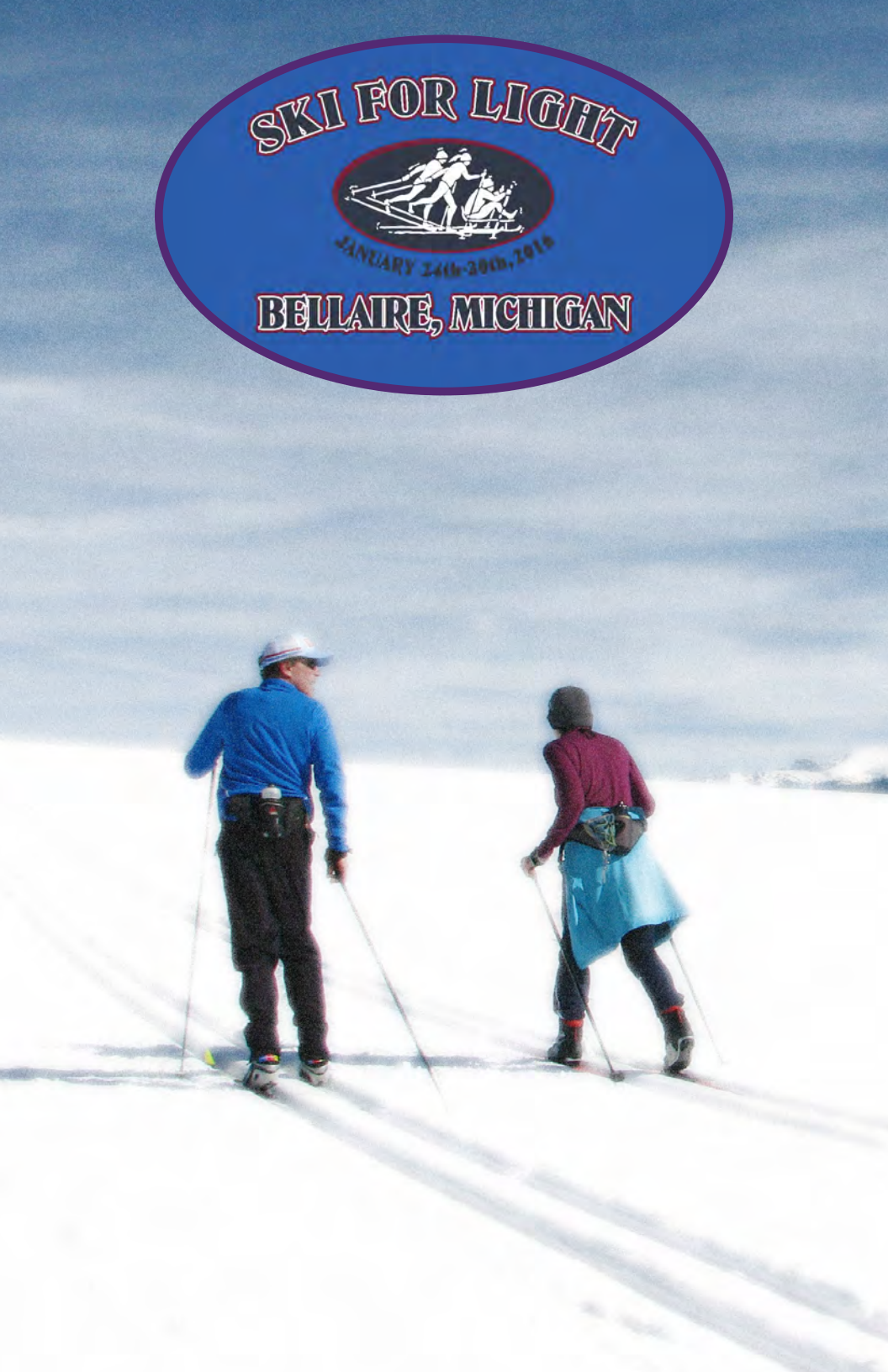


SKI FOR LIGHT



JANUARY 24th-26th, 2016

BELLAIRE, MICHIGAN





More than:

Vikings

The mission of Sons of Norway is to promote and to preserve the heritage and culture of Norway, to celebrate our relationship with other Nordic Countries, and provide quality insurance and financial products to our members.



**SONS OF
NORWAY**

1455 W. Lake St., Minneapolis, MN 55408
(800) 945-8851, www.sonsofnorway.com

Not that they aren't great...but, being a Sons of Norway member is about so much more than bunads, lefse and Vikings.

Membership opens the door to a community of thousands of like-minded individuals with a passion for Norwegian heritage, culture, volunteerism and fellowship; and, those are just some of the benefits. Members also enjoy access to quality heritage programming, competitive financial products, philanthropic outreach opportunities, exclusive travel discounts and more.

To find out how you, too, can be part of the Sons of Norway community, call (800) 945-8851 or visit sonsofnorway.com.



SKI FOR LIGHT 2016



“When I crossed the finish line, I could not stop the swell of emotions I felt. Someone placed a beautiful medal around my neck, and cheers and cowbells rang out all around me. I was proud of myself for accomplishing this feat, but I was also overcome with gratitude for my guide, Lynn Cox, and to SFL for making it all possible.”

—Audrey Demmitt, first-time skier, pictured above (left) with guide Lynn Cox at the finish of the 2015 SFL Race/Rally in Granby, Colorado. Below: Beware the Yeti of Snow Mountain Ranch! On the cover: Rich Smith guides Bonnie O’Day.

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FROM THE EVENT CHAIRS

Ski for Light is a unique event that holds a special place in the hearts of those who have experienced it. The snow, the fresh air, the skiing all caught our interest, and the warm SFL community keeps us coming back—Judy for her 39th year and Doug for his 21st.

In keeping with our Ski for Light tradition to “take a good thing and make it better,” this year we are trying something new. The six-day event is an experiment, prompted mainly by heavy weekend use of the resort’s facilities by others (as at most ski areas around the country), which would have presented particular problems for a Saturday Race/Rally this year. The advantages for us of a lower event cost and arriving home with a bit of breathing room before returning to weekday responsibilities are well-known. But we also recognize that there may be disadvantages. Please let us know what you think!

Here at the Shanty Creek Resorts in one of Michigan’s “lake-effect” snow belts, winter has arrived just in time, and we have a stellar week of skiing, camaraderie, and a variety of activities planned for you. The Event Committee is composed of dozens of people spending countless hours preparing for this event. They deserve our thanks.

—*Judy Dixon and Doug Boose, 2016 Event Co-Chairs*



Welcome to Shanty Creek Resorts and the 41st annual

Ski for Light International Week. Following a joyous celebration of our 40th anniversary last year in Granby, Colorado, we now turn our attention



PRESIDENT'S LETTER

to the beginning of our fifth decade of “Skiing, Sharing, and Learning.” This 2016 event brings us back to Bellaire, Michigan, and the beautiful grounds and warm hospitality we enjoyed here at Shanty Creek in 2013. This year’s planning team is led by Judy Dixon (heading up the hotel and other off-the-snow aspects of the event) and Doug Boose (managing the skiing activities). Judy and Doug have a combined sixty years of SFL participation, so they know what they’re about, and they’ve assembled an outstanding team to insure a successful event at every level.

As Ski for Light’s President, I believe in maintaining the traditions and philosophy that have brought us this far, while embracing change that will strengthen and broaden our appeal. I encourage all to share with me your experiences and opinions of the week, in particular the shorter schedule we’re trying out, to help us weigh the pros and cons as we look ahead to future events.

Throughout the year, I am constantly reminded of the dedication of our Board members, friends, and other volunteers. Your generous contributions of both time and money enable us to continue to function so efficiently and dynamically as an all-volunteer organization. A genuine and heartfelt thanks to all for your continued support of this life-changing event.

—Scott McCall, *Ski for Light President*



An event like this doesn't just happen; it takes months of work by many dedicated volunteers. Ready to share your own time and talents? Talk with us.

2016 EVENT COMMITTEE

Event Co-Chairs: Doug Boose and Judy Dixon

Announcer: Julie Coppens

Awards: Marion Elmquist

Evening Programs: Deb Wiese

Finances: Brenda Seeger

First Aid: Carl Heine

Foreign Delegations: Marion Elmquist

Guide Training: Lynda Boose and David Fisk

Guide Applications: Lars Johanson

Hotel Functions: Cara Barnes

Hotel Staff Orientation: Doug Wakefield and Deb Wiese

Housing and Registration: Nancy McKinney Milsteadt

Information Room: Donna Permar

Local Volunteers: Sharon McKinley

Meals: Heather Berg

MIP Program: Dianne Brunswick

Mobile Application: Doug Wakefield

Other Attendees: Krista Erickson

Program Journal: Julie Coppens

Race/Rally: Tim Byas

Sales Room: Jeanne Mackenzie

Silent Auction: Susan Friedman

Ski Equipment: Rich Milsteadt

Ski Site and Trails: Jeff Pagels

Ski Technique Sessions: Ken Leghorn

Special Formats: Judy Dixon

Special Interest Sessions: Sheila Styron

Transportation: John Amundson

VIP Applications: Tim McCorcle

Website and Database Management: Larry Showalter



Our thanks go to the following companies that have provided products or services to support Ski for Light 2016. Many of these companies have stood behind us for years—and we're grateful. Be sure to browse the Sales Room and Silent Auction for some fantastic gear to take home, and do think of our friends when you're shopping for your next adventure.

JanSport

Acorn

Adventure Medical Kits

Baggallini

Blue Ridge Chair Works

Borton Overseas Travel

Bridgedale Socks

Chums

Clif Bar

Columbia

Darn Tough Socks

Farm to Feet

FasterSkier.com

Fjallraven

Fox River Mills

Haiku Bags

Heatmax/Grabbers

Kavu

Live Eyewear

Olly Dog

Patagonia

PEET Shoe Dryers

Peppers Polarized Eyewear

Ruffwear

SportHill

Travelon

Treat Planet

YakTrax

Zukes



CORPORATE SPONSORS



*The 2015 SFL
Ridderrenn team
turned heads in
Norway with
their fabulous
Patagonia jackets.*



Sons of Norway is a fraternal benefit society whose mission includes the promotion and preservation of Norwegian culture and heritage. Based in Minneapolis, it is the largest Norwegian organization outside of Norway, with more than 75,000 members and 420 local lodges.



Sons of Norway members and lodges have played a major role in the evolution of Ski for Light. In the very beginning, back in 1975, the Sons of Norway Foundation worked in concert with Olav Pedersen and others to bring the idea of Ridderrennet to America. Sons of Norway members and leaders such as Bjarne Eikevik worked tirelessly during the years that followed to make sure the idea took root.

Over the years countless Sons of Norway members have supported SFL by participating as guides, and many local lodges, plus the Sons of Norway Foundation and headquarters staff, have provided significant financial and other support to our activities. Ski for Light thanks the Sons of Norway for all that they do for us! Here are the local lodges that have provided recent financial support:

- Oslo Lodge 1-002 - Minneapolis, MN
- Synnøve-Nordkap Lodge 1-008 - St. Paul, MN
- Terje Viken Lodge 1-017 - Two Harbors, MN
- Sagatun Lodge 1-018 - Brainerd, MN
- Haarfager Lodge 1-040 - Virginia, MN
- Kristiania Lodge 1-047 - Rochester, MN
- Fedraheimen Lodge 1-059 - Willmar, MN
- Gjøa Lodge 1-065 - Sioux Falls, SD
- Mjøsen Lodge 1-175 - Glenwood, MN
- Granlund Lodge 1-240 - Fosston, MN

If you came home from last year's event a few pounds heavier, blame these ladies from the Colorado Sons of Norway, Storffell Lodge 6-169 in Grand County, who baked hundreds of cookies and even a towering kransekake celebration cake in our honor.



SONS OF NORWAY

- Jaabæk Lodge 1-264 - Montevideo, MN
- Viking Lodge 1-463 - Watertown, SD
- Vikingland Lodge 1-495 - Detroit Lakes, MN
- Nordic Lodge 1-502 - Forest City, IA
- Valdres Lodge 1-503 - Decorah, IA
- Fjordland Lodge 1-508 - Brookings, SD
- Elvidal Lodge 1-509 - Granite Falls, MN
- Trollheim Lodge 1-511 - Saint Cloud, MN
- Runic Venenskap Lodge 1-530 - Alexandria, MN
- Vennelag Lodge 1-546 - Lindstrom, MN
- Solglimt Lodge 1-547 - Cedar Falls, IA
- Solskinn Lodge 1-550 - Huron, SD
- Venskap Lodge 1-554 - Canby, MN
- Lauris Norstad Lodge 1-558 - Red Wing, MN
- Vennekretsen Lodge 1-559 - Anoka, MN
- Nordstjernen Lodge 1-563 - Grand Rapids, MN
- Norskfødt Lodge 1-590 - Morris, MN
- Marsteinen Lodge 1-596 - Des Moines, IA
- Hjemkomst Lodge 1-599 - Hastings, MN
- Vestland Lodge 1-601 - Minnetonka, MN
- Norsota Lodge 1-602 - Lakeville, MN



SONS OF NORWAY



James Mumford, with wife Linda, shows his style on Norway Night.

- Elveby Lodge 1-604 - Omaha, NE
- Skogvannet Lodge 1-658 - Walker, MN
- Harald Haarfager Lodge 2-011 - Coeur D'Alene, ID
- Grieg Lodge 2-015 - Portland, OR
- Fedrelandet Lodge 2-023 - Petersburg, AK
- Svalbard Lodge 2-033 - Juneau, AK
- Roald Lodge 2-039 - Klamath Falls, OR
- Odin Lodge 2-041 - Yakima, WA
- Poulsbo Lodge 2-044 - Poulsbo, WA
- Bernt Balchen Lodge 2-046 - Anchorage, AK
- Columbia Lodge 2-058 - Vancouver, WA
- Epledalen Lodge 2-096 - Wenatchee, WA
- Elvedalen Lodge 2-129 - Lewiston, ID
- Edmonds Lodge 2-130 - Edmonds, WA
- Vesterdalen Lodge 2-131 - Kent/Auburn, WA



SONS OF NORWAY

Fredriksten Lodge 3-125 - Philadelphia, PA
Brooklyn Lodge 3-243 - Brooklyn, NY
Norge Lodge 3-337 - East Williston, NY
Pleasant Point Lodge 3-439 - Point Pleasant, NJ
Noreg Lodge 3-466 - Marlboro, NJ
Lauderdale Lodge 3-475 - Ft. Lauderdale, FL
Troll Lodge 3-476 - Mahopac, NY
Tampa Bay Lodge 3-515 - Tampa, FL
Hampton Roads Lodge 3-522 - Norfolk, VA
Suncoast Lodge 3-562 - Clearwater, FL
Fram Lodge 3-564 - Freehold, NY
Bernt Balchen Lodge 3-566 - Rowland, PA
Bondelandet Lodge 3-612 - Lancaster, PA
Blå Fjell Lodge 3-646 - Bedford, VA
Gyda-Varden Lodge 4-021 - Grand Forks, ND
Kringen Lodge 4-025 - Fargo, ND
Thor Lodge 4-067 - Minot, ND
Sverdrup Lodge 4-107 - Bismarck, ND
Lodsen Lodge 4-138 - Great Falls, MT
Heim Lodge 4-178 - Devils Lake, ND
Wergeland Lodge 4-247 - Jamestown, ND
Enighed Lodge 4-307 - Watford City, ND
Møllargutten Lodge 4-478 - Maddock, ND
Ueland Lodge 4-480 - Cooperstown, ND
Sidney Lodge 4-489 - Sidney, MT
Jotunheim Lodge 4-499 - Billings, MT
Normont Lodge 4-507 - Cut Bank, MT
Hovedstad Lodge 4-528 - Helena, MT
Fjelldal Lodge 4-543 - Bozeman, MT
Dalen Lodge 4-553 - Glasgow, MT
Små Fjell Lodge 4-557 - Hettinger, ND
Bitterrootdalen Lodge 4-656 - Hamilton, MT
Løven Lodge 5-029 - Eau Claire, WI
Jotunheimen Lodge 5-286 - Viroqua, WI
Trollhaugen Lodge 5-417 - Chicago, IL



SONS OF NORWAY

- Sonja Henie Lodge 5-490 - Lansing, MI
- H R Holand Lodge 5-549 - Sturgeon Bay, WI
- Christian Radich Lodge 5-568 - Suttons Bay, MI
- Elvesund Lodge 5-593 - Riverside, IL
- Nordlandet Lodge 5-620 - Minocqua/Woodruff, WI
- Edvard Grieg Lodge 5-657 - Cincinnati, OH
- Fram Lodge 6-013 - Eureka, CA
- Roald Amundsen Lodge 6-048 - Sacramento, CA
- Nordahl Grieg Lodge 6-052 - San Jose, CA
- Solbakken Lodge 6-064 - Anaheim, CA
- Stein Fjell Lodge 6-114 - Loveland, CO
- Vesterheim Lodge 6-118 - Boulder, CO
- Desert Fjord Lodge 6-133 - Scottsdale, AZ
- Sol Byer Lodge 6-134 - Sun City, AZ
- Vestafjell Lodge 6-146 - Grand Junction, CO
- Desert Troll Lodge 6-165 - Henderson, NV
- Storfjell Lodge 6-169 - Grand County, CO

Many sons of Norway, in fact, still live there—except when they're dining al fresco at Ski for Light in the United States. Deafblind skier Harald Vik, left, is joined for lunch by his guides/interpreters Ivar Wigaard, Robert Skarsbakk, and Torben Loekass, among other friends.





PROGRAM SCHEDULE

Here's a day-by-day rundown of meals, skiing, important meetings and activities for the week. Please listen for more detailed program information and for any changes to the schedule during the twice-daily announcements, 7:45 a.m. during breakfast and 7 p.m. during dinner. SFL volunteers are ready to assist you throughout the week in the Information Room (Parlors E and H) and Sales Room (Parlor F).

FRIDAY, 1/22

7:30 a.m.

Breakfast

South Bellaire Room

8:30 a.m.

Board Meeting

Fireside Parlor

12 p.m.

Lunch

South Bellaire Room

1 p.m.

Board Meeting

Fireside Parlor

6:30 p.m.

Dinner

South Bellaire Room

7:30 p.m.

Guide Trainers Meeting

Fireside Parlor

Above: John Howie came all the way from Scotland to ski with guide Lynn Posey.

SATURDAY, 1/23

PROGRAM SCHEDULE

7:30 a.m.

Breakfast

Center Bellaire Room

8:30 a.m.

Work Volunteers Meeting

Fireside Parlor

9 a.m.

Guide Trainers depart
for Ski Site

Summit Conference Center

Entrance

12 p.m.

Lunch (Boxed)

SFL Rookie Terese Garcia takes her first strides in the tracks alongside veteran instructor/guides Glenn Beachy, left, and Ken Leghorn.

3 p.m.

Guide Trainers depart for
Hotel

Trailhead, Schuss Village

4-6 p.m.

Registration and Check-In

Summit Promenade

6:30 p.m.

Dinner

Parlor C

7:30 p.m.

Guide Training

Fireside Parlor



SUNDAY, 1/24

7:30 a.m.

Breakfast
Parlor C

8:30 a.m.

Work Volunteers Meeting
Parlor E (Information Room)

9 a.m.

Guide Training group departs
for Ski Site
*Summit Conference Center
Entrance*

12 p.m.

Lunch (Boxed)

2-6 p.m.

Registration and Check-In
Summit Promenade

2-6 p.m.

Hospitality
Parlor H

3:30 p.m.

Guide Training bus loads,
departs for Hotel
Trailhead, Schuss Village

6:30 p.m.

Dinner
Grand Ballroom



*John Amundson and Tracey "Trey"
Sullivan tour Snow Mountain Ranch
on snow shoes—and look good doing it.*

7:15 p.m.

Participant Introductions and
Guide Assignments
Grand Ballroom

MONDAY 1/25

6:45 a.m.

Stretching
South Bellaire Room

7:30 a.m.

Breakfast
Grand Ballroom

8:30 a.m.

Alumni Guide Meeting
Center Bellaire Room

PROGRAM SCHEDULE

PROGRAM SCHEDULE



Marie Huston and Jeff Pagels, partners in crime.

MONDAY, CONTINUED

9-10:15 a.m.

Shuttles load, depart
for Ski Site

*Summit Conference Center
Entrance*

10:30 a.m.

Beginner/Novice XC-Ski
Techniques

Schuss Mountain Day Lodge

11:30 a.m.-1:30 p.m.

Lunch

Ivan's, Schuss Village

1:30 p.m.

Beginner/Novice XC
Techniques
Ski Area

2-4 p.m.

Shuttles load, depart
for Hotel

*Trailhead and Ivan's, Schuss
Village*

4:30 p.m.

First- and Second-year
Guides Meeting
North Bellaire Room

First-time Participants
Meeting (VIPs and MIPs)
Fireside Parlor



PROGRAM SCHEDULE

5:30 p.m.

Welcome Reception
*Center and South Bellaire
Rooms*

6:30 p.m.

Dinner
Grand Ballroom

7:15 p.m.

MIP Overview and Guide
Introductions

9 p.m.

Dance with DJ

TUESDAY, 1/26

6:45 a.m.

Stretching
South Bellaire Room

7:30 a.m.

Breakfast
Grand Ballroom

8:30 a.m.

All Participants (VIPs and
MIPs) Meeting
Center Bellaire Room

9-10:15 a.m.

Shuttles load, depart
for Ski Site

10:30 a.m.

Technique Session:
Intro to Snowplow
Ski Area

11:30 a.m.-1:30 p.m.

Lunch
Ivan's, Schuss Village

2-4 p.m.

Shuttles load, depart
for Hotel
*Trailhead and Ivan's, Schuss
Village*

4 p.m.

Mid-week Board Meeting
Fireside Parlor

5:15-6:15 p.m.

Special Interest Sessions
*Topics and Bellaire Rooms
TBA*

6:30 p.m.

Dinner
Grand Ballroom

8 p.m.

Night of Fun: Comedy,
Trivia, Tubing
Listen for more details



WEDNESDAY, 1/27

PROGRAM SCHEDULE

6:45 a.m.

Stretching

South Bellaire Room

7:30 a.m.

Breakfast

Grand Ballroom

8:30 a.m.

All Guides Meeting

Center Bellaire Room

9-10:15 a.m.

Shuttles load, depart
for Ski Site

*Summit Conference Center
Entrance*

10:30 a.m.

Technique Session:
Intermediate Snowplow
Ski Area

11:30 a.m.-1:30 p.m.

Lunch

Ivan's, Schuss Village

2-4 p.m.

Shuttles load, depart for
Hotel

*Trailhead and Ivan's, Schuss
Village*

4 p.m.

Silent Auction Preview
Grand Ballroom

Nancy McKinney Milsteadt and Barbara Howie, a couple of fallen angels.



6:30 p.m.

Dinner

Grand Ballroom

8:30 p.m.

Silent Auction tables start to close

9 p.m.

Dance with DJ

THURSDAY, 1/28

6:45 a.m.

Stretching

South Bellaire Room

7:30 a.m.

Breakfast

Grand Ballroom

9-10:15 a.m.

Shuttles load, depart for Ski Site

Summit Conference Center

Entrance

10:30 a.m.

Technique Session:

Intermediate Diagonal Stride

Ski Area

11:30 a.m.-1:30 p.m.

Lunch

Ivan's, Schuss Village

2-4 p.m.

Shuttles load, depart for Hotel

Trailhead and Ivan's, Schuss Village

5:15-6:15 p.m.

Special Interest Sessions

Topics and Bellaire rooms TBA

6:30 p.m.

Dinner

Grand Ballroom

8 p.m.

Norway Night

FRIDAY, 1/29

6:45 a.m.

Stretching

South Bellaire Room

7:30 a.m.

Breakfast

Grand Ballroom

8:30-9:30 a.m.

Shuttles load, depart for Ski Site



PROGRAM SCHEDULE



FRIDAY, *CONTINUED*

10 a.m.

Opening Ceremonies,
followed by the Olav
Pedersen Race and Rally
Ski Area

11:30 a.m.-1:30 p.m.

Lunch
Ivan's, Schuss Village

1:30-3:30 p.m.

Shuttles load, depart
for Hotel

5:30 p.m.

Social Hour
*Center and South Bellaire
Rooms*

First-timer Laurie Ann Pokin and veteran guide Betsy Thomason.

6:30 p.m.

Banquet and Awards
Grand Ballroom

9 p.m.

Dance with DJ

SATURDAY, 1/30

Beginning at 5 a.m.

Continental Breakfast
Parlor C

Buses load, depart for Airport
*Summit Conference Center
Entrance*

12 p.m.

Hotel Checkout

PROGRAM SCHEDULE



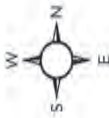
During the year we welcomed Ronald Goldberg, Billie Jean Keith, Tim McCorcle, Patrick McManus and Sheri Richardson as new Life Members of Friends of Ski for Light. They join 363 individuals or couples who previously became Life Members of Friends of Ski for Light by donating \$400 or more to the SFL Endowment Fund, or because someone else donated that amount in their honor. For the complete roster of Life Members visit www.sfl.org/life.html. We thank all of them for their investment in the future of Ski for Light, and for their commitment to the program.

Blind skier Tim McCorcle and first-time guide Ronald Goldberg became friends, and Friends, at the 40th anniversary Ski for Light in Granby.



FRIENDS OF SKI FOR LIGHT

LET'S DO IT AGAIN NEXT YEAR!
Watch www.sfl.org and Like us on Facebook for details of the 2017 event.



Ice Machines (ground-level)

- Indoor Pool area
- Spa/Spa Foyer
- Conference Center (2nd level)

Vending Machines

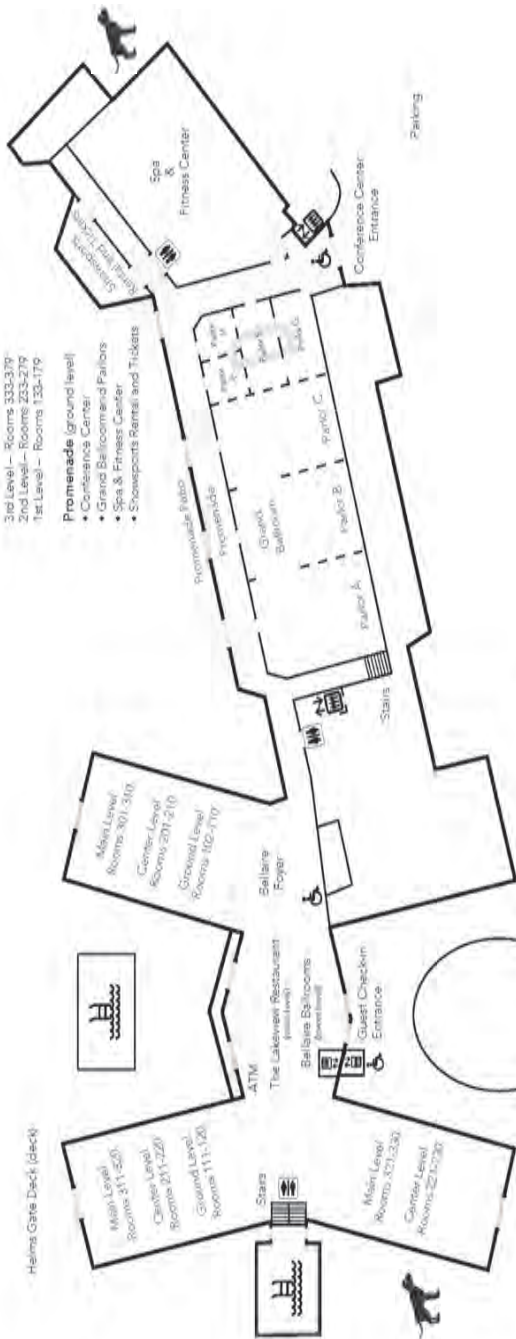
- Indoor Pool area
- Ballroom Foyer (center level)
- Conference Center Entrance
- Conference Center 1st, 2nd & 3rd level (boots only)

Conference Center

- 3rd Level – Rooms 333-379
- 2nd Level – Rooms 233-279
- 1st Level – Rooms 133-179

Promenade (ground level)

- Conference Center
- Grand Ballroom and Foyers
- Spa & Fitness Center
- Snowsports Rental and Tickets



SHANTY CREEK RESORTS

**Summit Village
Lakeview Hotel Map**

Lakeview Hotel at Summit Village
5750 Shanty Creek Road • Ellensburg, WA 98925

Shanty Creek Lodging main number: (213) 533-8621
 Lakeview Hotel Front Desk extension: 7690
 SFL Info Room: 7621 Fitness Center/Spa: 7060
 Emergencies: 911



More than:

Bunads

The mission of Sons of Norway is to promote and to preserve the heritage and culture of Norway, to celebrate our relationship with other Nordic Countries, and provide quality insurance and financial products to our members.



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Not that they aren't great...but, being a Sons of Norway member is about so much more than lefse, Vikings and bunads.

Membership connects you with a community of individuals who share a common passion and enthusiasm for Norwegian heritage, culture, volunteerism and fellowship. But, those are just some of the benefits; members also enjoy access to an array of cultural resources, insurance products, grants and scholarship opportunities, exclusive travel discounts and more.

To find out how you, too, can be part of the Sons of Norway community, call (800) 945-8851 or visit sonsofnorway.com.



ACCEPT NO IMITATIONS
THE ORIGINAL SINCE 1967