



My name is Paul Fredericksen and it is my distinct honor to serve as Commander and represent the fine Men and women of VFW Post 7308 Pleasant Prairie Memorial Post.

I enlisted in the US Air Force in Sept of 1966 and served Active Duty until June 1970. After that I served 27 more months in the inactive reserves. I am a Korean Defense and Vietnam veteran.

My AFSC was 43151C Aircraft maintenance 1&2 engines (Crew Chief). I was Associated with three Aircraft models, F-105, F4E, and F-106.

My first assignment was to Amarillo AFB for Basic military training and then stayed for advanced training in Tech School. After training, I was sent overseas to Kadena Okinawa with the 12<sup>th</sup> Tactical fighter squadron and the F-105 Thunderchief (Thud). Our mission was direct support for training and maintenance on aircraft returning to and from SEA during the Viet Nam war. I was sent to Korea twice while serving with the 12<sup>th</sup>; once for a typhoon evacuation and the second time; for eight months when the USS Pueblo (AGER2) was taken. The date was January 23, 1968. Both times I served at Osan AFB Korea. We were responsible for Nuclear and conventional weapons deployment.

After returning to Kadena I was sent on a Consecutive overseas tour to Korat RTAFB Thailand and was assigned to the 388<sup>th</sup> Tactical Fighter Wing in the 469<sup>th</sup> Tactical Fighter Squadron. I arrived late in August of 1968. Our wing had three squadrons of F-105s. When I arrived our mission was to defend ground troops as well as performing 90% of all bombing missions over North Viet Nam.



In November of 1968 all bombing of North VN ceased and our mission then centered on South VN, Laos and Cambodia. During this time the F-105s were decimated by SAMS and poor target selection by Command elements. The F-105s were consolidated into other squadrons at Korat and Takhli and F4E Phantoms were brought in to replace the Thuds in the 469<sup>th</sup> TFS. I remained in the 469<sup>th</sup> for two weeks before being transferred to the 34<sup>th</sup> TFS at Korat.



In May of 1969 F4s were brought into the 34 TFS to replace the dwindling numbers of Thuds so I was sent to the 44<sup>th</sup> TFS and the last remaining F-105 squadron at Korat. I remained with the 44<sup>th</sup> TFS until the End of August 1969 when after 30 straight months overseas I returned to the "World".

My final active duty assignment began when I was sent to Minot North Dakota and the F-106. This was an Air Defense Command assignment. I served in Minot for nine months and then I requested and received a three month early release from active duty to return to school. I finished my commitment to the Air Force and Was Honorably discharged on the 8<sup>th</sup> day of September 1972.

I am married with 2 Children and two Grandchildren and served for 28 years with the Kenosha Fire Department. I retired on December 31, 2000 as a Station Captain from # 6 Fire Station in Kenosha. I was a fire instructor for 25 years at Gateway, Waukesha and Lakeshore Technical colleges. I was the department Hazardous Materials Team Supervisor for eight years and served on the Kenosha County LEPC from July 1988 to September 2002.

I am a graduate of Gateway Technical College, Southern Illinois University Carbondale and did post graduate work at the University of Wisconsin, City College of Bellevue Washington and Kennedy Western.

As of 15 June 2013, I assumed the duties of Commander, VFW Post 7308 Pleasant Prairie Memorial Post.





During the month of June 2013, VFW Post 7308 has been hosting the Hero's Café, located at the Festival Foods in Kenosha, WI.

Here we honor all Veterans from all modern American Wars, many WWII, Vietnam, Beirut, Persian Gulf War,

Afghanistan, and Iraq Veterans come here to share their stories, camaraderie and to have free coffee and donuts with their old and new found friends.

We come together each Friday morning at 08:00 AM until 12:00 Noon and meet, talk, share and help one another. On most Fridays we number as many as 75 Veterans from all walks of life and all experiences.

It is a wonderful time and we hope to be a part of broadening this effort across the state of Wisconsin.



On 20 June 2013, we at VFW Post 7308 continued to grow, swearing in five (5) new members into the Post and transferring two Life Members into the Post. It is our fervent hope to continue our growth and our tradition of reaching more than 100% in membership early in the VFW 2013 to 2014 year.



On 30 June 2013, VFW Post 7308 held a quarterly Buddy Poppy Drive at the Culvers of Pleasant Prairie and was honored to be visited by our VFW Department of WI State Commander Renee Simpson. Accompanying her was VFW Dept. of WI Sr. Vice Commander John Giese and State Service Officer Dave Goldner.

They lent their support to our objective to raise monies to help us help other Veterans who are less advantaged than ourselves. We also used this time to hold a "Boots on the Ground" recruiting initiative. It is our hope to continue to find new members that are willing to participate in a very active Post. Helping those who cannot for one reason or another help themselves.

Pictured to the left (from left to right) is Pasy VFW Post 7308 Commander Randy Strickland, State Commander Renee Simpson, and Post Commander Paul Fredericksen.



Pictured above is VFW Dept of WI State Commander Renee Simpson discussing upcoming VFW events with VFW Post 7308 Commander Paul Fredericksen, State Sr. Vice Commander John Giese, and VFW Post 7308 Judge Advocate Phil Allen.



VFW Post 7308 presented our colors during the dedication of the Korean War Memorial at Sunset Ridge Cemetery in Somers, WI.

Post Commander Paul Fredericksen who is also a member of the Korean War Veterans Chapter was very involved with the installation and dedication of this very important memorial. He worked long hours personally involved to bring this memorial to fruition.

Pictured to the left is Past Post Commanders Randy Strickland and Phil Allen as they presented colors during the ceremony.



Pictured above is the Korean War Memorial installed at the Somers Sunset Ridge Cemetery. Plans are in the works to place other War Memorial s in this same location and VFW Post 7308 will be very involved in their creation.

On 04 July 2013, VFW Post 7308 participated in the Somers Independence Day Parade. Three contingents participated in the parade with two vehicles and a pair of “walkers”, with US Air Force Gulf War Veteran Tom Socha and disabled Iraq War Veteran Ted Lucier going from one side of the parade route to the other to hand candy to the children.



Pictured here (from left to right) are George Stoeber, Tom Socha, David Suminski, Randy Strickland, Paul Fredericksen and seated in his mobile wheel chair is Ted Lucier.



During the preparation for the Somers Independence Day Parade, VFW Post 7308 Commander Paul Fredericksen and Past Post Commander Randy Strickland were very honored to talk with their friend and Medal of Honor recipient Gary Wetzle (standing in the middle). Gary Wetzle often comes to our events to show his solidarity and support for his fellow Veterans.



Every year during the weekend after 04 July, VFW Post 7308 participates in the nearby Bristol Progress Days. Here we sell hot dogs, barbeque, walking tacos, water, and various sodas to help raise money for our Post and to allow us to donate to the National Military Service Fund. Pictured above Miss Bristol 2013-2014 stopped by for a visit and an opportune photo with members of the Post. From left to right are Floyd Whitehead, Skip Mann, Miss Bristol, Phil Allen, Bruce DeGuire and Paul Fredericksen.



As can be seen in this picture to the left, the Post also used the Bristol Progress Days to raise funds, sell tickets to the Jammin' for Vets concert, as a Buddy Poppy Drive and as a "Boots on the Ground" recruiting effort.

Pictured here are Phil Allen and VFW Post 7308

Commander Paul Fredericksen as they attend business at our booth.



At our regular monthly meeting on 16 August 2013, VFW Post 7308 Commander Paul Fredericksen presented a Certificate of Recognition to our Scout of the Year nominee for 2012 – 2013 Christopher Kammer.

Pictured here is (from left to right) is Linda Kammer (Chris's Mom) Christopher Kammer (our Scout of the Year) and Commander Paul Fredericksen.

As our Post continues to grow, we regularly hold swearing in ceremonies at our Post meetings. One of the more important functions of our Post Membership Committee is to find fully qualified members that will be able to help us grow and continue to serve our Veteran community.

Oictured here to the right is VFW Post 7308 Commander Paul Fredericksen administering the oath to three new members: Erica Gonzales, Thomas Visintainer, and Jeremiah Settersten.







In late August 2013, VFW Post 7308 held a fund raiser and Buddy Poppy Drive at the south side Pick N Save in Kenosha. Here, we were able to raise money for both our Post and through Buddy Poppy Drive donations, we raised money for our Relief Fund.

Pictured here are (from left to right) member Christopher Schroeder, VFW Post Cdr. Paul Fredericksen and Jr. Vice Commander Herbert "Skip" Mann.

It is always wonderful to know that our wives also support our causes. During the Pick N Save Buddy Poppy Drive, the Commander's wife Arlene Fredericksen came out to assist and show her support.

Along with other wives of the Post members, we always have a wonderful support group with us!





During our Buddy Poppy Drives, we often gain new members. Pictured above is one such new member, Shawn Haas, who with his children along shared a bit of “Poppy Power” with VFW Post 7308 Life Member Tom Socha. Comrade Haas had being sought after to become a member by our Judge Advocate Phil Allen and on this day he finally realized that he wanted to belong to a organization such as ours.



In late August and early September, Commander Paul Fredericksen led our effort in conjunction with other local Military Service Organizations to bring “The Moving Wall” to Pleasant Prairie, WI.

Coupled with heading committees and volunteering to help with the construction, publicizing and coordinating all of the effort it took to make this wonderful event happen, kept our Commander and our Post very busy and involved.



Pictured here (standing in front) are VFW Post 7308 Commander Paul Fredericksen and VFW Dept of WI District 1 Commander Phil Allen as the opening ceremonies are performed at the Wall on 12 September 2013. Thousands of Veterans, family members, school kids and spectators attended this wonderful and emotional event.



At our September Regular Monthly Meeting, Commander Paul Fredericksen administered the oath to two new members. As one of the members did not arrive on time he held two different swearing in ceremonies. Pictured here is the first of the two, as he swears in U.S. Army Veteran Christopher Kapsala. Looking on is Post Jr. Vice Commander Herbert "Skip" Mann.

Later in the meeting, Cdr. Fredericksen also swore in another US Army and Vietnam Veteran James LaPorte. Our Post continues to grow and filling our ranks with wonderful new members.



On 29 September 2013, a call went out that there was a disabled Veteran that lived in a 2nd floor apartment in Bristol Township, who was to continue negotiating the stairs. While in the hospital for another surgery, someone was supposed to move him to the 1st floor apartment. Unfortunately, that did not happen. Veteran Service Organizations followed by a group of volunteers from many different groups, gathered at Lance Young's apartment on Saturday morning (09/28/2013) and got the job done! This is what our organizations are about! Helping one of our Veterans in his time of need!

It did not matter that he is not a member of any service organization, it only mattered that he was a Veteran in need. A need that we came together and provided an answer for. It was a wonderful feeling to have so many from the surrounding community show up to help!

Pictured above are Vietnam Veteran Lance Young (seated in middle) surrounded by those who came to answer the call. VFW Posts 1865, 2751, 7308 and 10441 all had members present that day. Along with Lion Club members and other organizations.



VFW Post 7308 has been very active in supporting the Hero's Café, first when it was at Spiegelgoff's Super Valu store and now at the Festival Foods's Store. Our Post members are always there and help out in any way we can.

VFW Post 7308 hosted the Hero's Cafe for the month of October 2013. Here we met up with friends, comrades and the community to share camaraderie over free coffee and donuts.

We have Veterans from every walk of life, every recent American war from

WWII to Afghanistan. All are equal here, we are all Veterans who served and made sacrifices for our country. We join together each Friday morning and spend quality time sharing stories, sad and happy, some that have never been told before.

In the picture above is VFW Post 7308 Commander and VFW Dept. of WI District 1 Commander Phil Allen, as they show our colors at the Hero's Café.

Pictured here to the right is Post 7308's Senior Vice Commander Thomas Fredericksen as he speaks to two of the many local Veterans who visit the Hero's Café.

Since these pictures were taken, the Café has been moved to a new location in the Festival Foods store which has replaced the Super Valu very recently.



As we continue to grow, it seems that we manage to recruit from all manner of age group and experience. At our 18 October 2013 Regular Monthly Meeting, Commander Paul Fredericksen administered the oath to new members Donald Guibeault (WWII), Albert "Bub" Salerno (WWII), Rick Dale (Lebanon & Persian Gulf), and Benjamin Joseph Stevens (Operation Enduring Freedom and Operation Iraqi Freedom).



Again, at our November Regular Monthly Meeting...Commander Paul Fredericksen had the pleasure of administering the oath of membership to six additional members. This time the ceremony included a female Veteran, one of 13 female Veterans we now have as members of our Post.

Pictured here from left to right are: Blake

Buchanan (Iraq, Afghanistan), Brandon Bertz (Iraq, Afghanistan), Rory Burns (Iraq), Tyrone M Johnson (OIF, OEF), Stephane Schulte (OIF) and Jack Snider (Vietnam).



VFW Post 7308 was asked to donate and replace the badly tattered flag at Wynwood of Kenosha Nursing Home. We accomplished this on 23 Nov 2013 by not only giving them the flag but holding a flag raising ceremony. Many of the patients of the Home observed, from the warmth of the front foyer. After the ceremony, we went back inside to thank each of them for attending. Pictured here are Past Post Commander Randy Strickland and newly awarded Life Member Dan McKee as they raise the new flag at Wynwood of Kenosha Nursing Home.



As part of our "Adopted Unit" program, we have a close relationship with the US Coast Guard Station at Kenosha. Each Easter and Thanksgiving, we provide a dinner for the Duty Section and their families.

Pictured here is the Coast Guard Duty Section at the US Coast Guard Station in Kenosha, on Thanksgiving Day....in the back row are VFW Post 7308 Service Officer David Suminski, Jr. Vice Commander Herbert "Skip" Mann and our Commander Paul Fredericksen.



01 December 2013, at Bradford High School in Kenosha, WI...the Veteran community turned out to Welcome Home a wounded Marine Lance Corporal, a graduate of Bradford High School, Matthew Grashen . A double amputee, having lost both legs when wounded in Helman Province, Afghanistan in August 2013.

VFW Post 7308 had a good turnout to be part of this emotional and very important ceremony.

Commander Paul Fredericksen, pictured here after he spoke at the podium to welcome this young Marine home and presented a VFW Post 7308 Challenge Coin to this fine

young Marine and his wife. Stating that now "you will always be one of us!"

On 06 December 2013, VFW Post 7308 donated and raised a new National Ensign at Kindred Nursing and Rehabilitation Care Center at 8400 Sheridan Road, Kenosha, Wisconsin.

Chris LaRocke, one of our members, had been staying at the Care Center and asked that we donate the flag after a bad storm destroyed the flag they had on their flag pole outside the center. This we did with all due respect and ceremony.







Christmas is always an important time around our Post. Not only do we share this special holiday time with our families and friends, but we also try and remember those Comrades who may be spending Christmas practically alone. So, we make it a point to visit the Veterans at Grande Prairie Health Care Center and provide them with a little Christmas cheer and a few small gifts to insure they know they are not forgotten.

Pictured here are VFW Post 7308 Commander Paul Fredericksen, Dan Ouimet, Post Judge Advocate Phil Allen,

Chaplain J.D. Millar, Jr. Vice Commander Herbert "Skip" Mann and new member Adrian Cooper and her daughter Kinely.

We also made a visit to the Wynwood of Kenosha Nursing Home and brought gifts and cheer to the Veterans living there.

It is our fervent hope that we brought the spirit of Christmas to these wonderful Comrades and their families. Everyone seemed to have a very good time.

Pictured here are VFW Post 7308 Jr. Vice Commander Herbert "Skip" Mann and Post Judge Advocate Phil Allen as they speak with one of the WWII Veterans staying here.



During our January 2014 Regular Monthly Meeting, Commander Paul Fredericksen presented our two Scout of the Year nominees: Joel Robert Williams III, he likes to go by JT, is our Eagle Scout of the Year nominee and standing next to him in this picture is Ellen Miller, our Girl Scout of the Year nominee.



VFW Post 7308 Cdr. Paul Fredericksen presented a Scout patch to J.T. and a pin to our Girl Scout nominee Ellen. Both of these young people are outstanding and are proof of a very bright future for our nation.



VFW Post 7308 Commander Paul Fredericksen received the VFW Dept of WI Red Carpet Award and a \$1000.00 check for meeting 100% membership before 31 Oct 2014.

Pictured here next to Commander Paul Fredericksen is VFW Department of Wisconsin State Commander Renee Simpson at the Mid-Winter Conference in Oconomowoc, WI.



VFW Post 7308's Judge Advocate Phil Allen, Quartermaster John McCoy, and Chief of Staff Randy Strickland attended the Boy/Cub Scout Troop 544 Blue and Gold Banquet and Father and Son Cake Baking Competition.

We, along with our wives, served as Judges to decide Best Tasting, Best Theme, and Best Overall cakes. This great and fun event was held at Prairie Lane Elementary School in Pleasant

Prairie, WI.

Pictured above are VFW Post 7308 Judge Advocate Phil Allen and Quartermaster/Adjutant John McCoy tasting cake at the Father/Son Baking Competition.

On 01 March 2014, VFW Post 7308, in conjunction with American Legion Post 21 of Kenosha, held their 1<sup>st</sup> Annual Veteran's Chili Cookoff.

This was a very successful fund raiser for both organizations and also was used as a "Boots on the Ground" recruiting effort for our Post. We gained two new members from this effort and added to our growing numbers.



Pictured here is Commander Paul Fredericksen as he calls out reffle numbers to the waiting crowd. Also pictured here is Tom Visintainer (in the red shirt) who is not only the Commander of American Legion Post 21 and a member fo VFW Post 7308.



We at VFW Post 7308 are very proud that our Commander Paul Frederickson and Quartermaster John McCoy were invited by VFW National Commander in Chief Bill Thien to attend the VFW's Congressional Legislative Review the first week of March 2014.

Pictured here before the testimony began are (from left to right) VFW Post 7308 Quartermaster/Adjutant John McCoy, Post Commander Paul Fredericksen, and VFW Department of Wisconsin State Senior Vice Commander John Giese.

VFW Post 7308 Quartermaster/Adjutant John McCoy and Commander Paul Fredericksen visiting with a Representative Petri staffer as they tour the Congressional offices and meet with the state of Wisconsin Cong. Representatives and Senators.





Recently, on 15 March 2014, VFW Post 7308 held a Buddy Poppy Drive at the Woodman's of Kenosha and was very successful at building up our Relief Fund.

We were also successful in our further "Boots on the Ground" recruiting efforts as we gained four (4) new members and were able to sell 26 tickets for the VFW Dept. of WI Car Raffle.

Pictured here are Past Post Commanders Randy Strickland and Phil Allen as they manned the north entrance for 8 straight hours.

On the south east door of Woodman's of Kenosha were VFW Post 7308 Chaplain J.D. Millar and Post Jr. Vice Commander/Buddy Poppy Chair Herbert "Skip" Mann.



Pictured to the left are VFW Post 7308 Trustee Merle Patterson while manning the south door of Woodman's of Kenosha. Accompanying him is Mrs. Chris Snider and her husband and Post member Jack Snider.



There was a total of 13 volunteers at this Buddy Poppy Drive and as a team, led by our Post Commander Paul Fredericksen, we had the most successful Buddy Poppy Drive in our history as a Post.



On Wednesday (3/26/2014) VFW Post 7308 in conjunction with the Army Junior ROTC unit from Indian Trails Academy, volunteered at the Shalom Center of the Interfaith Network located in Kenosha, WI.

On Friday 03/28/2014 at the Hero's Café located in the Festival Foods Store in Kenosha, WI...VFW Post 7308 Commander Paul Fredericksen presented Mr. David Diaz of the University of WI at Parkside, with a

donation of \$500.00. This donation is the first of five consecutive donations to be made, to be used as a standing scholarship fund for all Veterans who honorably served in the US Armed Forces and are in need of financial assistance to continue their education.

Pictured above are VFW Post 7308 Commander Paul Fredericksen and Mr. David Diaz.

Continuing to seek out and recruit new members for our great organization is a very high priority for our Post. It has become nearly a monthly routine to perform the "swearing in" ceremony of new members at each of our Regular Monthly Meetings.





Pictured here is Commander Paul Fredericksen initiating several new members into the Post. From left to right are David Marifern, Jeffery Goodes, Tim Smith, Marc Leopp, Lynell Constatine and Pamela Jacobsen.

Generations of American Veterans are represented in this picture, from World War II to the Iraq/Afghanistan Wars – our membership is diverse and growing ever bigger. As we continue to grow we continue to do the VFW's business.....helping the living and paying homage to our dead.

On 14 April 2014, Commander Paul Fredericksen was invited to **Snap On Corp** for a special event, Lockheed Martin put on a display of the new F-35 Lightning II joint strike fighter aircraft. Snap On make the diagnostic tools used by Lockheed Martin in manufacturing the F-35. Commander Fredericksen was allowed to sit in the Cockpit simulator and took off. During his simulated flight he was able to shoot down two bogeys from miles away.



He was undetected due to the high tech stealth capabilities of this newly designed fighter.

This aircraft will allow us to maintain air superiority. Others who also were invited included **Congressman Paul Ryan, State Rep and Minority Leader Peter Barca, VFW Sr. Vice Commander John Giese, VFW State Service Officer Dave Goldner, Post 1865 Commander Charlie Sichmeller** and other Veteran's group leadership and community dignitaries.



On 20 April 2014, Easter Sunday – VFW Post 7308 provided an Easter Dinner to our Adopted Unit, the US Coast Guard Station – Kenosha.

This is our 3<sup>rd</sup> consecutive year of our association with our Adopted Unit and we build stronger ties each time we visit them. This year we had the pleasure of not only serving the dinner to the Duty Section but some of their family members as well.

Pictured here are some of the Coast Guard Duty Section and

their families, along with VFW Post Commander Paul Fredericksen, VFW member Tom Denman and VFW member Tom Socha (kneeling in front row). Many of the Post membership took part in the planning of and execution of this fine event, while giving up time with their own families to provide a dinner for those who serve to protect our freedoms.

While visiting the Adopt-a-Unit at the US Coast Guard Station – Kenosha, VFW Post 7308 Commander Paul Fredericksen was able to tour the newest of the station's Patrol Boats.

Pictured here with two of the boat crew is Commander Paul Fredericksen.







On 21 April 2014 VFW Post 7308 Commander Paul Fredericksen and District 1 Commander Phil Allen, had the distinct pleasure of presenting the VFW National Emergency Medical Technician Award; the VFW National Firefighter Award; and the VFW National Law Enforcement Award to three of the Village of Pleasant Prairie, Wisconsin's finest.

They attended the Village of Pleasant Prairie Town Meeting to make the presentations.

Pictured above (from left to right) are District 1 Commander Phil Allen and VFW Post 7308 Commander Paul Fredericksen presenting the EMT Award to Adam S. Craig.

Pictured here to the right (from left to right) are District 1 Commander Phil Allen and VFW Post 7308 Commander Paul Fredericksen presenting the VFW National Firefighter Award to Aaron G. Longrie.





Pictured here to the left (from left to right) are District 1 Commander Phil Allen and VFW Post 7308 Commander Paul Fredericksen presenting the VFW National Law Enforcement Award to Detective Heather Mogensen.