



## November Meeting Discusses Diabetes

We are pleased to welcome one of our own to our podium this month. Our good friend Julie Nordan has been a Registered Dietitian & Certified Diabetes Educator for more than 20 years. She currently works for Novo Nordisk Inc., a global leader in diabetes with headquarters in Denmark. Julie will discuss the diagnosis, risk factors, & management of diabetes. She will also provide resources for those who are interested in further information on the subject of diabetes. She is the wife of our Torske Klub Treasurer, Ken Nordan.

Our charter member, Dr. Ray Newgard has agreed to be the torskemaster.

As in previous luncheons, please make your reservations today, and bring your friends and guests.



Ken and Julie Nordan at 200th Anniversary of Norway celebrated May 17, 2014

## October Luncheon remembered WWII

We welcomed our long time member, Kaare Nevdal, to the podium to reminisce



Carl Eglund and Kaare Nevdal with the RNAF Trophy

his adventures during his service in the Royal Norwegian Air Force (RNAF). Recall that he flew in the north Atlantic and actually engaged a German sub in battle, resulting in its sinking.

It was also his 96th birthday celebration as a cake was presented and consumed. Carl Eglund also presented a unique gift to Kaare, as he came to possess a trophy of a wooden propeller from a crashed RNAF plane. This was presented to the Chicago Viking Klub by the visiting Norwegians during a soccer game in October 1945. It's history is bound to Kaare.

Thanks to many for this day, to Kaare, to Carl, to the boss for arranging a cake, Rob Jacobsen for transporting Kaare, our Torskemaster Don Hoganson, and the board members for their good work.

### **Torske Klub Luncheon - November 12, 2016**

The luncheon will be held at the Des Plaines Elks Club, 495 Lee Street, Des Plaines, IL (847-824-1556 for directions that day). Cocktail hour begins at noon; dinner starts promptly at 1:00 P.M. when, according to our tradition, our BOSS rings the bell to seat us for dinner. Make your regular dinner reservation by the evening of November 7, 2016. ALL MEMBERS AND THEIR GUESTS ARE REQUIRED TO MAKE A RESERVATION FOR DINNER. Timely reservations insure that fish and a table space can be reserved for you. The fish order is called in after the deadline. \$5 surcharge for late reservations after the deadline.

Call **312-233-2887** at any time day or night to leave a reservation. If there is voicemail difficulties, call Garry at 312-497-6407. As usual, please leave your MEMBERSHIP NUMBER, NAME, and the TOTAL number of people in your party. The same information is required when you reserve for other members. We have reservations from the following members : **3, 38, 40, 42A, 47, 51, 55, 84, 97, 98, 115, 120, 149**. Board members note that they have a reservation automatically and must call or prearrange to cancel. If you are not a member and wish to attend, call the same number and leave your name according to the principle "Once a guest, twice a friend, three times a member!" If you prefer email reservations, please send to [reservations@torskeklub.com](mailto:reservations@torskeklub.com) (not .org) with your total number of reservations, including yourself and guests. We will respond with a confirmation email. **\*\*TIP** – Don't know or remember your membership number? Check the mailing label. It is the number by your name. **FREE Raffle Ticket** to each member that brings one or more guests to the dinner this 2016/2017 season, excluding father/son/daughter day in March and excluding ladies day in February.

**Reservations  
by Monday  
Nov. 7**

**Luncheon Reservation Phone: (312) 233-2887**

## The Cost of Eating Healthy

Our Chicago Torske Klub has been consuming our favorite fish dish for over 56 years. At this meeting on healthy living, it seems appropriate to take a look at the health benefits of our staple. Our fish is the Atlantic Cod (*Gadus morhua*), which lives in the colder waters and deeper sea regions throughout the North Atlantic. The Pacific cod is similar, but a different species. Cod, of course, is popular as a food with a mild flavor and a dense, flaky, white flesh. Cod livers are processed to make cod liver oil, an important source of vitamin A, vitamin D, vitamin E, and omega-3 fatty acids (EPA and DHA). Young Atlantic cod or haddock prepared in strips for cooking is called scrod. In the United Kingdom, Atlantic cod is one of the most common ingredients in fish and chips, along with haddock and plaice. We learned from Svein Ludvigsen, the past fylkesmann from Troms, and past Norwegian Minister of Fisheries, that it is also referred to as Skrei in his parts.

As most of us know, this fish was plentiful in the ocean and has been a constant supply of protein for hundreds of years. Technology and greed killed the golden goose, as it were, by the overfishing of this commodity in the last part of the 20th century and it has not recovered on this side of the pond.

In Norway and most of Europe, the management has been a bit more successful. The North East arctic cod is estimated to be four times larger than it was 25 years ago. This development would not have been possible without the close and constructive fisheries cooperation between Russia and Norway.

In Norway, they have two management plans for the cod. One for the North East arctic cod in the Barents Sea, and one for the North Sea cod.

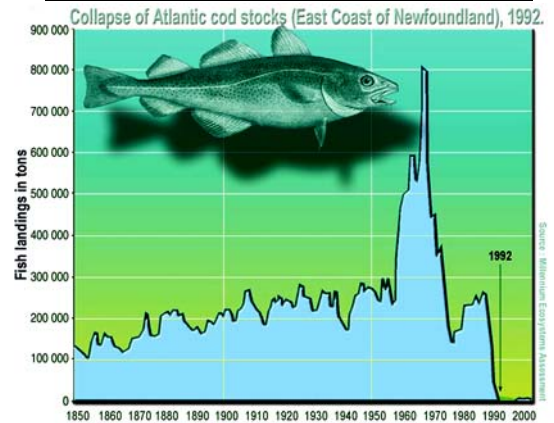
The result of all this is a higher cost for the fish. At the Chicago Torske Klub, we have been fortunate in that last 15 years to keep our meal cost at \$20. The market demand forces our supplier to raise prices however, and as such, the cost of our meal is rising to \$25 this month.

Our Board has agreed to sustain the \$20 price of the meal for rest of 2016, but **In January 2017, our meal charge will be \$25 per plate.**

- Ref: Wikipedia.org and fisheries.no



Atlantic Cod (*Gadus morhua*)



### Future Programs

- November 12, 2016— Julie Nordan—on Diabetes
- December 10, 2016—David Langseth /Ken Spengler—Christmas Celebration
- December 31, 2016—Last day for DUES
- January 14, 2017— Sweater Day— Meal cost rises to \$25
- February 11, 2017 —Ladies Day
- March 11, 2017- Father/Son/Daughter Day

### Chicago Torske Klub Board of Directors

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## Member Birthdays, Dues and News

This month we celebrate the birthdays of November:

Jorgen Laursen, Bruce Carlson, "Coach" Chuck Enge, Robert Olberg, and Ron Betz. As we say on Thanksgiving, "Happy Bird Day"

All please note that dues are requested starting in November for the 2017 season. Please correct any information and return in the enclosed envelope with a check for \$40 by mail or at the luncheon this month or December. Dues sustain this letter, the cost of aquavit, lefse, ladies day, speakers costs and other costs to operate this group. We remain financially healthy.

We send greetings to Rich Wielock and his wife Grace who have been infirmed for a few months, we hope to see Rich soon.