



## Jack M. Frost

November 27, 1956 - August 19, 2019

Jack M. Frost, age 62 of Mattoon, IL, passed away, Monday, August 19, 2019, following a four year battle with ALS, at his home surrounded by his wife and family.

A memorial service in his honor will be held at noon, Saturday, August 31, 2019, at Mitchell-Jerdan Funeral Home, 1200 Wabash Avenue, Mattoon, IL 61938; Reverend Joy Starwalt will officiate. Military Rites will be conducted by Mattoon VFW Post 4325. A visitation will be held from 10:00 AM until the time of service at the funeral home. Per Jack's request, those in attendance are asked to wear Chicago Cubs attire.

Jack was born November 27, 1956 in Mattoon, IL to Melvin L. and Donna J. (Hill) Frost. He married the love of his life, Barbara Andrews on March 22, 1979 in Norfolk, VA. He is survived by his wife, Barbara and son, Jeremy Frost of Mattoon, IL; one sister, Brenda (James) VanMeter of Charleston, IL; two brothers, Kenneth (Beverly) Frost, and David Frost, both of Mattoon, IL. Jack is also survived by his stepsister, Debbie Grade of Clovis, NM; two aunts, Eileen of Charleston, IL, Mary of Florida; many loved nieces, nephews, cousins; and his grand-cats, Marty and Blurry.

Jack was preceded in death by his parents, grandparents, numerous aunts and uncles, as well as his young nephew, David Frost.

Jack joined the US Navy two weeks after graduating from Wilmington High School, and served aboard the USS John F. Kennedy (CV-67), as a radioman, during the Vietnam Era. Following his Honorable discharge from the Navy, he

obtained his Associates degree in Teaching from Tidewater Community College in Virginia Beach, VA., while working in Civil Service at Naval Supply Center (NSC) and Navy Regional Data Automation Center (NARDAC) in Norfolk, VA. ; Jack continued his education and received his Bachelor's degree in Computer Science from St. Leo College in Virginia Beach, VA. He continued his career at Naval Computer and Telecommunications Area Master Station Atlantic (NCTAMSLANT), Navy Environmental Health Center (NEHC) in Norfolk, VA, before retiring from Navy Medical Center Portsmouth (NMCP) in December 2011. Jack received numerous Civilian Awards during his 38 years of service.

Jack loved to bowl and participated in several leagues, to sing karaoke, walk trails, and ride roller coasters. He told the worst groaner jokes and loved to share his beautiful smile and laugh with all of us.

Memorials in his honor may be made to HSHS St. Anthony's Hospice, 701 West Temple Avenue, Effingham, IL 62401 or the ALS Association, 220 W. Huron St #4003, Chicago, IL 60654.

Please visit [www.mitchell-jerdan.com](http://www.mitchell-jerdan.com) or [www.facebook.com/mitchelljerdanfuneralhome](https://www.facebook.com/mitchelljerdanfuneralhome) to light a virtual candle in his honor or share a memory with the family.

# Previous Events

## Visitation

AUG 31. 10:00 AM - 12:00 PM (CT)

Mitchell-Jerdan Funeral Home Ltd.  
1200 Wabash Ave  
Mattoon, IL 61938  
(217) 234-8828  
contact@mitchelljerdan.com  
<https://www.mitchell-jerdan.com/>

## Service

AUG 31. 12:00 PM (CT)

Mitchell-Jerdan Funeral Home Ltd.  
1200 Wabash Ave  
Mattoon, IL 61938  
(217) 234-8828  
contact@mitchelljerdan.com  
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# Tribute Wall

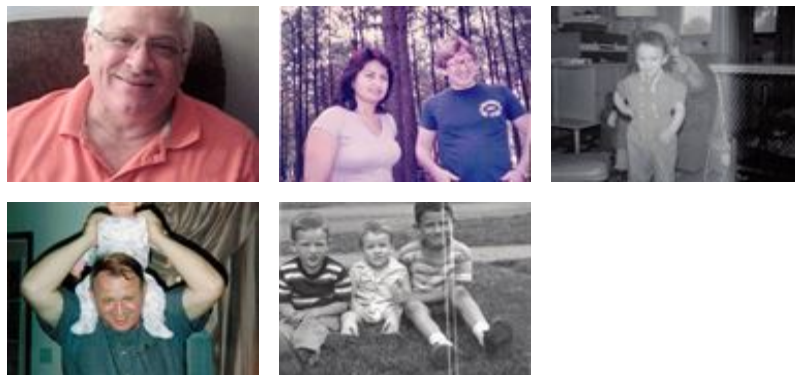


“ *Jack M. Frost*

October 08, 2023 at 07:40 PM



“ *59 files added to the album Life Tributes*



Mitchell-Jerdan Funeral Home - August 29, 2019 at 06:24 PM



“ *Barbara*

*I am so sorry to hear about Jack. I was hoping to reconnect with him at our reunion. We rode the bus together for several years to school. I remember laughing and talking to him to pass the time. I am so sorry for your loss sending prayers.*

*Your classmate,  
Sue Blasier Gleason*

Sue Blasier Gleason - August 27, 2019 at 07:12 AM



*Thank you, Sue for your kind words and prayers. We certainly appreciate it. Best Wishes, Barbara*

Barbara Frost - August 31, 2019 at 01:40 AM

PH

“ *Barb so sorry about Jack. I didn't know he was ill. I was hoping to see you both at our class reunion. I remember him as always smiling. My prayers are with you & your family.*  
*Pat Minton Hubeny*

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**Pat Hubeny** - August 26, 2019 at 11:19 PM

BF

*Dear Pat, yes he had ALS for over 4 yrs. We would have loved coming to the reunion, but Jack couldn't travel more than about an hr. from home. He tired very easily. We are both still proud of our Class of '74. Sorry we'll miss it. Take care,*

*Barbara and Jeremy Frost*

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**Barbara Frost** - August 27, 2019 at 01:31 AM



“ *I had the extreme honor of being a part of this family for a couple of years. The love and commitment of this family was demonstrated on a daily basis.*

*From day one of meeting Jack, I could see what a special person he was. Never in my life have I meet someone that had so much taken away from them and still had so much love for life .*

*I will forever be blessed to have had known Jack. I have been inspired by his courage to face each day and the compassion that he continued to have for others despite all that was thrown on him .*

*I will truly miss my buddy and our conversation.*

*Cubs always and forever!!!!!!!!!!!!*

*All my love, Debbie Myer*

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**Debbie Myer** - August 25, 2019 at 12:57 AM

BF

*Debbie, thank you for kind words. Jack thought the world of you and treasured the time he had with you. We both thought of you as family, and were sorry when we lost you. Jack touched everyone's life and you will always have your memories of him. We wish you the best always, Love, Barbara and Jeremy*

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**Barbara Frost** - August 25, 2019 at 11:55 PM

BR

“ *Our deepest sympathies to Barbara, Jeremy and the entire family. Jack was such a pleasure to be around and work with at NARDAC/NCTAMSLANT. His laugh was infectious and jokes even more funny when Jack told them. Bob and I enjoyed many years of bowling and friendship with Jack and his family. He is the only person I knew that could throw a gutter ball and when returning to his seat, laugh about it. He will be missed by Bob and I. Our prayers are with the family and may they comfort you during this sad time. Bob and Pat Rathbun*

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**bob and pat rathbun** - August 24, 2019 at 01:37 PM

BF

*Pat & Bob, thank you for sharing some memories of Jack. I don't think his love for bowling was as strong as his love of having time with his friends was. He really didn't take it too seriously. Jack always spoke fondly of you both. It brightened his day every time he received cards and notes from you since we moved away. Thank you so much for keeping in touch with him. It meant so much. Thank you for the prayers. We love you.*

*Love, Barbara and Jeremy*

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**Barbara Frost** - August 25, 2019 at 11:59 PM

CM

“ 1 file added to the album Memories Album



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**Clare and Mike** - August 23, 2019 at 11:31 PM

CM

“ Clare And Mike lit a candle in memory of Jack M. Frost



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**Clare and Mike** - August 23, 2019 at 11:23 PM

CM

*The zoo trips were always funfilled .*

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**Clare and Mike** - August 23, 2019 at 11:25 PM

BF

*The zoo trips were fun! We always had a good time with you both. Also, at karaoke and lunches. Jack treasured your friendship, as did Jeremy and I. We will always remember you fondly.*

*Love, Barbara and Jeremy*

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**Barbara Frost** - August 26, 2019 at 12:05 AM

RL

“ Jack is one of the nicest persons you would want to know. It seem to me that he was always happy and was always positive. Worked with Jack at three different government activities and enjoyed knowing him. God bless him and the family and friends that will miss him dearly.

Ray Lynch - August 23, 2019 at 04:49 PM

BF

Thank you for the kind thoughts, Ray. Jack was always happy and positive. He was the nicest person I have ever known. He never met a stranger and brought a smile to our faces every day. We sure lost a great man. Thanks for the prayers.

Love, Barbara and Jeremy

Barbara Frost - August 26, 2019 at 12:07 AM

HS

“ RIP my friend, I going miss the occasional phone call we had over the pass years. You have been a great friend over the last 30 some years.

Harold & Shirley Sheely

Harold Sheely - August 23, 2019 at 03:55 PM



BF

Sorry for your loss, Harold. Jack sure enjoyed your monthly calls. You made his day! We were lucky to have him for as long as we did. He treasured your friendship. Please give our love to Shirl.

Love, Barbara and Jeremy

Barbara Frost - August 26, 2019 at 12:14 AM

CT

“ Carolyn Taylor lit a candle in memory of Jack M. Frost



Carolyn Taylor - August 23, 2019 at 12:49 PM

BF

*Thank you, Carolyn for lighting a candle in Jack's memory. He always spoke fondly of you. We will sure miss him.*

*Love, Barbara and Jeremy*

Barbara Frost - August 26, 2019 at 12:14 AM



“ Donna Walker lit a candle in memory of Jack M. Frost



Donna Walker - August 22, 2019 at 11:29 PM



*Just wanted to let you know how much he was loved. He was warm, loving, funny (most of the time) and the loyalist Cub fan around! I will miss you until we meet on the other side!*

Donna Walker - August 22, 2019 at 11:33 PM

BF

*Thank you, Donna. He loved you and loved being a Cub fan with you. God bless,*

*Love, Barbara and Jeremy*

Barbara Frost - August 26, 2019 at 12:18 AM

BE

“ I enjoyed his jokes. His sense of humor was awesome.



Brenda Ewenson - August 22, 2019 at 10:37 PM

Tasha Pieper

“ My thoughts are with the family. I am so deeply sorry for your loss. I have always thought so much of you guys and loved when you would come in to see us at BoRic's.



Tasha Pieper - August 22, 2019 at 10:34 PM

BF

Tasha, thank you for your nice note. Jack enjoyed his visits with you, as well. Thank you for taking care of him for the past two years, and keeping him beautiful for us.

Love, Barbara and Jeremy

Barbara Frost - August 26, 2019 at 12:25 AM

Beth Long

“ Rest in peace, Jack. Thoughts and prayers are with you, Barbara and Jeremy.



Beth Long - August 22, 2019 at 08:42 PM

BF

*Thank you, Beth. We appreciate your thoughts and prayers.*

*Love, Barbara and Jeremy*

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**Barbara Frost** - August 26, 2019 at 12:23 AM

ST

“*You were always a positive, happy part of the day. A kind word, a goofy joke, contagious laugh, and bright smile were always present. I enjoyed our talks about our fur babies. I remember when Bill & I got two kittens, Bill called me at work worried to death they were going to kill each other when ran toward each other full speed and collided in mid air. You just happened to be in my office when he called. You laughed your signature laugh and said, “Ah, kittens!” It was a pleasure to know you. My sincerest condolences are offered to Barbara, Jeremy, family and friends. May God comfort you during this difficult time and sustain you in the days ahead. Jack will be forever missed but will live on in our hearts forever. RIP dear friend.*”



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**Suzanne Brewer Torbert** - August 22, 2019 at 08:03 PM

BF

*Sue, thank you for sharing fond memories of Jack. He spoke of you often and your shared love of animals. We will all miss his laughter and his love. Thank you for the prayers,*

*Love, Barbara and Jeremy*

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**Barbara Frost** - August 26, 2019 at 12:29 AM

VH

“ RIP Jack, you will be missed :(



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**Vickie Hayes** - August 22, 2019 at 04:58 PM

BF

*Thank you, Vickie. Jack loved you as a cousin and a dear friend. We appreciate your kindness and support.*

*Love, Barbara and Jeremy*

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**Barbara Frost** - August 26, 2019 at 12:31 AM

BH

“ *Barbara Hughes lit a candle in memory of Jack M. Frost*



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**Barbara Hughes** - August 22, 2019 at 03:42 PM

BF

*Thank you, Barbara. Jack always spoke highly of you and your Mom. He loved your fb jokes, as well. Thank you for lighting a candle in Jack's memory.*

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**Barbara Frost** - August 26, 2019 at 12:33 AM