Fred Bennett was killed in 1970. He was a very good brother and worked hard to serve the people. Fred joined the Party early in 1968 in SF. He was a direct aide to the Central Committee. He was dedicated and his military skills were used to aid the community.

I worked under Fred in East Oakland. Police would stop Fred all the time. When going to Political Education on Sunday's at National HQ's we would always be stopped, no matter what route we would take. Although Fred was in charge I was actually running the office.

Fred was older than most members at around 28 years old, a good dresser and very smart. Fred worked directly with the Soledad Brother Defense Committee. Fred joined the Party in early 1968, he can be seen in that famous photo by Stephen Shames of the Panther at the Bobby Hutton Park in 1968.