



United States Coast Guard Auxiliary
Seventh District

D7 AuxFS



eNewsletter - Fall 2015

Sushi Hits Station Sand Key Chowline



If you crave sushi, you have many like minded shipmates at Station Sand Key.

For months the crew asked the AuxFSs at Station Sand Key “can you do sushi?”. The answer was “of course we can”. With the assistance of FS1 Lance Smaller and FS2 Lance Stanford the planning began. The date was set and the menu was ready to go. The AuxFS team of Jesse Scott, Leslile Long and Kim Davis was to prepare a special treat for the Crew. Continued Inside.



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

Sushi In Sand Key Continued

The station was abuzz with anticipation. Homemade California Rolls at a Coast Guard Station in Florida. What a concept!

On October 29 the members of Flotilla 11-1 in Clearwater made a great showing. The sushi was served. It looked and tasted great. Leslie Long supervised the preparation of the meal and FS2 Stanford worked on the sushi selections. Each galley team member took part in making the sushi meal a success. All worked hard to keep an authentic feel to the meal with chopsticks and side sauces adding that little extra. The station was pleased and appreciative. There were smiles all around.

The team prepared the following:

1. Homemade authentic Japanese onion soup.
2. California rolls with avocado, imitation crab, carrots, cucumbers, wasabi, sticky rice and sesame seeds.
3. Spicy tuna on lettuce wraps with seaweed salad and FS2 special sauce.
4. Shrimp blocks of sticky rice and cooked shrimp.
5. Tossed ginger salad.
6. Spicy tuna and salmon rolls.
7. Pickled ginger.

The alternative meal was very delicious as well;

1. Porcupine meatballs.
2. Buttered rice.
3. Corn.
4. Marinara sauce.
5. Mixed tossed salad.

For dessert , the team selected homemade Better than Sin Cake.



AuxFS team(l. to r.) of Jesse Scott, Leslile Long and Kim Davis



Gold Side, Silver Side, Side By Side

AuxFS November Deployments

4 week deployment on the CGC Forward to the Caribbean and USNB Gitmo.



1 week deployment on the CGC Dauntless.



Holiday Message from Branch Chief - AuxFS Atlantic East

BZ to All!

I want to thank the D7 AUXFSs for your hard work this year. The 116 AUXFSs in D7 volunteered for 3,735 hours in 2015. In addition to your regular duties, several of you stepped up to fill critical needs on cutters.

The shortage of CG FSs makes the AUXFS program even more important to the Gold Side. I am constantly hearing from the Gold Side, at all levels, how vital the AUXFS program is.

At his recent holiday party, Admiral Lee, LANT Area Commander, echoed this same message to his guests.

Happy Holidays. Be prepared for a busy 2016.

Ron

Ronald A. Ellis, USCG FS

Branch Chief – AUXFS, Atlantic East (BC-HAA)

Cooking Lingo

sashimi		A. seaweed
nigiri		B. sushi rice
wasabi		C. fish with rice
surimi		D. raw fish
meshi or shari		E. rolls
maki		F. horseradish
nori		G. formed fish
gari		H. chef
itamae		I. rice wine
sake		J. pickled ginger



Pizza Station Cortez style. Hungry? Read the story on the next page.



Gold Side, Silver Side, Side By Side

Letter Tells of Station Cortez AuxFS Teamwork

Editor: AuxFS eNewsletter

My wife and I (Sandra and Dane Hahn) have been cooking for the Coast Guard for years prior to the AuxFS designation. Most of our galley time was at Station Portsmouth Harbor in New Hampshire. There we would often work a seven day shift. The crew would make their own breakfasts Monday-Friday and we would get up extra early and handle breakfasts on the weekends--normally we would interact with the Reserves during that time. We would cook the main dinner and the supper each day--unless it was pizza night when the crew sent out for pies and we went home early.

The photos I include are from Station Cortez, where the Chief and FS-2 have been very helpful. They are aware of our travel issues. We will normally go to Cortez (about 1.5 hours away from home) in time for a 9AM start for the 11:30 AM dinner,. They have provided berths for us, so we can stay over allowing us to make breakfast the second day, and of course dinner and supper. So most of our efforts there result in 5 meals cooked over two days.

I took these photos, so you will not see me in any of them.

Dane Hahn, Flotilla 87 FC



Sandra Hahn and Naomi Robinson serving up burgers and fries, with sliced tomatoes and various cheeses. Dessert was double chocolate brownies.



Sweet and Sour Chicken served over rice. It was enjoyed by all .



The turkey rice soup and a grilled cheese sandwich that we made for supper.



Standing(L to R) is Naomi Robinson, and Sandra Hahn. Naomi was a trainee when I shot this photo, but completed her requirements during the meal and made a really good potato soup later in the day. She was signed off as a fully qualified FS before sundown.

Gold Side, Silver Side, Side By Side

Jax Class Cooks Up Fried Chicken and Waffles

The students in the recently completed AuxFS Basic Class at Sector Jacksonville prepared a famous dish of Fried Chicken and Waffles as part of the practical aspect of the class.



The students and instructors in the VIP dining area at Sector Jacksonville are: (l. to r.)

- Judi Bacon Flotilla 44 (Instructor)
- Beth Elliott Flotilla 45 (Instructor)
 - Ted DuBose Flotilla 10-10
 - Peter Kaurup Flotilla 47
- FS2 Jeff Venderwild (Coast Guard)
- FS1 Jimmy Rosado (Coast Guard)
 - Tom Lane Flotilla 87
 - Kjell Johnson Flotilla 45
 - Becky Kaurup Flotilla 47

Gold Side, Silver Side, Side By Side

Giving Thanks for Those That Serve

Story by Kim M. Davis
Division Staff Officer Human Resources
Division Eleven

Giving thanks for the men and women of the Coast Guard is a high priority for Division Eleven AuxFSs. Shipmates (Foodmates) Jeff Lawlor and Kim Davis prepared and served Station Sand Key a Thanksgiving dinner with all the trimmings as a token of Division Eleven's appreciation for the difficult work that they do every day.

This year the dinner was a little different. The day started off with open brunch from 0800-1200 featuring made to order food selections. After 1300 the Galley closed and we began to make the magic. Jeff, Kim and FS2 Lance Stanford prepared the feast with determination and much laughter.

On the menu for the day:

Appetizer Hour 1500-1600

Fruit Tray
Fresh Veggies in Choo-Choo Train
Stuffed Cucumbers
Turkey Pepperoni Cheese Platter
Deviled Eggs
Crackers and Dip
Cheese platter



Jeff Lawlor heads down at work on dinner preparations.

Dinner Hour 1600-1730

Roasted Tom Turkey
Baked Ham
Sweet Potato Casserole
Green Bean Casserole
Fresh Cranberry Sauce
Corn
Homemade Dressing (Stuffing)
Southern Biscuits and Butter
Homemade Gravy

Dessert Table 1700-1800

Bread Pudding
Pumpkin Mouse'
Peanut Butter Pretzel Pie
Cinnamon Cupcakes
Double Chocolate Chip Muffins
Banana Cream Pie
Homemade Pumpkin Pie
Homemade Cherry Pie
Homemade Mince Meat Pie
Chocolate Carmel Sin Cake
Oatmeal Cookies
Peanut Butter Cookies
Chocolate Chip Cookies
Turkey Oreo's



The "Veggie Train" was a big hit and showed off the creativity of the culinary team.

Jeff Lawlor lead the line with the homemade stuffing and gravy, no commercial seasoning mix this dinner!! Jeff is a true spice master and the food was delicious. Our desserts were homemade and made the crew feel as if they were at home. I believe it's safe to say everyone was pleased. It was truly a day of thanks.

Please enjoy the photos - some were provided by Karen L. Miller.

Gold Side, Silver Side, Side By Side



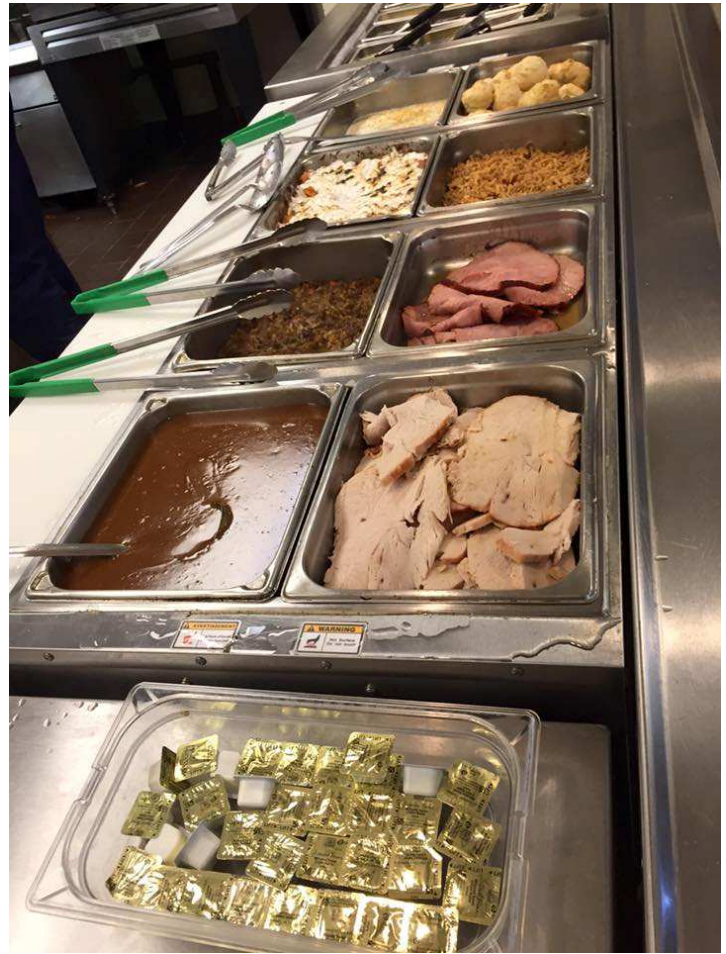
Mr. Turkey pepperoni and cheese appetizer tray.



Buffet table for the Appetizer Hour.



Deviled eggs and stuffed cucumbers were crowd pleasers.



The serving line ready to go.

Continued....



Gold Side, Silver Side, Side By Side

Giving Thanks for Those That Serve

Continued



Dessert buffet with many selections.



Cinnamon cupcakes and chocolate fudge muffins.



Banana cream pie with vanilla wafer crust.



Sliced pie and cookies.

AuxFS News Bites

You are required to complete the Mandated Training before you can assist at a CG unit as of
January 1, 2016

Check with your FSO-MT or SO-MT for help and suggestions on getting the classes completed.

Serve Your Country as an Active Duty USCG Food Service Specialist, Receive an Enlistment Bonus!

Tuesday, November 17, 2015

Posted by: Gaspare Marturano

The United States Coast Guard has announced an enlistment bonus to those who complete training as a Food Specialist. Following are the basic requirements for becoming a active duty member of the Coast Guard:

You must be a U.S. citizen or a Resident Alien. Be between the ages of **17–27** (up to age **32** if qualified for attending guaranteed 'A' school) for Active Duty. If you are **17**, you'll need parental consent.

The bonuses are as follows:

- A \$20,000 enlistment bonus is authorized for applicants to enlist in the Coast Guard, complete guaranteed FS Class A-School after recruit training, and satisfactorily complete the full term of their initial enlistment in the Regular Coast Guard in the appropriate rating.

Already have a Culinary Degree?

- Applicants with a Culinary Degree are authorized a \$40,000 enlistment bonus to enlist in the Coast Guard as an E-3, complete guaranteed FS Class A-School after recruit training, and satisfactorily complete the full term of their initial enlistment in the Regular Coast Guard as an Food Service Specialist.

Gold Side, Silver Side, Side By Side

Holiday Party Showcases AuxFS Buffet Skills

TO: Leslie Long, Jeff Lawlor, Bruce Ristich, Bob Frank, Brian Garry, Jesse Scott
FROM: Paulette Parent ADSO-HR/AUXFS
RE: Sector Saint Petersburg Holiday Party – 18 December 2015

Congratulations to the "AuxFS SSP HOLIDAY PARTY TEAM" for the wonderful job you all did in preparing and serving the holiday buffet for the Active Duty, family and friends of Sector Saint Petersburg. You all performed in an outstanding and professional manner. The work was labor intensive and I never heard a complaint from any of you. In fact, it was nearly impossible to get any of you to take a few minutes to rest. Your help in the AM with the decorating made the room a festive atmosphere for a luau even if the weather did not quite cooperate! Once we all enjoyed lunch, the work began and you worked tirelessly from 1230-1800 when the food was put on the buffet. You then served all our shipmates and families for over an hour - smiling as you wished everyone a very happy holiday. Most of you stayed late into the evening making sure that the buffet was maintained as well as the cleanliness of the lounge and lounge kitchen.

I can not thank you enough for your willingness to serve during this special occasion. I know that hearing the personal "thank yous" from those in attendance is probably reward enough but I would like to add that you were the epitome of the AuxFS program and I could not be prouder of you all.

As you know Capt. Case presented each of us with his Sector's "Bravo Zulu" coffee mugs (with candy too) showing his great appreciation for the job that you did. The gratitude and applause from all the attendees was overwhelming.

Again, may I offer my personal BRAVO ZULU to you all and wish you the Happiest of Holidays and a healthy and happy New Year!

Best regards,
Paulette

Paulette R. Parent DCAPT-W
ADSO-HR/AUXFS
District 7



Paulette Parent(left) and Leslie Long make beautiful and edible fruit kabobs.



Paulette and Leslie make cupcakes for a crowd.

Gold Side, Silver Side, Side By Side



Pepper production for Bruce Ristich.



Jeff Lawlor makes a sauce with due care.



More fast punching on the veg prep from Brian Garry.



Bob Frank with his heads down prep posture.