



March Father/Son/Daughter Day with Brad Seaton

The annual father/son/daughter day is upon us, and as we typically have a sports related topic this day, we are pleased to welcome Mr. Brad Seaton relating his experiences with the NFL and his current enterprise. Sign up early to join us!

Brad Seaton is a former NFL offensive tackle who has been transitioning into providing all of the highest performance level resources to those looking to maximize their health and wellness. Having been drafted from Villanova by the Tennessee Titans, and working with the Cleveland Browns and Tampa Bay Buccaneers, along with several Division 1 strength and conditioning coaches, nutritionists, corrective exercise specialists, and mobility experts, he has been able to pinpoint several essential modalities required to maximize performance.



Brad Seaton

Seaton provides and promotes wellness for all and is especially passionate about developing athletes. With first hand examples of old and new schools of thought surrounding strength and conditioning, he's learned to see all the requirements of sound foundational support, that reach deeper than on paper experience or qualifications.

He's been able to set the bar high by vetting, providing, and implementing structures for gyms, organizations and corporations according to the wellness standards at the most powerful performance institutions in the world.

February Luncheon

The February ladies day luncheon was enjoyed by about 60 as Dana Kelly and Connie Weimer discussed Women on the Prairie. Thanks to all who made this a success!

Torske Klub Luncheon - March 11, 2023—Reserve today!

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 Sunday Mar. 5** 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. There is \$5 surcharge for late reservations. **Please indicate Fish or Beef for each**

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: **38, 51, 55, 58, 97, 98, 120, 124, 135, 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 2022/2023 season, excluding December, father/son/daughter day in March and **excluding ladies day in February**.

Reservation Line: 847-886-4841

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If you have seen the news and the business reports, they are filled with talks of AI or Artificial Intelligence. After decades of promises in information technology, many products have emerged simultaneously. One of the products, chatGPT is a chatbot developed by OpenAI and launched in November 2022. It is built on top of OpenAI's GPT-3 family of large language models and has been fine-tuned using both supervised and reinforcement learning techniques. See openai.com for a test.

We gave it a test this month and asked for a short article about Norwegian cod. It answered:

“One current topic concerning Norwegian cod is the impact of climate change on the cod population. The warming of the Norwegian Sea is causing changes in the ecosystem, including the distribution and abundance of plankton, which is the primary food source for cod. These changes can affect the growth and survival of cod, leading to a decline in the population. The Norwegian government has implemented measures to address this issue, such as reducing fishing quotas and implementing regulations on fishing gear to protect juvenile cod.

Another topic is the sustainability of Norwegian cod fishing. Norway is one of the world's largest cod producers, and the Norwegian government has been working to ensure that cod fishing is sustainable for future generations. The Norwegian Seafood Council has implemented a certification program to promote sustainable fishing practices and to ensure that cod is harvested in a responsible manner. In addition, Norwegian fishermen are required to follow strict regulations regarding the size of their catch and the use of fishing gear to minimize the impact on the cod population.

The quality of Norwegian cod is another topic of interest. Norwegian cod is highly valued for its taste and texture, and it is exported to countries around the world. The Norwegian government has implemented strict regulations on the fishing, handling, and processing of cod to ensure that it is of the highest quality. This includes measures to ensure that the cod is handled carefully to avoid damage to the flesh, and that it is quickly chilled to preserve its freshness.

Finally, the COVID-19 pandemic has also had an impact on the Norwegian cod industry. The closure of restaurants and other food-service establishments has reduced demand for cod in certain markets, while the disruption to supply chains has made it more difficult to export Norwegian cod to some countries. The Norwegian government has implemented measures to support the fishing industry during this challenging time, such as providing financial assistance to fishermen and implementing safety measures to protect the health of workers in the fishing industry.”

We are impressed; don't notice any errors, but will not yield the letter editing to the machine quite yet... -kol

Member Birthdays

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This month we recognize the March birthdays of these members:

Ray Syversen, Hugo Lannesskog, and Roald Harr

Gratulerer med dagen og Skål !

Reminders:

- 1) The price of our meal remains at \$35.
- 2) Checks may be made out to “Chicago Torske Klub”

Future Events

Mar. 11— Father/Son/Daughter Day

Apr. 8—Civilian Conservation Corps

May 6 (not 13!) - Luncheon Date change so to not coincide with May 17 events

May 22—NNL Parade— Park Ridge

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