

# *THE REN REVIEW*

212 E. OSBORN, PHOENIX AZ 85012



## *WELCOME*

Summertime and the livings easy and hot. Thankfully REN has provided a retreat from the heat taking members to the Grand Canyon, the swimming pool, bowling alley and fun at our annual Luau! Whatever you choose to do at REN this summer, it is bound to be fun. Opportunities await for growth, learning and new paths to recovery.

REN also offers groups each day to offer hope and educational opportunities that pertain to recovery and wellness. We hope you'll join us in groups!

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](mailto: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

Renology

Fun Pages:  
Mental Health Puzzle,  
Trish Talks and fun  
facts, music and movie  
reviews

Updates, NEWS and  
more!





# Question of the Month

Share a memory of your father, uncle, grandfather or other  
Father figure

The best memory of my father was my last High School Prom; they had fathers of graduates come up and take pictures with us - it was a special moment. -  
Jhordan

My father was hard of hearing. In 1974 a neighbor of ours passes away. My parents and I attended the wake. Mom and the widow were talking and crying. Dad and I were on the sofa. He leans over "thinking" he was whispering and says, "I wish these ladies would stop the crocodile tears, if we leave in five minutes, we can get home in time for the kickoff! Why are you pinching me!" Needless to say I was the only one laughing. - Paul

My dad is always there for me when I need him the most, we still talk everyday! - Shelly

My dad was comforting to me, showed me he cared always - Rebecca

When I was 12, grandpa took me fishing, he never took girls so it was a big deal. He caught a fish and told me to get the net. As I caught the fish, I began to fall in the water and grandpa saved me by pulling me up by my britches. He also taught me to gut and clean a fish, then we ate it and it was delicious! -  
Tiffany





# Question of the Month

Share a memory of your father, uncle, grandfather or other  
Father figure

My memories of my Dad are times he took me to the mall in Israel and we got pizza - the cheese is better in Europe. He got me a PS4 and the Dishonored game and my brother and I played. - Nicolas

Dear Dad, thank you for always being there for me and my three brothers. You always took us to fun places like Disneyland and Legend City. You also always provided for the family, even during hard times. I will always think of you with great memories! - Monte

My Dad was always my fierce protector. I was in the hospital and a young male nurse was hitting on me. I was defenseless and very sick and told my dad. He came down to the hospital and made sure that I wouldn't have to deal with that again. - Janelle

Jimmy is like a father figure and friend who I can go to for advice, support or just to listen to me and it means a lot. - Deion

**HAPPY**  
**FATHER'S**  
*Day*





## Mental Health Awareness and Men

June is Mental Health month for Men. This is important because many men who suffer from mental illness do not reach out for help. Oftentimes men don't recognize it themselves. We often don't think that men have struggles. Men are often seen as strong and in power and they can't show weakness. They may fear stigma or think they can handle things themselves; that is why men are more likely to commit suicide than women. It does not have to be this way, there is help out there for everyone.

Here are some ways we can help ourselves or others

### 1. Explore, understand, and choose to reject traditional gender roles and male societal expectations

You are likely to unconsciously internalize at least some of these norms and expectations from life around you, e.g. in the media, films, school, friends and family. Pink for girls, blue for boys, big boys don't cry and other generalization. It is important to put less pressure on yourself to conform to what society deems 'manly' and be conscious of times when you're acting up to the stereotype to see if you can change it. Also - stop holding other men to this notion as this only perpetuates the stereotype.

### 2. Get talking

Whether it's your parents, partner, friend or counselor, it's important that you try to find at least one person you can open up to if you're struggling with a mental health issue.

### 3. Be there for the men in your life

If you see a friend, colleague, or somebody else you know struggling try to offer them support and a kind ear to talk to.

### 4. Its ok to reach out

Not knowing how to ask for help is a major problem for a lot of men in all areas of their health. You're still a man, you're now much mental healthier man. So, the next time you feel physically or mentally ill, please do not hesitate to reach out to someone and get the help you need, because things could get a lot worse if you just pretend it isn't happening.





**5. Avoid using alcohol and drugs to cope**

Men are more likely to use drugs and alcohol as coping methods when they are not feeling well, instead of getting the help that they need. You may not even realize you are doing it.

**6. Find an activity you enjoy**

It's important to find an activity to help us decompress and relax in our own time. Whether it's trying out new cooking cuisines, learning a new skill like rock climbing, kicking a ball around in the park with friends, or getting stuck into a good book or video game it's highly recommended for you to find your very own fun and stress-relieving activity to help you recharge.

**7. Get moving**

As little as 10 minutes of brisk walking can increase our energy, and mental alertness and help us stay in a positive mood and increase self-esteem.

**8. Get better sleep**

Mental health and sleep are quite co-dependent. Regularly enjoying a good night's sleep can help you to feel less tired throughout the day, more able to cope with the tasks of daily life, confident with good self-esteem, and less likely to be worried and stressed.

**9. Eat well**

Your brain is always working hard to allow you to think, move, breathe – survive, even when you're asleep. So, it only makes sense that what you fuel your brain with, e.g. what you eat and drink, will affect its function and consequently your mood and mental health.

Healthy foods like fresh fruit and veggies contain vitamins and minerals to nourish your brain, whereas a diet high in convenience and refined foods like sugary snacks and processed meat can be harmful to the brain. In fact, multiple studies have linked a diet high in refined sugars with impaired brain function and depression.

We hope these tips can help you get on track to better male mental health.

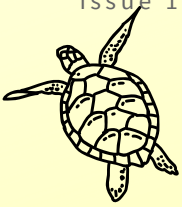
**Most of all don't be afraid to ask for help.**

**Happy Men's Mental Health Month**





# REN Events and Outings

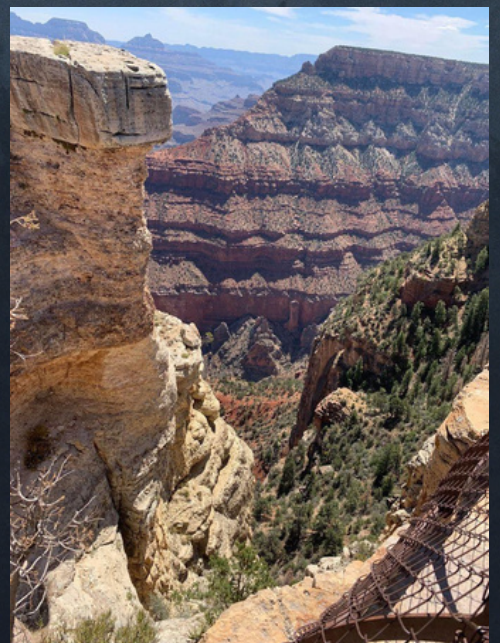


*Luau!*





# REN Events and Outings



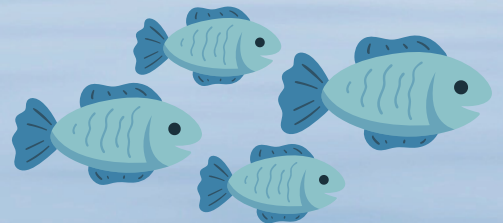
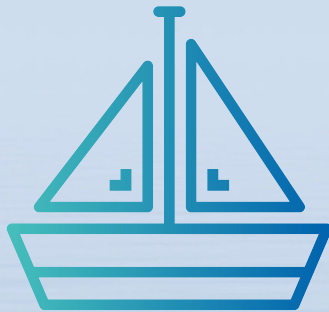
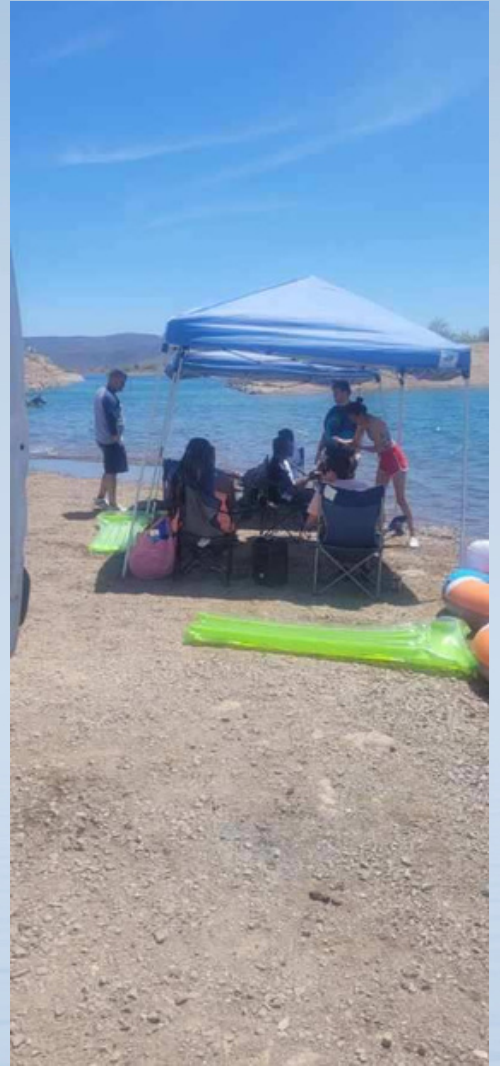


# REN Events and Outings





# REN Events and Outings



## H&RO Lake Trip



# FUN IN RECOVERY

June

*Would you Believe...*

*Word Search  
Brian Heath*



- People who suffer from boanthropy believe they are a cow and will try to live their life as a cow.
- Every continent except Antarctica has at least one McDonald's.
- A duel between three people is called a truel.
- Spider webs were used as bandages in ancient times.
- The average person will spend six months of their life waiting for red lights to turn green.
- There's a company that turns dead bodies into ocean reefs. The company is called Eternal Reefs.
- Mr Potato Head was the first toy to be advertised on TV.
- Even though Froot Loops are different colors, they all have exactly the same flavor.
- The first roller coaster was used to transport coal down a hill.
- Most toilet paper sold for home use in France is pink.
- The television was invented only two years after the invention of sliced bread.
- Bullfrogs do not sleep.
- It took the creator of the Rubik's Cube, Erno Rubik, one month to solve the cube after creating it; as of June 2018, the world record is 4.22 seconds.

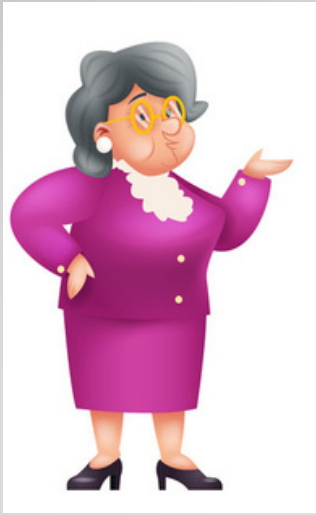
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 X Y J X R R N L T T Z D P N B X N A S O L Y W  
 T Q O D L U N O E Z S X U N C G N I D A E R J  
 E L W H P N Q O L E U A C K G T P Z J C W O S  
 N N G J Q N A E R M P Q H B Q X R K G H F E C  
 Y K H L L I S X J U S V M J P T O X Q P A P M  
 B J B M K N C R J T E L L E C D K T O W M L O  
 T N W I F G Q H D E L N Q T Z B E V I T E V I  
 I I Q K B I K R A T B H E L M E T S C X O J U  
 L X C K T F O U B E A G D U Y V I Z H N M O X  
 S T O F C C I U D E T N F D D D L F O X G E D  
 Q Q K W L O C K S O E I G Q N B N M V D B J C  
 E M Q A G Y L I T U G H G U U G L C W B J M W  
 N P N X W G G T D E E G A P W A Z M H C M N R  
 L I P Z T G L B X V V U M R S N I Q L B R E J  
 P S T A F D O O G D V A E M W M H C G W X E T  
 M E D I T A T I O N L L S I D A L C U O P L L  
 B A T X P J E E E V O I J N W J F F K C L K H

- |           |            |             |
|-----------|------------|-------------|
| ART       | HELMETS    | PUZZLES     |
| BRAIN     | HUGS       | READING     |
| CELL      | LAUGHING   | RUNNING     |
| DREAMING  | LEARNING   | SALMON      |
| EXERCISE  | MATH       | SEAT BELT   |
| FRIENDS   | MEDITATION | SLEEP       |
| GAMES     | MUSIC      | SPINAL CORD |
| GOOD FATS | NEURON     | VEGETABLES  |
|           | OXYGEN     | VITAMINS    |



# Poor Trisha's Almanac

## June 2022



- June 01, 1980** - 1st transmission of CNN, the Cable News Network
- June 01, 1979** - Los Angeles passes its first homosexual rights bill
- June 02, 1885** - Alexander Graham Bell makes first sound transmission
- June 02, 1835** - P. T. Barnum & his circus begin 1st tour of US
- June 03, 1972** - Sally Jan Priesand was ordained a rabbi thus becoming the first woman rabbi in the U.S.
- June 05, 1783** - The first sustained flight occurred as a hot-air balloon was launched at Annonay, France, by brothers Joseph and Jacques Montgolfier.
- June 06, 1944** - D-Day, the largest amphibious landing in history, began in the early-morning hours
- June 10, 1652** - In Massachusetts, silversmith John Hull opened the first mint in America
- June 14, 1775** - The first U.S. Military service, the Continental Army consisting of six companies of riflemen, was established
- June 14, 1777** - John Adams introduced a resolution before Congress mandating a United States flag,
- June 14, 1922** - Warren G. Harding became the first U.S. President to broadcast a message over the radio
- June 14, 1951** - Univac 1, the world's first commercial electronic computer was unveiled in Philadelphia.
- June 15, 1215** - King John set his seal to Magna Carta,
- June 16, 1963** - Valentina Tereshkova, 26, became the first woman in space
- June 18, 1983** - Dr. Sally Ride, a 32-year-old physicist and pilot, became the first American woman in space
- June 20, 1782** - The U.S. Congress officially adopted the Great Seal of the United States of America.
- June 24, 2010** - Labor Party deputy Julia Gillard became Australia's first female Prime Minister.
- June 26, 1945** - The United Nations Charter was signed in San Francisco by 50 nations.
- June 30, 1971** - The 26th Amendment to the U.S. Constitution was enacted, granting the right to vote in all federal, state and local elections to American citizens 18 years or older.

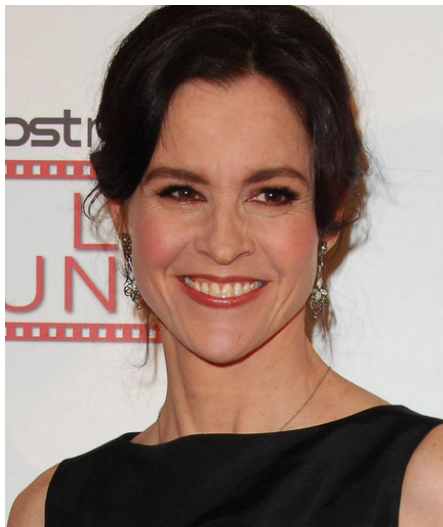
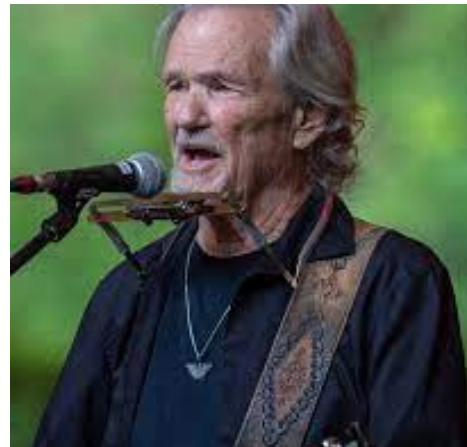
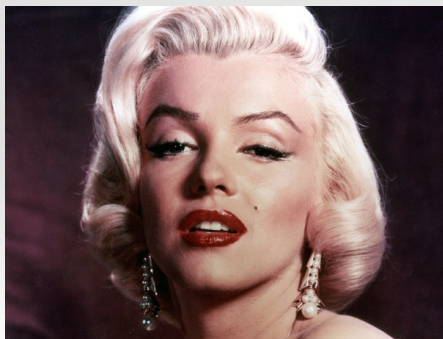






Birthstone: Pearl, Alexandrite and Moonstone. Zodiac Sign: Gemini (May 21 – June 20) Cancer (June 21 – July 22)  
Here are some celebrities you share your special day with

- June 1**
- Morgan Freeman -1937
- Marilyn Monroe 1926 - 1962
- June 2**
- Dana Carvey - 1955
- Martha Washington - 1731-1802
- June 3**
- Suzi Quatro -1950
- Curtis Mayfield - 1942
- June 4**
- Angelina Jolie 1975
- King George III 1738 -1820
- June 5**
- Mark Wahlberg -1971
- Kathleen Kennedy - 1953
- June 6**
- Robret Englund- 1949
- Nathan Hale 1755 - 1776
- June 7**
- Liam Neeson -1952
- Paul Gauguin-1848-1903
- June 8**
- Kayne west.-1977
- Frank Lloyd Wright-1867 - 1959
- June 9**
- Johnny Depp -1963
- Michael J. Fox 1961
- June 10**
- Prince Philip - 1921-2021
- Judy Garland -1922 - 1969
- June 11**
- Gene Wilder - 1933-2016
- Jacques Cousteau -1910-1997
- June 12**
- George Bush - 1924
- Anne Frank -1929 -1945
- June 13**
- Tim Allen-1953
- Ally Sheedy -1962
- June 14**
- Boy George -1961
- Donald Trump-1946
- June 15**
- Courtney Cox -1964
- Ice Cube - 1969



- June 16**
- Tupac Skakur -1971 - 1996
- Stan Laurel -1990-1965
- June 17**
- Barry Manilow -1943
- Greg kinnear -1963
- June 18**
- Carol Kane -1952
- Paul McCartney -1942
- June 19**
- Paula Abdul -1962
- Lou Gehrig-1903-1941
- June 20**
- Olympia Dukakis-1931-2021
- Lionel Richie -1949
- June 21**
- Prince William-1982
- Meredith Baxter -1947
- June 22**
- Meryl Streep- 1949
- Kris Kristofferson - 1936
- June 23**
- Randy Jackson - 1956
- June Carter Cash - 1929 - 2003
- June 24**
- Jeff Beck -1944
- Jack Dempsey -1885 - 1983
- June 25**
- Ricky Gervais -1961
- George Michaels- 1963-2016
- June26**
- Chris O'Donnell - 1970
- Chis isaak- 1956
- June 27**
- Tobey Maguire -1975
- Helen Keller -1880-1968
- June28**
- Elon Musk - 1971
- Mel Brooks. - 1926
- June29**
- Gary busey- 1944
- Colin Jost- 1982
- June 30**
- Daivd Allen Grier - 1955
- Mike Tyson - 1966





# REN MOVIE REVIEW



## Fire Island

Fire Island is a romantic comedy. According to the Preview, it is supposed to be like pride and prejudice but I have not seen that movie so I can not comment on that. However, I will put that on my watch list for you my readers. Back to Fire Island, the idea was good. I was also surprised by the ending, I think they could have done so much better developing the characters. There were so many iconic comedians in this movie it could have been so much better Instead they stuffed as many gay stereotypes as possible into the whole movie. While it did have its moments I was not impressed enough to care. I gave it two popcorns.

- = Only on a dare.
- = I could not find the remote.
- =It had It's moments.
- =I like It!
- =OMG Gurl,You have to see this movie!





# AT THE BOX OFFICE

## Top 10 Lgbtq Movies

According to IDBM



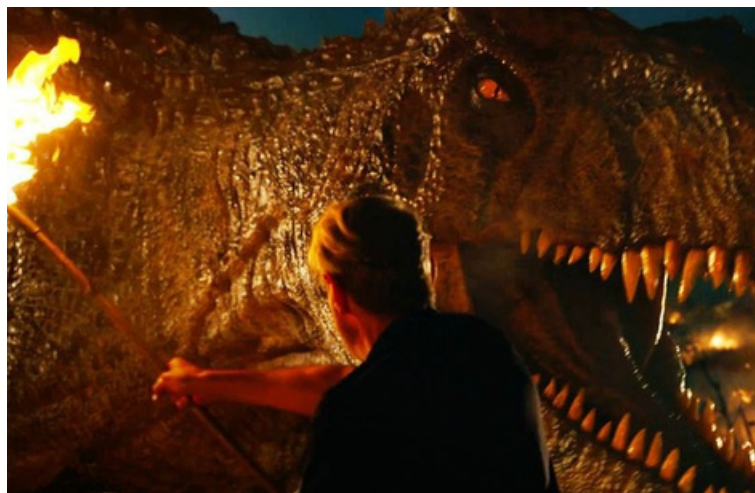
- 1. A Secret Love(2020)
- 2. Bridegroom (2013)
- 3. Call Me By Your Name (2017)
- 4. Pride (2014)
- 5. Soldier's Girl (2003)
- 6. All About My Mother (1999)
- 7. Brokeback Mountain (2005)
- 8. Philadelphia (1993)
- 9. Maurice (1987)
- 10. Freier Fall (2013)

- #1s of the past**
- 1972(50yrs)**  
**The God Father- Marlon Brando**
- 1982 (40yrs)**  
**E.T. the Extra-Terrestrial- Henry Thomas**
- 1992 (30yrs)**  
**Batman Returns - Michael Keaton**
- 2002 (20yrs)**  
**Scooby-Doo- Freddie Prinze Jr.**
- 2021 (1yr ago)**  
**F9- Vin Diesel**





# AT THE BOX OFFICE



## NOW PLAYING

### IN THEATERS

#### JURASSIC WORLD DOMINION

The epic conclusion to the Jurassic era as two generations unite for the first time. World Dominion, a bold, timely and breathtaking new adventure that spans the globe. From Jurassic World architect and director Colin Trevorrow, Dominion takes place four years after Isla Nublar has been destroyed. Dinosaurs now live--and hunt--alongside humans all over the world. This fragile balance will reshape the future and determine, once and for all, whether human beings are to remain the apex predators on a planet they now share with history's most fearsome creatures.

**Netflix**

#### HUSTLE

When a down-on-his-luck basketball scout finds a potential superstar in Spain, he sets out to prove they both have what it takes to make it in the NBA.

**Hulu**

#### Deep Water

A well-to-do husband who allows his wife to have affairs in order to avoid a divorce becomes a prime suspect in the disappearance of her lovers.

**Disney +**

#### Chip 'n Dale: Rescue Rangers

Thirty years after their popular television show ended, chipmunks Chip and Dale live very different lives. When a cast member from the original series mysteriously disappears, the pair must reunite to save their friend.

**Prime**

#### My Fake Boyfriend

A young man in a tricky situation (Keiynan Lonsdale) follows the advice of his unconventional best friend (Dylan Sprouse) and uses social media to create a fake boyfriend to keep his awful ex-lover out of his life. But everything backfires when he meets the real love of his life, and breaking up with his fake boyfriend proves hard to do.





# MUSIC



## Top 10 Wedding Songs

1. **Here and Now** -Luther Vandross
2. **I Do (Cherish You)** - 98 Degrees
3. **At Last** - Etta James
4. **Just the way you are**-Bruno Mars
5. **All Of Me** - John Legend
6. **You Are So Beautiful** - Joe Cocker
7. **I swear**- all 4 for one
8. **How do I Live** \_ Leann Rimes
9. **I don't want to miss a Thing**- Aerosmith
10. **Good Enough** - Evanescence

## #1 Singles

1972(50yrs)

Sylvia's Mother - Dr. Hook

1982 (40yrs)

**Ebony and Ivory** -Joan Jett and the Blackhearts

1992 (30 yrs)

**My Lovin**- En Vogue

2002 (20yrs)

**Foolish** - Ashanti song

2021

**Butter**- BTS

## #1 Albums

1972(50yrs)

**Thick as a Brick**- Jethro Tull

1982 (40yrs)

**Tug Of War**- Paul McCartney

1992 (30 yrs)

**Totally Crossed Out**- Kris Kross

2002 (20yrs)

**The Eminem Show**- Eminem

2021

**Sour**- Olivia Rodrigo

