



Forest Therapy and Shinrin-Yoku

By Heidi E. Houlihan on Thursday, August 10, 2023



President Nancy opened the meeting with her whistle. Apparently the bell is missing again after **Susie S.** filled in for her a couple of weeks ago. **Tim S.** gave the invocation, calling for a moment of reflection for those affected by the Maui fires. He led us in the pledge.

Guests were Bill Sheridan, visiting Rotarian from Broomfield, CO and GERALYN'S husband, and Blake Ellis, our speaker.

Announcements & Comments

- Nancy – DG Claire Roberts has been in touch with the DG of Maui and will let us know how we can help
- Birthdays: **Gary P.** on 8/6, **Phil W.** on 8/15, **Forrest M.** on 8/15 (he has no picture on DACdb and needs to be fined!) Happy Birthday!!!
- New Procedures – **Geralyn S.** – accounting has been refined. There will be no meal invoices for Senior Active Excused; you can buy a meal card. Check-in will not be collecting recognitions. **Mark M.** is heading the recognition committee that includes the following snitches: **Susie S.**, **Carol L.**, **Dan B.**, **Larry G.**, **Aaron S.**, and **James S.** Cash is preferred. He will keep a running total that can be paid to him or another snitch.
- Our new treasurer is **Susie S.** –see her for any questions. **Mark S.** led the club in a round of applause for **Teresa F.** for all of her accounting work over the past few years which had to be divided among people!
- Membership Moment – **John T.** and **Daniel D.** are co-chairs of the membership committee. August is membership month. Keep in mind new members. Pink index cards are on the tables to write names of potential members. The committee can reach out to them if you don't want to. **Aaron S.** asked about writing down members for removal. That reminded John that they will be keeping an eye on attendance and will reach out to those members.
- Halloween Social – **John T.** let us know that our District Governor will be joining us. It will be a good opportunity to invite prospective members. More to come...
- **Greg M.** – thanked members for the work day at Chico Creek Elementary and asked all who volunteered to stand (remember, however, these are all suspects in the bell abduction). There is more work to be done.
- **Forrest M.** – thanked Carl O. for promoting membership at the Chico Chamber of Commerce meeting. Kudos to **Carl** and remember that we can all visit other clubs and invite new members.

Recognitions

- **Forrest M.** and **James S.** – both arrived late – 1 bell each
- **Phil W.** – returned from 1 week in Northern England, 1 week in Scotland, Kansas for his niece's wedding, and Buffalo, NY to visit his mom. Gifts for our president included Whisky marmalade from Scotland, a napkin from the Royal Yacht and hot sauce from the Anchor Bar where Buffalo wings originated. ? bells (this reporter didn't hear any whistles)
- **Desiree G.** – on ZOOM, went camping and a picture of her tent was shown with a "Crown Royal" banner. She was trying to pretend she was at Camp Royal according to **Larry G.** 1 bell
- **Christian G.** – was caught on film with the bell in his wheelbarrow during our project at Little Chico Creek School, which he denies – 1 bell. **Susie S.** had the bell in the trunk of her Tesla. She thinks when she brought snacks to the project, the bell was abducted (without her knowing her car had unlocked since she was close by) – 2 bells
- **Nancy H.** brought a gift from the Redwoods for **Susie S.** for filling in for her.

Program

Our speaker this morning, introduced by **Phil W.**, was Blake Ellis, the Program Manager for the

Events/Speakers

August 17th
[Weekly Meeting-David Bruhn, Author](#)

August 24th
[Weekly Meeting-Mark Conry-Chico Sailing Club](#)

August 31st
[Weekly Meeting-Claire Pelley, Chico Performances](#)

September 7th
[Weekly Meeting-Alex Beehner, Boys and Girls Club](#)

September 14th
[Weekly Meeting-Todd Dowell, PEP Schools](#)

Birthdays



[Paul Peck](#)
August 29th



[Bob Linscheid](#)
September 13th

Club Anniversaries



[Tanya E. Layne](#)
09-01-2006
17 Years



[Nick Mariottini](#)
10-27-2011
12 Years



[Neil Yelland](#)
10-31-2019
4 Years



[Timothy Suderman](#)
09-15-2022
1 Year



[Daniel DeCaires](#)
09-15-2022
1 Year

Chico State Ecotherapy Program with the Big Chico Creek Ecological Reserve. She defined Forest Therapy, the purpose of which is to help people slow down, engage in the present moment, engage the senses and relax. She led the club in a guided exercise to do this (although this is typically done outside).

Members shared their experiences during the exercise. Nature Forest Therapy, based on research from Japan where it originated (called "Shinrin-Yoku" or Forest Bathing), has been shown to activate parasympathetic nervous system, decrease cortisol and adrenaline, increase respiratory and cardiovascular function, regulates blood pressure, alleviates depression and anxiety, improves focus, mood, focus, inattention, academic performance, and creativity, boosts immune function. Greg M. took his office on a Forest Therapy walk and his staff became more connected. Find out more at www.csuchico/ecotherapy.edu.



[Desiree Gonzalez](#)
09-15-2022
1 Year

In Closing

John thanked everyone for their participation.

Thanks To:

Greeters: Forest Melton and Susie Sorenson

Invocation: Tim Suderman

Check in: Daniel DeCaires and Scott Dilg

Bulletin: Heidi Houlihan

Next week's duties are assigned to:

Greeters: Greg Melton and Aaron S

Invocation: John T

Check in: Forrest M and Gary P

Bulletin: Geralyn S

Club Meeting

Chico Sunrise

Meets at Mom's Restaurant

209 Salem St

Chico, CA 95928

Time: Thursday at 06:45 AM