



The Legend

OTHGI NEWSLETTER

OCTOBER 2007



Skiing in Vail

OTHGI Members: Enjoy New and Continuing Benefits in 2007-2008

First, the really good news: Vail Resorts (including Heavenly, Ski Salt Lake and Aspen Ski Company,) as well as many other resorts are continuing with their same membership benefit programs for Winter 2007-08. For those of you who will be visiting America's top ski resorts this season, we have excellent member prices, including:

- Vail
- Copper Mountain
- Squaw Valley
- Telluride
- Winter Park
- Heavenly

- Mammoth Mountain
- Whistler/Blackcomb
- Banff/Lake Louise
- Big Sky and Moonlight Basin
- Killington
- Big Mountain
- Ski Schweitzer
- Tamarack
- Kicking Horse
- Crested Butte
- Durango
- Red Mountain
- Taos
- Fernie
- Stowe
- Kimberley
- Sugarbush
- Mount Rose
- Sun Peaks
- Marmot Basin
- Le Massif
- Steamboat
- Diamond Peak

In addition, OTHGI President and Co-owner Doug Lofland spent a week in Whistler securing some great new benefits for OTHGI Members at *many new resorts that have never before been on our list*, including:

More details to follow shortly in the upcoming benefits issue, but feel free to call Peggy Rose for information at 719.389.0022 ext. 113.



Panama Easy Adventure



OTHGI in Finland



Ski at Sun Peaks



Explore Croatia

Exciting New OTHGI Trip Destinations Added!

In addition to all your favorite ski trips, OTHGI has added these new and exciting destinations.

Adaptive Ski Clinic at Breckenridge, Dec. 9-15, 2007
We have teamed with the Breckenridge Outdoor Education Center (BOEC-www.boec.org) to bring you a week of adaptive skiing with their expert instructors in a one-on-one setting.

Durango Family Trip (Polar Express & Skiing), Dec. 12-16, 2007
Our first family offering in a long time takes us to Purgatory Village at Durango Mountain Resort, a Colorado slope side location with an array of events and activities sure to please skiers of all ages.

Solo Trip at Breckenridge, Jan. 6-13, 2008
On our first-ever Solo Trip, our goal is to bring members together in a fun, no-pressure, inclusive environment that makes everyone feel comfortable and eager to make new friends.

Members' Health Symposium at Snowmass, Feb. 12-16, 2008
Practical advice to help members keep skiing longer and safer, provided by four members of OTHGI who also happen to be professionals from various medical fields.

(Trips continued on pg. 5)

View from the Top

A NEW YEAR OF NEW OPPORTUNITIES

It's been a year since we were privileged to be handed the reins of Over the Hill Gang, Int'l, from the Beasleys and the Foleys, and Jeannie and I feel honored to be associated with this venerable organization.

We've both come to know so many of you, whether skiing with you here in Colorado, hiking with you somewhere else in the world, meeting many of you at the Frisco social gathering every Thursday in the Winter, or just hearing from you over the phone or over the wires.

We also have learned so much from talking with many of you, and have come to understand much more clearly how being over 50 and active doesn't mean being part of a monolithic group whose next stop is the senior crafts center on the way to the nursing home.

As a dear friend of mine from Washington once said, "Everyone has a story to tell," and it has been quite inspiring to hear so many of yours. After a week of skiing with many of you on the Guided Ski Days at the beginning of the season last December—during which many of you skied me into the ground, I might add—I wanted, to paraphrase Barry Lazarus, to be like all of you when I grow up: active and unstoppable to the end!

Jeannie and I would love to have even more occasions to meet all of you in the next year, and

hope we will see you at one of these events:

1. The upcoming 30th Reunion, which we are tentatively planning for this December in Summit County.
2. On an OTHGI Trip in Summer or Winter.
3. Skiing with us on one of our Guided Ski Days.
4. In our new offices at 2121 N. Weber Street here in Colorado Springs. Feel free to drop by and say hello anytime.

We would also like to encourage you to call or e-mail us with your feedback, suggestions, and any ideas you might have to improve this incredible organization.

To bring you up to date on some of the new things happening at OTHGI next year:

1. Many of the guides for the Guided Ski Days will have OTHGI jackets for the first time this year, so you'll be able to spot them from afar on the slopes.

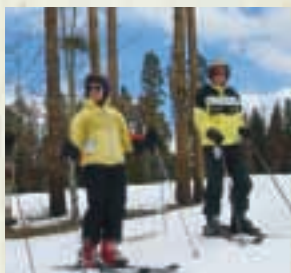
2. Some OTHGI Trip Firsts for 2008 that we hope will bring more of you back out on the slopes with your friends at OTHGI:

- Adaptive Ski Clinic at Breckenridge for Physically Challenged Skiers, December 9-15
- Durango Family Trip with the Polar Express, December 12-16
- Members' Health Symposium at Snowmass, February 12-16, 2008

Once again, please stay in touch with us and bring us your comments and questions. We do so very much appreciate hearing from you.



Celebrating with OTHGI friends



Join us for Guided Ski Days



Polar Express in Durango



Doug and Jeannie

Doug Lofland
President

Jeannie Barresi
Managing Director



The Legend

Volume 29, No. 3, Fall 2007

Frances Figart, Editor-in-Chief
ffigart@greentravel.biz

Leigh Trapp, Graphic Designer
marketingtrapp@mac.com

Photograph contributors include:
Dennis Beasley, Sarah Curtiss,
Pam Travis, Bruce Allen, Jennie Schrage,
Bernie Ybarbuen, Dave Fales, Larissa Kuntz,
Donna Brown and other
OTHGI members and partners

OTHGI STAFF

Doug Lofland, Staff Editor, doug@othgi.com

Jeannie Barresi, Managing Director
jeannie@othgi.com

Denise Foley, General Manager
denisef@othgi.com

Jennifer Hammons, Trip Director
jennifer@othgi.com

Peggy Rose, Trip Director
peggy@othgi.com

Arthur Foley, Dennis Beasley,
Sherrie Beasley, Tiffany Albright,
Charice Pate, Lynn Wilkison,
Spencer Wilkison and Donna Brown

OVER THE HILL GANG, INTERNATIONAL®

is a registered trademark. No part of this publication may be reproduced or reprinted without permission of OTHG, Inc.



TO CONTACT US:

Office hours: 9-5 Monday-Friday (MT)
By phone: 719-389-0022
By fax: 719-389-0024
By e-mail: info@othgi.com
By mail: 2121 N. Weber Street
Colorado Springs, CO
80907

Legends of Over the Hill Gang

Dennis & Sherrie Beasley

When Jeannie and I took the reins of OTHGI last year, we could not have imagined working with two more legendary figures than Sherrie and Dennis Beasley, former OTHGI owners and close friends for nearly two decades. I was present at the creation, so to speak, sharing an office with Sherrie at Any Mountain Tours, when I heard talk of Over the Hill Gang, and Sherrie's determination to get to know more about it. I also spent countless hours learning about the travel industry from Sherrie back in the late 1980s, eventually getting to know Dennis as well. Jeannie's and my admiration for Sherrie and Dennis grew over the years until we were honored with the request to join with them in shepherding OTHGI into the future. All futures, however, come with a past and we found it very interesting to learn a bit more about Sherrie and Dennis in this edition of The Legend.

— Doug Lofland

Dennis, a 5th generation Coloradoan, was born in Silverton, Colorado, the highest town in the United States. Because his family was all westerners, being outdoors was a natural part of his life. He doesn't even remember learning to ski! Dennis graduated from high school in Westminster, Colorado, then got his undergraduate degree in forestry from Colorado State University, skiing for both his high school and college and running ski trips for them.

Sherrie was born in Nebraska, then moved to Cheyenne, Wyoming, and attended nine years of school there before moving to Westminster, Colorado, where she also graduated from high school, and met Dennis. She went on to Colorado State also, but after a year was swept off her feet and married Dennis. She then concentrated on helping him get through school by working so he could finish. When Dennis was a senior, their daughter, Denise, who later became General Manager for OTHGI, was born.

Besides the outdoors, Dennis inherited a love of flying from his father who flew in WWII. After Dennis graduated, he worked for the U.S. Forest Service, but he still had the desire to fly, so he came into the Air Force via a commission from Officer's Training School. Soon after that, their son, Kris, was born, and he is now a Colonel in the U.S. Air Force as well. For 30 years, Dennis enjoyed flying C-130s and serving in the Communications/Computer part of the AF, ultimately retiring as a Brigadier General. Sherrie loved the lifestyle—in spite of the 20-some moves—because of all the interesting people and travel opportunities it afforded.

Unlike Dennis, who grew up skiing, Sherrie didn't take up the sport until the children were small. However, it soon became the "family" pasttime and a way of life. During their three years in Asia, the Beasleys helped run the largest American/International ski club in Japan, planning trips every week during ski season for the group. When stationed in Europe, they skied all over the Alps as often as possible.

When Dennis went to the Pentagon in 1985, Sherrie, who had been working in the travel industry for a few years, went to work for a company called Any Mountain Tours, a ski travel company. While there, Sherrie met Doug Lofland, who she actually trained to replace her when the Beasleys moved to Illinois. Also, during that time, quite by accident, she became a travel planner for Over the Hill



Dennis and Sherrie Beasley

Gang, which was under Earl Clark's leadership. She was totally enthralled with this group of wonderful, active, senior skiers and decided that this was a great way to spend senior years. As soon as Dennis turned 50, they joined as members and began skiing with the Over the Hill Gang. The rest is history!

When Earl Clark began looking for someone to take over the group so he could retire, he approached the Beasleys. It was November 1991 and the timing was good: Dennis was getting ready to retire from the Air Force and they knew they wanted to return to Colorado. With approximately 1,200 members, they set sites on developing an organization that would provide senior skiers with someone to ski with into later life, with discounts, ski days, guides and trips. Their mission was to provide superb customer service to all the members, all the time, to achieve those goals.

Over the 15 years of the Beasley's involvement in OTHGI, the organization grew significantly in numbers of members, member benefits and discounts available, and the number of trips offered.

What did the members get out of all that? "We are continually amazed at the networks and interconnections that have been formed among the members who have met each other on OTHGI trips," said Dennis. "It may be the single biggest and best benefit created by OTHGI."

What did Sherrie and Dennis get out of OTHGI? "In the course of hosting over 140 OTHGI trips, attending member meetings, and joining our ski days, we have met thousands of great people we never would have met, and made friendships that we will always treasure," said Sherrie. "Furthermore, we think we have offered a great social service in providing a safe, comfortable environment for older folks, both married and single, to continue to stay active doing a sport that most people give up at 40."

"We also got to exercise our creative and entrepreneurial talents... running our own business, publishing newsletters and catalogs, and most importantly, creating something of value," Dennis said. "It was a great experience with great people."

As more and more baby boomers face retirement and life after 50, the need for an organization such as OTHGI can only grow, as long as it meets the needs of its members and keeps focused on its core values of camaraderie, benefits and comfortable, worry-free travel. "We hope that is our legacy to skiing."



THE OTHGI
SCRAPBOOK

Pictures from
recent OTHGI
adventures!

Photograph Contributors:
Dennis Beasley, Sarah Curtiss,
Pam Travis, Bruce Allen,
Jennie Schrage, Bernie Ybarbuen,
Dave Fales, Larissa Kuntz, Donna Brown



2007 Summit Soccer Team - sponsored by OTHGI
"Thank you for supporting the team. They loved being
asked what the team name meant!"
-Donna Brown, coach



Skiing with flamingos in Durango



Relaxing on Euroski 2007



Euroski 2007



OTHGI members at Snowmass 2007



OTHGI members relaxing in Helsinki



OTHGI in Kittilia



OTHGI member Sarah Curtiss kayaking the Gulf Islands

Exciting New OTHGI Trip Destinations Added!

Alta Peruvian, Feb. 24-Mar. 2, 2008

Nestled against the backdrop of majestic Mt. Superior in Alta, Utah, the fabulous Alta Peruvian Lodge has welcomed visitors for more than 50 years with an old world atmosphere full of character and rustic charm.

Andorra/Barcelona, Feb. 29-Mar. 10, 2008

Andorra, our newest European destination for Over the Hill Gang, Int'l, is situated in the spectacular Pyrenees mountain range, which forms the border between France and Spain.

Sun Peaks, Mar. 16-23, 2008

Our newest Canadian destination, Sun Peaks Resort, is British Columbia's second largest ski resort and the second largest single ski mountain in Canada.

Bike Northern Holland, July 14-23, 2008

This bicycle trip will cover the three provinces of Friesland, Groningen and Drenthe in the northern part of the Netherlands, each with its own interesting traditions, customs and culture.

Lake District Easy Adventure, Sept. 15-24, 2008

We'll travel to the heart of the Lake District, where we'll spend seven nights at The Langdale Hotel in its own wooded site surrounded by beautiful and dramatic scenery.

Sail and Bike Croatia, Oct. 1-10, 2008

This is Italy with a Slavic accent, the Riviera without the high prices, the Greek Islands with lush vegetation and fruits growing wild on trees everywhere – in other words, perfection!



Explore Vietnam



OTHGI in Helsinki



Lake District Easy Adventure

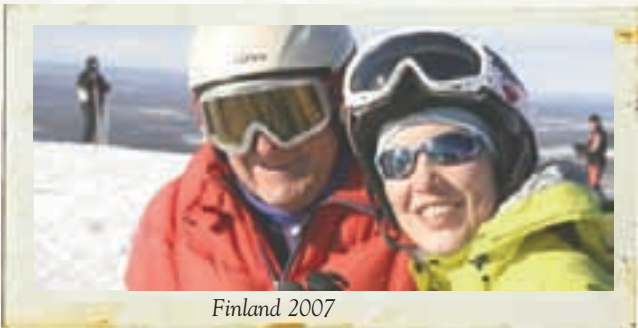


Bike Holland

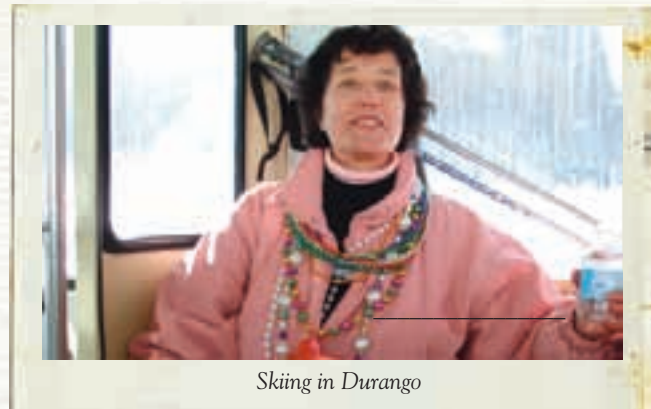
Vietnam: Hanoi to Saigon Cycling Tour, Apr. 5-20, 2008
in addition to nine days of riding, you'll experience a cyclo ride in Hanoi and a motorbike tour in Hue. And there's an optional Pre-Trip Extension: Halong Bay, Apr. 2-5, 2008.

Panama Easy Adventure, Nov. 4-16, 2008

This trip offers a once-in-a-lifetime chance to visit with the Pre-Columbian Kuna Indian tribe of the San Blas Archipelago.



Finland 2007



Skiing in Durango



OTHGI in Snowmass 2007

Crossed Skis

We will miss our friend who recently passed away:

Tom Ling, Breckenridge, CO



Are You Ready for Ski Season?

BY BOB GUTHRIE AND BARRY LAZARUS

The leaves are changing, there is a chill in the morning air, and snow is beginning to dust the mountain peaks in ski country. Soon the white fluffy stuff will blanket our favorite hill. Will you be ready to go and hit the slopes when the chairs and gondolas start moving? Follow these tips for Fitness, Equipment, Medical, and Safety developed by OTHGI and you will be ready.

Did you know that most injuries occur in the afternoon and usually in the first few days of skiing? Begin your ski specific training a minimum of eight weeks before venturing out. The five essentials to getting fit are flexibility, cardiovascular, strength, balance, and power.

Gradually build up cardiovascular fitness by walking, running, or cycling either outdoors or inside at your local fitness center or home gym. Many of us go to the gym and use the machines to enhance our physical strength and power. No matter what you choose to do, you'll avoid that afternoon fatigue by tuning up your heart and lungs.

For the over 50 crowd, the most important body part to protect for skiing, other than your head, is your knees. Do exercises such as squats, with or without weights, to build up your quads, the large muscles above your knees. Flex and stretch your hamstrings, behind your knees as well. A pulled or torn hamstring muscle can knock you out for the entire season. For skiing, emphasize your legs and back. A



Skiing in Snowmass

simple exercise for balance is to lean against a wall and flex into ski position. Hold it for 15 seconds and do sets of 10. Gradually increase your hold time to 30 or 45 seconds. Wow, will you be fit!

Safety check your equipment at a reputable ski shop. Even if you are still in love with the rear entry ski boots you've worn for the last 15 years because they are comfortable, we recommend tossing them out along with your straight skis. See a qualified "boot doctor," and get some custom foot beds and front buckle boots. Shaped skis are shorter, easy to use, and allow you to ski longer each day with less fatigue. They have revolutionized skiing. Get a pair and you will fall in love with skiing all over again.

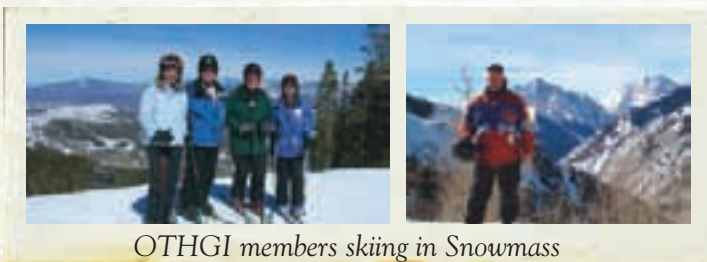
Wear a helmet. Helmets are now required on all OTHGI ski days and trips. Make sure your helmet fits well, you can hear with it on, and your goggles fit the helmet perfectly. There is little worse than having snow sift down your goggles and obscure your vision. Save your old stocking caps for après ski, snowshoeing or donate them to a local thrift shop.

You are now fit, have updated your equipment and had it safety checked; there is only one other spot on your check list. Visit with your family physician or internist to ensure there is nothing in your health profile that will interfere with your ski season.

Now, you are ready! See you on the slopes.

Join us for OTHGI's First Ever Health Symposium

Drs. Barry Lazarus and Bob Guthrie, along with Dr. Henry Lew from the former Golden Gate Chapter, and Dr. Steve Pledger, a new member from Cincinnati, will be conducting this new 4-day seminar designed to provide the latest in medical information for OTHGI members. Join us for a lively discussion among friends in Snowmass, and Ski a Little, Learn a Lot!



OTHGI members skiing in Snowmass



OTHGI members skiing in Snowmass

Understanding Acute Mountain Sickness

BY STEPHEN PLEDGER, M.D.

As we go skiing, we may reach altitudes of 8,000 to 12,000 ft. As we go higher in altitude, our body tries to acclimatize to the decrease in oxygen. If you go higher than what you are prepared for, you can get sick. Acute Mountain Sickness (AMS) is a group of symptoms that occur when your body is not properly acclimatized.

The exact mechanism of AMS is not completely understood, but the symptoms are thought to be due to mild swelling of the brain in response to the lack of oxygen. This brain distress causes:

- Headaches
- Loss of appetite, nausea, or vomiting
- Tiredness or weakness
- Dizziness (things spinning) or light-headedness
- Difficulty sleeping

Some have likened AMS to a bad hangover or worse. The rule of thumb is: if you feel unwell at altitude, it is altitude sickness unless there is another obvious explanation. Anyone who goes above 8,000 ft. can get AMS, even if you have not had it before. It may be related to how rapidly you arrived at the altitude or to your level of physical fitness.

There are two severe forms of mountain sickness that are life-threatening. The first is High Altitude Cerebral Edema (HACE). This is when the brain swells and ceases to function properly. It can be fatal in a matter of a few hours to a few days.

The symptoms of HACE are:

- Confusion, change in behavior



OTHGI Member
Stephen Pledger, M.D.

- Lack of energy
- Loss of coordination
- Loss of balance

If a person cannot walk a straight line, you have to presume that they have HACE. The person needs to get off the mountain immediately or it could be fatal! You cannot wait until morning.

The second severe form of mountain sickness is High Altitude Pulmonary Edema (HAPE). Pulmonary edema means fluid building up in the lungs.

The symptoms of HAPE are:

- Extreme tiredness
- Shortness of breath at rest
- Fast, shallow breathing
- Cough, possibly with a frothy sputum
- Gurgling or rattling breaths
- Chest tightness, fullness or congestion
- Blue or gray lips or fingernails
- Drowsiness

HAPE usually occurs on the second night after arriving at a high resort. Immediate descent is also the treatment of choice for HAPE; unless oxygen is available delay may be fatal. It is common for persons with severe HAPE to also develop HACE, presumably due to the extremely low levels of oxygen in their blood.

Both HACE and HAPE resolve rapidly with descent. In the next issue, we'll talk more about treatment for Acute Mountain Sickness.

Keep your tips up!

Pushing the Envelope

BY DENNIS BEASLEY

People need a challenge, a purpose, a reason to keep going. That becomes more critical as one ages, for there are many reasons to give up, to give in...to consign oneself to the physical or mental rocking chair. Skiing is the rare activity that allows seniors to continue to push their physical and mental limits, to forget their aches and pains, to come back alive.

One of the greatest attributes of skiing is that each and every day we go out on the slopes, we can decide just how hard or easy we want to ski, how much we want to push our own risk envelope, stretch our comfort zone, be like the astronauts and go places we never thought we would go.

The exhilaration and desire to scream with joy can be felt equally by persons of any age and ability when you push the envelope, when you go beyond where you never thought you'd go. The downhill racer's rush isn't any different than the rush felt the first time you make it down a black run without falling, or the first time through the trees in silence and wonder. Part of that rush comes from "just doing it" and part comes from speed.

Skiing has often been described, even by race car drivers, as the sport with the purest form of speed. You are not

wrapped in a fiber-glass cocoon, or an aluminum tube. You are out there in it, going as fast as you can, and often faster than you ever dreamed, and every facet of your body knows it. Billy Kidd observes, "One of the great things about skiing is that you can choose your danger level to suit your personality. You can feel the adrenalin rush with the same intensity regardless of your ability or age."

It is that intensity, that thrill of experiencing the edge that makes it almost unbearable to keep within yourself. There are no designated hitters in skiing – you must do it all yourself; but the best moments are those spent skiing, with friends, at the edge of your envelope.

One of the more amazing things about Over The Hill Gang, International, is how many members we have who still push their envelope way out, some of whom are well beyond the age normally associated such activity. These are the ones who don't seek grooming reports but powder stashes, who win medals in Nordic events at the Senior Olympics, who prefer skiing safaris to skiing corduroy. Going where most dare not tread, or even imagine...these are the Ancient Astronauts of OTHGI.



The Legend

OVER THE HILL GANG, INTERNATIONAL®
2121 N. Weber St., Colorado Springs, CO 80907

PRSRRT STD
U.S. Postage
PAID
Asheville, NC
Permit No. 607

ADDRESS SERVICE REQUESTED

OTHGI Fall 2007

In this edition of the Legend

- *New and continuing benefits for 2007-2008*
- *View From the Top - OTHGI Trip FIRSTS*
- *Legends of OTHGI: Sherrie and Dennis Beasley*
- *Member Scrapbook*
- *Checklist for prepping for upcoming ski season*
- *Member's Health Symposium*
- *Altitude Sickness - Part II*
- *Ski History by Dennis Beasley*



*You just NEVER know when you'll run into the OTHGI!
This photo was taken atop the highest point in South
Dakota, Harney Peak!*

*From left to right:
Frank Schrage, Jen Schrage, Arthur Foley, Fran Lazarus, Barry Lazarus*

Call 719-389-0022 — Visit www.othgi.com — E-mail info@othgi.com