

THE REN REVIEW

June 2021

Get ready to swoon, cause REN is heading into the month of June! We hope everyone enjoyed the May edition of THE REN REVIEW. Friendly reminder, if you are interested in joining the REN News Team please be sure to touch base with Chelsea and/or Jen A. The REN News team will be meeting on Mondays in the Computer Lab from 9:00am-11:30am. We are always looking for new ideas, a fresh perspective, fun stories of hope, art work, pictures, journalists, and a range of other fun articles to be written by members like you, so please stop in and say hi!



Upcoming June Events

The heat is on in Phoenix, Arizona which means for sure that June is here.



Did you know that June 21st is National Arizona Day? Us either! Arizona became a state on Valentine's Day in 1912, but National Arizona Day recognizes the state that joined 48 states into a *contiguous* unit!

Contiguous (adjective): sharing a common border; touching.

Aside from honoring our beautiful state, REN is

looking forward to enjoying this month with members and staff as we celebrate recovery through various events, groups, and outings.

June 5-6: Project Open Sky Blue Ridge & Young and Free Camp Adventure

June 16th: REN CLOSED for ALL STAFF. CANCEL RIDES!!!

June 17th: Luau Party

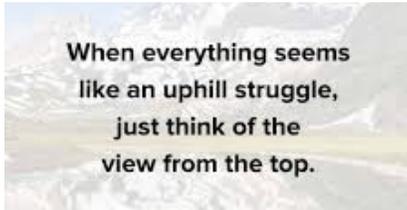
June 25-27: Project Open Sky

To Sign up for REN Events go to www.renaz.org, select *Services and *Events to register!

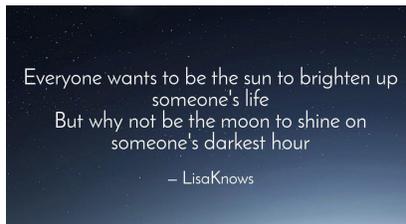
Inspirational Quotes

Uplift your spirit by checking out the positive quotes submitted by REN

members and staff! These quotes are sure to keep you motivated and in good spirits here at REN & at home! Enjoy and be sure to share with friends.



No one else can make you the person that you are - Monte M.



Question of the Month

In this edition of *The REN Review*, we featured a few members and their answers to this month's question.

In the future, remember to always fill out your check in sheets in groups. You never know when our next question will pop up & you can be featured, too!

Question: *What did you do to strengthen your recovery today?*

“My recovery is about learning new things.

I want to be a sponsor for AA and let God be my guide.”

- Sherry K.

“I like to listen to soft music and relax at my home.”

- James R.

Events/Outing Highlights

This past month, REN had a great time celebrating a number of fun, recovery-oriented activities, events, and outings. In the beginning of the month, members enjoyed celebrating May the 4th Be With You: Star Wars Day where members were able to learn fun facts and make a Star Wars craft. On that same day, staff and members explored Agritopia in Gilbert. On May 5th, REN celebrated Cinco de Mayo and enjoyed a delicious Mexican inspired breakfast and lunch made by our fabulous kitchen staff. Members also went to the Farmer's Market and the Hall of Flame for Saturday

Services, and explored Tonto National Monument during the week. Toward the end of the month, RST students celebrated their graduation.



- REN Staff & Members at Agritopia



- Lindsay and a Volunteer Firefighter



- Tonto National Monument



- REN's very own firefighter, Paolo!

REN's outing to the Hall of Flame was very enjoyable. They had a lot of fire engines, which you might have suspected. Some notable ones were vintage people pulled pumpers which were pulled by people because horses were expensive. Displayed was a person pulled pumper from the 1700's, the first in the United States.

There was a truck from the Granite Mountain Hot Shots in Yarnell, AZ. They were 19 special trained wildfire fighters that perished June 30, 2013 during the Yarnell Hill fire.

From New York came a fire truck which was one of five from the World Trade Center

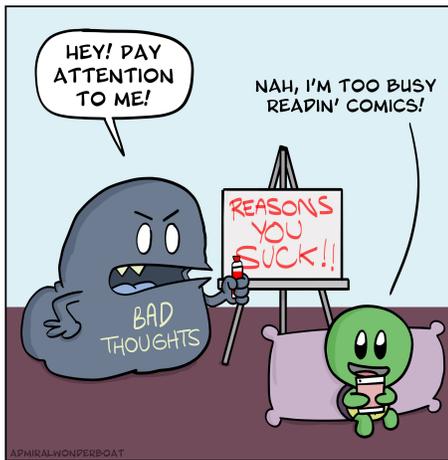
attack on September 11, 2001. It came from Queens and survived the destruction of that day. It stayed in service until 2011 when it was restored and donated to the museum as a memorial to the crew which went down in the World Trade Centers and the 413 other firefighters who lost their life that day. As a side note, every year since 2006, on September 11th they perform a memorial service for the fallen heroes from that day. This coming year will mark the 20th anniversary of 9/11.

On display were a lot of other cool things including uniforms you could try on. One member said the jackets were very heavy. Also a complete dispatch mach up from the 1970s lots of equipment used through history to fight fires. All in all, the Hall of Flame was a very good time!

- Written by Trisha G.



Mental Health Comics



Member Creativity

At REN, our members have a variety of talents and abilities that we would like

to highlight. This month, we will feature some member artwork, a poem, and a short story, all created by REN members.

Artwork:



- Art by Stephen D.



- Art by Barbara P.



- Art by Rebecca I.

Recovery Stories:

High up in the tree, a vulture and her baby needed to find food for the winter. The mother would search while her baby wondered if his mother still loved him. “Do you still love me mother?” The mother didn’t have time to respond back, she was in a rush, because winter was almost here. The baby screamed and screamed but the mother didn’t respond. He tried flapping his wings but nothing. The baby started to think his mother didn’t care about him, and that food was more important. So he went to the edge and jumped. The baby bird broke his wing, and the baby bird cried and cried until his mother dropped all of their food and came to him. “Are you hurt? Why did you jump?”. “You’re always gone and I thought you didn’t love me”. The

mother took her baby back to their nest and told her baby, "I'll never leave you again".

Moral: A mother's love will always be there for you even when you can't see it.

- Deion M.

There was a seedling with an important purpose but she didn't know it yet. The sun and the mud were her friends. They also had important roles, but none of them knew it.

The seedling was frustrated. She couldn't seem to get out of the ground. The sun just knew she made everybody hot. The mud just felt dirty. The gardener heard their conversation and knew he needed to provide some hope. He helped them to see they all were beautiful in their own way.

The mud provided nourishment to the seedling. The sun helped the seedling to grow. The seedling still had to fight to push through the dirt. But when she emerged, she was a beautiful flower who provided happiness to those who looked upon her.

Moral of the story: We may feel ugly. We may not think we have worth. But there is one who knows exactly who

we are and designed us all with a precious purpose.

- Janelle F.

Member Spotlight

This month at REN, we began offering a new group called Member Spotlight. In this group, members have a chance to share their Recovery Story with their peers. On May 26th, Angela G. was able to share her story and answer questions from her peers with the help of her interpreter Souzan.



Trisha Talk

Dear Trisha,

I have two good friends. However, one keeps gossiping and saying hurtful things about the other. I still want to be friends with this person but it hurts me when they talk badly about my other friend. It also makes me question if

this friend talks badly about me when I'm not present. How do I deal with this? Can I still salvage this friendship?
Signed Confused Friend

Dear Confused Friend,

Honesty is the best policy. Let your friend know exactly how you feel. Ask them to change the subject whenever they start to gossip and let them know it hurts you. Chances are, if they are a good friend they will understand and change the negative behavior. Putting in place these boundaries will help set an expectation for how you want to be treated and hopefully be an example to others of what a good friend is. If this person continues to gossip, perhaps it's time to move on because chances are that if they are doing this about your friend, you are right in thinking they may be doing it about you. If that's not something you feel good about. Respect yourself enough to know your worth. Good luck!

If you have something you would like to get off your chest, write to me at Rentrishatalk@gmail.com "Remember not to include names of persons, places or organizations also religion and politics are not

permitted”. While Trisha is a trained peer support she is not by any means a mental health professional. If you are having a mental health crisis please seek out a trained professional or call the crisis line 602- 222-9444

Recovery Recipes

Here at REN, we LOVE food! The Recovery Recipes column is a space where we will share the fun recipes that we often try and share here at REN. Please submit your favorite recipes to the REN News Team!

The recipe that we are featuring this month is perfect for June, it's healthy and can be shared with Dad for Father's Day.

Zucchini Parmesan Foil Packets



INGREDIENTS:

- 1/4 cup unsalted butter, melted
- 1/4 cup freshly grated Parmesan
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- Kosher salt and freshly ground black pepper, to taste
- 4 zucchini, cut into 1/4-inch thick rounds
- 1/4 teaspoon crushed red pepper flakes
- 2 tablespoons chopped fresh parsley leaves

DIRECTIONS:

PREHEAT a gas or charcoal grill over high heat.

WHISK together butter, Parmesan, basil and oregano; season with salt and pepper, to taste.

CENTER zucchini on a sheet of Reynolds Wrap® Heavy Duty Foil. Spoon butter mixture over zucchini. Bring up foil sides. Double fold top and ends to seal packet, leaving room for heat circulation inside.

PLACE foil packets on the grill and cook until just cooked through, about 15-20 minutes.

SERVE immediately, garnished with red pepper flakes and parsley, if desired.

*** Bake chicken in BBQ sauce or add your favorite protein and enjoy.

Healthy Living *Department*

A story about Jabbar and the Healthy Living Program

The Healthy Living Department crew is made up of Jabbar, Chelsea and Gayle. Jabbar received his BA in Exercise Science and he is the lead in the Healthy Living Dept. He will be with REN for three years as of July 2021. He is certified in CPR, AED and First Aid. The Healthy Living Dept. is for those who want to exercise, lose weight, become more active and for those who want to create healthier habits. The Healthy Living Group meets on Monday and Wednesday through Friday from 9:00 to 11:30.

Open gym is from about 10:30 to 11:30 on those same days. The structured portion of the group runs from 9:00 to 10:30. One of the structured programs available is W.H.A.M. or Whole Health Action Management. It is a high-intensity exercise program that can be modified for people at different levels. There are often nature walks on Tuesday where the group walks around a park or a local mountain range or preserve. You can also arrange one-on-one afternoon sessions with Jabbar, Chelsea or Gayle. Those sessions run from 30-60 minutes. You can exercise during those sessions and/or talk about diet and nutrition. See Jabbar, Chelsea or Gayle for more information on the Healthy Living Department.



- Written and Photographed by Monte M.

June History

By: Trisha G

June 14, 1777 - John Adams introduced to congress a resolution mandating the first US flag

June 5, 1783 - The first sustained flight occurred as a hot-air balloon was launched at Annonay, France, by brothers Joseph and Jacques Montgolfier.

June 18, 1983 - Dr. Sally Ride, a 32-year-old physicist and pilot, became the first American woman in space, beginning a six-day mission aboard the space shuttle Challenger, launched from Cape Canaveral, Florida.

The Charts:

#1 SONG

1971 (50yrs) Too late - Carol King

1981 (40 yrs) Betty Davis Eyes – Kim Carnes

1991 (30 yrs) Rush Rush – Paula Abdul

2001 (20 yrs) Lady Marmalade - Pink, Lil Kim, Christine Aguilera

#1 BOX OFFICE

Love Story –Ali Mac Graw & Ryan O’Neal

Superman 2 - Christopher Reeves & Margot Kidder

Robin Hood Prince of Thieves - Kevin Costner & Alan Rickman

Tomb Raider - Angelina Jolie (2001)

FAMOUS BIRTHDAYS

June 1 - Bingham Young (1801) Founder of the Mormon Church & Marilyn Monroe (1926) Actress

June 4 King George III (1738) King of England

June 6 Nathan Hale (1755) American Patriot

June 8 Frank Lloyd Wright (1867) American Architect

June 9 Cole Porter (1893) Composer

June 10 Judy Garland (1922) Actress

June 11 Jeannette Rankin (1880) First woman elected to congress. Jacques Cousteau (1910) Sea Explorer. Vince Lombardi (1913) Football coach

June 12 Anne Frank (1929) Known for writing the “Diary of Anne Frank” during the Holocaust. George Bush Sr. (1924) 41st US President.

June 14 Harriet Beecher Stowe (1811) Writer

June 16 Stan Larrel (1890)
Comedian

June 21 Prince Willam
1982

June 25 George Orwell
(1903) Writer

Recovery Community
Resources

National Suicide Prevention
Lifeline:
1-800-273-TALK(8255)

National Substance Use and
Disorder Referral and
Treatment Hotline:
1-800-662-HELP(4357)
or

Text Text the word "HOME" to
741741

Suicide and Crisis Hotlines by
County

- Maricopa County: •
Served by Mercy
Maricopa:
1-800-631-1314 or
602-222-9444
- Central Arizona Warm
Line: 602-347-1100
- Pima County, call the
HOPE Warm Line at
520-770-9909. The
warm line operates
daily from 8 a.m. to 10
p.m.
- Dial "211" - Arizona
Crisis Hotline

*** IF YOU WOULD LIKE
TO BE PART OF THE REN
NEWS TEAM - PLEASE
MEET WITH JEN A. OR
CHELSEA. WE MEET IN
THE COMPUTER LAB ON
MONDAYS FROM
9:00AM-11:30AM.

THANK YOU TO THOSE
WHO PARTICIPATED IN
ANOTHER PUBLISHING
OF THE REN NEWSPAPER!
WE HOPE TO SEE YOU
AGAIN, REMEMBER TO
BRING YOUR FRIENDS.
THE MORE THE
MERRIER!



A yellow poster for the Recovery Empowerment Network. At the top, the words "RECOVERY Empowerment NETWORK" are written in blue, with "RECOVERY" in a bold, sans-serif font, "Empowerment" in a cursive script, and "NETWORK" in a bold, sans-serif font. Below this is the REN logo, which consists of a blue square with a white sunburst icon and the letters "REN" in white. The main body of the poster is enclosed in a white rectangular border and contains the following text: "HOURS OF OPERATION" in white, bold, sans-serif font; "MONDAY - FRIDAY" in white, bold, sans-serif font; "7:30AM - 3:00PM" in white, sans-serif font; "SATURDAY SERVICES" in white, bold, sans-serif font; "7:30AM - 3:00PM" in white, sans-serif font; "MAKE SURE YOU CHECK THE CALENDAR TO SIGN UP FOR ANY EVENTS ON THIS DAY" in white, sans-serif font; "SUNDAY" in white, bold, sans-serif font; "CLOSED" in white, sans-serif font; "WWW.RENAZ.ORG" in white, sans-serif font; and "602-248-0368" in white, bold, sans-serif font.