

Veterans' Committee seeking photos, bios

By Dean Rhodes

Smoke Signals editor

If you're a Tribal veteran or a Tribal member currently serving in the military, the Tribal Veterans' Committee wants you!

Tribal Elder and Veterans' Committee Chairman Monty Parazoo (U.S. Navy) has started an effort to honor Tribal members who are or who have served in the military.

For veterans, he is asking them to submit a photo from when they served, a current photo and a brief summary of their service record.

The two photos and service record will be used to create a photo montage that will be displayed during Memorial Day and other veteran-oriented events, such as the annual Veterans' Powwow in July. For Tribal members currently serving in the military, Parazoo suggests submitting a current service photo with an up-to-date service record.

"We also want to display these down in the Governance Center Atrium," Parazoo said. "We want it to be a continual thing."

He points to the fact that Native Americans have traditionally had the highest percentage of service in the military than any other ethnic

group in the United States.

Parazoo said the montages will not only honor veterans and current members of the military, but the families and children who sacrifice to send their loved ones off to defend the country.

Since the Veterans' Committee does not have any staff, photos and accompanying service records should be sent to the Publications Department, 9615 Grand Ronde Road, Grand Ronde, OR 97347, or e-mailed to news@grandronde.org.

Veterans who do not have a current photo can make an appointment with staff photographer Michelle Alaimo at 503-879-1961 or michelle.alaimo@grandronde.org to have a current photo taken.

As an example, Parazoo's brief service record reads:

"August 1st, 1960, at the age of 17, I joined the U.S. Navy. Boot camp at San Diego, CA. Stationed on the USS Bennington CVS-20. Two West-Pac cruises to Hawaii, the Philippines, Okinawa, Hong Kong and Japan. A large amount of the time spent on both of the cruises was patrol off the coast of Viet Nam supporting the ground forces. My job on the ship was crash crew on



Photo by Michelle Alaimo

Tribal Elder, U.S. Navy veteran and Veterans' Committee Chairman Monty Parazoo has started an effort to honor Tribal members who are or have served in the military. The committee is requesting two photos, one of when they served and a current photo, and a brief statement about their service record, similar to what Parazoo is displaying.

the flight deck. On the Bennington, the flight deck was a floating airport and my job was a firefighter/crash crew. I obtained the rate of

ABH-3. August 1, 1966, I received an honorable discharge."

For more information, call Parazoo at 541-689-0121. ■

Tribal member Tammy Bovee speaks at ALS symposium

By Ron Karten

Smoke Signals staff writer

In the last decade, Tribal member Tammy Bovee has built her company, Creative Fitness, into a force for good in Eugene.

She specializes in clients with neurological disorders and serves patients with a range of disabilities from Cottage Grove to Salem.

She has worked for the last three years to help treat and raise funds for the people served by the local Muscular Dystrophy Association, and this year, on May 15 at the Rose Quarter, she will be a main presenter at the annual ALS (Amyotrophic Lateral Sclerosis, also known as Lou Gehrig's disease) Symposium. She will speak at 9:30 a.m.

Having treated more than 500 people in the last decade, Bovee developed innovations for helping people with neurologically affected

muscles.

"They don't react the way normal muscles react," she said. "When you go to work out, you can push yourself with rhythms and repetitions.

With disabilities, you can't work that way. Their muscles actually get weaker when they work in reps and sets. Because of that, we have to alter how we have them work out to ensure the highest quality of exercise."

Normal muscles contract and then re-lengthen, but neurologically affected muscles do not re-lengthen like

regular muscles. They contract and, for awhile, remain contracted.

"You have to alter the pattern of the exercise to allow the muscle to lengthen," Bovee said. "Sometimes you have to stretch the muscle by hand to get it to lengthen. We've learned over time what that feels like and what that looks like."



Tammy Bovee

Bovee's service comes in especially handy when hospital treatment has ended and the patient needs continued support to keep exercising, said Don Douglas, staff physical therapist at the Outpatient Rehabilitation Clinic run by Sacred Heart University District Hospital in Eugene. He has been referring patients to Bovee for many years.

"They have the ability to keep people on track for strengthening and balance exercises," Douglas said. "For those that might not be able to do that for themselves, she is able to help. She's somebody we're really happy to see in the community. That niche is a gap for us."

Bovee became involved with the Muscular Dystrophy Association three years ago when representatives "asked us to help with their annual Stride and Ride fundraiser."

Although this is her first major speech for the association, she has given speeches on her specialty throughout the Eugene area for years.

"Everybody knows that exercise is a positive thing," said Bovee, "but with neurological diseases, certain types of exercises can make the muscles worse."

The key that she is teaching everyday is the types of exercise and therapy that make the muscles stronger. ■

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