



GEECHEE SAILING CLUB

RHUMB LINE



COMMODORE, Linda Howard

HAPPY 2025! That is, of course, the hope and prayer for each of us. The question is, how can we help the "happy" along? One way I have discovered is to do a good deed...or several...throughout the year. I Googled that idea and found a list of things we can all do to give ourselves a sense of purpose as well as that "warm, fuzzy feeling."

Basically, look for opportunities to do good deeds - whether it's volunteering with a nonprofit or doing something kind for a loved one or even a stranger. However, consider your motivation for them. Are you doing it for a pat on the back, or are you truly interested in doing good? That's called "altruism". Altruism: when we act to promote someone else's welfare, even at a risk or cost to ourselves. Here are some facts I gleaned from various sources.

Elevating Happiness and Well-being

One of the most immediate benefits of performing good deeds is the boost it provides to our sense of happiness and well-being. A 2019 study conducted by the University of Sussex explored how acts of kindness affect emotional well-being. The results were conclusive: participants who carried out acts of

kindness experienced significantly elevated levels of happiness. This is often referred to as the 'helper's high,' a term coined by Allan Luks in 1988.

The helper's high is believed to be related to the release of endorphins, our body's natural 'feel-good' chemicals, in the brain. This flood of endorphins leads to a sense of warmth and euphoria, similar to the feeling you get after a rigorous workout. The 'high' is not just a fleeting feeling; it can bring about sustained happiness and contentment.

Reducing Stress and Improving Mental Health

Additionally, engaging in good deeds has been shown to reduce stress and improve mental health. In a 2017 study by Yale University, participants who performed regular acts of kindness reported lower levels of stress and improved mental health compared to a control group. They found that helping

others helped participants cope with their own stress better, improving their emotional resilience.

This stress-reducing effect of altruism might be related to the diversion of focus from self to others. By extending our circle of concern beyond our personal worries and problems, we reduce the intensity of stress and anxiety we might be experiencing.

Boosting Self-Esteem and Life Satisfaction

Furthermore, performing good deeds can lead to increased self-esteem and overall life satisfaction. Acts of kindness give us a sense of purpose and make us feel valued and competent, leading to increased self-esteem. A 2010 study in the Journal of Social Psychology showed that participants who performed daily acts of kindness for 10 days reported higher life satisfaction.

(continued →)

MEETINGS:

**Every second Monday of the month at Carey Hilliard's,
3316 Skidaway Rd.
Order dinner at 6:00;
meeting at 7:00.**

WEBSITE:

www.geechesailingclub.org

EMAIL ADDRESS:

geechesailingclub@hotmail.com

FACEBOOK:

Geechee Sailing Club

GEECHEE SAILING CLUB'S UPCOMING PARTIES & CRUISES

Socials:

Monday, January 13 - Combination monthly meeting and Members' Birthday Party at the Marsh Harbor Clubhouse, 6:00 p.m. Meal provided.

Cruises:

See Page 6.

**MONDAY, JANUARY 13
MEMBERS' BIRTHDAY PARTY/
MONTHLY MEMBERS' MEETING
(Not a gift exchange)**

**Marsh Harbor Clubhouse
(Meal provided at no cost)**

Good deeds don't just boost the giver's mood; they create a positive feedback loop that encourages continued pro-social behavior. Known as the 'kindness ripple effect,' one good deed can inspire another, spreading positivity and well-being in a wider circle.

Promoting Longevity

The benefits of doing good deeds even extend to physical health and longevity. According to a 2013 study published in the American Journal of Public Health, individuals who spent time helping others were likely to live longer. The researchers concluded that this was because altruistic activities help reduce the impact of stress, which is known to contribute to a range of physical health problems.

In summary, the psychological and emotional benefits of doing good deeds are substantial, providing enhanced happiness, reduced stress, improved self-esteem, and even increased longevity. It's clear that altruism is

not just about making the world a better place for others, but also about improving our own wellbeing.

It's important, though, to note that the focus should be on the act of kindness itself rather than the benefits we can gain. Authentic altruism stems from a genuine desire to help others, which makes the resultant 'helper's high' all the more rewarding.

SUGGESTIONS:

By the way, when doing a good deed, aim to do it secretly or at least privately. The best way to perform good deeds is to think to yourself, "How can I make someone happy today?" Their happiness is your reward.

1. Send flowers (or take them) to someone who is depressed.
2. Pay for the people in the car behind you at a drive-through.
3. Let someone ahead of you in line.
4. Send a "thinking of you" card.
5. Invite a lonely friend for lunch.

6. Compliment someone.
7. Surprise a neighbor with cookies or something else you made.
8. Tell someone you are grateful for them.
9. Leave a positive note in a library book.
10. Help with a meal for a sick or bereaved friend.
11. Take someone to the doctor and sit with them.
12. Sit with someone going through a chemotherapy treatment.
13. Offer to do an errand for a shut-in.
14. Listen to someone who is upset without giving unwanted advice.
15. Buy a friend a surprise gift.
16. Mow a neighbor's yard.
17. AND MANY MORE.

So now you are ready to arm yourself with tools for a really happy new year! Make it a happy one for both you and others!



TREASURER, Dawson Long

Here are some quotes from *The Little Book of Sailing Wisdom* for the philosophically bent.

"Wouldst thou," so the helmsman answered,

"Learn the secret of the sea?

Only those who brave its dangers

Comprehend its mystery."

Henry Wadsworth Longfellow

"Oh! 'tis a thought sublime, that man can force a path upon the waste,

can find a way where all is trackless and compel the winds,

Those freest agents of Almighty's power,

To lend their untamed wings, and bear him on to distant climes."

Henry Ware

"The sun is shining on the sea,
Shining with all its might:

He did his best to make

The billows smooth and bright,

And this was very odd, because it was

The middle of the night."

Lewis Carroll

The Walrus and the Carpenter



Always for sale!



\$12/mug

\$10/water bottle

I will have them at the meetings.



VICE COMMODORE, Linda Howard

JANUARY 13, 2025

Combination monthly members' meeting and All Members' Birthday party.

FEBRUARY 12, 2025

Larry and Mary Ellen Sprague to share their travels to the West Pacific in 2024.

MARCH 10, 2025

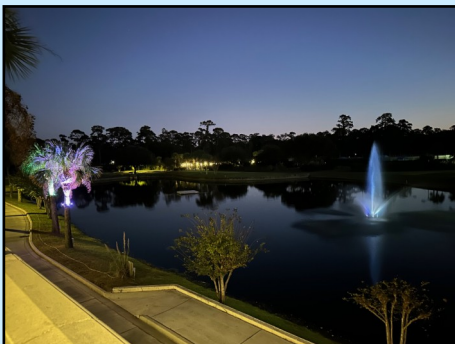
Sarah Jones, Tybee Historical Society Director to speak on the history of Tybee Island

APRIL 14, 2025

Jack Cay to speak on Savannah Harbor Partners' development on Hutchinson Island



CHANGE OF WATCH



VICE COMMODORE, by Linda Howard

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CRUISE CHAIR, Larry Sprague

I am looking forward to next year's cruises. However, Mary Ellen and I will be out of the country in May and June, and then we will spend August in Boston with our daughter and granddaughters. The spring trip will take us to Ireland, Wales, England and Scotland.

I plan to get out on *Second Wind* for several day-sails on the warmer days this winter, and in March I will be hauling her out for bottom paint at Palmetto Bay Marina. Since we are now retired, I do not have to wait for the weekend to do an overnight trip, so I intend to do several before leaving in May. Following is a tentative schedule for our cruises:

May 24th-26th Saturday-Monday, Memorial Day Weekend

June 14th-15th Saturday-Sunday, Daufuskie Island

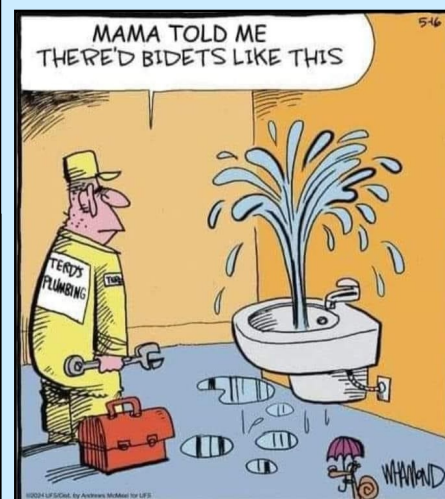
July 12th-13th Saturday-Sunday, Elba Island/Savannah Back River. (High Tide at 11:19AM)

August 16th-17th Saturday-Sunday, Palmetto Bay Marina, Hilton Head Island

September 5th-Sept. 7th Friday-Monday, Labor Day cruise to Beaufort

October 17th-19th Friday-Sunday, Bluffton Seafood Festival (second weekend)

If anyone has any suggestions as to destinations or dates, please feel free to let me know.



Anna Sprague on the bark *Europa*, Christmas 2013



MEMBER-AT-LARGE, Carl Ericsson

“Get Up and Go” or “Enjoy the Journey”

Up on plane: *Lil Toot* Displacement - *Obedience*

Cruises: 21-25 mph Cruises: 6 mph

Burns 10 gph gas Burns: 1 gph diesel

Economy 2 mpg Economy: 6 mpg

Today, society is all about getting somewhere fast. *Lil Toot* gets to Jekyll marina in 5 ½ hours.

Obedience gets to Jekyll marina in 2 days.

On a plane, *Lil Toot's* skipper follows the chart plotter and watches out for shoals, crab traps, and floating debris. *Lil Toot's* skipper's nickname is “Mud Skimmer” because once he drove *Lil Toot* over a mud flat that he didn't see. To be aware, he must always be watching ahead, and it's best if someone else is on board to look ahead too. Things come up fast. We never look around...or glance left to say “Look, a Dolphin,” then back to face front.

On the other hand, *Obedience* cruises along on a sedate 8 mph. Her skipper is able to read a book. He looks ahead every few minutes and makes a minute adjustment on his auto pilot. There are trawler skippers who have small TVs on their fly bridge. They watch football games or movies while cruising.

Going slowly also allows you the enjoyment of the environment as it passes by. You can watch dolphins, birds, alligators, horses, pigs, and the occasional raccoon foraging on the marsh shore. You can even have a nice conversation with your first mate. Your first mate can also go down below and make lunch. On *Lil Toot* it's peanut butter crackers.

At the end of the day, *Lil Toot* has arrived at the marina. First, it's to refill the gas tank. About 45-50 gallons will do. Then down to the marina restaurant for dinner.

On *Obedience*, at the end of the first day it's time to anchor and have dinner. On both boats we enjoy the sunset.

When *Obedience* arrives at Jekyll in two days, it has burned 15-20 gallons of diesel. And doesn't need a fill-up.

So, you decide. Are you impatient to get there or do you want to enjoy the journey?

Your decision.



Lil Toot



Obedience



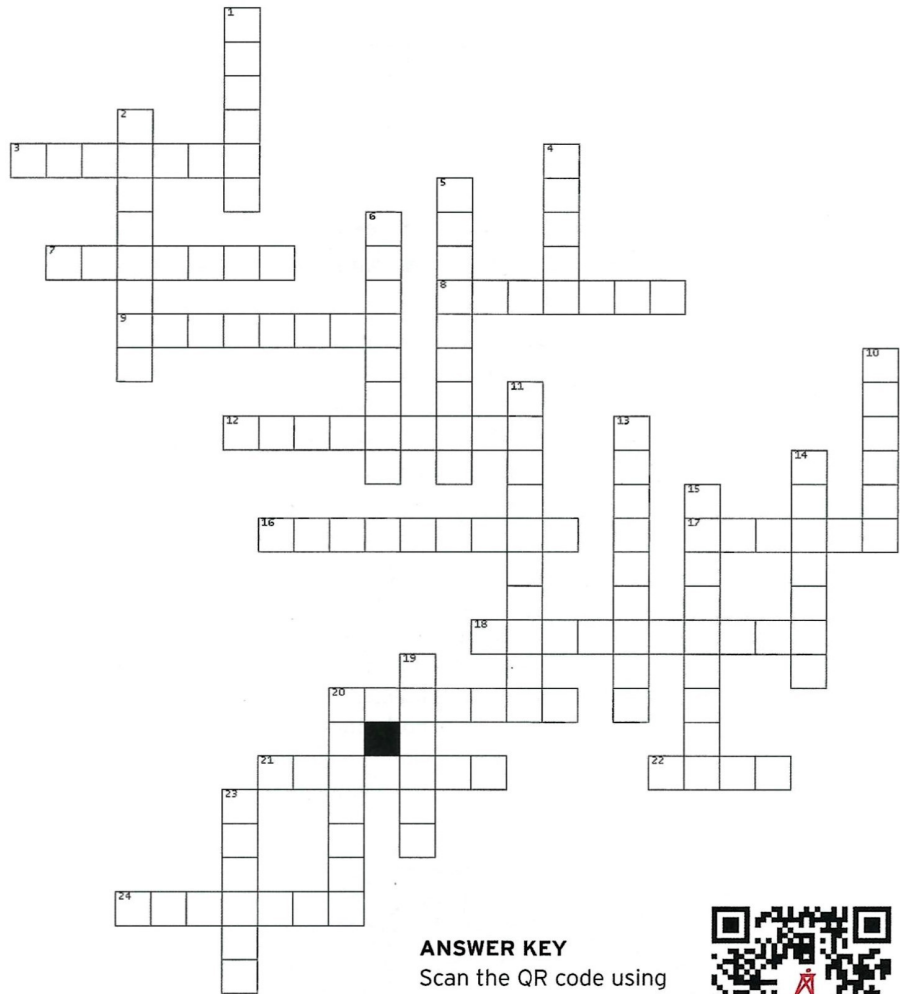
Maritime mastery

ACROSS

- 3.** A large multidecked sailing ship used primarily by European powers from the 16th to 18th centuries
- 7.** A warship, smaller than a ship of the line, used primarily in the 18th and 19th centuries
- 8.** An instrument used for navigation and orientation at sea
- 9.** A type of boat used for transport between ship and shore
- 12.** A private person or ship authorized by a government to attack foreign vessels during wartime
- 16.** The naval engagement that took place on October 21, 1805, between the British Royal Navy and the combined fleets of the French and Spanish navies during the War of the Third Coalition of the Napoleonic Wars
- 17.** A disease caused by a deficiency of vitamin C, historically common among sailors
- 18.** A tower with a bright light that guides ships away from dangerous coasts
- 20.** A fast sailing ship of the 19th century known for its speed, especially in the tea and wool trade
- 21.** A pirate, especially of the Barbary Coast or Mediterranean
- 22.** The wheel or tiller by which a ship is steered
- 14.** A high-ranking naval officer

DOWN

- 1.** Rebellion against the authority of a ship's captain
- 2.** A fleet of ships, typically smaller naval vessels
- 4.** A small single-masted sailboat
- 5.** Another term for pirate, particularly in the Caribbean during the 17th century
- 6.** Related to sailors, ships, or navigation
- 10.** An ancient type of ship propelled mainly by rowing
- 11.** A two-masted sailing vessel with square-rigged foremast



ANSWER KEY

Scan the QR code using your smart device camera to view the answers.



13. A term describing a vessel fit or safe for travel at sea

14. A sailor or person who navigates a ship

15. A navigational instrument used by sailors to measure the altitude of stars

19. A person who attacks and robs ships at sea

20. A small, fast 15th-century ship used by Portuguese and Spanish explorers

23. Norse seafarers who raided and traded from their Northern European homelands during the Viking Age

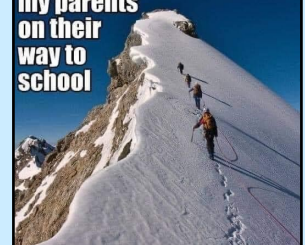


If you're experiencing joint pain, you're probably holding the lit end.

the only way is Outgoing



A rare photograph of my parents on their way to school



SOCIAL COMMITTEE, Cindy Tutor

"A Season of Celebration"

As the year draws to a close, the Geechees came together to celebrate the Change of Watch ceremony at the Savannah Country Club on November 16, 2024, followed by a festive Holiday Party at the Marsh Harbor Clubhouse on December 9, 2024. These gatherings provided opportunities for our members to witness our change (or continuation) of our club leadership and kick off our holiday season.

Our 2024 Social Chair, Judy Grisette, was assisted by Lindsay Wetherington of the Savannah Country Club in organizing the Geechee Change of Watch held on November 16, 2024. The COW is a time-honored tradition that marks the transition of leadership within organizations and clubs. The memorable event began with cocktail hour in a lovely area of the dining room decorated with blue and white florals and place settings on each table. After a delicious meal, in-

troductions of officers were made, burgees were passed along, and the floor to ceiling windows overlooking the lake and lighted fountain was a perfect frame for the ladies and gentlemen, dressed in their finery, to dance to tunes played by DJ Jeff (T-Bone) Taylor.

Recipients of the Awards presented at the Change of Watch were: Outstanding Club Support - Audrey Debien; Sailors of the Year - Pat & Joy Howard; Cruisers of the Year - Steve & Pam Allen; and Most Improved - Gray & Deborah Marshall.

Just weeks later, on December 9, 2024, the festive spirit continued with the Holiday Party at the Marsh Harbor Clubhouse. This event offered a perfect opportunity to celebrate the season. The cozy fire and holiday décor provided a warm and welcoming atmosphere for the evening's festivities. The Holiday Party featured a delicious spread of appe-

tizers, ham, and a variety of dishes, desserts and holiday cheer provided by each attendee. The highlight of the evening was an anonymous gift exchange. Laughter and merriment filled the space as everyone enjoyed the joy of celebrating the season of Christmas.

As our New Year 2025 approaches, plans for a Member-Wide Birthday Celebration combined with our regular monthly meeting is in the works and planned for 6:00 p.m., Monday, January 13, at the Marsh Harbor Clubhouse. Your meal will be provided at no cost. We look forward to seeing our members to kick-off this new year!



RACE CHAIR/WEBSITE MGR, Angela Margolit

Upcoming Regattas

Frostbite #2: Jan. 4 at Noon
Frostbite #3: Jan. 18 at Noon

But most important: The St. Patrick's Regatta is March 22-23. Please mark your calendars!



Race Committee Boat Recognition

On December 5, 2024, Tim and Judy Grisette were honored at the Savannah Yacht Club for providing the Race Committee Boat for our St. Patrick's Regatta. They received a heavy-duty mug as well as membership cards for the BIMBO: Brotherhood of International Mark Boat Operators.



FLOTSAM AND JETSAM

Unscramble each word, then take the letters that are underlined and unscramble them to come up with
A NAUTICAL TERM.

R N W E E

L E P A P

Y R A T

S A B I C

— — — — —

Answer to November/December Scramble: DINGHY

DRAW

DIZZY

HIGHLY

NEVER

SUPPORT FOR OUR MEMBERS

This column is for club members to support other members “in need” (phone calls, visits, prayers, meals, etc.). Let me know of anyone you want to add. I will also get approval before entering any names into this column. Please text me at 912/658-7398.

- With all that Ken went through with his back operation, he only has one more major hurdle. (His posture has improved as well as his voice.) However, they are still working on his vocal cords so that he can swallow. Right now he still has his feeding tube. They think it may take a year, but we will believe for more. Feel free to call him. 443/994-0420.

2025 OFFICERS

Commodore Linda Howard
Vice Commodore Linda Howard
Secretary Pam Allen
Treasurer Dawson Long
Past Commodore Linda Howard
Social Committee Tom Howard, Cindy Tutor,
Pam Allen, Mary Ellen Sprague
Cruise Chair Larry Sprague
Race Chair Angela Margolit
Membership Chair Pam Allen
Communications Chair/Editor Linda Howard
Member-At-Large Carl Ericsson

For questions or comments, contact Linda Howard, Editor (912/658-7398)