"Without Ski For Light, A would not have taken up cross-country skiing... Every time we gather, A learn things, both on and off the snow."

-Blind skier Rod Maccoux, pictured on the cover with guide Brian Christoffel and a sit-skiing pair at the 2022 ParaBirkie in Hayward, Wisconsin.

Below, SFLers Brian Arbruster (at Snow Mountain Ranch); Melinda Hollands and Leslie Maclin (running a 5K at Sleeping Bear Dunes); and Patrick McManus, Anthony Nelson, Linda Lynch, Charlie Wirth, Geri Feigelson, Kevin Whitley and Marion Elmquist (by the fireplace at the Ridderrenn in Norway).





1455 West Lake Street Minneapolis, MN 55408 (612) 827-3232 www.sfl.org

SKI FOR LIGHT, INC.



2022 ANNUAL REPORT New adventures, honored traditions

PRESIDENT'S LETTER

he year 2022 did not begin so brightly for us: A nationwide spike in COVID cases around the winter holidays (remember Omicron?) forced the Ski for Light Board of Directors once again to cancel the in-person Ski for Light International Week set for Granby, Colorado, at Snow Mountain Ranch. Thankfully, we were able to hold that event a year later, but in 2022, we did what SFLers have done since the organization's founding in 1975: We adapted.

For the second consecutive season, SFL quickly changed tracks, hosting a virtual event to bring our community together with fitness and fun. Meanwhile, we built and maintained partnerships to provide skiing opportunities where we could—at the Ridderrennet in Norway, as well as the American Birkebeiner Foundation's ParaBirkie in Wisconsin—while many of our members connected regionally in smaller groups for outdoor adventures of all kinds. As leaders, we used this pandemic pause to rethink, regroup, and retool.

So while this was by no means a normal year for Ski for Light, as reflected again in our financial statements, it was a good year—thanks to the spirit of our participants, the commitment of our volunteers, the creativity and capability of our leadership team, and of course, the generosity of *you*. The stories, images, and figures in the pages of this Annual Report show how another January disappointment became a December celebration: I, for one, ended 2022 full of gratitude for the many gifts of Ski for Light, secure in our resources, and sparkling with optimism for our future.

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



With sincere appreciation,

Julie Coppens, President

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TO LEARN MORE, GO TO WWW.SFL.ORG, AND JOIN OUR COMMUNITY ON FACEBOOK, TWITTER, OR YOUTUBE.

PROGRAM HIGHLIGHTS

Shi for Light, Inc. is an all-volunteer, nonprofit organization founded in 1975, modeled on a similar program in Beitostølen, Norway. We have yearround 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 their everyday lives.

• 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 encouragement, and describes the countryside. For our mobility-impaired participants ("MIPs"), who propel themselves in sit-skis, the guide might give a boost on hills and turns.

• As many as **300 people** attend each event, coming 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** 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.

"A love feeling that we can have healthy, joyful activities outside no matter if there's a pandemic. Let's continue to get people out in nature and enjoy moving our bodies and being healthy!"

—Joleen Widmark, longtime SFL guide, who met up with fellow guide Kent Moore and Norwegian friends Robert Skarsbakk, Harald Vik, Torben Løkås, and Ivar Wigaard on a summer road trip through South Dakota



• The event location changes 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 Casper, Wyoming; Tahoe Donner, near Truckee, California; Bellaire, Michigan and Granby, Colorado (our 2023 location); in 2024, we head to Rhinelander, Wisconsin. Our 2021 and 2022 events were held virtually, due to the COVID-19 pandemic. The shift to online programming forced us to master new tech skills, and to pursue our mission more creatively and expansively. It also made Ski for Light more accessible and inclusive than ever; we made a lot of new friends, and welcomed back many old ones, in those Zoom rooms! Meanwhile, a number of our program participants and volunteers were able to gather in smaller groups to enjoy a wide range of outdoor activities, from skiing to tandem biking, rowing, climbing, and hiking.

• SFLers' participation in the American Birkebeiner Ski Foundation's ParaBirkie (pictured below right), in Hayward, Wisconsin, led to a new partnership: Starting in 2023, Ski for Light is the adaptive event's presenting sponsor.



Top: SFLers visit the famous Hodag mascot in anticipation of our 2024 event in Rhinelander, Wisconsin. Above: A screen shot from Amy White and Bonnie O'Day's Special Interest Session on long-distance biking, part of the 2022 SFL Virtual Event. Below: Skiing the 2022 ParaBirkie in Hayward, Wisconsin.



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, 2021, and December, 2022:

Larry Behne (in memory of Mary Nevala) Doug and Lynda Boose (in memory of

Suzanne Brown)

Ronald Boucher

Joe Brown (in memory of Suzanne

Brown)

Kris Gaumer

James Gustafson

Marv and Marcia Lindseth (in memory of Suzanne Brown)

Scott and Marilyn McCall (in memory of Suzanne Brown)



Norma Jean McCorcle MerriKay and Jeff Oleen Burkey John and Marsha Soucheray (in memory of Suzanne Brown)

LIFE MEMBERS OF FRIENDS OF SKI FOR LIGHT

Over the years 379 individuals and couples have demonstrated their commitment to Ski for Light by becoming Life Members of Friends of Ski for Light. This includes Ronald Boucher, who became a Life Member this past year. Anyone who donates \$400 or more to the Endowment fund becomes a Life Member. If you are not yet a Life Member, Please consider joining the group. You can see the entire roster of Life Members at www.sfl.org/ supporters.

Left: the "Matrons of Spin," a group of SFL lady cyclists led by Kris Gaumer, on a sightseeing cruise in Chicago last September. Below: departed friend (and early SFL Endowment champion) Suzanne Brown, pictured in Granby in 2005.



CONTRIBUTORS

We gratefully acknowledge all the generous individuals, foundations, corporations and Sons of Norway lodges that helped us with general operating support between December, 2021 and December, 2022.

RACERS (\$2,500 AND BEYOND)

Leslie Beltrami Ronald Goldberg Ski for Light Wisconsin Regional Program Delta Gamma Foundation The Flatley Foundation George F. Moss Foundation The Thistle Foundation

DOUBLE POLERS (\$1,000-\$2,499)

Colby Bennett and Poonam Wilson (in honor of Dion Flannery) Polly Beyer (in memory of Charlotte Brewer) Lee Coleman Marilyn Gerhard Marilyn Gerhard (Goodfellow Fund) Karen Lukacsena Astrid Mullen (Goodfellow Fund in memory of Dan Beckman, Suzanne Brown, Charlotte Brewer, and Suzanne Pedersen) Nancy Rosenthal Karen Wedde (in memory of Harold and Dora Wedde) The Gibney Family Foundation Wergeland Lodge 2-021 Oslo Lodge 2-035 Fjeldheim Lodge 2-047

GLIDERS (\$500-\$999)

Renee Abernathy Karen Anderson Einar Bergh Michael Brady Julie Cummings (in honor of Dion Flannery) John Driscoll and Kathy Kelly Bill and Michele Holcomb Lars and Marita Johanson Lee Lowry Ken and Jean Marble (in memory of Suzanne Brown) Nancy and Rich Milsteadt (Goodfellow Fund) Nancy Rosenthal Stanley and Pat Smith Judith Sneed John and Marsha Soucheray Thor Lodge 4-067



Above: Deborah Impiazzi with a Norwegian guide at the 2022 Ridderrenn. Below: One of this year's hottest Silent Auction items was this unique quilt, hand-crafted from a dozen SFL event T-shirts by seamstress Joyce Skena, donated by her cousin, Jeff Lukacsena. Who had the winning bid? SFL President Julie Coppens.



WAXERS (\$100-\$499)

"SFL is not just about skiing; it is a place for anyone to be bold, re-group with old friends, make new

friends, and to help make a difference in someone's

life."

— Brian Armbruster, blind skier, pictured on back cover and p. 8

Howell Adams (in memory of Suzanne Brown) James and Sharon Allen Kay Beazell John Birdsong Elaine Bowman and Thomas Bishop Joan Brady and Julie Allison Mika Brewer Steve and Kay Brinker (in memory of Dan Beckman) Nancy Brown Thomas Burgunder Mike and Wanda Cain Richard Cardella (in memory of Dan Beckman) Richard Cardella (in memory of Dan Beckman) Judith Chapman Carey Chenoweth Anna Cho Robert Civiak Jennifer Cooper Gerald and Lynn Cox (Goodfellow fund in honor of Jean Replinger) Liv Dahl Ed and Karen Diller (in memory of Dan Beckman) Elizabeth Doane Elizabeth Doane (Goodfellow Fund)

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.

Sabra Dunham and Lauren Zaitlen (in memory of Dan Beckman) Gary Earnley Michael Evelo Michael Evelo (Goodfellow Fund) David Fisk and Jennifer Davey Lynee Forsyth (in memory of Bob Stevenson) Kathy Gaskins (in memory of Dan Beckman) Terry Giltner (Goodfellow fund in memory of Susan Friedman) Karin Grossman Barbara Guinn (in memory of Olav Pedersen) Rona Harper (Goodfellow Fund) Larry Hereth (in memory of Dan Beckman) Joan Holcombe Karen Husselbee (in honor of Marilyn Gerhard) Clyde and Eva Ingle (in memory of Suzanne Brown) William and Chris Jansen (Goodfellow Fund) Kristen Johnson JoAnne Jorud John Klemaseski (in memory of Dan Beckman) David Knickerbocker Jeff Knox (Goodfellow fund in memory of Velma McMeekin) Mary and Ken Kozy Marit Andol Kringstad (in honor of Leif Andol) Marit Kristiansen (Goodfellow fund in memory of Bob Stevenson) Severt and Mary Kvamme Caroline Lavanhar Nancy Leneweaver (in memory of Olav and Suzanne Pedersen) Karen Longfellow (in honor of Betty Johnson) Sheree MacRitchie (Goodfellow Fund) Harry Maranowicz

Scott and Marilyn McCall (in memory of Suzanne Brown) Helen McIntyre Deanna McVeigh Gail Miller Geoff Miller (in honor of Carolee Miller) Mark and Gina Monteverde Sally Neely (in honor of Melinda Hollands) Marvin Nevala Bernard Newman Marianne Olsaker Doug Powell Timothy Power Gary and Susan Rappaport Jill Reider (Goodfellow fund in memory of Maureen Campbell) Gunvor Satra **Bob Schurter** Brian Smith (in memory of Dan Beckman) Jean Snuggs (Goodfellow Fund) James and Esther Stokes (in memory of Suzanne Brown) Michael Tarnow Jon Tehven Megan Todhunter Samuel Veilleux Betsy Wahl (in memory of Dan Beckman) Laura Winters (in honor of Marilyn Gerhard) Romelle Wojahn (Goodfellow Fund in memory of Melvin Wojahn) John and Gina York, Guy and Allison York, Jenny and Mark Mahoney (in honor of Julie Coppens) Chequamegon Lions Club Mountain Storage Management Network for Good Pew Charitable Trusts Sagatun Lodge 1-018 Kristiania Lodge 1-047 Kong Sverre Lodge 1-482 King Olav V Lodge 1-483

IN MEMORY OF...

Daniel Beckman, a guide at twenty-four Ski for Light events, passed away on January 23, 2022, at the age of 73. A member of the 2019 Ridderrenn team, Dan worked quietly in the background to help at every SFL event he attended, and recruited many new guides. He was a husband, father, physician, mentor, educator, athlete, explorer, and ultimate adventure-seeker. Though he touched so many lives in unbelievable ways, Dan was a modest, selfless man who never sought any acknowledgement for his many successes. Our heartfelt condolences go to his loved ones, and to the families of all our departed friends.



— Dan Beckman's daughter Kim, speaking at SFL 2023 in Granby, on a night when we traditionally honor longtime guides





Bemidji Lodge 1-500 Elvidal Lodge 1-509 Solglimt Lodge 1-547 Marsteinen Lodge 1-596 Vestland Lodge 1-601 Lillehammer Lodge 1-633 Leif Erikson Lodge 2-001 Harald Haarfager Lodge 2-011 Oslo Lodge 2-035 Olympic Lodge 2-037 Sonja Lodge 2-038 Bernt Balchen Lodge 2-046 Epledalen Lodge 2-096 Vesterdalen Lodge 2-131 Brooklyn Lodge 3-243 Nor-Bu Lodge 3-427 Washington Lodge 3-428 Troll Lodge 3-476 Hampton Roads Lodge 3-522 Bondelandet Lodge 3-612 Kringen Lodge 4-025 Sverdrup Lodge 4-107 Fedraheimen Lodge 4-140 Normont Lodge 4-507 Nordmanns Vis Lodge 4-542 Smaa Fjell Lodge 4-557 Valkyrien Lodge 5-053 Trygvason Lodge 5-220 Dovre Lodge 5-353 Polar Star Lodge 5-472 Christian Radich Lodge 5-568 Elvesund Lodge 5-593 Roald Amundsen Lodge 6-048 Solbakken Lodge 6-064 Desert Fjord Lodge 6-133

Top left: 101st Birthday Boy Charlie Wirth in Norway, wearing a sparkly gold hat and red ski jacket given by our Ridderrenn friends. Center: Members of the Event Planning Committee meeting in October 2022 at Snow Mountain Ranch: Karen Ishibashi (clockwise from left), Sheri Richardson, Marie Huston, John Elliott, Mike Evelo, Julie Coppens, Bob Hartt, Krista Erickson, and Tim McCorcle. Bottom left: blind skier Brian Armbruster with guide Don Rosenberry at Snow Mountain Ranch, determined to ski together in 2022 despite the event cancellation.

FRIENDS (\$50-\$99)

Charles Anderson (in memory of Dan Beckman) Tordis and David Combs (Goodfellow Fund in memory of Donald Combs) Bryon Coppens Ted Drake Kathleen Fugazzi (in honor of Julie Coppens) Kathleen Goelz Shirley Andol Halverson (in honor of Leif Andol) Donna Harris (in honor of Julie Coppens) Lars and Marita Johanson (Goodfellow Fund in memory of Maureen Campbell) Elinor Jones (in memory of Suzanne Brown) John and Shelley Lamoreaux (Goodfellow Fund) Carol Leigh (Goodfellow Fund) Barbara Lewis Jeff and Kristin Line (in memory of Dan Beckman) Don Morrow Ralph Pelkey (in memory of Dan Beckman) Mildred and Robert Petty (in memory of Suzanne Brown) Megan Schrauben (Goodfellow Fund) Thomas Singers (in memory of Suzanne Brown) Rolf Smeby (in memory of Mark Bjorlie) Virginia Stillman Kym Spring Thompson (in memory of Dan Beckman) Reiko and Byron Watanabe David Winters (in honor of Marilyn Gerhard) Grethe Winther (Goodfellow Fund) Renate Wise Margaret Zalenska Jason Zanitsch Normanna Lodge 1-052

Fedraheimen Lodge 1-059 Mjosen Lodge 1-175 Valdres Lodge 1-503 Stavanger Lodge 1-538 (in memory of Melvin Wojahn) Vennelag Lodge 1-546 Restauration Lodge 1-548 Vennskap Lodge 1-554 Elvedalen Lodge 2-129 Noreg Lodge 3-466 Suncoast Lodge 3-562 Bla Fjell Lodge 3-646 Bitterrootdalen Lodge 4-656 Loven Lodge 5-029 Sognefjord Lodge 5-523 Elvedal Lodge 5-556 Vigeland Lodge 6-155 Fjelldalen Lodge 6-162

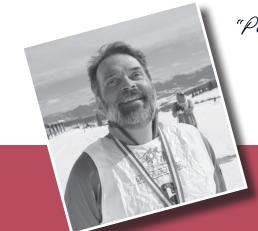


— Karen Wood, SFL Board member and visually impaired skier, pictured with guide Sheila Tucker at SFL 2016.



CORPORATE SUPPORTERS

Black Diamond Chums/Beyond Coastal CLIF Bar Dansko Energizer Farm to Feet Fjallraven Glerups Haiku Kavu Klean Kanteen Kuhl Lodge Cast Iron Mountainsmith Patagonia Pro Spyderco Inc. Travelon Walleroo Hat Company Wigwam



"People all over the country and the world believe in what we are doing."

-Tim McCorcle, SFL Treasurer and Past President

FINANCIAL SUMMARY

SKI FOR LIGHT, INC. June 30, 2022 and 2021 Statements of Financial Position

ASSETS					
	2022	2021			
CURRENT ASSETS					
Cash and cash equivalent	\$228,956	\$112,700			
Investments	\$111,164	\$130,792			
Accounts Receivable	-	\$5,725			
Prepaid Expenses	\$28,152	-			
TOTAL CURRENT ASSETS	\$368,272	\$249,217			
OTHER ASSETS					
Endowment investments	\$442,937	\$532,356			
TOTAL ASSETS	\$811,209	\$781,573			
LIABILITIES					
	2022	2021			
CURRENT LIABILITIES					
Accounts payable	\$12,778	\$9,404			
Accrued Expenses	\$1,433	-			
Deferred Revenue	\$1,025	-			
TOTAL CURRENT LIABILITIES	\$15,236	\$9,404			
NET ASSETS					
UNRESTRICTED NET ASSETS					
Undesignated	\$353,051	\$239,813			
RESTRICTED NET ASSETS					
Endowment funds: Available for					
general operating purposes	\$442,922	\$532,356			
TOTAL NET ASSETS	\$795,973	\$772,169			
TOTAL LIABILITIES AND NET ASSETS	\$811,209	\$781,573			

The entire financial statement for fiscal years 2021 and 2022 is available upon request. The most recent IRS Form 990 is also accessible on our website: https://www.sfl.org/about/documents/.

SKI FOR LIGHT, INC. Statements of Activities and Changes in Net Assets For the year ending June 30, 2022 (previous year's totals listed for comparison)

	2022 Without Donor Restrictions	2022 With Donor Restrictions	2022 Total	2021 Total				
PUBLIC SUPPORT and REVENUE								
PUBLIC SUPPORT								
Contributions	\$166,286	\$3,800	\$170,086	\$135,544				
Auction and raffle revenue	\$6,593	-	\$6,593	\$11,999				
TOTAL PUBLIC SUPPORT	\$172,879	\$3,800	\$176,679	\$147,543				
OTHER REVENUE								
Merchandise sales	\$1,000	_	\$1,000	\$4,115				
Merchandise cost of sales	(\$3,808)	_	(\$3,808)	(\$3,326)				
Investment return/(loss)	(\$19,611)	(\$79,172)	(\$98,783)	\$106,260				
TOTAL OTHER REVENUE	(\$22,419)	(\$79,172)	\$101,591	\$107,049				
NET ASSETS RELEASED								
FROM RESTRICTION	\$14,062	(\$14,062)	-	-				
TOTAL PUBLIC SUPPORT and REVENU	Е \$164,522	(\$89,434)	\$75,088	\$254,592				
	EXPENSE	S						
PROGRAM SERVICES								
SFL Event	\$15,120	_	\$15,120	\$9,846				
Ridderrennet	\$5,518	_	\$5,518	φ <i>></i> ,ο το -				
TOTAL PROGRAM SERVICES	\$20,638	-	\$20,638	\$9,846				
	"			" 2				
SUPPORTING ACTIVITIES								
Management and General	\$27,695	-	\$27,695	\$15,726				
Fundraising	\$2,951	-	\$2,951	\$6,226				
TOTAL SUPPORTING ACTIVITIES	\$30,646	-	\$30,646	\$21,952				
TOTAL EXPENSES	\$51,284	-	\$51,284	\$31,798				
CHANGE IN NET ASSETS	\$113,238	(\$89,434)	\$23,804	\$222,794				
NET ASSETS, BEGINNING OF YEA	R \$239,813	\$532,356	\$772,169	\$549,375				
NET ASSETS, END OF YEAR	\$353,051	\$442,922	\$795,973	\$772,169				

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 twoyear terms. Here is the roster for 2022-23.

EXECUTIVE COMMITTEE

Julie Coppens, President *Cincinnati, Ohio* Krista Erickson, Vice President *Mundelein, Illinois* Judy Dixon, Secretary *Arlington, Virginia* Tim McCorcle, Treasurer *Seattle, Washington* Michael Evelo, Director-at-Large *Rhinelander, Wisconsin* Robert Hartt, Director-at-Large *Alexandria, Virginia*

DIRECTORS

Cara Barnes, Eureka, California Amy Brannan, Bend, Oregon Wendy David, Seattle, Washington Marion Elmquist, Des Moines, Iowa Betsy Fischer, Juneau, Alaska Lynee Forsyth, Kingston, Washington Andrea Goddard, Spokane, Washington Nicole Haley, Milford, New Hampshire Melinda Hollands, Traverse City, Michigan Marie Huston, Grand Junction, Colorado Karen Ishibashi, Boulder, Colorado Bonnie O'Day, Alexandria, Virginia Laura Oftedahl, Mundelein, Illinois Sheri Richardson, Seattle, Washington Brenda Seeger, Red Lake Falls, Minnesota Larry Showalter, Seattle, Washington Amy White, Seneca, South Carolina Kevin Whitley, Anchorage, Alaska

DIRECTORS EMERITUS

Karen Wood, Columbia, Maryland

Leif Andol, *Huron, South Dakota* Einar Bergh, *Stavanger, Norway* Nancy McKinney Milsteadt, *Winthrop, Washington* Jean Replinger, *Marshall, Minnesota*

HONORARY DIRECTOR

Ron Stubbings, International President of Sons of Norway, Minneapolis, Minnesota



many moving parts, it always amazes me how seamlessly we can come together and work well for a mutual purpose."

"With so

—Wendy David, SFL Board member and blind skier

Screenshot of the SFL Board of Directors annual meeting in January 2022, showing twenty-fice volunteer leaders in our Zoom boxes.