

Contributed by Darryl Baker



7-66

**COMMANDER FREDERICK F. PALMER
COMMANDER, ATTACK CARRIER AIR WING 14**

Commander Frederick F. Palmer was born in Lakewood, Ohio on July 14, 1925. He attended Kenyon College, Gambier, Ohio and Purdue University prior to entering the Navy in May 1943, and was graduated from Northwestern University Midshipman School and commissioned an Ensign in May 1945.

Commander Palmer served in destroyers OWEN (DD-536) and ALFRED A. CUNNINGHAM (DD-752), and destroyer escorts HAAS (DE-424) and DOUGLAS E. MONROE (DE-426) before entering flight training in 1952. He was designated a Naval Aviator in November 1953, and served in VA-115 in Administrative Officer, Operations Officer and Executive Officer billets. Next he served in FAWTUPAC as Flight Officer and instrument training instructor. Then followed tours as a student at the General Line School, Monterey, and Academic Training Officer and Flight Instructor at the Jet Transitional Training Unit, Olathe, Kansas. From May 1960 until July 1961 he served as Executive Officer of VF-142 (then designated VF-193).

In 1961 Commander Palmer returned to Monterey as a student and in 1963 he received his Bachelor of Science Degree from the U. S. Naval Post Graduate School. After F4B training, Commander Palmer served as Executive Officer and Commanding Officer of VF-143, and then Executive Officer of VF-121, detaching in November 1965 for Pre-CAG training in F4, F8, A1, A4, A5 and E2 aircraft.

Commander Palmer is married to the former Miss Vera Osborn of Las Vegas, Nevada. They reside in quarters at the Naval Air Station Miramar, California with their sons Fred and Jon.



Frederick Fraser Palmer

DATE OF BIRTH: July 14, 1925

PLACE OF BIRTH:
Lakewood, Ohio

Frederick Palmer retired as a U.S.
Navy Rear Admiral.

AWARDS BY DATE OF ACTION:

1 of 4

Navy Cross

AWARDED FOR ACTIONS
DURING [Vietnam War](#)

Service: [Navy](#)

Division: U.S.S. Ranger (CVA-61)

GENERAL ORDERS:

Authority: Navy Department Board of
Decorations and Medals



CITATION:

The President of the United States of America takes pleasure in presenting the Navy Cross to Commander Frederick Fraser Palmer (NSN: 0-448768), United States Navy, for extraordinary heroism in action as Commander, Attack Carrier Air Wing FOURTEEN (CVW-14), embarked in U.S.S. RANGER (CVA-61). During the devastatingly effective strike against the heavily defended Hai Phong petroleum and oil storage area in North Vietnam on 29 June 1966, Commander Palmer, as leader of the entire strike force, was responsible for the precise, well coordinated and imaginative plan which ultimately was responsible for the success of the entire mission. Knowingly placing himself in the middle of the strike force so that he could coordinate and evaluate the entire mission, he effected the rendezvous of the strike group of twenty-eight airplanes, directing them to the target with deliberate precision despite complete electronic and radar silence. At the target, he fired his rockets directly into fuel tanks causing a fireball which reached up to 1500 feet. Following his own attack, Commander Palmer, despite heavy enemy gunfire, turned back to the target to make the first essential evaluation of damage, noting that all ordnance had been accurately placed within the carefully prescribed target area and that the damage was extensive. His imaginative planning, skillful execution and outstanding courage in the face of extreme danger were in keeping with the highest traditions of the United States Naval Service.

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