

# THE JARHEAD JOURNAL

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[www.lakecountymarines.com](http://www.lakecountymarines.com)



## MARINE CORPS LEAGUE LAKE COUNTY DETACHMENT 801

### The Jarhead Journal Published Monthly

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#### Detachment Officers

Commandant:	Gerald Pedrin
Senior Vice-Commandant:	John Burns
Junior Vice-Commandant:	Nada Sydow
Judge Advocate:	Peter Karlovics
Paymaster:	Ed Mampe
Adjutant:	John Jezioro
Sgt. at Arms:	Clint Chia
Asst. Sgt. at Arms:	Art Castillo
Chaplain:	Hank Landrau
Quartermaster:	Al Blut
Asst. Quartermaster:	Scott Bastean
Librarian:	Gary Braun
Web Sgt.:	Mel Ellingsen

**Our next meeting is Monday  
19 February starting at  
1900 (7 PM).**

**Fellowship starts at 1830.  
Primo Resturant  
720 Milwaukee Ave.  
Gurnee, IL**

**Last Month's Mystery Marine was  
Corpsman Jerry Pedrin.**

#### Where Stuff Is

1. Cover page, enjoying MREs.
2. Officers, this list
3. Commandant's Chat
4. Chaplain's Report
5. Roy Cuevas' Presentation
6. VA Hospital Visitation
7. Color & Honor Guard
8. Eagle Scout Report
9. Foundation Board and Committee members
10. Links to other Veterans Web Sites

**Front Page:** If you missed last month's meeting we dined on MREs. So much better than C-Rats.



**Who is this Mystery Marine?**

**COMMANDANT'S COMMENTS**

## **We Want You at Our Future Meetings!**

I once again sit at my computer to begin an article for the Journal I tried to think of a relative topic for this date and time. The main thing that came to mind right away is the flu situation in the United States. It is very disturbing to hear that the flu has reached epidemic proportions in over 45 States this year. It is also disturbing to hear that 15 people died of the flu last week and 53 so far this year. The worst part is that the flu season usually goes strong for another eight to ten weeks.

With my medical background I have seen first hand the damage and heart ache that illnesses have caused to families of all social classes and all levels of income. Everyone is susceptible to the illnesses roaming the world at any given time. Your chances of becoming ill do not increase or decrease due to your economic or social status alone.

I would like to share a few tips with you to possibly lessen your chances of becoming ill this season and hopefully keep you healthy enough to be able to do the things you enjoy. There are only a limited number of ways that bacteria or viruses can enter your body to make you ill. The easiest way is to ingest it into your body by eating something that is contaminated.

The latest thing seems to be salmonella that they believe was traced back to

Romaine lettuce. That is only one of the foods that can cause you problems. Just think about how many people have actually handled all the fruit and vegetables you see at the supermarkets. Now if only one of them had a communicable disease, think how many people could be infected. It is very important to wash all fruit and vegetables prior to eating.

I recently was talking with a doctor friend of mine at an event when another person walked up to him to shake hands. He politely told that person that he did not wish to offend him, but that he did not shake hands with anyone from November to May. He said he could not afford to get any illnesses and that was one of his ways of prevention. He said that germs can live for hours on surfaces and can be transferred easily that way.

With that in mind be sure to wipe down the handle of the shopping cart before you use it. Try not to touch anything you don't take home. Try not to be in locations where there is a large crowd. A greater the number of people increases the chance of contacting something. Try not to drink from other people's glasses or cups. Just a taste is enough to catch germs. This goes for communal wines in church.

Be sure to be up to date on your shots. Shots began the process of building antibodies to fight infections long before you are exposed to the actual thing. Also be sure to tell all your doctors what meds you are taking. Sometimes the mixing of different meds can lessen your body's ability to fight infections. Be sure not to drink grapefruit juices or eat them if you are diabetic. They will react with your meds. It is good that you eat as much fruit and vegetables as you can in the winter months. Your body needs additional vitamins at this time. Look for foods or drinks that contain Zinc. It is very helpful in lessening the duration of colds and such.

I could go on for a while longer on this topic but I think you can see that there are a lot of things you can do on your own to prevent illnesses. Don't let your body get run down. Don't get in situations where you get cold and remain there for an extended period of time. Be careful shoveling snow. I am not sure how this will be received. Some of you may say it was a waste of time. Others may enjoy it. If it helps one of you I will be happy. If you think I should not write articles like this again let me know.

Jerry Pedrin 847-687-6663

**CHAPLAIN'S CORNER**

Now that the New Year is well underway, and the celebrations are mostly over, it's time to refocus, and redouble our efforts to insure the continued success of "THE BEST DETACHMENT IN THE LEAGUE"

There are committees in our detachment that do great work, but are understaffed, and can use your help, take one step forward and volunteer.

There are churches and social services organizations that need and welcome volunteers, possibly your church.

As seasoned Marines, we can impact the communities in which we live and work, and it keeps us young, at least young at heart.

One area where we can make an impact and show our community where our hearts, souls, patriotism and love of Corps are, is in rendering of our "last salute" to our departed marines. It would be honorable and respectful to show up en masse at these final farewells.

Visiting our warriors at the VA hospital is an excellent way to bestow honor and recognition to these heroes. Most importantly, it makes them feel they are not forgotten. I assure you that you'll come away with the most satisfying feeling after talking with veterans that are part of our history!

Another area where our presence in large numbers is welcomed is at EAGLE SCOUT Courts of Honor. These young Americans work hard to achieve this great honor. They not only look forward to receiving our legendary KABAR as tangible recognition of their achievement, but meeting real life Marines!

I invite you to get out of your routine, your rut, and experience ***LIFE!***

Serve your GOD by serving your brothers and sisters.

Your chaplain, Your servant.

God bless you and Semper Fi,

Hank Landrau

## MARINE CORPS LEAGUE LAKE COUNTY DETACHMENT 801

### US Army Specialist Ricardo Cerros, Jr. Presentation



On January 27, many of us gathered at Steven's Resturant to honor detachment member Roy Cuevas' sister as he presented to her a US Army sword in remembrance of their nephew and son, Spc. Ricardo Cerros, Jr. who gave his life on October 7, 2011 in Afghanistan's Logar province by jumping on an enemy hand grenade shielding the impact from his wounded buddy and a medic. Spc. Cerros was posthumously awarded a Silver Star and Purple Heart.

Roy moved a few years ago to California to be with his son. He returned to escort his sister, who lives in Gary, IN, to the presentation held in our area.

Members pictured above were Rich Butler, Ed Mampe, Al Seyler, Roy Cuevas, Jerry Pedrin, Maqueirte Cuevas, Tom Mann and Hank Landrau. Not pictured were John Burns, Al Blut and Mel Ellingsen.

**CAPTAIN JAMES A. LOVELL FHCC VISITS**



**VA HOSPITAL VISITATION TEAM**

I am sure that all of you are aware of the tremendous problem we are having with the flu epidemic this year. We on the hospital team came to deal with this problem head on when we went for our last visit. We were thinking that we might have to stand in the halls to visit the patients. This turned out not to be the case but the hospital has taken several precautions they have not taken in a while.

First and foremost, they designated a ward for people with contagious diseases. This ward is entirely off limits to all but the staff. This is the same thing they did last year when the flu got so bad. We have no idea how many people are on that ward that we did not visit but we're told there were quite a few.

We were able to visit the other wards with few difficulties and some minor adjustments. Most of the wards were quite low on patients at the time of our visit which pleased all of us even though we did not see a lot of patients. Few patients mean more are well and can go home where they should be. This is a good thing. We would like to see all the wards as empty as possible.

When we entered the ward where our friend Chester was, we immediately knew something was not right. There was another person in his bed. Chester had not been well since Thanksgiving and most of the time he would be sleeping when we visited. We asked the nursing staff and found that Chester passed away several days before. We all commented that he had led a full life at 107 but were saddened by the fact that Chester brightened up the day for all of us when we were able to talk with him. He will surely be missed by all of us and a lot of the staff.

if you would like to visit with us at the VA, we visit on the second and fourth Thursday of each month. We meet in the cafeteria at 2nd and then go from there. Visits usually take about two hours. Ask one of the following about the program, Warren Blacklock, Al Blut, Al Seyler, Greg Cummings, Nada Sydow, or contact me. Jerry Pedrin 847 687 6663



## COLOR & HONOR GUARD



### COLOR / HONOR GUARD

The Color Guard has wrapped up another successful year. Our last performance was at Soldier's Field presenting Colors for the start of the Chicago Bears vs. the Cleveland Browns game on Christmas Eve. It was cold, windy and snowing. The Bears treated us wonderfully. The best part was when we were standing on the 45 yard line ready to march onto the field. The Bears came out of the tunnel, ran to the center of the field, then lined up to shake our hand and say "thank you for your service". That is the part you don't hear about on the news. No Bear has taken a knee this season. Thank you Chicago Bears !!

NOW is the time to join the Color Guard-----

We start out practicing the Basics:

Rifle Manual of Arms

Flag Manual

How to March-----Left-Right-Left-Right

Casket Manual

Volley

After practice, we go to Stevens to discuss what we did right, wrong and to solve all the world's problems.

Talk to any of the team at the Meeting or give me a call. 847-220-1525. Al Seyler



# EAGLE SCOUT'S



## Scheduled Eagle Scout Presentations

### Future Presentations

- Feb 24 Terrence J. Pierce-Demski, Troop 451, Noon, United Protestant Church 54 S. Whitney St., Grayslake, (Homan)
- Feb 24 Camden Ellingsen, Troop 188, 3:00 PM, Antioch Township Center 1625 Deep Lake Rd., Lake Villa, (Ellingsen and Butler) -36
- Mar 3 John Yurek, Ian Nagle and Ethan Hertzler, Troop 71, 12:30 PM, First Presbyterian Church 219 W. Maple Ave., Libertyville, (Barclay)
- Mar 3 William D. Jefferies, Troop 671, 3 PM, State Bank of the Lakes (lower level) 50 Commerce Dr. Grayslake. (Barclay)
- Mar 4 Christopher Joseph Downes, Troop 73, 1 PM, Shepherd of the Lake Lutheran Church (in Luther Hall and Worship Service Center) 285 E. Washington, Grayslake. (Butler)
- Mar 10 Charles Aiden Capps, Andre John Josephitis and Tyler Michael Nicholas, Troop 46, 3 pm, First Presbyterian Church of Lake Forest 700 Sheridan Rd. Lake Forest, (Landrau)

## **MARINE CORPS LEAGUE LAKE COUNTY DETACHMENT 801**

### **Lake County Detachment Marine Corps League Foundation, Inc Officers**

President-	Al Seyler
Treasurer-	Mel Ellingsen
Secretary-	Jerry Pedrin

#### **Directors**

Jim Sroka, Richard Butler, Ed Mampe, Warren Blacklock and Joe Wallace.

The Foundation Board of Directors met on January 23rd at Saluto's restaurant. Discussions were held on how to pursue grants from both large and medium sized Companies in Lake County.

Mel Ellingsen will lead the effort to apply at each of the Wal-Marts and Sam's Clubs in the County.

We will conduct another "Boat Load of Booze" raffle. 2 years ago we raised almost \$13,000. Our goal is to raise \$15,000 this time. We will need the help and support of all Members of the Detachment.

Purpose of the Foundation as a 501 3 (c) tax exempt organization is to provide comfort, support, financial assistance and educational aid to improve the quality of life for military personnel in all branches of the United States Armed Forces and veterans who have served and their families.

If you know or hear of any Veteran or Family that could use some assistance, contact us.

Semper Fi

Al Seyler  
President  
847-220-1525

***Related Military Links***

**US Department of Veterans Affairs**

**Illinois Department of Veterans Affairs**

(Updated 2/28/17)

**Lake County Veterans Assistance Commission**

(Updated 2/28/17)

**VFW Action Corps Weekly**

**American Legion**

**Honor Flight McHenry County**

**Honor Flight Lake County**

**Marine Corps League Hdqtrs**

**Illinois Marine**

**Sgt Grit**

**Dept of Illinois Convention 14-17 June 2018 Crystal Lake, IL**