



## Watchlist: 'Double Ball'

*(Editor's note: It is estimated that there are approximately 149 billion videos on YouTube, and the number continues to grow. Grand Ronde Tribal member and Social Media/Digital Journalist Kamiah Koch sifts through those myriad videos twice a month to recommend a worthwhile Indigenous video to watch. Follow her bimonthly recommendations and enjoy!)*

**By Kamiah Koch**

*Social media/digital journalist*

Native Youth Wellness Day was held Friday, March 8, in the Tribal gym. Outside the gym and throughout the day, there were Native youth running around the field with long sticks pointed in the air. The game they were playing is called double ball.

A short video on YouTube published by Thomas J. Elpel shares the rules to the sport, calling double ball "incredibly addictive" and showing video of double ball players having what looks like a lot of fun.

According to Elpel's website, he is the founder of Green University LLC, an immersive camp teaching traditional skills, survival and sustainable construction inspired by Native culture.

"Double ball originated as a Native American sport similar to lacrosse," Elpel said.

Both sports have sticks to pick up a ball, goals on each end of the field and involve a lot of running.

Elpel explains the namesake, double ball, was traditionally two sacks of buckskin filled with hair and sand connected by a strap. However, today these are usually tennis balls and paracord but function just the same.

The players must move the double ball around without touching it with their hands.

"Players are not allowed to physically touch the balls but use sticks to pick them up, run with the balls, fling them or catch them," Elpel said. "Rules vary, but the way we play it there are no boundaries."

The video shows the sticks can also be used to smack the double ball off the opposing team's stick.

Elpel goes on to explain that one point is scored when the ball goes through the front of the goal, or three points for landing and wrapping around the goal post. The game is over when one team reaches 10 points.

You can watch more of the game continued in the video at [www.youtube.com/watch?v=oVfbWBgtN40](http://www.youtube.com/watch?v=oVfbWBgtN40). ■



# TERO tour



Photo by Michelle Alaimo

**Tribal Employment Rights Office Director Harris Reibach, right, shows members of the Oregon Workforce and Talent Development Board around achaf-hammi (Tribal plankhouse) on Friday, March 8. Every quarter a board member hosts the board meeting at their location. Reibach hosted the first meeting of the year and began it with a tour of the Grand Ronde community. The board is made up of leaders representing business, labor, local workforce development boards, community-based organizations, the Oregon legislature, local government and state agencies and is the overall advisory board to the Governor on workforce matters including developing a strategic plan for Oregon's workforce development system. Reibach was appointed to the board by former Oregon Gov. Kate Brown in 2022.**

## Drop box installed

The Grand Ronde Tribal Police Department, 9655 Grand Ronde Road, has a medication drop box located in the front lobby.

Lobby hours are 8 a.m. to 5 p.m. Monday through Friday.

The drop box is for any prescribed or over-the-counter medication. If the containers are too large to fit in the drop box, please repackage them in a zip-lock plastic bag. Tribal Police employees cannot handle the medications so the person dropping them off must repackage them.

**Needles and liquids are not allowed in the drop box.**

Tribal Police suggest mixing liquid medications with cat litter or coffee grounds and then throwing them away with the household trash.

For more information, call 503-879-1821. ■



Saturday, April 20th

Earth Day  
Rez Clean Up!



CTGR Youth Council

