



USCGC ASPEN (WLB 208)

FORREST O. REDNOUR MEMORIAL AWARD PACKAGE

MEDIUM AFLOAT

2019





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PART 1: Command Endorsement Memo



4061
19 Jan 2020

MEMORANDUM

From: [REDACTED]
CGC ASPEN (WLB 208)

To: COMDT (CG-1111)
Thru: CG TRACEN Petaluma

Subj: CGC ASPEN COMMAND ENDORSEMENT FOR THE 2019 FORREST O.
REDNOUR MEMORIAL AWARD

Ref: (a) Forrest O. Rednour Memorial Award Program for Excellence in Food Service and
Food Service Specialist of the Year, COMDTINST 4061.7 (series)
(b) COMDT COGARD Washington DC 301249Z Sep 19 / ACN 115/19, CG-11,
COMDTNOTE 1650

1. In accordance with references (a) and (b), I wholeheartedly and enthusiastically endorse the nomination of CGC ASPEN's dining facility for the 2019 Forrest O. Rednour Memorial Award for Excellence in Food Service. ASPEN's galley plays a pivotal role in the day-to-day operations of the ship, both underway and in port. Crucial in the efforts to maintain the health, morale, and readiness of the crew, our talented team of four Culinary Specialists (CSs) excels in delivering superior service, innovative menus, and an unmatched level of responsiveness to crew requests. During this last calendar year, the galley prepared incredible and creative meals for over 200 guests during multiple high-profile events, including the Pentagon's Joint Civilian Orientation Conference 2019, the District 11 Commander's unit luncheon, and multiple stakeholder familiarization cruises. The meals prepared by ASPEN's galley consistently received the highest praise from the command, crew members, and guests alike. Members temporarily attached to ASPEN regularly applaud the diversity and flavor of the meals offered, routinely complimenting the galley's exceptional customer service. These observations are especially meaningful when they come from inspection teams whose perspective is informed by visits to multiple units each year; those groups, such as with ATO San Diego evaluators last spring during our CART/TSTA cycle, always report that ASPEN's food and service are unrivaled. Aside from their innate professionalism and inherent desire to push for excellence, what sets this culinary team apart is their willingness to define themselves outside the galley – working as Buoy Deck Riggers during ATON evolutions, Boarding Team Members during LE operations, or Stretcher Bearers during shipboard emergencies. They never hesitate to lend a hand or help out. Their positive attitudes, dedication, and willingness to get the job done in ASPEN's high tempo and dynamic operating environment embody what it means to be a Culinary Specialist in the U.S. Coast Guard.

2. Paperwork Administration: The ASPEN galley continually provided excellent, nutritious, and high-quality meals – and has been recognized by the Culinary Operations Support Team (COST) as well-run, clean, and efficient. The dining facilities' success is built upon strict adherence to all paperwork management guidelines. Despite ASPEN's dynamic and high operational tempo, ranging from week-long local area ATON trips to month-long out-of-district

LE and ATON deployments, the CS team remains consistent in their administrative compliance. The Food Service Officer (FSO) ensures that all chow bills are paid on-time, even with a myriad of guests aboard ranging from National Park Service rangers to National Oceanic and Atmospheric Administration technicians, while also confirming that the Dining Facility Operating Statement is submitted to the Coast Guard Finance Center by the tenth day of each month. The FSO's meticulous attention to detail and thorough reports keep the command informed and accountable.

3. Menu Planning and Food Preparation: The galley's well-executed weekly menus showcase a variety of talent and array of meals, scrupulously avoiding repetition. The crew is encouraged to bring their preferences and ideas to quarterly Menu Advisory Board meetings, and the galley team quickly turns requests into delivered options. During in-port and underway periods, the Duty Cooks are encouraged to collaborate on menu items, integrating them into the menu planning and approval process while allowing them to develop their professional specialty knowledge by inspiring the creation of new meals and honing culinary skills. This galley climate fosters creativity and ingenuity. All meals prepared by ASPEN's galley staff are from scratch and use the freshest ingredients possible. The CSs onboard promote a fit work environment by encouraging members to sign-up for the "healthy options" made available as an alternative to the line. The Jack-of-the-Dust (JOD) ensures all subsistence items are ordered and delivered on time. The CSs have held rank-based morale cook-off nights, with participating groups ranging from the wardroom to the non-rates, in order to foster creative competition and inclusion. While underway, the JOD prepares delicious nightly offerings for mid-rats, ensuring crew members consume a nutritious meal before standing a diligent mid-watch. These mid-night meals range from ceviche to steak-and-eggs. The galley staff are also extremely attentive to the operational demands placed on ASPEN's crew. During busy port visits, CSs often use their liberty time to shop for hard-to-get and unique items before getting back underway, ensuring ASPEN is equipped with a wide variety of fresh produce and ingredients. Since ASPEN's missions are often weather-dependent, and the duration of evolutions vary buoy-to-buoy and patrol-to-patrol, the CSs strive to provide the utmost consistency to the crew. Meals are not only served on time, but also with the care and adaptability necessary to ensure every crew member is satisfied during long days of work in stressful and often uncomfortable conditions.

4. Food Presentation, Serving, and Food Acceptability: ASPEN's galley team are masters of making the cutter dining facility experience transcend the limitations of a traditional cafeteria lunch tray layout. The CS staff routinely go the extra mile with garnishes and toppings to make sure that the presentation matches the superb quality of the food. From classic comfort foods to upscale dinners, the galley puts maximum effort into all aspects of the meal with particular attention to the way meal items are displayed. With the phrase "people eat with their eyes" in mind, cuisine is strategically placed on the serving line to highlight both colors and textures. Additionally, the FSO developed a new 6-week cycle menu that took the crew's ideas and suggestions into account. The FSO has immersed himself into the vegan world of cooking to better understand the process and demand for a "no-meat" lifestyle. This has brought other members together in creating from-scratch vegan options that mimic proteins such as beef or chicken. These new approaches delve into the science of cooking and the inner workings of gastronomy, creating innovative improvements that demonstrate the galley's dedication to the crew and ensure all patrons have an entrée that meets their needs and/or desires. When visitors and temporarily assigned personnel come to the ASPEN, they always leave with a great

impression of the galley. Guests consistently remark that their meals aboard ASPEN are far and away some of the best meals they have ever experienced in the Coast Guard.

5. Food Conservation, Sanitation, and Safety: ASPEN's galley exemplifies proper food stowage and sanitation. The galley staff always utilize leftovers to the fullest extent possible, especially for midnight rations and the homemade Soup of the Day. All leftovers are properly labeled and stored below 41 degrees for no more than 24 hours. All knives are kept in a secure knife rack that completely conceals their blades. All of the equipment in the galley is currently in excellent working order and has been replaced within the last few years. The assigned Health Services Technician (HS) onboard the cutter completes weekly dining facility inspections and has never given the galley a score below ninety percent.

6. Purchasing, Receiving, and Storage: All dining facility purchases are made in accordance with applicable U.S. Department of Homeland Security and U.S. Coast Guard policies. The galley employs a Defense Supply Center Philadelphia (DSCP) account and utilizes Prime Vendor in home port. The galley leverages 70% ordering through Prime Vendor for the most cost-effective option, as well as utilizing local stores to purchase unique and hard-to-get ingredients and foodstuffs. There were no purchases made over \$3,500.00 last year, and all receipts were signed by authorized cardholders and verified by the Approving Official. Food deliveries are well-timed and goods are promptly stored and accounted for using the first-in/first-out basis. To receive the freshest ingredients possible prior to patrols, the dining facility staff often arrives to the ship earlier than most to receive produce orders hours before getting underway. ASPEN currently has an active pest control program and is pest-free. Safety Data Sheets are accurate, up-to-date, and are easily accessible to the entire galley staff and mess cook. All storage areas are thoroughly cleaned in compliance with regulations and demonstrate a conscious effort to employ and create best practices for cutter galleys.

7. Supervision and Training: The FSO has established a thorough training program for division members and mess cooks. All CS-related personnel participate in the required six-hours of sanitation training, which includes slide show presentations, hands-on trainings, and visual demonstrations for mess cook indoctrination. Mess cooks are provided with training and health evaluations before they begin their duties - and are closely supervised by the Duty Cooks and FSO. The FSO and Division Officer work tirelessly to ensure members have access to professional development opportunities both in and out of the galley - a unique experience not offered on all cutters. One CS3 attended a Boarding Team Member college, went to the range in order to earn and maintain weapons qualifications, and conduct multiple law enforcement boardings as a break-in Boarding Team Member. The entire galley staff have also been out on the buoy deck, working towards their Buoy Deck Rigger qualifications - an essential part of the black hull sailor's life. During ASPEN's 2019 District 13 ATON patrol, CSs assisted on deck during 18 buoy evolutions, enhancing efficiency towards completing the mission, as well as providing invaluable teamwork training to the CS division. The two CS3s were also able to attend the Leadership and Management School (LAMS), setting those members up well for advancement and providing tools to lead future Coast Guard men and women - as well as their own dining facilities. The FSO also seeks opportunities outside normal galley duties, serving as the In-Port Watchstander Coordinator, Master-at-Arms, and helping to qualify over 30 watchstanders as a senior Command Duty Officers (CDOs) onboard. The entirety of the galley staff is highly trained in Basic and Advanced Damage Control, as well as serving as Stretcher Bearers onboard. As key members of the Battle Dress Station during shipboard drills, the CSs

expertly contributed to ASPEN earning a 95% overall score during Tailored Ship's Training Availability 2019 by achieving a unprecedented 100% score on all nine Medical Training Team drills. The CSs also serve as Bearing Takers on the bridge during busy restricted waters transits, enabling the safe navigation of the ship in the near-constant traffic of the California Coastal Region. These skills strengthen ASPEN's readiness both underway and in-port; the value of these contributions aboard an optimally manned cutter cannot be over-emphasized.

8. Health Promotion Initiatives: ASPEN's galley consistently strives to offer health-conscious meals and nutritional information. The galley features a "healthy option" for all dietary lifestyles, offering a sign-up each day for plant-based Beyond burgers, salmon, chicken, or a meat substitute. This allows members to stay within their diet constraints while underway and in port. The salad bar contains a variety of options, including multiple types of veggies, various dressings, and lean protein. Produce ordered is organic and baked goods are made from scratch, ensuring the crew has access to high quality products and limiting exposure to unnecessary preservatives. A variety of healthy snacks are available for the crew during non-serving hours, such as fresh fruit, lean beef jerky, and whole grain granola bars.

9. Command Attention and Relations in Food Service: The ASPEN command cadre ensures that the FSO has all necessary support to maintain the galley's high standards. Weekly inspections are recorded by the unit's HS and reported to the Executive Officer. ASPEN's budget allows the galley to purchase new equipment to help further enhance the productivity and performance of the galley staff, including recent purchases of a new stand mixer and a grill for the fantail. The Culinary Service Division is always more than eager to cater to VIP guests and other dignitaries, with the command working intimately with the FSO to plan visits. This allows the CSs ample time to showcase their amazing talents to members outside the lifelines.

10. Food Service Innovation: With ASPEN being a multi-mission platform, innovation and adaptability are vital skills for galley team members. Buoy deck and law enforcement operations can last for hours, often without breaks for meals. The CSs go above and beyond to guarantee each crew member is given a hot meal by keeping the serving line open well beyond normal serving times. This ensures bridge and buoy deck personnel can eat quickly, have no loss of productivity or safety, and complete the evolutions successfully. Additionally, the CS team prepares to-go plates and thoughtfully delivers them to the buoy deck and bridge, allowing key members to eat without interfering with dangerous evolutions and improving the efficiency of meal times aboard the cutter. As a buoy tender that also performs counter-drug law enforcement missions, our galley staff is faced with the challenge of keeping snacks and drinks ready for boat crews, as well as extra supplies stocked for feeding detainees and migrants. Without the dedicated service of our CS staff, ASPEN would undoubtedly be less mission capable. The galley has an inviting atmosphere to crew members as other divisions and departments regularly join in with food preparation. The galley hosted a series of morale nights where the CSs offered supervision and guidance to members. The Officers prepared pizza, the Chief's Mess made authentic Philly cheesesteaks, and the First Class Petty Officers hosted a sushi night where over 100 specialty rolls were prepared alongside poke and pork steam buns. The flexibility and consistent readiness of galley personnel to adjust to the ship's ever-changing duties allows ASPEN's crew to be ready, relevant, and responsive for any mission to which it is tasked.



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PART 3: 2019 Annual Audit



4061
19 Nov 2019

MEMORANDUM

From:

CGC ASPEN (WLB 208)

To:

Thru:

Subj: ANNUAL DINING FACILITY AUDIT REPORT

Ref: (a) Food Service Manual, COMDTINST M4061.5A (series)

1. An audit of CGC ASPEN (WLB 208) was conducted on 19 November 2019 per reference (a), and the results are as follows:

2. A complete physical inventory of all food items was taken and all prices against last purchases have been verified (Enclosure 1). The total value of the inventory is [REDACTED]. The inventory was found to be organized, nothing was expired, and first in-first out practices are being used. Record keeping processes were found to be accurate and organized. A Perpetual Inventory test was conducted and found to be satisfactory. The Perpetual Inventory test sheet is attached with the Dining Facility Operating Statement, CG-2576 (Enclosure 2).

3. The dining facility does not have a change-making fund. There is currently nothing in transit for the sale of meals. All transmittals and collection receipts have been verified up until the Nov 2019 sale of meals. At this time there are no known discrepancies.

4. A review of all commercial procurement for the last three months was conducted and verified against the Supply Fund Report. All accounts payable are current. All open market purchases are made with a government purchase card. All credit card statements have been processed each month in accordance with the Finance Center Standard Operating Procedures. There were not any purchases over \$3,500.00.

5. All dining facility monthly reports for the last three months were reviewed and found to be in good order. The dining facility currently has an accumulated unused allowance of [REDACTED] and is within the 30% maximum accumulation allowed (Enclosure 3).

#

Enclosures: (1) Provision Inventory Report, CG-4261
(2) Dining Facility Operating Statement, CG-2576

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PART 5: Six Weekly Menus

USCGC ASPEN DINING FACILITY

November 18th -24th 2019

	BREAKFAST	CAL	LUNCH	.CAL	DINNER	CAL
M O N D A Y	FRESH FRUIT SALAD BROWN SUGAR OATMEAL GOLDEN WAFFLES W/ SYRUP CRISPY BACON/ SAUSAGE LINKS BREAKFAST POTATOES HARD BOILED EGGS EGGS TO ORDER COFFEE, TEA, MILK, JUICE, & WATER	50 150 260 92/140 151 78 varies varies	YELLOW CURRY CHICKEN AND BEEF SWARMA YELLOW RICE STIR FRY VEGETABLES FRESH TOSSED SALAD COFFEE, TEA, MILK, JUICE, & WATER DESSERT OF THE DAY	91 296 55 264 25 varies varies	<u>ASPEN CAFÉ</u> GRILLED RIBEYE TURKEY BLT LOBSTER ROLL CHICKEN / BEEF BURGER STIR FRY CAPTAIN'S PLATTER STREET TACOS FRESH GARDEN SALAD	410 487 516 472 285 509 124
T U E S D A Y	FRESH FRUIT SALAD CORN BEEF HASH CRISPY BACON/ SAUSAGE LINKS FRENCH TOAST W/ SYRUP HARD BOILED EGGS EGGS TO ORDER COFFEE, TEA, MILK, JUICE, & WATER	50 895 92/140 210 78 varies varies	TEXAS STYLE CHILI COUNTRY FRIED STEAK RED EYE GRAVY BAKED POTATO BAR BUTTERED CORN FRESH TOSSED SALAD COFFEE, TEA, MILK, JUICE, & WATER DESSERT OF THE DAY	69 227 115 170 64 varies varies	<u>ASPEN CAFÉ</u> GRILLED RIBEYE TURKEY BLT LOBSTER ROLL CHICKEN / BEEF BURGER STIR FRY CAPTAIN'S PLATTER STREET TACOS FRESH GARDEN SALAD	410 487 392 516 472 285 509
W E D N E S D A Y	FRESH FRUIT SALAD HOMEMADE BISCUITS & GRAVY CRISPY BACON SAUSAGE PATTIES BREAKFAST POTATOES HARD BOILED EGGS EGGS TO ORDER COFFEE, TEA, MILK, JUICE, & WATER	50 508 92 88 151 78 varies varies	SPICY CHICKEN SOUP CUBANOS WHITE RICE FIESTA CORN BLACK BEANS FRESH TOSSED SALAD COFFEE, TEA, MILK, JUICE, & WATER DESSERT OF THE DAY	150 240 210 365 480 31 varies varies	<u>ASPEN CAFÉ</u> GRILLED RIBEYE TURKEY BLT LOBSTER ROLL CHICKEN / BEEF BURGER STIR FRY CAPTAIN'S PLATTER STREET TACOS FRESH GARDEN SALAD	410 392 516 472 285 509 124
T H U R S D A Y	FRESH FRUIT SALAD EGGS BENEDICT CRISPY BACON/ SAUSAGE LINKS BREAKFAST POTATOES PANCAKES W/ SYRUP HARD BOILED EGGS EGGS TO ORDER COFFEE, TEA, MILK, JUICE, & WATER	50 428 92/140 151 64 78 varies varies	SPLIT PEA SOUP HERB CRUSTED STEAKS/ SALMON ROASTED LOBSTER TAILS ROASTED POTATOES COCONUT SHRIMP ROASTED ASPARAGUS FRESH TOSSED SALAD COFFEE, TEA, MILK, JUICE, & WATER DESSERT OF THE DAY	157 220 59 217/225 199 24/91/23 varies varies	<u>ASPEN CAFÉ</u> GRILLED RIBEYE TURKEY BLT LOBSTER ROLL CHICKEN / BEEF BURGER STIR FRY CAPTAIN'S PLATTER STREET TACOS FRESH GARDEN SALAD	410 487 392 516 472 285 509 124
F R I D A Y	FRESH FRUIT SALAD GRILLED SPAM/ PORTUGUESE SAUSAGE STEAMED WHITE RICE CRISPY BACON GOLDEN WAFFLES W/ SYRUP HASHBROWNS HARD BOILED EGGS EGGS TO ORDER COFFEE, TEA, MILK, JUICE, & WATER	50 180 160 199 92 260 151 78 varies varies	NEW ENGLAND CLAM CHOWDER TURKEY POT PIES GREEN BEANS BUTTERED BISCUITS ASST CHIPS FRESH TOSSED SALAD COFFEE, TEA, MILK, JUICE, & WATER DESSERT OF THE DAY	161 493 158 460 75 77 varies varies	<u>ASPEN CAFÉ</u> GRILLED RIBEYE TURKEY BLT LOBSTER ROLL CHICKEN / BEEF BURGER STIR FRY CAPTAIN'S PLATTER STREET TACOS FRESH GARDEN SALAD	410 487 392 516 472 285 509 124
S A T U R D A Y	FRESH FRUIT SALAD CRISPY BACON/ SAUSAGE LINKS PANCAKES W/ SYRUP BREAKFAST HASHBROWNS HARD BOILED EGGS EGGS TO ORDER COFFEE, TEA, MILK, JUICE, & WATER	50 92/140 64 151 78 varies varies	MEATLOAF MASH POTATOES MIXED VEGETABLES HOT ROLLS FRESH TOSSED SALAD COFFEE, TEA, MILK, JUICE, & WATER DESSERT OF THE DAY	93 143 150 27 121 varies varies	<u>ASPEN CAFÉ</u> CHICKEN QUESADILLA GRILLED BURGERS CHICKEN TENDERS BBQ CHICKEN SANDWICH BEEF OR CHICKEN PHILLIES BREAKFAST BURRITO MEATBALL SUBS GRILLED CHICKEN SALAD	410 487 392 516 472 285 509 124
S U N D A Y	FRESH FRUIT SALAD CRISPY BACON/ SAUSAGE LINKS FRENCH TOAST W/ SYRUP BREAKFAST HASHBROWNS HARD BOILED EGGS EGGS TO ORDER COFFEE, TEA, MILK, JUICE, & WATER	50 92/140 210 151 78 varies varies	GARLIC CHICKEN SOUP ALICE SPRING CHICKEN RICE PILAF CLUB SPINACH GARLIC BREAD STCKS FRESH TOSSED SALAD COFFEE, TEA, MILK, JUICE, & WATER DESSERT OF THE DAY	71 623 105 82 188 varies varies	<u>ASPEN CAFÉ</u> GRILLED RIBEYE TURKEY BLT LOBSTER ROLL CHICKEN / BEEF BURGER STIR FRY CAPTAIN'S PLATTER STREET TACOS FRESH GARDEN SALAD	410 487 392 516 472 285 509 124

The Food Service Officer reserve the right to modify this menu due to unforeseen circumstances such as, sea state, vessel mission, food service budget, equipment malfunctions or shortcomings, and availability of ingredients. Calorie intake is based on single serving portions.

Submitted by:

Reviewed by:

Approved by:



USCGC ASPEN (WLB 208)

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PART 6: Galley Photos

USCGC ASPEN (WLB 208)

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The Culinary Specialists onboard ASPEN were not only preparing delicious and creative meals in 2019, but they were also taking on key collaterals and extra duties throughout the ship – including serving as members of the **Battle Dress Station** during General Emergency & General Quarters. While at CART/TSTA in May/June 2019, their expertise and team work earned them 100% on **ALL** medical drills, contributing to ASPEN earning the coveted Battle “E” Award in **ALL** warfare areas this cycle!

Calendar year 2019 was an incredibly busy year for the ASPEN crew, encompassing an extensive 3-month dry dock availability, CART/TSTA training cycle, backfilling an unexpected D13 request for ATON support, accomplishing multiple scheduled D11 ATON patrols, supporting the **NOAA National Data Buoy Center**, and conducting joint LE operations off the coast of Southern California & the Channel Islands with the National Park Service.





The heart and soul of ASPEN's flourishing galley, Duty Cooks [REDACTED]

[REDACTED] prepare fresh dough during an extended 35-day deployment to backfill ATON support in District 13 during its 18-month WLB Midlife Maintenance Availability gap and hull swap. Bravo Zulu to the ASPEN crew for earning the coveted **Meritorious Unit Commendation** for their hard work in August 2019 – and especially to the galley for keeping everyone happy and fed!

During our 35-day D13 ATON patrol in August 2019,

██████████ spent a significant amount of time getting down and dirty on the buoy deck and working diligently toward earning their **Buoy Deck Rigger** qualifications – the hallmark of salty and seasoned **Black Hull Sailors**!



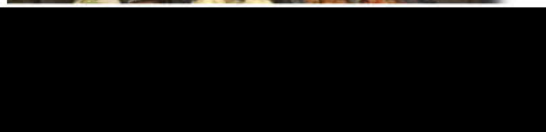
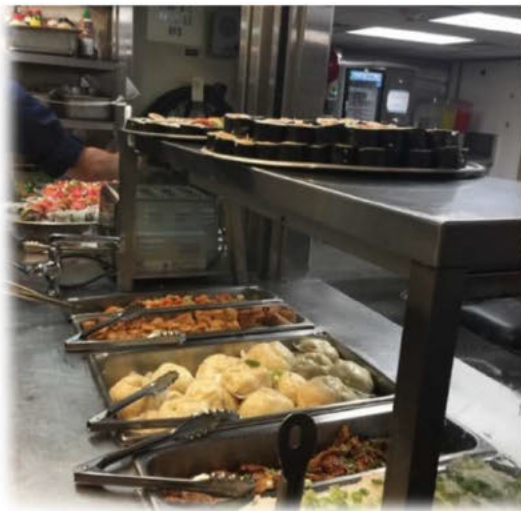
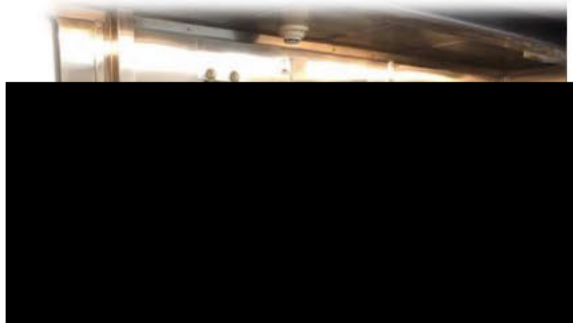
██████████ is also a member of the Law Enforcement Team onboard ASPEN. Striving to earn her **Boarding Team Member** qualification, she attended a training course in March 2019.



In December 2019, she went “over the rail” and conducted several living marine resources/ fisheries enforcement boardings off the coast of the Channel Islands in Southern California, working alongside rangers from the National Park Service.

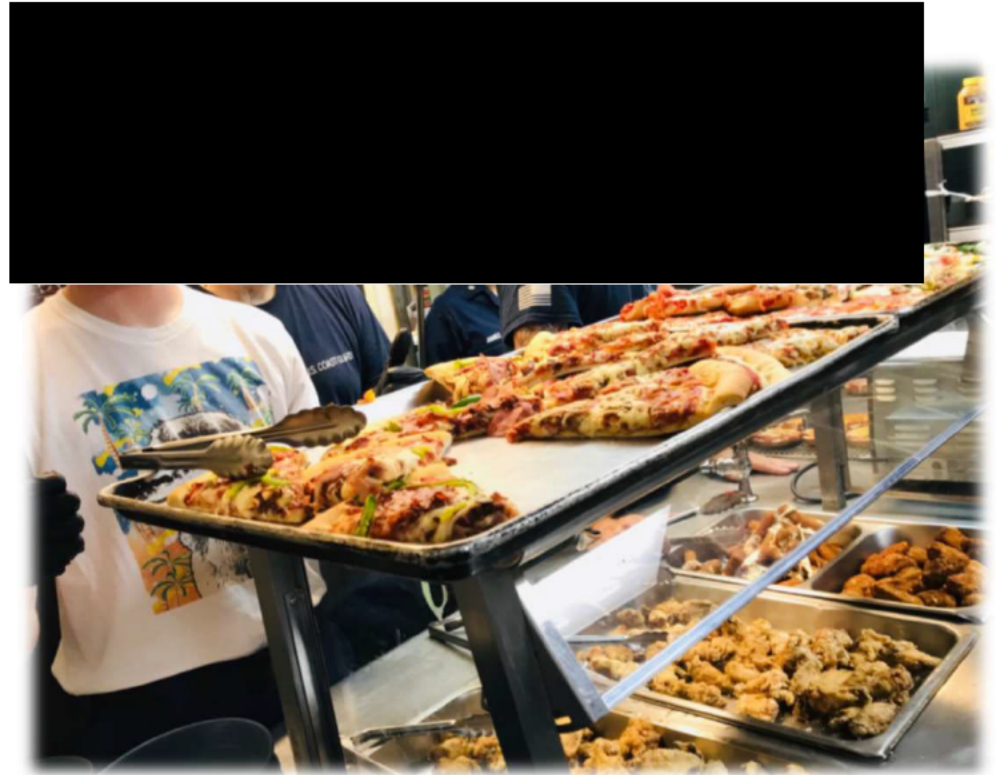
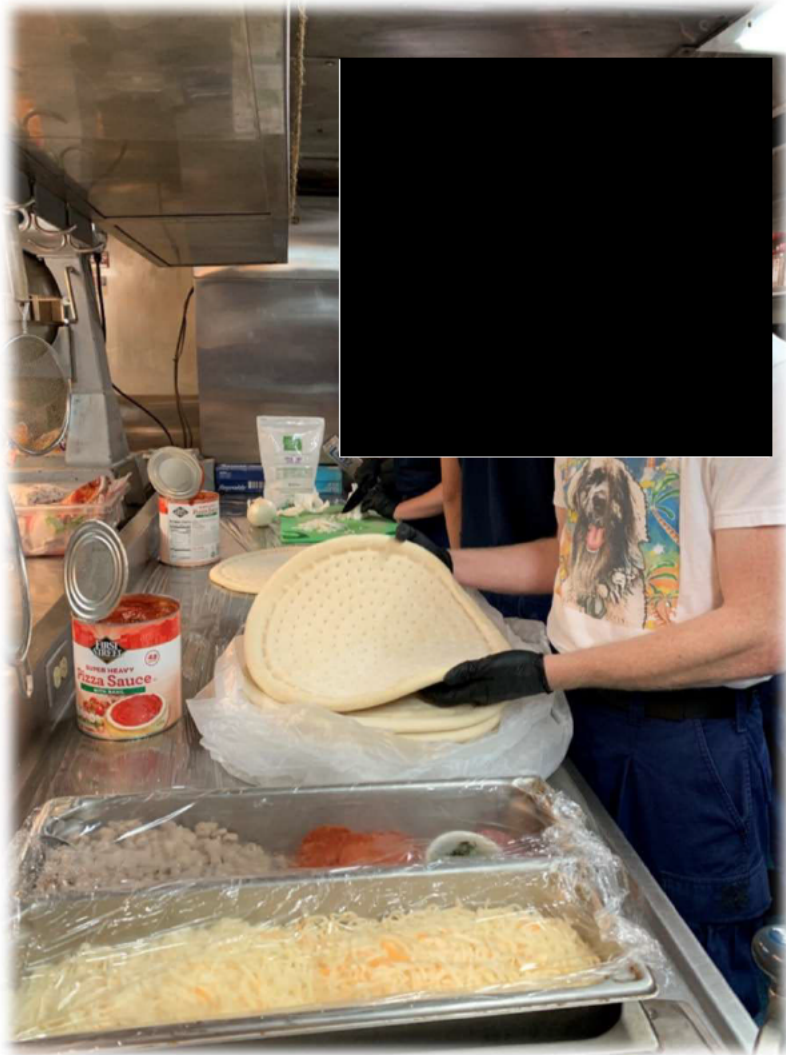


Our Culinary Specialists are **talented doers** AND **talented teachers**! LEFT: Messcook [REDACTED] prepares scratch-made dumplings under CS2 Felicia Juarez's instruction. RIGHT: Deck Watch Officer ENS [REDACTED] prepares a delectable charcuterie board for the Christmas Day dinner extravaganza!

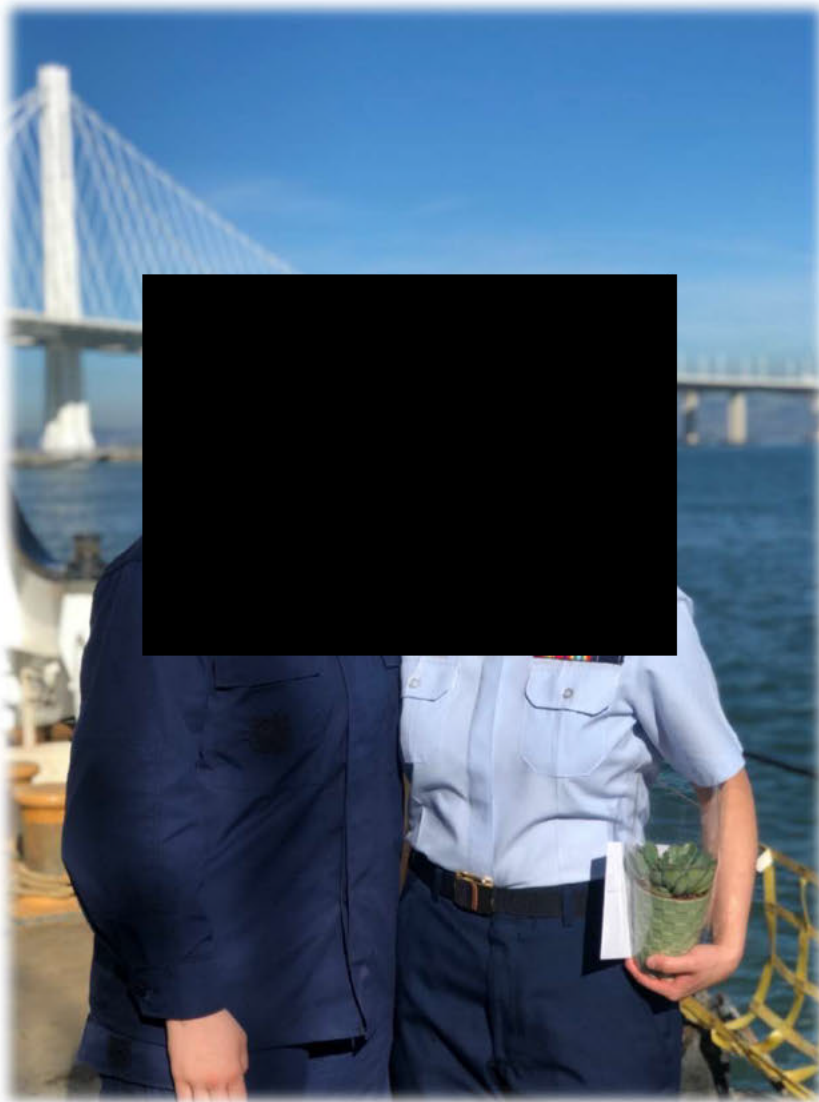


The galley onboard ASPEN is a place for teamwork, learning, and fun! On the left are pictures of a morale night where the **First Class Petty Officers** prepared a wide array of sushi rolls and poke for the rest of the crew. The response was incredible – the crew cannot wait for more opportunities like this in 2020!

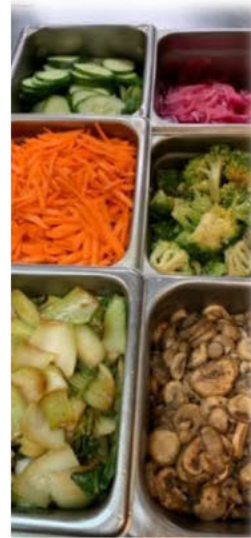




Operations Officer [REDACTED]
has a blast preparing pizzas alongside the
Wardroom during an entertaining and tasty
morale night!

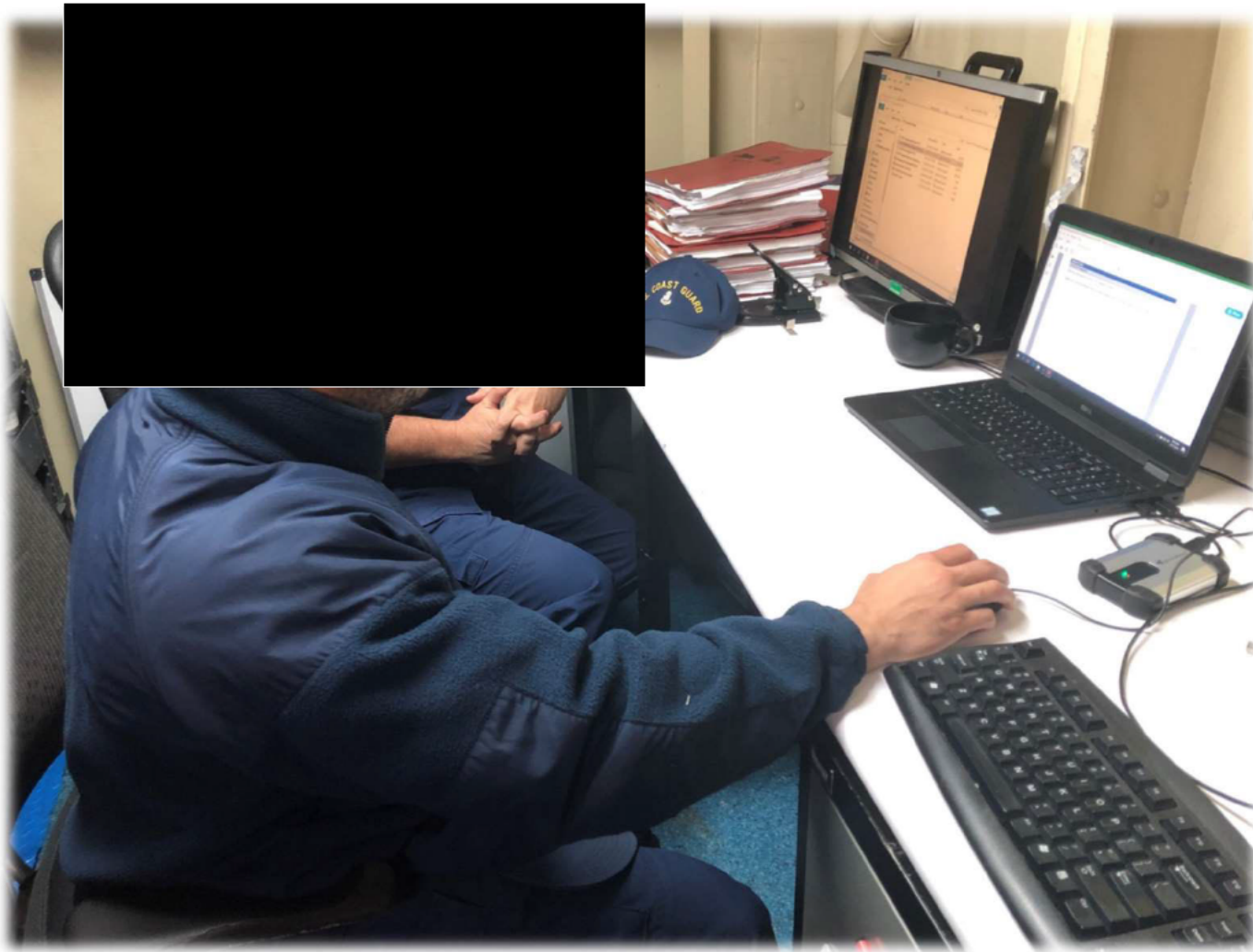


Congrats to [REDACTED]
for advancing! Coming up in 2020, [REDACTED] and
[REDACTED] are also on the list to advance. You made
[REDACTED] proud to be the galley's division officer!



The ASPEN crew hosts many VIP guests and is often the go-to cutter to conduct high-profile inter-agency events in the D11 AOR. In 2019, the galley prepared creative and impressive offerings for several such groups, including 40 high-profile civilian leaders participating in the **Pentagon's Joint Civilian Orientation Conference (JCOC)**, the District 11 and District 13 Commanders, a slew of senior staffer from District 11/SFLC, and 100+ crew guests during our inaugural friends and family "Day on the Bay" event.





The ASPEN galley received high praise during its COST visit in September 2019. Pictured left, [REDACTED] Jack of the Dust, reviews galley paper work and receives mentoring from the assist team during their time onboard. Bravo Zulu to the entire galley staff!



The ASPEN galley receives endless compliments from guests and crew alike – and continues to provide delicious, nutritious, and unique meals everyday.

Thank you for considering this incredible team for the Forrest O. Rednour Memorial Award!

