



United States Coast Guard Auxiliary
Seventh District

D7 AuxFS



eNewsletter - Summer 2014

CG FS Wins Best in Show at Culinary Competition

The 39th Annual Military Culinary Arts Competitive Training Event at Ft. Lee, VA awarded a gold medal to Coast Guard FS1 Kevin Saiyasak. He received the honor for Best in Show in the Contemporary Cooking category. The competition is sanctioned by the American Culinary Federation (See story inside).

More than 200 military chefs from around the globe in all branches of the U.S. armed forces descended upon the Joint Culinary Center of Excellence for the annual competition. Despite their different service backgrounds, they were all dressed in the same uniform – a white chef's coat. This year 14 teams competed for Culinary Team of the Year compared to 9 last year.

Signature dishes were produced dozens of times each day that week. Various members of the Coast Guard team received medals throughout the week but in the end the name that was called above all over chefs as best in show was Coast Guard's own, Saiyasak.

Read more on Page 2



Petty Officer 1st Class Kevin Saiyasak receives best in show at the U.S. Army Culinary Arts Competition.
U.S. Coast Guard photo.



***See Beth Elliott
Story Inside...***



Culinary Specialist Seaman Jack Amico prepares soup during the competition.
U.S. Navy photo by Chief Shawn D. Graham

**Urgent Health Screening Info
on Page 10**

CG FS Wins Best in Show (*Continued*)

"It was a great honor to win an American Culinary Federation gold medal in the contemporary cooking category and win best in show," said Saiyasak after the event. "I couldn't be more proud to cook alongside this year's Coast Guard's Culinary team."

"Compared to our sister services, the Coast Guard is often at a disadvantage due to limited amount of training," added Saiyasak. "Most of the competitors train weeks in advance, and some even year around. Our chefs did the best with the training we had and the time given. The raw talent that the Coast Guard team showed was remarkable."

This year's Coast Guard team was led by Petty Officer 1st Class Jason Rohrs and included six other petty officers. Rohrs competed for Armed Forces Chef of the Year. Touted as the most stressful event at the competition, the Coast Guard was allowed one spot out of the 16 openings for the top toque. Rohrs took on the challenge and was awarded the silver medal. Scoring a silver medal qualified him as a certified executive chef through the American Culinary Federation.

The Chef of the Year title is a major league personal accomplishment. "It is arguably the most prestigious individual award for the culinary training event," said U.S. Army Chief Warrant Officer 3 Charles H. Talley Jr., who headed up this year's competition. "The winner gets bragging rights of being the best chef in the military. There are not many chefs who can claim that title."

Rohrs competed for his second year and said the event is a learning experience beyond comparison.

"It's the best training I could possibly get in the Coast Guard or any other type of military school," he said. "It's better than any advanced school. The feedback you get

from master chefs -- all of them accredited by the ACF -- is amazing. You get great tips on things you need to work on."

The overall training event consisted of live competitions and displays with a format that mirrors the structure of the World Culinary Olympics held every four years in Erfurt, Germany. The show had a wide range of areas of expertise; sculptures, pastries, seafood, wild game and edible center-pieces.

This year the 39th Annual Military Culinary Arts Competitive Training Event increased its focus on training with special opportunities for credentialing and instructional sessions by the U.S. Army Culinary Arts Team.



Adm. Bill Gortney, commander of U.S. Fleet Forces Command, recognized the Navy team for placing first at the 39th Annual Military Culinary Arts Competitive Training event. U.S. Navy photo by MCS 2nd Class Jonathan Donnelly.

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 Italian culinary terms.

capellini		A. pomace
penne		B. toothsome
farfalle		C. angel hair
al dente		D. tube
ziti		E. sausage
bolognese		F. muttz
baccala		G. bow tie
mortadella		H. quill
bocconcini		I. ragu
grappa		J. cod

Tybee Takes on a Famous General

The cry went out to the Station Tybee food service team that a take-out favorite, General Tso's Chicken, needed to be added to the station menu. In a collaboration between Active Duty, Reserve and Auxillary FS team members the challenge was faced and the General met his match.



Reservist FS2 Tricia Iocovozzi goes to the Internet for a base recipe. A quick mark-up of the selected recipe yields a solution.



A well-fed crew is a happy crew.



AuxFS John Quinn from Flotilla 29 at Lake Lanier Georgia reminds the team of the first step to any successful culinary creation.



Torres-Vidal powers thru the after service clean up.



SN Stephanie Torres-Vidal gives Quinn a few tips on changing the recipe from deep-fat fried chicken to a more health conscious stir-fry approach.



A job well-done.

Sweet Scallops

Caramel Glazed Scallops Make for a Great Salad Topping, Appetizer or Entrée

Yield: 4 servings - 6 oz. each

Special Equipment: Saute pan

For the Carmel Glaze

Ingredients:

3 T Sugar, granulated

2 T Water

1 T Agave, honey or corn syrup

Preparation:

In a small saucepan over low heat, combine all ingredients. Simmer and stir until thickened. Reserve.

For the Scallops

Ingredients:

1 1/2 Lb Scallops, sea

2 T Olive oil

2 T Butter, salted

Salt and pepper to taste

1/4 C Sugar, granulated

Preparation:

In a sauté pan over medium heat, melt butter and olive oil. Season scallops with salt and pepper. Sprinkle sugar over scallops to coat. Add scallops to pan without crowding. Allow bottom to brown and caramelize. Turn and repeat.

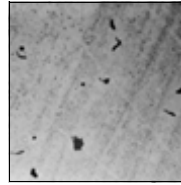
Assembly

Transfer scallops to serving plates and spoon glaze over top of each scallop. Season to taste.

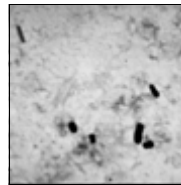
Source: Judi Bidwick

YUK !!! Six of the Least Wanted Foodborne Pathogens

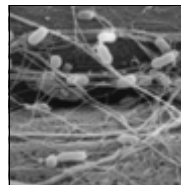
The U.S. Public Health Service has identified the following microorganisms as being six of the biggest culprits of foodborne illness.



Campylobacter- Second most common bacterial cause of diarrhea in the United States. Sources: raw and undercooked poultry and other meat, raw milk and untreated water.



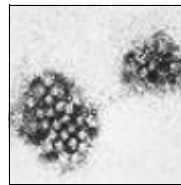
Clostridium botulinum- This organism produces a toxin which causes botulism, a life-threatening illness that can prevent the breathing muscles from moving air in and out of the lungs. Sources: improperly prepared home-canned foods; honey should not be fed to children less than 12 months old.



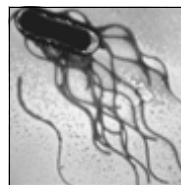
E. coli- A bacterium that can produce a deadly toxin and causes approximately 73,000 cases of foodborne illness each year in the U.S. Sources: beef, especially undercooked or raw hamburger; produce; raw milk; and unpasteurized juices and ciders.



Listeria monocytogenes- Causes listeriosis, a serious disease for pregnant women, newborns, and adults with a weakened immune system. Sources: unpasteurized dairy products, including soft cheeses; sliced deli meats; smoked fish; hot dogs; pate; and deli-prepared salads (i.e. egg, ham, seafood, and chicken salads).



Norovirus- The leading viral cause of diarrhea in the United States. Poor hygiene causes Norovirus to be easily passed from person to person and from infected individuals to food items. Sources: Any food contaminated by someone who is infected with this virus.



Salmonella- Most common bacterial cause of diarrhea in the United States, and the most common cause of foodborne deaths. Responsible for 1.4 million cases of foodborne illness a year. Sources: raw and undercooked eggs, undercooked poultry and meat, fresh fruits and vegetables, and unpasteurized dairy products.



Information provided by:
the Centers for Disease Control.
For more information visit www.cdc.gov.

Other information at
The Partnership for Food Safety Education
www.fightbac.org

SERVICE

Experienced AuxFS

Beth Elliott

HOMEPORT
Astor, Florida

SPECIAL AWARDS

Challenge Coin
Adm. Baumgartner

Challenge Coin
Adm. Korn

HIGHLIGHT DUTY
CG Station
Ponce de Leon Inlet,
Florida

Fellow AuxFSs,

My path to AuxFS is probably a unique one. At the age of 12 I would put on my leotard and character shoes and head to the basement to belt out show tunes. I just knew I'd be a star someday. I quickly learned that I wasn't a singer or dancer so performing in big time musical theater was probably not in the cards for me. I also discovered that I had expensive tastes and learned that for most people being an actress wasn't very lucrative. I did get work at a local dinner theater. I found that I enjoyed being in the kitchen as much as being on stage. Yes, even scullery work could be fun!

So when I saw the email announcing AuxFS in D7 I was very excited. I emailed every name I could find asking to be included in the class. How a stranger in Chattanooga would help me get into a Cocoa Florida class was something I just had to experience. In true Auxilliary form I was welcomed into the class and I was delighted.

I have had many wonderful experiences as an AuxFS. My cooking skills have expanded. My food tastes great! It may not be the prettiest in the world. Hence, that is why I'm not a pastry chef. I also didn't want to work the kind of hours the restaurant industry requires. AuxFS has given me the opportunity to do something I like to do and to support the Coast Guard in a very positive way.

Two years ago, I had the opportunity to serve at Admiral Baumgartner's quarters. One of the events was a "Welcome Aboard" lunch for the young men and women who had signed their letters of intent to go to the CG Academy. It was a meet and greet with young CG officers in the area. The attendees enjoyed the CG hospitality and I received my first Challenge Coin.

CGA Provisional Candidate Mike Franco attended that lunch! This summer the now Cadet Franco and Cadet Sulli E. Edwards spent 5 weeks at the Station Ponce Inlet before departing for a month on the Eagle. All they wanted from me were chocolate chip cookies like Grandma made. Brownies, enchiladas, mac and cheese, puffed rice marshmallow treats, pretty much anything made with love. I became "Grandma." My husband, Bob, and I were renewed by the spirit of these two young people. They are among the best and brightest our country has to offer and we are honored to have made their acquaintance.



L to R, Robert Elliott, Cadet Mike Franco, Cadet Sulli Edwards and Beth Elliott at Station Ponce.(CG Photo by BM2 Brian Sink)



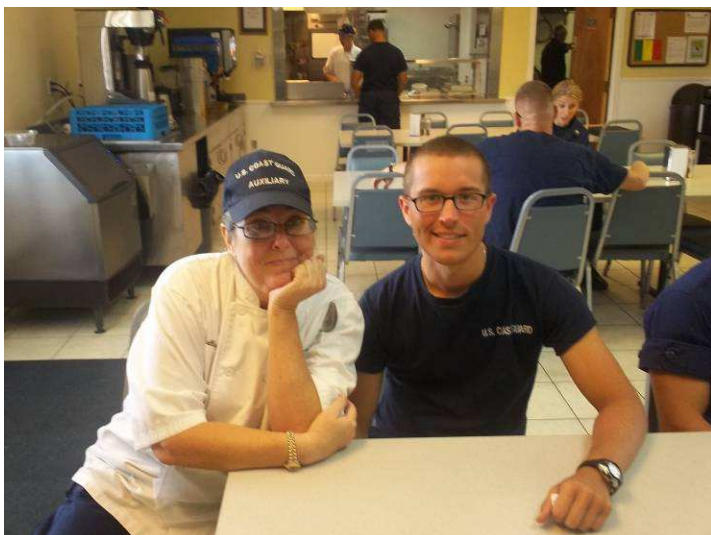


Beth Elliott, AuxFS

On a Monday this summer at Station Ponce we had a new shipmate, Seaman Trent Brown. When I say new, I mean he reported on Saturday from Boot Camp. He showed up in the galley for breakfast. He looked at the hot line and appeared perplexed. He said "I guess I'll take all three." There was sausage, bacon and hash browns. I asked if he wanted eggs or a waffle. "I can have eggs?" He asked. Apparently they don't ask in boot camp. He brightened up when he found out he could have an omelet with cheddar. One of the greatest things about being an AuxFS is adding that little touch of home for the crew.



Beth Elliott teaches at AuxFS training class at Station Ponce. (CG Aux Photo by William Giers)



L to R, Beth Elliot and Sn Trent Brown at Station Ponce Galley. (CG Photo by C. Robert Elliott)

My second Challenge Coin was given to me by Admiral Korn. His first Station visit was to Station Port Canaveral on my day in the galley. Most of us do not get to be part of representational food service. I had to look up the term. We had 7 retired and active duty Flag Officers for lunch that day. Our team consisted of two FS1s, 2 FS2s, an FS3 and one AuxFS. We worked hard! And what fun it was to be part of a big team.

I know that my work with the AuxFS program is just getting started. Around every corner are new challenges, new opportunities to learn and new ways to serve. It is a fun and exciting experience.

Beth Elliott



Beth Elliott prepared salad during Operation Tradewinds in Barbados during 2012. (CG Aux Photo by Matt Losch)



L to R, Beth Elliott, Raphael Santiago, George Peek and Marlene Page at Serving Line, Station Ponce. (CG Aux Photo by Wm. Giers)

LEADERSHIP

American Culinary Federation Who We Are.

The Standard of Excellence for Chefs

Editor's Note-The American Culinary Federation sets standards for and sanctions culinary competitions like the 39th Annual covered in the front page story. This is a reprint of their own explanation of who they are and what they do.

The American Culinary Federation, Inc. (ACF), a professional, organization for chefs and cooks, was founded in 1929 in New York City by three chefs' organizations: the Société Culinare Philanthropique, the Vatel Club and the Chefs de Cuisine Association of America. Since our inception, little has changed in our principal goals. We are an organization based on promoting the professional image of American chefs worldwide through education of culinarians at all levels.

In 1976, ACF forever changed the culinary industry by elevating the position of the executive chef from service status to the professional category in the U.S. Department of Labor's Dictionary of Official Titles. Since this change, the culinary industry and our organization have grown tremendously. Today, ACF is the largest professional chefs organization in North America. We are made up of more than 20,000 members who belong to more than 200 chapters in four regions across the United States.

The American Culinary Federation Education Foundation (ACFEF), ACF's educational arm, is a nonprofit and is recognized by the Internal Revenue Service with a 501(c)(3) tax exempt status. Donations to the ACFEF are tax deductible—please consult your tax advisor for further guidance. Entities under the ACFEF include apprenticeship, programmatic accreditation, American Academy of Chefs, Chef & Child Foundation, Senior Chefs and ACF Culinary Team USA.

ACF is the culinary leader in offering educational resources, training, apprenticeship and programmatic accreditation designed to enhance professional growth for all current and future chefs and pastry chefs. In addition, ACF operates the most comprehensive certification program for chefs in the United States. ACF is home to ACF Culinary Team USA, the official representative for the United States in major international culinary competitions, and to the Chef & Child Foundation, founded in 1989 to promote proper nutrition in children and combat childhood obesity.

We offer culinary competitions, certification, a national apprenticeship program, regional and national events, publications and much more to help foster the growth of professional chefs and the foodservice industry.

Advanced Culinary Skills Training Course Keeps Military Food Service at a High Level

Editor's Note-The ACSTC is offered to active duty personnel from all branches of the armed services at Ft. Lee Virginia. Here is their course description.

Advanced Culinary Skills Training Course - ACSTC:

The ACSTC is a very intense hands-on course designed to improve the overall skills of an experienced cook. It is not the place to learn or review your basic cooking skills. The course focuses on knife skills, menu development, advanced baking techniques, buffet platter production and presentation, production of course meals, (three, five, and seven course), effective purchasing techniques, advanced dessert preparation, table service, nutrition and much more.

The final event is a six, seven or nine course meal prepared for 24 VIP's and guest. The entire class is responsible of designing, preparing and serving the meal. During this course, we will now offer ACF Certification.

Course Description: The Advanced Culinary Skills Training Course (ACSTC) was developed with the intent to train select food service personnel in advanced culinary techniques employing the train-the-trainer concept. This course will provide advanced techniques and skills required for menu planning, advanced gourmet food preparation/production, menu evaluation, and meal service. The ACSTC is challenging and rewarding to the most skilled food service personnel.

This is a jointly trained course with instruction provided by all five services. Training with the different services allows the incorporation of the combined skills and knowledge of each service and to incorporate the new trends in food service and convert to restaurant style service instead of Dining Facility service. The training of different services in the same class is indicative of the way we execute our missions across the world today. All branches of service working together on a mission is now the rule instead of the exception. It also shows that each service has skilled food service professionals. The classes are instructed by combined services instructors. Currently, we have instructors from the Army, Marine Corps, Navy, Air Force and Coast Guard.

Mystery Basket Competition is Most Difficult How the Basket Items Are Selected

Source Story by Amy Perry, Ft. Lee Public Affairs

High profile cooking competitions on television seem to almost always have a mystery basket format. The contestants are presented a mystery basket of ingredients and are then challenged to produce a specified type of item in a specific amount of time. Often the ingredients are unusual or are comprised of items not often thought of as being easily compatible.

During the Military Arts Competition the Armed Forces Chef of the Year category features a mystery basket challenge from which competitors have to include portions of each item within one of four courses they prepare for the judges. This year's mystery basket included pheasant, ocean prawns, red snapper and bison tenderloin for its proteins. Other items included sorrel, asparagus, spaghetti squash, eggplant, fingerling potatoes, risotto, blood oranges, oyster mushrooms, kohlrabi, Swiss chard and Gouda cheese. Competitors could also use a variety of common ingredients found in the refrigerated and dry pantries.

This year the mystery basket was produced by U.S. Army Warrant Officer 3 Charles H. Talley Jr. Talley was also the head of the overall competition.

"When I generate a mystery basket, I want to be fiscally responsible (products that aren't exorbitant in cost) but I also try to add a few exotic items," said Talley. "These items may be served if they were at the Pentagon, but on the flip side, I included some items one would serve at a galley or dining facility."

One of the more exotic items was the bison tenderloin, a lean cut of meat similar to beef tenderloin but more gamey with a different flavor, said Talley. Another "curveball" he included was the sorrel, which is typically used as an herb, but can be used with other lettuces for an unique salad.

"You have to have a few curveballs in a mystery event," said Talley. "That's a great way to truly assess who is the best. You see what the chef is capable of by what they do with that item."

The mystery basket items are kept close-hold before and during the competition, with only Talley and a purchasing agent knowing the American Culinary Federation or ACF-certified basket contents.

"We keep it secret because the chefs start at different times, and something as simple as someone seeing a component can give that person an unfair advantage," said Talley.

"The mystery basket provides chefs with invaluable training", he continued.

"The mystery basket tests the chef's ability to generate a menu without knowing all of the components in advance and his or her organizational skills," explained Talley.

"How are they going to organize their menu to meet their timeline? If they're lacking in a certain skill, it's more apparent. The mystery basket will test their skill set greater than any other category they'll do, because of the unknown."



Spc. Francisco Jaramillo, food service specialist, 204th Brigade Support Battalion, 2nd Brigade Combat Team, 4th Infantry Division, practices decorating a cake at Culinary Arts Academy on Fort Carson, Colo., Feb. 10, 2014. He is practicing his decorating skills for an upcoming competition in Fort Lee, Va.

(Photo by Sgt. Jonathan C. Thibault, 4th Combat Aviation Brigade Public Affairs Office, 4th Infantry Division/Released)



Seaside Lunch in Cortez

Cortez Florida is a Gulf Coast town known for great food. Coast Guard Station Cortez is 100 yards from several of the best seafood restaurants in the area. Judi Bidwick and Robert Frank make a monthly journey from Venice up to Station Cortez. These members of Flotilla 86 cook lunch and dinner for the crew. Keeping up with the strong local competition Judi and Robert cook up some fine food and serve it with the traditional AuxFS smile!



Photos by Judi Bidwick and Robert Frank

All AuxFS ... All AuxFS ... All AuxFS Health Screening Is Not Optional Break If You Don't Complete Your Screening, You Can't Cook at a Coast Guard Galley Break How do you copy? Over A Message From Paulette Parent

At this point we all must receive this message loud and clear. You are personally responsible to get the health screening done. **Your compliance is now being tracked. If you do not have your health screening completed & submitted to the ADSO-HR/AUXFS you are NOT permitted to cook in any Coast Guard galley or aboard a cutter.**

The health screening is rather simple and can be done free of charge at Coast Guard clinics or sick bays. The screening can also be done by a private physician (at personal cost). In D7 most of the Coast Guard Clinics are aware of this new directive for AuxFSs.

Some AuxFSs may be concerned about what is included in this health screening. Be assured that this is not a process to eliminate an AUXFS from their tasks due to a health issue. Obviously, many of us have not survived this long without some health issues. **Issues that are being addressed are the possibility of communicable diseases or health issues that may impact others.** What the screening will do is provide an overall picture of your health to be included in a Coast Guard health data bank. This record is available to authorized Coast Guard personnel throughout the service.

Be assured that **your privacy** is **strictly protected** and this health information cannot be accessed without proper authorization. The benefit to you as an AuxFS, is that you can go anywhere in the U.S. and serve as an AUXFS and those you serve are protected from communicable health issues.

Two Simple Forms are the Only Paperwork You Have to Complete

The Health Screening (PQS) form ① **AND** the Health Record Form ② have been included in this newsletter for your convenience. **Both** are required to complete the Health Screening requirement.

① Health Screening Form - Health Record(SF 600).

The AuxFS should answer the Yes/No questions at the top of the form titled **Health Record(SF 600)**. The blocks labeled "Patient Name", "Sex", "SSN" and "Date of Birth" should be completed.

IT IS IMPORTANT THAT THE AuxFS's SOCIAL SECURITY NUMBER IS INCLUDED ON THIS FORM AS THAT IS HOW THE CG ENTERS YOU INTO THE CG SYSTEM. Please be assured that all information is kept in strictest confidence and is classified FOUO(For Official Use Only).

The Health Record is then completed by the physician and signed anywhere on the bottom of the form. Ignore the "sponsor" information in the box at the bottom.

② Current AuxFS Health PQS Form

The physician should complete the contact information on the front of the PQS form and sign it below his/her information. If it is a private physician the ADSO-HR/AUXFS will have the HS officer at Sector Saint Petersburg enter information in the CG system.

Making an Appointment at a CG Medical Facility

What information do you need when making an appointment?

- CGAUX ID
- Driver's license or government issued ID
- Record of your Hepatitis A shot and booster
- List of present prescriptions and other OTC medications
- Social security number

You should ask the CG Health clinician when making your appointment what else may be required.

Health Screening Is Not Optional (Continued)

Sending Forms to be Entered in the CG Health System

A copy of both forms should be sent to the ADSO-HR/AUXFS. You can send via email or snail mail.

You keep the original.

As a quick recap:

- 1) Print the Health Screening (PQS) form & the Health Record Form.
- 2) Call for an appointment (clinic or your doctor).
- 3) Have all your paperwork per above.
- 4) Copy forms and send/email to ADSO-HR/AUXFS.
- 5) Keep originals for your records.

“Anyone who is a chef,
and one who loves food,
ultimately knows that all
that matters is: 'Is it good?
Does it give pleasure?’”

Anthony Bourdain

We add to that ...

“Is it safe to eat?”

Editor

Health Record (Standard Form 600)

HEALTH RECORD		CHRONOLOGICAL RECORD OF MEDICAL CARE	
DATE	SYMPTOMS, DIAGNOSIS, TREATMENT, TREATING ORGANIZATION (Sign each entry)		
	S:		
	YES/NO MAJOR ILLNESS OR INJURY?		
	YES/NO HOSPITALIZATION OR SURGERY?		
	YES/NO CANCER?		
	YES/NO BACK INJURY?		
	YES/NO DO YOU DRINK 6 OR MORE DRINKS PER WEEK (BEER, WINE, LIQUOR)?		
	YES/NO HAVE YOU EVER SMOKED?		
	YES/NO DO YOU CURRENTLY SMOKE (PACKS/DAY)?		
	YES/NO HEART DISEASE, HIGH BLOOD PRESSURE, OR STROKE?		
	YES/NO ANY REPRODUCTIVE HEALTH CONCERNS		
	YES/NO SKIN DISEASE?		
	YES/NO HEPATITIS OR JAUNDICE?		
	YES/NO TUBERCULOSIS?		
	YES/NO INFECTIOUS DISEASE?		
	YES/NO CHRONIC ABDOMINAL PAIN, VOMITING, OTHER GI SYMPTOMS?		
	O-GENERAL IMPRESSION ____ RAD ____ ABNORMAL		
	SKIN: ____ NORMAL ____ RASH ____ EROSION/ULCER		
	____ PIGMENTATION ____ ECKEMA ____ OTHER		
	OTHER:		
	A:		
	P: BASELINE EXAMINATION		
	DOES EMPLOYEE NEED A FITNESS FOR DUTY EXAMINATION? Y/N		
PATIENT'S IDENTIFICATION (Use this space for Abscon data report)			
RECORDS MAINTAINED AT:		PATIENT'S NAME (Last, First Middle Initial)	
RELATIONSHIP TO SPONSOR		STATUS	SEX
SPONSOR'S NAME		RANK/GRADE	
DEPART./SERVICE		ORGANIZATION	DATE OF BIRTH
SSN/IDENTIFICATION NO.			

CHRONOLOGICAL RECORD OF MEDICAL CARE

STANDARD FORM 600 (Rev. 5-84)
Prescribed by GSA and OHR
FORM 600 CTR 201-5 505

Current AuxFS Health PQS Form**CURRENT AUXFS HEALTH PQS FORM****Name:** _____ **Member Number** _____**Date:** _____

This PQS update shall be met by all currently qualified AUXFSs who completed the AUXFS PQS prior to end of calendar year 2012.

Provide necessary documentation to the cognizant Medical Officer (MO, independent duty Health Services Technician (HS) or Designated Medical Officer Advisor (DMOA) to show that the AUXFS has been screened by a medical department representative prior to the initial assignment in food service areas, and has received the Hepatitis A vaccination.

Print Name: _____
Title/Rank: _____ *(DMOA or IDHS)*
Signature: _____

1. All units with Auxiliarists serving as AUXFSs or participating in the preparation of food shall have their health records visually examined by a MO, independent duty HS, or DMOA to verify that the AUXFS does not carry a communicable disease and has received all required vaccinations.
2. All AUXFSs must have their personal health records verified for compliance NLT 01 OCT 2013. If not completed by that date, then an AUXFS shall not be assigned to perform those duties.
3. MOs are defined as the primary vaccination verification authority. In the absence of a MO, an independent duty HS or DMOA is authorized to conduct visual verification of all required vaccinations.
4. AUXFSs are to provide proof that vaccination for Hepatitis Type-A has been completed.
5. AUXFSs can verify receipt of all required vaccinations by presenting their Vaccination Information Sheet (VIS) or its equivalent within their health records to the MO, independent duty HS, or DMOA. The VIS is the national standard for recording all vaccinations and is available from the Center for Disease Control (CDC) at www.cdc.gov/vaccines/pubs/vis.
6. No records or copies of an AUXFS health record or VIS shall be maintained by the MO, independent duty HS, or DMOA. They shall be returned immediately after verification. Upon verification, the MO, independent duty HS, or DMOA shall print and sign their title, name, rank, and date onto the AUXFS PQS form provide by the AUXFS.
7. Current AUXFSs shall submit their PQS forms to their District Director of Auxiliary for service record retention. AUXFSs in training shall submit their PQS form as part of their qualification packages.

AuxFS Timeline to Getting and Staying Qualified

Another Message from Paulette Parent

NEW AuxFS Students:

BEFORE AuxFS CLASS

Requirements prior to initial AuxFS class:

- 4-hour TCT within 2 years of final certification (or 8-hour)
- Hepatitis-A shot (followed within 1-year by booster) – Copy to accompany Health Screening
- Health screening – Copy of both forms must be submitted prior to class commencement or on the first day of class to ADSO-HR/AuxFS
- Complete ODU uniform with safety-toe boots & other items which may be required per instructors

AFTER AuxFS Class

- Complete PQS form under supervision of CG FS or Certified AUXFS.
- Insure all tasks are signed and dated by supervising authority per above

MUST complete PQS within one year of AUXFS class

Submit certification paperwork to ADSO-HR/AUXFS as follows:

- Signed original PQS form (2 pages)
- Copy of TCT record (either copy of completion certificate or copy of AUXDATA record which can be obtained from member's FSO-IS. NOTE: Date of TCT must be within 2 years of final AUXFS certification)
- Proof of Hep-A booster (as needed within 1 year of original inoculation)

QUALIFIED AuxFSs:

- Hepatitis-A shot (followed within 1-year by booster) – Copy to accompany Health Screening
- Health screening – Copy of both forms must be submitted to ADSO-HR/AuxFS
- Annual Sanitation Workshop must be completed – failure to complete will result in suspension of certification.
This workshop is available on-line via a webinar presented monthly.
- 4-hour TCT required every TWO years from proof of TCT class submitted with final PQS certification paperwork – proof must be sent to ADSO-HR/AuxFS upon completion (per above)
- 8-hours per year of CG Operational Support documented through submissions of 7030s to ADSO-HR/AuxFS. This does not include CG Auxiliary support on 7029 forms.