



Theodore W. Triebel, Captain, USN (Ret.)
 “Ted”

Hometown: Arlington, VA.

High School/College Career: Severn School(1960)
 USNA (1964)

Date Commissioned/Source: June 1964/ USNA

Date of Designation: 18 January 1966 NA # V23358

Dates of Active Duty: 5 June 1964 - 1 August 1993.

Total Flight Hours: 4,421

Carrier/Ship Landings: Fixed wing: 643

Approximate Flight Hours:

Jet: 4,301 Prop: 120 VF/VA: 4,214

Combat Tours:

Vietnam: VF-213, USS *Kitty Hawk*, Nov. 1966-June 1967

Vietnam: VF 213, USS *Kitty Hawk*, Nov. 1967-June 1968

Vietnam: VF-151, USS *Midway*, Apr. 1971-Nov 1971

Vietnam: VF-151, USS *Midway*, Apr. 1972-Aug. 1972

Total Combat Missions: 328 F-4 Phantoms

Aviation Commands:

CO, VF-103, Jan. 1981 - May 1982

CO, Naval Support Facility, Diego Garcia, Aug. 1986 - Aug. 1987

Combat Awards:

2 Legion of Merit

Distinguished Flying Cross

2 Bronze Stars with Combat “V”

Purple Heart

3 Meritorious Service Medal

21 Air Medals (2 Individual, 19 Strike/Flight)

7 Navy Commendation Medals with Combat “V”

Air Force Commendation Medal



Navy Achievement Medal with Combat “V”
 Presidential Unit Citation
 Navy Unit Commendation Medal
 3 Meritorious Unit Commendation
 POW Medal
 Vietnam Gallantry Cross

Duty Assignment Chronology

07/60-06/64 Midshipman, U.S. Naval Academy.

07/64-01/66 Navy Flight Training (Pensacola, Meridian, Kingsville).

01/66-05/66 VF-121, NAS Miramar, F-4 Replacement pilot training.

06/66-70/68 VF-213, USS *Kitty Hawk*, NAS Miramar.

08/68-08/70 USAF 8th Tactical Fighter Squadron, Holloman AFB/Spangdahlem AB, Germany.

09/70-11/70 VF-121, NAS Miramar, refresher training/CQ.

11/70-08/72 VF-151, USS *Midway*, NAS Miramar

08/72-03/73 POW, Hanoi, North Vietnam.

04/73-06/75 University of Washington, Seattle; Masters of Public Policy/Foreign Affairs.

07/75-08/77 VF-101, NAS Oceana, Maintenance Officer/ Instructor Pilot.

08/77-10/77 VF-171, NAS Oceana, XO, Instructor Pilot.

10/77-08/78 Headquarters, Naval Material Command, Aide to Chief of Naval Material.

08/78-01/79 OP-06, National Security Policy Officer (Op-601E).

01/79-06/79 VF-101, NAS Oceana; refresher training/CQ.

07/79-01/81 VF-103, XO; USS *Saratoga*, Med deployment.

01/81-05/82 VF-103, CO; transition to F-4S and USS *Forrestal* work ups.

06/82-05/83 USS *Nimitz*, Asst Air Officer, Air Officer; Med. Deployment.

06/83-07/84 USS *Nimitz*, Newport News; Shipyard Coordinator.

08/84-06/85 National Defense University, Washington, D.C.

07/85-07/86 OP-06, Head Western Hemisphere Plans and Policy (Op-603).

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Duty Assignment Chronology continued:

- 08/86-08/87 CO, U.S. Naval Support Facility, Diego Garcia.
- 09/87-05/91 CO, NROTC Duke University.
- 06/91-05/92 CO, NROTC Piedmont Consortium (Duke, UNC, NCSU)
- 06/92-08/93 U.S. Naval Academy, Chief of Staff to Superintendent.
- 08/93 Retired from active duty

Summary of Significant Career Events

- 1. First Navy pilot to be selected as exchange pilot with an Air Force operational squadron (8th TFS). Deployed to Germany, stood nuclear strike alerts and operated with several NATO air forces.
- 2. After refusing (verbal) orders to a RA-5 Vigilante squadron, was “awarded” orders to Miramar (VF-151) for two more combat deployments (I asked for one of those nice looking Med cruises).



- 3. Escorting a RF-8 on photo mission over NVN, was hit by one of seven SAMs launched, and ejected at 547 kts. An interesting ride . . . not recommended.
- 4. Watching B-52s from the ground during night “Christmas Bombing,” December 18-29, 1972, (Linebacker II) was a display never to be forgotten. Up to 100 SAMs per night fired; B-52s on fire and cartwheeling down; 15+ thousand tons of bombs dropped. We gained 33 POWs in that stretch of aerial heroism, and the strikes resulted in Hanoi returning to the Paris peace table and agreeing to terms.

- 5. Was my extraordinary privilege to fly in combat with warriors whose courage was displayed daily in an environment that demanded utmost skill and personal sacrifice.

Post Retirement

07/1996 – 06/2006: Lecturer, Sanford Institute of Public Policy, Duke University. Taught undergraduate and graduate classes in U.S. and International Security Policy. This 10 year teaching stint was linked to my naval career, using that background to promote, to hundreds of students, the role and importance of US Armed Forces in national security policy. I was fortunate to take graduate students to DC for "indoc" to national security decision making. These annual visits to the WH (NSC), CIA, Pentagon, State and Congress ensured a robust "tour" for Duke grad students to have discussions with decision makers in policy positions.

07/2006 —07/2010: Elected and served on the Board of Education, Orange County, NC.

10/2011 — 10/2015: Served on Unified Transportation Board, Orange County, NC.

09/2015 – Current: Mentor recently released (to Durham, NC) convicted felons to support their difficult reintegration process into the community. Recidivism rates have been sharply reduced with mentor support.

2019 – Current: Using experiences as former POW, provide Code of Conduct training to Special Operations soldiers at Ft. Bragg, NC.