USS Mustin frocks Sailors during at-sea advancement ceremony

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Sailors assigned to the Arleigh Burke-class guided-missile destroyer *USS Mustin* (DDG 89) were advanced to the next pay grade during an at-sea frocking ceremony held aboard the ship Nov. 29.

Mustin Commanding Officer Cmdr. Michael V. Misiewicz, who was prior enlisted himself, congratulated the 22 newly advanced petty officers and presented them with a frocking letter to officially recognize them to their new pay grade.

"Congratulations to those who were promoted here today," Misiewicz said as addressed the crew. "It is a great achievement in your naval careers and well deserved. I appreciate your efforts day in and day out and I am very proud to be your shipmate."

The Navy's frocking practice can be traced back to the early 19th century when the wearing of a higher rank before receiving the pay was necessary at times, especially during war, to swell the ranks.

One of the brand new petty officers assigned to *Mustin*, Damage Controlman 3rd Class Terrel Rowan of Loganville, Ga. said while he was happy to have been advanced. He owed a lot of thanks to his fellow shipmates who helped him a long the way.

Cmdr. Michael V. Misiewicz, commanding officer of the Arleigh Burke-class guided-missile destroyer *USS Mustin* (DDG 89), addresses the crew following a frocking ceremony held aboard the ship Nov. 29.

"I had a lot of motivation from guys to make sure I was studying and learning as much about my rate as I could," Rowan said. "It was a lot of late nights studying when I could have been sleeping after work, but it paid off."

For some *Mustin* Sailors the everyday drive to become an expert at their rate helped give them the personal edge in making the grade towards advancement.

"A plus for me this time taking the exam was how the questions were very familiar to me with regards to my everyday duties, and with some studying in my free time I believe put me over the top," said Logistic Specialist 2nd Class Joshua Wooton from Rock Hill, S.C. "This is a big step in my career, in all of our careers. It is hard for me to fully describe the feeling at this moment. I am very proud of all of us."

Prior to their advancement ceremony junior Sailors take a required three-day indoctrination workshop where they learn what it takes to be a leader in their new role as petty officer. Lectures cover everything from "Responsibilities of a New Petty Officer" to "Quality of Life" and everything in between.

"I would definitely say that the training course is beneficial to all junior Sailors who are becoming petty officers for the first time in their careers," said Gas Turbine Systems Technician-Mechanical 1st Class (SW) John Nickerson of Rochester, N.H. "This promotion cycle, I had the opportunity to teach in the workshop informing Sailors about what will be expected of them in the fleet. Our Sailors had good questions and I believe they will do well as their careers progress."

For *Mustin's* newly advanced petty officers like Nickerson, the emphasis now shifts from 'making rank' to helping others achieve all they can and the beginning of newly appointed leadership roles within their division.

"My shoulders feel heavy already," Nickerson said. "Instead of being in charge of a few Sailors, I am now in charge of an entire division, but to be honest, I wouldn't have it any other way."

The Navy advancement exams for E-4 through E-6 contain 200 multiple-choice questions about general Navy knowledge and job-specific criteria.

The advancement exams are administered every year in March and September. For more information on advancement, visit https://www.nko.navy.mil.

Mustin, commanded by Cmdr. Michael V. Misiewicz, is currently conducting routine operations and training in the Pacific Ocean. *Mustin* is assigned to Destroyer Squadron (DESRON) 15 and is forward-deployed to Yokosuka, Japan.

BUPERS Online 'OMPF - My Record' gives Sailors real-time access

By Navy Personnel Command
Public Affairs

The "Official Military Personnel File (OMPF) – My Record" was added to the Sailor Career Toolbox, an online collection of career management tools accessible through the BUPERS Online website portal, Nov. 29.

Formerly called Web-Enabled Record Review, OMPF – My Record is one of the many career tools used to confirm personnel information featured in the Sailor Career Toolbox. This change aligns the Navy with the naming convention used by the National Archives.

"By selecting 'OMPF-My Record,' Sailors can view documents in their OMPF, previously known as the 'microfiche record,'" said Chief Personnel Specialist Carol T. Fister, Navy Personnel Command (NPC) Records Management Policy Branch senior enlisted advisor. "These are the same documents viewed by selection boards when considering candidates for advancement and special programs. Using OMPF - My Record is much easier and quicker than the old process of requesting to have a CD be mailed to you."

The Sailor Career Toolbox is posted on the NPC website at http://www.npc.navy.mil/CareerInfo/CareerToolbox/.

There service members find information on the career management tools needed to enhance professional growth, verify personnel information and explore career opportunities.

Some of the tools included in the Sailor Career Toolbox are the Electronic Service Record, Career Management System-Interactive Detailing, Navy Knowledge Online and Navy Credentialing Online.

"With OMPF - My Record, Sailors can securely view, download and print documents, but they should be cautioned against downloading and saving these documents to a PC at work or at the library that others also use," Fister warned. "All of these documents contain personally identifiable information that could be used by others to steal a Sailor's identity. We do not want anyone to become a victim."

In the Sailor Career Toolbox service members will also find another important resource, the Command Career Counselor Toolbox.

"The Command Career Counselor Toolbox is a 'must have' for counselors and leaders," said Senior Chief Mass Communications Specialist Maria R. Escamilla, assigned to the Sea Warrior Program.

"The Command Career Counselor Toolbox provides eight online tools and the actions required to support Sailors, covering the areas of career information, retention and professional development programs. Some of the tools included are Career Information Management System, Perform to Serve/FleetRIDE and Navy Retention Monitoring System," she added.

For more information, visit the above sites or go to the NPC website at www.npc.navy.mil.