

Ski for Light, Inc.

2016 Annual Report



President's Letter



The 2016 Ski for Light International Event, held in Bellaire, Michigan, marked our 41st year. Just as in 2013, our first visit to Shanty Creek Resorts, we enjoyed comfortable accommodations, attentive service, and delicious food at the Lakeview Hotel. A quick shuttle ride brought us to beautifully groomed tracks on newly designed trails, which were tailored to meet the diverse needs of our group. Thanks to the tireless efforts of event co-chairs Judy Dixon and Doug Boose, trails coordinator Jeff Pagels and the rest of the event committee, the Shanty Creek Resorts staff, and a small army of volunteers, it was a superb week of activities for everyone, on and off the snow.

While cross-country skiing is our primary focus, the close friendships and working relationships developed over time form the foundation of every SFL week—and each year we welcome new attendees to our extended family. Our 2017 event, beginning February 5 at Snow Mountain Ranch in Granby, Colorado, will include many first-time participants and guides. With our accommodations just a few hundred yards from some of the best Nordic trails in that part of the country, I expect we'll all be doing a lot of skiing! Event chair Heather Berg and her capable and enthusiastic planning committee have a great week in store for us.

It is an honor for me to have served another year as Ski for Light's president. I am deeply appreciative of the generosity of you, our individual donors, the Sons of Norway, our corporate sponsors, foundations, and hundreds of dedicated volunteers. It is your generous support that sustains this life-changing program. Thank YOU.

Sincerely,

*Scott McCall,
Ski for Light President*

***Skiing.
Sharing.
Learning.
The mission
of Ski for Light
is to enhance
the quality of life
and independence
of visually or
mobility-impaired
adults through
a program of
cross-country
skiing.***

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About us



*“If I can
do this,
I can do
anything.”*

—Ski for Light motto

Ski for Light, Inc. is an all-volunteer, nonprofit organization founded in 1975, modeled on a similar program in Beitostølen, Norway. We have year-round offshoots across the country, but our primary endeavor is a week-long international event each winter in which blind and mobility-impaired adults are taught the basics of cross-country skiing. They leave Ski for Light with a sense of accomplishment and motivation that often carries over to the rest of their lives back home.

Each visually impaired participant (“VIP”) is paired for the week with an experienced, sighted cross-country skier who acts as ski instructor and guide. The disabled person skis in tracks or grooves groomed into the snow, while the guide skis in a parallel set of tracks. The guide provides directions and skiing tips, gives support and encouragement, and describes the countryside. For our mobility-impaired participants (“MIPs”), who propel themselves in sit-skis, the guide sometimes lends extra muscle when the pair heads uphill or veers off-track



Our people

As many as 300 people attend each event. The blind and mobility-impaired adults who participate as skiers come from all over the United States and from several foreign countries. Many wish to become more physically active and fit, and to find recreational opportunities that are lacking at home.

The volunteer guides who attend Ski for Light pay the same event fees as disabled skiers. Their motivation is simple: to share a favorite activity with someone who would otherwise not have the opportunity to participate. Most of these guides discover that in the process of giving of themselves, they are getting more in return. Many come back year after year.

Our places

The location of the event changes from year to year in an effort to spread the Ski for Light concept to as many parts of the country as possible. In recent years, we have gathered in North Conway, New Hampshire; Bend, Oregon; Provo, Utah; Anchorage, Alaska, and Bellaire, Michigan. The 2017 event, our 42nd, will be at Snow Mountain Ranch in Granby, Colorado.

Our M.O.

All first- and second-year guides arrive a day early for a guiding boot camp. In teams, each led by an experienced skier-guide pair, the new guides head out to the ski area and rotate

through a series of learning stations—from simple orientation to skis and snow, which includes making sure the skier is properly dressed for the day, to such advanced techniques as the herringbone (for uphill climbing) and the snowplow (for controlling speed on a downhill run). The guides learn how to break each skill down to its component parts. They learn how to replace a visual demonstration with words and, in some cases, touch.

New guides also learn useful vocabulary—“tips left” signals a left-hand turn, for example, while “track left” signals a lateral move with skis parallel and body facing forward—and how to indicate the severity of turns or inclines by using a number-rating system, clock face or compass symbols. Most importantly, guides learn how to ensure everyone’s safety by constantly assessing their skiers’ abilities and comfort level, by using proper trail etiquette and, as a last resort, shouting the “Sit!” command for an emergency stop.

In practice, though, “how it works” varies with each skier-guide pair. It can even vary from day to day, as the kind of input the skier needs from the guide changes due to trail conditions, visibility (many SFL participants are partially sighted), and the skier’s own improving abilities and confidence.

Over the years we’ve refined the Guide Handbook, a 24-page instructional primer that’s distributed to all guides. The Handbook is also available in digital and audio formats on our website, for those who’d like to know more about how we do what we do.

Join our family

Go to www.sfl.org, Like us on Facebook, or call (612) 827-3232 to request more information.



Clockwise from above: Rich Mah guides blind skier Sheri Richardson on a gentle downhill glide; April Havey and guide Bill Witzke wait their turn on the snowplow practice hill; longtime SFL friends John Amundson, Dianne Brunswick and Barbara Howie celebrate another successful 5K; seasoned MIP skier Larry Ngayan and guide Svein Thorstensen hit the trail; first-time participant Erika Wolf gets some hands-on instruction from guide Lynee Forsyth





Program Highlights

International Week: 'I'm going to give this my best shot'

By Julie Coppens

We all come to Ski for Light with different goals in mind. Maybe it's a determination to complete our first 10K, master a new technique for negotiating hills, learn to lane-change with confidence, or simply renew our motivation to exercise more back home.

Like a lot of first-time participants, though, AnnaLisa Anderson was focused on only one thing at SFL 2016: survival.

"I was pretty petrified, to be honest," confessed AnnaLisa, 47, of St. Paul, Minnesota, who came to Shanty Creek Resorts, near Bellaire, Michigan, at the urging of two Michigan friends (sisters April and Christy Havey) who had been to SFL before and assured her she'd have a great time. AnnaLisa was... cautiously optimistic.

"I'm no athlete," she said flatly. Growing up blind in a small Wisconsin town, she participated in various sports and activities; her parents always encouraged her to get outside and have fun. But she calls herself "not a winter type of person," and the one time she tried cross-country skiing as a kid, it didn't go well. "The whole idea of it—you feel kind of out of control when you're skiing," AnnaLisa explained. "You're gliding, you know, and you could go down any minute."

So she appreciated the indoor session offered to beginners on the first morning of Ski for Light, when experienced instructor/guides explain how the equipment works and give everyone a chance to try some basic skiing techniques on a carpeted floor.

"That was good," AnnaLisa recalled. "It helped me get an idea of what I was doing. But then, getting out on the practice track, when [the instructor] made us do all that on the snow, without poles"—novices often rely on their poles for balance rather than propulsion, which can be a hard habit to break—"I was so scared. I thought I was going to fall flat on my face. But I just thought, 'OK, if I'm going to do this, I'm going to give it my best shot.'"

"We were skiing on some of the stickiest, clumpiest snow I have ever seen—a real challenge for a beginner," recalled AnnaLisa's guide, Jean Larson. But after coasting down a little hill, Jean added, "She would say, 'Are we really at the bottom? That wasn't bad! Let's do that again.' When it started getting dark, our leader, Ken Leghorn, said, 'Don't wear yourself out. We need to go in.' She said, 'Oh, just one more time!'"

Others noticed AnnaLisa's stick-to-it-iveness. At a banquet on the group's last night at Shanty Creek, she was honored with the Jan Haug Award, a memorial gift of skis, boots and poles bestowed each year on an enthusiastic first-timer.

"I was completely blown away—just totally, totally shocked," AnnaLisa said. Listening to SFL president Scott McCall

*"You can always
learn something
new in your life."*

—AnnaLisa
Anderson, blind
skier and 2016 Jan
Haug Award winner,
pictured above with
guide Jean Larson

describing the bequest, she added, “I thought, there’s no way they’re going to give this award to me... There were other first-timers who were going so much faster than I was.”

Of course, it’s not always about who skis the fastest.

“The thing I came away with was, you can always learn something new in your life,” AnnaLisa said. “It doesn’t matter what age you are, it doesn’t matter whether you feel like you’ll ever be really good at it. I don’t know that I’ll ever be a fantastic skier, but if I get more practice under my belt, maybe this is something I can actually enjoy doing.”

Honoring Bob Civiak

By Peter Slatin

Each year during International Week, Ski for Light presents one worthy veteran with its Bjarne Eikevik President’s Award, recognizing an outstanding commitment and contribution to the mission and people of SFL. Board President Scott McCall chose Robert Civiak as the 2016

honoree. Bob began guiding in 1992, and in the quarter century since has missed just two events. Still, Bob said, the award “was a total surprise. I was overwhelmed.”

Those who have known Bob, skied with him, and served with him (he’s currently vice president of the SFL board), were not surprised. We have all observed his dedication not only to the sport of cross-country skiing, at which he excels, but also to the people who come to Ski for Light and to the organization’s overall health.

Bob was recruited to Ski for Light by the late Bud Keith, a true champion and charter member of the group. Bob was living in Washington, D.C., and working as an advocate for nuclear disarmament, but he wasn’t having much luck finding time for his favorite hobby—or the necessary snow, for that matter. “Bud used to come to our ski club every year asking for guides,” Bob recalls. “Finally I said, ‘I’ve got to ski. How bad could this be?’ I guess it wasn’t that bad. I just fell in love with it. I love the guiding and the community.”

Following Bud’s lead, Bob devotes most of his energies toward guide recruitment and on helping people improve their skiing technique. “I put a heavy emphasis on pushing people to ski better and work hard to do something they’ve never done before,” he says. He adds frankly, “We need to bring in younger guides who have great experience.” Word of mouth, he says, remains SFL’s best recruitment tool.

On returning to his home in New Hampshire last winter, Bob gave the specially designed President’s Award plaque pride of place on his mantel, beneath artwork of a cross-country skier. But this January he was wistfully packing up

the traveling award so that it could be bestowed upon this year’s honoree. Bob will receive a smaller token to keep.

That annual tradition of paying it forward is emblematic of what keeps Ski for Light fresh and growing through the years. “My long-term wish for SFL is that it sustains itself,” Bob says. “Reaching more people, new people, and changing their lives is what it’s all about.”

Bob Civiak, at center in his trademark jester’s hat, guiding Doug Powell at the start of the 10K race last year in Bellaire, Michigan.



Ridderrenn 2016: Coming home by going far

By Andrea Goddard

For Sheila Styron, going to Norway felt a little bit like a homecoming—and a lot like an adventure.

Being half-Norwegian, Sheila had always regretted not learning very much of her mother's native language growing up. She'd been to the Ridderrenn once before, in 2004 with one of her ski guides, but this time, as an official member of the 2016 Ski for Light Ridderrenn team, Sheila had a new tool for picking up

Norwegian phrases: a blind-user-friendly smartphone app. While preparing for the trip last winter, she spent many hours happily engrossed in "Hvordan sier du... på norsk?,"

knowing that it would deepen her understanding and kindredness with her mother and so many of the fellow skiers with whom she would share the world-class Beitostølen trails. She felt a jolt of excitement when, on the last leg of her journey from Copenhagen to Oslo, she began hearing and understanding the Norwegian being spoken on the plane.

Joining Sheila on the trip were SFL teammates Rich Milsteadt, a veteran guide from Winthrop, Washington; and Denise Avant, a Chicago attorney and visually impaired skier who attended her first Ski for Light in 2011. (New Hampshire guide Lars Johanson, the

team's fourth honorary member, was unable to travel to Norway due to an injury.) Sheila, a professional musician from Kansas City, Mo., got her start with the organization back in 2002, when she decided to take the money she was saving for a new synthesizer and put it instead toward an entirely new experience: standing up on snow with two long wooden sticks attached to her feet, trusting a sighted partner to help her negotiate the turns and hills of her first cross-country ski trails. Always an avid hiker and exercise enthusiast, and totally blind for all of her sixty-plus years, Sheila said she was never one "to sit on

the bench while everyone else got out there and had fun." When she got the call to represent her country in Norway, at the international event that inspired Ski for Light USA, Sheila couldn't



think of anywhere she'd rather go.

The journey to Beitostølen was perhaps less likely for Rich and Denise, though no less enjoyed. Rich wound up a guide at Ski for Light after meeting Nancy McKinney through (really) a personals ad in the local paper. Denise was a downhill skier for most of her life, joining the American Blind Skiing Foundation at alpine events in Colorado until a serious knee injury in 2005 knocked her off the mountain and into many long, hard months of rehabilitation. Six years later, Denise found herself cross-country skiing in Granby, Colorado, continually surprised at the ability of her

"The more you give, the more you get."

—Instructor/guide
Rich Milsteadt,
a member of the 2016
SFL Ridderrenn Team

The 2016 SFL Ridderrenn team, from left: Sheila Styron, Lars Johanson, Rich Milsteadt, and Denise Avant, with new uniform jackets from our friends at Patagonia.

guide, Frank Gibney, “to get me to do things I didn’t think I could do.” She was even more surprised that year to receive the Jan Haug Award, a gift of new skis, boots, and poles granted to promising first-time participants. Little did she know that those skis would accompany her a good distance around the world to a small village in the Scandinavian highlands.

Denise, Rich, and Sheila all described a great ski week, with fine weather, favorable snow conditions, and the impeccable trail grooming for which the royally supported Ridderrenn is known. Denise proudly completed her first-ever 10K, while Sheila amazed herself at the biathlon, an event combining sprint-skiing and target-shooting. “I’m an endurance skier... not really fast, and the biathlon made me a bit apprehensive,” Sheila recalled. “Actually, I was worried I’d come in last, but I practiced [aiming the adaptive laser-sighting equipment], and ended up getting about eight out of ten bullseyes! It’s extra funny because I don’t really like guns, and I ended up being a sharpshooter.”

Sheila also described one “magical day” when the whole SFL group skied a little ways up into the hills surrounding Beito to enjoy a picnic lunch and conversation with some Ridderrenn veterans. Rich said, “It was fabulous back-country skiing with a single track, so guides would ski ahead of, behind, or off to the side of their skiers.” Naturally, it started to snow during lunch, and the group got a bit lost on their way back down the mountain, which simply meant they had to ski a little longer than planned. No one complained. Sheila said the day brought her closer to her companions, strengthening her connectedness to SFL. Denise,

meanwhile, savored the fun gatherings in the evenings, relishing discussions of American politics with the knowledgeable Europeans she met.

Those kinds of human connections keep Rich coming back to Ski for Light. (He’s also now married to Nancy, which might be another reason.) Guiding and skiing “is like having a dance partner, because it’s not much fun dancing by yourself,” Rich said. He’s learned a lot by sharing his favorite sport with people of different abilities—and when it comes to the guide/skier relationship, he added, “The more you give, the more you get.”

Leaving Beitostølen with fond memories and interesting stories to carry home, they spent an engaging (and appetizing) couple days in Oslo again before flying back to the United States. Lisen, a longtime SFL friend and local tour guide, regaled the Americans with fascinating tales from Norway’s past. Sheila was enthralled by a tour of Norway’s Resistance Museum, which honors the people’s heroic efforts against the Nazi occupation in the 1940s; Denise loved exploring the exhibits in the Holmenkollen Ski Museum, where she was actually able to touch the many kinds of skis the Norse people employed for transportation and recreation across the centuries.

“Remembering Norway now is vibrant, though the trip seems long ago in retrospect,” Denise said. “I hope the next team to go really embraces the idea,” she added, both as a return home to where Ski for Light began, and as an adventure in a truly unique corner of the world. “I would encourage them to go expecting to have a good time, and to be in the moment.”

“I don’t really like guns, and I ended up being a sharpshooter.”

—Blind skier Sheila Styron, laughingly recalling her epic performance in the biathlon in Norway

Endowment Fund

Contributions to the Endowment Fund are invested to ensure that Ski for Light will glide along for years to come. We gratefully acknowledge those who made gifts between December, 2015, and November, 2016:

Doug and Lynda Boose (in memory of Charlotte Brewer)
Joan Holcombe
Laura Oftedahl
Laura Oftedahl (in memory of Kjell Skavnes)
Karen Wedde
Karen Wedde (in memory of Harold and Dora Wedde)
Charles Wirth

Friends of Ski for Light

During the year we welcomed Joan Holcombe, pictured below guiding Bonnie O'Day, as a new Life Member of Friends of Ski for Light. She joins 369 individuals or couples who previously became Life Members of Friends of Ski for Light by donating \$400 or more to the SFL Endowment Fund, or because someone else donated that amount in their honor. For the complete roster of Life Members visit www.sfl.org/supporters. We thank all of them for their investment in the future of Ski for Light, and for their commitment to the program.



Contributors

We gratefully acknowledge all the generous individuals, foundations, corporations and Sons of Norway lodges that helped us with general operating support from December, 2015, through November, 2016.

Racers (\$2,500 and beyond)

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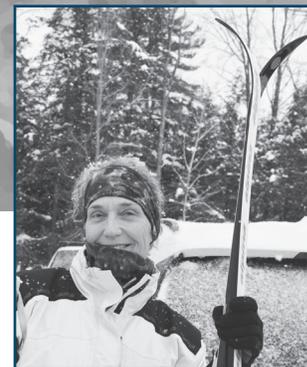
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The Sedona Fund
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Ju-yeong Lee (Goodfellow fund)
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Daniel Beckman (in honor of Doug Boose)
Joanne Beyer and family (in memory of Charlotte Brewer)
Polly Beyer
John Birdsong



“We never know what the future holds; life can change in an instant. On the Shanty Creek trails, I was just a momentary MIP, but the experience will remain with me forever.”

—Jody Carman, a guide from Kodiak, Alaska, who attended SFL 2016 as a “mobility-impaired person” due to a knee injury and learned how to use a sit-ski

Doug and Lynda Boose (in memory of Dick Madison)
 Mika Brewer (in memory of Charlotte Brewer)
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Our thanks go to the following companies that have provided products or services to help support Ski for Light. Many of these companies have stood behind us for years—and we're grateful.

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 from Elaine Bowman)

The Goodfellow Fund

Donations earmarked for the Goodfellow Fund are used for guide stipends and guide training at the International Event. The fund was created in 1990 in honor and memory of Marilou Goodfellow, a longtime guide at the Puget Sound Regional and the International Ski for Light programs. Goodfellow's life ended too soon, the result of an accident. Among the many lives she touched was that of Nancy McKinney Milsteadt, her niece, who began guiding at her suggestion and eventually went on to become Ski for Light president.

“I am glad I took a week of vacation and came to Shanty Creek, Michigan. I really learned the art of cross-country skiing and got a wonderful workout.”

—Blind skier Anmol Bhatia, a first-time attendee from Seattle, pictured at center below with fellow first-timer Denna Lambert, left, and veteran guide Julie Coppens, at the 5K finish line



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First-time participant Trina Bassek, a blind skier from Colorado, with guide Marita Johanson.

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In Memoriam

We said goodbye to some dear SFL friends in 2016, including longtime participant Dick Ashley, guide Charlotte Brewer, and guide Kjell Skavnes. Laura Oftedahl was paired with the Norwegian-born Kjell for her first Ski for Light, in 1980 at Ranch Rudolf in Traverse City Michigan. “That week changed my life forever,” Laura said, remembering Kjell’s patient skiing instruction and après ski conviviality—but also his howl of protest when she paused during the 5K Rally to tie her boot-lace (and surreptitiously catch her breath). “Kjell was quiet and unassuming and had a huge heart,” Laura recalled. “In addition to being a dedicated guide, he was creative and generous, donating his sports car racing winnings to SFL. *Tusen takk* for helping Ski for Light in so many ways.” And thanks to the Skavnes family and to New Jersey guide Sonja Baker for sharing this wonderful photo of Kjell with Barbara Lewis (to his immediate right) and several other “Kjell’s Angels” at a Ski for Light event circa 1981.

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Financial Summary

SKI FOR LIGHT, INC.
June 30, 2016 and 2015
Statements of Financial Position

ASSETS

	2016	2015
CURRENT ASSETS		
Cash and cash equivalents	\$67,246	\$67,817
Prepaid expenses	\$11,664	0
TOTAL CURRENT ASSETS	\$78,910	\$67,817
OTHER ASSETS		
Endowment investments	\$359,132	\$381,591
TOTAL ASSETS	\$438,042	\$449,408

NET ASSETS

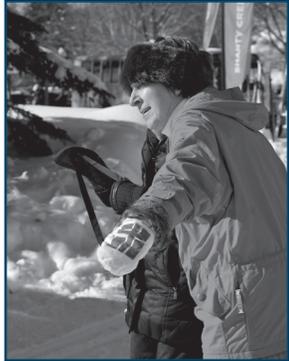
UNRESTRICTED NET ASSETS		
Undesignated	\$75,910	\$64,817
TEMPORARILY RESTRICTED NET ASSETS		
Time and purpose restricted	\$34,172	\$58,281
PERMANENTLY RESTRICTED NET ASSETS	\$327,960	\$326,310
TOTAL NET ASSETS	\$438,042	\$449,408

*The entire financial statement for fiscal years 2015 and 2016 is available upon request.
The most recent IRS Form 990 is also available upon request from the Ski for Light office.*

SKI FOR LIGHT, INC.
 Statements of Activities and Changes in Net Assets
 For the year ending June 30, 2016 (previous year's totals listed for comparison)

	2016 Unrestricted	2016 Temporarily Restricted	2016 Permanently Restricted	2016 TOTAL	2015 TOTAL
PUBLIC SUPPORT and REVENUE					
PUBLIC SUPPORT					
Contributions (includes in-kind)	\$74,335	\$3,000	\$1,650	\$78,985	\$76,724
Auction and raffle revenue	\$5,718	0	0	\$5,718	\$4,100
TOTAL PUBLIC SUPPORT	\$80,053	\$3,000	\$1,650	\$84,703	\$80,824
MERCHANDISE SALES					
Revenue	\$8,231	0	0	\$8,231	\$14,544
Cost of Sales	(\$2,780)	0	0	(\$2,780)	(\$4,677)
NET MERCHANDISE SALES	\$5,451	0	0	\$5,451	\$9,867
OTHER REVENUE					
Participant fees	\$164,428	0	0	\$164,428	\$233,954
Investment interest and dividends	\$15	\$7,166	0	\$7,181	\$17,016
Realized gain (loss) on investments	0	(\$10,847)	0	(\$10,847)	(\$8,548)
Unrealized gain (loss) on investments	0	(\$1,428)	0	(\$1,428)	\$2,478
TOTAL OTHER REVENUE	\$164,443	\$5,109	0	\$159,334	\$239,944
Satisfaction of purpose restriction	\$19,600	(\$19,600)	0	0	0
TOTAL PUBLIC SUPPORT and REVENUE	\$269,547	(\$21,709)	\$1,650	\$249,488	\$330,635
EXPENSES					
PROGRAM SERVICES					
SFL Event	\$210,288	0	0	\$210,288	\$301,170
Ridderrennet	\$7,682	0	0	\$7,682	\$9,216
TOTAL PROGRAM SERVICES	\$217,970	0	0	\$217,970	\$310,386
SUPPORTING ACTIVITIES					
Administrative and General	\$36,654	0	0	\$36,654	\$40,230
Fundraising	\$3,830	0	0	\$3,830	\$8,698
TOTAL SUPPORTING ACTIVITIES	\$40,484	0	0	\$40,484	\$48,928
TOTAL EXPENSES	\$258,454	0	0	\$258,454	\$359,314
LOSSES					
Loss from restricted contributions returned to donor		\$2,400	0	\$2,400	0
TOTAL EXPENSES & LOSSES	\$258,454	\$2,400	0	\$26,854	\$359,314
INCREASE (DECREASE) IN NET ASSETS	\$11,093	(\$24,109)	\$1,650	(\$11,366)	\$28,679
NET ASSETS, BEGINNING OF YEAR	\$64,817	\$58,281	\$326,310	\$449,408	\$478,087
NET ASSETS, END OF YEAR	\$75,910	\$34,172	\$327,960	\$438,042	\$449,408

Board of Directors



Ski for Light, Inc. is an all-volunteer organization, managed by an elected Board of Directors. The affairs of the organization are managed between meetings of the full Board by an Executive Committee of the Board. Board members serve four-year terms; executive committee members serve two-year terms. Here is the roster for 2016-17.

Executive Committee

Scott McCall, President
Atlanta, Georgia

Robert Civiak, Vice President
Enfield, New Hampshire

Judith Dixon, Secretary
Arlington, Virginia

Brenda Seeger, Treasurer
Red Lake Falls, Minnesota

Heather Berg, Director at Large
Colchester, Vermont

Tim McCorcle, Director at Large
Seattle, Washington

**Marion Elmquist,
Immediate Past President**
Des Moines, Iowa

Directors

Renee Abernathy, *Dallas, North Carolina*

Amy Brannan, *Bend, Oregon*

Dede Chinlund, *Seattle, Washington*

Julie Coppins, *Juneau, Alaska*

Wendy David, *Seattle, Washington*

Krista Erickson, *Mundelein, Illinois*

Andrea Goddard, *Spokane, Washington*

Nicole Haley, *Milford, New Hampshire*

Robert Hartt, *Alexandria, Virginia*

Eivind Heiberg, *Minneapolis, Minnesota*

Melinda Hollands, *Traverse City,
Michigan*

Ken Leghorn, *Juneau, Alaska*

Leslie Maclin, *Evanston, Illinois*

Richard Milstead, *Winthrop,
Washington*

Bonnie O'Day, *Alexandria, Virginia*

Laura Oftedahl, *Berkeley, California*

Larry Showalter, *Seattle, Washington*

David Sweeny, *Brooklyn, New York*

Honorary Director:

Jon Tehven,
President, Sons of Norway
Minneapolis, Minnesota

Directors Emeritus

Leif Andol - *Huron, South Dakota*

Nancy McKinney Milstead -
Winthrop, Washington

Einar Bergh - *Stavanger, Norway*

Jean Replinger - *Marshall, Minnesota*

From top: SFL board members Melinda Hollands (with guide Lew Lasher), Brenda Seeger, Andrea Goddard, and Leslie Maclin (with Sven Mogensen), on race day 2016 in Michigan.



Past SFL presidents and longtime friends Larry Showalter and Marion Elmquist are all business at the start of the 5K.



SKI FOR LIGHT, INC.

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