



2026 GRHS Adult Essay Contest

Sponsored by

**GERMANS FROM RUSSIA
HERITAGE SOCIETY**

GRHS Essay Contest Theme

“Germans from Russia: A Story to Tell”

**Contest Rules
And
Entry Form**

Germans from Russia Heritage Society

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Home page - <http://www.grhs.org>

An International non-profit tax-exempt organization

Germans from Russia Heritage Society (GRHS)
Sponsored Annual
GRHS Adult Essay Contest!

THEME: GRHS – Germans from Russia: A Story to Tell

An International GRHS Adult Essay Contest, sponsored by the Germans from Russia Heritage Society, headquartered in Bismarck, North Dakota, will be held to encourage adults to explore the importance of the society as a whole, and in that regard to compose an essay on why the preservation of the society is so vitally important.

Contest judging will commence after the close of the Contest on 31 March with the winner being announced after the judging has been completed. Winning contestant will be invited to receive their awards at a luncheon held in their honor during the GRHS Convention, to be held in July 2026, in Fargo, ND.

ELIGIBILITY: This GRHS Adult Essay Contest is open to all adults, both members and non-members of GRHS. The subject of the paper must be directly related to the topic of Germans from Russia; personal family history, early history of the organization, or other topics of interest as related to Germans from Russia. A contestant does not need to be ethnic German-Russian to enter the contest. Members of the GRHS Board of Directors are not eligible to enter the contest. Resubmission of previously judged work is not permitted.

Award:

One winner will be selected from entries received, and the winner will receive a \$250 cash prize.

TOPICS: Adult Essay topics must revolve around the theme of Germans from Russia. Topics could include, but are not limited to: food, folklore, customs/traditions, personal family history, early history of GRHS, or any other topic of interest that is related to Germans from Russia.

PAPER REQUIREMENTS:

Adult Essay contest entries should be two to five pages in length, typed, and double spaced. The committee is looking for heartfelt opinions and thoughts, personal testimonies, family history, or any other topic pertaining to Germans from Russia. As such, no research is necessary, and no bibliography is required.

Judging Criteria:

All entries must be connected to the cultural group of Germans from Russia.

AWARDS:

With the winner's authorization, winning essays may be published in the GRHS Heritage Review and/or electronically on the GRHS website. In addition, the winner will receive a \$250 cash prize.

Official GRHS Essay Contest Entry Form

Entry deadline: Completed essay and entry form must postmarked by 31 March 2026. Entry forms and papers may be submitted by email or through USPS (**EMAIL is preferred**). Please submit entries to:

nd_roots@yahoo.com

**GRHS Adult Essay Contest
Cameron Nicklaus
4330 Iroquois Dr
Pasadena, TX 77504**

The entry form must accompany the essay. Essays and entry forms may be sent by e-mail to nd_roots@yahoo.com. If e-mailing a completed essay and entry form, please send a signed copy of the entry form to the above address. This contest information and this entry form are also available on the Youth Program pages on the GRHS website at www.grhs.org.

“GRHS – Germans from Russia: A Story to Tell”

Official GRHS Essay Contest Entry Form

Contestant's Name: _____

Date: _____

Home Address: _____

City: _____ **State:** _____ **Zip:** _____

E-mail Address: _____

Phone #: _____

Contestant's Signature: _____

Date: _____

(Each entry **MUST** have a copy of this completed official entry form attached).

GRHS Essay Contest Publication Release

We, the GRHS Committee, are excited to share your work with the GRHS members and the world. Therefore, we ask your permission to publish your entry and/or your photo. Please note that entering or winning the GRHS Essay contest does not depend on your willingness to share your work. However, we will be grateful if you grant us permission to do so.

Please check one box, and fill out the information below:

_____ As a contestant in the Germans from Russia Heritage Society's GRHS Essay Contest,

I hereby **give my consent** to GRHS to make public (publish in both print and on the Internet) the information which has been submitted by the undersigned for the GRHS Essay Contest.

_____ I **do not wish** to have my essay or photo published.

Please print, sign and date this form. It must be included with the contest entry form.

Contestant's Name (print)

Contestant's Signature

_____ Date _____

E-mail Address _____

Phone # _____

Address _____

City _____ State _____ Zip Code _____

Country _____

Date _____

Please submit this form along with the GRHS Essay Contest Entry Form to nd_roots@yahoo.com