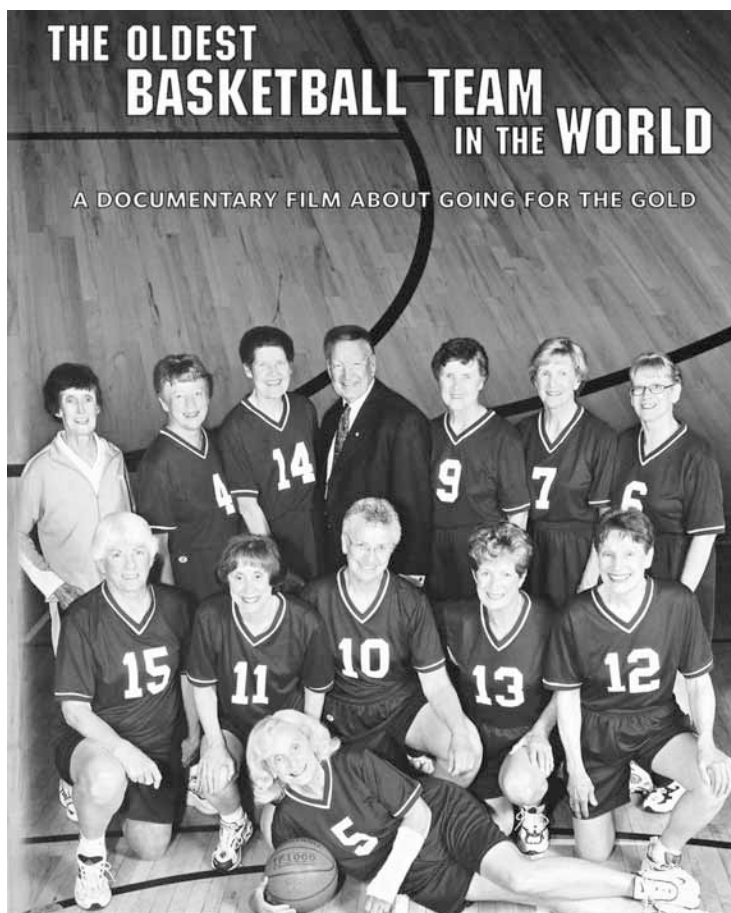


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# The Oldest Basketball Team in the World

*Reviewed by Samantha Langdorf*



For most basketball teams, game preparation consists of a disciplined regime of passing drills, running lines, and strategizing plays. For the women of *The Retreads* there is an additional step to their warm up that is quite possibly even more essential than the lay-up drills that precede each of their games. Composed entirely of women over the age of 65, *The Retreads* begin every game by applying arthritis cream, securing their braces, and ensuring that nitro glycerin is on hand should Joan's heart begin to act up.

In the documentary, "The Oldest Basketball Team in the World", *The Retreads* are profiled as they prepare for the 2005 World Masters Games in Edmonton where they are alone in their age category. The film follows the women as they come out of retirement and relearn how to do lay-ups and hook shots, skills that they thought were long lost. They overcome hip replacements and heart attacks to enter into competition against teams that are faster, stronger, and younger. In the process, they achieve a level of play that is nothing short of inspirational.

*For more information or to order your own DVD:*  
[www.oldestbasketballteam.com](http://www.oldestbasketballteam.com)

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## It Takes a Community

*by Beverley Siver, Executive Director*



After a very busy summer which transformed into a rather hectic fall, I recently took a few moments to reflect on my time here at ProMOTION Plus. It came to me that I am currently beginning my fourth year here as the Executive Director of ProMOTION Plus. In that time, I have personally, learnt a great deal, met and worked with some truly phenomenal people and developed a much better sense of the inner workings of the BC sport and recreation system.

ProMOTION Plus has had a much longer existence in the sport and recreation sector and has had time to become known as a vibrant, innovative and nurturing organization. Upon reflection, the work this organization has accomplished in its seventeen years of existence is nothing short of outstanding. Today, we are poised to reap the benefits of the ground-breaking work initiated by our founding mothers throughout the 90s; they deserve our thanks and I am proud

to continue the work they started.

Very early on ProMOTION Plus, its staff and board understood and believed in the power of partnership and the importance of engaging the sport, recreation and physical activity community from within to become messengers of fairness and equity. It takes a community to create change and it takes an organization with great vision to provide opportunities and to take action.