



April Luncheon with Olympic Skater and Coach



Nancy Swider-Peltz
- photo from
teamswiderteltz.com

We are pleased to welcome Olympian Speed Skating Hall-of-Famer **Nancy Swider-Peltz** to our luncheon this month. Her National Speed Skating Hall of Fame bio summarizes her résumé:

“Nancy Swider-Peltz, Sr. was the first four-time U.S. Winter Olympian. She's a two-time World Record holder and has competed in eight Olympic Trials. Nancy began skating at age of 13 and skyrocketed to success shortly after. She won the Short Track Nationals at 16 and 17, the pack-style Long Track Nationals at 18 and made her first Olympic team in 1976 at 19. She set her first World Record in the 3000m that same year, and secured a second in the 10,000m in 1980. Nancy made the 1980, 1984 and 1988 Olympic Teams, the last with her one-year-old daughter, Nancy Jr., in tow. In between growing her family, Nancy continued to compete. She participated in four more Olympic Trials - 1992, 1994, 1998 and 2002 - for a total of eight Olympic Trials in four decades. At the 2002 Olympic Trials, at the age of 45, she was paired with her daughter Nancy Jr., age 14. That same year she set four personal bests and currently holds five age-group World Records. Nancy has been the head coach of the Park Ridge Speedskating Club since 1985. “

She has coached 7 skaters to Olympic teams, 2 skated with her in 1988. She coached Brian Hansen of Glenview to a silver in 2010, and also in the recent 2014 Sochi Olympics. Perhaps her greatest gift as a coach is to mentor her own children with husband of 29 years, Jeff Peltz. Nancy, Jr. is noted above as an Olympian in her own right, placing 4th and 9th in 2010 Vancouver. Jeffrey Jr, is training for the 2018 Olympics. The family resides in the Wheaton area.

Thanks to Don Hoganson, who procured our speaker, and who will step in as torskemaster.

Tour of France in March

We were provided a good visual tour of France from Bob Hoel in March for a well-attended Father/Son/Daughter Day. Recall that Bob and his wife Nancy are accomplished cyclists, who used their hobby to witness the essence of France and other travels. Thanks to Bob and to Jon Knudsen, who managed the duties of torskemaster.

Torske Klub Luncheon - April 12, 2014

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 April 7, 2014. 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

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, 13C, 38, 40, 47, 55, 84, 98, 114, 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 (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 2013/2014 season, excluding father/son/ daughter day in March and excluding ladies day in February.

Reservations
by
April 7

Luncheon Reservation Phone: ☎(312) 233-2887

The Unappreciated Fish Head

National Public Radio has recently incited subscribers with the suggestion that we should focus our tastes for fish to the heads and not the body. The story notes that Norway alone tosses 220,000 cubic tons of fish extras rather than harvesting.

“Of course, eating fish heads isn't a novel idea in many parts of the world. In Southeast Asia, fish head curry is a popular item. Jogeir Toppe [a scientist with the United Nations Food and Agriculture Organization in Rome], who has studied diets in Africa, notes people living around Lake Victoria who catch Nile perch fillet the fish and send the meat to Europe. And they get to enjoy the heads and other remains at home.”

“A few nations, including Iceland, Norway, Scotland and the U.S., send frozen or dehydrated cod and salmon heads to Africa and Asia, and Toppe says entrepreneurs around the world are edging into this business”

We understand the avid fishermen in Door County Wisconsin who prepare their waste fish, like carp and sheepshead, on a cedar board; bake it in the sun, toss the fish and eat the board.



Fish Heads in Lofoton Islands in Norway are hauled for shipment to Chicago Torske Klub, after the vote.

Our Secretary and Board Member Garry Grube brought this story to our attention and has made a motion to dedicate 25% of our future cod meals to the consumption of the fish head. As cod becomes a rarer commodity, this makes sense.

The vote will be taken in the next meeting, and you are encouraged to bring Garry your opinion as

you check into the luncheon in April. Follow that with a hearty greeting for April Fool's Day.

Member Birthdays and News

This month we celebrate the birthdays of these good members: Per Rykhus, Peter Nielsen, Jim Severson, Richard Elmer, Richard Fjeldheim, Wollert Ellertson, David Hardy, Carl Graf, Jr., Doug Conte, Richard Nelson Jr., Tore Bakk-Hansen, and Fred Olk. A tip of the drinking horn to all; a formal toast will be held on 4/12.

A prayer and get-well to our Program Chairman Thor Jondahl, who is battling illness requiring surgery.

Save the Dates

April 5, 2014—This weekend Chicago Friends of Vesterheim Luncheon—This annual fundraiser provides support to the Vesterheim Norwegian-American Museum in Decorah, IA. Shops, raffle, silent auction, entertainment and a good lunch at the Park Ridge CC. Contact Stephanie Johnson at snjohnson@vesterheim.org, or 563-382-9681.

May 17, 2014— Norwegian Constitution Day Formal Banquet. Invitations are in the mail by the NNL for formal celebration the 200th anniversary of the constitution. Svein Ludvigsen is the keynote speaker. Orion Samuelson is MC. Contact the Norwegian Consul General office at 312-377-5050 to be added to the invi-

Mark these Luncheon and Other Dates for the 2013 / 2014 Season

- April 12, 2014—Luncheon
- May 10, 2014— Anniversary Luncheon
- May 17, 2014— Syttende Mai
- May 18, 2014— Constitution Day Parade. 1pm in Park Ridge IL.

Check for updates on our website <http://www.torskeklub.org>

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