

EBAC Weekly E-Mail – December 10, 2024

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 meetings are 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.

EBAC Office is located in Building J189-1

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

Office Email: 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 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 & 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.

EBAC Ski and Snowboard Varsity Racing Team

The EBAC Ski and Snowboard Varsity Racing Team is seeking new racers for the coming 2025 season. Races are at 7pm every Tuesday night at Mount Southington in January and February (sometimes first week of March). Race format is giant slalom. No prior race experience required, but preferred. Tryouts may be required to down select the team, depending on number of new applicants. Please contact Matt Aven at maven@gdeb.com to sign up or for more information.

EBAC Swimming – Gaging Interest in a Club

Hello everyone. I am Ian Canby and I'm looking to gauge interest in the formation of an EBAC Swimming Club. This would involve structured swims for all skill levels and eventually competing with masters swim teams in the area. Practices are looking to be held at the Avery Point athletic center pool. If you are interested in joining, have ideas, or want to learn more, feel free to reach out to me at icanby@gdeb.com.

EBAC Jiu Jitsu – Now Officially a Club!

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 ddeyhim@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

Just Train in North Kingstown

- Free drop ins – For more information, contact Aaron Tefft at atefft2@gdeb.com

Crossroads BJJ in Waterford

- Free drop ins – For more information, contact Deanna Deyhim at ddeyhim@gdeb.com

EBAC Basketball

EBAC Basketball will have an A and B division for the 2024-2025 season. A league will start the week of 10/28/23. B league will start in early February. Game times are expected to be M (8:15/9:15) - W(6:30/7:30/8:30 after dodgeball has ended) - F(6:30/7:30/8:30) with additional time slots are available later in the season. Open gyms will be held 10/18 and 10/25 from 630-830. A check or cash in the amount of \$600 (includes \$100 forfeit fee, \$500 league fee – Avery point has increased the cost of the gym which led to an increase in league fee from last year), a roster consisting of Team Name, Shirt color (first come first serve), desired division, captain name, contact numbers, and 5 to 15 roster names with Department and Badge, and signed EBAC Liability Waiver form for each person on the roster (available on EBAC website – Note: they only need to complete one form for all EBAC activities). Cutoff 10/21 for A league and January 17 for B league (earlier the better).

EBAC Ski and Snowboard Club

The EBAC Ski and Snowboard Club is taking sign-up for trips to Bolton Valley, Smuggler's Notch, Burke, and Lake Placid. The next club meeting will be on Thursday 12/12, 5:00 at Outer Light Brewing Co. in Groton. Open trips are below:

- Bolton Valley, VT (February 7-9, 2025)
- Smuggs, VT (February 28-March 2, 2025)
- Burke, VT (March 14-16, 2025)
- Lake Placid, NY (March 28-30, 2025)

Please stop by a club meeting or check out the [website \(www.ebac.us/ski/index.html\)](http://www.ebac.us/ski/index.html) for more information on club activities and discounts.

EBAC Volleyball League

2024/2025 SESSION NOW OPEN FOR REGISTRATION!

ROSTERS DUE OCTOBER 4TH SEASON STARTS MID OCTOBER

Rosters do not have a player limit. Teams may add players any time throughout the season

\$550 entry fee/ includes \$100 forfeit fee which will be returned at seasons end. Provided there are no forfeits. Registration form is available on the EBAC volleyball website (Click "Roster Form"). All matches are played at UCONN Avery Point Campus.

Contact Willy Schmoegner, Marissa Boudreau or Umang Gangwar to submit rosters and league fee.

EBAC Hiking Club

We offer weekly, local Friday Night Hikes (Mid-March thru Mid-November) as well as backpacking trips, camping/hiking trips, and weekend day hikes. Activities the club has done in the past and hopefully will continue this year include: local hikes, hikes in the greater New England Area, beginner backpacking classes, backpacking trips, and camping/hiking trips to Acadia Maine & the NH White Mountains. Please contact the Hiking Club Commissioner Christine Elliott (celliot4@gdeb.com) if you would like more info about the Hiking Club.

Upcoming Club Events: Nothing on the calendar right now.

EBAC Tennis Club Restart

The EB Tennis Club has restarted play for the 2024 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).

[EBAC Tabletop Gaming Club](#)

Come join us at the Citadel Game Cellar in Groton for a board games on **Tuesday, December 10th** and **Friday, December 13th** (5:00PM – 9:00PM)!

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 with questions or if you would like to join the club! The only requirement to join is you must be an EBAC member.

[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 indoors for the cold weather and darkness. This will limit us to 20 yard shoots, but also will let us keep shooting all year. With our 3-D league finishing up and our Field league getting to a close soon. We will be looking to start up our indoor challenge league again. 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, or via skype for more information and details on the schedule.

[EBAC Cycling Club – Road Cycling](#)

The road cycling club has concluded its 2024 outdoor season. Over the colder, darker months, the road cycling club will organize virtual group rides on Zwift to maintain fitness and motivation! For more information about the club, or to get on the weekly email list for all ride details, contact Miles Whitford (mwhitfor@gdeb.com).

[EBAC Cycling Club – Mountain Bike](#)

The mountain bike group has resumed night 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. Late fall, winter, and early spring require lights to account for the earlier sunset. We recommend both a bar mounted light and a helmet mounted light for safety and visibility. RI locations also 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) to get on the email list for weekly ride location/time.

[EBAC Soccer Club](#)

Fall/Winter start time & recent location: We usually try to meet up year round for casual pick-up games on Mondays and Wednesdays (but it's been a bit too cold recently!) **We have been meeting at 3:30/4:00 pm (confirm via WhatsApp) for the colder/darker months** (it's ok to come late/when you can). **We've been meeting at the Groton Community Center** most recently (across and just down the street from DQ), barring any weather-related or field availability issues. EBAC Soccer does not currently have 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 Abdullah. To stay up to date on latest pickup times and other general information, please reach out to one of the co-commissioners through their contact information listed below to join our WhatsApp group. Looking forward to seeing everyone on the field!

Deborah Stewart-VanOrden: dstewar1@gdeb.com - Abdullah Farhad: afarhad@gdeb.com. PLEASE ALWAYS bring a white AND a black shirt.

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 7-3099.

EBAC Canoe and Kayak Club

The 2024 paddle season has ended. We will be back in May of 2025 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 who is not currently a member of the Canoe and Kayak Club and would like to be, please contact Jeff Pierce (jpierce@gdeb.com). Membership is free and there are no commitments required.

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 Community Service Club

The EBAC is looking for a dedicated volunteer to take charge of the Community Service Club. If interested, please contact the EBAC Office or the EBAC President.

EBAC Excursion Club

The EBAC is looking for a dedicated volunteer to plan, organize and coordinate discounts to a variety of area shows and concerts. If interested, please contact the EBAC Office or the EBAC President.

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 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's Holiday Lights

Make your season sparkle at Lake Compounce's Holiday Lights weekends now through December 29th! EBAC members are being offered admission for \$14.99. Take a stroll among hundreds of thousands of twinkling lights, listen to Holiday favorites sung by Yuletide Carolers and marvel at Connecticut's tallest Christmas tree! Admission also includes rides, games and activities like Make Your Own Snow Globe, personalized ornaments and letters to Santa!

Upcoming events include Pawlday Lights on December 8th, a special event to bring your pup, and Community Weekend from December 20-22.

EBAC Discounts – Eastern Connecticut Symphony Orchestra

The Garde Arts Center has brought back discounted tickets to the Eastern Connecticut Symphony Orchestra (ECSO) for the 2024-2025 season. Tickets are \$10 each and will be located in the orchestra section. 2025 shows are January 25th, February 22nd, March 29th, and April 26th. Tickets are on sale now in the EBAC Office! All tickets will be left at the Garde 'will call' window on the night of the show. Contact the EBAC office for additional information and/or how to reserve 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 – Powder Ridge Mountain Park & Resort

Powder Ridge Mountain Park & Resort in Middlefield, Ct is offering EBAC members and their families 15% off of an 8-hour lift ticket and \$2 off of snowtubing for the 2024-2025 Winter Season! The park's total area covers 255 acres, and includes facilities for freestyle skiing, snowboarding, snowtubing, racing, and snowbiking such as rails, jumps, and a full size half-pipe. The mountain also offers a Snow Play Area for kids 5 and under, shopping and restaurants! Check out the Seasonal events offered on their website too! Contact the EBAC Office for a flyer with discount codes.

EBAC Discounts – Hartford XL Center

The Hartford XL Center is offering discounts to several upcoming events as well as Hartford Wolfpack games! Contact the EBAC office with your badge number to request to have the link sent to you.

EBAC Discounts- The Garde Arts Center- The Moth, March 21, 2025

The Moth Radio Hour is a captivating radio program organized by The Moth, a nonprofit organization, to captivate their listeners through the art of storytelling. Join The Moth and the Garde Arts Center on Friday, March 21st for a two-act show featuring a musical act, where storytellers and a host share their personal, true stories, without notes. Experience true stories live as they are recorded for future episodes of The Moth Radio Hour. Garde Circle seats will be discounted to \$44 each (from \$55) and Orchestra seats are being offered for \$36 each (from \$45). Contact the EBAC office for additional information.

EBAC Discounts – UCONN Athletics

UCONN Athletics is happy to offer EBAC Members (and immediate family) discounted tickets to UConn athletics! Tickets are not available for all events and prices vary. This discount is available on a limited basis. Contact the EBAC Office for additional information and a link to purchase tickets today! GO HUSKIES!

EBAC Discounts – Cross Sound Ferry

The EBAC Office has once again partnered with the Cross Sound Ferry to offer members 25% off of the Block Island Express and Cross Sound Lighthouse Cruises departing from New London only for the 2024 season! Contact the EBAC Office for additional information.

EBAC Discounts – Pre-paid parking at Bradley Airport

Pre-Paid parking vouchers at Bradley Airport are available for purchase at the EBAC Office. Booklets are \$50 and include 7 individual prepaid passes.

Please note: As of February 2, 2024 Park 'N Fly has closed. The Parking Spot (located at 9 Schoephoester Road in Windsor Locks) will be honoring any Park 'N Fly vouchers. The Parking Spot requires reservations prior to arrival (book using the "Pay Later" option). Please visit the following website for additional information. [Welcome Park 'N Fly Customers! – The Parking Spot](#)

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

-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.

-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.