

NEWS RELEASE



**SONS OF
NORWAY**

For Immediate Release

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SONS OF NORWAY...

- ★ Is the largest Norwegian-American organization in the world
- ★ Works to preserve and promote Norwegian heritage and culture
- ★ Provides financial protection through quality insurance products
- ★ Awards scholarships and grants to support individual lodges in their studies, projects, programs and humanitarian efforts

Ingrid Hamberg Awarded Sons of Norway Foundation's Astrid G. Cates Scholarship

Minneapolis, June 26, 2007 – Ingrid Hamberg of Seattle, WA, was awarded a Sons of Norway's Astrid G. Cates scholarship, given to Sons of Norway members and their families.

Hamberg, 26, has been dancing Norwegian folk dances since the age of 4. She began playing folk music on the violin when she was 13. Her dual passions for folk music and dance have been the driving forces in her life. In 2000 she was Queen of Leif Erikson Lodge, 2-001. She has been president of the Leif Erikson Lodge Leikarring for the past two years and is also active organizing lodge events. Outside of the Sons of Norway, Ingrid is a dance instructor with Skandia Folkdance Society and director of the popular folk-choir, Sus. She graduated from the University of Washington in 2004 with a BA in Accounting and Scandinavian Area Studies.

This year, with the help of the Cates/Beinhauer Scholarship, Ingrid is fulfilling her lifelong dream to attend Norway's Institute for Folk Culture in Rauland, Telemark. She has the opportunity to build relationships with the current tradition bearers while studying Norwegian folk music. Upon her return to the US, Ingrid hopes to continue her studies relating to Scandinavian immigrant populations and their descendants.

Sons of Norway Foundation Director Cindy Olson said, “The Sons of Norway Foundation has proudly awarded educational scholarships for over 40 years.

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Astrid Cates and Myrtle Beinhauer, Sons of Norway members, left the Foundation bequests to be used to further improve our communities through education. The Foundation believes in providing these opportunities to strengthen our communities and help us protect Norwegian heritage and culture for future generations. The 2008 recipient Ingrid Hamberg embodies these goals.”

Astrid G. Cates remembered Sons of Norway youth with a special bequest in her will to the Sons of Norway Foundation. The Sons of Norway Foundation established the Astrid G. Cates Scholarship Fund in 1984. The goal of this scholarship is to help Sons of Norway members, their children and grandchildren obtain post-secondary training or education.

The Sons of Norway Foundation celebrates culture and expands the horizons of our members by awarding scholarships and grants to promote the heritage and culture of Norway, and provides assistance to our members, lodges and their communities. Since 1966 we have awarded over 2,000 scholarships and more than 400 grants totaling over \$1 million. For more information on this scholarship and the Sons of Norway Foundation, visit

<http://www.sonsofnorway.com/foundation>

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