



David E. Frost VADM., USN (Ret.)
 “Frosty”

Hometown: Long Prairie, Minnesota

High School and College Career: Long Prairie HS/USNA

Date Commissioned/Source: 1963/USNA

Date of Designation: June 1967

Dates of Active Duty: 1963 – 1996

Total Flight Hours: 3,300

Carrier/Ship Landings: 830 (Fixed Wing)

Combat Tours:

Vietnam: VF-151, 1968-1970, Gulf of Tonkin, USS *Coral Sea*, F-4B

Vietnam: VF-154, 1972-1974, Gulf of Tonkin, USS *Ranger*, F-4J

Desert Storm: Carrier Group 8, Persian Gulf, USS *Theodore Roosevelt*

Combat Missions: 240 F-4 B/J

Commands:

- CO, (Interim) TOPGUN, 1971
- VF-114 XO/CO, 1977-1980, F-14, USS *America*
- VF-101 RAG CO, 1980-1982, F-14
- CO, USS *Seattle*, 1984-1986
- CO, USS *Saratoga*, 1986-1988
- Naval Space Command, 1988-1990
- COMCARGRU-8, 1990-1991

Awards:

- Defense Distinguished Service Medal
- Defense Superior Service Medal
- Legion of Merit (4)



Meritorious Service Medal
 Air Medals (14)
 Navy Commendation with “V”(4)

Duty Assignment Chronology

- 1959 - 1963 U. S. Naval Academy
- 1963 - 1966 USS *Walke* DD-723
- 1966 - 1967 Flight School
- 1967 - 1968 VF-121 (F-4 Student)
- 1968 - 1970 VF-151 JO, Division Leader (F-4B)
- 1970 - 1971 VF-121 (Instructor)
- 1971 - 1972 TOPGUN (Instructor/CO)
- 1972 - 1974 VF-154 MO/OPSO (F-4J)
- 1974 - 1976 BUPERS - Fighter Replacement Officer
- 1976 - 1977 VF-124 (F-14 Transition)
- 1977 - 1980 VF-114 (XO/CO) (F-14)
- 1980 - 1982 VF-101 (CO, F-14 RAG)
- 1982 - 1984 OPNAV (F-14 Program Coord/EA to OP-05)
- 1984 - 1986 USS *Seattle* (CO)
- 1986 - 1988 USS *Saratoga* (CO)
- 1988 - 1990 Naval Space Command
- 1990 - 1991 Commander, Carrier Group Eight, USS *Theodore Roosevelt*
- 1991 - 1993 European Command (J3)
- 1993 - 1996 Deputy Commander, U.S. Space Command

Summary of Significant Career Events

- (1) In first tour with VF-151 as a junior officer, became Division Flight Leader in combat operations over North Vietnam embarked in USS *Coral Sea* (CVA-43).
- (2) Recognized for superior airmanship, selected to be a VF-121 F-4 FRS instructor and adversary pilot (only one of four).

(3) With the recent establishment of Top Gun, selected to become one of only a few Top Gun instructors. While still a junior Lieutenant Commander, became TOPGUN's interim Commanding Officer.

(4) Returning to the fleet in 1972 with VF-154, completed third combat tour in Vietnam, completing over 240 combat missions as the war drew to a close. Decorated with 14 Air Medals.

(5) Airborne leadership as XO/CO of VF-114, innovator in tactics and strategy, employing the F-14 in outer air battle over extended range and duration on station.

(6) Selected to command VF-101, the east coast F-14 FRS

(7) As Commanding Officer of USS *Saratoga* (CV-60) the ship was awarded two consecutive Battle E awards (the first in large part due to my predecessor, Jerry Unruh.)

(8) Deployed while Commander, Carrier Group Eight in USS *Theodore Roosevelt* (CV-71), participated from the Persian Gulf in Operation Desert Storm.

Summary of Significant Post Career Events

(1) Formed Frost & Associates in 1998, a consulting company focused on command and control, missile defense, and the military & intelligence space sectors. Also served as Senior Mentor at U.S. Forces Command and Naval War College. Served at various times as member of, or consultant to, the Defense Science Board, Naval Studies Board, Air Force Scientific Advisory Board, Naval Postgraduate School Advisory Board, U.S. Strategic Command's Strategic Advisory Group, and Air Force Space Command's Independent Strategic Assessment Group. Also served on Universal Healthcare Services' Patriot Advisory Board and as President of the TOPGUN Association. In 2017 formed Frost Construction Company with son Adam, an organization focused on remodeling residential properties.

Personal

(1) Married Marjorie Raby in April 1977 in Oswego, NY.

(2) 3 sons: Matthew, Adam, David (deceased)

(3) Resides with Margie in Colorado Springs, CO and Flagler Beach, FL

(4) Associations: Tailhook, ANA, National Naval Aviation Museum