



Nuda Veritas

Published for Members by the Grand Rapids Lions Club
District 11-C-1 --- Vol. 2013-14, No. 6, October 26, 2013

UPCOMING EVENTS

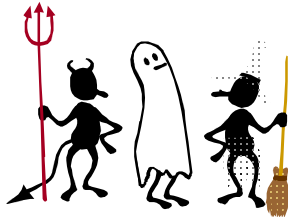
**University Club
Downtown Grand Rapids**
Meetings begin at 12:15 p.m.
unless otherwise noted.

----- We Serve -----

Monday, October 28, Bowling
League, Northfield Lanes, 4:45 pm

**Tuesday, October 29, 6:00 pm,
Jamark Labs, Eyeglass Recycling
Work Session & Dinner**

Thursday, October 31, **Happy
Halloween!**



Monday, November 4, Bowling
League, Northfield Lanes, 4:45 pm

**Tuesday, November 5, Local Food
Advocate, Rose Starner**

November 11, Veterans Day

Monday, November 11, Bowling
League, Northfield Lanes, 4:45 pm

**Tuesday, November 12, Michigan
Street Corridor Planning Process,
Suzanne Schultz**

Tuesday, 29

**Eyeglasses Recycling Project & Dinner,
6:00 – 8:00 pm, Jamark Labs**
No Meeting at Noon at the University Club!

The Eyeglass Recycling Session/Dinner Meeting will be Tuesday, October 29, from 6:00 to 8:00 pm. All Lions, spouses and guests are encouraged to participate. Normal tasks will be sorting, washing, measuring and recording the glasses in preparation for future mission trips.

The Club has been working with Calvin College to prepare eyeglasses for a trip that its students are taking during their Interim Session to Tijuana, Mexico. Lions Brent Spoelstra also reports that all the eyeglasses have been processed for the Lions of Michigan Vision Mission trip to Veracruz, Mexico on February 15 – 22, 2014. The mission goal of the team is to see 650 patients a day for four days of clinic. Lion Brent said, "I want to thank all the volunteer time that Lions and others spent in preparing the eyeglasses for shipment. We will prepare the shipment at Tuesday work session." (which needs to ship by November 15) However, even with all the eyeglasses that have been processed, there are still pallets of eyeglasses to process for future trips.

If you have questions or want more information, please contact **Lion Brent Spoelstra** at bespoelstra@yahoo.com or 616-283-0260, or one of the other committee members.

The Lions Eyeglass Recycling Center is at Jamark Labs at 4282 Brockton SE, Suite D, Grand Rapids. It is approximately 1/2 mile east of Broadmore Avenue, about 1 block north of 44th street at the first traffic light and on the east side of Brockton. It is the northern-most suite in a series of connected businesses. Parking and entrances are available in the front and back of the building.

Note: *The Recycling Center will be open on every Tuesday from 6:00 – 8:00 pm.*

Tuesday, November 5

Local Food Advocate, Rose Starner

Grand Rapids' food scene is bursting with local flavor. Farmers, teachers, chefs and activists are taking back their foodways and serving up the fresh, healthful fruits of their labor. Author Lisa Rose Starner captures the essence of the growing food movement in Grand Rapids and the rugged individuals who are tilling the soil, growing food and launching successful food businesses while powering community change.

Ms. Starner grew up in Spring Lake, Michigan, just minutes from the shoreline of Lake Michigan. She was raised on a hodgepodge of foods, from home-cooked meals made with vegetables from her mother's garden to 1980s-style frozen pot-pie dinners. Ms. Starner's mother's frugality with her food budget taught her family how to garden and preserve seasonal produce. Her mother worked hard to get her family to sit at the dining table nearly every evening for dinner. This is a lesson Ms. Starner learned well.

Ms. Starner first learned the art of eating while a university student in Nice, France. After graduating, her edible journey took her to work in the Stag's Leap District of Napa Valley and to volunteer at Alice Waters's Edible Schoolyard in Berkeley, California. It was at the Edible Schoolyard where Ms. Starner witnessed the power of growing gardens with children and the impact it can have on their health, the environment and the future of our global food system.

Ms. Starner returned to Michigan in 2001. She has since been an activist in her local food community, writing, teaching and getting her own hands dirty in the soil to help grow the movement with her family in Grand Rapids. When she is not in her gardens or kitchen, she can be found in the fields and forests, learning from the wild plants growing in her own Great Lakes bio-region and honing her skills as an herbalist.

Veteran's Day – Monday, November 11

A Little History on How It Was Established

Veterans Day is an official United States holiday which honors people who have served in armed service that is observed on November 11. It coincides with other holidays such as Armistice Day and Remembrance Day which are celebrated in other parts of the world and also mark the anniversary of the end of World War I. (Major hostilities of World War I were formally ended at the 11th hour of the 11th day of the 11th month of 1918.)

U.S. President Woodrow Wilson first proclaimed Armistice Day for November 11, 1919. In proclaiming the holiday, he said, "To us in America, the reflections of Armistice Day will be filled with solemn pride



in the heroism of those who died in the country's service and with gratitude for the victory, both because of the thing from which it has freed us and because of the opportunity it has given America to show her sympathy with peace and justice in the councils of the nations."

The United States Congress passed a concurrent resolution seven years later on June 4, 1926, requesting that President Calvin Coolidge issue another proclamation to observe November 11 with appropriate ceremonies, and a Congressional Act approved May 13, 1938 made the 11th of November in each year a legal holiday --- "a day to be dedicated to the cause of world peace and to be thereafter celebrated and known as 'Armistice Day'."

In 1945, World War II veteran Raymond Weeks from Birmingham, Alabama, had the idea to expand Armistice Day to celebrate all veterans, not just those who died in World War I. General Dwight Eisenhower supported the idea of National Veterans Day. After a bill establishing the holiday passed Congress, President Dwight Eisenhower signed the bill into law on May 26, 1954. Congress amended this act on June 1, 1954, replacing "Armistice" with "Veterans," and it has been known as Veterans Day since.

Although originally scheduled for celebration on November 11 of every year, starting in 1971 in accordance with the Uniform Monday Holiday Act, Veterans Day was moved to the fourth Monday of October. In 1978, it was moved back to its original celebration on November 11. While the legal holiday remains on November 11, if that date happens to be on a Saturday or Sunday, then organizations that formally observe the holiday will normally be closed on the adjacent Friday or Monday, respectively.

Source: Drawn from material presented on Wikipedia about Veteran's Day.

Statistics for Blind and Vision Loss – U.S. and Michigan

- Across the nation, there are over 20 million individuals, age 18 or older, who are blind or visually impaired;
- There are over 656,000 blind or visually impaired individuals ages 4 to 20 in the nation;
- In Michigan, there are over 216,000 individuals who are blind or visually impaired;
- Medical vision loss for adults is associated with refractive error, age-related macular degeneration, cataract, diabetes and glaucoma;
- Vision loss for children and adolescents is associated with prenatal cataract (birth weight below two pounds, three ounces), optic nerve atrophy and retinopathy of prematurity.

(Data courtesy of National Eye Institute, The Lighthouse of New York City and the American Foundation for the Blind.)

Lions News

Mark Your Lions Calendars:

- ❖ Saturday, December 7, Morning: Meijer Kids Shopping day at Cascade Meijer Store
- ❖ Saturday, December 14, 6:00 pm: Holiday Party at the Kim & Pam Gary's new home
- ❖ Tuesday, December 17, 12:15 pm: Holiday Luncheon, Chevron Awards & Holiday Raffle

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