



# Nuda Veritas

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District 11-C-1 --- Vol. 2015-16, No. 6, November 21, 2015

## UPCOMING EVENTS

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

----- **We Serve** -----

Monday, November 23, Lions  
Club Bowling League, Northfield  
Lanes, 4:45 pm

Tuesday, November 24, Lions Board  
Meeting, ABVI, Noon

**Tuesday, November 24,**  
**Eyeglass Recycling Work Session**  
**& Dinner, Jamark Labs, 6:00 pm**

Thursday, November 26, Thanks-  
giving Day!

Monday, November 30, Lions  
Club Bowling League, Northfield  
Lanes, 4:45 pm

**Tuesday, December 1, The**  
**State of Your Health, Dr. Lion**  
**Jed Emms**

Saturday, December 5, Holiday  
Kids Shopping Event, Cascade  
Meijer Store, Morning

Monday, December 7, Lions Club  
Bowling League, Northfield  
Lanes, 4:45 pm

## **Tuesday, November 24** **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, November 25 from 6:00 to 8:00 pm (Recycling Center opens at 3:00 pm). Please come today and any other upcoming Tuesday since the prepared eyeglasses will need to be shipped to Haiti in about 2-3 weeks. Bring family, prospective members and guests!

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

**Note:** *The Recycling Center will be open every Tuesday from 3:00 – 8:00 pm.*

## **Tuesday, December 1** **The State of Your Health, Dr. Lions Jed Emms**

Lion Jed Emms, DC, established Grand Rapids Family Chiropractic in 2010. Its website states that, "What many do not realize . . . is that chiropractic is a health care modality that provides significantly more than just a solution for pain. Chiropractic is a lifestyle that involves all aspects of wellness, including exercise, nutrition, personal development, and stress relief." This includes people from all walks of life (including newborns, children, and adolescents).

Grand Rapids Family Chiropractic defines chiropractic as "the discovery and removal of the vertebral subluxation, which is

interference that is taking place in your Central Nervous System (CNS). It is important to recognize that our CNS is the master controller of our entire body and it directly correlates to our ability to function and exist.” The website continues, “People are sometimes suffering from various conditions are living in a ‘subluxated’ state. A chiropractor makes an adjustment and is able to remove the interference, and the condition dissipates.” Dr. Jebb not only offers adjustments, but combines this with tips on fitness, nutrition and stress relief. The practice says it takes into account your entire body and the lifestyle choices, which develop customized protocols patients to follow.

Most of his patients refer to him as “Dr. Jed.” His top two favorite things are being in practice adjusting and spending time with his family. Dr. Jed received his Bachelors of Science from Ferris State University, where he also competed collegiately in Tennis and Soccer. He then received his Doctor of Chiropractic degree from Life University in Marietta, GA. He is part of several local organizations and active in the community. He is a member of several professional organizations. He spends time with his wife, Kati, and son, Spencer. You will also see Kati and Spencer in the office from time to time.

## **Meijer Kids Holiday Shopping Event: December 5 Volunteers Still Needed**

Saturday, December 5, 2015 is the Grand Rapids’s Lions Club shopping event for children who qualify based upon financial need. We are now expecting about 50 children (a record number) who are urban-city children in Grand Rapids (Saboath Ministries) or visually impaired children.

We need volunteers for shopping on a one-to-one basis and possibly more for visually impaired children. Volunteers from the Grand Rapids Lions Club and Grand Valley State University Campus Lions Club members are needed to sign-up to volunteers. In addition, some drivers are needed to pick-up the kids from Saboath Ministries to take them to the Cascade Meijer store and return them home after the shopping excursion is finished. Parents with visually impaired kids are required to bring their children to Meijer in the morning, but our volunteers will drive them home after the event.

The purpose of the event is to help the children purchase gifts for their families. The kids are asked to come prepared with a list of family member’s names, ages, and sizes to assist in choosing the items to be purchased. Each child is given a Meijer’s gift card for their shopping. After the volunteers have helped the kids shop, the gifts are wrapped and name tags are placed on each gift.

In addition to the use of its conference room, Meijer generously donates a \$15 gift card per child within a total limit of \$1,000 for the event. The Grand Rapids Lions Club donates \$60 per child for a budget of \$75 per child to spend on their family members. At club luncheons, we “Pass the Hat” for donations to supplement the fund from the club. (For each \$75 collected, an additional child is able to attend). *Donations can also be mailed into Jeff Kraai for those who are unable to attend the meetings. (2276 Old Dominion Ct. SE, Kentwood, MI 49508)*

This event rewards all who participate. This year’s event will be held on Saturday, December 5th approximately from 7:30-11:00 am at the Meijer at Cascade on 28th Street. If you have questions or wish to volunteer, please contact Anne Baird ([baird@surfrees.com](mailto:baird@surfrees.com)) 616-446-9496 or Mike Thibodeau ([muthibodeau@gmail.com](mailto:muthibodeau@gmail.com))

## **Thanksgiving**

**Thanksgiving** — When we give thanks and celebrate a tale about the welcoming of foreign refugees

to American shores. For some, it's a day of mass media consumption, with a parade and three NFL games. For others, the Santa Claus float at the end of the Macy's Thanksgiving Day Parade starts the with Christmas music on the radio.

But, at least *turkeys* are cheap, right? And that's what Thanksgiving is really about: food. So, in the spirit of the things that brings us all together, one recent survey "peels apart this holiday and carves this nation up into factions. Who eats what where?"

### **Main Dish**

Chicken, pork and roast beef got cursory shout-outs as main Thanksgiving dishes, but ***turkey rules***, with 82 percent saying that turkey is the centerpiece of their meal. When you get past the poultry and check out the side dishes, though, regional distinctions really come out.

Here's the most disproportionately consumed side dish in each region (numbers in parenthesis are regional versus nationally, when presented in the article):

- Southeast – mac & cheese (35% vs 20%)
- Mid/Northeast – squash (56% vs 18%; most confusing finding)
- Great Lakes States (most, including Michigan) – rolls & biscuits
- North Central – green beans/casserole
- South Central – cornbread (40% vs 28%)
- Western States (Mountain & Western States, including Hawaii and Alaska) – Salad

### **What about dessert?**

***Every region enjoys pumpkin pie.*** But beyond that, there are three Americas:

- \* The America that disproportionately has apple pie (Mid/Northeast);
- \* The America that has pecan pie and sweet potato pie (the assorted Southern), and;
- \* The America that consumes cherry pie (the Midwest and West).

Still, after dessert, the nation unites around that most American of traditions: shopping (a greater proportion would rather shop on Black Friday rather than Thanksgiving), watching football and hanging out with friends.

Source: Drawn from article, "Here's What Your Part of America Eats on Thanksgiving", Walt Hickey, lead writer for lifestyle, Five Thirty Eight Life

### **Other Lions News:**

**Save the Date – Holiday Social:** Remember to save the date for the Holiday Social – **Friday evening, December 18, 2015.**

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