



FSAT CULINARY CONNECTION



VOLUME 2 ISSUE 10

NOVEMBER / DECEMBER 2009



***FSAT WISHES EVERYONE
A JOYOUS HOLIDAY SEASON
AND
A PROSPEROUS, HEALTHY NEW YEAR!***



FS DETAILER - VISITS UNITS SERVING IN BAHRAIN - PATFORSWA

Good Morning,

I wanted to pass onto you some key points about my visit the first 2 weeks of October.

I am proud to say that all of our FS personnel are doing an excellent job in theater. I had a chance to meet with all of them & sail on both the MAUI & AQUIDNECK. I had to teach Mike Perez how to make chicken parm again? I've got to say that the food onboard MAUI was great, not just my meal, but the ones Mike made as well. Dan Foster didn't even cook me anything; he was too busy freezing the BM1 shirt. (Almost brought the BM1 to tears...it was great!!)

I got a real eye opener looking at exactly what they do and how demanding their jobs are. Not only their FS responsibilities but the immense non-FS workload which they burden; everything from boardings, EMT, to gunner and ATPF watches. Their quals are not just your normal BO quals, but kind of stepped up due to the rules of engagement and pace of OPS. Heck, a shopping trip takes about 5 hours & they have to go armed! These guys & girl work their tails off! The morale is super high not only for the cook but also the entire crews, who appreciate their FS more than I have ever seen.

Our 7th crew FS provides FS relief for the cutter fleet & happens to be U/W as much as the FS's stationed aboard the cutters. A pretty cool note; there are only 4 positions onboard the cutters determined to be a necessity to ship ops. The CO, XO, EPO & of course our FSO make up the 7th crew and are used to fill the positions that are deemed a necessity to ships ops when a "hole" opens.

If I had the opportunity to do this as an FS2, I would jump on this option for a great & rewarding tour, especially if you are the adventurous type. Check out the web page to see the benefits you get while serving here.

[HTTP://WWW.USCG.MIL/PSC/EPM/PATFORSWA.ASP](http://www.uscg.mil/psc/epm/patforswa.asp)

Make no mistakes about it; there is very little down time & Camp Patriot isn't the best mid-patrol break spot, but your living arrangements in Bahrain are pretty sweet.

I don't know how that place would run w/o FS1 Fleenor. That man is everywhere; another very demanding job & much appreciated by the commands.

Many thanks to our FS's serving in PATFORSWA, the entire FS community is proud of you!

CGC MAUI - FS2 Michael Perez
CGC AQUIDNECK - FS1 Daniel Foster
CGC MONOMOY - FS2 Anissa Taylor
CGC ADAK - FS2 Paul Newnam
CGC WRANGELL - FS2 James Mitchell III
PATFOR SWA - FS1 Robert Fleenor
PATFOR SWA BAHRAIN 7th CREW FS - Miguel Negron

Very Respectfully,
CWO Michael A Duchossois
FS Assignment Officer
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ATTENTION IDFSO GRADUATES!



Don't forget to apply for the FS17 COMPETENCY CODE if you attended the new IDFSO Course.

The following information is from ALCOAST 226/09.

THE FS17 COMPETENCY CODE, TITLED FS87/110, WILL BE ISSUED SOLELY BY THE FS RATING FORCE MASTER CHIEF (FS-RFMC) ON AN INDIVIDUAL BASIS TO EACH MEMBER COMPLETING THE IDFSO COURSE OR TO FS'S WHOSE SERVICE RECORD DEMONSTRATES THAT HE/SHE HAS PRIOR EXPERIENCE OPERATING SUCCESSFULLY AS AN IDFSO. UNIT COS/OINCS AFTER THREE MONTHS OF OBSERVING MEMBERS WHO HAVE COMPLETED THE IDFSO COURSE ARE REQUIRED TO SUBMIT AN EMAIL TO THE FS-RFMC WHICH STATES THAT UPON REVIEW OF THE IDFSOS PERFORMANCE AFTER COMPLETION OF TRAINING THE IDFSO EITHER DEMONSTRATES OR DOES NOT DEMONSTRATE FULL CAPABILITY TO SERVE AS THE UNIT FSO PER REF A AND ADDITIONAL COLLATERAL DUTIES ASSIGNED PER REF B.

FSAT

Miniature Mauler in the Culinary Corner!

Check out this Video!

http://cgvi.uscg.mil/media/main.php?g2_itemId=686979





Hello Fellow FS's,

Just a quick update this month. Roll outs have stopped until Feb 2010, a break that will allow us to get the 6.0 compliant DFAM client up and running, as well as start to distribute the bar-code readers. Great stuff!

I will be contacting large units in districts 7 and 9 in the upcoming weeks to schedule training sites. We have already had one volunteer, and I would love some more.

We will be done rolling out to all ashore units in Aug of 2010. What happens after that? Well, 2 things will happen at the same time. We will roll out to afloat units that do not have connectivity, and we will pilot the afloat with connectivity community. I have some volunteers for that as well, thanks to all who have called or written emails.

A quick reminder to those of you PCS'ing from a DFAM unit to a non-DFAM unit in 2010: you will be expected to take DFAM to your new unit, set it up and convert the unit to DFAM. CG-1111 will of course still offer training to other users at that unit.

To those of you at a non-DFAM unit PCS'ing to a DFAM unit:

There will be a training session scheduled specifically for this group in the early part of the year. More to follow on that.

The DFAM instruction, 4061.6 is in the process of being updated. Look for that in the next 45 days or so.

Lastly, CG-1111 sent out an email a few weeks back looking for suggestions to improve the Food Service Manual. To date, we have had exactly one (01) suggestion. In my travels I hear a lot of, well, let's face it, grouching about policy. This is an open call for every FS in the Coast Guard to voice their opinion, and possibly affect policy. Please take advantage of it.

Dining Facility Automation Management Program Specialist COMMANDANT (CG-1111)
ATTN (Food Service Program Office) US COAST GUARD 2100 2ND ST SW STOP 7902
WASHINGTON DC 20593-7902

DFAM Trouble Ticket Web Site -

<http://csd.osc.uscg.mil/cghelp/>

FS1 Ian Weiss
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Good Day all,

We are moving into the busiest part of the AY2010 assignment season, where we will be slating and issuing orders through the end of March 2010. Your E-resumes are due 27Nov09. Orders for personnel returning from Iraq have already been completed, so you may have seen some position recently removed from the shopping list.

We are still accepting application packages for the Special Command Aide Program. Please see ALCENL 081/09 for further guidance on how to submit a package if you are interested. We are always looking for interested personnel and we will continue to re-solicit until we have enough packages to fill the vacancies at the Representational Facilities.

If you are above the cut for advancement to the next higher pay-grade, then you should put in an E-resume regardless of tour completion date. We will decide if it is in the best interests of the Coast Guard to keep you there as a pay-grade mismatch or if it is necessary to move you into a vacancy that exists at the new pay grade. Either way you should back yourself up and put in a realistic E-resume. The expectation for members taking the SWE should be that if they are advanced they will rotate out of their current position. As per the PERSMAN Ch. 4, the main criterion for transferring newly advanced members is needs of the service.

The assignment process is lengthy and we ask that you continue to have patience. Do not call us asking when your orders are coming out. We will get to you. I work the assignment slate in the Senior Account from the top down and by priority. If you are an E-6 with a priority of 5, you should not be calling in December asking where your orders are. We receive a lot of these calls every year and they truly slow the process down for everyone. If you need basic information about the process and/or timeline your best resource is your chain of command.

What things could cause a "stall" in the process? Well, we assign personnel based on vacancies, so sometimes we are waiting on cuts, or a revision to the advancement list or CWO list and sometimes a Personnel Allowance Amendment (PAA) comes in and a billet is created or changed. Sometimes we have off-season critical fills that take priority over the slate, for instance when a member is relieved of FSO, or injured. We have retirement letters that get processed throughout the year as well as Change in rate packages, HUMS packages etc. There are a variety of things in the challenging FS account that may cause a "stall" in the process from your perspective. Rest assured we will complete all the orders by the designated timeline (end of March) as published in ALCENL 075/09.

I wish you all the best this assignment season! I thank you all for what you do. I know you have a tough job out there, so try to stay focused on your duties throughout this difficult and stressful assignment process.

CWO2 Michael V. Carpenter
CG PSC EPM-2
Food Service Assignments
FSCM/FSCS/FSC/FS1/SCA
(202) 493-1297 office
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FOODSERVICE TRAINING OPPORTUNITIES!



Commands,

Below are up-coming Training opportunities you should consider sending your Foodservice Specialist too?

Foodservice Specialist work hard; why not rewards them with some professional Training?

Commercial Training Venues:

35th Winter Fancy Food Show. January 17-19, 2010, - Moscone Center, San Francisco, CA.

Catersource Conference – March 7th – 11th, 2010, - Las Vegas Convention Center

3150 Paradise Road Las Vegas, NV.

IFSEA Conference - April 15 – 18, 2010 - Reno, Nevada (John Ascuaga's Nugget)

Chicago National Restaurant Food show - May 22-25, 2010, - Chicago Convention Center, Chicago, IL.

Western Foodservice and Hospitality Expo-August 14-16, 2010, Los Angeles, California

FSAT - Training Venues:

Ice Carving School – *Numerous Classes* – Dates to be determined!

Garnishing School - Dates to be determined!

Alameda Foodservice Conferences – Dates to be determined!





ARE YOU USING THE RIGHT FOODHANDLER GLOVES IN YOUR GALLEY?

Have you ever heard of “Latex Allergy”?

LATEX ALLERGY

Latex allergy has increased in the last 10 years, and occurs with relatively high frequency in certain at risk populations, especially health care workers, certain patients, and workers who may be required to use latex products in their day-to-day work environment. [Reducing latex exposure to the maximum extent possible minimizes sensitization and development of new latex allergy cases.](#)

There are three types of reactions that can occur in persons using latex. The most **common** reaction to latex products is **irritant contact dermatitis**. Irritant contact dermatitis is the development of dry, itchy, irritated areas on the skin, usually the hands. This reaction is caused by irritation from wearing gloves and by exposure to the powders added to them. This reaction is caused by skin irritation from using gloves and possibly by exposure to other workplace products or chemicals. Irritant contact dermatitis is not a true allergy.

Allergic contact dermatitis also called **chemical sensitivity dermatitis**, results from exposure to chemicals added to latex during harvesting, processing or manufacturing. These chemicals cause skin reactions similar to those caused by poison ivy. The rash usually begins within 24 to 48 hours after contact and may progress to oozing skin blisters or spread away from the area of skin touched by the latex.

Latex allergy also known as **immediate hypersensitivity** can be a more serious reaction to latex than the other forms mentioned above. Certain proteins in latex may cause sensitization. Although the amount of exposure needed to cause sensitization or symptoms is not known, exposures at even very low levels can trigger allergic reactions in some sensitized individuals.

Reactions usually begin within minutes of exposure to latex, but they can occur hours later and can produce various symptoms. Mild reactions to latex involve skin redness, hives or itching. More serious reactions may involve respiratory symptoms such as runny nose, sneezing, itchy eyes, scratchy throat and asthma (difficulty breathing, coughing spells and wheezing). Rarely, shock may occur; but a life threatening reaction is seldom the first sign of latex allergy. Such reactions are similar to those seen in some allergic person after a bee sting.



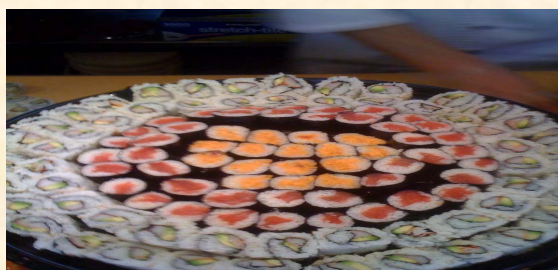
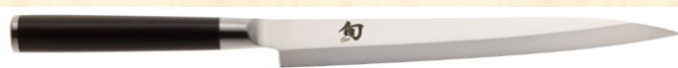
So in Closing: Think about your customers and the type of gloves you're using in the work place!



SPAR Chef's Meet Food Network Sushi Challenge Winner

Sushi Challenge Winner, Tom-San Demura, owner of Kodiak Alaska's finest Japanese Restaurant; *The Old Powerhouse*, extended his 22 years of experience to SPAR Chef's, to embark on a two week intense early morning training on top of their normal FS workload. They were exposed to 10 different Maki Sushi Rolls. Each chef demonstrated proficiency in speed, appearance, and quality.

After the first week of training they were able to prepare 1,200 sushi rolls in 2 hours for the 2009 Coast Guard Appreciation Dinner held by Kodiak's Chamber of Commerce. Tom - San Demura opened his first Japanese Restaurant in 1987, *Little Tokyo* located in Mississippi. His wife Fumiko now manages/co-owns the two restaurants in Mississippi, while Tom-San operates *The Old Powerhouse* along with 2 Sous chefs, and 1 chef, since 2001. We aboard SPAR are extremely thankful for the invaluable training Tom-San generously extended to teach each of us and welcomed us to return anytime, so our crew could have an even greater menu variety.



DSCP COMMENTS!



As many of you know, Stores Web is a DOD sponsored online ordering system. With that, the DOD has certain authentication requirements that must be met in order to use their system. One of those requirements is the ability to utilize a CAC (Common Access Card) reader to login to the system. This includes but is not limited to Stores Web and EMALL. The reason why this is a concern is because most of the original account requests for Stores Web were created within the last 6 or 8 months; Meaning, if you did not have a CAC reader when you created the account, your original 180 day non PKI compliant login is no longer valid to use.

If you find that you can't login to the system and you are not using your ID card to login, a PKI extension request must be completed. The good news is - I will take care of that for you upon notification. All I ask is that you get with your local ESD and request a CAC reader be installed on your CG Workstation. This will make the login process much easier and the account maintenance simplified. Plus, you only need to remember 1 password. If you are not sure if you are PKI compliant, please feel free to contact me and I will check your account for you.

Also, as a reminder, please document your Stores Web account maintenance on your monthly 2576 (CGDFOS).

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Looking for a great calorie counter!
Check this site out!

Thanks FS1 Melissa Olson
CGC Spar

<http://www.webmd.com/diet/healthtool-food-calorie-counter>

THIS ROCKS!



HEALTHY COOKING



Store It, Don't Ignore It!

Here's some food storage information adapted from materials provided by the USDA Food Safety and Inspection Service and the FDA Center for Food Safety and Applied Nutrition.

THIS IS A COMMERCIAL STANDARD— NOT COAST GUARD STANDARD!

Just wanted to give you a taste of what things are like on the other side of the fence!

Storage Times for the Refrigerator & Freezer

These short but safe time limits will help keep refrigerated food from spoiling or becoming dangerous.

Because freezing keeps food safe indefinitely, the following recommended storage times are for quality only.

Category	Food	Refrigerator (40 °F or below)	Freezer (0 °F or below)
Salads	Egg, chicken, ham, tuna & macaroni salads	3 to 5 days	Does not freeze well
Hot dogs	opened package	1 week	1 to 2 months
	unopened package	2 weeks	1 to 2 months
Luncheon meat	opened package or deli sliced	3 to 5 days	1 to 2 months
	unopened package	2 weeks	1 to 2 months
Bacon & Sausage	Bacon	7 days	1 month
	Sausage, raw — from chicken, turkey, pork, beef	1 to 2 days	1 to 2 months
Hamburger & Other Ground Meats	Hamburger, ground beef, turkey, veal, pork, lamb, & mixtures of them	1 to 2 days	3 to 4 months
Fresh Beef, Veal, Lamb & Pork	Steaks	3 to 5 days	6 to 12 months
	Chops	3 to 5 days	4 to 6 months
	Roasts	3 to 5 days	4 to 12 months
Fresh Poultry	Chicken or turkey, whole	1 to 2 days	1 year
	Chicken or turkey, pieces	1 to 2 days	9 months
Soups & Stews	Vegetable or meat added	3 to 4 days	2 to 3 months
Leftovers	Cooked meat or poultry	3 to 4 days	2 to 6 months
	Chicken nuggets or patties	3 to 4 days	1 to 3 months
	Pizza	3 to 4 days	1 to 2 months





RANDY'S PLACE

Greetings Fellow Food Service Specialist,

The November - FS1 Service Wide Exam is over and hopefully all of you that took it did well and will be advancing soon! For those of you preparing for the May 2010 Exam; be sure to read each reference listed on the EPQs as it pertains to each particular EPQ. Be careful with passed around study guides - **double check the information and make sure it's correct and in line with the EPQs!**

Supervisors – Please make sure that your FS3's are completing the task in the FS2 course according to the reference material listed! If they read all the reference material that goes along with each sign off, they should do very well on the test.

I have been contacted by several FS3's that were having difficulties passing the test after multiple attempts? I asked them to go back and read each reference and to make sure they understood what the course was trying to teach them. I then advised them to go to their supervisor for clarification on items they didn't understand. **Guess what?** Once all these FS3s followed my advice; they passed with a 90% or better.

The new FS2 course/test will be out very soon and it will be considerably larger than the past course/test - So I would push your Foodservice Specialist to complete the old course ASAP!

In closing: I will be happy to answer any questions regarding references that you may have? I cannot discuss specific questions from any test including the SWE, however if you have a burning question regarding what you saw on a test, I can provide you with reference locations on where the questions came from!

Talk to you next month and thanks for everything you do!

FSC Randy A. Spainhour
FS Subject Matter Specialist
Phone: 707-765-7142



As the FSAT newsletter is growing, so is the circulation demand. We here at FSAT are making every effort to make sure the newsletter reaches the entire FS Force. We realized not everyone is always getting a copy of it. If you or anyone you may know are not receiving a copy each month, you can access at:

<http://www.militarychefs.com/FSAT.html>

or

[Just send ESCM D'Amico an e-mail and he will send the link](#)

THE FS PROGRAM MANAGER REQUEST YOUR ASSISTANCE!

The Food Service Program would like to give all Food Service Specialists the opportunity to provide input for the next change of the Food Service Manual. This is YOUR manual and your chance to let us know what you feel needs to be changed, clarified, added or deleted from the existing manual.

All suggestions will be reviewed. Any suggestion that does not follow the letter of the law will be discarded. We will not contact everyone who submits a suggestion, however, please be sure to provide us a contact number where we can reach you in the event that we need to clarify anything about your suggestion.

Here is an example of how we would like to see your suggestion sent to us; this will help us to know exactly where in the manual you are referring to, what the current policy states and how you think it should read. You may also include any comments you have to defend your suggested change.

CHAPTER 5.E.4 currently reads as follows:

The CO/OINC normally schedules the annual audit to coincide with preparing and submitting the CGDFOS, CG-2576.

Suggested Change:

The CO/OINC shall schedule the annual audit to coincide with preparing and submitting the CGDFOS, CG-2576.

Please send all suggestions to DFAM@uscg.mil no later than 14 December 2009.

Once again please send this out to all Food Service personnel for their input and recommendations.

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News from the FS "A" School 1 of 2



Greetings from FS "A" School

Congratulations to TRACEN Petaluma's FS Instructors Anthony Schell and Donald Welch on their advancements to FSCS, and to FS1 Timothy Moriarty for advancing to FSC. We would also like to wish farewell to an outstanding instructor, FS1 Louis Weisenstein; who is on his way to assume the FSO position at CG Station Monterey, Ca. In closing: As result of the outstanding efforts put forth by IDFSO instructors (Independent Duty Food Service Officer), we now have nineteen (19) more confident graduates! Thanks FSCS Goguen, FSC Hughes and FS1 Wines for doing such a great job!

Very Respectfully
FSC Jeffrey Lester
FS "A" School Course Chief
(707) 765-7945

Have a safe and happy holiday!



COOL FRUIT DISPLAY!
FS1 JOE CLEARY
USCGC FIR

FS CLASS 02-10 GRADUATED

20 November 2009



- FS3 Leon Doniphan - Honor Graduate - USCGC Alert - Warrenton, OR
- FS3 Jeffrey Allen - USCGC Boutwell - Alameda, CA
- FS3 Aaron Anderson - USCGC Hollyhock - Port Huron, MI
- FS3 Robert Gowen - USCGC Tampa - Portsmouth, VA
- FS3 Kalani Shearer - USCGC Chase - San Diego, CA
- FS3 Daniel Schneider - USCGC Escanaba - Boston, MA
- SNFS Noel Gray - USCGC Acushnet - Ketchikan, AK
- SNFS Michael Desisto - CG Sta Castle Hill, Castle Hill, RI
- SNFS Jesse Wolf - USCGC Alex Haley - Kodiak, AK
- SNFS Christopher Hutchens - USCGC Hamilton - San Diego, CA



Good Luck!