### SWORDFISH CSOY



Part 1-

COMMAND ENDORSEMENT



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From:		Reply t Attn of	0	

To: CG-1111

Thru: CG FORCECOM (FC-Acfsat)

Subj: NOMINATION FOR THE 2019 FORREST O. REDNOUR MEMORIAL AWARD FOR CULINARY SPECIALIST OF THE YEAR (CSOY)

Ref: (a) Forrest O. Rednour Memorial Award Program for Excellence In Food Service and Food Service Specialist of the Year, COMDTINST 4061.7 (series)

Award. Is CGC SWORDFISH's Food Service Officer (FSO) and, as the only Culinary Specialist assigned to the unit, has consistently exceeded the expectations of the command, assigned crew, and visitors alike.

2. meets the eligibility requirements and exceeds all evaluation criteria with the following examples provided as per ref (a):

a. Food Service Healthy Cooking Initiatives: Due to commitment to duty, she regularly presents her food in an attractive manner which enhances the dining experience for all galley patrons. She does this through serving her meals from dedicated serving dishes laid out in the order best enjoyed. CS2 herself adds to the dining experience by ensuring her uniform and work area is clean and sanitary while enthusiastically serving her meals to the crew. Every meal she prepares is made fresh, by scratch every day. Her meticulous attention to detail and refined ability enables her to create meals with a fine dining experience. Every meal is presented with organization in mind, creating a stunning display for the crew. To be quite honest, she hasn't served a meal that wasn't "out of this world"! Because of her superior knowledge of nutrition and her commitment to the wellness of her shipmates, CS2 interacts directly with the crew, requesting their opinions, wants and dislikes and dietary needs, creating meals that are both appetizing and healthy. When a member of SWORDFISH requests meals for certain dietary and fitness goals, she creates alternative meals in line with the individual's needs, the "Healthy Cooking" Textbook and choosemyplate gov. Furthermore, CS2's adaptability to dietary needs has directly contributed to four members accomplishing personal fitness goals of losing weight and improving PT test scores. Both the noon and evening meals have fresh prepared salads; all of the highest quality. Every vegetable served during meals are fresh, never frozen or from a can. She often plans her meals to purchase in season produce from local supermarkets. This ensures her vegetables are of the highest possible quality with the most nutritional value. Her commitment to nutrition is well above what is expected, she realizes how important this is for her shipmates. She makes

positive impacts on her shipmates nutrition, both on the cutter and while they are on liberty.

- b. Customer Focus, Relations, and Education: has created an environment of open communication where the most junior personnel are free to provide input and recommendations concerning their preferences for meals served onboard. CS2 retains a white board for crew members to provide any requests for either meals or specific food items. Once received, she incorporates the crew's feedback into menu planning and her shopping plans. Even with the recommendations she receives, skills to regularly exceed all of our expectations and has distinguished herself as one of the top performers in the rating. When asked, expertly communicates nutritional information to the crew, serving size recommendations, and enthusiastically answers any recipe questions that any may have and requests truthful feedback from the crew in order to achieve 100 percent satisfaction. CS2 consistently shows a true love for her craft.
- c. Command and Community Relations:

  displays an unparalleled commitment to duty and the Coast Guard. Last year, during a scheduled galley closure for dry dock, requested to do an internship with local restaurants in the Port Angeles area. CS2 took it upon herself to reach out to restaurants in the area to volunteer her services. After a completing the required interviews, she began an internship at the Kokopelli Grill starting off in food prep. Kokopelli Grill is one of the finest restaurants in Port Angeles, known for their fresh caught sea food and extravagant dishes. Within her first two weeks she moved up to line cook. After speaking with the owner/manager he has never moved any to line cook so fast, normally six months of training and learning the menu. Completing her 45 day internship CS2 organized a unit morale lunch at the restaurant, allowing every member of the crew the opportunity to taste and experience her delicious dishes she had been preparing for the locals.
- Personal Development: is always searching for new techniques, recipes, menu ideas and opportunities that will contribute to her personal and professional growth. In order to consistently have new and healthy recipes available to her while preparing her meals, she always has the food network channel on in the mess deck, researching new ideas and meals to prepare for the crew. CS2 is consistently called upon by other CS's and Commands for her insight, experience, and recommendations as a result of her exceptional technical expertise and outstanding past mentorship to other CS's around the Coast Guard. has also become fully qualified as one of the unit's on-scene leaders (OSL) and investigator for damage control drills, Cutter Boat Medium (CBM) boat crewman, .50cal gunner/loader, Deck Seaman, Davit Operator, and Boat Deck Captain, effectively running all aspects of casualty control and boat launch and recovery. This year CS2 has completed two college courses and is currently enrolled in two more working towards her Bachelor's degree in Business Administration with a focus in Entrepreneurship.
- e. <u>Collateral Duties</u>: In addition to her primary duties as the Independent Duty FSO, serves as the units Morale Petty Officer, Master at Arms (MAA), Inport OOD, .50cal Gunner/loader, and deck in charge, OSL, investigator, boat crewman and Cutter Surface Swimmer for CGC SWORDFISH. As MAA she has completely rebuilt the ship's daily cleanup program by assigning regular duties to each person for each space. This is a vast improvement that promotes accountability for cleanups. Outside of her assigned

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duties, she has also created checklists for the Inport OOD to follow to ensure that all daily requirements were met, minimizing the likelihood of missed items. The effects of this change were seen immediately. As the units Morale Petty Officer, CS2 singlehandedly coordinated the unit's Morale Christmas party, organizing the Christmas dinner, secret Santa gift exchange, and ugly sweater competition. CS2 lifted everyone's holiday spirit working around the unit's underway operational schedule achieving 100% success. When SWORDFISH is conducting evolutions from mooring to DC or NAV drills, CS2 finds time to ensure that she can assist in any way she can including: running evolutions as deck in charge, working with the Training Petty Officer (TPO) to schedule drills around meals so she can perform her duties as investigator, or go out of her way to help the boarding team prepare by assisting them in donning gear or preparing snacks for their missions. During the unit's Tailored Ships Training availability (TSTA) evaluation, CS2 had a major impact on the SWORDFISH success with an overall score of 99.8%. As the unit's investigator and the units Cuter Surface Swimmer, completing all drills with 100% compliance and dressing out in all swimmer gear in two min and 19 seconds during the man overboard drill. As the FSO onboard she rarely gets a break from her job, yet I find that she spends most of her off time ensuring that the rest of the crew is well taken care of.

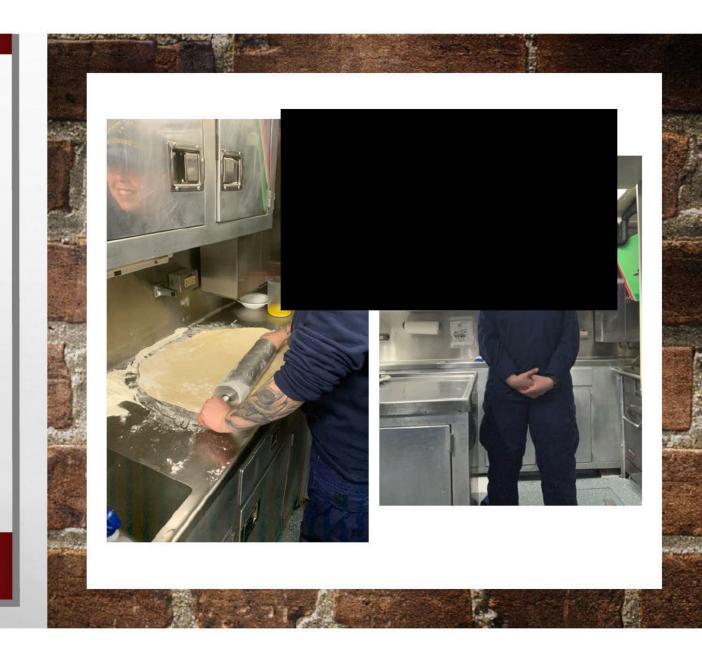
after a vital part of the ship's continued operational success. Ensuring that the crew has healthy and delicious meals every day is an incredible boost to the ship's morale. Crews that don't have to worry about a sub-par meal after a long day of operations perform at exceptionally higher levels than those that do. Members of SWORDFISH look forward to each and every meal that CS2 prepares. I have never been at a unit where the crew was this excited to eat a meal or where members from other units are willing to travel over two hours to eat at the galley. She displays an exceptional commitment to high sanitation standards, achieving 100% compliance on all inspections, particularly that of the Medical Clinic Health Service Technicians, which is consistently impeccable and vital to the crew's health. Proper administrative and financial practices performed with minimal oversight, combined with innovative procedures, have had a significant impact on the efficiency of the unit and stewardship of resources. I am truly humbled to serve alongside the commitment to excellence serves as a model for all Coast Guard men and women to follow.

# THE TYPICAL DAY UNDERWAY

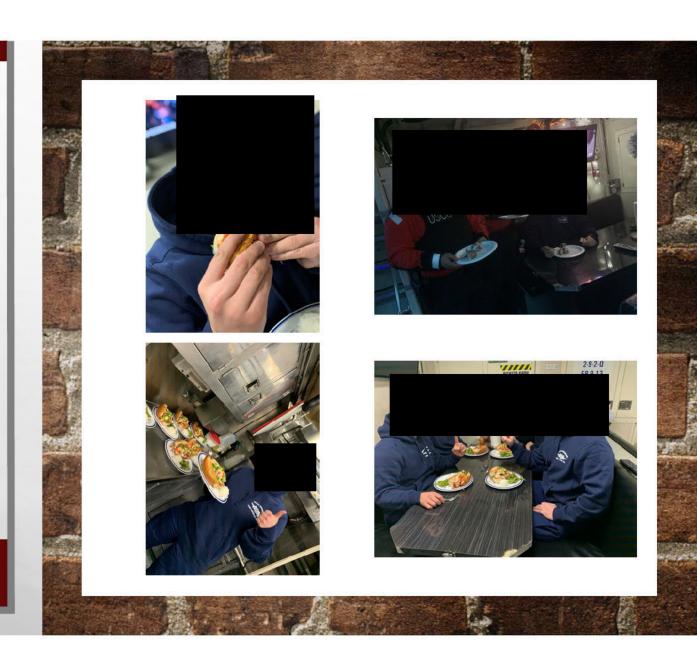
BY CS2



### BEHIND THE PICTURES



## THE CREW THAT MAKES IT WORTH IT



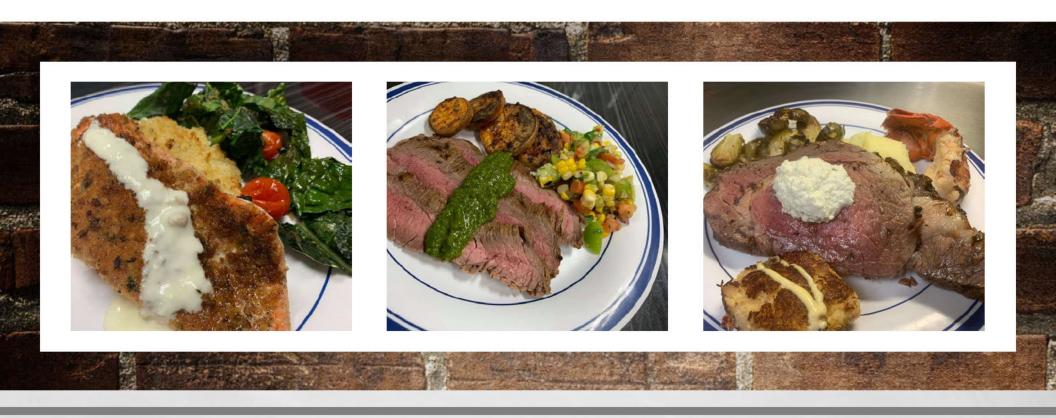






#### TACO TUESDAY!

("DEL TACO" CHICKEN TACOS, KOREAN BULGOGI TACOS, CARNITAS)



## SURF AND TURF! CRUSTED SALMON W/ SWEET LEMON SAUCE JUICY FLANK STEAK W/ KICKIN CHIMICHURRI HERB CRUSTED PRIME RIB W/ CRAB CAKE AND LOBSTER TAIL









# NO SOUP FOR YOU! PHO W/ FLAVORFUL RICH BEEF BROTH BRAISED PORK RAMEN W/ HOMEMADE NOODLES AND STOCK 5 STAR SPICY THAI GREEN CURRY



## NOT YO MOMMA'S SOUTHERN COOKIN'

- PULLED CHICKEN SANDWICHES IN A SPICY HOMEMADE BBQ SAUCE W/ FRIED JALAPENO AND ONIONS
- COUNTRY FRIED STEAK SMOTHERED IN SAUSAGE GRAVY
- FRIED CHICKEN AND HOMEMADE CORNBREAD WAFFLE











## PIZZA, PASTA (YES FROM SCRATCH)



#### **RANDOMNESS!**

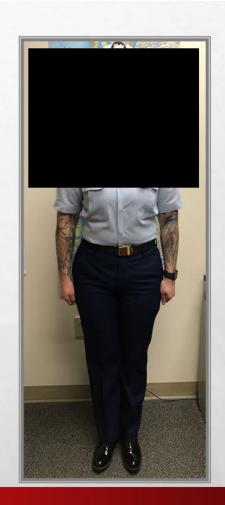
SPICY KUNG PAO CHICKEN GREEK GYRO W/ HOMEMADE PITA LOCO MOCO BANH MI SANDWICH



### BAKED GOODIES



#### CS2 FSO, USCGC SWORDFISH (WPB 87358)



#### SCUBA SAM (AKA CUTTER SWIMMER) SAYS THANK YOU FOR YOUR TIME

