# Serving up its best, galley competes for top food service award

**Story and photo by Ben Avey, CFAY Public Affairs**

In the final test of this year's competition for the best shore based galley outside the continental United States, Commander Fleet Activities Yokosuka, Commodore Matthew C. Perry General Mess hosted two judges from Naval Supply Systems Command (NAVSUP) and the International Food Service Executives Association (IFSEA) Oct. 27.

The inspection, which will determine the winner of the Captain Edward F. Ney Memorial Award, tested the galley staff's ability to provide quality food in a clean environment with exceptional customer service.

"A perfect day here in the galley would be hot food hot, cold food cold, and a crew who understands that these customers return every day for one reason and that's to have great food service," said NAVSUP Director of Navy Food Service Cmdr. Tom Dailey, who helped inspect the facility.

While military dinning facilities may operate under unique circumstances, IFSEA representative Donna Foster, who is a dietician for the state of Florida and a volunteer competition inspector, was on hand to ensure that the galley stays true to universal food service standards.

"Food service is food service," said Foster. "Whether it be civilian, whether it be military, we all have the same challenges."

The inspection was an all-day affair that included a thorough physical inspection of the galley, reviews of records, testing of safety equipment, discussions with personnel and close observation of the galley staff as they served and interacted with customers.

The detail of the inspection ensures that the winner of the Ney award is a shinning example of what the Navy wants in a shore based galley, which is to provide an enjoyable environment that serves healthy and delicious food.

"We compete against Taco Bell, we compete against the MWR operations," said Dailey. "Getting our Sailors to eat here is what we desire. We provide a well balanced nutritional meal in an environment built and provided for the enlisted Sailor."

For those who work at the galley and provide the approximately 1,500 meals a day to the Sailors of the forward-deployed naval forces, the inspection was an exciting opportunity to show judges how hard they work each and everyday.

"Today is just icing on the cake," said Leading Chief Culinary Specialist Ariel Gonzales, "but this is what we do everyday, we are consistent everyday."

In recent years, the galley has won the Ney Award in 2002, 2004, 2005 and 2008.

The Captain Edward F. Ney Memorial Award program is cosponsored by the Secretary of the Navy and IFSEA. IFSEA is a nonprofit food service association dedicated to enhancing the professional image and growth of persons serving the food service industry. The awards encourage excellence in Navy food service programs, with the objective of improving the quality of life for Navy personnel.

**(Right) NAVSUP Director of Navy Food Service Cmdr. Tom Dailey exits a walk-in refrigerator with representatives of the Commodore Matthew C. Perry General Mess in the midst of an inspection to determine the winner of the Captain Edward F. Ney Memorial Award. CFAY is a semi-finalist for the best OCONUS shore base galley.**

# CNFJ Regional Fire Department holiday season safe cooking tips

**By Dan Bowen, CFAY Public Affairs**

The holiday season is here which means homemade cooking, and lots of it. CNFJ Fire Department wishes everyone a happy holiday season and would like to remind everyone to stay safe when cooking up all that holiday goodness. Here are some tips to make sure everyone has the safest holiday season possible.

**Watch what you heat**. The leading cause of fires in the kitchen is unattended cooking. Stay in the kitchen when you are frying, grilling or broiling food. If you leave the kitchen for even a short period of time, turn off the stove. If you are simmering, baking, roasting, or boiling food, check it regularly, remain in the home while food is cooking, and use a timer as a reminder.

**Stay alert**. To prevent cooking fires, you have to be alert. You won't be if you are sleepy, have been drinking alcohol, or have taken medicine that makes you drowsy.

**Keep things that can catch fire and heat sources apart**. Keep anything that can catch fire - potholders, oven mitts, wooden utensils, paper or plastic bags, food packaging, towels, or curtains - away from your stovetop. Keep the stovetop, burners, and oven clean. Keep pets off cooking surfaces and nearby countertops to prevent them from knocking things onto the burner. Wear short, close-fitting or tightly rolled sleeves when cooking. Loose clothing can dangle onto stove burners and catch fire if it comes into contact with a gas flame or electric burner.

**What to do if your clothes catch fire**. If your clothes catch fire, stop, drop and roll. Stop immediately, drop to the ground and cover face with hands. Roll over and over or back and forth to put out the fire. Immediately cool the burn with cool water for 3 to 5 minutes and then seek emergency medical care.

**Use equipment for intended purposes only**. Cook only with equipment intended for cooking and heat your home only with equipment intended for heating. There is additional danger of fire, injury or death if equipment is used for a purpose for which it was not intended.

**Establish a safe cooking area**. Place young children in high chairs or play yards and keep them out of the kitchen and away from counter or stovetops, hot liquids, hot surfaces or other cooking hazards while preparing or serving food.

Test your smoke detector once each month with your children present so they may hear and recognize the sound of the smoke detector in case of a fire. Change the battery twice a year.

Create a fire escape plan to use in the event of a fire or other emergency, plan on two ways out from every room, and practice it with your family till you feel comfortable that everyone knows what to do safely. Make sure you identify a safe meeting place outside of your home.

# Mmmm, doughnuts

**(Center) USO Yokosuka Program Coordinator Andrea Richard delivers a box of doughnuts to ND2 Trent Gobble as part of the USO Doughnut Drop Program. The program is designed to recognize and reward someone who exemplifies good character and makes the workplace just a little brighter for everyone. Every Friday, the USO surprises one lucky person with a box of doughnuts to say "thank you for a job well done." There is no cost to enter. To nominate a hard-working person for the program, send the person's name, command, phone number and a brief write-up of your nominee to arichard@uso.org.**

**Photo by Will Sinrich**

## Yokosuka Commissary 2009 Holiday Schedule

- Closed Thanksgiving Day
- Reopen Nov. 27 at normal hours
- Early closure Dec. 19 at 5 p.m.
- Early closure Dec. 24 at 5 p.m.
- Closed Christmas Day
- Reopen Dec. 26 at normal hours
- Closed New Year's Day
- Reopen Jan. 2 at normal hours
- Early opening Dec. 13, 19, 20, 26 and 27 at 8 a.m.

Need party trays? Please see us and submit your orders early!

## Conservation Tip of the Week

NAVY / MARINE CORPS ENERGY EFFICIENCY

**Use a mug for coffee at work and home rather than a disposable cup.**