

DETROIT

NATIVE SUN

Flip Your Spoon Over!©

By Ma'at Seba
SUN COLUMNIST



My stew was heated to perfection and my tea had just the right amount of honey in it. Armed with crackers in one hand and a spoon in the other, I thought to myself, "This is good enough to make your eyes crossed". After I

finished the stew, I licked that spoon so clean you would have thought that it had just been washed. As I gave the spoon the final inspection for any remaining stew, my "reflection" in the spoon caught my attention. I knew that the inside of a spoon being concave would make the reflection inverted, and the outside of the spoon being convex would reflect an object right side up, but I never gave much thought to it. This time I was intrigued. As I gazed at my upside down reflection inside the spoon, I equated how the inside of the spoon could represent ones mental and emotional state of being. When one is holding too much "stuff" (resentment, grief, anger, fear, depression, etc.) inside of their mind and heart, then their life seems to be turned upside down.

Too often the mental and emotional "stuff" is held on to so tightly that it begins to ingrain itself within ones character. So much so that those emotions begin to control a person very freedoms. Depressed people become recluses and allow their physical appearances to become insignificant. Angry people make everyone around them miserable and fearful people lose all drive and ambitions. These emotional viruses slowly suck the life source out of people so subtly, that the damage usually is done before they even realize it.

The inside of a spoon is designed to only hold so much and when too much of an item is placed within it, then spillage occurs. Recently a famous young singer was killed in a small plane crash along with her whole entourage. The alleged cause of the crash was that the entertainer's baggage's exceeded the weight limit, but she refused to leave any baggage behind. This is a sad, yet powerful, symbolic analogy of what happens when one holds onto too much emotional and mental "stuff" or "baggage".

The same thing can happen to the mind and the heart. When too much negativity is internalized then spillage occurs which can manifest in the forms of verbal and physical aggressiveness, illness, alcoholic or drug consumption, overeating, withdrawn behaviors, health challenges etc.

As I flipped the spoon over my reflection was right side up on the outside of it. The outside of a spoon is not designed to hold anything on it; the substance will just roll right off of its sides. That is the way that our mind and heart should be towards any negativity, roll it right on away, and don't let it hold on to any "stuff" so that your life as well as your reflection can become right side up! The releasing of our "stuff" is only a "decision" away. The mind is a powerful thing, every minute we make choices, we choose what makes us happy, what makes us sad, what makes us angry, and what hurts our feelings. They are all only decisions. We alone choose to experience those emotions and for how long we will entertain them. People considered as "thick-skinned" or "unfeeling" are actually people who choose

to not let things bother them, or at least not for long. It's a choice.

During lectures I like to intrigue people by asking them if anyone has ever hurt their feelings. Everyone quickly raises their hands. Then I tell them "No they didn't. It's impossible for anyone to hurt your feelings". The puzzled looks on their faces was worth a picture. Then I tell them that, "You hurt your own feelings". By now their jaws are hitting the floor and their facial expressions are painted with confusion. I begin to explain that, "There is no magic "Hurt my feelings" button that people can push. You and you alone decide whether to have your feelings hurt. Words are just that, words. They only have the power that you decide to give to them. You decide what words are insulting, painful or complimentary. If someone called you a "fool", you decide whether to give power to that word or not. You choose to be insulted or not. So if you were called out of your name or cursed at, you will still have that same power and choice to empower those "words" or not. If someone says something to you with the intentions of insulting or hurting you, try to use mental disarmament, and diffuse the situation. This takes mental strength, a quick wit and a little skill. (My brother taught me this one when we were younger!). I called my brother a name one day, of course with the intent of insulting him. He put his hands on his hips with his face all mangled like I had just cut him deep, and he said, "I REPRESENT THAT STATEMENT!" I was so thrown off track; I couldn't do anything else but laugh, as did he. Obviously I had failed at my mission and he had accomplished his. Use discretion with mental disarmament, because in some situations, "Silence is Golden". Just as we control whether someone's words will anger us, we have that same control and choice as to whether someone's actions will anger us.

Some other ways to empty your internal spoon of its "stuff" are through self-reflection and self-analysis, forgiveness, prayer, meditation, counseling, proper diet, exercise, massages, talking to a person of wise counsel, or just a real good cry. So, when the trials, tribulations and pressures of life start to fill up your spoon, take a good look at it, and decide if you want to put that spoon in your mouth. If you do, understand what you are about to swallow, if you don't then "Flip Your Spoon Over!" *Ma'at Seba is a Motivational Healer, Reiki Master, spiritual guide, motivational speaker, writer, lecturer - www.Relationshipfirstaid.com, Relationshipfirstaid@yahoo.com*



We hope you will join us for this evening of celebration and support.

"Talent to Talk About", a special event held in honor of Female Veteran's Recognition Day.

This evening commemorates the anniversary of the Women Armed Services Integration Act of June 12, 1948, and serves to showcase and celebrate the diverse talents of our female veterans.



The program will feature a performance by award-winning saxophonist and jazz artist **Randy Scott.**

Saturday, June 13th, 2026
6pm - 9pm
Tickets ~ \$35

Side note: we will be selling wine, raffle tickets and there will be a food truck.

17360 Lahser rd. Near Grand River Avenue.
Tickets at: www.RedfordTheatre.com

The DeMarco Project Speaks: Motown

Women Veterans Assoc. Present "Talent to Talk About"

By Kim J. Clark Aka Expanding Love
SUN COLUMNIST



In June 2021, this writer wrote about Army Veteran Alexis Derriso, founder of the Motown Women Veterans Association. Motown Women Veterans Association, a non-profit, primarily focuses on hosting events to highlight and honor the courageous women who served in various branches of the United States Armed Forces. The organization was founded on August 15, 2019. Since its inception, the mission has not changed. Alexis discovered that in the local Detroit area, there are no organizations that primarily focus on female Veteran issues: post-traumatic stress disorder (PTSD), Military Sexual Trauma (MST), and isolation. Locally, there are no other organizations dedicated to bringing women Veterans together to overcome these issues.

Alexis decided to eradicate isolation among women who have served in the military. Staying true to her commitment to her sister Veterans, Alexis has consistently hosted events honoring women Veterans. She continues to create opportunities for women Veterans to support one another so that they move beyond isolation. To help the reader understand her dedication and commitment, below is an excerpt from the June 2021 article introducing Alexis Derriso and her work on behalf of women Veterans.

"The first event was called the "Clothes Closet." Since 2019, there have been several events. She has hosted dinners, talent shows, given out Valentine's Day gifts, Mother's Day gifts, and celebrated Women Veterans Recognition Day on June 12th. This date is significant in American history.

"Women Veterans Day, also referred to as Women Veterans Recognition Day and Women Veterans Appreciation Day, is the anniversary of the day the Women's Armed Services Integration Act (pub.L. 80-625, 62 Stat. 356) was signed into law by President Harry S. Truman on June 12th, 1948."

At Alexis' prompting, Governor Gretchen Whitmer provided Alexis with a signed copy of the Certificate of Proclamation proclaiming June 12th, 2021, as Women Veterans Recognition Day in the State of Michigan. Michigan is one of the few states that honors the date.

Alexis wanted this writing to make sure the reader understands the seriousness of female veterans' two key issues.

1. Homelessness - Housing is virtually non-existent for female veterans. Since homeless women veterans do not have an "address," they do not have access to the same resources their male counterparts receive.
2. Isolation - In recent years, suicide among female veterans has increased significantly.

Alexis is a woman who holds a loving space for everyone she encounters. Her support is not limited to female veterans. While interviewing Alexis about the Motown Woman Veteran Association, she gave this writer, the mother of a fallen Veteran, a safe place to land."

For clarification, there is Veteran housing available. Primarily designed for male Veterans. Most have a few units available

for women Veterans. Consider this: If you were a female who had been the victim of military sexual trauma, would you choose to move into one of those facilities of your own volition?

Alexis is always raising awareness of women veterans' concerns and giving accolades to those who honor our Sheroes. On September 27, 2023, she received the Certification of Appreciation In-Service to Veterans from the Wayne County Commission. She made sure this writer acknowledges that due to the diligent work of Michigan State Senator Santana in Dearborn, Michigan, on November 10, 2025. For the first time in the State of Michigan, Female Veteran License plates are now made available.

Alexis will be a presenter at this year's annual Women Veterans Conference held April 9 - 11, 2026, in Grand Rapids, Michigan. Following that event, on April 18th,

she will receive an award from All Things Women, Inc., in recognition of her work as the voice for women Veterans.

This Shero works tirelessly on behalf of her military sisters. That is the backstory. On to the present.

Alexis has created an impressive, fun-filled way to thaw out from the extreme Detroit winter and welcome spring and summer for female Veterans and their families.

Motown Women Veterans is hosting Talent to Talk About, a phenomenal event showcasing the talents of local female Veterans. The event is on June 13th, Recognition Day at the Old Redford Theater. Tickets can be purchased on the Old Redford Theater website, redfordtheatre.com, and the Motown Women Veteran website at motownva.org.

For the lineup, the VFW Color Guard will present the colors. The evening's opener is Randy Scott, a saxophonist and multiple gold- and triple-platinum recording artist. The event will highlight the talents of vocalists, open-mic entertainers, a flutist, and more from talented local women Veterans.

This month's issue of The Detroit Native Sun includes an ad detailing this exciting event honoring the talented women who served in our military. There will be a food truck, wine, and raffles, including this writer's family's donation of a 45-50-inch television. If you are so inclined, we encourage you to come out and enjoy the evening. If you are unable to attend, your donation is welcome. The donations received from the event will help the Motown Women Veterans Association, a 501(c)(3), host more events for women Veterans and their families.

For 2026, Alexis has planned community events to support female Veterans and their children. Following the Talent to Talk About extravaganza, the next planned event is a bus trip for female Veterans and their children to Cedar Point, followed by the first annual family picnic, including pony rides for the kids. Also, on the calendar is a trip to the Bahamas for Veterans Day.

Kim is the mother of a Veteran who loved his country and was willing to lay his life down for the freedoms he believed in. She is the Founder and Executive Director of The DeMarco Project, a non-profit Veteran service organization. Her mission is to save Veteran lives and improve the quality of life for traumatized Veterans and their families. If you want to support her in this work, please donate via the website

www.TheDeMarcoProject.org. Please like us on Facebook and Instagram at The DeMarco Project 4 Vets.

