



THE REN REVIEW



212 E. OSBORN, PHOENIX AZ 85012



WELCOME DECEMBER

Welcome the month of December and the season of giving and hope. As we prepare for family, friends and get together it is important to remember to maintain mental health and wellness. This month we share tips on avoiding stress and enjoying the spirit of the holiday. Reminding others to share love and light for those who may be without. Here's to celebrating the end of a year and the excitement for the new one to come!

The REN review is an opportunity for members to submit articles about all things happening at REN! Please see Jen AH, visit the Computer Lab every Tuesday morning or email stories, pictures and ideas to renaznews@gmail.com. We want to hear from you, this is paper by the peers for the peers and all are welcomed. If you aren't a writer, we can work with you, let's learn together. Here's to a new day, hope and another exciting edition of REN news!

IN THIS ISSUE

REN Outings and happenings at REN!

Creative Writing letters to Santa and Question of the Month

Fun Pages: Mental Health Puzzle, Trish Talks and new RENOLOGY facts





What Is your favorite Christmas movie or song ?

Miracle On 34th Street It Always Makes Me tear up at the end
Azrael

Home Alone is my favorite. It is so funny; I still laugh every time. Elf , Will Farrel is really funny, Makes my sorrow go away . My mother died on December 8th . I was 18 , Christmas has been hard . So I try to laugh and remember all the Christmas in the past and the love she gave me through the short time ; she had with me .

Karren C

I'm dreaming of a white Christmas it in almost every Christmas movie .

Charline M

Christmas Story

Frank w

The movie Merry Christmas because I love Christmas

Shelly M

All I want for Christmas is you by Mariah Carey, she amazing

Isaiah W

Any movie that tells me the meaning of Christmas "Jesus"

Michelle M

Jingle Bells like the music and you can dance to it

Rebeca I

Nightmare Before Christmas is my favorite

Jessica G

Rudolph the Red nose Reindeer it makes me feel good inside

Crystal P

"Christmas Canon Rock" By Transiberian Orchestra it's beautiful version of Canon in D major By Pachabel

JJ

Fred Claus. It talks about 2 brothers , who don't agree with each other till the end .

Anonymous

Pulp Fiction and the Punisher

Matthew W

Rockin Around The Christmas Tree is my favorite song and I love the Charlie Brown Christmas and Family Stone

Jen AH

Eight Crazy Nights with Adam Sandler has a great message

Anonymous

Its a Wonderful Life and Wish You A Merry Christmas

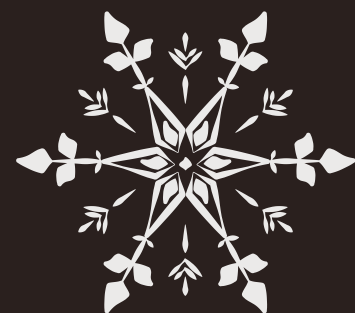
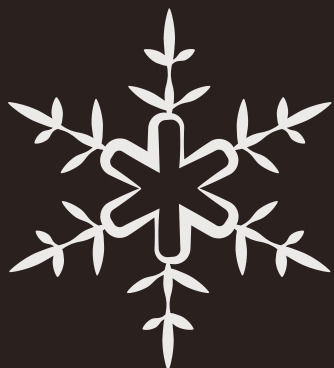
Joyce

Love the Grinch, The Santa Claus, Rise of the Guardians, Frosty the Snowman

HERO anonymous

Oh Holy Night, Winter Wonderland, Scrooge, The Nutcracker, Gremlins and Hallmark movies.

The REN News Team



Pride Parade



#LOVEWINS

LGBTQIA+



LIVE WITH pride

Project Open Skies



FUN IN RECOVERY



Would you Believe...

- Jingle Bells was the first song in space
- Jingle Bells was a Thanksgiving song
- If you gave all the gifts listed in the "Twelve Days of Christmas," it would equal 364 presents
- In Ukraine, spiders are considered symbols of good luck at Christmas.
- Santa has a postal code in Canada
- There is a Christmas tree in Spain worth \$15 million.
- The first Christmas card ever sent is worth almost \$30,000.
- the smallest Christmas card in the world is invisible to the human eye.
- There are nearly 750 different versions of "Silent Night."
- Home Alone is the highest-grossing Christmas movie of all time.
- Arizona has a 30-foot Christmas tree made of tumbleweeds.
- Around 28 Lego sets are sold every second during the Christmas season.
- The day after Christmas is National Candy Cane Day.
- A handwritten copy of 'Twas the Night Before Christmas was sold for \$280,000.

Christmas Word Search

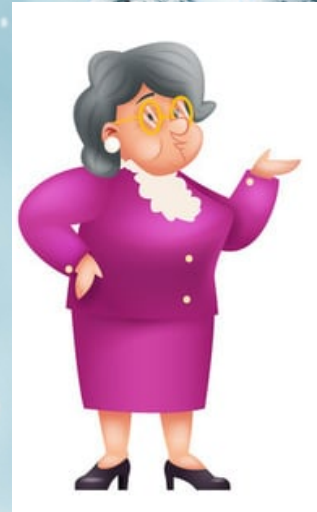
AN
FR
YJWZ
KZ IY
TWKPEY
KFUDCV
XJOLLYGJ
GMYSJVSL
GBUBLMJZSC
DHVSLPXVIG
TRQOPERHLHBA
TFINTBCWPJNL
RSYZOKIBMOSOIZ
ETYLPOAEURUUT
CEJCYITJTJLUHCLPP
NDCVDUGKAI VPFQBT
OSNYLEDMSQWGYVBPSA
PKIGFAI IWUSSQEHVVR
TREEXSYESWZTPOBJGSLP
LWVRELUCTELVESNDYUFC
IQPNLFEKELEGGNOGOFTMIX
AYGSRZDJLEQVNTQJGXSBBN
PPTBOCXRZETNBIMUIEPJDMDY
YYP SOHJBSBOMMPOBVCJNNHLH
UNRUALIVMFREQVMQIXTWDHWXGP
RFRMNBMSC HAXQSGNIK COTSCTFE
MLPEPTQNI IHTNGTGC OEXARMAZAKW
CVXMQAYEOREERPRVNXBDLCKOYXR
UGKFJZJHYNHTAERWXBHMTUOHQPPFWO
FWIVOGBINXKCOVXAYNOAIWZNPYOVL M

BELLS	CELEBRATE	MERRY
STOCKINGS	EGGNOG	MISTLETOE
WREATH	TREE	CHIMNEY
ELVES	JOLLY	REINDEER
SLED	SANTA	



Peer Trisha's Almanac

December 2021



December 2, 1942 - Physicists led by Enrico Fermi carried out the world's first successful nuclear chain reaction at the University of Chicago.

December 5, 1955 - In Alabama, the Montgomery bus boycott began in response to the arrest of Rosa Parks for refusing to give up her seat on a municipal bus to a white man. Organized by the African American community, the boycott lasted until December 20, 1956, when a U.S. Supreme Court ruling integrated the public transportation system.

December 5, 1955 - The AFL-CIO was founded after two separate labor organizations, the American Federation of Labor and the Congress of Industrial Organizations, joined together following 20 years of rivalry, thus becoming the leading advocate for trade unions in the U.S.

December 6, 1865 - The 13th Amendment to the U.S. Constitution was ratified abolishing slavery

December 6, 1877 - Thomas Edison demonstrated his newly invented phonograph speaking children's verse "Mary had a Little Lamb..."

December 7, 1941 - The U.S. Naval base at Pearl Harbor, Hawaii, was attacked by nearly 200 Japanese aircraft in a raid that lasted just over one hour

December 8, 1980 - Former Beatle musician John Lennon was assassinated in New York City.

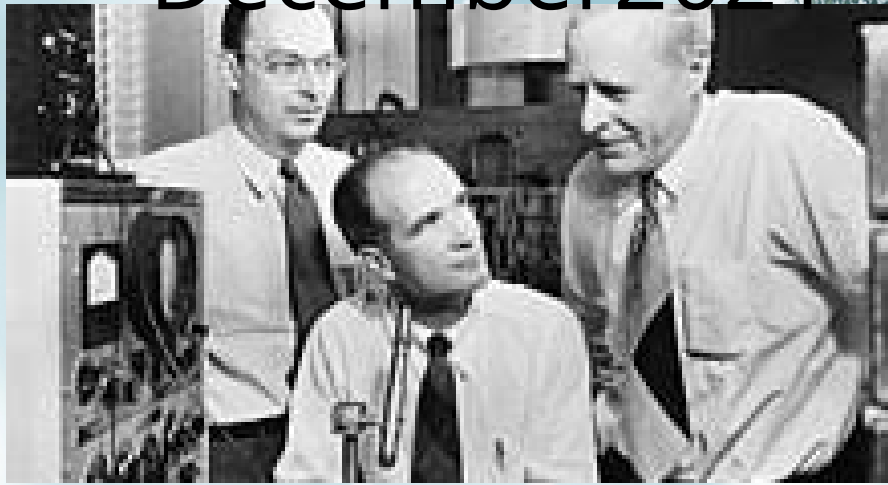
December 13, 1642 - New Zealand was discovered by Dutch navigator Abel Tasman of the Dutch East India Company.

December 14, 1911 - Norwegian explorer Roald Amundsen became the first person to reach the South Pole.

December 14, 1962 - The Mariner II space probe sent back information from the planet Venus, the first information ever received from another planet.

Poor Trisha's Almanac

December 2021



December 15, 1962 - The Bill of Rights (first 10 amendments to the U.S. Constitution) became effective

December 16, 1773 - The Boston Tea Party occurred as colonial activists disguised as Mohawk Indians boarded British ships anchored in Boston Harbor and dumped 342 containers of expensive tea into the water.

December 17, 1903 - After three years of experimentation, Orville and Wilbur Wright achieved the first powered, controlled airplane flights. They made four flights near Kitty Hawk, North Carolina, the longest lasting about a minute.

December 20, 1606 - The Virginia Company expedition to America began as three small ships, the Susan Constant, Godspeed and Discovery, departed London under the command of Captain Christopher Newport. In May of 1607, the royally chartered company established the first permanent English settlement in America at Jamestown (Virginia).

December 19, 1732 - Benjamin Franklin first published Poor Richard's Almanac containing weather predictions, humor, proverbs and epigrams, eventually selling nearly 10,000 copies per year.

December 23, 1947 - The transistor was invented at Bell Laboratories by John Bardeen, Walter Brattain and William Shockley, who shared the Nobel Prize for their invention which sparked a worldwide revolution in electronics.

December 23, 1987 - Dick Rutan and Jeana Yeager set a new world record of 216 hours of continuous flight around the world without refueling. Their aircraft Voyager traveled 24,986 miles at a speed of about 115 miles per hour.

Creative Writing

Dear Santa,

I am writing a heartfelt request for you to perform a worldwide miracle. Please bring tolerance and understanding to everyone. Like they used to be in the friendly fifties. these days so many people are being Judgmental and intolerant of others, Opinions or points of view. Individuals used to freely discuss their problems, or areas of disagreement without letting the differences overwhelm them. the world needs this now more than anything.

Thank you and GOD bless
Barbara P.

P.S. I left you milk and cookies

Dear Santa,

I want to be in the Christmas spirit. We are already putting up Our lights . I want to thank you for being in my life. hope you have a blessed time and hope best for

REN
Tori F

The Foothills of the Himalayas, in India, is full of wonder and simple natural abiding grace. There are some Hindu Buddhists temples spread across the vast range all praise in GOD and the creation from it's being of Love and light.

Dennis H

Walking in the kitchen. I noticed the warm neutral color on walls the stone counter was a rich warm brown with specks of black and a light beige. made the space feel like home. the snickerdoodles recently out the oven, left a cinnamon cookie smell through out the house. The lady of the house came back into the kitchen, her face was pale. her face looked startle she held a letter that said, "Christmas gifts will arrive with dinner fixings on Christmas eve morning." the letter was signed "Love Santa". her husband was on duty in Afghanistan, and would not be home for Christmas. the lady wrote a letter to Santa at church .

-Tia W.



Creative Writing

Dear Santa,

I hope this letter finds you well. As for myself, I hope you've noticed all the changes I've made in my life, as well as how I'm trying to be the best version of myself as I can be. I know I'm far from perfect, but I've been trying to be a good girl this year, and unfortunately, I have been around to many people that deserve coal in their stockings, every year. I'd really love to have a better relationship with my son and do things with him that I have not yet done. I'd also like to continue with my growth as a person, and keep wanting to surround myself with more positive than negatives. Thank You Santa, and try not to work too hard,
Love Sondra G.

A letter to Santa,

Merry Christmas to you, I hope all's well with you and everyone at the north pole. I want to tell you my father thinks he buys all my gifts. He was talking to mother and said that you do not exist. But I know you do. I see your name on my gifts, so I understand that you brought me gifts. I am also writing this to tell you thank you and Merry Christmas to all the children who will also be writing to you too. My letter is short because of all the children who are also writing letters to you and you will have to read too.

Sincerely,
Tia Waddell

Dear Santa,

Hope you and the elves are doing well. I was wondering if you have to clean up after the deer. I went to the 4H exhibit last year, and boy did those put up a stink. How's Mrs. C, hope she's ok, dad says he wishes mom was more like her, she didn't take it well, so he's been sleeping on the couch for the past three weeks. you may have a hard time finding us this year, dad read in the newspaper that most accidents happen twenty miles from home so we moved twenty miles from home. My mother wants a white Christmas this year, so please send her snow. the sun shined twice last week, once for three days, and then once for four days.

My Dad has a good job, he has 500 men and

women under him. he mows the lawn in a cemetery. My mother came home the other a couple of months ago with a large jar of cold cream my dad had a fit and ask what it was for she told him it was so she could look good to him that weekend he bought an 18 pack of beer she asks what is that for he said it helps you look to me after he came home from the hospital he spent 2 months on the couch please bring him some beer.

for my sister please bring her some baby clothes she is pregnant and do not have much I don't know if she having a boy or a girl so I don't know if I'm an aunt or a uncle.

please if you could bring a new husband to my aunt Jen she so lonely after her husband die in a accident at the brewery he fell in a vat and drown three men jump in to save him he fought the all of bravely we had him cremated he urn for 8 day we celebrated Hanukkah for my best friend Johnny please bring him a new alarm clock so he wont be late to school the other day he threw his clock out the window he want to see time fly Also please bring a new guitar for Chiplin our cat so he could my his mewsic

Well Santa it dinner time I must go hope this letter finds you in good sprits ie: spiced egg nog
love Timmy

P.S. I almost forgot what I would like most of all for Christmas is that everyone who reads this get a tickle and a smile and have a Merry Christmas

Trisha G

Creative Writing

The Abandoned Girl

By The Five Places

It was 10 mins after 11 o'clock. Her nervousness is making her jumpy. "I hope he comes", she whispers. Snuggled up in her big quilt close to the fire. I should be asleep but I have to ask him an important question. She glances at the window and sees the Northern Star shining bright. He never came for she was never there in the empty dark cold living room of an abandoned house. She was gone long, long ago. Now she repeats it every Christmas Eve.

By Tohanni Thomas

Dear Santa,

It is December 20, 2021. I am asking you for the same thing I've asked you for since 1947. I want to go home, finally and forever. I have lived on Earth for nearly seventy-five years. On this planet I appear to be about fifteen-years-old. Our species doesn't age the same way that Earth people do.

I have eighteen brothers and sisters on my home world. The youngest is seven-years-old and the oldest is two-hundred and eighty-five. I miss all of them and our parents very much. I have lived in many foster homes and numerous orphanages during my long stay on Earth. I have to move from one place to another whenever people start to realize that I'm not getting older. Every five years I visually age by one year.

I don't anticipate going home this year, next year or the year after that, but I feel compelled to beg you each year to find a way to get me home.

Sincerely Yours,

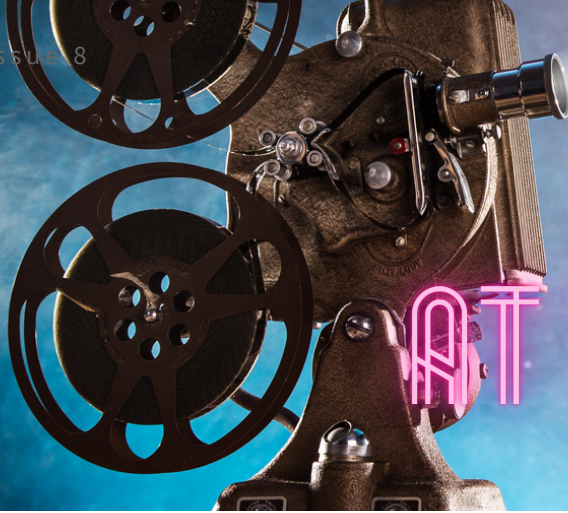
Toby Thompson

Santa set Toby's letter on the dresser. He thought about the fifty-five letters he received from Toby in the past.

Meanwhile, thousands of miles away in Rockwell, Oregon...Toby sat in his backyard pondering the night sky. His foster family went to a relative's house for Christmas Day. Toby stayed behind as his heart wasn't in the holiday this year.

Toby heard a light whistling sound. He looked toward the Southwest sky and saw a white shooting star. In disappeared into the Northeast sky. It darted toward the west and then it froze as it traversed the sky. The blue light then headed toward Toby. As it neared, Toby recognized the technology. He knew he was going home. The silent ship briefly hovered twenty feet east of the Toby's backyard. Toby vanished and the fifty-foot-wide ship did the same. Twenty-four Earth days later, Toby was back in his own bed. Earlier that night, Toby promised his parents that he would never again steal a ship and go on a joyride to a strange, distant planet, even if his friends pleaded with him to do so.

By Monte M



AT THE BOX OFFICE



The top 5 Christmas movies of all time.

(ranked by popularity according to The today Show)

- 1. **Elf** - Will Ferrell
- 2. **Home Alone** - Macaulay Culkin
- 3. **It's A Wonderful Life** - Jimmy Stewart
- 4. **Love Actually** - Hugh Grant
- 5. **The Grinch who stole Christmas** - Dr. Seuss (1966)

NOW PLAYING



IN THEATERS

Spider Man No way Home

With Spider-Man's identity now revealed, our friendly neighborhood web-slinger is unmasked and no longer able to separate his normal life as Peter Parker from the high stakes of being a superhero. When Peter asks for help from Doctor Strange, the stakes become even more dangerous, forcing him to discover what it truly means to be Spider-Man.

Netflix

Single All the way

Christmas romantic comedy about a man inviting his best friend to join him for the holidays so that he doesn't appear single

Hulu

Kelly Clarkson Presents: When Christmas Come Around

Kelly Clarkson is bringing seasonal cheer this December with her holiday spectacular, **disney +**

Book of Boba Fett

The Book of Boba Fett is a separate spinoff series of The Mandalorian with new adventures centered on Boba Fett

Prime

Being The Ricardos

A biographical drama written and directed by Aaron Sorkin about the relationship between I Love Lucy stars Lucille Ball and Desi Arnaz

- 1971(50yrs)
Diamonds Are Forever- Sean Connery
- 1981 (40yrs)
Neighbors-John Belushi
- 1991 (30yrs)
Star Trek VI - William Shatner
- 2001 (20yrs)
• **The Lord Of the rings** - Elijah Wood
- 2020 (1yr ago)
wonder Woman - Gal Gadot
- October 2021 (1 month)
Eternals - Harry styles

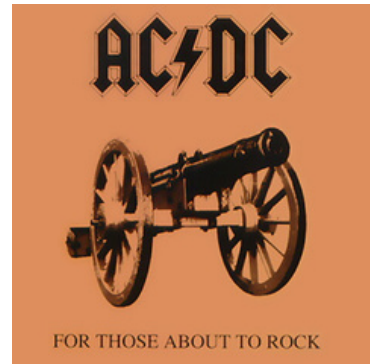


MUSIC



BillBoard top 100

- 1971(50yrs) **Family Affair**- Sly & the Family Stone
- 1981 (40yrs) **Physical** -Olivia Newton-John
- 1991 (30 yrs)"**It's So Hard to Say Goodbye to Yesterday**- Boyz II Men
- 2001 (20yrs) **How You Remind Me** - Nickelback
- last month: **Easy on Me** - Adele



Albums

- 1971(50yrs) **There's a Riot Goin'** - Sly & the Family Stone
- 1981 (40yrs) **For Those About to Rock We Salute You** -AC/DC
- 1991 (30 yrs)**Dangerous** - Michael Jackson
- 2001 (20yrs) **Weathered** – Creed

Last month :
RED - Taylor Swift



Top 5 Christmas song Of all time.

- 1.**All I Want for Christmas Is You**"-Mariah Carey
- 2."**Do You Want to Build a Snowman?**"- Kristen Bell,
3. "**Christmas Eve/Sarajevo 12/24**" - Trans-Siberian Orchestra
- 4."**Mistletoe**" - Justin Bieber
5. "**Rockin' Around the Christmas Tree**"- Brenda Lee



Pull-Apart Christmas Tree Recipe



Oh cheesy tree, oh cheesy tree!

MAKES:8

PREP TIME:0 HOURS 20 MINS

COOK TIME:0 HOURS 20 MINS

TOTAL TIME:0 HOURS 40 MINS

INGREDIENTS

450 g

refrigerated pizza dough

Egg wash (1 egg whisked with 1 tbsp water)

7

mozzarella sticks

50 g

butter, melted

50 g

finely grated Parmesan

1 tbsp.

Thinly sliced basil

1 tbsp.

chopped parsley

1 tbsp.

chopped rosemary

Marinara, warmed (for serving)



DIRECTIONS

- 1. Preheat oven to 230°C. Line a large baking sheet with parchment paper. Cut mozzarella sticks into 1" pieces and set aside.**
- 2. On a floured surface, divide pizza dough into two pieces. Stretch and roll each piece of dough into a long rectangle, then cut dough into 2" squares (you'll need 33 total).**
- 3. Wrap a dough square around each piece of mozzarella, forming a tightly sealed ball. Place balls seam-side down on the baking sheet in the shape of a Christmas tree (they should be touching). Brush egg wash on dough balls and bake until golden, 15 to 20 minutes.**
- 4. Meanwhile, whisk together melted butter, Parmesan and herbs. Brush on baked pizza balls. Serve warm with marinara for dipping.**



Trisha Talks

Dear Trisha,

My mother passed in 2003, we were very close and I miss her so much. Every year seems to get harder. I could tell her anything and we did everything together, which made the holidays more special. We would drive to the mall and do our Christmas shopping and drink hot cocoa and talk. I miss these moments and nothing or no-one seems to cheer me up. I find myself alone in my house and sleeping or crying; everything reminds me of her. Will I ever be over this? Can I get the joy back or am I doomed to be sad for the rest of my life ?

Joyless Christmas aka Bah-Humbug

Dear Bah-Humbug,

Losing a loved one is difficult. No time is more difficult than the holidays. I want to say first off that your feeling are valid. Positive or negative. Be kind to yourself. Give yourself the time to grieve, reach out to someone or have a good cry, either way, its ok. That being said you don't have to participate in every event. Don't be pressured into attending everything and it's ok to excuse yourself. Do only what you can do.

Honor the memories by continuing to do them and make new ones. You are not forgetting the old one rather adding to the memory and letting others know how much this person meant to you.

Maybe volunteer, it's a great way to relieve sadness and can also bring joy to others. Attend church to fellowship with others and find meaning in the season.

The holiday season is not always as merry as we want it to be. It is normal to feel apprehensive about it and you are not alone in feeling that way. Please remember that there is no right or wrong way to approach the holiday season following the loss of a loved one. If you experience happiness, allow it to enter into your grief space and be present with the people around you. Be kind to yourself and try to take it one-holiday party and one feeling at a time.

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





Walt Disney
December 5, 1901
(1901-1966)

December 5, 1782 - Martin van Buren (1782-1862) 8th us president

December 5, 1839 - George A Custer (1839 - 1876) General U.S. 7th Cavalry

December 6, 1896 - Ira Gershwin (1896-1983) He collaborated with his brother George to create many Broadway successes including; Lady Be Good, Funny Face, Strike Up the Band, and songs such as The Man I Love, Someone to Watch Over Me, and I Got Rhythm.

December 8, 1765 - Ely whitney (1765 - 1825) inventor

December 9, 1886 - Clarence Birdseye (1886- 1956) American industrialist He developed a method of deep-freezing foods and was one of the founders of General Foods Corp.

December 10, 1830 - Emily Dickinson (1830 - 1886) poet

December 10, 1851 - Melvil Dewey (1851 - 1931) He invented the Dewey decimal System

December 13, 1818 - Mary Todd - (1818 - 1882) wife of Abraham Lincoln

December 14, 1503 - Nostradamus- (1503 - 1566) French physician He wrote astrological predictions in rhymed quatrains, believed by many to foretell the future.

Ludwig van Beethoven
December 16, 1770
(1770-1827)



December 20, 1868 - Harvey firestone (1868-1938) industrialist who founded Firestone Tire and Rubber Co.

December 21, 1879 - Josef Stalin (1879 - 1953) Soviet Russia leader

December 22, 1912 - Lady bird Johnson (1912-2007) wife of Lyndon Johnson president

December 24, 1745 - Benjamin Rush (1745-1813) signer of the Declaration of Independence, a doctor and humanitarian, whose writings on mental illness earned him the title "Father of Psychiatry." He also countered the prevailing notion that alcohol was generally good for people and was one of the first to describe alcoholism as a chronic disease.

December 24, 1809 - Christopher "Kit" Carson (1809 -1868) American frontiersman

December 24, 1905 - Howard Hughes (1905 - 1976) movie producer, aviator and industrialist

December 25, 1642 - Isaac Newton (1642-1727) mathematician, scientist and author

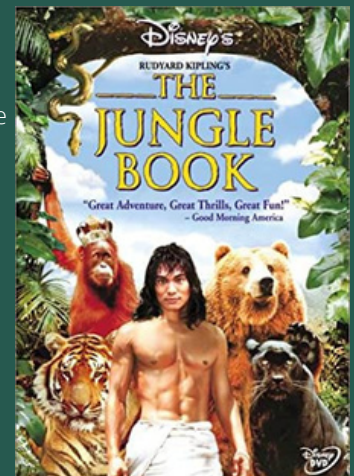
December 25, 1899 - Humphrey Bogart (1899-1957) actor

December 27, 1901 - Marlene Dietrich (1901-1992) Actress

December 28, 1856 - Woodrow Wilson (1856-1924) 28th U.S. President

December 29, 1808 - Andrew Johnson (1808-1875) 17th U.S. President

December 30, 1865 - Rudyard Kipling (1865-1936) poet, novelist best known for his children's stories such as the Jungle Book.





The Holidays are here now what ? Your guide to de-stressing the holiday gift giving

The holidays can be a stressful time for a lot of people and nothing can be more stressful than looking for the perfect gift. Will my father like the new DVD I got him on fishing in Alaska? Will Trisha like the new gold earrings I got her? Did I say that out loud? But seriously folks, it does not have to be all that stressful or leave you scrambling to pay rent. The holidays are supposed to be a time of joy and cheer, parties and family gatherings," says James Radack, VP of public affairs for the National Mental Health Association. "But many factors help make the holidays so stressful: fatigue, unrealistic expectations, commercialization, financial constraints, and the inability to be with one's family and friends." Just to name a few. Here are tips on the art of giving:

Secret Santa

Instead of buying gifts for 30 of your friends; pick names out of a hat and do a secret Santa. Put a budget in place so everyone can only spend a certain amount on the gift. Everyone gets something and you don't break the bank.

The most valuable gift of all.

What is that you ask? More valuable than a gift card to Olive Garden, more shiny than a gold and diamond necklace from Tiffany's.? Yes, it's TIME. Spend more time together rather than exchange wrapped gifts, make a donation in the name of a loved one, or simply send a Christmas card. Reaching out to a friend who may need support can be as simple as making a phone call or if reducing contact for Covid reasons call on Facebook messenger; its like an in-person visit!



Make it yourself

Crafting a gift can be rewarding for yourself as well as a thoughtful gift for someone. There are a lot of videos on the internet on cheap and easy beautiful projects and most supplies can be bought at your local dollar tree. Ren will be doing make and take groups to get you started.

Budgeting

Make a list and check it twice, using a budget. Shop online to avoid the craziness and reduce Covid contact. Instead stay home and play your favorite holiday music for free on YouTube; grab a glass of egg nog and dance in your PJS! Your packages will come to you.

Volunteer

Volunteering can help relieve stress and give purpose. By volunteering at a food bank, local church, or shelter you could be making someone's Christmas better. REN has opportunities to volunteer, see the calendar and sign up at [renaz.org>services>events](http://renaz.org/services/events)