



United States Coast Guard Auxiliary
Seventh District

D7 AuxFS



eNewsletter - Spring 2015

Clearwater Class in March is Big Success

The AuxFS Basic Class conducted at CG Air Station Clearwater on March 20-22, 2015 was one of the largest AuxFS classes ever.

Lead instructor Paulette Parent said "It was super - we had 17 students and 3 instructors plus a 4th on Sunday in the galley. It was quite a mob scene, but it really went well." The photo below shows AuxFS candidate Kim Davis on her first galley day during the class.



Reminder - Be Sure Your Hep A Shot Series is Complete and Documented

All AuxFSs must complete an initial Hep A shot before working in a CG galley. A booster shot must also be obtained six months after the initial shot. This shot series must be documented in your CG Aux Medical Record.

Joseph A. Sopko, Aux Chief Medical Officer, indicated that HEP A shots for adults are now covered under the Affordable Care Act. A check with one health insurer yielded information that these shots were covered at 100%. The same may apply to your health screening.

The shots may not be given to a civilian at a CG facility unless a physician is in attendance. This generally prevents shots from being given at a sick bay facility.

Gold Side, Silver Side, Side-By-Side



Paulette Parent, ADSO-HR/AuxFS -- Don Hunt, eNewsletter Editor

Words From the Crew

I'm working on my FS PQS. I have been invited by Eddie Smith in Chattanooga to finish the tasks on the Cutter Oachita. I expect to be qualified by August and ready to cook where needed.

I'm enclosing a photo of something I made for my kitchen, inspired by the cupholder at Station Tybee. It looked so eclectic, I had to have one like it, so I designed and made it myself. The background is the Hampton roads/Norfolk chart.



I have volunteered a few days a month to cook and serve at a local parochial school, grades 1-8. The new chef there is locally recognized and a well trained culinary artist. Working there I have become familiar with additional equipment, menu preparation, and cooking techniques. I hope everybody else who was in the Tybee class has enjoyed the hands-on training as much as I have.

Jim Grant FC 082-11-05



AuxFS Brian Garry at CG Station Sand Key setting up the food line for lunch.



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

Mangia, Mangia

Italian Flavor Brought to a Unique AuxFS Assignment

AuxFS Joe Bonaccorse brought new meaning to the phrase “mangia, mangia” in a unique Auxiliary patrol assignment.

A joint Division 17 effort involving Flotillas 17-02, 17-06, 17-11 provided three days of patrol coverage for the TiCo Warbird AirShow in Titusville, FL. The purpose of the patrol was to provide control coverage for the area over which the Thunderbirds were to fly. Members of the Coast Guard Reserve also assisted in patrolling the waterway. The lead facility was “Impulse Two” owned by Carl Motes, District Captain-North.

Joe’s Italian specialties included Caponata Siciliana, Shrimp Scampi con Linguine and Sicilian Melon Salad. All of this was part of Joe’s overall theme “Everyone wants to be Italian!”.



CG member enjoying the Caponata Siciliana.



Crewmember enjoying Shrimp Scampi con Linguine on the lead facility.



Ribs, an all-time crew favorite, were served for dinner on day 3.



District Captain North Carl Motes has a stand-up lunch with fellow Auxiliary crew member.

Photos Continued on Next Page

Mangia, Mangia (Continued)



Joe Bonaccorse gets ready to sample from his own buffet lunch presentation.



Reserve member politely tells an Auxiliarist that he requested a sextant sun shot, not a Facebook search.

A Frozen Food Adventure - AuxFS Bill Giers on-duty aboard the CGC USS Healy in Alaska.



5 Tips For Salvaging Too-Spicy Foods

From: Allrecipes.com Recipe Notes

Heavy handed with the hot peppers? That's cool. Five flawless ways to neutralize the white-hot heat.

1. Go Nuts on It
For some Asian dishes, as well as certain chilis and stews, adding a scoop of peanut butter will help smother the flames. (Who knows, you might even end up liking the extra flavor and creamy texture.) Also try cashew or almond butter. Tahini is another option.
2. Lengthen and Un-strengthen
If you have more of the recipe's ingredients on hand, toss 'em in. Or improvise, and add an additional ingredient that will play well with the recipe while neutralizing the spiciness. Good candidates might include broth, canned beans, potatoes, tomatoes, corn, avocados, coconut milk, and cooked rice.
3. Do the Dairy
Now here's some news you can use. Turns out, the fiery chemical in hot chilis, capsaicin, likes to bind itself onto a compound in milk, which neutralizes the burn. Add a generous dollop of sour cream or yogurt to scorching hot chili or stews, or even a touch of milk or cream. For best results, though, go with full-fat dairy. For tomato sauces and stews that don't want dairy, try shredding some cheese on top.
4. Sweet Defeats Heat
A sprinkle of sugar or honey should do the trick. Or add a touch of sweet ketchup. If it's a tomato-based sauce, stir in a little more tomato sauce and maybe a titch of sugar.
5. Acid Defeats Heat
Add a squeeze of lemon or lime. Bonus Benefit: A little lemon juice can also brighten up flavors. If it's a tomato-based sauce, adding more tomato sauce can help. Also effective, a dash of vinegar.



Photo by Sherri at Allrecipes.com

CDC Says Celebrate Global Handwashing Day 2015

Global Handwashing Day is a way to support a global and local culture of handwashing with soap, shine a spotlight on the state of handwashing in each country, and raise awareness about the benefits of handwashing with soap.¹ Since 2008, Global Handwashing Day has been celebrated annually on October 15 worldwide. The Global Public-Private Partnership for Handwashing with Soap founded Global Handwashing Day and encourages school children, teachers, and families to get involved.

Handwashing Saves Lives

Although people around the world clean their hands with water, very few use soap to wash their hands. Washing hands with soap removes germs much more effectively.

- Millions of children⁵ under the age of 5 years die from diarrheal diseases and pneumonia, the top two killers of young children around the world.
- Handwashing is not only simple and inexpensive, but remarkably, handwashing with soap can dramatically cut the number of young children who get sick.
- Handwashing with soap could prevent about 1 out of every 3 episodes of diarrheal illnesses³ and almost 1 out of 6 episodes of respiratory infection like pneumonia.



Celebrate Global Handwashing Day

People and communities around the world will celebrate Global Handwashing day in many ways, including:

- Guinness Book of World Records attempt for the largest number of people washing their hands at the same time
- Golden Poo video awards in the UK
- Handwashing lessons, events, and materials for thousands of students across Georgia, where CDC is based

Make sure you and your family know when and how to wash your hands properly

For more information on handwashing, please visit CDC's Handwashing website. You can also call 1-800-CDC-INFO FREE, or email cdcinfo@cdc.gov for answers to specific questions.

1,000,000,000,000
germs can live in
one gram of poop

(That's the weight of a paper clip!)

Soup Break Keeping the Tybee Crew Happy



Cooking Lingo

Associate the word(s) on the left with the best definition or related word(s) on the right. All items are pasta shapes.

acini di pepe		A. bow ties
campanelle		B. hot dog bun
farfalle		C. quills
orecchiette		D. little wheels
cavatappi		E. shell
fusilli		F. cork screw
conchiglie		G. bell
cavatelli		H. little ears
penne		I. long spiral
rotelle		J. peppercorn

USS Yorktown Galley Restored to WWII Condition

When the USS Yorktown was in service as a fleet aircraft carrier, over 7,500 meals were prepared and then served to 2,500 crew members daily. YORKTOWN was decommissioned in 1970 and placed in reserve in 1975. Later in the year, she was towed from Bayonne, N.J. to Charleston, N.C. to become the centerpiece of Patriots Point Naval and Maritime Museum.

As a result of a \$12,500 grant received in 2014 from the Henry and Sylvia Yaschik Foundation of Charleston, S.C., the Crew's Galley has been brought back to life—complete with mannequins, food props, and sound effects. The Crew's Galley exhibit took a year to complete.

The USS YORKTOWN (CV-10) was the tenth aircraft carrier to serve in the United States Navy. Under construction as BON HOMME RICHARD, this new Essex-class carrier was renamed YORKTOWN in honor of YORKTOWN (CV-5), sunk at the epic Battle of Midway in June 1942. Built in an amazing 16-1/2 months at Newport News, Virginia, YORKTOWN was commissioned on April 15, 1943, and participated significantly in the Pacific offensive that began in late 1943 and ended with the defeat of Japan in 1945.

YORKTOWN received the Presidential Unit Citation, and earned 11 battle stars for service in World War II. Much of the Academy Award-winning (1944) documentary "The Fighting Lady" was filmed on board YORKTOWN.

In the 1950's, Yorktown was modified with the addition of an angled deck to better operate jet aircraft in her role as an attack carrier (CVA). In 1958, YORKTOWN was designated an anti-submarine aircraft carrier (CVS), and would later earn 5 battle stars for service off Vietnam (1965-1968). The ship also recovered the Apollo 8 astronauts and capsule (December 1968).



Galley Restored (Continued)



Story and Photos By Don Hunt

Tour continues

Recipe for success: FS1 Bethany Clark

By LT Stephanie Young, USCG

Many Coast Guardsmen join knowing they want to serve their country but aren't quite sure how. Not Petty Officer 1st Class Bethany Clark. Clark joined the Coast Guard in 2009 knowing exactly what she wanted to do; she wanted to be a chef. A 2006 graduate of Johnson & Whales University in Providence, R.I., Clark studied culinary nutrition and wanted to take her talents to sea.

After boot camp, Clark attended Food Service Specialist "A" School in Petaluma, Calif., where she underwent 12 weeks of specialized instruction. Her first unit was aboard Coast Guard Cutter Jarvis where her culinary education played a big part in establishing healthy menus. Clark ensured vegetables and starches were included to make a complete meal, keeping the crew mission ready on deployments.

While aboard Jarvis she was also the night baker where she baked breads and desserts for the following day. She also cooked what are known as "midrats" what Clark explains as "a quick meal for those who are performing duty late at night."



Petty Officer Clark preparing her molten chocolate cake. U.S. Coast Guard photo.

around her, including fellow chefs from the other armed forces. At a recent event, Clark cooked for more than 2,200 dignitaries, members of the armed forces and their families alongside chef Robert Irvine.

"FS1 Clark's leadership, professionalism and talent were an integral part of my culinary team and essential to the team's ability to deliver what was an amazing culinary experience for the event attendees. I'm grateful for the support FS1 Clark Provided," wrote Irvine after the event.

Whether cooking for thousands or planning a menu, Clark has grown in her profession, noting that it's about so much more than preparing food.

"People don't realize there's more to food service than being a cook," said Clark. "We represent our service, just in a different way."



Petty Officer 1st Class Bethany Clark after a dinner service. U.S. Coast Guard photo by Petty Officer 2nd Class Patrick Kelley.

After her tour aboard Jarvis, Clark was assigned to her current duty station of Coast Guard Headquarters. Cooking in the flag mess she says is one of the best parts about her current position is the ability to design new menus each week and helping out at larger events. Clark also attributes the success of her time here at headquarters to those



Southern Chefs

The third article in a series by AuxFS Don Hunt.

Linton Hopkins studied anthropology at Emory University in Atlanta. A job in a bookstore often found him reading in the cookbook section. A browse through a guide to culinary schools set the hook. Linton thinks back. "I can still see the bright red cover. Wow, I've been cooking my entire life and never consider this career path. Within three weeks I was at CIA."

In his early days as a chef he often thought of his grandfather who was passionate about all things flavorful and southern. Hopkins honed his skills at restaurants in New Orleans and Washington, DC before returning to Atlanta to open Restaurant Eugene in 2004. This restaurant brought together his southern roots and his love of southern ingredients.

Restaurant Eugene's philosophy in their own words –

"The appreciation that the Restaurant Eugene team has for history, the region and traditional foodways provides a certain heft and soul to what they offer. Allowing a local, house-made pantry to drive the menu, the approach is at once traditional and urbane. It is a 'sense of place' that one feels while reading the menu that begins the experience. Names of farmers and artisans are sprinkled about, paying homage to those who have done the work to get such delicious ingredients through the kitchen door.

Support of local farmers and artisans is crucial to ensuring that the restaurant can obtain what they need for meal preparation. The idea for a Saturday farmer's market (Peachtree Road Farmer's Market), just a few blocks away, was born and now, the farmer's trip to town is much more profitable than simply making restaurant deliveries."

Recently Hopkins summarized a new restaurant concept by saying "To me, farm-to-table is an ethic of truly being connected to Georgia and Southeastern agriculture, our farms and our artisans, and then simply cooking from scratch with the seasons."

Hopkins opened Holeman & Finch Public House and H&F Bread Co. in 2008, followed by H&F Bottle Shop in 2011. In 2009, Hopkins was crowned one of Food & Wine's Best New Chefs and took home the James Beard Award for Best Chef – Southeast in 2012. In 2013, he was named a Food & Wine Best New Chef All-star and later became the newest member of Delta's BusinessElite culinary team.

His latest endeavors include 3 H&F Burger outposts in Turner Field, home of the Atlanta Braves, and Eugene Kitchen, a food and beverage development company that will make available to retailers and foodservice operators many of the from scratch pantry products that have made his restaurants so distinctive.



In spring 2015, Hopkins will open H&F Burger in Ponce City Market. Based on Holeman & Finch's popular cheeseburger, H&F Burger will serve lunch and dinner in a 1,400-square-foot space. Offerings will include a veggie burger, hand-cut French fries, possibly duck-fat fries, a hot dog, and High Road Craft ice cream churned daily for malts and shakes.

Linton Hopkins is a member of Georgia Organics and the Atlanta Local Foods Initiative. Hopkins served as the President of the Southern Foodways Alliance during 2012 and worked with Michelle Obama to celebrate the First Lady's Chef's Move To Schools Initiative.

40th Military Culinary Arts Competition Awards CG FS2 Hale

The Joint Culinary Center of Excellence at Fort Lee, Virginia, hosted the 40th Military Culinary Arts Competitive Training Event last March. The competition, which ran March 7-12, pitted against each other individuals and teams from the five U.S. service branches as well as participants from the United Kingdom, France and Germany.

This year's Best in Class -- Contemporary Cooking-Professional Award went to Petty Officer 2nd Class Joseph Hale, U.S. Coast Guard.

Participants competed in categories such as best team buffet table, cold food table, most artistic exhibit, contemporary cooking and pastry, nutritional hot food challenge, and field cooking competition. They also competed for titles like Senior Chef of the Year, Student Chef of the Year and Army enlisted Aide of the Year.



During the competition, 281 military chefs submitted 588 entries, and earned 62 gold, 179 silver and 191 bronze medals. Judging was provided by an international group of 12 chefs from the American Culinary Federation, which sets the bar for the standard of excellence for chefs. Entrants were judged on presentation, food safety, kitchen cleanliness, food flavor and color.

The MCACTE at Fort Lee is the largest military culinary competition in the North America. Since 1973, the competition has been held each year with the exception of 1991 and 2003, during Desert Storm and Operation Iraqi Freedom. The competition is sanctioned by the American Culinary Federation and showcases the talents of military chefs from around the globe in all branches of the U.S. Armed Forces.

The Military Culinary Arts Competitive Training Event (MCACTE) promotes growth in the culinary profession with special attention to the tenets of modern culinary development-ability, practicality, nutrition, workmanship, economy, presentation, creativity, and concept. The training event provides an opportunity to raise culinary excellence and professionalism. It recognizes individual and team efforts, while providing incentives and recognition in the form of certificates, medals, trophies and continuing education hours' credit that may be used toward credentialing.