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Work Experience

Animal Caretaker

Department of Interior - Estes Park, CO

May 2013 to Present

As an animal packer my duties included helping out around the barn and packing mules for the Park Service in Rocky Mountain National Park Colorado. Packing duties included saddling stock, loading into trailers and driving to trail head. Packing up mules with tools (rock bars, shovels and sledge hammers) supplies (camping gear, personal gear and food) for trail crews into remote locations of rocky Mountain NP. Riding a horse and pulling a string of up to five mules. Dropping off supplies in camp packing up trash and returning to finish the day. Barn duties included cleaning the barn and corrals on a daily basis. Making repairs to corral, gates and barn doors. Keeping saddles and gear in good condition and making repairs when needed. There was fifteen head of stock that we had to feed twice a day. All of the stock wintered in Ft Laramie Wyoming which is about two hundred miles from Estes Park. We used trucks with goose neck trailers to haul all off the stock. In September of 2013 Colorado and the Rockies were hit by floods. It was nice to see a community and all the Park employees pull together to clean up after this natural disaster. 2014 Due to the floods that happened in September 2013 there was a lot of damage to trails and bridges in the park. Some of the trails in the park were closed for stock use. Over the next few years trail crews have their hands full with all the repairs needed thought the park. This year we packed in a lot of dirt and bridge decking to get crews started and all these repairs needed in the park. In August some students for Colorado State University came to the park. We took them out on the trail with us and they helped us with the packing in the park. It was nice to be able to help out the class and give them some good experience packing Mules in Rocky Mountain National Park. Looking forward to a busy packing season in 2015. 2015 packing season, still a lot of trail repair and damage due to the floods of 2013. We packed in the north crew up the north longs peak trail to the boulder brook camp to repair trail due to a mud slide. Packed in the camp, tools, supplies, bridge decking and personal gear for the trail crew. Central crew was working on the new bridge at Ouzel falls. Packing in tools, supplies and what ever needed to get the job done. South crew was working on the Ouzel falls trail just above the Copeland falls junction. Packed in six foot logs for log checks and we packed in over ten tones of tread material. It was the one hundred anniversary of RMNP and I was able to ride in the parade with two pack mules. It was a great year in Rocky and I plan to be back for the 2016 season. 2016 packing season. Still a crew up at Boulder Brook doing trail repair on the North Longs trail. Packing in tools, rock carts and supplies for trail crew and Rocky Mountain Conservation corps. South crew was working out of Wild Basin just below Confusion junction building a new bridge and trail repair. Packed in bridge decking tools and supplies. A crew was also doing repairs on the lawn lake trail. I also got to take the Radio Communication Technician to all the rangers cabin in Rocky Park. We got a new packer and packer helper this summer. They both worked out well and I look forward to working with them both this next summer. 2017 packing season. A lot of the packing we did this summer was out of MaGraw Ranch. Project crew was making repairs to the Cow Creek trail to Bridal Veil falls. Packed in logs, tools, gear and tread material to support trail crew. Crew was only working a few

Prep Cooks Test

Score / 20

Multiple Choice (1 point each)

D

1) A gallon is equal to ____ ounces

- a. 56
- b. 145
- c. 32
- d. 128

-9

A

2) Mesclun are what type of vegetable?

- a. Roots
- b. Beans
- c. Salad Greens
- d. Spices

A

3) What does the term braise mean?

- a. Sear quickly on both sides
- b. Slowly cook in covered pan with little liquid
- c. Cook on high heat and quickly
- d. Slowly cook in simmering water

B

4) At what internal temperature must chicken be cooked so that it is safe to eat?

- a. 155 degrees F
- b. 165 degrees F
- c. 175 degrees F
- d. 185 degrees F

A

5) How do you blanche vegetables?

- a. Immerse for a short time in boiling water
- b. Cook lightly in butter over med heat
- c. Soak in cold water overnight
- d. Rub with salt before cooking

C

6) Which of the following ingredients would you pack before measuring?

- a. Olive Oil
- b. Salt
- c. Brown Sugar
- d. White Sugar

B

7) What is Al Dente?

- a. Firm but not hard
- b. Soft to the touch
- c. Very hard
- d. Very soft

A

8) Food should be left out no more than

- a. 2 hours
- b. 3 hours
- c. 4 hours
- d. 5 hours

Prep Cooks Test

Prep Cooks Test

D 9) Which is the improper way to thaw frozen food?

- a. In the fridge
- b. In a sink with cold water
- c. On the counter
- d. In the microwave

C 10) Which of the following can you use to put out a grease fire?

- a. Baking Soda
- b. Baking Powder
- c. Flour
- d. Water

B 11) What is the temperature range of the danger zone?

- a. 25-135
- b. 40-140
- c. 50-160
- d. 30-130

D 12) Which of the following is listed from smallest to largest?

- a. Dice, chop, mince
- b. Mince, chop, dice
- c. Chop, dice, Mince
- d. Mince, dice, chop

B 13) Which direction should pan handles be turned while cooking on the stove?

- a. Over the fire at all times
- b. Turned towards you for better control
- c. Turned towards the right or left at all times
- d. Over the countertop at all times

C 14) When you poach something, you cook it with what?

- a. Noodles
- b. Vegetables
- c. Liquid
- d. Oil

D 15) Which spoon is used to remove fat from soups and stews?

- a. Basting Spoon
- b. Ladle
- c. Slotted Spoon
- d. Portion Spoon

D 16) Which of the following means to cook in a small amount of fat?

- a. Season
- b. Sauté
- c. Broil
- d. Boil
- e. Fry

Grill Cooks Test

Score 20 / 40

Multiple Choice Test (1 point each)

A

1) How much time should you take to wash your hands with soap?

- a) 1 minute
- (b) 20 seconds**
- c) Time does not matter, water temperature does
- d) 5 minutes

C

2) The recommended temperature for your refrigerator is...

- a) 45°F
- b) 50°F
- c) 40°F
- d) 20°F**

D

3) Food handlers must always wash their hands

- a) Before starting work
- b) Switching between handling raw and ready-to-eat food
- c) After going to the restrooms
- d) All of the above**

D

4) The most important reason for having food handlers wear hair restraints is to

- a) Prevent food from getting into food handlers' hair
- b) Prevent food handlers from contaminating their hands by touching their hair**
- c) Keep the food handlers' hair in place
- d) None of the above

C

5) Which of these conditions requires immediate corrective action?

- a) Packaged food items are stored at least 6 inches above the floor
- b) Ice is being used to cool beef stew in a shallow pan
- c) Raw meats are stored on a shelf above ready-to-eat egg salad in the walk-in cooler
- d) Raw fish is stored above raw chicken in the walk-in freezer**

C

6) Bacteria grow best in the temperature "danger zone" which includes temperatures between?

- a) 0°F and 100°F
- b) 32°F and 220°F
- c) 41°F and 135°F
- d) 39°F and 178°F**

D

7) After cutting raw chicken, what should be done before the cutting board is used for slicing onions for salad?

- a) Clean the cutting board with a wet wiping cloth
- b) Turn the board over and use the other side
- c) Rinse the board with running water
- d) Wash, rinse, and sanitize the board prior to slicing the onions**

A

8) Which of the following is NOT an approved method to thaw potentially hazardous foods?

- a) In a microwave oven
- b) During the cooking process
- c) Under cool running water
- d) On a clean counter, at room temperature**

A

9) Wiping cloths stored submerged in a bucket of sanitizing solution are for:

- a) Wiping spills only
- b) Washing hands if the hand sinks are too far away
- c) Sanitizing the blade of utensils such as knives
- d) Maintaining moisture on the wiping cloth**

Grill Cooks Test

E 10) Food-handling gloves must be changed frequently and also:

- a) After handling garbage
- b) After every break
- c) After picking things up off the floor
- d) Between handling raw and cooked foods
- e) All of the above

C 11) A Julienne is:

- a) to cut food into 1 inch X 1 inch cubes
- b) A cooking method using high heat
- c) To cut food into 1/8 X 1/8 slices
- d) A rough cutting method producing oblong shapes

D 12) A gallon is equal to _____ ounces

- a) 56
- b) 145
- c) 32
- d) 128

B 13) How many cups are in a quart?

- a) 2
- b) 4
- c) 6
- d) 8

A 14) A Chiffonade is:

- a) To slice an herb or leafy vegetable into thin ribbons
- b) To de bone a fish
- c) Another name for parchment paper
- d) To cook food in liquid, or at just below the boiling point

A 15) Potentially hazardous hot foods must be maintained at an internal temperature of _____ or higher to be safe

- a) 145° F
- b) 135° F
- c) 160° F
- d) 180° F

C 16) Which of the following explains the process of poaching?

- a) Poke poultry on the thickest part in order to make sure it's tender
- b) To cook food in an oven that has reached 350° F
- c) Cook gently in water that is hot but not boiling (160°-180°)
- d) Submerge protein in boiling liquid to speed cooking time

C 17) If a recipe calls for 16oz of mirepoix, how many ounces of onion, celery, and carrots do you need?

- a) 8 oz of celery, 4 oz of onion, 4 oz of carrot
- b) 4 oz of celery, 8 oz of carrot, 4 oz of onion
- c) 4 oz of celery, 8 oz of onion, 4 oz of carrot
- d) 2 oz of celery, 10 oz of carrot, 2 oz of onion

A 18) Which of the following best describes braising?

- a) To cook quickly in a pan on top of the stove until food is browned
- b) Process through which natural sugars in food become browned and flavorful while cooking
- c) Cooking method by which food is browned in fat, then cooked, tightly covered, in liquid at low heat
- d) To plunge food into boiling water briefly, then into cold water to stop the cooking process

Grill Cooks Test

B

19) Which of the following best describes the process of Caramelization?

- a) To cook quickly in a pan on top of the stove until food is browned
- b) Process through which natural sugars in food become browned and flavorful while cooking
- c) Cooking method by which food is browned in fat, then cooked, tightly covered, in liquid at low heat
- d) To plunge food into boiling water briefly, then into cold water to stop the cooking process

C

20) What temperature should chicken be cooked to?

- a) 145°F
- b) 155°F
- c) 165°F
- d) 175°F

A

21) What temperature should ALL ground meat be cooked to?

- a) 145°F
- b) 155°F
- c) 165°F
- d) 175°F

A

22) What temperature should fish be cooked to?

- a) 145°F
- b) 155°F
- c) 165°F
- d) 175°F

23) What is a roux and what is it used for? (2 points)

Add Flour To Thicken

24) What is the process of making clarified butter, and why is clarified butter used? (3 points)

COOK Butter UNTIL ALL SAIT is seperated, Less salt For cooking.

25) What are the 5 mother sauces? (5 points)

1. Béchamel
2. Hollandaise
3. Stock
- 4.
- 5.

26) What does it mean to season a grill and why is this process important? (3 points)

Heat grill, so Food Does not STICK To grill

27) What are the ingredients in Hollandaise sauce? (5 points)

Eggs YOLKS, Butter AND touch of Lemon