



SCHOLARSHIP GUIDELINES

The Astrid G. Cates Scholarship

The Myrtle Beinhauer Scholarship (offered in tandem)

"We award scholarships and grants to promote the heritage and culture of Norway, and provide assistance to our members, lodges and their communities."

—Sons of Norway Foundation Mission Statement

Celebrating culture. Expanding horizons.



Astrid G. Cates and Myrtle Beinhauer remembered Sons of Norway youth with a special bequest in their wills to the Sons of Norway Foundation. The Sons of Norway Foundation established the Astrid G. Cates Scholarship Fund in 1984, and the Myrtle Beinhauer Scholarship became effective in 1998.

WHO IS ELIGIBLE?

Applicants must have a certificate of completion from high school and be enrolled in post-secondary training or education (college, vocational school, or trade school), and be current members of Sons of Norway, or children or grandchildren of current Sons of Norway members in Sons of Norway districts 1–6. Applicants must have a strong financial need of a scholarship.

DEADLINE FOR APPLICATIONS

Applications must be post-marked no later than March 1st each year (**please mail all required items in one envelope. Incomplete applications will not be considered**). Sons of Norway Foundation does not accept applications via fax.

HOW MUCH IS THE AWARD?

The Sons of Norway Foundation Scholarship Committee will determine the amounts. Typically, six Astrid G. Cates Scholarship are awarded at \$1,000, while the Myrtle Beinhauer Scholarship are \$3,000. Grants awarded will be made jointly payable to student and institution of learning. A student can be awarded a maximum of two scholarships within a five-year period.

HOW ARE THE WINNERS SELECTED? The winners are selected by a committee appointed by the President of the Sons of Norway Foundation. The key criteria for final selection are:

- Financial Need
- Statement of education and career goals
- Grade-point Average
- Letters of Recommendation
- Extracurricular Involvements

There will be one scholarship given per Sons of Norway district 1–6. The two most qualified of all candidates will be awarded the Myrtle Beinhauer Scholarships.

APPLICATIONS MUST BE SENT TO:

Sons of Norway Foundation
Attn: Cates/Beinhauer Scholarship
1455 West Lake Street
Minneapolis, MN 55408-2666

You may e-mail questions to foundation@sofn.com prior to submission.

HOW DO I APPLY?

Applicants must submit an application form (available from www.sonsofnorway.com or Sons of Norway Foundation, Attn: Cates/Beinhauer Scholarship, 1455 West Lake Street, Minneapolis, Minnesota 55408). Included in this application must be information describing what you plan to study, where (include full address) and when. Please indicate related fees, your long-term career goals, your involvement in Sons of Norway, youth or community activities, and your financial need (compare cost of program with your ability to pay). Attach to the application a copy of your latest grade transcript and two letters of recommendation (written by teacher, youth leader, or someone else not related to you, but who knows you well) describing your character and abilities.

REVISION POLICY

The general conditions and procedures under which scholarship/grant awards are made may be reviewed periodically by the Sons of Norway Foundation. Applicant eligibility may be modified at the sole discretion of Sons of Norway Foundation. However, any previously-approved scholarship/grant award will not be affected by new conditions or procedures. In cases where a student has secured application materials early, it is recommended that the student check www.sonsofnorway.com in Nov. prior to submission, making certain that no revisions have been made which will affect the upcoming grant period.



APPLICATION FORM

The Astrid G. Cates Scholarship

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E-mail and cell phone are preferred methods of communication.

(Please type or print clearly in black ink.)

1. Name _____

2. E-mail Address (personal) _____ E-mail (school) _____

3. Home Address (Street, City, Country, include postal or ZIP Code) Dates you are at this address (_____)

4. Home telephone#(_____) _____ Home E mail _____

5. School Address (Street, City, Country, include postal or ZIP Code) Dates you are at this address (_____)

6. Applicant's Daytime Phone (_____) _____ Cell Phone (_____)

7. Birthdate _____ / _____ / _____ /Age _____ Citizenship _____
country

8. Sons of Norway membership #: _____

Name and membership # of Member if other than self: _____

Self _____ Parent _____ Grandparent _____

Lodge Name _____ District # _____ Lodge# _____

9. a) I plan to study: _____
major course of study

at _____
School Address

school registrar telephone # (_____) _____ school website address _____

b) My long-term career goals are: _____

c) I have been actively involved in the following Sons of Norway and /or other Norwegian-related activities:

d) I have been actively involved in the following school and community activities:

e) **Financial need must be stated:** Cost of Program: \$ _____
Ability to Pay: \$ _____
Gap to be made up: \$ _____

Financial Need Comments (*Very Important:* Describe and give as much detail as possible): _____

10. My cumulative grade point average in high school is: _____ college: _____
(if different than 4.0 scale, please explain) certified transcript included.

11. I am currently working: Yes No
I am planning to work while pursuing my studies: Yes No

12. General Comments:

13. If you have previously received a scholarship from Sons of Norway Foundation, please indicate:

name of scholarship	year(s) received
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The criteria by which the candidates are evaluated are:

- 1) Financial need (***Very Important:*** Describe and give as much detail as possible when you indicate cost of program with your ability to pay.)
- 2) Academic potential
- 3) Benefit to Sons of Norway and/or the larger Norwegian community
- 4) Statement of education and career goals
- 5) Involvement in school and community activities
- 6) Other, e.g., work experience.

14. Please complete the following information requested (attach extra sheet) **and attach:**

- a) an official copy of your latest grade transcript,
- b) two letters of recommendation (written by teacher, youth leader) describing your character and abilities.

CHECKLIST

Deadline For Application: March 1st of each year

- Application form completed and signed
- Official grade transcript
- Letters of recommendation (in sealed envelopes by the reference source)
- A recent photo (headshot) no smaller than 3" X 5"

Date _____ Signature _____

A brief written report, with photos of your experiences is welcome.

MAIL TO:

**SONS OF NORWAY FOUNDATION
ATTN: CATES/BEINHAUER SCHOLARSHIP
1455 WEST LAKE STREET
MINNEAPOLIS, MINNESOTA 55408-2666**

Application Deadline: Postmarked by March 1.

If you have any questions please e-mail before submission to foundation@sofn.com

PLEASE INCLUDE ALL ITEMS REQUIRED IN ONE ENVELOPE.

Incomplete applications will not be considered.