Fred Antman was born in Berlin, Germany in February 1930. He sought refuge in Shanghai from 1939 to 1946. In 2011, Fred published his autobiography, A Tale of Three Cities. Berlin, Shanghai, Melbourne. In his book, Fred recalls how his family managed to flee from Berlin, take refuge in Shanghai, and eventually settle in Melbourne, Australia, where they established a leading brand of ladies coats.

In later years, Fred's parents opened a successful tailor shop and Fred's father, Samuel, became a Cantor at the Oheb Shalom Synagogue. Fred's brother, David (Billy), became an accomplished accordionist at Joe Farren's nightclub and was praised by the media as a "genius". Fred studied in a Jewish school in Shanghai and was captain of the school football team.

In 1943, Fred met Eva, who was also fleeing the Holocaust. In A Tale of Three Cities, Fred dedicated a whole chapter to their romantic past. In this chapter, he describes how he and Eva met, came to understand one another, and fell in love. At first, Fred would invite Eva to watch him play football and then he would walk her home afterward. On the way, there was chemistry between them as they talked and laughed. Once they got to know each other better, they went to the movies together. In the book, Fred wrote, "We held hands right through the film and, if I remember correctly, my heart started to beat a little faster because of this dear devil behavior." For Fred, it was a beautiful and unforgettable moment.

Fred also recalls that Eva was not always cheerful. She was traumatized by the fact that the Japanese - the occupying power - imprisoned Jews who disapproved of them. These people never returned. Eva was so scared that she would sit still whenever Japanese soldiers patrolled the streets.

In those dreadful years, Jewish refugees experienced warmth and kindness from their Chinese neighbors. Recalling life in Shanghai, Fred wrote in his book, "Life for us was tough but bearable, unlike that of our brothers and sisters in Europe who had so much to endure. Thank God, most of us managed to survive. It is only fair to mention our gratitude to the solidarity of the Chinese people who stood by us during those dark days, under the threat of death. They shared our hardship with compassion and friendship, despite the fact that they had just suffered a terrible war with Japan that had inflicted frightful atrocities upon them. Perhaps as a result of their shared troubles, the Chinese people and the European immigrants formed a common bond, lived together in harmony, and warned to each other. We surviving Jews of the Hangkow Ghetto will always be thankful to the Chinese people for treating us as equals and as human beings. The wartime experience we shared with the Chinese people in Shanghai made us all aware of the love and respect that had developed between us. Our cultures, family ties and friendship will remain "rock solid" for as long as we live."

In 1946, with the support of Fred's uncle and the Jewish community, Fred's family left Shanghai for Australia and settled in Melbourne, where they established their own business, "Antman of Melbourne," which grew into one of the best-known women's fashion brands. Their products were sold in 132 upscale department stores and boutiques. Melbourne was home to the success of the Antman family business, and Fred and Eva's happy marriage. In 1947, Eva's family joined the Antman's in Melbourne and in 1953, Eva and Fred were married at the Toorak Synagogue, with Rabbi Goldmar conducting the ceremony. With a new city to call home, Fred and Eva began a new life.