



SONS OF NORWAY

Newsletter Service

Jan., Feb. 2014



Dear Lodge/District Editors:

Once again Sons of Norway is pleased to present you with the latest edition of the Newsletter Service. This complimentary service is created six times each year and provides a variety of information that may be used as a supplement to your lodge newsletter.

The Newsletter Service is primarily available online from the Sons of Norway website, which can be found at www.sonsofnorway.com. However, if you wish to receive a printed hardcopy version, please contact us and ask to be added to the hardcopy recipient mailing list.

We hope you enjoy this issue and find its content to be beneficial. If you have any suggestions on how we can improve the Newsletter Service, please e-mail Erik Evans at eevans@sofn.com.

Fraternally,

Linda Pederson
Fraternal Director
Sons of Norway



January • januar



Exciting News! Sons of Norway Virtual Pilgrimage Announced

Sons of Norway is eager to announce its 2014 Virtual Pilgrimage! This exciting new member benefit will be an expansion of the current Sports Medal Program and reward members for living an active lifestyle. The Virtual Pilgrimage mirrors Norway's

existing Pilgrimage route from Oslo to Trondheim, a route that was once walked by King Olav Haraldsson (995-1030, canonized St. Olav in 1031) himself in the early 11th century as he spread Christianity throughout Norway.

The Virtual Pilgrimage encourages members to get out and exercise. Start a walking or running group with lodge members, take a jog around the park, walk your dog, but be sure to track each step. The new member benefit will release materials on the Sons of Norway website in January, 2014.

As you walk, you can coordinate your progress with online features and instructions to help you learn about the cultural history of the route: such as historic medieval churches, significant cities, tourist checkpoints and iconic destinations in Norway. After each walk, note your mileage, visit the Sons of Norway Pilgrimage homepage and learn about sites you passed as if you were actually trekking the miles in Norway. The 387 mile route starts in Oslo and ends at the iconic Nidaros Cathedral in Trondheim.

This journey is one of the most popular pilgrimage paths in Norway and the world. Travelers come from all over to follow the network of routes called St. Olav's Ways. Norway's regional pilgrim centers (<http://pilegrimsleden.no/en/about/pilegrimsleden-i-norge/>) provide resources and guidance for pilgrims on their journey to Nidaros Cathedral, the site of St. Olav's valiant death in the Battle of Stiklestad in 1030. As a Sons of Norway pilgrim you will start at Oslo's Medieval Park and walk through the towns of Eidsvoll, Hamar, Lillehammer, Ringebu, Otta, Oppdal, and Skaun. As you walk you will learn about significant historical and cultural sites along the way.

To learn more about the Virtual Pilgrimage and how to participate, please visit the Sons of Norway website in January.

January • januar

- Historic Eidsvollbygning Renovation Opens in February
- Norway Predicted to Dominate the Podium in Sochi 2014 Olympics
- Norway's Grunnlovsjubileum 2014
- Princess Ingrid Alexandra Turns 10 Years Old!

February • februar

- Nesbø Projects in the Making
- Sámi National Day Celebrated on Feb. 6
- Mother's Day in Norway Celebrated on Feb. 9
- King Harald Turns 77 Years Old

Matlyst Monthly

- Soup from Meldal
- Scandinavian Sweetheart Waffles and Berry Syrup



January • januar

Historic Eidsvollbygning Renovation Opens in February



Photographer: Trond Isaksen © Statsbygg.no

In honor of the upcoming bicentenary of Norway's Constitution in May of 2014, the Norwegian Ministry of Culture tasked Statsbygg (the Norwegian Public Construction and Property Management Service) with the largest and most comprehensive renovation ever undertaken at Eidsvollbygning (Eidsvoll Manor House), the birthplace of the historic document.

A project in the making since 2011, the renovation culminates in February with the restoration of Eidsvoll Manor House to its former splendor while under the ownership of Carsten Anker, recreating the look and appearance of the historic site as it appeared to the drafters of Norway's Constitution in 1814.

Included in the restorative plans is the refurbishment of the building's original eastern façade and garden stairs as well as reconstruction of the original windows. Chief among the large structural changes is the excavation of the building's basement, which housed the servant's quarters, kitchen, storeroom, food and wine cellar. Planners believe that this large undertaking will enhance the visitor's experience and help to provide insight into the social differences and daily lives of the home's occupants at the time.

Not only are structural details restored, but interior finishes and furniture as well. Extensive paint and wallpaper investigations by the Norwegian Institute for Cultural Heritage Research have enabled the repair and redecoration of all documented surfaces to their period paint colors, wallpapers and carpets. The manor's furniture received a similar investigative treatment. Referencing an inventory describing the home's contents as well as subsequent public auction catalogue in 1822 following Carsten Anker's bankruptcy, Statsbygg matched as closely as possible the light fittings, pictures, curtains and textiles and furnishings.

To learn more about Eidsvoll Manor House as well as the progress of the restoration and official opening in February, be sure to take a look at these online resources:

- Historical Video Review of Property (in Norwegian) - <https://www.youtube.com/watch?v=HrP-QpPiiq#t=75>
- Overview of Plans by Statsbygg - <http://www.statsbygg.no/FilSystem/files/prosjekter/eidsvollbygningen/eidsvoll-engelsk.pdf>
- Calendar of Events at Eidsvoll Manor House - <http://www.eidsvoll1814.no/?aid=9068842>
- Official Website of Eidsvoll Manor House - <http://www.eidsvoll1814.no/>



January • januar



Norway Predicted to Dominate the Podium in Sochi 2014 Olympics

With less than three months to go in the countdown to the 2014 Winter Olympic Games in Sochi, Russia, Norway is predicted to have its best showing at the games since its 26 medals in Lillehammer in 1994.

Infostrada, the Olympic medal prediction service, recently updated their Virtual Medal Table. Topping the 2014 forecasts with a medal count of 37 medals each are Norway and Germany, a feat—if successful—that would tie the record set in 2010 by the United States. Also in

the hunt for a high medal count in 2014 are Canada and the United States with 34 and 28 medals. Infostrada has also forecasted that Norway will win 15 gold medals, which would set a new Winter Games record and top the previous record of 14 gold medals achieved by Canada in Vancouver in 2010.

Men's and women's biathlon and cross-country skiing events are expected to yield the bulk of Norway's medals while ski jumping and alpine, freestyle and speed skating round out the remaining medal count.

Predictions by Infostrada are based on performances in prior Olympic Games as well as the World Cups and World Championships. Points are awarded to the Olympic hopefuls as part of a statistical model that evaluates the competition's results, difficulty, rankings and timeliness. As additional World Cup events are completed prior to the Winter Olympics, Infostrada's Virtual Medal Table will be updated to reflect new predictions. Visit <http://vmt.infostradasports.com/> to check out the latest predictions on the Virtual Medal Table and see where each of your favorite Norwegian athletes like Aksel Lund Svindal, Tora Berger and Emil Hegle Svendsen are predicted to place on the podium.

SOCHI 2014 MEDAL PREDICTIONS

	COUNTRY	Gold	Silver	Bronze	Total
1	NOR	15	12	10	37
2	USA	14	8	6	28
3	CAN	11	12	11	34
4	GER	6	13	18	37
5	FRA	6	5	7	18
6	CHN	6	3	3	12
7	AUT	5	7	7	19
8	RUS	5	5	7	19
9	NED	5	4	5	14
10	SUI	5	2	1	8



January • januar

2014: Norway's Grunnlovsjubileum

May 17th, 1814 was a momentous occasion in Norway's history and since then has been the biggest and most celebrated holiday in Norway. But the history of the day is often confused with Norway's Independence Day. It is, in fact, Norway's Constitution Day, marking the signing of the Constitution in Eidsvoll, Norway and laying the groundwork for the country's independence from Sweden on June 7th, 1905, nearly a century later.

Norway's modern and forward thinking constitution focused on the principles of democracy and human rights and was ultimately inspired by the US Constitution of 1787. The 112 members present in the National Assembly at Eidsvoll approved of the document and on May 17th, 1814 Norway's constitution was signed, sealed and approved by the newly elected King Christian Frederik. King Christian Frederik became the first democratically elected king in Europe. He was forced to resign his position later that year when Norway was forced into union with Sweden. His negotiations at the time allowed Norway to keep the Constitution and enter into the union as an independent country. A new monument honoring King Frederik will be unveiled in Oslo on May 17th 2014 for the bicentenary.

200 years after the document was made official, Norway prepares to celebrate the most anticipated Syttende Mai yet. A yearlong jubilee will take place in order to honor, educate and celebrate the historic occasion.

An executive committee has been working very hard to prepare for this special anniversary with festive parties, educational symposiums, cultural concerts, and memorial ceremonies across Norway. There has even been a song written for the occasion, *Det går et festtog gjennom landet!* - There goes a party train through the country! The calendar is packed in 2014. You can get a full listing of all the events on Norway's official Grunnlovsjubileet website (<http://www.stortinget.no/nol/Grunnlovsjubileet/>).

The most important place in connection with the constitution is the Eidsvoll House. Here, the constitution was written and signed. It will be the place to visit next year as it unveils its restoration project to the public. The building will look as if it was brand new in 1814. Time period dressed tour guides will invite visitors to explore the surroundings at Norway's foremost national symbol. Join the celebration!

Soup from Meldal

from The Norwegian Kitchen
by Kjell E. Innli, Serves 6

- 3 lbs boneless stew meat
- 3 liters (quarts) water
- 3-4 tsp salt
- 4 black peppercorns
- 1 chunk fresh ginger
- 1 tsp chopped onion
- 2 cups carrot (matchstick pieces)
- 2 cups cabbage squares
- 2 cups rutabaga cubes

Meatballs:

- ½ lbs finely-ground meatball mixture

Dumplings:

- ¾ cup 10% fat cream
- 1½ tbsps sugar
- ¾ cup flour
- 2 eggs
- ¼ tsp ground nutmeg

Simmer the meat in the water with salt and pepper until tender, about 60-90 minutes. Remove from the stock and slice across the grain. Moisten with stock. Cook the vegetables in the stock until tender, 8-10 minutes. Make small meatballs with a teaspoon. Simmer in the stock together with the vegetables about 5 minutes.

Dumplings:

Bring the cream and sugar to a boil. Add flour, stirring until the mixture forms a ball. Remove from the heat and beat in the eggs one at a time. Season with nutmeg. Make small dumplings and simmer in the stock together with the vegetables and meatballs about 5 minutes.

Serve the soup with the vegetables, meatballs and dumplings. Arrange the meat on a platter and serve with boiled potatoes and flatbread.



January • januar

a little in English...

Princess Ingrid Alexandra turns 10 years old!

Her Royal Highness Princess Ingrid Alexandra was born at the Riks Hospital in Oslo on January 21, 2004. The princess is second in line to the throne after her father Crown Prince Haakon and is the first woman who was born with the right to throne. Assuming the monarchy still subsists; Ingrid Alexandra will be the first reigning Queen of Norway since Margrete I.

Her Royal Highness Princess Ingrid Alexandra's Godparents are: His Majesty the King, His Royal Highness Crown Prince Frederik of Denmark, Her Royal Highness Crown Princess Victoria of Sweden, His Royal Highness Prince Felipe of Asturias, Princess Märtha Louise and Marit Tjessem (maternal grandmother).

The Princess started preschool on January 4, 2006 and on August 19, 2010 she began Kindergarten at the Jansløkka School in Asker. The Princess enjoys music and playing the piano.

The Princess has already participated in several official engagements. Among many other things she is typically seen on the palace balcony for Syttende Mai (May 17th) and the annual Holmenkoll Day.

The Princess was recently interviewed on television for the first time and among the submitted questions she answered for the NRK Christmas morning program, she was asked if it's fun to be a royal.

"Yes, sometimes it's fun and sometimes it's pretty boring. What I think is boring is having to take pictures. You have to sit, sit, sit and sit and never get the perfect picture. And my little brother, Magnus can't sit still. So then when the first picture isn't perfect, Magnus runs off, then we have to get him," explain Ingrid Alexandra.

Last year she turned 9 years old and the castle, in connection with the big day published a photo of the three generations of Norwegian royalty, the Princess, Crown Prince Haakon and King Harald. We will see what is planned this year for the ten year old princess.

litt på norsk...

Prinsesse Ingrid Alexandra fyller ti år

Hennes Kongelige Høyhet Prinsesse Ingrid Alexandra ble født på Rikshospitalet i Oslo 21. januar 2004. Prinsessen er nummer to i arverekken, etter sin far Kronprins Haakon, og er den første kvinnen som er født med arverett til tronen. Forutsatt at monarkiet består, vil Ingrid Alexandra etter all sannsynlighet bli den første regjerende dronning av Norge siden Margrete I.

Hennes Kongelige Høyhet Prinsesse Ingrid Alexandras faddere er Hans Majestet Kongen, Hans Kongelige Høyhet Kronprins Frederik av Danmark, Hennes Kongelige Høyhet Kronprinsesse Victoria av Sverige, Hans Kongelige Høyhet Prins Felipe av Asturias, Prinsesse Märtha Louise og Marit Tjessem.

4. januar 2006 begynte Prinsessen i barnehage, og 19. august 2010 begynte hun på Jansløkka barneskole i Asker. Prinsessen er glad i musikk og spiller selv piano.

Prinsessen har allerede hatt flere offisielle oppdrag. Blant annet pleier hun å være med på slottsbalkongen 17. mai, og har deltatt på den årlige Holmenkolldagen.

Prinsessen ble nylig intervjuet på TV for første gang. Blant de innsendte spørsmålene hun svarte på i NRK-programmet Julemorgen, var om det er gøy å være kongelig.

– Ja, noen ganger er det gøy, og noen ganger er det ganske kjedelig. Det jeg for eksempel synes er kjedelig, er å måtte ta bilder. Det er når man sitter, sitter, sitter og sitter og ikke får det perfekte bildet. Og så klarer ikke Magnus, lillebroren min, å sitte stille. Så da blir det sånn at det første bildet ikke blir perfekt, og så løper Magnus (7) av gårde, og så må vi hente ham, forklarte Ingrid Alexandra.

I fjor fylte hun 9 år og Slottet har i forbindelse med dagen publisert et bilde av tre generasjoner norske kongelige – prinsessen, kronprins Haakon og kong Harald. Vi får se hva som skjer i år for den ti års gamle prinsessen.



February • februar



Jo Nesbø © Håkon Eikesdal
jonesbo.com

Nesbø Projects in the Making

If you've read your March issue of *Viking* or if you are a fan of Nordic writers, you're probably already familiar with writing sensation, Jo Nesbø. Considered one of Europe's best authors and with worldwide sales of his novels

approaching NOK 1.5 billion, Nesbø's popularity is quickly on the rise. So much so, that a number of his books are inspiring film and television projects here in the U.S.

The latest project, an American TV series adaptation of Nesbø's popular 2008 book "Headhunters," is in the works by HBO and writer/executive producer Alexander Woo (*True Blood*) and executive producer Carolyn Strauss (*Game of Thrones*). The series will replace an earlier plan to create an English feature film of the book starring Mark Wahlberg and Sacha Gervasi.

Another of Nesbø's books that is slated to receive major attention is "Blood on the Snow." The new series, written under Nesbø's pen-name Tom Johansen, isn't set to be published until autumn 2014, yet Warner Brothers Films is already in negotiations to acquire the film rights to the book. Rumored to be tied to the project is Leonardo DiCaprio, who is said to be both producing as well as potentially starring in the film adaptation.

Film plans dating back to 2011 also include an adaptation of Nesbø's "The Snowman" directed by Martin Scorsese. Since then, Scorsese has had to back out of the project due to his busy schedule but Universal is currently on the lookout for his replacement.

To learn more about Jo Nesbø and his books, visit <http://jonesbo.com/>

Scandinavian Sweetheart Waffles

Adapted from Allrecipes.com, makes 5 servings

- 2 eggs, separated
- ¼ cup white sugar
- 1 tsp vanilla sugar
- ¼ cup water
- 3 tbsp butter, melted
- 1 cup buttermilk
- 1½ cups all-purpose flour
- ¼ tsp ground cardamom
- 1 pinch salt



Beat egg yolk and sugar in a large mixing bowl until frothy. Add in water and vanilla sugar until evenly blended. Divide melted butter, buttermilk and flour in half and add to mixture, stirring until smooth. Add

the remaining butter, buttermilk and flour as well as the cardamom and salt and beat until smooth again.

In a new bowl, beat the egg whites with a mixer until stiff peaks form. Carefully fold whites into batter, keeping as much volume as possible. Preheat waffle iron to manufacturer's instructions. Spoon roughly ¼ cup of batter into waffle iron and close lid. Cook for about 5 minutes or until golden brown. Remove waffle and repeat with remaining batter. Serve with your favorite topping.

Berry Syrup

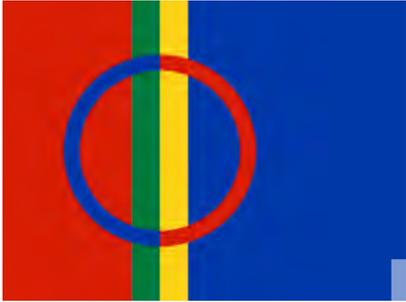
Adapted from thisweekfordinner.com

- 1½ cups of your favorite berries or 1 cup blueberries
- ¾ cup sugar
- ⅓ cup water
- 2 tsp lemon juice
- 1 tbsp corn starch, whisked with enough water to make slurry

Bring lemon juice, water, sugar and berries to boil. Reduce heat and simmer. Slowly add cornstarch mixture to syrup until you reach desired consistency. Syrup can be strained through a sieve or through cheese cloth if less pulp or berries are preferred. Refrigerate remaining syrup.



February • februar



Sámi National Day Celebrated on Feb. 6

Sámi National Day was enacted on February 6, 1992 in order to recognize the native Northerners and their central customs of reindeer herding, unique language and music, colorful dress and strong desire to keep their traditions alive. These warm-blooded Northerners have stood resilient and remained longer in their homeland than most other indigenous groups around the world.

“Decades of assimilation has lead to a new era of self-determination for the indigenous people of the North,” stated a September 2012 Viking Magazine article about the Sami. The Sámi people have inhabited a stretch of land called Sápmi for the past 10,000 years. The land covers parts of Northern Norway, Sweden, Finland and Russia. However, they have only just recently been accepted and recognized as an independent cultural group with their own language and government.

Their National Holiday on February 6 signifies the date of the first Sami National Convention in Trondheim in 1917. Since then, the Sami have struggled to protect their legacy for future generations. The Sami people (also called Lapps) were forced to assimilate into the Norwegian culture in a government sanctioned program called the “Norwegianization” Policy that began in the late 19th century. After years of persecution the Sami are still facing the challenges of recovering from a painful past.

The Alta Conference (1968-1982), as part of a worldwide movement to protect the rights of the indigenous Sami, stemmed from a hydroelectric dam project that would ultimately suppress Sami villages across the region. The awareness for minority rights and the livelihood of the Sami communities caused major media attention and forced changes to take place. The Sami flag and national anthem were sanctioned at the Nordic Sami Convention in 1986, a Sami Parliament (Samediggi) was formed in 1989 in the Sami capital of Karasjok in Finnmark, Norway and in 1992, the official Sami holiday was made official. In 1988, the Norwegian Constitution approved new language that recognized the Sami and proved the country is taking great steps to embrace their Northern natives. The Constitution says, “It is the responsibility of the authorities of the State to create conditions enabling the Sami people to preserve and develop its language, culture and way of life.”

Today Sami National Day is recognized and celebrated across regions of Northern Europe where nearly 100,000 Sami reside. Reindeer races and a Sami market fill the streets of Tromsø, municipal buildings around Norway fly the Sami flag and Oslo City Hall plays the Sami national anthem to recognize a once forgotten people. Schools across Finnmark celebrate with all day cultural activities while listening to the interesting music of Sami joiking and of course, delight in traditional Sami food.



February • februar



Mother's Day in Norway Celebrated on February 9

Mother's Day is a celebration that honors mothers, motherhood and maternal bonds. One day a year countries around the world take time to give thanks for the mothers in their life. The day is celebrated on various dates in different countries around the world.

In Norway, Mother's Day is celebrated on the second Sunday in February, this year the celebration will take place on Sunday, February 9. The United Kingdom celebrates Mothering Sunday in March, Luxembourg honors their mothers in June and Russia rejoices for moms in November. However, Norway is the only country to celebrate Mother's day in February, and although the day lies so closely to Valentine's Day, Mother's Day remains the most important holiday of the month.

The day is an American invention, but it has taken root in Norway, probably because it's hard to say no such a wonderful holiday. In recent years, Mother's Day has become a commercial holiday in line with Valentine's Day and stores actively market gifts and cakes. Fortunately kindergartens and elementary schools have kept the old tradition alive and children make cards and gifts for the occasion. February is undoubtedly the busiest month of the year for flower shops in Norway, and some women will be lucky enough to get flowers twice!

The holiday takes roots in the US when, in 1907 Anna Jarvis began the work of establishing the modern Mother's Day. Her mother, Ann Marie Reeves Jarvis had died two years before, and Anna Jarvis devoted her life to establishing a day to honor mothers, living and dead. May 10th, 1908 was the first celebrated Mother's Day. The custom spread to 45 states around the U.S., and was declared an official holiday in 1912. Former President Woodrow Wilson declared the first national Mother's Day in 1914. And since then the day has been reserved for the second Sunday of May.

In Norway, Mother's Day was first celebrated in Bergen on February 9th, 1919, and was initially organized by religious organizations. Since then Mother's Day has evolved into more of a family day. There are no specific traditions associated with the day, but in many homes mothers are typically served with breakfast in bed and accompanied with gifts, flowers and cake.



February • februar

a little in English...

King Harald Turns 77 Years Old

King Harald was the first Norwegian king born in Norway in over 500 years, and on January 17, 1991 he took the throne after his father, King Olav V. Harald V, King of Norway, was born on February 21, 1937 at Skaugam in Asker. He is the son of King Olav V (1903-1991) and Crown Princess Märtha (1901-1954).

The former Royal couple already had two daughters, Princess Ragnhild (1930-2012) and Princess Astrid (b. 1932), but neither of them were heirs to the throne after the Constitution of 1814 and before the Constitution's amendment in 1990. The birth of Prince Harald guaranteed the line of succession.

The first three years of Prince Harald's life were spent in the peaceful surroundings of Skaugum (the Crown Prince and Princess' residence). However this came to an abrupt end when German invaded Norway on April 9, 1940. While King Haakon and Crown Prince Olav stayed in London, the Crown Princess and the children lived in the outskirts of Washington DC until peace came in 1945.

In 1960, Crown Prince Harald made his first official state visit abroad. He traveled to the USA in connection with the 50th anniversary of the American -Scandinavian Foundation. On August 29, 1968 he married Sonja Haraldsen from Vinderen in Oslo at the Oslo Cathedral. Three years later on September 22, 1971, Princess Märtha Louise was born. Two years later, on July 20 the family was complete as Crown Prince Haakon Magnus (heir to the throne) was born.

The 2000s invited a whole new era for the Royal couple. Crown Prince Haakon was married to Mette-Marit Tjessem Høiby in 2001 and Princess Märtha Louise married Ari Behn one year later. In 2003 the royal couple welcomed their first grandchild when Maud Angelica Behn came into the world. The following year Princess Ingrid Alexandra was born as the next heir to the throne.

In 2005 Kong Harald became a grandfather for the third and fourth time when Leah Isadora Behn was born in April and Prince Sverre Magnus was born that December. Three years later the royal couple's fifth, and so far, youngest grandchild, Emma Tallulah Behn was born. "It is very nice to be grandparents," King Harald and Queen Sonja have said.

In his 23 years as monarch, King Harald has proven to be a sports fan, a beloved family man, caring, and witty. "I feel lucky to be king of Norway. I am not in the least unfortunate," said the King.

litt på norsk...

Kong Harald fyller 77 år

Kong Harald var den første norske konge som ble født i Norge på over 500 år, og 17. januar 1991 tok han over tronen etter sin far, kong Olav V. Harald V - Norges Konge - ble født 21. februar 1937 på Skaugum i Asker. Han er sønn av Kong Olav V (1903-1991) og Kronprinsesse Märtha (1901-1954).

Det daværende Kronprinsparet hadde fra før to døtre, Prinsesse Ragnhild (1930-2012) og Prinsesse Astrid (f. 1932), men ingen av disse var arveberettigede til tronen etter Grunnloven av 1814 og foran Grunnlovendring i 1990. Ved Prins Haralds fødsel var arvefølgen sikret.

De første tre årene vokste Prins Harald opp i fredfulle omgivelser på Skaugum, men idyllen ble brutalt brutt da tyskerne invaderte Norge 9. april 1940. Mens Kong Haakon og Kronprins Olav oppholdt seg i London, bodde Kronprinsessen og barna i utkanten av Washington DC til freden kom i 1945.

I 1960 gjennomførte Kronprins Harald sin første store utenlandsreise. Turen gikk til USA i forbindelse med 50 årsjubileet til The American-Scandinavian Foundation. 29. august 1968 giftet han seg i Oslo Domkirke med Sonja Haraldsen fra Vinderen i Oslo. Tre år senere, den 22. september 1971, kom prinsesse Märtha Louise til verden, og 20. juli to år etter var familien komplett da kronprins Haakon Magnus var født.

2000-tallet inviterte til en helt ny epoke for kongeparet, da kronprins Haakon i 2001 giftet seg med Mette-Marit Tjessem Høiby, og prinsesse Märtha Louise giftet seg med Ari Behn året etter. I 2003 kom kongeparets første barnebarn, Maud Angelica Behn til verden, og året etter ble tronarvingen, prinsesse Ingrid Alexandra, født.

I 2005 ble kong Harald bestefar både for tredje og fjerde gang, da Leah Isadora Behn ble født i april, og prins Sverre Magnus ble født i desember. Tre år etter ble kongeparets femte, og foreløpig yngste, barnebarn, Emma Tallulah Behn født. "Det er veldig fint å bli besteforeldre," sa kong Harald og dronning Sonja.

I sine 23 år som monark, har kong Harald vist seg som en sportsinteressert, familiekjær, omsorgsfull og humoristisk mann. "Jeg føler meg heldig som får være konge av Norge. Jeg er i hvert fall ikke uheldig," sa Kongen.