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PORT GAMBLE S'KLALLAM TRIBE

COMMUNITY MEMO JANUARY 5, 2026

Frequently Contacted Numbers

Billing Office: 360-297-6235

Career & Education: 360-297-6317

Community Outreach (M. Moon):
360-297-9678

Early Childhood: 360-297-6300

Elders': 360-297-9630

Enrollment: 360-297-6217

Front Desk: 360-297-2626

Health Services: 360-297-2840

Housing: 360-297-6350 Ext 5827

Natural Resources: 360-297-6294

Public Safety: 360-297-9666

PGST Community Clean Up Monitor

Tribal Administration is looking to contract with 4 Tribal Members to help with Community Clean up events. Such as the new monthly PGST dumpsters or large community events.

This person will be working with Tawny DeCoteau the Executive Assistant and in coordination with Tribal Utilities Department.

Compensation will be \$25/hour. If you would like to apply please submit a letter of interest by January 12, 2026 to the front desk staff in the Tribal Center with Attn: to Tawny DeCoteau.



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PORT GAMBLE S'KLALLAM TRIBE

CAREER & EDUCATION

Parent Volunteers

Are you interested in being a volunteer Bus Rider for our NKSD students?

We have been having many issues on our bus routes lately, and many parents were willing to volunteer to ride the bus to help with safety and watching our students.

Here at the Career and Education building we can help you fill out a volunteer packet form and we will return it to the district for you! If you have any questions, feel free to give any one of us a call. 360-297-6317.

Open Scholarships:

<https://kurtgrinnellscholarship.org/scholarship-application-2/>

Kurt Grinnell scholarship

<https://collegefund.org/students/scholarships/>

Cobell Scholarship

https://issuu.com/collegefund/docs/native_pathways_guidebook_2025?fr=xKAE9_zMzMw

Native Pathways College

Fund

College guide book link attached

CDL License

Interested in obtaining your CDL License? Please call Sha'Ree Vebber for more information! PGST Members are fully funded for this class!

PGST Career and Education Contact Numbers:

Toni Jones- 360-297-6323

Sha'Ree Vebber-360-297-6316

Rachel & Eddie Flores- 360-297-6318

Sasheen DeCoteau &

Bethany Swift -

360-297-6343

Tito Cox- 360-297-6317

Lauren Moon-360-297-6322

Lexy Jones & Rafe Tom - 360-297-6321

Serene Williams – 360-297-6319

CHILDREN AND FAMILY SERVICES

Family Assistance Program Happening

TANF

Is always operating.

We now have two case managers to help assist tribal members who may qualify for the program, if you have questions please contact Sandra Horton. shorton@pgst.nsn.us or via phone or text at (564)245-0492

LIHEAP is currently CLOSED, there will be an announcement when the next round is open. Any questions please contact Sandra Horton at shorton@pgst.nsn.us or at 360.297.9650 office-564.245.0492 Cell phone.

As a reminder that the CFS Office is Closed for Lunch daily from 11:45am to 1:15pm No staff will be there to offer assistance/benefits during that time.

The food bank is open from 8-11:45 and 1:15-4:00pm Monday through Friday, please come into the Children and Family Services Building and speak with Miranda at the front desk.

As a gentle reminder each family may use the food bank once a week and we ask you to wait in the lobby or in your car while a CFS Staff member assists.

Please let the staff know if there are any allergies, we will do our best to provide alternatives but due to funding may not have any on hand.

Please be sure to be accurate with household members, this is how we determine how much we can give. If you bring a list of most needed items, we will do our best to fulfill the items needed. We do have diapers and hygiene items as well as food items.

CFS CONT.

Elder's Program Meal Service

Elder's meals are available for pick-up only between 11:30am -12:30pm.

We enjoy all the participants coming for the delicious meals prepared by staff but if you do not regularly participate in the lunch program, you need to call the kitchen at 360-297-9627 so we can plan accordingly.



COURT

Survivor and Victim Services

If you feel unsafe and need help for yourself or someone you care about, as an advocate, we provide confidential help, safety planning, resources/referrals, education, and empowerment contact Teresa Swope at 360-297-6304 or via email at tswope@pgst.nsn.us



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PORT GAMBLE S'KLALLAM TRIBE

CULTURE

The Culture Department proudly celebrates the rich heritage of the Port Gamble S'Klallam Tribe!

For the latest on our cultural events, check out our Tribal website at

<https://pgst.nsn.us/current-news-events/> or follow us on Facebook at Port Gamble S'Klallams.

You can also sign up for community text alerts!

We love hearing from you! Feel free to visit the Cultural Office for updates or suggestions. You can also reach out to our team:

Rowan Bunich, Cultural Program Assistant:

360-297-9656,

rbunich@pgst.nsn.us

Alicia Fulton, Cultural Programs Manager:

360-297-9657,

aliciaf@pgst.nsn.us

ENROLLMENT

Enrollment & Tribal Records

The Enrollment & Tribal Records department is committed to helping with the enrollment of members, family trees, ordering birth certificates, etc. as well as, maintaining tribal records and archives.

The Enrollment department can order birth certificates for those needing them to go through the enrollment process and administer DNA. You can also get a reimbursement for Washington State enhanced ID's.

Please reach out to Jordan DeCoteau if you have any questions or would like more information. You can reach her by email at enrollment@pgst.nsn.us or phone at 260-297-6217.

HEALTH

CHR's:

Call 360-297-9633 to speak with a member of our team, we offer health transports and assistance with the pick up/delivery of prescription delivery

Dental and Medical Clinic:

Call 360-2970-2840 to schedule an appointment or speak to a receptionist.

Mental health support line: 988

Call or text 988 for 24/7 mental health emergency support.

Press 4 for Native & Strong Lifeline

Public Health:

After hours Triage Nurse line
360-297-9613

Saturday Urgent Care Clinic
hours are 9am to 5pm, closed for lunch 12pm to 1pm.

If you are experiencing a medical emergency call 911

HOUSING

The Port Gamble S'Klallam Housing Authority is seeking interested individuals to submit a letter of interest for THREE positions on the Housing Board of Commissioners. All three positions expire February 2028. The letter must contain experience and other boards currently served on.

This is a 3-year appointment and requires monthly meeting attendance. Meetings are held the 4th Thursday of every month starting at 12:00 p.m. Board members are responsible for the fiscal oversight of Housings annual budget, policy approval, tenant appeal hearings, approval of the annual Indian Housing Plan and participating and providing direction for long term planning.

Board members need to familiarize themselves with NAHASDA Act of 1996, be willing to learn HUD regulations, have some financial experience and should be willing to travel for training and retreats with staff and or Tribal Council. Board members must be willing to adhere to the Tribal Council Policy Manual.

Submit letters of interest to Kara Horton, Executive Director, no later than January 20, 2026 by 4:30 p.m. by mail: 32000 Little Boston RD NE, Kingston, WA. 98346 or by email: karah@pgst.nsn.us



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PORT GAMBLE S'KLALLAM TRIBE

PUBLIC SAFETY

As always we ask you to utilize the Kitsap 911 system for any law enforcement needs, we try to limit the amount of time officers are in the office. The 911 system is the quickest and most efficient way to contact your officers. The Kitsap 911 system handles both non-emergency and emergency calls.

Notice to Community
Harboring an Excluded Person is a Crime-Any person who harbors a person who is excluded or allows that person in his home, can be charged with a Class C offense. Call 911 to report excluded individuals on the reservation.

TRIBAL COUNCIL

When: Monday, January 12, 2026

Where: Tribal Council Chambers

Time: 9:15am

Topic: Regular Meeting

When: January 26, 2026

Where: Tribal Council Chamber

Time: 9:15am

Topic: Finance

Scan Me to be sent
to the Tribal Council info.
page on the PGST Website



LIBRARY

Check it Out at the Little Boston Library
We are open 10 am to 6 pm Monday-Thursday, Fridays 10 am to 5 pm and Saturdays 10 am to 2pm. Call 360-860-5080 to place a hold, make a curbside appointment, or speak to staff person.

The library will be closing at 5pm on Wednesday, Dec 31st and will be closed Thursday, January 1st in observance of the New Years holiday. We will also be closed Monday, January 19th in observance of the Martin Luther King holiday.

Library Programs

January 6 @ 1:00 pm -- Little Boston 1st Tuesdays Book Group

January 7 @ 10:00 am -- Little Boston 1st Wednesdays Book Group

January 7, 14, 21, 28 @ 1:00 pm -- Afternoon

January 8, 15, 22, 29 @ 10:30 am -- Family Storytime

January 8, 15, 22, 29 @ 2:00 pm -- Puzzle Club

January 14, 21 @ 3:30 pm -- Read to a Dog

January 26 @ 3:00 pm - Maker Monday (paper garlands)

Reading Recommendations

Legendary Frybread Drive-In: Intertribal Stories by Cynthia Leitich Smith (Muscogee Creek):Featuring the voices of both new and acclaimed Indigenous writers, and edited by bestselling Muscogee author Cynthia Leitich Smith, this collection of interconnected stories serves up laughter, love, Native pride, and the world's best frybread.
(Fiction • Book • 2025)

My Heart Is Good: Treaty Rights and the Rise of a S'Klallam Fishing Community by Ron Charles (Port Gamble S'Klallam) & Josh Wisniewski: In recounting the life story of Port Gamble S'Klallam Elder and former Tribal Chairman Ron Charles, My Heart Is Good traces the historical arc of the Port Gamble S'Klallams from treaty signing to the landmark 1974 Boldt Decision affirming tribal fishing rights, the subsequent 1994 court decision affirming the tribes' shellfish harvesting treaty rights, and the growth of today's S'Klallam commercial fishing fleet.
(Nonfiction • Book • 2025)



PGST DUMPSTER NOTICE |

2026 CHANGES

GENERAL ANNOUNCEMENTS

- Starting January 2026 we will open on-reservation dumpsters
- These will be open one weekend a month (Saturday-Sunday) 9am - 4pm or until filled
- Tribal members allowed 2 drop-offs per opening
- You will need to sign in upon drop-off
- Special Requests for additional drop-offs during an opening will be considered with advanced notice
- Located at the Utilities Complex

**CONTACT TRIBAL CENTER
FRONT DESK IF YOU HAVE QUESTIONS**

360-297-2646
pgst.nsn.us

DUMPSTER DATES

2026

9 am - 4pm or until filled



Jan
10th-11th

Feb
14th-15th

Mar
14th-15th

Apr
11th-12th

May
9th-10th

June
13th-14th

July
11th-12th

Aug
8th-9th

Sept
12th-13th

Oct
10th-11th

Nov
14th-15th

Dec
12th-13th

REMINDER

**THIS WILL TAKE PLACE OF THE
MONTHLY DUMP VOUCHERS &
THE SPRING/FALL CLEANUP**

PORT GAMBLE S'KLALLAM COMMUNITY HEALTH CENTER

NURSE TRIAGE



Call 360-297-9613 for non-emergency
guidance and support

- **Feeling "Not Quite Right":** Mild fever, mild vomiting/diarrhea, cough, stuffy nose, minor rashes, or general malaise.
- **Symptom Assessment:** To determine whether your symptoms (such as a headache, UTI, or minor injury) require an ER, urgent care, or a primary care doctor's appointment.
- **Chronic Condition Advice:** Questions about managing diabetes, blood pressure, or other ongoing issues.
- **Medication Refills**
- **Mental Health Support and Substance Use:** When you're experiencing depression, anxiety, relapse, loss of control, or feel that you're ready for treatment.

**LEAVE A MESSAGE WITH YOUR NAME, NUMBER, AND
INFORMATION RELATED TO YOUR CONCERN, AND WE
WILL RESPOND WITHIN 1 HOUR**

**Available Monday-Friday, 4:30 PM-8:00 PM
Saturday & Sunday, 8:00 AM-8:00 PM**

Would you like to do one thing that will:

- Help you think more clearly
- Decrease your risk of dementia later in life
- Improve your heart health
- Decrease your risk of developing cancer
- Help you manage stress
- Help you lose weight

There is ONE action that can help you with all of these: sleeping for 8 hours each night.

I don't think I need that much sleep.

Most adults need 8 hours, a smaller number of people need 7 or 9 hours. Teens typically need at least 9 hours, and younger children 10-14 hours. It's very unusual for less than 7 hours to truly be "enough."

I get 8 hours, but I wake up a couple of times during the night.

Nighttime awakenings are common during the night. The highest quality sleep is having 2 or fewer awakenings. Five or more is thought to impair the quality of sleep. Awakenings are often from treatable causes such as sleep apnea or partners/kids/pets—think about things you can do to decrease disturbances.

But I can't sleep!

Don't despair. Like eating healthy and exercising, healthy sleep can be a work in progress over time. Many people were never taught how to get quality sleep. Thankfully, it's never too late to learn new skills. Like learning anything, teaching your body to sleep takes time and consistent practice. This consistent practice is called "sleep hygiene." Providers at the health clinic can give you information and support. You can also search "sleep hygiene" to access one of the many online resources, like [Sleep Information Sheet - 04 - Sleep Hygiene new](#)

ZZZZ... STUDIES SHOW THAT INADEQUATE SLEEP (NOT ENOUGH, POOR QUALITY, OR BOTH) CONTRIBUTES TO:

Dementia

Scientists only recently discovered a “glymphatic system” in your brain which circulates your cerebrospinal fluid, mostly at night. This system “washes” your brain of toxins including amyloid-B and tau (considered to be causative agents of Alzheimer's and related to other dementias). Without enough time spent sleeping, this cleansing doesn't work as well.

[The Lancet 2018](#); [SLEEPJ, 2025](#); [JAMA Neurology, 2023](#); [Stroke 2024](#)



Brain Fog

Sleep is essential for concentration, memory, thinking speed, keeping attention, multitasking, and verbal skills. People who lack sleep can look like people with ADD. One study found sleep-restricted adolescents who napped and “caught up” on sleep on weekends still had more problems with concentration and sustained attention compared with teens sleeping nine hours each night.

[Science 2021](#); [Sleep 2018](#); [Current Neurology and Neuroscience Reports 2023](#)



Overweight

Important appetite-regulating hormones are secreted, and their actions are adjusted while we sleep. If these pathways are disrupted by inadequate or poor-quality sleep, a person will have more cravings, reduced satiety (eat more), and increased glucose intolerance (early diabetes).

[Annals NYA of Sciences 2023](#); [BJ of Nutrition 2022](#); [Physiology & Behavior 2014](#)

Heart Disease

Inadequate sleep is a risk factor for increased blood sugar levels, high blood pressure, irregular heart rhythms, heart failure, heart attacks, and strokes. A UK study found an association with sleeping less than 6 hours a night and a 20 percent increase in heart attacks. Disturbed sleep increases inflammation and turns on the stress systems of our bodies, and disrupts the normal, healthy drop in blood pressure that happens during quality sleep.

[Stroke 2024](#); [Data from NHANES 2017-2020](#); [Amer J Cardiology 2020](#)



Cancer

Sleep quality impacts both the development and the progression of cancer (breast, colorectal, lung, kidney, lymphomas). The disruption of the normal chemical cycle of sleep in the body (the Circadian rhythm) affects the immune system, which is important for fighting cancer. Poor sleep also promotes inflammation, which can increase the development of cancer cells.

[J Clinical Med 2022](#); [Cancer 2023](#); [International J of Cancer 2022](#)

