



The Magical Month of October

Our October program is by William Pack, a Chicago based magician. Born and raised in Chicago, William Pack is a magician, storyteller, and author. At 11 years old, William got his first job in a magic shop and hasn't stopped performing since. He performed close-up magic at the famous Schulien's restaurant, caught cheats for a casino, and demonstrated magic for 13 years at Chicago's Navy Pier. He is an internationally recognized magic historian and history with his performance. In 2001, he taught actor Will Smith sleight of hand for his portrayal of Muhammad Ali in the film, Ali. He can currently be seen regularly at the Chicago Magic Lounge.



The reservation number is open, and this is a good month to bring your guests.

September Luncheon Well Attended

We typically find out September luncheons less attended as our members are finishing their summer activities, but not so in September. About 50 people attended to hear our retiring Honorary Consul General and member Paul Anderson speak to us. Thanks again Paul, and to Lars Ohrstrom, who mastered the Torskemaster duties. Lars' father, Per Ohrstrom, was the Consul General preceding Paul.

2020 Looms: Time for the Dues

As in previous years, the Chicago Torske Klub has a practice to collect the annual dues starting in October 2019. As before, the dues remain at \$40 payable by check in the return envelope provided, or by cash or check at the luncheon. Although we would encourage you to pay them in October, we can wait until December if you require the time.

Dues fund many of the incidentals of our group. Traditionally, it represents the shot of Linne Aquavit for your birthday, and it covers the cost of the dinner lefse, mailings, and the little advertising we do

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Torske Klub Luncheon - October 12, 2019

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 Oct.7 for the luncheon. 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

Call **(847)886-4841** at any time day or night to leave a reservation. 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, 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 or add guest to the count. 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 (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 2018/2019 season, excluding father/son/daughter day in April and excluding ladies day in February.



Luncheon Reservation Phone: ☎(847)886-4841

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National Seafood Month is an annual designation observed in October. Humans feasting on seafood dates back long before written history. Since humans didn't have the most efficient equipment back then, they used bird beaks and spears carved from wood and stone. Today, people in countries all over the world fish in dozens of different ways, and have learned to love seafood in hundreds of different recipes. Besides being super tasty, eating fish and shellfish has major health benefits. To name a few:

Fish provide essential nutrients. The specifics depend on what kind of fish you're eating, but to tell you the truth, there isn't a kind that's "bad" for you. They are a great natural source of vitamins and minerals such as Vitamins A, B, and D.

Seafood promotes heart health. It's nutritious enough to be low in saturated fat and high in protein; fish are rich in omega-3 fatty acids. These can drastically reduce the risk of cardiovascular events like strokes, heart attacks, or sudden cardiac arrest.

It's great for your joints! Those omega-3 fatty acids are good for easing tender joints and reducing that stiffness that comes when you roll out of bed in the morning.

If you want healthy, glowing skin... add a little more fish to your diet. Eating seafood helps your skin hold it's natural moisture. Your skin glows more from what it naturally produces than what you rub on it! It can also help protect against UV rays from the sun.

Eating fish boosts your brainpower. Studies show that seafood omega-3's could lower the risk of Alzheimer's Disease, and promote proper brain growth in infants and children.

Believe it or not, seafood can even help fight depression. Research shows a strong correlation between omega-3's and decreasing depression... It helps people have a more positive outlook on life!
- *from nationaldaycalendar.com*

All are invited to a formal dinner to honor Paul Anderson

Friday, November 8th, 2019

6:30 in the evening

ROLLING GREEN COUNTRY CLUB
2525 E Rand Rd, Arlington Heights, IL
60004, USA

In Appreciation of his Service as Honorary Consul General to Illinois
MC: Dick Johnson, NBC News
Reception Cocktails (Open Bar) and
Hors D'oeuvres, Dinner and Dessert
Valet Parking incl.

**Suggested donation per person:
\$120.00**

Reserve your space(s) by
October 22, 2019 to;
Randi Broch
rbroch46@sbeglobal.net
(847)677-3755

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in Scandinavian groups and publications. It also covers an honorarium we find ourselves paying to various quality speakers and entertainers.

Your membership info is also enclosed. Check the form for missing info or corrections. We changed a couple addresses this summer; is your mail being forwarded? Is your birthday month known so we can skål? If your email is missing, we need that also.

October Birthdays and News

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October birthdays include Eivind Torske, Peter Hastings, Walter Lorentsen, our good board member Tom Field and our Raffle Chairman and board member Sam Smith and one more...

We acknowledged the birthday of our good member and friend Kaare Nevdal during Paul Anderson's talk last month. There is a special reason, he is 99 years old/young this month. In his honor, we are enclosing a copy of the article from Northwest Quarterly in 2007 that featured Kaare's story during World War 2. His story should be told frequently. Tusen Takk Kaare !

We also received news last month on the retirement of our good member Ken Nordan to pursue his hobbies. Congratulations Ken!