



What's In a Name?



The Greek philosopher Heraclitus said, "There is nothing permanent except change". Those words of wisdom resound through the ages even to this day. A very recent example is the ALCOAST and ALAUX released last month (June 2013) announcing the Auxiliary Food Service Program which replaces the AUXCHEF program. You may ask what this change means and how does it affect the current and future members engaged in the program? *Continued Page 3*

In the District -- AuxFSs In Action and Important News



March Class Includes Long Distance Travelers

Students from as far as St. Croix, U.S. Virgin Islands participated in a three day AuxFS training session at Air Station Clearwater March 1-3, 2013. The Clearwater class was one of five being held in District 7 this year.

The course material included sanitation and safety, tools and equipment, food preparation, meal planning, serving techniques, nutrition, hygiene, storing food, recipe

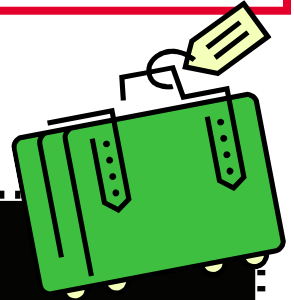
conversions, herbs and seasoning, cooking principles and USCG administrative requirements. An additional eight hours was dedicated to hands-on training under the direct supervision of active duty FSs preparing breakfast, lunch and dinner meals for Air Station Clearwater CG personnel and retired military families. *Continued Page 4*

Hand Washing a Key Food Safety Factor

According to the Centers for Disease Control and Prevention(CDC) hand washing is the single most effective thing one can do to reduce the spread of infectious diseases. Yet a recent study done by Michigan State University, School of Hospitality Business found that only 5 percent of people who used a public restroom washed their hands in a manner that would kill germs that can cause infections. In addition, only 33 percent used soap. How many didn't wash their hands at all? A whopping 10 percent did not wash. Yes ladies, men were the worst offenders. Twice as many men as ladies did not wash

their hands at all. The study was led by Dr. Carl Borchgrevink who worked as a chef and restaurant manager before becoming a researcher.

The CDC states that "failing to sufficiently wash one's hands contributes to nearly 50 percent of all foodborne illness outbreaks". *Continued Page 3*



WHAT TO PACK FOR AuxFS DUTY

If you are leaving town for AuxFS duty here are a few extra things that you may want to pack. Check with the duty station FS to find out if other items will be required. Here's what I bring to cook in relative comfort. You can cook in ODUs and boots, but they will get very dirty and are hot.

- **Chef coat(Long or short sleeved)**
- **Chef pants and belt(if not attached)**
- **Food service shoes (non-skid)**
- **Heavy black socks**
- **Aprons**
- **Ballcap**
- **Meds(you will be standing a lot)**
- **Heavy duty deodorant**
- **Anti-chafing powder**

--Don



Portofino Salad Mold

A great old school relish for summer grilled chicken or pork.

Yield: 9 to 12 servings.
Prepare ahead: Yes

2 pkg (3 oz) raspberry gelatin
1 1/4 cups boiling water
1 can (1 lb, 4 oz) crushed pineapple, including liquid
1 can (1 lb) whole cranberry sauce
3/4 cup port wine
1 cup chopped pecans

In a medium bowl, dissolve gelatin in boiling water.
Stir in pineapple, including liquid, and cranberry sauce.
Chill until mixture just begins to thicken.
Fold in pecans.
Stir in wine.
Pour into a 9x12-inch casserole dish.
Cover with shrink wrap and refrigerate until firm.

Topping(optional)

1 cup sour cream
1 pkg (8 oz) cream cheese, softened

In small bowl, slowly beat sour cream with cream cheese.
Pipe or spread over firm gelatin.
Serve at once or refrigerate.

AuxFSs To Be Added to USCG Medical Readiness Data Base

A new name isn't the only change in store for AuxFSs. We are now required to have certain medical information stored in the USCG Medical Readiness Reporting System (MRRS). This article will cover the highlights of this new requirement. For the details of this program read AL-COAST 253/13 at <http://www.uscg.mil/announcements/>.

Any Auxiliarist serving as an AuxFS shall have a Coast Guard Medical Officer complete the Food Service Personnel Screening Form located in Civilian Employee and Occupational Health Program Manual, COMDTINST M12792.3 (series). The AuxFS may have their personal physician complete the screening form. See ALCOAST 253/13 for more information on this option.

If the member has a normal screening and has completed the Hepatitis A vaccination series, the IDHS or DMOA shall insert their title, name, rank, and date, and signature on the AuxFS PQS form(forms are available on the CG-BSX-1 website-www.uscg.mil/auxiliary).

AuxFSs must submit their signed PQS form to their District Director of Auxiliary for retention in their Auxiliary service record.

Qualification and pertinent health information will be entered into the national USCG Medical Readiness Reporting System data base. This will enable an AuxFS to provide assistance to any CG location, including areas outside of the continental U.S.

All current AuxFSs must have their PQS updated no later than(NLT) 01 OCT 2013. If it is not completed by that date, then the AuxFS shall not be assigned to perform AuxFSs duties.

Cooking Lingo

Associate the word(s) on the right with the best definition or related words on the left.

mise en place		A. Thin shavings
miso		B. Thick olive paste
carpaccio		C. Wooden box
buckle		D. Bean paste
benne		E. Butter
bento		F. Organize
beurre		G. Roll
bialy		H. Batter cake
rillettes		I. Potted meat
tapanade		J. Sesame seed

Recipes Needed

Email Us
Your Best
AuxFS Recipes



Email To: Don Hunt dwhunt@windstream.net

Hand Washing *continued*

OK, enough stats. I get it.

So CDC what is the right way to wash my hands?

- Wet your hands with clean, running water (warm or cold) and apply soap.
- Rub your hands together to make a lather and scrub them well; be sure to scrub the backs of your hands, between your fingers, and under your nails.
- Continue rubbing your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
- Rinse your hands well under running water.
- Dry your hands using a clean towel or air dry them.

When do I need to wash them?

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal or animal waste
- After handling pet food or pet treats
- After touching garbage

To get the whole skinny go to CDC's web site - <http://www.cdc.gov/handwashing/>

To read the Michigan State Study abstract in the Journal of Environmental Health

Search for -- JEHand Washing Practices in a College Town Environment

Where in the World is the U. S. Coast Guard?**Getting It Together- Mise en Place**

When you find a recipe that you would like to try, the natural inclination is to start cutting, peeling, dicing, mixing, pouring, etc. You are excited and ready to get it done. Often, however, there is information in a recipe that is assumed or out of order. For example, a recipe calls for butter in the ingredient section, but later it says "add room temperature butter". If your butter is cold or frozen, it may not work or you may have to wait while it warms to room temperature. Another example would be a cookie recipe that says "place cookie dough on a baking sheet covered with parchment paper". Whoops, you don't have any parchment paper and the store is seven miles away.

Advanced preparation is the answer to these problems. The French phrase for advanced preparation in the kitchen is "mise en place". Translated this phrase means "to put in place". Mise en place is the assembly and organization of all ingredients, utensils, pans, plates, serving pieces, knives, etc. needed to complete, store and serve the dish. Everything that you will need for a dish is ready and at hand before you start the actual preparation. Simply put, mise en place is getting ready to cook. It is Semper Paratus in the galley. It is a professional frame of mind and always a best practice.

Commercial cookbooks will often list the mise en place for a recipe. Your supervisory FS may ask you if you have done your mise en place for a particular cooking assignment? Ask any FS, professional cook or chef about mise en place and you are headed for a learning moment.

Name Change *continued*

Basically, there are no major changes to how the program operates. There is a change in nomenclature which will align the former AUXCHEFs with the Coast Guard Food Service Program. AUXCHEFs will now be referred to as Auxiliary Food Service Specialist (AUXFS for short).

By, Paulette Parent ADSO-HR/ AuxFS,



Hepatitis A – Serious Business

I don't really like getting shot. Not from an enemy and not from a nurse either. When I was told to go get a Hepatitis A shot I went to my local health department and took what they dished out. Later, I had to go back for a booster. I knew nothing about Hepatitis A and had already worked in commercial food service for several years. Until I went for the AuxFS qualification no one ever said that the shots were required. I guess it's time to get educated. Here is the result of my layman's(non-medical professional) research.

Step one was to check out Wikipedia. It defines Hepatitis A as "an acute infectious disease of the liver caused by the hepatitis A virus (HAV), an RNA virus, usually spread by the fecal-oral route; transmitted person-to-person by ingestion of contaminated food or water or through direct contact with an infectious person". I quickly decided that this was serious business.

Wikipedia also provided the following information:

- Tens of millions of individuals worldwide are estimated to become infected with HAV each year.
- The time between infection and the appearance of the symptoms (the incubation period) is between two and six weeks and the average incubation period is 28 days.
- Symptoms usually last less than 2 months, although some people can be ill for as long as 6 months.
- HAV infection produces a self-limited disease that does not result in chronic infection or chronic liver disease.
- The disease can be prevented by vaccination. The vaccine was introduced in 1992. In the United States the incidence of Hepatitis A has decreased by 90% since 1990. Over >>

Step two was to read ALCOAST 253/13.

AuxFSs are required to complete the Hep A vaccination series. Auxiliarists can obtain the series from a Coast Guard clinic or they can provide proof of vaccination for Hepatitis A (completion of the series) to their cognizant IDHS.

Proof of vaccination must include the following: vaccine provider information (including signature of vaccine administrator), dose, site, route, and manufacturers lot number with expiration date.

The Hepatitis A vaccine must be recorded in the Medical Readiness Reporting System.

Step three was to go to the CDC web site.

For a complete run down on Hepatitis A go to <http://www.cdc.gov/hepatitis/HAV/index.htm>

March Class continued

As the class received their completion certificates, Toni Borman, AuxFS class instructor said, "I honor and recognize you as trained Auxiliary members for your contribution to the AuxFS program and for the skills that you have acquired here, you are the best."

Class members must now complete their PQS and medical requirements before becoming a qualified AuxFS.

*By Auxiliarist Robert A. Fabich, Sr.,
Public Affairs Officer*



USCG active duty FSS oversees the preparation of cornbread being made by student Robert Fabich, Sr.
Photo by Auxiliarist Toni Borman, Public Affairs Officer



AuxFS student prepares the popular mac and cheese for the lunch time meal at Air Station Clearwater.
Photo by Auxiliarist Borman

AuxFSs Get Cutter Duty on USCGC Anvil

AuxFSs Duncan Hutchinson and Joe Woodbury, of Flotilla 7-12-8 of Charleston, SC were recently given to a four-day TDY assignment aboard the USCGC Anvil. USCGC Anvil is a 75-foot Class Inland Construction Tender(WLIC). The Anvil is homeported in Charleston, SC at Sector Charleston.

The Anvil's mission is aids to navigation. The 75-foot WLICs are designed to push 68' and 84' construction barges. The barges are equipped with cranes and other ATON equipment to drive piles and work the smaller sized buoys.



AuxFSs Duncan Hutchinson and Joe Woodbury, both of Flotilla 7- 12-8 of Charleston, SC board the USCGC ANVIL for a four-day TDY assignment.



AuxFS Hutchinson prepares beef stroganoff for lunch on the first day of his TDY assignment .



AuxFS Woodbury completes his dinner prep work .



AuxFSs (left to right) Woodbury and Hutchinson tag team it at the grill in the ANVIL galley.