



Australian Government
Department of Defence

NAVY



THE SAILORS' PAPER

NAVY



When Barry John Fregon (03891) was posted to his first ship, hammocks were still being used. After 43 years' association with the RAN (PNF and Reserve), Barry is retiring on July 29 – and leaves behind a very different Navy.

Barry joined the RAN on the January 14, 1963 as a recruit seaman underwater weapons sailor (UW). His first ship was HMAS Gascoyne, a river class frigate operating as a survey vessel.

Following a ship's diver course at HMAS Rushcutter, he was posted to HMAS Anzac, later transferring to the medical branch.

Hammocks a distant memory for retiree

He then posted to HMAS Lonsdale to complete a laboratory assistants' course at St Vincent's Hospital in Melbourne.

Barry also served on aircraft carrier HMAS Sydney as an LSBA (L), and aircraft carrier HMAS Melbourne as a POSBA (L). Later, he took up a position as instructor at the medical school at HMAS Cerberus. During this time he was selected to represent the Defence Ski Team in France.

In 1973, Barry was posted to HMAS Tarangau where he managed the laboratory at the base hospital. He was promoted to CPOSBA (L) in 1976 and posted to HMAS Penguin, where he assumed the roles of managing the pathology department and regulating CPO.

In 1979 he was promoted to Wardmaster Sub-Lieutenant and posted to HMAS Albatross, where in 1981 he received an MBE for services to the medical branch.

In 1984 he left the RAN to work for the Australian Red Cross Society (Victoria Division). Barry remained an active member of the Reserves both in Melbourne and Hobart.

He was promoted to LCDR in 1989.

Barry leaves with many fond memories, including his marriage to Elizabeth by chaplain Jeff Jarvis in the chapel at HMAS Watson and attaining his masters degree.

Notes: - Barry Fregon (Carroll and Norma Simpson) is of the lineage of Joseph, branch of Jean Frigon /John Fregon.

*- Codes (03891) with parentheses can be used as the **Search Criterion** in the **Search** tab to access documents that affect Barry Fregon.*

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