covid-19 has caused a giant leap in the experiment of telecommuting and will probably continue after the pandemic ends. Half of Americans are now participating in this experiment and the pros and cons are coming to light. Among the pros for telecommuting are: “people tend to prefer working from home, it reduces auto emissions and office costs, and it does help (especially women) balance work and family roles. It may even make us more productive. The downsides include: managing a telecommuting staff can be difficult, professional isolation can have negative effects on your sense of well-being and career development, while the effects on productivity over the long run and in a scaled-up system are uncertain.”

If you are interested in pursuing an educational goal, at this time, please give Higher ED a call at 360-716-4888 or email us at [highered@tulaliptribes-nsn.gov](mailto:highered@tulaliptribes-nsn.gov) about your future aspirations. Remember...education is something that cannot be taken away from you. It is an opportunity for growth.

Need Additional Help with  
Daily Schoolwork and Zoom Classes?



# TULALIP YOUTH CENTER



Educational & Zoom Support

6th-12th Grade

Open Monday-Friday

7:30 A.M. - 5:00 P.M

\*Masks Required \* Temp Checks\*

\*COVID-19 Screening Questions\*

\*COVID-19 Guidelines followed\*

360.716.4909 6700 Totem Beach Rd., Tulalip

## YOUTH CENTER PICKUP LOCATIONS

Monday - Thursday in the Big Blue Bus

6th-12th  
Grade

Trip	Pickup
Mission Highlands 2nd Entrance	8:10 AM
Mission Highlands 1st Entrance	8:15 AM
Silver Village (CT Stop)	8:25 AM
Larry Price Loop (Stop Sign)	8:30 AM
Flats (Mailboxes)	8:35 AM

For other areas in  
Tulalip, call  
360.716.4909  
to schedule  
pickup

[www.tulalipyouthservices.com](http://www.tulalipyouthservices.com)

## Court notices

TUL-CV-YI-2014-0412 SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In Re the Welfare of: A. M. T. TO: RAEALYN LITTLEHAWK TOWNSEND and DYLAN JAMES WILSON: YOU ARE HEREBY NOTIFIED that a Motion to Suspend Parental Rights was filed in the above-entitled Court pursuant TTC 4.05. You are hereby summoned to appear and defend regarding the above entitled action at a hearing on Tuesday, December 01, 2020 at 1:30 pm in Tulalip Tribal Court, 6332 31st Ave NE, Suite B, Tulalip, WA 98271. Should the

Court rooms be closed due to Covid-19 you should call in to your hearing via GoToMeeting, phone number: 1-224-501-3412, access code: 212-638-629. NOTICE: You have important legal rights and you must take steps to protect your interests. IF YOU FAIL TO ANSWER JUDGMENT WILL BE RENDERED AGAINST YOU. Date first published: October 3, 2020.

TUL-CV-DI-2019-0062 SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. Hilarion Hernandez vs. Genevieve Hernandez. TO: Hilarion Hernandez, YOU ARE HEREBY NOTIFIED that a Petition for Dissolution was filed in the above-entitled Court, Code Chapter 4.20. In order to defend against this petition you must respond to the complaint by stating your defense in person or by writing and serve a copy upon the Tulalip Tribal Court at 6332 31st Ave NE, Suite B, Tulalip, WA 98271 and upon the petitioner within 60 days of the date of first publication. NOTICE: You have important legal rights and you must take steps to protect your interests. IF YOU FAIL TO ANSWER JUDGMENT WILL BE RENDERED AGAINST YOU. Date first published: October 3, 2020. Ximusdae-ssin pro vellestis aut et

TUL-CV-YG-2020-0523. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In Re the Guardianship of: K. T. M. TO: GINGER ROSALIE ALLEN and JOHN ELLWOOD MYERS: YOU ARE HEREBY NOTIFIED that a Youth Guardianship action was filed in the above-entitled Court pursuant to TTC 4.05 regarding the above mentioned youth. You are hereby summoned to appear and defend regarding the above entitled action at a hearing on December 17, 2020 at 10:30 A.M. in Tulalip Tribal Court, 6332 31st Ave NE, Suite B, Tulalip, WA 98271. Should the Court rooms be closed due to covid-19 you should call in to your hearing via GoToMeeting, phone number: 1-571-317-3112, access code: 286-262-589. NOTICE: You have important legal rights and you must take steps to protect your interests. IF YOU FAIL TO ANSWER JUDGMENT WILL BE RENDERED AGAINST YOU. Date first published: October 24, 2020.

Problem gambling has a negative impact on relationships, family, and community.  
For every problem gambler, at least seven people are negatively affected.

# Problem Gambling Support Group Family Night

Learn about problem gambling warning signs, the disease model, participate in a Q&A session, gain support, and how to cope when a loved one is in the grip of addiction.

You are invited to attend our once-a-month education/support group:

**Thursday, November 19th, 2020**  
5:00 to 6:30pm

**Join this month's virtual meeting through Zoom, a free download available at [www.zoom.us](http://www.zoom.us)**

**ZOOM ID: 591 635 4779**  
Password: 3fTQNN



# Join Us For A Free Car Seat & Check-Up

Tuesday  
**November 17th**  
1:00pm – 3:00pm

Due to COVID, you must sign up for a date. First come, first serve.

Thursday  
**November 19th**  
11:00am – 1:00pm

Due to COVID, you must sign up for a date. First come, first serve.

at

## Tulalip MOMs Group

Old Tulalip Elementary  
7730 36th Ave NW  
Tulalip, WA 98271

## Masks Required!

**COVID safety protocols will be in effect!**

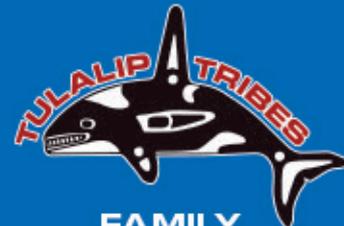
Limit of 1 car seat per household.



**NPAIHB**

*Indian Leadership for Indian Health*

Our certified car seat technicians will walk parents through a safety checklist of child's age, size, condition of the seat, and help determine proper car seat installation.



**FAMILY  
HAVEN**

**Supplies are limited! Call to sign up to guarantee your spot!**

Contact Sasha Smith at 360-716-4404 to sign up or for questions and more information.