



United States Coast Guard Auxiliary
Seventh District

D7 AuxFS



eNewsletter - Winter 2015

First AuxFS Basic Class For Georgia's Station Tybee

The first D7 AuxFS Basic Class of the new year featured FS1 Josh McBride as lead instructor. McBride was assisted by veteran instructor Bill Giers and instructor trainee Don Hunt. The class was conducted at CG Station Tybee at Tybee Island, Georgia. Conducted 6-8 February 2015, the class consisted of the full basic curriculum along with an extra hands-on session on knife sharpening and the preparation of two full meals by the students.

The class was greeted on day one by station POIC BMCS Ron McCready. McCready gave an overview of the station's mission and AOR. He also told the class how important food service is to the men and women of the Coast Guard. In addition, he explained how it effects station moral and the physical well-being of the crew. In his mind it is a big factor in crew readiness.

The class completed all of the prep work, cooking, service and clean-up for breakfast on Sunday morning. In order for each student to get a full cooking experience all stations were rotated during the prep and service period. Each student got to learn the breakfast-to-order grill techniques and were taught the famous "Coast Guard Omelet" by McBride. Each student had his turn at being the grill man. The crew was very complementary of the egg cookery expertise demonstrated by the students.

In rapid succession to the breakfast meal McBride started the students on preparation for an elaborated lunch offering. The menu had two entrée selections; chicken marsala and char-grilled pork. The full salad bar was prepared and additional hot vegetables were the sides. A pasta salad was prepared by the students as the starch for the meal. Scratch made banana bread was the healthy dessert offering. Again the students performed all of the service and clean-up.

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Division 2 Gets Grilled at Quarterly Meeting

Longtime AuxFS Tom Brender brought out the grill to put on a "big feed" for the Fall Division 2 meeting in middle Georgia. Brender and his crew pulled out all the stops to make meeting attendees remember how good barbecue tastes. Corn, baked beans and other sides completed the traditional country feast. The happy faces seen in the food buffet line tell the whole story. A good example of AuxFS in action.

See photos on Page 4



See AuxFS Award Story On Pg. 12

Admirals Faceoff in Cooking Challenge

Coast Guard Compass Blog
By Lt. Erin Chlum and Ms. Kara McElroy

In an annual culinary showdown the Coast Guard's second highest ranking officer, Vice Commandant of the Coast Guard Vice Adm. Peter Neffenger, led Team Portside against Vice Adm. Charles Ray, Coast Guard Pacific Area Commander's Team Starboard Side. The competition is held at CG Training Center Petaluma, California.

Each team had 90 minutes to prepare a three-course meal from a box of mystery ingredients. The mystery ingredients, items that all had to be incorporated, included shredded coconut, Point Reyes blue cheese, red beets, persimmons, canned pumpkin, fresh sugar cane and wild mushrooms. The teams also had access to numerous pantry items of spices, seasonings, starches, herbs and stock bases to assist them in their preparation.

Where in the Coast Guard is this?



Admirals Faceoff (Continues)

At the end of the 90-minute cook time, teams were judged by a panel of Coast Guard food service specialists and Steve Garner, co-host of the "Good Food Hour" on KRSO 103.5 FM. The judges determined the winner based on presentation, portion, nutritional balance, menu and ingredient compatibility, creativity, flavor and teamwork. While Vice Adm. Ray and Team Starboard Side had high hopes of galley dominance with their succulent roast duck and pumpkin mashed potatoes, Vice Adm. Neffenger and Team Portside inched in a win with melt-in-your mouth beef tenderloin. In all three meetings of the cook off, east coast admirals have claimed victory.

"It was a privilege to wear the chef uniform today, this has been a truly humbling experience," said Vice Adm. Neffenger. "Without the hard working FSs who ensure our crews have nutritious meals, the Coast Guard could not execute our missions."



The competitors are all smiles as they are given directions for the culinary event. Shown center are Vice Adm. Peter Neffenger, vice commandant of the Coast Guard(right) and Vice Adm. Charles Ray, commander of the Pacific Area(left).



Vice Adm. Neffenger receives direction from Seaman Rebeckah Kean, a student at the Coast Guard's culinary school, at Training Center Petaluma.

Got Back Issues?



If you missed an issue of the AuxFS eNewsletter you can go to the D7 Web Site and find any of the back issues for downloading and your reading pleasure. Why not send other members of your Flotilla a copy? They may be interested in joining our happy band of cooks.

<http://www.uscga-district-7.org>
Online Magazines

Eat With Your Eyes First

We have all heard that expression many times. During a weekend AuxFS cooking assignment at Station Cortez Dane Hahn worked hard to prepare tasty food and to have it look good on the line and other serving areas. Here is the result of their efforts. We know the crew appreciated the over-the-top effort to make their meals easy on the eyes.



Division 2 Gets Grilled (Continued from Page 1)

AuxFS Tom Brender and his crew serve up some serious barbeque for a recent Division 2 meeting in Central Georgia.



Cooking Lingo

Associate the word(s) on the left with the best definition or related word(s) on the right. All items are herbs, spices or flavorings.

anise		A. tuna
chai		B. seaweed
annato		C. caraway shape
tarragon		D. danish pastry
sumac		E. narrow leaves
basil		F. anchote
cardamon		G. tea
cumin		H. licorice
bonito		I. royal herb
kombu		J. berries

AuxFS Team Spirit Gets Job Done in Sector Saint Petersburg AOR

Covering a wide range of culinary skills from veg prep to bread production the AuxFS Team in the St. Pete area works hard to help keep outstanding meals in front of the crews at CG Station Cortez and CG Air Station Clearwater. The photos show team members Bob Frank, Paulette Parent, Bob Scott and Naomi Robinson.

Their skills are diverse and they have mastered some of the more advanced preparation equipment using steam kettles, meat slicers, large mixers, outdoor grills and convection ovens. They are always willing to help their gold side mentors and to work diverse schedules to get the food service job done. Our hats off to this dynamic Auxiliary team!!



AuxFS Team Spirit Gets Job Done in Sector St. Petersburg AOR (continued)



Station Tybee Crew Stars on TV Cooking Show

On February 17 Chef Jeff's *Flip My Food* program visited CG Station Tybee. He teamed up with Coast Guard chefs and station personnel to prepare an easy chicken gumbo and lower fat crunchy crab cakes. The program featured station POIC Ron McCready and FSO Josh McBride. The episode may be found at <http://flipmyfood.com/tag/coast-guard>.

Flip My Food "flips" the favorite dishes of award winning chefs, celebrities and everyday people to make a healthier version that's just as mouthwatering. The show is hosted by charismatic celebrity chef, Jeff Henderson.

Chef Henderson rose from humble beginnings in South Central Los Angeles to become the first African-American executive chef at the Bellagio Hotel. He has gone on to become a successful TV host with a cable show on the Food Network, a nationally syndicated series called, *Family Style with Chef Jeff* and the host of *Flip My Food*.

When he isn't cooking on TV he's a highly sought-after motivational speaker, sharing the secrets of realizing your potential at schools, organizations and Fortune 500 companies across the country.

Source: www.flipmyfood.com



Host of show Flip My Food Chef Jeff Henderson.



Chef Jeff along with POIC McCready and members of the crew at Station Tybee.



Crunchy crab cake prepared during the show.

Florida Reporters Wanted

- Write a Story
- Take Pictures
- Do a Profile on a CG Station or Cutter

For Info Contact:

Don Hunt

dwhunt@windstream.net



Chicken Gumbo prepared by FSO Josh McBride.

Tybee AuxFS Basic Class (From Page 1)

The banana bread was perfectly baked and a treat for all.

Geirs arranged for a tour of the galley on the CG Cutter Yellowfin, home ported at Tybee. The students were taught the correct protocol for requesting permission to come aboard. Salutes were returned by the OD and students were able to visit the cutter and get many of their questions answered.

Sunday afternoon was the course test that all students passed. A few final comments and a presentation of Class Sponsor Plaques to McBride and McCready completed the class. Several of the students remained at Tybee for additional work on Monday to get several of their PQS requirements completed.



Southern Chefs



The second article in a series by AuxFS Don Hunt.

Co-author of the now famous book entitled “The Gift of Southern Cooking”, Scott Peacock was born and raised in Hartford, Alabama. He grew up eating farm fresh produce and boat fresh seafood. As a young chef he went to Europe for culinary training but returned home to an awakened interest in southern cooking and culinary tradition. His interest was fueled by Edna Lewis, the subject of last issue’s article, combined with his strong affiliation with the television cooking of Julia Child.

Peacock began his career as pastry chef at Tallahassee’s The Golden Pheasant and then served as the executive chef for two Georgia governors. Next he went on to be the founding chef at Atlanta’s Horseradish Grill. There he was housed in an antique structure with strong southern roots. And there he continued his redefinition of southern cuisine. At Horseradish his version of shrimp and grits was shrimp cooked in a large amount of butter, pureed with sherry and then swirled into creamy, slow-cooked grits. Grits were becoming center-stage dinner food in the big city.

In 1999, now well-known, he went on to open another Atlanta hot-spot Watershed, a restaurant co-owned with

Emily Saliers of the Indigo Girls. Located in the revitalized town of Decatur, Georgia the restaurant’s menu featured old standbys, but with creative tweaks and non-traditional, but flavorful combinations of ingredients. There, he served fried chicken on Tuesdays and biscuit and gravy brunches on Sundays.

In his quest to feature all foods southern, Peacock raised simple ingredients like corn and okra to lofty positions in the culinary hierarchy. Take pimento cheese for example. In an interview, Peacock explained that white cheddar is better for the flavor. But he emphasized that pimento cheese isn’t pimento cheese unless its *bright orange* in color. So he used hand-grated orange and white cheddar to get the traditional color. He also mixed in homemade mayo and replaced the jarred pimentos with sweet, roasted red peppers.

While at Watershed in 2007 Peacock received the James Beard Foundation award as “Best Chef in the Southeast”. An Atlanta Journal Constitution review stated “Watershed carved out a niche as an upscale Southern farm-to-table restaurant before such spots were trendy”.

Peacock left Watershed in 2010 to work on a new book tentatively titled “An Uncommon Friendship”. The book will tell the story of Peacock’s friendship and collaboration with Edna Lewis.

Pimento Cheese

Chef Scott Peacock of *Watershed* – Decatur, GA

Adapted by StarChefs.com

October 2007

Yield: 6 Servings

Ingredients:

- 2½ cups extra-sharp cheddar cheese, grated and brought to room temperature
- ⅛ teaspoon cayenne pepper
- Salt
- 5 or 6 turns freshly ground black pepper
- ¾ cup homemade mayonnaise
- 3 Tablespoons roasted red bell pepper, peeled, seeded, and finely chopped

Method:

Stir together all of the ingredients in a mixing bowl until they are well mixed and creamy. Taste carefully for seasoning and adjust as needed. Cover and refrigerate until ready to use. Remove from the refrigerator 15 to 20 minutes before serving. Use as sandwich spread for grilled cheese sandwiches or serve with celery sticks.



CG Food Service Organization

Have you ever wondered how food service is organized at the top levels within the Coast Guard?

If so, here is a quick look at the central structure. Organization of a Coast Guard dining facility will be covered in a later issue of the AuxFS eNewsletter.

Health, Safety and Work-Life Directorate(CG-11)

Rear Admiral Maura Dollymore is the Coast Guard's Surgeon General and Chief Safety Officer, serving as the Director of Health, Safety and Work-Life. She is concurrently named as an Assistant US Surgeon General.



Office of Work-Life(CG-111)

Commandant(CG-1111)

Health Promotion (HP) Division Chief. The Health Promotion Division Chief is responsible for the overall supervision of the FS program. The HP Division Chief provides leadership, oversight and guidance for the FS rate and all FS program components.

Food Service Program Manager (FSPM). The Food Service Program Manager is responsible for all Food Service program policy and SF-82 budget execution. The FSPM publishes the quarterly BDFA message, the annual calendar year meal rate and ALCOASTs pertaining to the Food Service program.

Rating Force Master Chief (FS-RFMC). The FS-RFMC is the principal enlisted advocate for the Food Service Specialist. The FS-RFMC is responsible for the overall health of the FS rating and manages the structure of the FS workforce while ensuring that FSs are prepared to meet current and future missions. In addition, the FS-RFMC has a crucial role in unit staffing and communication of rating issues within the organization.

Food Service Professional Development Specialist (FSPDS). The FSPDS is responsible for providing and developing professional development opportunities for the Coast Guard Food Service rating. The FSPDS is the Program manager for all Food Service "C" Schools and a direct liaison for the training centers and civilian contract resources.

Dining Facility Automation Management Specialist (DFAMS). The DFAMS is responsible for the implementation of the Food Service Automation Project. The DFAMS works closely with Operational Support Command (OSC) on the modification of EATEC, the commercial off-the-shelf (COTS) software to be used Coast Guard wide for all dining facilities. This billet requires a high level of knowledge of computers and administration skills.

Food Service Subject Matter Specialist (FSSMS). While not attached to Commandant (CG-1111), the FSSMS works closely with the FS program management staff. Among the list of duties, the FSSMS develops FS Service Wide Exams (SWE) for pay grades E-5, E-6 and E-7 and develop and maintains Food Service Performance Qualification Guides and End of Course Tests for pay grades E-4, E-5 and E-6.

Coast Guard Culinary Team (CGCT). The CGCT is a group of highly skilled and qualified Food Service Specialist personnel. The team consists of five primary members with four alternates. The CGCT represents the Coast Guard throughout the United States at various culinary competitions.

CIA Visit Yields Second Great Dining Experience

Several years ago I had a great lunch at the Hyde Park, New York campus of the Culinary Institute of America(CIA). We experienced outstanding food, fine wine and table service that was beyond compare. The students and their instructor supervisors had met my every expectation and then some. But the question in my mind was “could they do it again?”. So last November I decided to find out. My lunch delegation consisted of myself, my spouse and my sister-in-law. In addition, my brother Jerry Hunt was along as the principal judge and jury. He was himself a CIA graduate and a highly regarded chef in the very competitive New York City market. He had a second career as a successful international seafood broker. With credit cards in hand we were ready.

We chose the Bocuse Restaurant for our lunch. This is how the CIA describes it; “The Bocuse Restaurant re-imagines the execution of classic French cuisine through the lens of ultra-modern cooking techniques, brings a new style of casual yet sophisticated service, and offers a breathtaking architectural interior design”. That said it was in their words “a unique and exciting, world class dining experience”.

Our server for the meal was a soon to graduate chef with a very pleasing personality. She was carefully watched by a faculty supervisor, but had no problem providing service at a very high level. Her work was prompt, efficient, yet friendly and passionate. The menu was extensive and varied. Appetizers included Chestnut Soup and Lobster and Scallop Sauce. Entrees included Roasted Fluke and Breast of Long Island Duck. All were prepared and plated with precision. For dessert we all ordered the table-side prepared ice cream with some classic pastry treats. The ice cream was churned in a re-invented stand mixer using liquid nitrogen for refrigeration. In literally minutes the creamy mix went from liquid to a pallet pleasing frosty texture. We were all smiles as the show progressed and very pleased at the quality of the finished product.

The verdict? All were amazed at the professionalism and fantastic cuisine that we experienced. They had done it again! Even the judge was impressed. I will let the pictures below tell the story as words cannot. ----Don Hunt



AuxFS Helps Station Belle Isle Win Prestigious Award

Source: Coast Guard Great Lakes Blog
Posted by PA3 Lauren Laughlin

The food service specialists at Coast Guard Station Belle Isle, Michigan, not only pick the right ingredients to make the crew happy; they have picked the right ingredients to be named the best dining facility in the Coast Guard. Due to their key ingredients along with a dash of Detroit-themed decorations, the members of the station were awarded the Forrest O. Rednour Memorial Award for Excellence in Food Services in the small ashore category. The galley crew's secret ingredient, however, was Coast Guard auxiliaryist Bill Dyda, who volunteered at the station twice a week.

In April 2013, Chief Petty Officer Kevin Asher held an Auxiliary AuxFS course at the station hoping to entice an Auxiliary member to volunteer long term. It worked and two weeks later Dyda was on the schedule. "I called Asher the following week hoping to beat the other Auxiliary members who wanted to volunteer and volunteered," said Dyda. "The first time I worked at the station was for three days straight and I about had a heart attack. I told Asher that I could only do it for two days and the rest is history. I have worked Sundays and Mondays for more than a year now."

Dyda, a recently retired teacher, became a member of the Auxiliary after being approached by Auxiliary member Norman Raymond. "Raymond came up to me at an Elks meeting and asked if I like boats and wanted to do something good for the community," said Dyda. "I have now been a member of the Auxiliary for almost three years." Not only does Dyda volunteer his time every Sunday and Monday, he volunteers on holidays and other big events. "I am especially lucky to have found Dyda," says Asher. "With him in the kitchen twice a week, it affords me the opportunity to accomplish other things at the station such as paperwork and remodeling."



The three chefs including Petty Officer 2nd Class Andrew Gibson not only make food the crew likes to eat, they have made the galley a place the crew enjoys. They have completely remodeled the mess deck and some parts of the galley. They have repainted all the walls and tiled the floors. They took out rotted wood shelving in the walk in pantry and added new metal shelving. "When I first got here the mess deck was dreary looking," said Chief Warrant Officer Robert Clark, the station's officer-in-charge. "These guys have done a good job replacing it all, there used to be old shaggy carpet and rubber on the walls."

Members of Coast Guard Station Belle Isle and members of the Coast Guard Auxiliary eat lunch in the station's Motor City-themed dining facility. The crew has also decorated the mess deck with a Detroit-based automotive theme. There are antique metal signs advertising Ford Motor, Chevrolet, Chrysler Plymouth and Camaro on the walls. "I used to not want to eat in here," said Petty Officer 2nd Class Thomas Chegin, the station's officer-of-the-day. "Not only is the food good, it is a feel-good place to be, and I have my special seat too." The mess deck has a large window over looking the Detroit River into Canada. In front of the window are four round chrome metal bar tables depicting Ford Motor Company with matching shiny vinyl bar stools. This gives the mess deck a 1950s roadside dinner look.

"The cooks here have a drive to improve, not only in ourselves, but we try to inspire others to improve as well," said Gibson. "We not only do what needs to be done, we each have a drive to do better."

The award is presented annually to recognize Coast Guard dining facilities that exemplify the best in food service professionalism. Although the award program has been in existence since 1995, in 2008 it was renamed in honor of the World War II era ships cook 2nd class who heroically helped rescue survivors of a torpedoed transport vessel only to later lose his life in the line of duty.

