

Fernandez “Frank” Ponds, Rear Admiral, USN, Ret



Frank Ponds is the Principal and Owner of FPONDS, LLC Independent Consultant, and Director of Strategic Planning for Defense and Critical Infrastructure for Stevenson Group International Consultants.

A native of Alabama, he earned a Bachelors from the University of Alabama and was commissioned from Officer Candidate School in 1983.

Ponds holds Masters in Information Systems Technology, George Washington University, Military Studies, Marine Corps Command and Staff College, and National Security Strategy, National Defense University. He is a graduate of Darden, Corporate Business School.

Admiral Ponds served 33-years in senior executive, operational and managerial positions within DoD and the Interagency. He held five Command positions afloat and ashore.

- As Commander, Expeditionary Strike Group THREE, he led the Navy's largest Amphibious Expeditionary Strike Group of 3-Amphibious Squadrons, 8-Naval Support Elements, and 15-Amphibious Warships comprised of more than 15,000 Sailors, Marines, and civilians.
- He served dual-hatted as Commander, Navy Region Hawaii (CNRH) and Commander, Naval Surface Group Middle Pacific (CNSGMP).
 - As CNRH, he directed \$8.6B in Base Operating Support of equipment, supplies, real property, facilities, and infrastructure for the Navy's largest strategic island base in the Pacific and the Pacific Missile Range Facility, the world's most extensive multi-dimensional test, and training range.
 - As CNSGMP, he ensured the combat readiness and operational availability of 11 Hawaii based surface combatants, including six Ballistic Missile Defense ships and oversight of the Navy's Aegis Ballistic Missile Defense FTM Ship.
- As Commander, Amphibious Squadron EIGHT (CPR-8), he led a staff of seventy Navy and Marine Corps personnel in ensuring the operational readiness of six amphibious ships consisting of more than 1,800 Sailors and Marines. Operationally, he led an Amphibious Squadron of three amphibious ships, three Cruiser-Destroyers, a fast attack submarine, and dedicated air squadrons during OIF, OEF, and Counter-piracy operations off the coast of Somalia. He was Mission Commander during Operation Continuing Promise 2008, Bangladesh HADR operations in 2007, and HADR operations to Haiti in 2008.
- As Commanding Officer, USS FIFE (DD-991), he conducted counter-drug operations and Theater Security Cooperation missions during two deployments within the SOUTHCOM AOR.

Additional sea assignments included Executive Officer, USS Paul F. Foster (DD 964), Damage Control Assistant and Assistant First Lieutenant in USS Mauna Kea (AE 22), Boilers Officer in USS Midway (CV 41), Chief Engineer in USS Berkeley (DDG 15), and FlagSec for Commander, Amphibious Group ONE.

Ashore, he served as the Senior Naval Advisor to Department of State, Bureau of Political-Military Affairs, International Security Operations, and on the staffs of OPNAV (N81/00X) Analysis, Assessment, and Warfare Integration, OPNAV (N3/N5) Operations, Plans and Strategy, Pacific Fleet Propulsion Examination Board, Office of the Navy Inspector General, Special Assistant to COMNAVSURFOR, and as Senior Fellow for the Chief of Naval Operations Strategic Studies Group.

His decorations include DSSM, LOM (4), MSM (5), NMCM (3), NAM, DoS Superior Honor Award (2), and various service, campaign awards. He received The 2013 GW Black Alumni Association IMPACT Award, the highest recognition presented to distinguished Black alumni, for his contributions within the local community and across the whole of government. He is an Honorary Chief Petty Officer.

Married to the former Carol Hayes of San Diego, CA, they have two adult children and a grandchild.