



# MLC PAC FSAT

VOLUME 1, ISSUE 4

DECEMBER 2008

## CULINARY CONNECTION

BORN TO ROPE. FORCED TO WORK.

A MAN AND HIS HORSE JOURNEY TO RUSTLE UP THE FACTS ON PRIME VENDOR

# RAMOS

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**STARRING FSCS FRANK RAMOS AS HIMSELF**

DSPC CONFERENCE DALLAS, TEXAS

NOVEMBER 2008

DIRECTED BY FSCM CHARLES D'AMICO

**PG-13** PARENTS STRONGLY CAUTIONED  
SOME MATERIAL MAY NOT BE SUITABLE FOR CHILDREN



**WE'VE ADOPTED A NEW NAME FOR  
OUR FOODSERVICE AWARDS PROGRAM,  
HERE IS THE SCOOP ON THE PERSON  
WE RENAMED IT AFTER!**



Ship's Cook 2/c Forrest Orin Rednour, USCG, was born on 13 May 1923 in Cutler, Ill. He enlisted in the Coast Guard at Chicago 19 June 1941, and perished when Cutter *Escanaba* was sunk during World War II on 13 June 1943, after being blown to bits by an explosion of undetermined cause" off Ivigtat, Greenland, with a loss of 101 of the 103 men aboard. Rednour was posthumously awarded the Navy and Marine Corps Medal for heroic action 3 February 1943 when he voluntarily subjected himself to pounding seas and bitter cold for nearly 4 hours to rescue survivors from the torpedoed Army transport *Dorchester*.

Couldn't ask for a better person to name our Foodservice Awards Program after — FSC Matt Mercilliott

His citation reads:

*"For heroic conduct while aboard the CGC Escanaba during the rescue of survivors from a torpedoed ship [Dorchester] in North Atlantic waters. Despite possible enemy submarine action, Rednour risked his life in the black and icy waters to aid in the rescue of unconscious and helpless survivors. Realizing the danger of being crushed between the rafts and the ship's side or of being struck by a propeller blade if the engines backed, he swam in under the counter of the constantly maneuvering Escanaba and prevented many floating survivors from being caught in the suction of the screws, in one instance retrieving a loading raft. Rednour's gallant and voluntary action in subjecting himself to pounding seas and bitter cold for nearly four hours contributed to the rescue of 145 persons." Rednour worked the longest of all retrievers and accounted for the greatest number of survivors.*



**CREAM OF THE CROP COOKS**

**THIS MONTH'S STAR IS FS1 JOSHUA**



After attending culinary school and receiving an Associates of Occupational Studies/Le Cordon Bleu Culinary Arts, FS1 Joshua Garza entered the Coast Guard in May of 2003. Following Boot-Camp, he immediately attended FS "A" school where he received the Top Hat Award, Student of the Month and Graduated with Honors. Within eight months of reporting to CGC ACACIA, his first duty station, Petty Officer Garza advanced to FS2. He was then assigned to the CGC BAINBRIDGE ISLAND as the independent duty FSO where his collateral duties included EMT and BTM. He is currently stationed aboard the CGC GEORGE COBB where, through hard work and dedication, he advanced to FS1 and has established himself as a vital member of the crew. In addition to preparing outstanding meals for the crew, Petty Officer Garza has taken the time and initiative to become a qualified OOD, Buoy Deck Rigger, Crane Operator, Damage Control on scene leader and Buoy Deck Supervisor. He is also trusted to perform many duties and responsibilities outside his rate such as Evergreen Funds coordinator, Morale Committee member, CFC coordinator and MAA. FS1 Garza was an advocate for over \$20k in improvements to the ship's mess deck and galley, resulting in new decking, chart inlaid table tops, flat screen TV's and bench seating for the crew. The result was an immaculate mess deck for the crew to enjoy both on and off duty. During his off duty time, FS1 Garza is active in the community where he is a football coach for his sons' football league. FS1 Garza recently applied and, as a result of his leadership and professional achievements, was accepted to the **Company Commander training program**. We all wish him well on his new assignment and look forward to the quality recruits he will undoubtedly send our way in the future. Fair winds and following seas shipmate.



## NETWORK AVENUE



### NETWORKING TESTIMONIAL!

Did you know that approximately 75% of available jobs are never advertised? Instead, these positions are filled through networking, which is one of the most effective means of finding employment and tapping into the “Hidden” job market. Networking involves building and maintaining professional relationships as a way to mutually share information and advice.

Does anyone remember FSC Warren Luke who used to work for MLC PAC FSAT? Well Warren new the art of networking very well and now works for Ecolab. Warren didn’t have a college degree; he just knew how to work the floor and now is in a great paying position. Nice work Warren!

**Keep networking!**



Does your unit have any excess foodservice equipment they no longer want? Please contact MLC PAC FSAT TEAM with item information and we'll list it in our monthly news letter.

**NEW THIS MONTH:**

**Meat Slicer  
(220 Volt)**

**Automatic Feature - the works!**

**FS1 Joseph Cleary  
USCGC Fir**

**503-325-1601**

(\*Folks— if you have any excess equipment, call FSAT\*!)

## UP COMING TRAINING OPPORTUNITIES!



BRING YOUR FORK AND APPETITE AND HEAD ON DOWN  
**(THESE ARE GREAT NETWORKING EVENTS!)**

**MLC PAC FSAT FOODSERVICE ROUND-UP - December 15-19, 2008 - ISC Hawaii**

**CATERSOURCE 2009 CONFERENCE AND TRADESHOW- February 22-26, 2009 - Las Vegas Hilton & Convention Center**

**CHICAGO NATIONAL RESTURANT ASSOCIATION SHOW- May 16-19, 2009 - Chicago Convention Center**

**New—WINTER FANCY FOOD SHOW— January, 18th –20th— San Francisco**

## Words of Wisdom by FSC Mike Kreider

I have been asked by some junior personnel recently what we do, so I thought I would answer a few of the questions. The Food Service Manual has a more detailed description.

What is FSAT?

FSAT stands for Food Service Assistance and Training Team. We provide training and guidance to the FS's in the field on many fronts. We are required to visit every unit every 18-24 months according to policy. While this may sound easy, cutter/unit schedules, operational demands, command requested visits, symposiums, training events, etc, all seem to make this task more difficult. We also make an effort to perform courtesy visits (non-inspection visits) if we are nearby, especially if a new Food Service Officer has reported aboard a unit. We use a checklist (called a survey) that we fill out during the visit that covers certain aspects of food service preparation, sanitation, safety, etc. This checklist is provided to the FSO/Command prior to FSAT's arrival... we don't want to surprise anyone. In addition to visits, we help to interpret the manuals when FS's have issues that are not addressed clearly in directives.

Is FSAT a fun job?

It depends on the individual. If you are a competent FS, E-7 or above, have had a well rounded career, and like to travel, then FSAT may be something to apply for (new requirements are being released in the revised Food Service Manual). It can be assumed that you will be away from home about half the year on average (FSAT members are a priority 4 upon transfer). The best part of this job is meeting all the hardworking FS's that go above and beyond, each day, to ensure the success of the Coast Guards mission.

What do you do while in the office?

In the office (currently located in Oakland Federal Building), we maintain unit folders that document all correspondence (monthly reports, FSO relief's, deficit letters, verification audits, etc). In addition we have spreadsheets that list each unit with the current FSO, contact info, when the last FAST visit was performed and when the last inventory verification audit was completed. This info is updated daily. Please be aware that unit reports are received by FSAT usually a month or so behind the due date. We get the reports after FINCEN has audited them. Answering phone calls from units/commands is another function that is performed in the office.

How long do we stay at each unit?

The size of the unit, difficulties encountered, etc., dictate the stay at each unit. Generally speaking, if there is only 1 FS attached, one day usually is enough. If more than 1 FS is attached, we like to (when possible) spend time providing training, mentoring, and answering questions about the FS rate and what is going on...we usually have new and revised information that is coming down from the HQ level.

If you have other questions about FSAT or if there is anything else you would like to ask us, please feel free to give us a ring.

### Current FSAT Members:

**FSCM Chuck D'Amico: Team Leader**

**FSCS Gooch: District 14**

**FSCS Ramos: District 17**

**FSC Mercillott: District 13**

**FSC Kreider: District 11**



## ADOPT A CHEF PROGRAM

Want ACF Certified Chefs (**American Culinary Federation**) on board your cutter to train your FS Staff free of charge? Call Senior Chief Frank Ramos the Rodeo King at 510-637-1258 to work out the details. **Units currently scheduled— CGC Eagle & CGC Acushnet — January 2008**



# DETAILED TAILERS -S- DOMAIN

Here are the list of items that need to either be promoted or acknowledged in the fleet. Any bang lists or newsletter would be great!

\* Promotion of Patforswa - still need some qualified candidates. (overseas, no financial baggage, good marks, eligible to receive a security clearance) etc.

\* SCA Pac Area FSC job- re-solicitation message out. Packages accepted regardless of rotation date.

\* SCA Program AY09 - re-solicitation message out- potentially 15 jobs and 4 packages. Deadline extended. Packages accepted regardless of rotation date.

\* Command Endorsements - Members need to ensure they are getting the proper endorsements from their command on their E-resumes, especially FSO afloat/ashore at the E-5 level.

\* We do not know what the advancement list is going to say or when the new cuts are coming out. Best advice for members caught in between is to have an E-resume ready to go or fill out 2. One for the expected pay grade, and one for the current pay grade.

\* Retirement letters- ensure all the standard phrasing such as "or soon there after" is included in your letter. Do not deviate from Chapter 12 C., it will only delay the process. If you are asking for a retirement date other than 01Sep, 01Oct, or 01 Dec than your command must endorse the potential gap. This also holds up the process.

\* Modernization has caused delays as evidence by the changes in deadlines for EPM-2 this year. Sitrep 4 is out. Please take time to read it. Monitor your E-resume as changes are still being made to the shopping list as of today. Mr. Duchossois and I will not be looking at E-resumes until Monday 24Nov2008.

- Concerned members should use their chain of command in all cases when contacting the FS AO's during the slating portion of the season. We will not be answering our phones as frequently.

## SPECIAL COMMAND AIDE RE-SOLICITATION

1. PURPOSE. THIS MESSAGE SOLICITS MEMBERS INTERESTED IN AN ASSIGNMENT TO DUTY AS A SPECIAL COMMAND AIDE (SCA), FORMERLY KNOWN AS FLAG QUARTERS MANAGER. DUE TO THE LACK OF QUALIFIED CANDIDATES RESPONDING TO THE ORIGINAL SOLICITATION, THE DEADLINE FOR PACKAGE SUBMISSION HAS BEEN EXTENDED TO 15DEC08. INTERESTED PERSONNEL NEED NOT BE TOUR COMPLETE AND PACKAGES ARE BEING ACCEPTED REGARDLESS OF TOUR COMPLETION DATE.

2. ANY INTERESTED MEMBERS ARE HIGHLY ENCOURAGED TO REVIEW THE REQUIREMENTS OUTLINED IN ALCGENL 096/08 AND CONTACT FSCS BELLO-LEON AT 202-372-4412 OR CWO2 CARPENTER AT 202-493-1297 WITH ANY QUESTIONS REGARDING THIS REWARDING CAREER

**NEW - SOLICITATION FOR AN FSO ! DOES ANYONE WANT TO GO TO NEW LONDON CONNECTICUT? THE - CGC CHINOOK IS LOOKING FOR A QUALIFIED FSO?**

If interested, contact your detailer— FSCM D'Amico

## RANDY'S PLACE



Greetings Fellow Food Service Specialist,

I have been receiving a lot of phone calls lately concerning the FS striker program? So I would like to take this opportunity to try and explain how the program works, and hopefully clear up some of the confusion.

The FS Striker Course is posted on the FS Information Portal, however you must be enrolled in the FS3 Course with your local ESO in order to receive a hardcopy of the course; as well as the End of Course Test (EOCT). Upon enrolling in the FS3 Course, you should print out the Food Service Performance Qualification Standards (EPQ) dated 04/2006, and make sure that the member is proficient at demonstrating the EPQs according to the listed references. If the striking member follows the reference listed for each EPQ, and completes the FS3 course as directed, he/she should not have a problem passing the EOCT.

The passing rate for the FS3 course is very low; make sure that your members are training according to the EPQs and not to there particular preference! There will be plenty of time for that after your striker has successfully passed the course. Too often the striker is used to augment the duty rotation instead of being properly trained according to the FS3 course. It's the EPQs, that the striker should be utilizing to prepare for the EOCT.

To further assist, I have compiled a FS Professional Development/Training disk that you can use to better explain the EPQs and the techniques needed to become a more proficient Food Service Specialist. Send me an email or give me a call. and I will gladly mail a copy out to you. Also take a look at the Demonstration Kitchen page on the FS web site! The FS "A" school is now producing and posting videos to demonstrate each EPQ. Make sure you check back often as this is work in progress and information is constantly getting updated as each video is completed.

Please feel free to contact me with any questions or concerns and please keep on sending your articles and pictures for the website.

FSC Randy A. Spainhour

## **DFAM TEST PILOT PROGRAM**

### **Good news!**

As of 20 Nov 2008, all 6 pilot units have discontinued the use of the excel based paperwork. ICA's will still be maintained the old way, but everything else is all DFAM. We made some changes to the paperwork the field might be interested in.

These changes effect DFAM reports ONLY:

The 2581, and 4261 will be replaced with new style reports.

The 3123 and 2576 have been re-designed.

The 3471, 3469 and 3114 will be completely discontinued.

Only the summery 3123 need be signed by the XO/XPO. Electronic signatures are authorized for DFAM reports.

We are just waiting on the certification and accreditation , as well as the TISCOM certification processes to finish up. We are on track to begin a 01 April roll out to the 13th and 11th districts. The Pilot units have done an incredible amount of work getting to this point. We still have work to do, but only running one set of books makes it a lot easier.

Bravo Zulu!



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## HEALTHY COOKING



### Colors of the season

Thanksgiving is over and the holiday season is underway. Festive food can make healthy eating a challenge. Healthy Holiday cooking and eating sounds like sort of a oxymoron. Well take heart, one of the great things about the holiday seasons is all the vibrant colors everywhere. We sure you're saying "what does color have to do with cooking and eating". Ever hear the term "Eat a Rainbow"? Different colored fruits and vegetables provide you with the vitamins and minerals that you need to stay healthy. Eating a variety of colors helps you to get more of the nutrients, essential vitamins, minerals and fiber that keeps you healthy and may reduce your risk for chronic diseases, such as cancer and cardiovascular disease.

#### Reds

When you add deep reds or bright pinks to your daily diet, you are adding a powerful antioxidant called lycopene. Lycopene is found in tomatoes, red and pink grapefruit, watermelon, papaya and guava. Diets rich in lycopene are being studied for their ability to fight heart disease and some cancers.

#### Greens

Green vegetables are rich in the phytochemicals that keep you healthy. For example, the carotenoids lutein and zeaxanthin that are found in spinach, collards, kale and broccoli have antioxidant properties and are being studied for their ability to protect your eyes by keeping your retina strong.

#### Oranges

Orange color is a must-have in your daily diet. Orange vegetables and fruits like sweet potatoes, mangos, carrots, and apricots, contain beta-carotene, a natural antioxidant being studied for its role in enhancing the immune system.

#### Yellows

Bright yellows have many of the same perks as the orange groups: high in essential vitamins and carotenoids. Pineapple, for example, is rich with Vitamin C, manganese and the natural enzyme, bromelain. Bromelain is a great digestion aid to add to a meal.

#### Blues/Purples

Blues and purples not only add beautiful shades of tranquility and richness to your plate, they add health-enhancing flavonoids, phytochemicals, and antioxidants. Blueberries, in particular, are rich in Vitamin C, folic acid and potassium, and high in fiber.

#### Whites

Vegetables from the onion family, which include garlic, chives, scallions, leeks, and any variety of onion, contain the phytochemical allicin which may help lower cholesterol and blood pressure and increase the body's ability to fight infections.

**Mom was right.** Fruits and vegetables ARE good for us. Serving and eating platters of these high volume, low fat appetizers dipped in yogurt-based dressings can provide a tasty alternative to other high carb, high fat options. Serving these people are likely to eat less during the main course. And they make great centerpieces too!

**Be sure to include fruits and vegetables in your holiday meal plan along with a few traditional holiday foods.**

#### Here are some other fruit and vegetable ideas:

- Festive tossed salad in the red and green colors of the season – add dried cranberries, cherry tomatoes, sliced red peppers and radishes to a mix of leafy greens.
- Fresh cranberries in salads, breads and sauce.
- Chopped vegetables or dried fruit added to rice.
- Winter squash in soups or casseroles.
- Fresh fruit salad for dessert.
- Start your day off with raisins, add to oatmeal or fresh fruit on whole grain cereal.
- Dry roasted peanuts and raisins or dried cherries for snacking.
- Bake vegetables along side the turkey – combine 1 cup each turnips, carrots and rutabagas, add a little broth, bake until tender about 1 hour.





**FREE CULINARY STUFF!**

Looking for some great material to improve your menu selection? MLC PAC FSAT now has all types of free items to assist you! Below is a list of some items currently available. Items will be added monthly, so read your monthly Newsletters!



**\*\*110 Foodservice Training PowerPoint Presentations CD\*\***

MLC PAC FSAT "Cutting Edge"

Resource Booklet - CD`

Soup Recipe - CD

Techniques of Healthy Cooking - CD

Panini Recipe - CD

Armed Forces Recipe - CD

**Air Force Leadership School Study Guide CD**

Contact FSC Mercillott at 510-637-1263

**Baking Substitutions  
for  
Healthier Holiday Recipes**

Instead Of...	Use...
Whole milk	Fat-free or 1%
eggs	2 egg whites per egg or 1/2 c. egg substitute per egg
sugar	Splenda Sugar Blend
chocolate chips	dried fruit
nuts	half required amount, toasted first
white flour	whole wheat flour
cream, heavy	equal parts half-and-half and fat-free evaporated milk
cream, light	equal parts 1% milk and fat-free evaporated milk
sour cream	light sour cream or fat-free plain yogurt
butter	margarine
fruit-flavored yogurt	fat-free plain yogurt mixed with fresh or frozen fruit
whipping cream	fat-free whipped topping or evaporated skim milk (chilled)
syrop	sugar-free syrop or sugar-free preserves or pureed fruit
coconut	half amount required, toasted to enhance flavor
traditional pie crust	graham cracker crust
fruit canned in syrop	fruit canned in water or juices

**HAPPY HOLIDAYS FROM MLC PAC AREA FSAT!**

*Here at MLC PAC FSAT we look forward to serving you with future publications of Culinary Connection . We value your input. Submit your ideas and suggestions to*

[Charles.F.Damico@uscg.mil](mailto:Charles.F.Damico@uscg.mil)

**FSCM Charles D'Amico**