Fred Yeiso Hamanaka was born on March 16, 1919 in Honolulu, Oahu. He was the son of Tsunekichi and Rui (Fujimoto) Hamanaka. He was educated at Kaahumanu School and McKinley High School on Oahu. Before entering the service he was a carpenter.

On November 15, 1941 Fred Hamanaka was inducted into the Army at Honolulu, Oahu (Serial No. 30 102 338). He trained at Schofield Barracks, Oahu with the 298th Infantry Regiment and later at Camp McCoy, Wisconsin and Camp Shelby, Mississippi with the 100th Infantry Battalion, Company D. He saw service in the Hawaiian Islands, the continental United States, Algeria and Italy. He was awarded the Purple Heart, Combat Infantryman Badge, the Asiatic-Pacific, American, and European-African-Middle Eastern Campaign Medals, and the World War II Victory Medal. Pvt. Fred Hamanaka was killed in action in Leonardo, Italy on October 23, 1943 in the Salerno to Cassino Campaign and is interred at the National Memorial Cemetery of the Pacific at Punchbowl, Honolulu.