



United States Coast Guard Auxiliary
Seventh District

D7 AuxFS



eNewsletter - Spring 2014

AuxFSs Serve Admiral Papp At Sector St. Pete

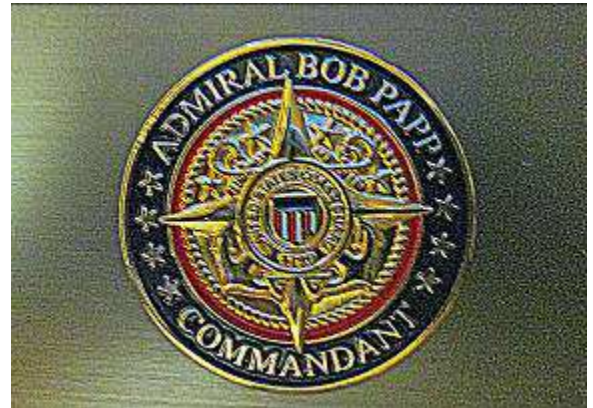
By Patti Kuhn, AuxFS

"Chance favors the prepared mind" said Louis Pasteur. That quote fits well with "Semper Paratus" and is a philosophy that is opening so many opportunities for us as AuxFS. The Coast Guard Auxiliary is full of adventures to be had if one is prepared and one of the most memorable of these happened for two of us in late January.

On short notice we were asked to prepare a lunch for Admiral Robert Papp, his wife and other guests in town to honor those Coastguardsmen on the USCGC Blackthorn (WLB-391) whose lives were lost during the tragic collision in Tampa Bay in 1980.

With chef training by awesome instructors behind us, hepatitis vaccines completed, health PQS submitted, yearly sanitation workshop done and chef uniforms clean we were set to go. Jerry Hottinger and I (Flotilla 85) were on our way to Sector St. Pete to do what

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***See Salis
Commendation
Inside...***



Admiral Papp *Continued*

AuxFSs are trained to do.

Prepared for anything, we arrived at the administration building and met with Tami, who was handling the details of the Admiral's visit. She opened her car trunk to show us the basics for a light lunch and pointed us in the direction of the galley. Jerry and I had to produce a top line banquet spread fast. The kitchen was abuzz with chefs preparing the Admiral's brunch, so we did a quick self-guided tour, gathered up items we thought would go with our menu, and proceeded to make up delightful, bright trays of sandwiches, fixings, side dishes and desserts. What challenging fun!



Jack's Meat Loaf A Station Ft. Myers Favorite

Yield: 6-7 servings

Special Equipment: Food processor, sheet or loaf pans

Ingredients:

3# Ground Chuck
1# Ground Pork
1 large Onion
2 cups bread crumbs
1 egg
1 tsp Season Salt
salt and pepper to taste
2 cans Tomato soup

Preparation:

Pre-heat oven to 350 degrees F.

Put onion in a food processor and chop to almost liquid.

Mix everything together but the soup.

Form loafs in greased pan.

Mix soup with 2 cans of water in a bowl then pour over the loafs.

Bake at 350 degrees for 1.5 hrs. Internal temp 160 degrees F.

Serve the juice from the pan over mashed potatoes.

Notes: Triple the recipe to serve 20.

Source: Jack Salis

Cooking Lingo

Associate the word(s) on the left with the best definition or related word(s) on the right. This issue's theme is Mexican culinary terms.

empanada		A. dried jalapenos
enchilada		B. anchiote seed
tortilla		C. rolled tortilla
tomatillo		D. sandwich
jalapeno		E. corn or flour
torta		F. green tomato
huevos		G. red when ripe
annatto		H. turnover
chipotles		I. eggs
tequila		J. agave

AuxFSs Run Marathon Galley for Eight Days

So the Station Marathon FS 1 could take leave in January, Jim Adam, Florida Keys contact for AuxFS, organized 8 days of AuxFS qualified galley cooks and other volunteers from Flotillas 13-01, 13-02 and 13-03. Jim was able to fill the times slots necessary to prepare all of the normally scheduled meals.



Donna Ferenci(left) and Joann Griffor (right) preparing meals at CG Station Marathon, FL

Florida Gulf Shrimp and Sweet Pepper Stir Fry

From : Florida Department of Agriculture



Ingredients:

- 1 pound Florida shrimp, peeled and deveined
- 3 Florida bell peppers, assorted colors, sliced
- 1 large onion, sliced
- 1 tablespoon toasted sesame seeds
- 1 tablespoon Florida honey
- 1 cup Florida orange juice
- 1/4 cup cornstarch
- 1/4 cup low sodium soy sauce
- Oil for cooking
- Sea salt and fresh ground pepper to taste

Directions:

1. Lightly coat the shrimp with the corn starch. Preheat a large sauté pan over medium high heat. Add 1 tablespoon of olive oil to the preheated sauté pan. Carefully add the coated shrimp to the sauté pan and cook until almost done, about 3 minutes.
2. Remove the shrimp from the pan and add the peppers and onions. Cook the peppers for 4 minutes.
3. Add the honey, orange juice and soy sauce to the pan. Turn the heat up slightly. Bring the liquid ingredients up to a boil. Turn the heat back down to medium high and add the shrimp back to the sauté pan. The sauce should thicken and the shrimp will be cooked after three minutes. Serve over brown rice. Garnish with sesame seeds.



Big Job, Small Galley

By Karla Owens, AuxFS

During the second week of March 2014, four Auxiliarists from District 7, Division 8 were called upon to serve the crew of the USCG Cutter Nantucket while at dock at Sector St. Petersburg. The Nantucket is a multi-mission 110 foot Island Class patrol boat primarily tasked with conducting drug and migrant interdiction deployment offshore Miami, the Florida Keys and the Florida Straits.

Mornings begin early for this crew of 18 very hungry men. At 0645 sharp, they were hovering around my tiny work space and grill calling out their egg orders and wolfing down bacon, fruit and my trademark blueberry muffins! (How about sharing the recipe?--Editor) Although I have cooked on a buoy tender, at the Air station, Sector and Station Cortez, I have never cooked for a crowd in such a small space!



In the AuxFS tradition of "Semper Gumby" (always flexible), however, I quickly acclimated myself to my tiny work space and prepared a feast of seafood alfredo, southern style green beans, salad and breadsticks for lunch.

The crew aboard the Nantucket are wonderful and very appreciative of our service. My efforts were all worth it when one crewmember said today was his last day on the Nantucket and thanked me for preparing him the best meal he ate aboard

ship! My day aboard the Nantucket ended with the full crew and me watching a home video one crewmember had put together of various underway activities they had performed over the past year. I have thoroughly enjoyed all my experiences cooking for members of the U. S. Coast Guard and my day aboard the Nantucket will certainly be added to my store of memories.





AuxFSs At Sea

By: Patti Kuhn, AuxFS

"What is your goal in becoming an AuxFS?" our instructors, Paulette Parent and Toni Borman, asked the class on our first day of AuxFS school several years ago. "I want to be lowered from a helicopter to the deck of a Coast Guard Cutter in the middle of the ocean to be an AuxFS at sea!" I practically shouted as I imagined the excitement of the daring adventure. "Be careful what you wish for" people sometimes tell me. I prefer, "If your ship doesn't come in, swim out and meet it!" And pretty much, that is what happened.

I kept reminding our instructors of my goal and on May 22, 2013, the call came. All I heard was "chef" and "at sea", and I was jumping up and down, shouting "Yes, Yes, Yes!" The Coast Guard Cutter OAK, a 225 foot buoy tender, was in need of two chefs, and it was someplace in the Caribbean Ocean.

Our class of AuxFSs has served at stations, at banquets,

and on cutters in port, but never at sea. Jerry Hottinger of District 7 Flotilla 8-5, and myself of District 5NR Flotilla 14-02, were about to make history.

I called my son, a Coast Guard lieutenant in Charleston, who was in disbelief. "Mom, it's NOT a CRUISE!" he said. "It's a lot of work!" He mentioned being up early (I'm a late sleeper), cooking 4 meals a day (one at midnight), plus snacks, and I'm not sure what else he said, because I was just way too excited. With two carry-on size bags full of recipes and new chef uniforms, we flew to San Juan, Puerto Rico, brimming with excitement for the challenge ahead.

FS1 Nikki Steele met us at the airport with big hugs. Our cruise director! We were so lucky! She was an amazing chef and an awesome person, teaching us how to be Shipmates and how to become proficient in a galley at the same time. The other chef, FS2 Verne Joiner, was also a master of the trade, and both of them created delicious, nutritious,

and exceptionally beautiful and creative dishes for every meal, including the "mid-rats" (midnight rations, for those just getting off shift). Our job in the galley was to dice, slice, chop, and basically prepare from scratch what Nikki would then magically turn into something you'd see in an expensive restaurant. Dishes like Cajun Grilled Snapper, Tijuana Mexican Chicken Enchiladas, and Dublin Style Shepherd's Pie. Nikki was even creative with the men:



"Patti's Phillies", and "FS2 Joiner's Last Supper." And she made it all fun. She would say, "I have an enrichment activity for you," meaning you are going to chop up five hard heads of cabbage, or you're going to crawl behind the cabinets and scrub the walls. Actually, it really WAS fun! And serving the crew was even more fun. We served up jokes and smiles along with good food, and Nikki was their mom, admonishing "I'm going to tell your Mom" if they didn't want vegetables. She made sure each one had what he or she needed to stay healthy, and she made sure plates of food were made for those who didn't make it to the meal because of a job taking longer than expected. She cared about and took care of everyone, with an occasional treat dessert on the scale of a celebration.

FS2 Nathan Stevens volunteered to prepare the mid-rats meals, which gave us our evenings free. We wanted to learn everything we could about a buoy tender and what everyone did, so we explored and found that our Shipmates were happy to take us on their rounds or teach us their skills. Some of the things we did: made engineering rounds, learned about the engines; studied, completed, and passed the tests and boards for "Lookout" and "Helmsman"; caught the only fish on "fish call" (a barra-

"Be careful what you wish for" people sometimes tell me. I prefer, "If your ship doesn't come in, swim out and meet it!"



cuda!); struggled into the mustang suit on an abandon ship drill; tossed my only "civie" shoes to Haitian boaters to trade for a hand-carved picture; became almost-experts in drills of all kinds; piloted the ship; donned helmets and worked on the buoy deck, including a "heat and beat" (beating the red hot metal to secure the chain of the buoy); participated in training sessions; attended church in the ward room; climbed down the rope ladder to the rescue boat for a short tour around the cutter; served as lookout and helmsman; found our way out of our berths to the deck blindfolded; crawled through lots of hatches and up ladders; and learned by day two how to dress in the dark so as not to wake bunkmates who had night watch.

I also learned a bit about military protocol to the amusement of our Shipmates. My first lesson was on day one at sea, when Captain Niles invited us up to the bridge. The view was so incredible! After awhile, my military boots were making my feet tired, so I sat in a big comfy chair. About 45 minutes later someone whispered to me, "Ma'am, that's the Captain's chair." Everyone was looking



straight ahead as I slid out of the chair and back down to Nikki's office. "Oh my gosh, guess what I just did," I said, totally embarrassed. "Oh, I know, it's all over the ship, the cute little old lady (I'm 67) was sitting in the Captain's chair, just swinging her little legs, and no one said anything." I got teased pretty well for that one, and then a few days later while rehearsing for Change of Command, Captain Niles said, "let's just promote you from Captain to Admiral, and you be the Admiral for the rehearsal." Everyone got a kick out of that, and I enjoyed being saluted ham-



"I called my son, a Coast Guard lieutenant in Charleston, who was in disbelief." "Mom, it's NOT a CRUISE!" he said. "It's a lot of work!"

ming it up to the ruffles and flourishes. Captain Houck said such kind words to us at quarters towards the end of our three week tour, thanking us for helping in the galley and for lifting the morale of the shipmates. It was, indeed, our complete pleasure and we hope they are still giggling about some of the things we did. Captain Houck asked me if there was anything else I would like to do on the ship that I had not done. So on the very last day, I got up early....and from the bridge, they all heard my voice, "NOW, reveille, reveille, reveille".

Shipmates, we will never forget you. We saw first-hand your excellent skills, hard work and dedication. Because of you, the ship is safe; our world is safer. We are grateful beyond words. And seeing your joyful families as the ship



came into Charleston brought tears to my eyes, because I know what sacrifice families make. There waiting for me at the dock was my son, LT Kevin Kuhn, welcoming me home from sea as I have done with him before.

Thank you, Captain Niles, Captain Houck, officers, crew, chefs, (especially Nikki), and most especially Paulette and Toni, for the most amazing journey ever that all started with a wish in an Auxiliary FS classroom.



SERVICE

Experienced AuxFS

Jack Salis

HOMEPORT
Ft. Myers, Florida

CAREER
Bank Executive

HIGHLIGHT DUTY
CG Station
Ft. Myers Beach, FL

QUALIFICATION
Boat Crew
Vessel Examiner



AuxFS Awarded Auxiliary Commendation Medal

CITATION

TO ACCOMPANY THE CERTIFICATE OF
THE COAST GUARD AUXILIARY COMMENDATION MEDAL
TO

JACK E. SALIS

UNITED STATES COAST GUARD AUXILIARY

Auxiliarist SALIS is cited for outstanding achievement while sewing at Coast Guard Station Fort Myers Beach as Auxiliary Chef from April 2012 to April 2013. Auxiliarist SALIS dedicated over 600 hours preparing meals for the crew of Station Fort Myers Beach and offered his personal time on nonscheduled dates in order for the food service staff to attend morale events and volunteer in the community. His outstanding devotion to the Auxiliary Chef program exceeds the norm for the west coast of Florida and throughout District Seven. Auxiliarist SALIS has made significant personal donations to maintain smooth galley operations and often used his own funds and equipment to add an extra special touch to the meals sewed from the galley. His sincere devotion has exemplified Team Coast Guard, seamlessly bridging the gap between Active and Auxiliary shipmates. Auxiliarist SALIS was instrumental to Station's tremendous success with their Food Service Assistance Team visit in December of 2012. He attended sanitation training and prepared and sewed all meals to allow Active Duty personnel to focus on the inspection. His efforts brought much needed support to the galley and helped contribute to the morale of the crew of Station Fort Myers Beach. Throughout this period, Auxiliarist SALIS proudly represented Flotilla 9-10 at major functions of the Coast Guard and the Coast Guard Auxiliary, and he sewed as a superior role model for the Coast Guard Auxiliary. Auxiliarist SALIS' dedication and devotion to duty are most heartily commended and are keeping with the highest traditions of the United States Coast Guard and the United States Coast Guard Auxiliary.



Jack Salis, AuxFS

Fellow AuxFSs,

I retired from Huntington National Bank in Cleveland, Ohio in 2005. We moved to Florida full time in 2007 and that is when I joined the Auxiliary. I became a Vessel Examiner, boat crew member and my 28 ft Grady White was accepted as a facility. I am currently the FSO-VE.

I wanted to do something with more interaction with the gold side. When the AuxFS program started, I thought what a better way to get to know the regulars than to feed them. I went to class at the Clearwater Air Station and started my pre-quals right away at Station Fort Myers Beach. After I got certified I started working at the station one day a week. I have been doing that for almost two years now.

It took a while to get into the family at the station but now I get invited to everything. My wife and I helped with Thanksgiving dinner. We served the duty crew and their families their holiday meal. I have also been ask to be present at the Galley inspections. I get included in any Food Service training. I also help with special events. If additional people will be served because of meetings at the station, I help out with that work also. I was Santa at the station's Christmas party for the crew's children.

Each time I am at the station I bring or make something for coffee break. They only have a coffee break on the days I am there. It was funny when I started this. The crew did not know what to expect. One person would try what ever I made and the rest would wait to see the reaction. Now they come flying in both galley doors to get what-ever I made because they know it will be gone in five minutes.

One of my favorite meals is meat loaf and mashed potatoes with green beans on the side. Now when meat loaf is on the menu, it is referred to as " Jack's Meat Loaf ".

Jack Salis



LEADERSHIP

Learning to Bake – Lesson 2

Goal – Bake Cupcakes

Learning Objectives

1. Learn to properly prepare cupcake pans.
2. Learn to test cup cakes for doneness.
3. Learn to frost cupcakes.

Introduction

Baking cupcakes is easy and there are only a few people on earth that don't enjoy them. They are also a good way to set the dessert portion size for those being careful about what they eat.

Cupcakes require cupcake pans. These pans are inexpensive and available in almost any grocery or department store. You will need two pans to bake all 24 cupcakes that a box of mix will make. Check tag sales and you can often find cupcake pans for pennies on the dollar.

There are special pans for miniature cupcakes and jumbo cupcakes. Here we will use standard sized cup cake pans.

Use cupcake paper liners to make removing the product from the cupcake pan easy. They are available in the cake mix aisle of your grocery store. They also make storage and service quick and clean. Cupcakes in their liners freeze well and are easily thawed and iced at a later date.

Lesson Activities

1. Purchase a cake mix and the other required ingredients listed on the box.
2. Study the box information carefully. Note that there are generally specific baking times given for cupcakes. These instructions are often in the fine print on the box. A box of cake mix will make 20-24 cupcakes standard sized cupcakes.
3. Assemble all of the ingredients and equipment before starting. This is your mise en plas or organization.
4. Preheat the oven as per the box.
5. Place a cupcake liner in each cell of the cupcake pan.
6. Prepare the mix as directed on the box. Fill each cupcake liner with batter to about 2/3 full. If you do not have enough batter to fill an entire pan of cupcakes, put a little water in the empty cells to even out the baking temperature of the pan.
7. Bake the cupcakes on the center rack of your oven. Don't let the pans touch each other or the sides of the oven. Good airflow is important.
8. Check the cake frequently after about two-thirds of the cooking time indicated on the box. The cupcakes are done when a toothpick inserted in the middle of a cupcake comes out clean.

9. After the cupcakes cool for ten minutes or until the pan is cool enough to handle safely, remove the cupcakes from the pan and place them on a wire rack to cool completely. If you leave the cupcakes in the pan the bottoms of the cupcake lines will sweat and can effect the quality of your finished cupcakes.
10. After the cupcakes have fully cooled to room temperature, use a can of good quality frosting to decorate them. Use a small spatula or table knife to spread the frosting. You can also use pasty tips and a pastry bag, but that is a lesson of another day. There is an almost unlimited list of other sprinkles and other toppings that you can use to fancy-up your cupcakes if you like.

Put the cupcakes out and see how fast they disappear.



First Class of New Year at CG Station Ft. Meyers

The first AuxFS class of 2014 was conducted on 21-23 Feb at Station Ft. Meyers. The class was taught by Paulette Parent and Toni Borman. Hands on galley experience followed the classroom sessions. In addition to touring the Station, the class was invited aboard the CGC Marlin that is homeported at the Station.



Serving line ready for lunch service.



FS1 Jason Cobett watches over trainees Frank Rabb and Matt Chester.



Class picture. L-R Front Neskynn Wade 070-03-01 and Paulette Parent ADSO-HR/AuxFS.

L-R Back Toni Borman AuxFS Instructor, Frank Rabb 070-09-06, Matt Chester 070-09-06 and Tony Hooper 070-07-02.



Frank Rabb prepares scratch marinara sauce-mangia!

Kudos for Clearwater Class in March



To: Paulette Parent

Subject: March 2014 AUXFS Class

Hi Paulette and Toni,

I can't THANK YOU ENOUGH for our March 2014 AuxFS Class at Air Station Clearwater.

The class was well done to say the very least. It was, instructive, informative and most of all fun and oft humorous, with just the right amount of hands on experience to make us want more.

I have been in the Auxiliary for 11 years and worked in all areas of the Flotilla in FSO capacities and as VFC and FC. I personally love Public Education and performing Vessel Exams as they allow us to, on a one-to-one basis, interact directly with the Boating Public. But, cooking is by far the most rewarding in service to the brave young men and women who serve and protect our country. It is FUN to have direct contact with the active duty personnel. The appreciation they show us daily is heartwarming and humbling.

Nine (9) years ago, much before the formal AuxFS class was available, I had the pleasure of working with the then FS2 Keith Kimmons during his first tour at Yankeetown. I am now working with him again, now as an FS1, for the rest of this week. I find that the redundancy of day after day mass food preparation encourages my confidence.

Again, a PROFOUND THANK YOU!

Kenn

C. Kenneth Carriere, II
Gainesville, FL 32605-2004



The Largest and Busiest Air Station

Coast Guard Air Station Clearwater is the largest and busiest Air Station in the Coast Guard. In addition to the local area, their Area of Operations includes the Gulf of Mexico, the Caribbean basin, and the Bahamas. They constantly maintain deployed H-60s for Operations Bahamas, Turks and Caicos (OPBAT), a joint DEA, Coast Guard, Bahamian Turks and Caicos anti-drug and migrant smuggling operation in the Bahamas. They also have C-130s deployed in support of JIATF operations in the Caribbean. This is done while simultaneously maintaining a constant Bravo Zero Search and Rescue response at home in Florida.