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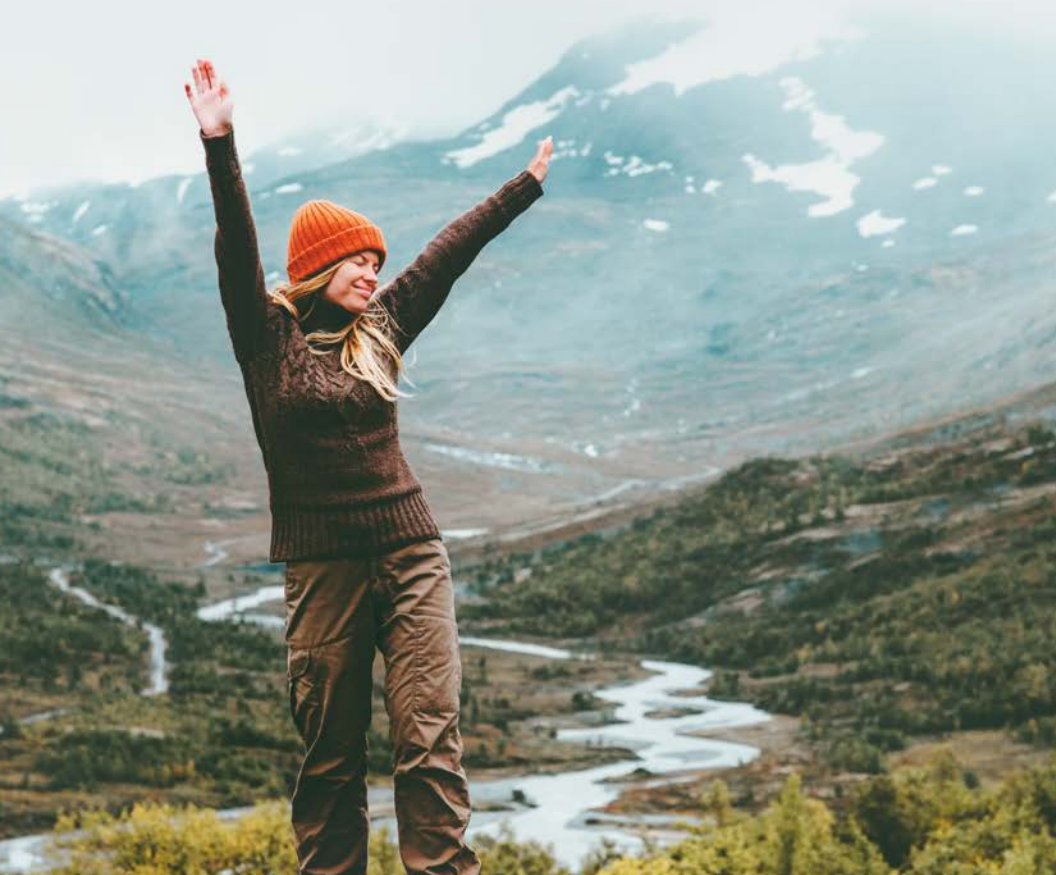
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SKI FOR LIGHT

NORTHWOODS
RHINELANDER, WISCONSIN



Everyone is **Velkommen**



Whether you're Norwegian or just curious about the Nordic way of life, we invite you to join Sons of Norway. You and your family will delight in learning about Norwegian heritage and culture, and experience the joy of belonging to an organization that serves our local communities. Plus, we can help you build a strong financial future for the generations to come.

Sign up for membership today.
Call 800-945-8851 or visit sonsofnorway.com.

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



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

SKI FOR LIGHT '24: BEWARE THE HODAG!



RHINELANDER
LIVE THE *Legend*



Don Evans, Bonnie O'Day, Bob Hartt, Mike Erelø

“Some say the Hodag is the fiercest, strangest, most terrifying monster ever to set razor-sharp claws on this earth. Others describe the Hodag as a reclusive creature, misunderstood by many and only wanting to be left alone in the woodland paradise that is the Rhineland area.

No one really knows for certain.”

—Rhineland Area Chamber of Commerce



Audrey Farnum, Amy White



Geri Feigelson, Linda Lynch



Tai Tomasi, Leslie MacIin



Ivar Wigaard, Harald Vik, Robert Skarsbaksle

Photos of happy skier/guide pairs (and one Norwegian trio) from SFL 2023 in Granby, Colorado; above, SFLers on a Rhineland scouting visit in 2022.

Woo-hoo! We made it to the 49th Annual Ski for Light International Event! This week has been in the works for years (COVID—*ugh*). Thanks to the perseverance of our Ski for Light leadership and the 2024 Event Planning Committee, we are finally ready to hit the trails of Hodag country.

The Rhinelander community has come together to assist us in creating a memorable week. Big thanks to our hosts at the Quality Inn and AmericInn, Lynn’s Catering for serving our daily breakfasts and dinners, Northwood Golf Club for lunch service and a warm lodge at the ski area, Northwoods Nordic Ski Club for our expertly groomed tracks, all the folks getting us from here to there... It’s truly a team effort.

Adding to the joy of cross-country skiing through this winter wonderland, we have a great lineup of Midwestern FUN planned for the week, including tasty brats, local music, and Hodag lore. On Thursday evening we will take over the local indoor sports arena for our “Roam the Hodag Dome” event! Stay tuned for more in our mealtime announcements.

I’m especially looking forward to welcoming our new skiers and guides into the Ski for Light family. Get ready to make lifelong friends—it happens every year—and please don’t hesitate to stop me on the trail or in the hall to introduce yourself. (I am sure I will need to catch my breath.)

Enjoy and have a safe week!

—*Marie Huston, 2024 Event Chair*



On behalf of the Ski for Light Board of Directors, let me welcome you to the splendid Northwoods of Wisconsin—land of the Ojibwe, a natural recreational paradise, and our shared home for this 49th annual Ski for Light International Week. Good job getting here! I can't wait to meet you all, to play in the snow, to hear music and stories, to dance, to laugh, to eat way too much locally crafted cheese, to reconnect with dear friends and make many new ones.

Thanks to the boundless energy and creativity of Marie Huston and her planning team—not to mention a phenomenally supportive Rhinelander community, many of whose fine folks you're sure to meet throughout the week—this 2024 SFL Event will be one for the books. Speaking of literature, and as suggested by this year's woodsy event logo, I've been reading a lot about trees, their "secrets" of communication and "hidden lives" of interdependence (to cite a couple of recent titles on my nightstand). "Trees thrive on diversity, learn from their ancestors, and give back to their communities," writes another author, Lita Judge, in *The Wisdom of Trees*. "Trees not only sustain life on our planet—they can also teach us important lessons about patience, survival, and teamwork."

No better setting, then, for the Ski for Light experience, than a deep winter forest like this. Get ready to explore, to enjoy, to grow alongside others, and to find your own path toward the Ski for Light mission of *skiing, sharing, learning*. In other words, be a tree! And if you run into any Hodags, give them hugs. It's the SFL way.

Thank you for joining us, and have a great week.

—Julie Coppens, *Ski for Light* President, pictured (right) with visually impaired skier Michelle Yoo at SFL 2023 in Granby.



2024 EVENT COMMITTEE

How does this amazing event keep happening? Easy: It's magic... performed by a lot of hardworking volunteers. We'll need even more helpers for next year's 50th Anniversary celebration, so think about joining us!

Event Chair: Marie Huston

Vice-Chair: Cara Barnes

Announcer: Audrey Farnum

Awards, Foreign Delegations: Marion Elmquist

Banquet Seating: Donna Paterson

Corporate Sponsors: Marion Elmquist, Wendy David

Evening Programs: Krista Erickson

Event Program, Publications: Julie Coppens

Finances: Tim McCorcle

First Aid: Carl Heine (pre-event), Richard Mah

Guide Training: Bonnie O'Day, Scott Fischer

Guide Applications: Erik Peters

Hotel Functions: Cara Barnes

Hotel Staff Orientation: Melinda Hollands, Karen Wood

Housing and Registration: Nancy McKinney Milstead

Information Room, Special Formats: Judy Dixon

Local Volunteers, Ski Site and Trails: Michael Evelo

Meals: Wendy David

MIP Program: Nicole Haley

Other Attendee Applications: Bonnie Hartman

Race/Rally: David Fisichella

Sales Room: Lynn Cox, Lee Coleman

SalesForce Integration: Amy White

Silent Auction: Judy Dixon, Bonnie Hartman

Ski Equipment: Don Evans, Mark Golomski

Social Media: Leslie Maclin, Julie Coppens

Special Interest Sessions: Lillian Goodman

Technique Sessions: Betsy Fischer, Kathy Kelly

Transportation: Michael McCullough, Jeff Pagels (local)

VIP Applications: Sheri Richardson

Website and Database: Larry Showalter

CORPORATE SPONSORS

Our thanks go to the following companies that have provided products or services to support Ski for Light 2024. 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 and gifts to take home, do think of our friends when you're shopping for your next adventure... and if you have any contacts in the world of outdoor retail, hook us up?

Black Diamond
Chums/Beyond Coastal
Dansko
Farm to Feet
Fjallraven
Glerups
Haiku
Kavu

Klean Kanteen
Kuhl
Lodge Cast Iron
Rainbows by Amy
Spyderco Inc.
Travelon
Wallaroo Hat Company

Taking care of business: SFLers Allen Takahashi, John Elliott (in snowcat, with groomer Shawn Otterson behind the wheel), and Scott Fischer, getting our trails in shape for SFL 2023 at Snow Mountain Ranch. Thanks, guys!



SONS OF NORWAY

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 approximately 60,000 members and 400 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 participated and volunteered at SFL events, and many local lodges, plus the Sons of Norway Foundation and headquarters staff, have provided significant financial and other support of our activities. Ski for Light thanks the Sons of Norway for all they do for us! Here are the local lodges that have provided recent financial support to Ski for Light.

This Norwegian flag still-life, with mini snowflake sweater and a string of colorful beads, was part of an "SFL Family Ski Tree" crafted by 2023 event attendees. #WeAreFamily



Synnove Nordkap Lodge 1-008 – St. Paul, MN
 Nortun Lodge 1-016 – Duluth, MN
 Sagatun Lodge 1-018 – Brainerd, MN
 Leif Erikson Lodge 1-032 – Vining, MN
 Haarfager Lodge 1-040 – Virginia, MN
 Kristiania Lodge 1-047 – Rochester, MN
 Normanna Lodge 1-052 – Albert Lea, MN
 Midnatsolen Lodge 1-058 – Hibbing, MN
 Fedraheimen Lodge 1-059 – Willmar, MN
 Mjosen Lodge 1-175 – Glenwood, MN
 Granlund Lodge 1-240 – Fosston, MN
 Kong Sverre Lodge 1-482 – Story City, IA
 King Olav V Lodge 1-483 – Canton, SD
 Bemidji Lodge 1-500 – Bemidji, MN
 Valdres Lodge 1-503 – Decorah, IA
 Fjordland Lodge 1-508 – Brookings, SD
 Elvidal Lodge 1-509 – Granite Falls, MN
 Stavanger Lodge 1-538 – Windom, MN
 Vennelag Lodge 1-546 – Lindstrom, MN
 Solglimt Lodge 1-547 – Cedar Falls, IA
 Restauration Lodge 1-548 – Cedar Rapids, IA
 Vennskap Lodge 1-554 – Canby, MN
 Elvesvingen Lodge 1-582 – Mankato, MN
 Norskfodt Lodge 1-590 – Morris, MN
 Marsteinen Lodge 1-596 – Des Moines, IA
 Vestland Lodge 1-601 – Minnetonka, MN
 Norsota Lodge 1-602 – Apple Valley, MN
 Elveby Lodge 1-604 – Omaha, NE
 Lillehammer Lodge 1-633 – Yankton, SD
 Storelva Lodge 1-655 – Davenport, IA
 Leif Erikson Lodge 2-001 – Seattle, WA
 Harald Haarfager Lodge 2-011 – Coeur D’Alene, ID
 Wergeland Lodge 2-021 – Bellingham, WA
 Breidablik Lodge 2-027 – Kelso, WA
 Oslo Lodge 2-035 – Bremerton, WA
 Olympic Lodge 2-037 – Port Angeles, WA

SONS OF NORWAY

Sonja Lodge 2-038 – Eugene, OR
Odin Lodge 2-041 – Yakima, WA
Poulsbo Lodge 2-044 – Poulsbo, WA
Bernt Balchen Lodge 2-046 – Anchorage, AK
Fjeldheim Lodge 2-047 – Bend, OR
Columbia Lodge 2-058 – Vancouver, WA
Epledalen Lodge 2-096 – Wenatchee, WA
Arctic Viking Lodge 2-117 – Fairbanks, AK
Elvedalen Lodge 2-129 – Lewiston, ID
Edmonds Lodge 2-130 – Edmonds, WA
Vesterdalen Lodge 2-131 – Kent/Auburn, WA
Fredheim Lodge 3-242 – Staten Island, Ny
Brooklyn Lodge 3-243 – Brooklyn, NY
North Carolina Vikings Lodge 3-675 – Raleigh, NC
Norden Lodge 3-407 – Huntington Station, NY
Nor Bu Lodge 3-427 – Rockaway, NJ
Washington Lodge 3-428 – Washington, DC
Pleasant Point Lodge 3-439 – Point Pleasant, NJ
Noreg Lodge 3-466 – Marlboro, NJ
Skaugum Lodge 3-468 – Stamford, CT
Troll Lodge 3-476 – Mahopac, NY
Norumbega Lodge 3-506 – Boston, MA
Gulfstream Lodge 3-514 – Port Saint Lucie, FL
Tampa Bay Lodge 3-515 – Tampa, FL
Hampton Roads Lodge 3-522 – Norfolk, VA
Suncoast Lodge 3-562 – Clearwater, FL
Bondelandet Lodge 3-612 – Lancaster, PA
Southern Star Lodge 3-630 – Myrtle Beach, SC
Blaa 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
Fedraheimen Lodge 4-140 – Kalispell, MT
Wergeland Lodge 4-247 – Jamestown, ND

Ueland Lodge 4-480 – Cooperstown, ND
 Normont Lodge 4-507 – Cut Bank, MT
 Nordmanns Vis Lodge 4-542 – Polson, MT
 Dalen Lodge 4-553 – Glasgow, MT
 Smaa Fjell Lodge 4-557 – Hettinger, ND
 Bitterrootdalen Lodge 4-656 – Hamilton, MT
 Loven Lodge 5-029 – Eau Claire, WI
 Valkyrien Lodge 5-053 – Woodville, WI
 Fosselyngen Lodge 5-082 – Milwaukee, WI
 Valhall Lodge 5-168 – Rockford, IL
 Trygvason Lodge 5-220 – Osseo, WI
 Dovre Lodge 5-353 – Chetek, WI
 Polar Star Lodge 5-472 – Aurora, IL
 Sognefjord Lodge 5-523 – Muskegon, MI
 Nordland Lodge 5-544 – Janesville, WI
 Elvedal Lodge 5-556 – Wisconsin Rapids, WI
 Christian Radich Lodge 5-568 – Suttons Bay, MI
 Elvesund Lodge 5-593 – Riverside, IL
 Scandiana Lodge 5-600 – Chesterton, IN
 Myrmarken Lodge 5-609 – Marshfield, WI
 Edvard Grieg Lodge 5-657 – Cincinnati, OH
 Vikings of the Smokies Lodge 5-677 – Knoxville, TN
 Roald Amundsen Lodge 6-048 – Sacramento, CA
 Nordahl Grieg Lodge 6-052 – San Jose, CA
 Solbakken Lodge 6-064 – Anaheim, CA
 Snowshoe Thompson Lodge 6-078 – Yuba City, CA
 Norseman Lodge 6-091 – Thousand Oaks, CA
 Vesterheim Lodge 6-118 – Boulder, CO
 Guldalen Lodge 6-128 – Grass Valley, CA
 Desert Fjord Lodge 6-133 – Scottsdale, AZ
 Sol Byer Lodge 6-134 – Sun City, AZ
 Vestafjell Lodge 6-146 – Grand Junction, CO
 Vigeland Lodge 6-155 – Redwood City, CA
 Vinland Lodge 6-159 – Temecula, CA
 Fjelldalen Lodge 6-162 – Denver, CO
 Storfjell Lodge 6-169 – Grand County, CO



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, 8 a.m. during breakfast and 7 p.m. during dinner. SFL volunteers are ready to assist you throughout the week in the Information and Sales Rooms (Crystal Lake Room).

FRIDAY 1/26

7:30-8:30 a.m.

Breakfast
Pelican River Room

8:30 a.m.

Board Meeting
Crystal Lake Room

12-1 p.m.

Boxed Lunch

1 p.m.

Board Meeting
Crystal Lake Room

6:30-7:30 p.m.

Dinner
Pelican River Room

7:30 p.m.

Guide Trainers Meeting
Northwoods Room

SATURDAY 1/27

7:30-8:30 a.m.

Breakfast
Pelican River Room

8:30 a.m.

Work Volunteers Meeting
Crystal Lake Room

9 a.m.

Guide Trainers depart for Ski Area
Quality Inn Lobby

12-1 p.m.

Boxed Lunch

4-6 p.m.

Registration and Check-In
Northwoods Room; Baggage Claim Area in Crescent Lake Room

6:30-7:30 p.m.

Dinner
Wisconsin River, Pelican River Rooms

7:30 p.m.

Guide Training
Northwoods Room

SUNDAY 1/28

7:30-8:30 a.m.

Breakfast
Wisconsin River, Pelican River Rooms

8:30 a.m.

Work Volunteers Meeting
Crystal Lake Room

9 a.m.

Guide Training Group departs for Ski Area
Quality Inn Lobby

12-1 p.m.

Boxed Lunch

3-6 p.m.

Registration and Check-In
Northwoods Room; Baggage Claim Area in Crescent Lake Room

6:30-7:30 p.m.

Dinner
Wisconsin River, Pelican River, Shepard Lake Rooms

7:15 p.m.

Participant Introductions and Guide Assignments

8:30 p.m. (or immediately after introductions)

Dog Walking Sign-Up
Northwoods Room

MIP Ski Fitting

Crescent Lake Room

MONDAY 1/29

6:45 a.m.

Stretching
Crescent Lake Room

7:30-8:30 a.m.

Breakfast
Wisconsin River, Pelican River, Shepard Lake Rooms

8:30 a.m.

Alumni Guide Meeting
Wisconsin River, Pelican River Rooms

9-10 a.m.

Depart for Ski Area
Quality Inn Lobby

10 a.m.-12 p.m.

Basic Ski Technique and Ski Review for All Levels
Ski Area (on snow)

11 a.m.-2 p.m.

Lunch
Northwood Golf Club

PROGRAM SCHEDULE

4:30 p.m.

First- and Second-year Guides Meeting
Northwoods Room

4:30 p.m.

First-time VIP/MIP Participants Meeting
Crescent Lake Room

5:30-6:30 p.m.

Welcome Reception
Rhine Valley Lounge

6:30-7:30 p.m.

Dinner
Wisconsin River, Pelican River, Shepard Lake Rooms

7:15 p.m.

MIP Overview and Guide Introductions

8 p.m. (or immediately after introductions)

Kerry Bloedorn: History, Humor and the Hodag

TUESDAY 1/30

6:45 a.m.

Stretching
Crescent Lake Room

7:30-8:30 a.m.

Breakfast
Wisconsin River, Pelican River, Shepard Lake Rooms

8:30 a.m.

VIP/MIP Participants Meeting
Wisconsin River, Pelican River Rooms

9-10 a.m.

Depart for Ski Area
Quality Inn Lobby

10 a.m.-12 p.m.

Basic Ski Technique and Skill Review for All Levels
Ski Area (on snow)

11 a.m.-2 p.m.

Lunch
Northwood Golf Club

4 p.m.

Mid-Week Board Meeting
Crescent Lake Room

4 p.m.

Living with Loss: Support Meetup for Grieving Partners, Friends and Family
AmericInn Conference Room

4-6:15p.m.

Après Ski Activities TBA

4:30-6:30 p.m.

Pop-Up Hodag Store
Quality Inn Lobby

6:30-7:30 p.m.

Dinner
Wisconsin River, Pelican River, Shepard Lake Rooms

7:30 p.m.

Starla Thompson: Indigenous Educator

8-9 p.m.

Alcoholics Anonymous
AmericInn Conference Room

WEDNESDAY 1/31

6:45 a.m.

Stretching

Crescent Lake Room

7:30-8:30 a.m.

Breakfast

*Wisconsin River, Pelican River,
Shepard Lake Rooms*

8:30 a.m.

All Guides Meeting

Wisconsin River, Pelican River Rooms

9-10 a.m.

Depart for Ski Area

Quality Inn Lobby

10 a.m.-12 p.m.

Uphill and Downhill Technique

Ski Area

11 a.m.-2 p.m.

Lunch

Northwood Golf Club

3-4:30 p.m.

Skijoring Demonstration

Northwood Golf Club/Ski Area

4 p.m.

Silent Auction Begins

Rhine Valley Lounge

4:30-6:15 p.m.

Après Ski Activities TBA

6:30-7:30 p.m.

Dinner

*Wisconsin River, Pelican River,
Shepard Lake Rooms*

9 p.m.

Silent Auction Closes

Rhine Valley Lounge

PROGRAM SCHEDULE



Jessie Mabry and Lynee Forsyth

PROGRAM SCHEDULE

THURSDAY 2/1

6:45 a.m.

Stretching

Crescent Lake Room

7:30-8:30 a.m.

Breakfast

*Wisconsin River, Pelican River,
Shepard Lake Rooms*

8:30 a.m.

VIP/MIP Participants Meeting

Wisconsin River, Pelican River Rooms

9-10 a.m.

Depart for Ski Area

Quality Inn Lobby

10 a.m.-12 p.m.

Uphill and Downhill Technique
Ski Area

11 a.m.-2 p.m.

Lunch

Northwood Golf Club

3-4 p.m.

Another Chance at Skijoring

Ski Area

4:30-5:30 p.m.

Après Ski Activities TBA

5-6 p.m.

Alcoholics Anonymous

AmericInn Conference Room

6-7 p.m.

Dinner

*Wisconsin River, Pelican River,
Shepard Lake Rooms*

7-9 p.m.

Roam the Dome

Hodag Dome

Erik Norbie with Nancy Stevens



FRIDAY 2/2

6:45 a.m.

Stretching

Crescent Lake Room

7:30-8:30 a.m.

Breakfast

*Wisconsin River, Pelican River,
Shepard Lake Rooms*

8:30 a.m.

All Guides Meeting

Wisconsin River, Pelican River Rooms

9-10 a.m.

Depart for Ski Area

Quality Inn Lobby

Heads up: Crazy Hat Day!

11 a.m.-2 p.m.

Lunch

Northwood Golf Club

1 p.m.

Mini Giant Ski Race

Ski Area

4:30 p.m.

Guide Trainers Meeting

AmericInn Conference Room

4:30-6:15 p.m.

Après Ski Activities TBA

4:30-6:30 p.m.

Pop-Up Hodag Store

Quality Inn Lobby

6:30-7:30 p.m.

Dinner

Wisconsin River, Pelican River,

Shepard Lake Rooms

7:30 p.m.

Norway Night featuring Vidar

Skrede

SATURDAY 2/3

6:45 a.m.

Stretching

Crescent Lake Room

7:30-8:30 a.m.

Breakfast

Wisconsin River, Pelican River,

Shepard Lake Rooms

8:45-9:30 a.m.

Depart for Ski Area

Quality Inn Lobby

10 a.m.

Opening Ceremonies,

followed by the Olav Pedersen

Race/Rally

Ski Area

11:30 a.m.-2:30 p.m.

Lunch

Northwood Golf Club

5-6 p.m.

Open Alcoholics Anonymous

Meeting

AmericInn Conference Room

5:30-6:30 p.m.

Social Hour

Rhine Valley Lounge

6:30-8 p.m.

Banquet and Awards

Wisconsin River, Pelican River,

Shepard Lake Rooms

8-11 p.m. (or immediately after banquet)

Dance featuring Santy and Son with Friends

Rhine Valley Lounge

SUNDAY 2/4

Beginning at 4:30 a.m.

Continental Breakfast

Wisconsin River Room

Buses load and depart for

Airport (details TBA)

11 a.m.

Quality Inn and AmericInn

check-out



Love Ski for Light? We know you do. Please consider making an investment in our future by becoming a Life Member of Friends of Ski for Light. Anyone who donates \$400 or more to the SFL Endowment Fund becomes a Friend for life—like our good friends here, pictured clockwise from above left: Marion Elmquist, Larry Showalter, Bonnie O'Day, Nancy Rosenthal, Wendy David and Marvin Liewer. For the complete roster of 375 Life Members, visit www.sfl.org/supporters.



SKI YOU NEXT YEAR, IN PROVO!

Join our 50th Anniversary Celebration in the Wasatch Mountains of Utah, with skiing at Soldier Hollow Nordic Center, Jan. 26-Feb. 2, 2025.

More at www.sfl.org and on our Facebook page; applications go live in July.

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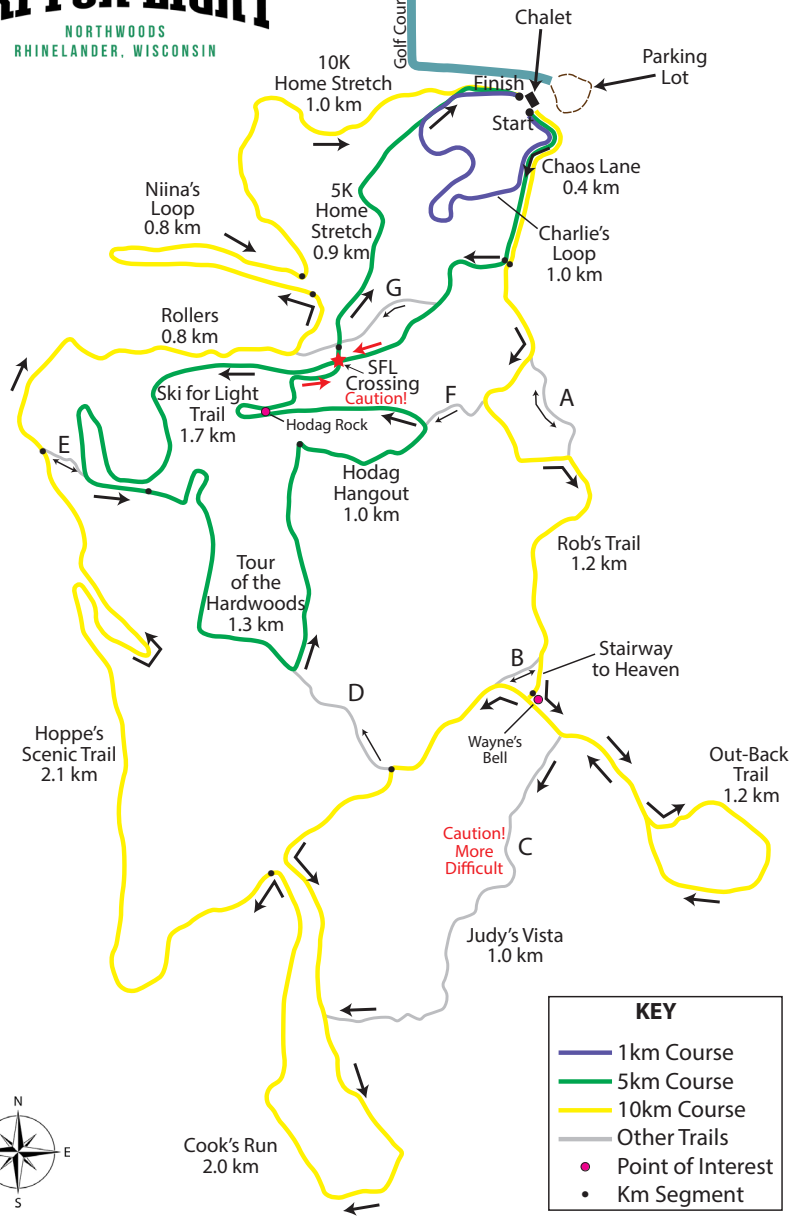
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SKI FOR LIGHT

NORTHWOODS
RHINELANDER, WISCONSIN



Hwy 8 To Rhinelander



KEY	
	1km Course
	5km Course
	10km Course
	Other Trails
	Point of Interest
	Km Segment



THANK YOU

Rhineland community!

Here are just a few of the generous local businesses, organizations, and individuals who helped make this year's Ski for Light International Event possible:

Trig's

Mel's Trading Post

Knights of Columbus Council 2032

Rhineland Lions Club

Northwoods Nordic Ski Club

Leather Crafter's Journal (Charil Reis and Ralph Solome, Jr.)

Rhineland Chamber of Commerce and the Rhineland

Tourism & Marketing Committee

YMCA of the Northwoods



*Sincere thanks
from all of us
at Ski for Light*