

## **EBAC Weekly E-Mail – July 1, 2025**

The EBAC weekly email is distributed as part of the EB Community News sent out every Tuesday. You can always find the latest information at the EBAC website link: <http://www.ebac.us/>

EBAC General Membership meeting dates are 7/10, 8/7, 9/4, 10/2, 11/6 and 12/4 and will be held at the VFW in Waterford at 7:00 PM. A call in option is available for the board of directors, commissioners and managers of the EBAC. If you are looking for the call in option, please contact the EBAC president at [jcarr@gdeb.com](mailto:jcarr@gdeb.com).

### **EBAC Office is located in Building J189-1**

**Office hours: Tuesday & Thursday 8am – 2pm and Friday 10am – 4pm**

**Office Email: [EBAC@gdeb.com](mailto:EBAC@gdeb.com) Phone: 860-433-5565**

Discounted items can be purchased by EBAC members after verifying membership either by using the EBAC's Off-site policy or by coming by the office during operating hours. Email [EBAC@gdeb.com](mailto:EBAC@gdeb.com) with your badge number to request tickets or discount codes. The EBAC is unable to do payroll deductions and only accepts CASH, CHECK OR MONEY ORDERS ONLY made payable to EBAC. Checks must be from the account of the employee making the purchase.

### **EBAC Community Service - Alzheimer's Walk**

Walk to End Alzheimer's is the world's largest event to raise awareness and funds for Alzheimer's care, support, and research.

EBAC is looking to support this cause with a team for the New London Walk on Saturday, 9/27/2025.

Join our team Steps for Smiles:

[https://act.alz.org/site/TR/Walk2025/General?team\\_id=969678&pg=team&fr\\_id=18484&autologin=true&s\\_subsrc=25walkAR\\_firstfollow\\_jointeamtext](https://act.alz.org/site/TR/Walk2025/General?team_id=969678&pg=team&fr_id=18484&autologin=true&s_subsrc=25walkAR_firstfollow_jointeamtext)

We would be grateful to have your support for a great cause!

For more information, contact Evan LeBras: [elebras@gdeb.com](mailto:elebras@gdeb.com) 3-4277

### **EBAC Men's Golf – Fourball Tournament**

Sign up for the 2025 EBAC Fourball Golf Tournament starts 7/7 and runs until 7/25. The tournament will start beginning the week of 8/5. Fourball is a two-person team event where the lowest net score of any player wins the hole for his team. The team that wins the most holes wins the match and the opposing team is eliminated. Brackets are typically made up of 16 teams and grouped based on handicaps. The 9 hole matches can be played any day of the week - it is up to the teams to contact each other and to set up their match. The match is handicapped and is played based on 75% of the handicap differential. Entry fee is \$15 per player for Shennecossett members, \$20 per player for non-members. Greens fees for 9 hole matches will be \$22 per player (\$5 discount from regular rate). To sign up, please email Jeff Walsh ([jwalsh@gdeb.com](mailto:jwalsh@gdeb.com)) or the EBAC office ([EBAC@gdeb.com](mailto:EBAC@gdeb.com)) for the sign-up form. Completed forms with entry fees must be submitted to the EBAC office by July 25<sup>th</sup>.

### **EBAC Men's Golf – Match Play Tournament**

Sign up for the 2025 EBAC Match Play Golf Tournament starts 7/1 and runs until 7/25 at the EBAC office. The tournament will start beginning the week of 8/5. Match Play is an individual event where The player with the lowest net score wins the hole based on 75% of the handicap differential. The players that wins the most holes wins the match and the other player is eliminated. Brackets are typically made up of 16 players grouped based on handicaps. The 9 hole matches can be played any day of the week, it is up to the two players to contact each other and to set up their match. Entry fee is \$15 for Shennecossett members, \$20 for non-members. \$17 greens fees. To sign up, please email

Glenn Johnson ([gjohnso4@gdeb.com](mailto:gjohnso4@gdeb.com)) or the EBAC office ([EBAC@gdeb.com](mailto:EBAC@gdeb.com)) for the sign-up form. Completed forms with entry fees must be submitted to the EBAC office by July 25<sup>th</sup>.

## **EBAC Hiking Club – SOLO Wilderness First Aid Course August 16 & 17**

The EBAC Hiking Club is offering a Wilderness First Aid Course, which comes with a 2-year certification, to any and all EBAC Members. Cost of this course will be \$230-\$260 based off how many sign up (more = lower cost). This course will be held at Groton Sportsman's Club (participants will hear live gunfire during the course).

**RSVP required by July 11 – Space is limited to 24 participants.**

-For more information about the Wilderness First Aid Course see description at SOLO's website:

[Courses | SOLO Schools](#)

-Please email Hiking Club's Commissioner Christine Elliott ([celliot4@gdeb.com](mailto:celliot4@gdeb.com)) if you would like more information.

## **EBAC Excursion Club**

The Excursion Club is back! Our first day trip is to Fenway park to see the Boston Red Sox vs. Pittsburgh Pirates August 30 @ 4:05. Price will include ticket to game, bus, gratuity, tax and parking. Stay tuned for additional details, pricing and dates tickets go on sale.

Upcoming Events:

- 8/30 – Red Sox vs Pirates @ 4:05 – Ticket sales TBD
- 9/6 – Yankees vs Blue Jays @ 1:05 – Ticket sales TBD
- 11/15 – NYC - Radio City Music Hall to see the Rockettes Christmas Show @ 10 a.m. spend the rest of the afternoon shopping or exploring the city – Ticket sales TBD

Any questions or trip suggestions contact [mherb@gdeb.com](mailto:mherb@gdeb.com)

## **EBAC Sailing Regatta Club**

2025 will mark the 50<sup>th</sup> sailing of the EBAC Sailing Regatta. The race will occur in the waters of Fishers Island Sound on Friday, July 11<sup>th</sup>. This is not your normal race. The intent is to get as many EB sailors as possible together for a friendly race followed by a social gathering at Shennecossett Yacht Club. The race uses a pursuit start, which assigns a start time to each boat so the first boat to cross the line wins. The race will start at 6:00 PM at Vixen's Ledge (off Groton Airport). There is a racing class for those who are accustomed to racing and a cruising class for those who do not race. Both classes sail without a spinnaker. Gather your family, friends, or coworkers to sail in this year's regatta. Entry forms are available from Paul Harren. Commemorative 50<sup>th</sup> Anniversary T-shirts can be ordered through the entry form.

For more information, contact Paul Harren: [pharren@gdeb.com](mailto:pharren@gdeb.com) 3-5947.

## **EBAC Soccer Club**

We usually try to meet up (year round-ish) for casual pick-up games on Mondays and Wednesdays. We meet around **5ish to 5:30 pm**, (confirm via WhatsApp). We usually have been meeting at Poquonnock Park in Groton (with the Groton Community Center as our backup), barring any weather-related or field availability issues.

**BUT Recently** (confirm via Whatsapp!)

- 1) Mondays we're eyeing **Caulkins field in New London**... we're going to try there on Monday 5/12.
- 2) Wednesdays seem to recently reliably be at **Groton Community Center**, far back fields with the Groton Parks and Recs group. PLEASE ALWAYS bring a white AND a black shirt! And it's a good idea to bring a ball too, if you have one. EBAC Soccer does not currently host any official teams/leagues, however, if you would like information or are interested in joining one of the local indoor and outdoor leagues you can reach out to Madison. Looking forward to seeing everyone on the field!

Please feel free to reach out to one of the co-commissioners through their contact information listed below and/or to join our **WhatsApp group**. Deborah Stewart-VanOrden: [dstewar1@gdeb.com](mailto:dstewar1@gdeb.com) and Madison Dugan: [mdugan2@gdeb.com](mailto:mdugan2@gdeb.com)

## **EBAC Canoe and Kayak Club**

The 2025 paddle season began in May and will continue through mid-September and feature a minimum of one outing per month. Members may suggest additional outings to be added to the schedule. Most outings are scheduled for after work, about 1.5 – 2 hours on the water and are geared toward all abilities. We paddle on area lakes, ponds, rivers, estuaries and harbors. Any EBAC member with a liability waiver on file with the EBAC office who is not currently a member of the Canoe and Kayak Club and would like to be, please contact Jeff Pierce ([jpierce@gdeb.com](mailto:jpierce@gdeb.com)). Membership is free and there are no commitments required. The club does not provide any equipment.

Upcoming Events with the Club: Wednesday July 9 at 5:30 PM - Esker Point / Esker Bay, Groton

## **EBAC Club Ice Hockey**

EBAC Club Ice Hockey will be holding scrimmages throughout the Spring/Summer 2025 starting Thursday, April 17<sup>th</sup> and ending Thursday, August 21<sup>th</sup>. Scrimmages are held from 7:10PM until 8:10PM at the Rose Garden Ice Arena in Norwich. If interested or for questions or further information, contact Dan Borah at 7-2621 or Brian Tomassetti 7-2828.

## **EBAC Disc Golf Club**

The Spring season has concluded, with Jed Carty and Matt Jones emerging victorious in the handicap and open divisions, respectively. Congratulations! EBAC Disc golf is now in a 2-week break before we start up the Summer/Fall season, where we will be playing best-shot doubles. Competition begins the week of 7/14. Doubles is an excellent way to learn about the sport, so contact Aaron Logue ([alogue@gdeb.com](mailto:alogue@gdeb.com)) or James Meiman ([jmeiman@gdeb.com](mailto:jmeiman@gdeb.com)) for more information!

## **EBAC Cycling Club – Road Cycling**

This week marks the exciting conclusion of EBAC Disc Golf's spring 2025 season. We are wrapping up playoffs on Wednesday, 6/25, at Preston Ridge Vineyard. Matt Jones has a 2-throw lead in the Open division, and Chris Blewett has a 1-throw lead in the handicap division. It's still a close competition and any one of the 16 finalists could come home with the win! All are welcome to come join us at 4:30pm on Wednesdays to see what disc golf is all about! Contact Aaron Logue ([alogue@gdeb.com](mailto:alogue@gdeb.com)) or James Meiman ([jmeiman@gdeb.com](mailto:jmeiman@gdeb.com)) for more information.

## **EBAC Cycling Club – Mountain Bike**

The mountain bike group usually rides at 4:30pm from Bluff Point in Groton, Mooween in Lebanon, or Woody Hill in Westerly. The weekly email will specify the location and day of the week for the ride (usually Wednesday but changes around weather). Riders are asked to be comfortable with riding single track trails for 2-2.5 hours with stops. November – March time change means lights are usually needed. RI locations require that international orange be worn during hunting season. We typically ride 8 – 12 miles with opportunities to bail out early. Contact David Gudbrandsen ([dgudbran@gdeb.com](mailto:dgudbran@gdeb.com)) to get on the email list for weekly ride location/time/whether lights are needed.

## **EBAC Fishing Derby**

The EBAC Fishing Derby is a must Join club for all anglers who want to share their records! Join us along our 2025 Bass Trail and for a few charter outings! We also have a couple of Salt-Water Tournaments that you should be sure to check out. Make sure to keep an eye out for flyers or reach out to the commissioner or EBAC Office for more information! Sign-ups for the club have begun!

Check us out on the Forum, website or join us at one of our monthly events.

The EBAC Fishing Derby is looking for volunteers to fill the following positions to help contribute to the well-being of the club for the 2025-2026 Season: Bass Tournament Representative(s), Site and Sign-up Reps, Web-Master. Anyone interested in these positions or learning more about the Fishing Derby please contact Jake Bochese at 7-5276 or email.

## **EBAC Jiu Jitsu**

EBAC Jiu Jitsu hosts intro classes and a monthly meeting / open mat. For more information and/or to join the club e-mail list, please reach out to Deanna Deyhim at [ebacjiujitsu@gdeb.com](mailto:ebacjiujitsu@gdeb.com)

### **Coventry BJJ in Coventry RI**

–10 free beginner lessons (private instruction) – 2 months free for any new person to signing up – Free drop ins – For more information, contact Adam Zannini at [azannini@gdeb.com](mailto:azannini@gdeb.com)

### **Just Train in North Kingstown**

–Free drop ins – For more information, contact Aaron Tefft at [atefft2@gdeb.com](mailto:atefft2@gdeb.com)

### **Crossroads BJJ in Waterford**

–Free drop ins – For more information, contact Deanna Deyhim at [ddeyhim@gdeb.com](mailto:ddeyhim@gdeb.com)

## **EBAC Hiking Club**

The Hiking Club offers Local Friday Night Hikes (Mid-March thru Mid-November) as well as Local Weekend Hikes, Hikes in the Greater New England Area, Beginner Backpacking Classes, Wilderness First Aid Classes, Backpacking Trips, and Camping/Hiking trips to Acadia Maine & the NH White Mountains. The club is most active March thru November and enters hibernation December thru February. There is no additional fee to join the Hiking Club and all events are free unless there is a specific cost related, in which case members will be charged at cost; ex. gas for carpooling or fees for campsites. Please contact the Hiking Club ([EBAC\\_HC@gdeb.com](mailto:EBAC_HC@gdeb.com)) if you would like more info about the Hiking Club.

Upcoming Club Events:

Friday Night Hikes: 8/1 – Rocky Neck

Events: 8/11 – Bikepacking Trip; 8/16-8/17 – SOLO Wilderness First Aid Course; September – Acadia Long Weekend Trip

## **EBAC Tennis Club Restart**

The EB Tennis Club has restarted play for the 2025 Season and is looking forward to new players interested in singles, doubles and practice. All skill levels are welcome. To sign up contact Stanley Niezrecki ([sniezrec@gdeb.com](mailto:sniezrec@gdeb.com)).

## **EBAC Tabletop Gaming Club**

To everyone that joined us for the club's 2 Year Anniversary this past June; **THANK YOU!** Now, for another month filled with gaming:

### **July – 2025**

Open Board Gaming – **7/8, 7/29, & 7/31** at Citadel Game Cellar (5PM-9PM) and **7/15** at Bridge Market (4:30PM-8PM).

TCG Nights – **7/2** at The Clever Kobold (5PM-9PM) and **7/16** at Citadel Game Cellar (5PM-9PM).

Puzzle Night – **7/10** at Citadel Game Cellar (5PM-9PM).

Limited Seating Events ([Join the Club](#) to sign up) – A Game of Thrones (**7/17**), Go Big or Go Home (**7/18**), Hegemony (**7/20**), Arkham Horror (**7/23**), Dune (**7/24**), and Role-play Night (**7/25**).

Curious about us? Stop by and check out one of our meetings. We also have members-only limited seating events. For details on those events and Outlook invites to everything the game club does, become a member! The EBAC Tabletop Gaming Club includes interests like board games,

roleplaying games, trading card games, and miniature gaming. We welcome gamers of all experience levels; let us help you get started. Check out our [website](#), find us on the [EB forums](#), or contact us at [EBAC\\_TGC@gdeb.com](mailto:EBAC_TGC@gdeb.com) with questions or if you would like to join the club!

## **EBAC Archery Club**

Are you looking for a challenge? Have you shoot a Bow before? Archery is a challenging sport, that you can do year round. We are getting ready to move back outdoors for the spring, summer and fall. This will open us up to shoot up to 78 yards, with our 3-D league and Field league starting up for the summer. We shoot every Wednesday night from 6:30 pm to 8:30 pm. We have bows for you to use if you don't have one. Come out and meet wonderful people and have a great time! Please reach out to David Hatlee at (860) 433-5950, via email at [dhatlee@gdeb.com](mailto:dhatlee@gdeb.com), or via skype for more information and details on the schedule.

## **EBAC Rock Climbing Club**

Into Rock Climbing? Want to learn? The club has gear that is available to use for its members as well as experienced climbers ready to assist you. The club also has access to discount day passes to Central Rock Gym and Rock Spot locations, as well as discounted memberships to Central Rock Gym. Regular outings are set up at the various local areas. Larger trips are also organized through the club. Climb on!

For more information, contact Gabe Schwartz: [gschwartz@gdeb.com](mailto:gschwartz@gdeb.com) 7-3099.

## **EBAC & EB Family Wellness Center – Sports Medicine**

The EB Family Wellness Center is offering EBAC members participating in EBAC clubs and activities same-day appointments for evaluations for sports injuries. You will work with a clinician and a Physical Therapist/Athletic Trainer to diagnose and create a specific treatment plan for you to treat and prevent injuries. This offer is only available for EBAC members and United Healthcare insurance holders. Contact the EBAC Office for additional information.

## **Fall Challenge T-Shirts from 2019, 2022, 2023 & 2024!**

The EBAC Office has moisture-wicking t-shirts from the Fall Challenge from 2019, 2022, 2023 & 2024 available for purchase for \$5 (cash or check). Each shirt is a soft polyester with the EBAC logo located in the left chest. Not all sizes are available- contact or stop by the EBAC Office if you'd like to purchase one!

## **EBAC Discounts – Available only to EBAC members**

Please provide your EB badge number with your request in support of membership validation. You must be an EBAC member (2\$ annual dues is a steal) to take advantage of our discount offers. We currently have discounts for the Hartford XL Center, Buyer's Edge (discounts on major appliances and home improvement services as well as more) and the Working Advantage (Working Advantage includes theme park discounts for 6 Flags, Hershey Park, and Disney as well as local offers like Regal Cinemas and much more). Some other discounts available to EBAC members include discounts for Roger Williams Zoo. Please email the EBAC at [EBAC@gdeb.com](mailto:EBAC@gdeb.com) to obtain tickets, discount codes or for more information.

**Please visit [Electric Boat Athletic Club \(ebac.us\)](http://ebac.us) for a list and description for all discounts available to EBAC members.**

## **EBAC Discounts – Lake Compounce**



Lake Compounce is offering EBAC members discounted general admission tickets for \$32.99! Tickets will be valid to use through September 7<sup>th</sup> and allow access to all rides, attractions and events (excluding the Sky Coaster). Contact the EBAC Office with your badge number for a link to purchase your tickets!

### **EBAC Discounts – The Garde Arts Center- Stop Making Sense: a Live Event Hosted by Jerry Harrison**

The Garde Arts Center in New London is offering EBAC members discounted tickets to the Talking Heads concert film, Stop Making Sense: Live Event, Hosted by Jerry Harrison on September 12<sup>th</sup>. Discounted prices range from \$23 to \$39 each.

This is a live event featuring a screening of the re-released 40<sup>th</sup> anniversary of Stop Making Sense, the Talking Heads live performance shot at Hollywood's Pantages Theater in 1984. Send an email to the EBAC Office for additional information.

### **EBAC Discounts – TreeTrails Adventure Park**

TreeTrails Adventure in Mystic, Ct is offering EBAC members a 10% discount! Climb and zip through the forest at TreeTrails Adventures Mystic. In our main park, climbers ages 7 to adult discover the thrill of balancing on quirky bridges made of wood, cable and rope that span 10 to 50 feet above the forest floor. Other experiences offered are Axe Throwing and Glow in the Park, a nighttime adventure in the trees!

### **EBAC Discounts – Taste of New Haven, Elm City Party Bike & Pedal Cruise**

The Taste of New Haven is offering EBAC members (and their party) a 10% discount on three different experiences!

- Book a group or private walking tour with the Taste of New Haven to tickle your taste buds on the many different cuisines that New Haven has to offer (pizza, pasta and tacos are some of the tour options).
- Or book a pedal cruise on PierPressure, a party boat that tours the Long Island Sound from Milford or Stamford. Choose your own tunes as the captain steers around the beautiful sights of the shoreline.
- Check out the Elm City Party Bike! A fun, social and relaxing ride around New Haven offering groups a 2-hour ride around Downtown, East Rock or Wooster Square. Pedal or sit back and relax while the driver does the work for you!

The Pedal Cruise as well as the Elm City Party Bike are bring your own food and drink. Contact the EBAC Office for the promo code to secure your discount today!

### **EBAC Discount- The Connecticut Sun**

The Electric Boat Athletic Club is excited to work with the Connecticut Sun to provide discounted tickets to Connecticut Sun home games all season long! Take advantage of this special offer and share with friends, family, and anyone interested in seeing Connecticut's only professional sports team.

### **EBAC Discounts – Misquamicut Drive-in**

The EBAC Office is offering \$10 carload tickets (original price is \$20!) to the Misquamicut Drive-In this summer! Some of the movies showing this summer include the original Ghostbusters, Top Gun & Top Gun Maverick, Never-ending Story, and so many more! Load up your car and head down for a classic movie near the beach.

## **EBAC Discounts – Cross Sound Ferry**

The Cross Sound Ferry is offering EBAC members 25% off of Block Island Express and Cross Sound Lighthouse Cruises departing from the New London location for the 2025 season. This offer applies to the New London location only and is not valid in Rhode Island. This discount is only applicable to the EBAC member; your badge will be required to be shown upon arrival at the office. Contact the EBAC Office for the discount code to purchase your tickets!

## **EBAC Discounts – Mystic Seaport**

The EBAC is happy to once again offer discounted general admission tickets to the Mystic Seaport! Tickets can be purchased at the EBAC Office. Child tickets (ages 4 to 17) are \$20 each and Adult tickets are \$26 each (while supplies last). Tickets can be purchased from the EBAC Office during operating hours.

## **EBAC Discounts – Seaside Shadows**

Seaside Shadows Haunted History Tours offers year-round tours in Westerly or Mystic. Hear stories of the Ghosts of Christmas past while walking by lantern light in downtown Mystic or sip on spirits with the spirits while listening to haunted tales of some of Mystic's local pubs on a Paranormal Pub Crawl visiting Bank & Bridge Brew Pub, Friar Tuck's Tavern & Captain Daniel Packer Inne. Contact the EBAC Office today with your badge number to take advantage of the 20% off offer today!

## **EBAC Discounts – Path 2 Self Wellness**

Path 2 Self Wellness offers a wide range of services, classes, and activities that are led by certified instructors who are dedicated and passionate about helping you to reach your goals and live a better life. Whether you want to explore fitness classes, wellness therapy, karate or something else, Path 2 Self Wellness would love to help! EBAC members will receive a discount on monthly membership classes, services and special events as well as a discount in the retail shop in Norwich. Contact the EBAC office today to learn more!

## **EBAC Discounts – RISE Martial Arts**

RISE Martial Arts Academy has an exclusive offer for EBAC members and their families! Contact the EBAC Office today for information on how you can try out classes for a week for FREE! This offer is valid at both the Old Lyme and Old Saybrook locations.

## **EBAC Discounts – The Connecticut Science Center**

The Connecticut Science Center has something for everyone of all ages! Featuring exhibits designed to pique interests, encourage play and experiment with hands on learning, young minds will love learning through discovering interactive exhibits consisting of videos, audios, visuals, tactile components, programs, and live demonstrations. The EBAC Office is able to offer 20% off of general admission for up to 4 people. Discover special events, movies, and Butterfly Encounter at an additional cost. Contact the EBAC office today for more info on how you can save!

## **EBAC Notes:**

Visit our website at – [www.EBAC.us](http://www.EBAC.us)

- Please make sure you have filled out or have a Liability Waiver on File for yourself and your guests pertaining to club activities, sports, etc. Completed liability waivers shall be turned into the activities commissioner or assigned representative, or to [EBAC@gdeb.com](mailto:EBAC@gdeb.com).
- You can find the latest Commissioner list on the EBAC website <http://www.ebac.us/> under contacts.
- To anyone who wishes to take part in any of the EBAC activities, if there are any special needs please let the commissioner of that activity know.