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International Convention: Register Today!



Sons of Norway is pleased to announce that registration is now open for the 2014 International Convention. This year's event, being held in Jacksonville, FL, from August 20-14, is hosted by Gateway to Florida lodge 3-541 and promises to be a great experience for all in attendance.

To register for the convention, visit www.sonsofnorway2014.com and go to the International Lodge Meeting page. There you will find a link to download the registration form, which must be completed by all delegates and guests. This year's delegate package is \$299, which includes the President's Reception, Grand Banquet, all coffee breaks, and luncheons on both days of the lodge meeting. Guests can use the form to register for all convention events, or just the items of the most interest via an a la carte style menu of options. Questions about registering for the International Convention should be directed to Kent Larson at kmlmal@bellsouth.net.

In addition, if you are planning on attending the International Convention, you can also use the same form to register for this year's Innovative Leadership Conference, being held on August 20th. This is the second time Sons of Norway has hosted a premier leadership event for ALL members as part of the International Convention. Keep in mind that you can also register for the leadership conference alone by using the registration form. The cost of the Innovative Leadership Conference is \$100, which covers all registration fees, conference materials and more. Questions about this year's leadership conference should be directed to Erik Evans at eevans@sofn.com. Be sure to register soon to ensure your place at this year's International Convention! Registrations must be submitted with payment by August 1, 2014.

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A Conference for All: Innovative Leadership Conference Registration is Now Open!

Have you ever wanted to take a more active role in your lodge? Maybe you've considered being an officer, or getting more involved with one of your lodge's committees? Or are you looking for ways to increase your leadership skills to benefit your professional life? If you answered yes to any of these questions then you should register today for the 2014 Innovative Leadership Conference!

This year's premier leadership event is being held as part of the 2014 International Convention and is open to ALL Sons of Norway members, whether you plan on attending the rest of the convention events or not. The cost is only \$100 and it covers registration fees, all conference materials and a special luncheon for attendees.

Attendees at this year's conference will be lead through four educational modules on a variety of leadership topics, including successful leadership communication skills, conflict resolution, teamwork and much more! In addition, all the modules will be lead by professional leadership trainer, Kit Welchlin. Mr. Welchlin will include large and small group discussion, role-playing, and high levels of audience interaction in his day-long presentations.

To register today for this premier educational event, visit www.sonsofnorway2014.com and go to the Leadership Conference page. Once there you can download the registration form and submit to the Convention host committee. In addition, questions about this event should be directed to Erik Evans at eevans@sofn.com.

Did you Know that Norway's Constitution...?

Most of us know that the Constitution was signed on May 17th, 1814, a day that Norway celebrates today with massive parades and parties annually. But there are plenty more interesting facts surrounding this event, arguably Norway's greatest event in history.

- **Did you know...**that the Constitution was written in an unfinished ballroom in the private residence of Carsten Anker? The hall where they sat was decorated with garland fir branches. Supposedly during meetings dried needles kept falling onto the backs of the delegates sitting below. 200 years later the "Parliamentary flakes" of pine needles can be still be found in the floor boards.
- **Did you know...**that the Constitution that was signed and adopted is the second oldest written Constitution in the world still in existence today? At the time it was also considered to be the most forward thinking and radically democratic Constitution ever written.
- **Did you know...**that the Constitution underwent a linguistic revision in 1903? The overall language of the Constitution has basically remained unaltered, and the 1903 language is still used when proposed changes are made to the Constitution.
- **Did you know...**that the document was inspired by the United States and French constitutions? The main difference was the text that referred to Norway as a Constitutional Monarchy.
- **Did you know...**that within the famous portrait of the Constituent Assembly at Eidsvoll, about 70 of the 112 delegates present were painted well enough to be identified?
- **Did you know...**that the representatives who put the Constitution together were under great pressure to finish the document? The Constitution was written and signed in 5 weeks. The Kiel Treaty January 14, 1814 said that Denmark would relinquish control over Norway to Sweden. During that transition of power Norway was considered an independent kingdom. In taking full advantage of that control a Constituent Assembly was put together, a King was appointed and a Constitution was written.



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Oslo First to Release 2022 Olympic Bid

Fresh off of finishing second on the medal table in Sochi, Norway and its capital city, Oslo, is the first to publically release a preliminary Winter Olympic bid submitted to the International Olympic Committee (IOC).

Bid applications are used by the IOC to score the basic requirements of bidding cities and determine whether they will secure a spot on the electronic ballot during the final election held in Kuala Lumpur in July of next year. Yet to release their bids are Krakow (Poland), Almaty (Kazakhstan), Beijing (China), and Lviv (Ukraine).

A review of Oslo's 2022 bid application indicates that the city took their bid seriously. "The city of Oslo, when we started this in 2012, said we would really like to use the opportunity to see what the Olympics can do for the city development of the Eastern part of Oslo. So we have been working quite hard with city development plans together with the Municipality of Oslo and the planning office to see where we can put the Olympic Park and the Olympic Village," said Oslo 2022 Director, Eli Grimsby. Bid details indicate that of the 14 required venues, nine already exist and would just need refurbishing and due to Oslo's urban location, transportation upgrades would be minimal. Events occurring outside Oslo, like Alpine skiing and sliding events, would be held in Lillehammer at facilities used for the 1994 Olympic games. Lending support to Oslo's bid is Norway's proven track record for hosting successful events like the 1994 Olympics in Lillehammer and the FIS World Cup in Oslo.

Costs to host the 2022 Olympics as indicated by the bid project a final price tag of around 6.1 billion USD; 3.6 to 4.1 billion in public sector costs and 2 billion in private investor costs. In comparison, the 2014 Olympic Games held in Sochi, Russia, are widely reported, albeit dubiously, to have cost around 50 billion USD.

Although well suited to host the games, Oslo's citizens are a bit hesitant to welcome the Olympic bid and the costs associated, with open arms. In fall of 2013 a referendum of Oslo's bid was met with a 55 percent approval rate and in a poll taken in January of this year only 36 percent of Norwegians supported the bid, 49 percent against and the remaining 15 percent undecided. Understanding the divided sentiments of Oslo's residents regarding the bid, Grimsby shares his views in an interview with GamesBids.com saying, "We need to focus more on what is not just the arenas and the venues we are going to build but what would be the possibilities and the opportunities for the rest of the country; and how should our games sort of show what snow and ice is for us Norwegians and how to share our passion for winter sport with the rest of the world."

To view Oslo's official 2022 bid, visit <http://www.ol22.no/en/>



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Are You Missing Out?

Have you been receiving headquarters' popular monthly e-mail publication, Viking E-post? If not, perhaps Sons of Norway Headquarters doesn't have your current email address.

To add your email address to your record:

- Contact Sherry Gorse, Membership Services, at (800) 945-8851 ext 643 or fraternal@sofn.com or
- Log into the members section of www.sonsofnorway.com and click on the link to *Update email/phone*. While you are visiting the site, don't forget to update any seasonal or home address changes!

Don't miss another issue of this exciting and informative digital publication!

Sign up TODAY!

Celebrate, Explore, Collaborate: The January Viking E-post

In this month's edition of the E-post we take a look at how Norway is celebrating the bicentennial of its constitution, we look at how the Norwegian men's curling team is transforming their sport, we follow the Norwegian government in its quest to catalog undiscovered species, we take a look at how Norway is digitizing "all the books in Norway" and we celebrate the successes of our lodges and members in 2013!

As always we hope you'll find these articles informative and entertaining.

If you have a story idea you would like to see in the E-post, be sure to e-mail us at sonsofnorway@sofn.com.

Norway Celebrates 2014

As 2014 kicks off, Norway has more to celebrate than just the New Year. It is a year to celebrate a momentous occasion in Norway's history, the bicentennial of Norway's constitution, one of the oldest, and for its time, radically modern documents in the world. To celebrate the jubilee, events and exhibitions are scheduled over the course of the year from north to south, for young and old. Here is just an overview of some events that are scheduled for the year. To learn more click here.

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Traditional Norwegian Foods

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Norwegian Strawberries and Cream Cake (Bløtkake)

from *The Great Scandinavian Baking Book*
by *Beatrice Ojakangas*, Serves 16

- ¾ cup cake flour
- 1 tsp baking powder
- 6 eggs, separated
- 1 cup sugar

Filling:

- 3 egg yolks
- 2 tsp butter
- 2 tbsp cornstarch
- 1½ cups half-and-half
- ¼ cup sugar
- 2 tsp vanilla extract
- ½ cup strawberry or apricot jam, warmed and strained
- 1 pint fresh strawberries

Topping:

- 1½ cups whipping cream
- 2 tbsp powdered sugar
- 1 tsp vanilla

Blend flour with baking powder; set aside. In large bowl, whip egg whites until fluffy; gradually add sugar, and beat until stiff and meringuelike. In small bowl, beat egg yolks until frothy. Fold egg yolks and flour mixture into the egg whites. Butter two 9-inch round cake pans and dust with flour. Divide batter between pans.

Preheat oven to 350°F. Bake layers 30 minutes or until centers spring back when touched with finger. Cool in pans. (Centers of cakes may sink slightly.) To prepare the custard filling, in small saucepan, mix egg yolks, butter, cornstarch, half-and-half, and sugar. Cook, stirring, over medium heat until mixture is smooth and thick. Remove from heat, cover, and cool. Stir in vanilla.

To assemble the cake, cut layers horizontally into 2 layers each. Place bottom layer on cake plate and spread with half of the custard. Top with next layer. Spread with the strawberry or apricot jam. Reserve a few of the nicest strawberries for garnish on top of the cake. Spread with remaining custard. Top with remaining layer of cake.



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a little in English...

The Constitution of 1814

Norway's first constitution was adopted by the National Assembly at Eidsvoll on May 16th, 1814, and dated and signed on May 17th, 1814. It was modern and forward thinking for its time, with inspiration from the US Declaration of Independence of 1776 and the French Revolution of 1789.

The main principles of the Constitution are:

- People's Sovereignty (*People's right to rule through elected representatives*)
- Separation of Powers (*Power balance between the legislative, judicial, executive power*)
- Human Rights (*Rule of law, voice and speech*)

The Constitution of 1814 was written by men who wanted Norway to secede. Greater policy decided otherwise, and Norway became forced into a union with Sweden later in the year. The Constitution was retained, but was slightly modified to accommodate the new union with Sweden. The main principles of the Constitution were upheld, and laid the foundation for the union's dissolution in 1905 and the development of Norwegian democracy.

The original constitution document is a short piece of paper, marked by the test of time. It is therefore not available to the general public. It lies safely in the Parliamentary archives, where the right temperature and humidity process slow down the natural degradation. The Constitution is in turn digitized, so those who wish can study the document.

Written at Eidsvoll, the Constitution was probably penned by Trønder native, Johan Matthæus Buschmann. It is apparent in the text on the Constitution that the work was rushed in the spring of 1814. For the Constitution to become what it is he wrote with very simple Gothic handwriting, without ornamentation of any kind, and one will find some typos.

The legal text is written in a simple notebook like paper. The document is seen in a heap of 12 sheets of paper that are fastened together to 24 pages with a linen thread. All together it is 48 pages. The text has 110 paragraphs and is divided into five chapters. Following the legal text is the authorization from the National Assembly designated by 112 representatives' signatures with red wax seals. Finally is the signature from the king.

Sources:

Eidsvoll1814.no

Stortinget.no/Grunnlousjubileet

litt på norsk...

Grunnloven av 1814

Norges første grunnlov ble vedtatt av Riksforsamlingen på Eidsvoll den 16. mai 1814, og datert og underskrevet den 17. mai 1814. Den var moderne og fremsynt for sin tid, med inspirasjon fra blant annet USAs uavhengighetserklæring i 1776 og den franske revolusjon i 1789.

De viktigste prinsippene i Grunnloven var:

- Folkesuverenitet (*folkets rett til å styre gjennom folkevalgte representanter*)
- Maktfordeling (*maktbalanse mellom lovgivende, dømmende og utøvende makt*)
- Menneskerettigheter (*rettsikkerhet, tale- og yringsfrihet*)

Grunnloven fra 1814 ble skrevet av menn som ville løsrive Norge. Storpolitikken ville det annerledes, og Norge ble tvunget i union med Sverige senere samme år. Grunnloven ble beholdt, men den ble noe endret for å tilpasse den nye unionen med Sverige. De viktigste prinsippene i Grunnloven ble beholdt, og la grunnlag for unionsoppløsningen i 1905 og utviklingen av det norske demokratiet.

Originaldokumentet

Det originale grunnlovsdokumentet frå 17. mai 1814 er et kort papirstykke, merkt av tidas tann. Derfor er det ikke tilgjengelig for allmenn. Det ligg trygt plassert i stortingsarkivet, der den rette temperaturen og fukta bremsar den naturlig nedbrytinga. Grunnlova er til gjengjeld digitalisert, så de som vil, kan studera dokumentet.

Grunnlova som var skrevet på Eidsvoll var sikkert ført i pennen av trønderen Johan Matthæus Buschmann. Hastverket i vårvekene 1814 kom godt til syne i teksten. Til en konstitusjon å være, er han skrevet med enkel gotisk håndskrift, uten utsmykningar av noko slag, og en finn noen skrivefeil.

Lovteksten er skrevet på et enkelt kladdebokliknande papirhefte, rett nok av høy kvalitet. Dokumentet er sett i hop av 12 ark som er hefta sammen til 24 blad med en lintråd. Til sammen utgjør dokumentet 48 sider. Teksten har 110 paragrafar og er inndelt i fem kapittel. Etter lovteksten følger godkjenninga fra Riksforsamlinga, deretter underskrifter med rød lakksegl fra de 112 representantane. Til slutt står sysnpunkt fra kongen.



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2014 International Folk Art Exhibition & Competition



Sons of Norway is excited to invite all members to participate in this year's Folk Art Exhibition and Competition at this year's International Convention. Registration is now open for members, both amateur and professional, who wish to display their art or enter the

competition against other members in Sons of Norway's largest folk art event.

This year's Folk Art Exhibition and Competition is part of the International Convention in Jacksonville, Florida from August 22nd to August 23rd. Compete to earn a blue ribbon with your best piece of rosemaling, wood carving, knit mittens and more. Everyone who enters will receive a special certificate of participation. A People's Choice Award is presented to the convention attendees' favorite piece while the Best in Show is given to the judges' unanimous top pick.

To register for this year's Folk Art Exhibition & Competition, get information and obtain the complete rules simply visit the official convention website www.sonsofnorway2014.com.

Midsummer Campfire Bread and Hot Dogs

Adapted from www.thefamilydinnerbook.com

- 1½ cup warm water
- 3 tsp active dry yeast
- 4 cups (or more) all purpose flour
- 1 tsp sugar
- 2 tsp salt
- 2 tbsp olive oil + a little extra
- 12 Hot dogs
- Long sticks, bamboo poles or metal skewers
- Ketchup and mustard

Mix warm water and yeast in a bowl or standing mixer. Let stand for 5 minutes or until yeast dissolves.

Add remaining ingredients, stirring until well combined. If using a standing mixer, mix with dough hook for 5 minutes, otherwise transfer dough mixture to lightly floured surface. Knead until smooth, add flour in increments if dough is sticky. Continue kneading for at least 5 minutes. Cover with plastic wrap and let dough rise in a warm area until the dough doubles in size, roughly 1 hour.

Punch dough down and drizzle with olive oil. Transfer to a portable bowl with a lid.

Prepare a fire and let it burn down to red coals.

Thread a hot dog onto a skewer or stick. Take a small plum sized portion of dough and roll between hands until you have a rope. Twist dough around hot dog and hold over coals, rotating until bread is golden and cooked and hot dog is warmed.



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A Few of Frozen's Scandinavian Influences:

- Sámi culture inspired several different aspects of the film including Sven the reindeer, decorations on the sled that mimic *duoji* décor and the clothing style of the ice cutters.
- Sámi musician Frode Fjellheim's "Eatnemen Vuelie" is the film's opening song. It contains elements of the traditional Sámi singing style, *joik*.
- Art directors were inspired by elements of Akershus Fortress, Nidaros Cathedral, Bryggen, Stave churches and Viking ships.
- The setting for the film's fictional kingdom of Arendelle mimics the Nærøysfjord.
- Arendelle's royal castle interior borrows from hand painted patterns found decorating castle walls in Oslo. The exterior design of the castle references the triangular rooflines and shingles found in stave churches.
- Fjord horses, lutefisk, trolls, northern lights, runes, rosemaling and bunads are all present in the film.

"Frozen" Drives Increase in Norwegian Tourism Interest

Disney's latest box-office hit, "Frozen," has been collecting accolades and breaking records, landing in the top spot on a list of the highest grossing animated films and winning an Oscar for Best Animation Feature and another for Best Original Song for "Let It Go."

Inspired by H. C. Andersen's story, "The Snow Queen," and taking its art cues for the fictional kingdom of Arendelle from Bergen, Norway, "Frozen" offers moviegoers many Nordic influences they will recognize. Art director Mike Giaimo explains, "Norway offered a cultural backdrop we'd never explored before and we thought 'Wouldn't it be great to blend its dramatic environment, architecture and folk costume aesthetic?' It feels like a world from a classic Disney film, but it's completely new."

As a result of the film's Nordic styling and record-breaking popularity, Innovation Norway, Norway's official tourism organization, and a joint partner in Disney's marketing efforts for the film, is reporting a 350 percent increase in viewership of their website in the U.S. Per Arne Tuftin, Innovation Norway's director of tourism, and Sidsel Overgaard, a Scandinavian journalist, identified other significant increases for Norwegian tourism as a result of the film in an interview with NPR in March. According to Overgaard, the travel site, Kayak is reporting a 14 percent increase in Americans searching for flights to Norway. Tuftin also shares that internal research by Innovation Norway is indicating that more families with children are looking to Norway for travel. In addition, data collected by Skyscanner comparing flight searches from the U.S. to Norway showed a 153 percent increase over the same time period last year.

It remains to be seen whether the boost in travel searches to Norway will translate to booked flights, however Overgaard points to a similar scenario enjoyed by Scotland's tourism industry after the success of Disney's "Brave" in 2012. "That country embarked on a similar partnership with Disney upon the release of 'Brave' in 2012, Now tourism officials there say 'Brave'-related visits are expected to bring in \$200 million over the next five years."



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Our Top Picks – 7 Beaches in Norway

It should come as no surprise that Norway is beautiful in every season, but did you know that it has some pretty great beaches too? Norway's long coastline is an eclectic mix of rocky shorelines, fishing villages and busy harbors, inlets that snake into fjords and sandy shorelines that create the perfect beaches. Norway's south coast is typically the ideal destination for beach goers in the summer but there are gems up north as well. We have compiled a list of seven beaches to visit in Norway. Hopefully you'll get a chance to someday visit one of these seaside *strender* (beaches).

Hukstranden, Oslo

Located on the beautiful edge of the Bygdøy peninsula, patrons can sun themselves on the sand, the grass or the rocks nearby and watch the ships coming and going in the Oslo harbor. Popular with city residents both young and old this beach is a great escape, but still close and convenient to downtown Oslo.

Listastrendene, Farsund

Farther south are the sand beaches of Lista, located in the larger municipality of Farsund. Seven miles of beautiful sand beaches provide beachgoers an opportunity to go for a dip and daredevils to windsurf and kite in the southernmost waters off Norway.

Sommarøy, Tromsø

Hard to believe this is Northern Norway, but Sommarøy is a tropical island looking paradise just a 20 mile drive from Tromsø above the Arctic Circle. "Summer Island" is a quaint fishing village and a treasured tourist destination because of its white sand beaches and beautiful scenery.

Solastranden, Stavanger

Just a couple miles from the Stavanger airport is Solastranden. One of the most popular beaches in the region, Sola is busy year round with visitors biking, hiking, swimming, kiting, and grilling on the beach. Stay at the Sola Strand Hotel and take a peek back in time by catching a glimpse of WWII wreckage marooned on the south end of the beach.

Orrestranden, Jæren

South of Solastranden are the beautiful beaches and sand dunes of Jæren. Orrestranda is one of Norway's longest sand beaches and can easily be confused for the iconic beaches of Cape Cod. Surf in the beginning level waters, enjoy a bike ride around the area or play it safe by visiting Orre's "Frilufthuset" (recreation center) wildlife museum.

Bleikstranda, Vesterålen

Another option above the Arctic Circle is Bleik beach on Andøya, an island in the Vesterålen archipelago. Found on the National Tourist Route, this beautiful area is known for its fishing, whale watching and Northern Europe's longest sandy beach. Steep cliffs, long bridges and views of the midnight sun will make the long journey worth your while.

Bystranda, Kristiansand

Literally translated to city beach, Bystranda is located in Norway's fifth largest city of Kristiansand. The exquisite Scandic Hotel sits within walking distance of the beach and serves as a great vacation destination for tourists. With a sandy beach, swimming pier, sun deck and even palm trees, Bystranda is one of just five beaches in Norway to be awarded the Blue Flag environmental certification.



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a little in English...

The Year of Miracles – 1814

The historical days of 1814 are important events in this year's anniversary. It all began with King Frederik VI having to give up the throne of Norway to Sweden's King Karl XIII over the Peace Treaty of Kiel in January 1814. Denmark-Norway had been on the losing side in the Napoleonic Wars while Sweden was among the victors. See what happened next.

January 14th, 1814 The Kiel Treaty was signed, and stated that Norway would enter into a personal union with Sweden. This indicated that the 434 year long union between Denmark and Norway was over.

February 16th, 1814 A rebellion started in Norway against the decisions made in the Kiel Treaty, led by Denmark's heir to the throne Christian Frederik, who had previously been sent to Norway as governor.

February 19th, 1814 Christian Frederik sent out an open letter in which he announced elections for an assembly that would meet at Eidsvoll on April 10 to give Norway a Constitution.

April 10th, 1814 112 representatives attend the National Assembly at Eidsvoll. There were 57 officials, 18 businesses and 37 farmers.

May 17th, 1814 The 112 delegates were all unanimous about preparing a free constitution, inspired by contemporary ideas of popular sovereignty, freedom and a balance of power. The Constitution was completed and signed by the National Assembly and Christian Frederik was unanimously elected King of Norway.

May 19th, 1814 Christian Frederik received a message that the major powers of Great Britain, Russia and Austria would send commissioners to Norway to enforce the Swedish-Norwegian union.

July 26th, 1814 Carl Johan and Sweden go to war against Christian Frederik and Norway. On August 7th, however, armistice negotiations began under the conditions that Sweden would accept the Eidsvoll Constitution as Norway's official Constitution.

August 14th, 1814 The result of the negotiations led to the Moss Convention of August 14th, where Carl Johan accepted the Eidsvoll Constitution with changes necessary for a union with Sweden, in which Frederik Christian was obligated to abdicate. The Constitution was saved!

November 4th, 1814 Formally it was not a revised constitution, but a completely new constitution dated November 4th. The fundamental change was that Norway, as an independent kingdom, would enter into a union with Sweden.

litt på norsk...

Miraklenes År – 1814

De historiske merkedagene fra 1814 er viktige begivenheter i jubileumsåret. Det hele begynte med at kong Frederik 6 måtte gi Norges trone til Sveriges kong Karl 13 ved freden i Kiel i januar 1814. Danmark-Norge hadde vært på den tapende siden i Napoleonskrigene, Sverige blant seierherrene.

14. januar, 1814 Kieltraktaten ble underskrevet, og slo fast at Norge skulle tre inn i en personalunion med Sverige. Den betegnet dermed slutten på den 434 år lange foreningen mellom Danmark og Norge.

16. februar, 1814 I Norge startet det et opprør mot bestemmelsene i Kieltraktaten, ledet av den danske tronfølger Christian Frederik, som tidligere var blitt sendt til Norge som stattholder.

19. februar, 1814 Christian Frederik sendte ut et åpent brev der han varslet valg til en forsamling som skulle møtes på Eidsvoll 10. april for å gi Norge en forfatning.

10. april, 1814 112 representanter møter til Riksforsamlingen på Eidsvoll. Det var 57 embetsmenn, 18 næringsdrivende og 37 bønder.

17. mai, 1814 De 112 representantene var alle samstemte om å utarbeide en fri forfatning, inspirert av datidens ideer om folkesuverenitet, frihet og maktbalanse. Grunnloven ferdigstilt og ble signert av Riksforsamlingen og Christian Frederik ble deretter enstemmig valgt til Norges konge.

19. mai, 1814 Christian Frederik fikk en melding om at stormaktene Storbritannia, Russland og Østerrike ville sende kommissærer til Norge for å tvinge igjennom den svensk-norske unionen.

26. juli, 1814 Carl Johan og Sverige til krig mot Christian Frederik og Norge. 7. august ble det likevel innledet våpenstillstandsforhandlinger, med svensk løfte om å godta eidsvollsgrunnloven som Norges forfatning.

14. august, 1814 Resultatet av forhandlingene ble Mossekonvensjonen av 14. august, der Carl Johan godtok eidsvollsgrunnloven med de endringer som var nødvendige for en union med Sverige, og der Christian Frederik forpliktet seg til å abdisere. Grunnloven var reddet!

4. november, 1814 Formelt var det ikke en revisjon av eidsvollsgrunnloven, men en ny grunnlov datert 4. november. Den grunnleggende endringen var at Norge, som et selvstendig rike, skulle gå inn i en union med Sverige.