



June 9, 2020

Denver Mile High Rotary Club



President's Column

Denver Mile High Rotary on the Web:

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[Rotary District 5450](#)

[Rotary International](#)

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Greetings Denver Mile High Rotarians...

Last week I sent out a survey to the club to help us plan for our club's reopening. You can see the results at [the following link](#). Thirty-six of you took the survey (thank you very much), and most people (36% of responses) say they would attend on July 1. Another 33% said they would attend on July 15. So, we're talking with the University Club to make sure we can accommodate a meeting safely!

With our annual whitewater rafting trip to raise funds for Warriors on Cataract canceled, Geoff Noble has organized a VIRTUAL whitewater rafting trip for Saturday morning, June 27th at 9:00 AM. You can make donations to support Warriors on Cataract AND our Club's Foundation. Think of the advantages of a VIRTUAL whitewater rafting trip. You can raft on a Saturday morning in your PJs with a cup of hot coffee in one hand, and never worry about spilling a drop, Please see page 12 of the Newsletter for more details.

I hope to see you all tomorrow at our virtual meeting. My dear friend, Charlene is going to be starting us out right with some inspiration and we have all the other great things planned... so be there!

Peace. Respect. Gratitude. Equality.
Scott

Important notices from our president and treasurer:

As a result of the pandemic and the unknown amount of time we will be required to distance from each other, we have decided to begin this quarter with all membership dues charged at the basic membership (no meal). Therefore, we ask that all members pay only \$150 for the quarter. And if the situation changes and we are allowed to start meeting at the U Club again, we will charge a prorated amount for people who want to eat.

Please reach out to me directly if you are having any financial challenges and need to have extra time to pay and/or need some help. We do not want to lose any of our members over membership dues during this challenging time!

Thank you!

Scott

**Please use [the link below](#) to pay,
or reach out to the treasurer if you
require an invoice or would like to pay by check.**

<https://rotary-club-of-denver-mile-high.square.site/product/drinks/2?cs=true>

Thank you.

Kaili Purviance

treasurerdmh@gmail.com

Mail your dues checks to: Kaili at 3244 S. Holly St, Denver, CO 80223

A word from your editor...

Dear fellow Rotarians,

Yes, you saw this last week, but I think it bears repeating...

This is Rotary International's action plan for the next five years:

To increase our impact, expand our reach, enhance participant engagement, and increase our ability to adapt. By helping to realize the goals of this plan, you ensure a stronger and even more effective future for Rotary - a tremendous legacy.

This is therefore also DMH Rotary's action plan!

Depending on what we choose as our next project, it never hurts to be motivated, please [click here](#) to hear Admiral McRaven give one of the best motivational speeches ever!

Send your thoughts, stories, poetry, songs, ideas and photos to

Annely.Noble@comcast.net

or text to 303-842-8725

Thank you for your **Hope and Patience!**

Annely Noble

M 303-842-8725

Denver Mile High Rotary Calendar of Events

See the following page for Zoom and program details

All meetings will be hosted on Zoom until further notice.

[Click here](#) for a link to the online Denver Mile High Events Calendar

June 10th - Sarah Hite, DMHR member, presents **Fun in France - 1956**.

June 17th - Rhonda Hathaway presents **Mental health programming in Adams City High School**. Rhonda is a 10 year member the Commerce City Rotary Club serving as Secretary and President and as Interact Sponsor for Adams City High School.

June 22nd - **World Community Service Mtg** - Watch e-mail for time and connection information.

June 24th - So many programs, so little time! Presentation to be determined.

June 26-30th - **Rotary International Convention** - Virtual meeting, please see District news for details on page 15.

June 27th - **DMH Rotary and Warriors on Cataract Virtual Rafting Trip**. See page 12 for details.

June 30th - 4pm - **DMHR Book Club** meets via Zoom, discussing The Bookish Life of Nina Hill by Abbi Waxman. Watch the newsletter for Zoom info, or call Linda Sue Shirkey for details.

July 21st - **DMHR Foundation Board Meeting** - 7:00 am via call until further notice

August 8th - **World Peace Day at The Conflict Center**

August 29th - **Virtual District Conference**. Details to follow.



Denver Mile High Rotary Upcoming Programs

ZOOM LINK

In the spirit of "life as normal," we will have video conference meetings and programs.

Please note that the meeting "room" will be open at 7:30, and I encourage you to drop in.

Scott Smeester is inviting you to a scheduled Zoom meeting.

Topic: DMHR Meeting

Join Zoom Meeting

<https://zoom.us/j/317120546?pwd=ZjZKeGM5NEFQU2pTSXErZUpUa0Z3UT09>

Meeting ID: 317 120 546

Password: DMHR2020

One tap mobile

+13462487799,,317120546# US

PROGRAM DETAILS

June 10 - Sara Hite - Fun in France - It was 1956-1957, Sarah was 20 years old. There was no other way to get to Europe than by ship. It took one week and an extra day to get there, needing to divert 500 miles to avoid a hurricane. Sarah ventured out to study abroad with another female she knew from college. She has a story to tell!! While this time of COVID has been a time of reflection, Sarah has been reflecting and rediscovering her adventures when in Europe 62 years ago and today will share some of her adventures with us.

June 17 - Rhonda Hathaway -Together, the Interact Club of Adams City High School and the Commerce City Rotary were awarded a \$10,000 grant from the Community First Foundation to create a mental health program whose goal is to eliminate the stigma around mental health and to begin having a conversation at an earlier age. Commerce City. Rhonda will be introducing us to their successful mental health program.

June 27 - DMH Rotary Virtual Rafting Trip - See page 12 of this newsletter for additional information.

COVID-19 DMHR Project Fund Notes of Appreciation



April 24, 2020

The Denver Mile High Rotary Foundation
Tom Giordano, Treasurer
1673 Sherman St
Denver, CO 80203

Dear Mr. Giordano and members of the Mile High Rotary Club,

On behalf of all of us at Metro Caring, we would like to thank you and all your members for both of your recent gifts. Your grants of \$3,000 and \$1,000 to support our COVID-19 response is deeply appreciated by our whole community for the immediate impact it is having to keep food on the table during this unprecedented public health crisis.

Today, more people are relying on Metro Caring than at any time in our 45-year history. Over the past few weeks, our food distribution has hit record highs as we are distributing food boxes to 200+ families and individuals every day. Access to healthy and nutritious food remains critical, so while a food box is not the same as shopping at our Fresh Foods Market it still fills a vital need until it is safe to reinstate our choice model.

We are also preparing food boxes for caseworkers at the Colorado Coalition for the Homeless and the Veterans Administration to deliver to homebound and high-risk individuals. For Metro Caring community members aged 60+, we have contracted our own delivery service. We hope to expand this service to other vulnerable groups in the near future.

Thank you again for investing in Metro Caring's mission! Your contribution has never been more important. If anyone is looking for more ways to help, here are a few ideas:

- We need gloves, sanitizer, masks and reusable grocery bags.
- We need healthy volunteers (under 60) who can spend three or four shifts per week with us.
- Finally, additional cash donations will allow us to meet the increase in demand for food and supplies.
- If you know anyone who can help, please have them contact Erik Hicks, Chief Development Officer, at 303-350-3663 or e-mail him at EHicks@metrocar.org.

Be safe and watch for updates, tips and connection at www.MetroCaring.org or on social media @MetroCaring.

With gratitude,

Teva Sienicki, CEO

PS. This letter serves as the receipt for your \$3,000 and \$1,000 gifts. Metro Caring is a 501(c)(3) nonprofit organization with tax ID #84-6116951. No goods or services were provided in exchange for your contributions.

COVID-19 How Can I Help?

METRO CARING Provisioning Project Cherry Creek Rotary

At last Wednesday's Zoom Rotary meeting Joel Russman shared a way to help with Metro Caring. Metro Caring is buying food in bulk and Cherry Creek Rotary is setting up a location and system to bag the bulk items into smaller quantities for distribution to clients using Metro Caring.

Joel Russman is organizing supervisors for this project and Jim Hoops is organizing "scoop troops", those who will be re-bagging the food items. Please note: in the interest of health and safety of the volunteers during the Corona virus pandemic, those over the age of 64 may not participate.

For more information, please contact Joel and Jim as follows, and see below for online signup:

Joel Russman can be contacted at 303-870-2663 or rotary@joelrussman.com

Jim Hoops can be reached at 303-913-8526 or jshoops25@icloud.com.

We're using [SignUp.com](https://signup.com) to organize upcoming volunteer schedules for the Rotary/MetroCaring Provisioning Project.

Here's how it works in 3 easy steps:

- 1) [Click this link \(https://signup.com/client/invitation2/secure/3278400/false#/invitation\)](https://signup.com/client/invitation2/secure/3278400/false#/invitation);
- 2) Review the options listed and choose Shift Supervisor or Volunteer;
- 3) Sign up! It's easy - you will NOT need to register an account or keep a password on SignUp.com.
- 4) you may volunteer for more than one day

If you have any questions, please contact me. I am sure there are plenty of questions during this time of social distancing.

Jim Hoops
303-913-8526

For the Metro Caring Chronicle, please [click here](#).

PUNS during the PAIN of the PANDEMIC...

So many coronavirus jokes out there, it's a "pundemic."

Finland just closed its borders; no one will be crossing the Finnish line.

Due to the quarantine, I'll only be telling inside jokes.

Now is not the right time to surround yourself with positive people.

There will be a minor baby boom in 9 months, then one day in 2033, we shall witness the rise of "quaranteens."

The World Health Organization (WHO) has announced that dogs cannot contract COVID-19. Dogs previously held in quarantine can now be released. To be clear, WHO let the dogs out!

Why do they call it the "novel" coronavirus?
Answer... It's a long story...

I'll tell you a coronavirus joke now, but you'll have to wait two weeks to see if you get it.

I ran out of toilet paper and had to start using old newspapers;
Times are tough.

What do you call panic-buying of sausage and cheese in Germany?
The Wurst-Kase scenario.

Back in the day you would cough to cover up a fart.
Now, with COVID-19, you fart to cover up a cough.

The grocery stores in France look like tornadoes hit them;
all that's left is de brie.

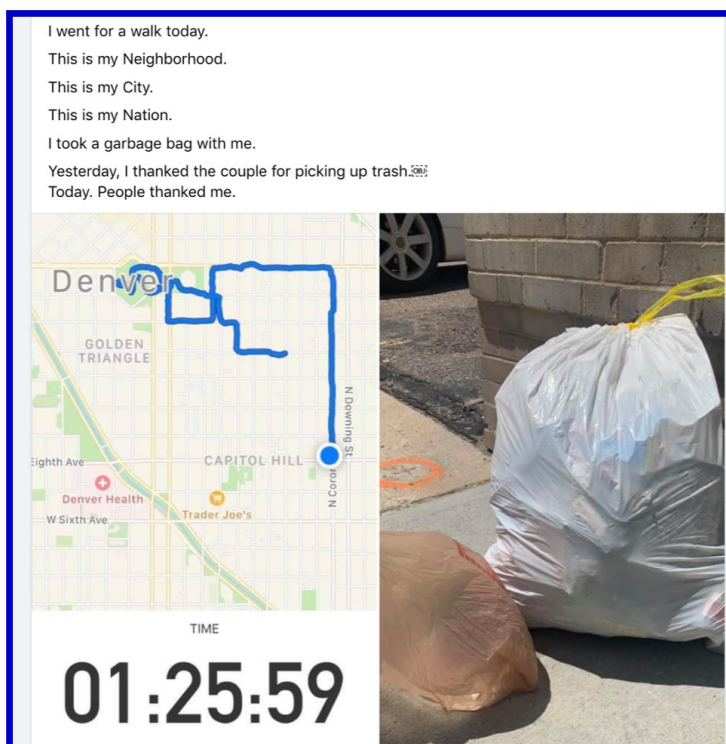
← Contributed by Geoff Noble

Have you ever wondered if there is a gene for singing ability?
Listen to [Pavarotti's granddaughter sing](#) and you will know for certain that there is!
Contributed by **Constance Mortell**

Brad Thompson sent the following three Life Lessons →

In business and in life you're always going to find unique perspectives and differing opinions. How you react and respond to them is what will define you, your success and your happiness. Three lessons I'm reminded of this week:

1. No one has a right to tell someone else how to think, feel, speak or act.
2. We need to be less concerned with being right and more concerned with doing the right thing.
3. Like it or not, at work and at home, you are always setting an example - is it an excellent one or a poor one?



Had you guessed
 who sent this and who the
 Rotarian was who practiced
 Service Above Self?

Carolyn Schrader
 contributed the item,
 but it was
Melanie Gentz,
 lamenting on and cleaning
 up her neighborhood!

Thank you to both!



Members Respond...

In response to last week's question in the editor's note, on how all are doing in this new normal,
Ann Tull responded with the following:

I am in my condo except for occasional walks and drives to Walgreens' drive-thru window. At 81 with a pacemaker, I am very careful! My daughter orders their food and my food from King Soopers, where she drives up and they put it in her trunk; I meet her outside my building, where she loads my food in my cart. She also comes to long-distance visit and for a walk and visit once a week. I have had one ER visit and a few Telehealth appointments. I do lots of online things with Zoom or other means. I don't have a microphone or camera, but watch and listen. Besides Rotary meetings, I do Active Minds lectures, OLLI classes, World Denver lectures, and D.U. lectures. **Our entire development including my 48-unit condo is having all of the stucco replaced** after we won a \$15 million lawsuit from the developer. It has been noisy, but now that they have started our building, it is very noisy. They are now putting up scaffolding. Then they cover all our windows; then they will cover the whole building with black netting-like stuff. So, **for the next 7+ weeks, I will be self-contained in a dark and noisy home with patio furniture all over my living room, dining room and kitchen.**



Mental Wellness Tip of the Week

**Smell something
 uplifting**



← Thanks again to
Diane Messamore for our
 Mental Wellness Tip of the Week!

Fun, fact and diversion...

Brad Thompson sent the following three Life Lessons →

In business and in life you're always going to find unique perspectives and differing opinions. How you react and respond to them is what will define you, your success and your happiness. Three lessons I'm reminded of this week:

1. No one has a right to tell someone else how to think, feel, speak or act.
2. We need to be less concerned with being right and more concerned with doing the right thing.
3. Like it or not, at work and at home, you are always setting an example - is it an excellent one or a poor one?

Jay is the Temple Buell Scholar that our club sponsored last year. He has been in Scotland for the scholarship, and chose to stay there when the pandemic hit. His main focus was on global warming, but as you can see he is very versatile. Members of our Selection committee said he would change the world, and it looks like he is doing so.

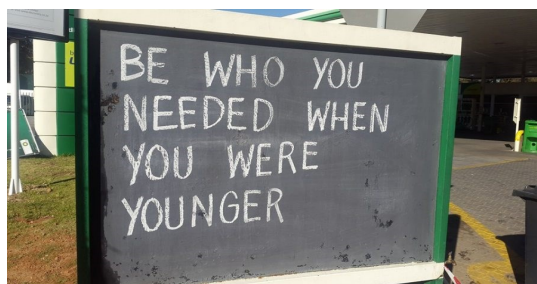
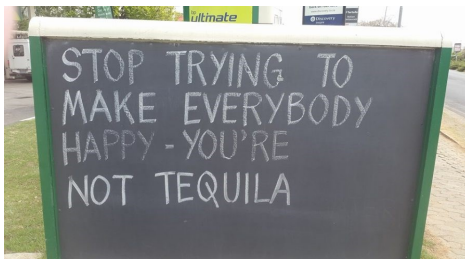
Saturday, June 20 I will be part of the nominating committee for the World Peace Fellowship interviews. We will be interviewing on Zoom. One of our candidates is actually volunteering in Africa now. We nominated her last year, but Rotary International's committee didn't select her from among the huge number that were nominated.

Information provided by
← **Ann Tull**

A gas station in Gauteng, South Africa, has become quite a landmark with its daily "PetrolPumpWisdom," which are uplifting quotes written on a chalkboard. Some people say they deliberately travel this route just to read the quote which brightens their day.

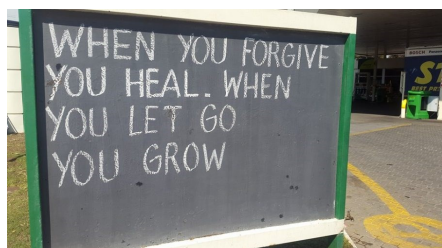
Brought to you by
Constance Mortell

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the next page.

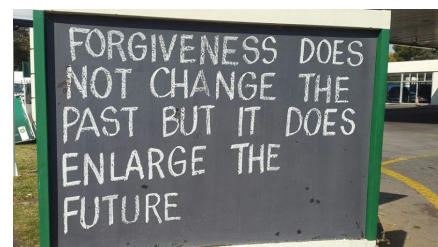
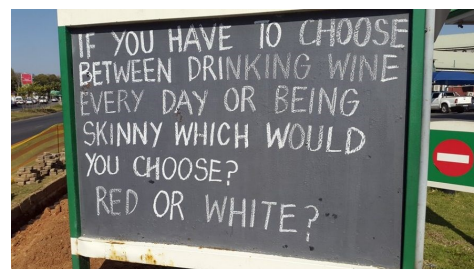


Fun, fact and diversion...

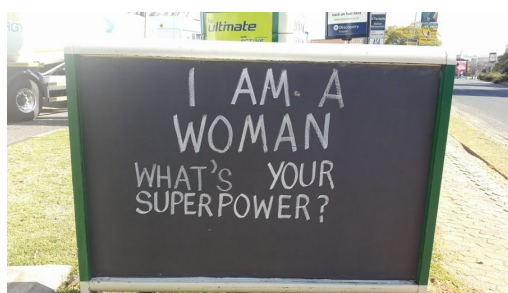
Alison Billett and her partner inherited the board almost 20 years ago when they bought the Hutton Hyde Park station from the previous owner, Dick Hutton, and they continued the tradition, which has become not only a landmark but has made its way to social media!



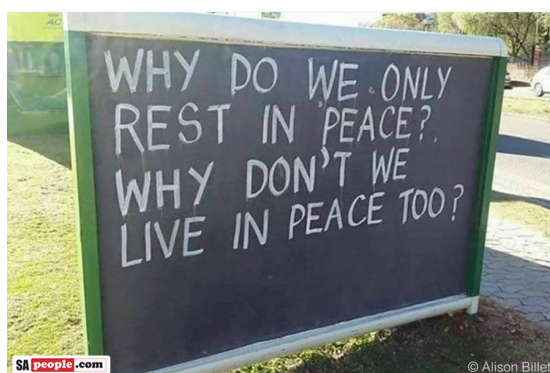
Daily I get a call or a visit from someone telling me how much they appreciate the message. Each message speaks to what is going on in someone's life, and also inspires or motivates them.



The boards were spotted by a motivational speaker from the UK, Geoff Ramm, when he was driving by one day and he was so taken by them he included a piece about them in his book! The boards have appeared many times in newspapers and magazines and been featured on radio stations all over the world.



Bob 95 FM in the USA recently posted Alison's Rest in Peace quote which has now been shared over a quarter of a million times around the world!



"Don't let yesterday take up too much of today."
~ Will Rogers

Weekly Inspirators, Greeters & Hosts

Date	Inspiration	Greeters	Host	Vocation
June 10	Charlene Porter	Adams Price and Kaili Purviance	Chuck Rudolph	
June 17	Carolyn Schrader	Linda Sue Shirkey and Roberta Simonton	Vass Sirpolaidis	
June 24	Betty Speir	Robin Springer and Michael Tapp	Greg Thielen	
July 1	Ann Tull	Brad Thompson and Tony Vaida	Mary Walta	

Upcoming June Birthdays

June 6th - Steve Blazek
 June 11th - Bob Connaghan
 June 13th - Melanie Gentz
 June 29th - Linda Sue Shirkey



Donate to the Denver Mile High Rotary Foundation and to Warriors on Cataract at the same time...

by participating in the first ever virtual river rafting experience.
 Safe and recommended for all ages!
 See following page for details.



**Join Denver Mile High Rafter's (by Zoom)
for a virtual whitewater rafting trip on
Saturday, June 27, 2020 at 9:00 AM.**

Please make out your check to:

"The Rotary Club of Denver Mile High FOUNDATION".

and mail to Geoff Noble at 16658 E. Hialeah Ave., Centennial, CO 80015

75% of your tax-deductible contribution will go directly to support [Warriors on Cataract](#).

25% of your tax-deductible donation will go to the [Denver Mile High Rotary Foundation](#).

[Warriors on Cataract](#) is a non-profit organization that has been taking disabled Veterans on rafting trips down the Colorado River through Cataract Canyon for the past ten years.

Consider the benefits of a VIRTUAL whitewater rafting adventure:

You don't have to set your alarm and get up before breakfast to drive 1½ hours up I-70 to Idaho Springs.

You don't have to put on a still damp (and cold) wetsuit, lifejacket and helmet.

You don't have to sign a Waiver of Liability against possible bodily injury or death.

You don't have to test your swimming skills against the current of spring runoff in Clear Creek.

You don't have to violate any COVID-19 social distancing guidelines!

You don't even have to know how to swim.

THESE ARE THE TRIPS YOU ARE TAKING VIRTUALLY!

SURE-SHOT - \$54 ADULTS

Rafting on Clear Creek River's mountain water is an experience that is fun for the whole family.

Get ready for some fun on our exciting 'Sure Shot' beginner-rafting trip.

BLAST - INTERMEDIATE- \$64 ADULTS

With five solid class IV rapids and more class three whitewater than there is space to mention, the Blast is waiting for those with good physical conditioning and an attitude for adventure.

KAMIKAZE - ADVANCED - \$84 ADULTS

Add another two miles of continuous (and we aren't kidding!) class IV/III whitewater onto the Blast and you have an adventure that will bring you back over and over.

Previous experience and the ability to swim are highly recommended.

We will gladly accept any donation in any amount.

Donations are tax-deductible.

Contributions to DMHR Foundation

Contributions to the DMHR Foundation can be made by giving them to Tom Giordano at club meetings or by mailing checks directly to: Tom Giordano at 7271 East Wesley Avenue, Denver, CO 80224

Please make out checks to the **Rotary Club of Denver Mile High Foundation** (although "DMHR Foundation" will work)

Or... [please click here](#) to go directly to our secure online donation site. You may make a one time or automatic monthly donations.

For questions, contact:
Tom Giordano
303-263-5091



*Giving Generously
For the
Greater Good*

2019-2020 Individual Sponsors

Pat Gorman-Barry	Annelly Noble	Mary Walta
Tom Cella	Adams Price	Ronnie Weiss
Melanie Gentz	Chuck Rudolph	Sonny Wiegand
Tom Giordano	Roberta Simonton	<i>Room for more...</i>
Tom Gregory	Robin Springer	<i>Will it be you?</i>
Bob Kemp	Michael Tapp	<i>Or you?</i>
Diane Messamore	Ann Tull	<i>Or you?</i>
Constance Mortell	Tony Viada	<i>Or who?</i>

*Corporate
Generosity*

2019-2020 Corporate Sponsors



To All District Rotarians,

Effective July 1, 2020, the District will implement grant changes based on demand and using DDF as efficiently as possible, and on changes made by The Rotary Foundation. **There will be a Grants Training webinar Thursday, June 18, from 1:00-4:00 pm that will cover the changes and meet the training requirement needed for clubs to apply for grants. [Click Here to register now.](#)**

The important grant changes effective on July 1, 2020, are:

District Grants:

- DDF allotment for District Grants of \$145,000
- Elimination of grants specifically for Satellite Clubs.

Global Grants:

- DDF allotment for Global Grants of \$130,000
- First Come First Serve process for DDF allocation
- Continued dollar for dollar DDF match by TRF
- Elimination of the 50% match on cash contributions.

Any Global Grant application currently in process will be subject to the rules in place during 2019-2020, **provided that the grant application is submitted to RI no later than June 30, 2020.** If the Grant is not submitted by that date, the application will be subject to the rules effective July 1, 2020.

[Click Here](#) to read more detail about the 2020-21 Grant Terms and Conditions. The files are on the left of the page under "links".

If you have questions about District Grants contact 'Buchi Anikpezie – anikpezie@gmail.com;
for Global Grants contact Carolyn Schrader – schrader407@gmail.com
Beverly Mendel
District Operations Manager
303-477-0654



District Announcements

[Click here](#) to go to the June District News Site.

The first ever Virtual Rotary Convention has the ability to set an attendance record. Of the 110 previous Rotary conventions, the highest level of attendance was 45,381. Members of Rotary, and the general public, from all over the world, have the ability to be a part of this historical effort.

The program will be world class, the cost of registration is FREE, and people can attend the convention using a computer, tablet or smart phone.

The convention website www.riconvention.org continues to provide updated information. You're encouraged to enter your email address so you can receive notifications when new information has been posted on the official website. These notifications will also let you know when it is time to sign up/register for the convention!

The preliminary breakout topics have also been listed at www.riconvention.org/en/honolulu/breakout-sessions-schedule - **you will need to sign up for the breakout sessions and general session once registration has opened.**

The 2020 *VIRTUAL* Rotary International Convention will occur June 26-30. Please register your e-mail in order to receive messages about participating for the Convention. [Click here](#) for additional information.

DMHR Foundation News...

Have you ever had an interest in serving on a board? **Now is your opportunity** as the Denver Mile High Rotary Foundation is **looking for a few good board members** (5), and promises you will not be bored! For information or to volunteer, please contact Tony Vaida at 303-832-2100 or mavaida@vaida.net.

The DMHR Foundation Board is **working on raising funds**, and the **sky is the limit!** Do you have ideas for fundraising? Please share them with the board. No idea is too small or too large, too crazy or too wild, and the **board appreciates all suggestions**. Again, please send your suggestions to Tony at mavaida@vaida.net.

If you are not interested in becoming involved in the board but you would like to **contribute to the Foundation**, please feel free to donate! See the next page for details. On the chart on the next page, you will be listed in **red as a new donor, or as a continuing donor (auto monthly donations)**. For questions about donating, please contact Tom Giordano, next page.

The COVID-19 outbreak will need funding for a while to come, and the Foundation is a great way to help with alleviating the needs. The Foundation also aids with other projects both locally and internationally. Be the person you want to be by helping your community and fellow humans, donate now to the DMHR Foundation!

[Click here to go directly to the donation site](#)





Continuing Education and Information for DMH Rotarians Apropos for our times...



Contributed by Brad Thompson and Pat Gorman-Barry

[Please click here](#) to read the article sent by **Brad Thompson**. **Comment from Pat on this article:**

The article is not peer-reviewed by academics, but its authors did an excellent job of identifying the multi-faceted problems facing police officers and summarizing important next steps. The critical thinking skills they discuss in the article are also called executive functions, and in the NPAL project, police officers will be using BrainWise to teach them to impoverished and traumatized youth. The attached article (Welsh, Barry, Greenberg) was recently published in the textbook *Inhibitory Control Training*. It describes BrainWise and how the program will be used to help previously homeless veterans with serious mental illnesses. Psychiatrist Jared Greenberg at the Los Angeles Veterans Hospital is leading the study. This is very academic, so for a short summary of BrainWise and the 10 Wise Ways, you can read the attached newsletter, "10 Wise Ways applied to Covid-19."

Pat Barry wrote...

Thank you for the terrific article, Brad. This is exactly what BrainWise teaches (see attached academic article published in *Inhibitory Control Training*.) The PEW Trust is funding research at Stanford that is using brain imaging as a teaching tool – students are able to see their brains form neural connections when they learn. These brain visuals will be great teaching tools for adults, too. The good news is that thinking skills can be learned across ages and abilities.

The National Police Activities League (NPAL) selected BrainWise as a program for their officers to teach youth in local PAL chapters. Denver does not have a PAL chapter, but police departments nationwide have local chapters to serve area youth.

Covid-19 has created an urgent need for online materials and a hybrid delivery model for schools as well as NPAL. BrainWise has online worksheets and its classes can be taught on Zoom. A concern is that many children in BrainWise classes were safer in school than they were at home. Also, we need to have teaching approaches that ensure that skills are effectively learned. Research shows new material must be practiced for 50 or more hours to be retained. We are exploring ways to do this, and using online gaming techniques is a possibility. It is a work in progress.

We are reminding the educators and officers who teach BrainWise that self-care is important, and that they themselves must use their constellations of support, recognize red flag warnings, and stay low or off their emotions elevators. Our lesson on the hand brain and the hand gesture to stop and think is a simple and valuable reminder of the need to Stop and Think.

Click the following for articles referenced by Pat:

1. [Life Stress and Inhibitory Control Deficits: Teaching BrainWise as a Neurocognitive Intervention in Vulnerable Populations](#) By Marilyn Welsh, Patricia Gorman Barry and Jared M. Greenberg

Published: August 21st 2019

ABSTRACT

The chapter describes inhibitory control in the context of broader and related constructs, executive function and self-regulation. We discuss the adaptive functions of inhibitory control, as well as evidence that life stress, such as poverty, maltreatment, homelessness, and mental illness, negatively impacts individuals' inhibitory control and overall self-regulation skills. Moreover, these stressors are known to disrupt the development and functioning of crucial brain systems underlying inhibitory control. Following this review, we discuss a critical thinking skills intervention, BrainWise, which is designed to teach inhibitory and self-regulation skills to children, youth and adults. We describe the implementation of the program, and review evidence for its effectiveness with various populations, including our recent study that demonstrated the success of BrainWise in teaching these skills to homeless men living in transitional housing. Finally, we describe our proposed future applications of this intervention to veterans suffering serious mental health challenges. Our overarching goals are to highlight the importance of inhibitory control and overall self-regulation, the vulnerability of these important skills to life stress, and the promise held by one neurocognitive intervention for improving inhibitory control in high-risk populations.

2. [One of the best motivational speeches ever](#). By Admiral McRaven