

**2011 Coast Guard Foundation Shipmate Fund - Approved Selections List (2nd Round) Page 1 of 4**

Short Project Nickname (2-8 words)	Project Description (1-3 lines)	Cost Estimate (incl shipping)	CG Unit	City where the CG Unit is Located	State	District (Geo- graphic)
ServiceWide (SWE) Success!	Not everyone is a good test taker. Finding new ways to learn SWE material can be the difference between advancement and stalemate. The Jeopardy quiz game is a fun, interactive way to study and target areas for improvement.	\$264	CG Academy	New London	CT	D1
PT/ CROSS FIT PROGRAM EQUIPMENT	UNIT IS STARTING NEW PHYSICAL FITNESS PROGRAM WHICH WILL BE INCLUDING ASPECTS OF THE CROSS FIT PROGRAM. REQUESTING VARIOUS SIZE WEIGHTS OF KETTLE BALLS, MEDICINE BALLS, AND FREE WEIGHTS, ROLL OUT MATS, JUMP ROPES AND 02 SETS OF TRX SUSPENSION TRAINING SETS FOR CREW.	\$1,675	ANT Woods Hole	Woods Hole	MA.	D1
Gym Rehab Project	2 pack 4'x6' Glassless Gym Mirror	\$1,289	Station Montauk	Montauk	NY	D1
LANT CUTTER FITNESS	COMPLETE FITNESS UPGRADE	\$10,000	TAHOMA	Kittery	ME	D1
Bike for recreational use / Hockey Goal and Net	Bike for recreational use and helmet. Hockey goal system for street hockey. Unit has many avid players who play pick up games in unit parking lot. System will be used and maintained by players,who regularly compete in local and national Coast Guard tournaments.	\$910	USCG Sector SENE	East Providence	RI	D1
Elliptical	Life Fitness Crosstrainer	\$2,920	MLEA, NERFTC	Otis	MA	D1
Kettlebells	5 - 35.2 Lbs and 5 - 26.4 Lbs Kettlebells / Station wide health and well being	\$652	STA Burlington	Burlington	VT	D1
Morale Fishing Gear	The USCGC LINE does a lot of u/w ops up the Hudson River where the fishing is pretty good. At this current time the unit hasZERO fishing equipment and would like to take advantage of the opportunity to be able to fish in the fresh waters of the Hudson, as well as Ice fishing during our winter ice breaking operations. I feel this gear will bring the crew together for events and give everyone a chance to exeperience some great fishing.	\$1,800	USCGC LINE	BAYONNE	NJ	D1
Kettle Bell Set	Kettle Bell Set 5-50 lbs	\$600	MLEA, NERFTC	Otis	MA	D1
Ironmaster Super Bench	Station Rockland Gym upgrade/replacement project - Super Benchs will replace existing benches	\$750	STA Rockland, CGC Abbie Burgess, CGC Thunder Bay, CGC Tackle	Rockland	ME	D1
Leadership Library	Purchase books for unit leadership library	\$500	ESU Alameda	Alameda	CA	D11
Snap-on Ethos Delux Scan Tool	New scan tool, Snap On Part # EESC312, helps auto hobby shop users to troubleshoot and translate auto computer codes when fixing their car. Current scanner is out of date will not scan vehicles made after 2004.	\$1,540	PSSU/Supported Units	Alameda	CA	D11
Portable Learning/Connection Stations	Portable laptops/iPod (faceTime ready) with Rosetta Stone to be a portable learning device for both military and family members. The Ipod used as a smaller portable device and utilized for connectivity to family with FaceTime	\$4,000	CGIS LA/LB	San Pedro	CA	D11
TREADMILL	LIFE FITNESS 95TE, THROUGH GSA ADVANTAGE	\$6,476	STA RIO VISTA	RIO VISTA	CA	D11
Hammer Strength Barbell Power Rack and accessories	9' Power Rack, Heavy duty frame used for multiple weight training exercises. These include: dead lifts, squats, power cleans, pull-ups, dips, bench press, etc. The power rack is essential to maintaining the physical fitness of Coast Guard members assigned to Group Humboldt Bay. It allows for numerous exercises to be performed in a safe and controlled manner which greatly reduces chance of injury while providing a means to increase physical strength. This piece of equipment is not available anywhere at local gyms and has been requested by numerous personnel.	\$4,150	Group/Airsta Humboldt Bay	Mckinleyville	CA	D11

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COMDT Reading List	COMDT Reading List & Bookshelf: To uphold COMDT expectations of professional outside reading for entire unit.	\$3,500	Sector Columbia River	Astoria	OR	D13
Learning Center Computer	Sony morale computer, used for educational purposes	\$1,970	Sta Depoe Bay	Depoe Bay	OR	D13
Outfit Workout Room	Work Out Equipment -Home grappling mat.(2), Title Thai Heavy Bag, UFC Grappling buddy, Title AB Wheele (2), Jump Ropes (2), sports equipment	\$1,041	Sta Portland	Portland	OR	D13
Outfit Workout Room	Pro Power H2O Light Commercial rowing machine GSA Advantage part #RX-850, 5-50 LB urethan coated kettlebell set GSA Advatage part #HKB-U-5-50, adjustable flat incline bench GSA Advantage part #2025, roman chair exercise bench GSA Advantage part #FW26 - STA Siuslaw River has only two pieces of equipement that are designed for cardiovascular exercise.	\$2,019	STA Siuslaw River	Florence	OR	D13
Morale - Barbeque	Pig cooker, for morale events such as BBQ's	\$526	Sta Depoe Bay	Depoe Bay	OR	D13
Oceanspray	After moving to new facility, funding was not allocated to start up Station morale locker. Currently the Station possesses only board games and limited sports gear. This project would add outdoor equipment to include stand up paddle boards, paddles, lifejackets, and required safety gear. This additional morale gear will encourage members to participate in outdoor activities and improve unit physical fitness.	\$5,000	Station Apra Harbor	Guam	GU	D14
Kukui Hall Barracks Entertainment System	Request funding for the purchase of a large screen television, Blu-Ray/DVD home theater player (plus associated cable) and a Nintendo Wii with 4 controllers/joysticks and controller charging station for Barracks Entertainment system.	\$2,410	PSSU/Supported Units	Honolulu	HI	D14
Playstation 3	This would increase the morale of personnel onboard the ship, system allows personnel to play games as well as watch Blu-ray movies and DVD's. System connects to current TV on mess deck, minimizing installation and setup.	\$300	CGC WASHINGTON	Guam	GU	D14
Treadmill	Woodway Desmo Commercial Fitness Treadmill. The Airsta Base Gym currently services members from 5 different Commands as well as local retirees. Sitka is on a small, remote island in Southeast Alaska. Last month the only other Fitness Center in the community closed, usage of the Base Gym has grown expediently. Sitka's routinely poor weather and long periods of winter darkness hinder outdoor fitness activities. The local Command has recognized the need for additional equipment and space due to the higher demand.	\$ 7,873.00	Airsta Sitka, CGC Maple, ANTS	Sitka	AK	D17
Expansion of Air Station Washington's Morale Gear	Expanding the variety in morale gear will provide better fitness opportunities while on and off duty.	\$2,298	Air Station Washinton	Washington	DC	D5
Playground Equipment	Upgrade existing playground by adding (4) new pieces along w/ new mulch & impact pads. Most of the old playground equipment was removed due to age and/or safety concerns. Existing equipment's fall surface does not meet safety requirements	\$10,000	Base Portsmouth, VA	Portsmouth	VA	D5
Elliptigo (2 units)	The ElliptiGO 8S is a fitness device that emulates running outdoors without the associated impact. It enables people to take low-impact weight-bearing exercise outdoors. Two machines and helmets	\$4,751	NSFCC	Elizabeth City	NC	D5
Gym Leg Press Machine	Current workout facility does not have a machine for working legs. Legs are an important element of a total body fitness regimen. This would benefit all OSC employees (over 500 people).	\$1,700	Operations Systems Center	Kearneysville	WV	D5
BAYBERRY Kayak	Purchase 1-Kayak, paddles and lifevest	\$740	CGC Bayberry	Oak Island	NC	D5

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Community Center Wireless Internet Café' Laptops	The wireless internet café' is located in the Training Center's (TRACEN) community center and offers a free wireless internet connection to all components (active, recruits (during on base liberty), reserve, auxiliary, dependents) of the TRACEN and 14 tenant commands. This request is for eight Lenovo Y series laptops to be available for users in the cafe who do not have their own laptop. The Lenovo is rated as one of the highest in durability.	\$7,200	TRACEN Cape May, and 14 tenant commands	Cape May	NJ	D5
Gym 5-75lb Rubber Hex Dumbbell Set	Current metal dumbbell set is aging and requires replacement. A Rubber Hex Dumbbell Set provides flexibility in an overall fitness routine. Rubber dumbbells reduce potential contact injury and are more durable. Benefits 500+ OSC employees.	\$2,500	Operations Systems Center	Kearneysville	WV	D5
Rosetta Stone (Spanish level 1, 2, and 3)	Computer based language class. Rosetta Stone is revolutionary software that teaches new languages by complete immersion in the language, without translation or explicit grammar explanations.	\$742	NSFCC	Elizabeth City	NC	D5
Volleyball and Basketball Equipment	500+ OSC employees have access to a sand volleyball and basketball court. Volleyball court needs new boundary markers and balls. Basketball court needs new nets and balls. Both sports are excellent for cardiovascular fitness and wellness.	\$300	Operations Systems Center	Kearneysville	WV	D5
C3CEN Lunch Pavilion	C3CEN is growing again and could use more dining options. This project would create a outdoor lunch area for the unit to include a gazebo, two picnic benches and two grills.	\$6,200	C3CEN	Portsmouth	VA	D5
Golf Club Sets (2 units)	Golf club set	\$650	NSFCC	Elizabeth City1	NC	D5
LANT CUTTER FITNESS	COMPLETE FITNESS UPGRADE	\$4,100	DEPENDABLE	Cape May	NJ	D5
Morale Grill	Large grill and gear on a trailer to use for morale events	\$5,500	MLE Academy	Charleston	SC	D7
Recreation Equipment	MWR Electronic Sign	\$641	USCG Sector San Juan	San Juan	PR	D7
MFPU Underway Fitness	2 Ellipical Machines	\$2,800	MFPU Kings Bay	Kings Bay	GA	D7
Upgrade unit Morale Facility Kitchen	Replace and upgrade 10+ year old appliances and countertops. Current counter tops are beginning to rot due to water/age/humidity. This morale area is constantly used and many would benefit. (scaleable - \$5.1k in countertop, \$4.7K in appliances).	\$9,800	CGAS Savannah	Savannah	GA	D7
Shipmate Rosetta Stone Request	Purchase two level five Rosetta Stone Courses for Sector Key West. There is a need for fluent Spanish speakers in this AOR and we would like to provide some training	\$1,400	Sector Key West	Key West	FL	D7
101 - Flat Bench	Current bench was used excessively.	\$314	Station Grand Isle	Grand Isle	LA	D8
113 - Adj. Decline Bench	Current bench was used excessively.	\$482	Station Grand Isle	Grand Isle	LA	D8
116 - Multi-Purpose Bench	Current bench was used excessively.	\$319	Station Grand Isle	Grand Isle	LA	D8
119 - Super Bench	This will replace the super bench we currently have that is worn down and needs to be replaced	\$606	Station Grand Isle	Grand Isle	LA	D8
ANT Eufaula Canoes	Canoes would be for use on Lake Eufaula as well as the rivers in the area	\$1,596	ANT EUFAULA	Eufaula	AL	D8
Bass Pro Shops Auto Inflatable Vest	Two (2) Inflatable vests to be used with above requested canoe. Item 38-632-020-23 from Basspro.com	\$160	MSU Baton Rouge	Baton Rouge	LA	D8
Coast Guard Family Recreation Incentives	Purchase canopies as loaners to Coast Guard members and their families for protection from inclement weather and bugs at cookouts.	\$2,480	IOD NESU NOLA	New Orleans	LA	D8
FIT FOR LIFE EQUIPMENT	LIFE FITNESS PRO 2 LAT PULLDOWN TO INCREASE INVENTORY IN RECENTLY EXPANDED ATC MOBILE FITNESS CENTER	\$2,300	ATC MOBILE, along with units in AOR	MOBILE	AL	D8
FIT FOR LIFE EQUIPMENT	GEL GRIP SOLID STEEL URETHANE DUMBBELL PACK 5-50LB FOR RECENTLY EXPANDED ATC MOBILE FITNESS CENTER.	\$3,400	ATC MOBILE, along with units in AOR	MOBILE	AL	D8
Grumman 17' Square Stern Canoe G-1750CS	Provide a canoe and equipment for members to utilize on numerous water recreation areas. Canoe would benefit both morale and physical fitness. Source- Marathon Boat Group, Inc.	\$1,074	MSU Baton Rouge	Baton Rouge	LA	D8
Recreational Deck	To improve morale at the unit for days in port we are looking to get a shuffle board table	\$1,800	USCGC Sturgeon	Grand Isle	LA	D8

Weight Room Revamp	To add and/or replace workout equipment. This weight room is shared with the local navy unit, adding another TV will help motivate crewmembers to work out and keep up with the new weight standards. The other equipment will replace old none serviceable equipment and also be adding well needed weights.	\$4,500	MSD Quad Cities	Rock Island	IL	D8
RECREATION DECK OVERHAUL	Improve station morale through improving its designated recreational area, including but not limited to a new television and furniture. 01 50' 1080p samsung plasma television, \$1,168 (gsa advantage), 01 paramount universal tilt wall mount \$73.36 (gsa advantage), 03 three person couches \$400/per (commercial source), 01 samsung blu ray hd dvd player \$200 (gsa advantage). We have added in \$200 for shipping costs, that is an estimate.	\$2,842	STA Ashtabula	Ashtabula	OH	D9
Sector Lake Michigan Fitness	Replace the following due to missing, broken or worn out Equipment: Rubber Dumbbells, Leg Curl/Leg Extension, Flat Bench, 45 Degree Dumbbell rack, Multi Station Leg PressChair, Dip Belt, 3-Tier	\$7,000	Sector Lake Michigan	Milwaukee	WI	D9
kettle bell set 5-50 LBS	request kettle bell set. Kettle bell training develops strength, power, endurance and balance. You can perform squats, pulls, overhead throws and rotational training plus more.	\$600	STA Frankfort	Frankfort	MI	D9