

Tribal Member "Strengthens" The Community

By Toby McClary

Personal Fitness Instructor and Tribal member Tammy Bovee has dedicated the last eight years of her life to helping people with special conditions.

Bovee owns and operates Creative Personal Fitness Instruction out of Springfield and also works closely with the staff at the Eugene Satellite office.

She graduated from the University of Oregon with a bachelor of science in human development and performance. In 1999, she started her own business.

"My original intent was to help a pregnant woman lose 20 pounds," said Bovee. "It just took off from there."

Bovee explained that she started with three clients and now has over 40. She is currently teaching fitness classes two days a week. Her classes are two hours long with the first hour dedicated to strength training and the second hour to yoga/stretching.

"It usually ranges from about 8-10 people per class," said Bovee. "We started doing the classes in the satellite office but we got up to 17 people and needed to find a bigger venue."

The classes are now held in the Seventh Day Adventist Church in Springfield.

Bovee said she is grateful to the Tribe because they have helped her in many ways. The Tribe paid for her last year of schooling and has also contributed in helping her find clients. One of her goals is to find



Personal Fitness Instructor & Tribal Member Tammy Bovee

a way to pay the Tribe back.

"I would like to serve the Tribe in a health and wellness field," said

Bovee. "My heart is in serving my Tribal family."

Bovee also plans to further her education. She said that one of her big goals right now is to earn her master's degree. She also wants to continue expanding her business and involving more Tribal members in her program.

"My program has been first and foremost developed for Tribal members," she said. "I've seen people turn their lives around and they're now motivated to do something outside of my class."

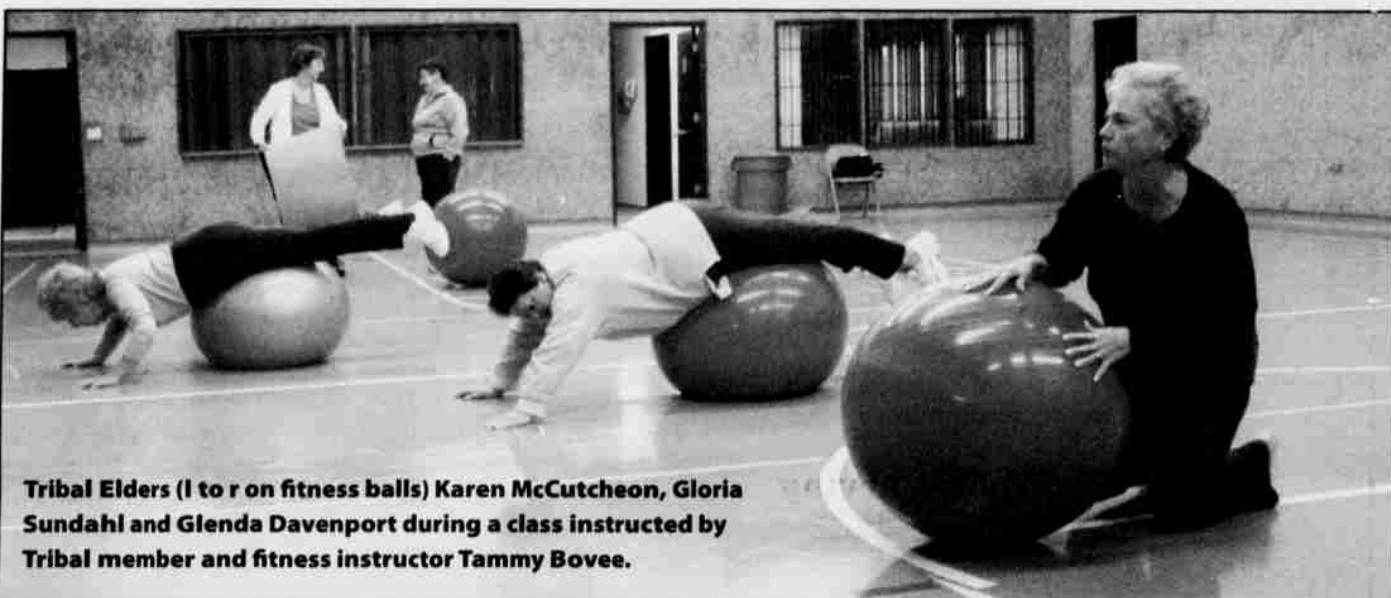
Bovee has also been asked to work on some other projects around the area. She is currently in contact with Lane Community College and planning to do some personal fitness classes in their longhouse which opens next year. Tribal Elder Bernadine Shriver has also

recently asked Bovee to talk at the Native American Elders Conference on health and fitness.

Bovee has lived in Springfield for 20 years with her husband Joe. She has two baby nieces and said that she wants them to value their Tribal heritage and to know that Tribal services are available to them. She enjoys collecting arrowheads and hopes to one day learn how to make them. Her mother is Tribal Elder Karen McCutcheon who is the granddaughter of Gertrude Mercier.

In closing, Bovee offered these words to the community and to the membership:

"These classes are fun and exciting," she said. "My clients feel like they are leading healthier lifestyles and that's why I want to involve more Tribal members." ■



Tribal Elders (l to r on fitness balls) Karen McCutcheon, Gloria Sundahl and Glenda Davenport during a class instructed by Tribal member and fitness instructor Tammy Bovee.

Photos by Ron Karter

GRAND RONDE HEALTH AND WELLNESS CENTER HOLIDAY FOOD DRIVE!



It's getting to be that time of year again. The days are getting shorter, the nights are getting colder and the holiday season is quickly approaching. The staff here at the Grand Ronde Health and Wellness Center would like you to help us take part in a food drive. Let's show those families who are less fortunate the giving spirit of the season!

Please help us by bringing in your donations!

Donations of canned and/or non-perishable food items will be accepted at the Grand Ronde Medical Clinic from October 23 to December 18, 2006

(All food collected will be given to local community food banks.)

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