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RAILSPLITTER

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October 2016



Illinois Guard Top Stories

Illinois Soldier's Invention to Save Army Hundreds of Thousands of Dollars



Airman named Illinois Department of Veterans Affairs Employee of the Year



Additional Headlines

Command Changes and Deployments

North Riverside-based Unit Mobilizes for Afghanistan Deployment

129th Regional Training Institute
Welcomes New Commander

766th Brigade Engineer Battalion Welcomes New Commander

Enlistments and Retirements

Chestnut Colonel Retires after 32 Years of Service

Carlyle Native Enlists in the Illinois Army National Guard

Alton Native to Become Army Guard Infantryman

Alton Native to become Army Guard Food Service Specialist

Fillmore Native to Become Army Guard Avionics Mechanic

Cahokia Native to Become Army Guard Motor Transport Operator

Senior Leader's Corner

Always Ready

A part of the National Guard mantra that we should all take to heart, "Always Ready," is an integral aspect of the Illinois National Guard Strategic Master Plan Goal number one is all about enhancing unit readiness. Our individual actions can greatly determine whether or not we meet the personnel and training readiness objectives for the state. Your individual readiness actions should encompass



Chief Master Sgt. John Jordan, Command Chief Master Sergeant, Illinois Air National Guard

being physically fit, medically ready, trained and properly equipped.

Being physically fit will not only help us pass our fitness testing requirements but will lead to a healthier life and what we should all be concerned with - mission success. Whether you stay in a hotel room or a tent we all know the deployed environment will offer physically challenging jobs with long hours and little sleep, not to mention the increased stress levels. Studies have proven that we are less likely to be injured while performing manual labor tasks if we maintain a routine physical fitness schedule. Regular fitness training will also improve your mental health and mood, contributing to stress

reduction. Good physical fitness also means less illness, which leads into our next topic, medical readiness.

READ MORE

VISION:

News From the Field

Quincy Soldier Receives Illinois Distinguished Service Medal

Hanging up their boots after 20 or more years:

- Master Sgt. Michael Eddy 217th Engineering Installation Squadron
- Tech. Sqt. Dominick Juliano, Jr. 183rd Security Forces Squadron
- Master Sgt. Nicholas Sanchez 217th Engineering Installation Squadron
- Master Sgt. Danika Wilson 183rd Mission Support Group
- Sgt. 1st Class Margaret Barr Headquarters, 129th Regiment RTI
- Sqt. Maj. Timothy Forrest Joint Force Headquarters
- Master Sgt. Marilyn Gomez 108th Medical Battalion, Multifunctional
- Sqt. Maj. David Martinez Joint Force Headquarters
- Sgt. 1st Class Charity Hipkinsrobinson Headquarters, 129th Regiment RTI
- Master Sqt. Barbara Wertz Headquarters, 129th Regiment RTI
- Sqt. 1st Class Timothy Wilson 2nd Battalion, 129th Regiment RTI
- Sqt. 1st Class David Bray 933rd Military Police Company
- Sgt. 1st Class Monty Flynn Headquarters and Headquarters Company 766th Engineer
- Sgt. 1st Class John Stevens B Company, 634th Brigade Support Battalion

Illinois National Guard Social Media Feed



Illinois National Guard Remembers its first African American State Command Sgt. Major





Illinois National Guard Honors 192nd Tank Battalion at Maywood Bataan Day

> **Illinois National Guard Celebrates Diversity** with Multicultural-Day at Camp Lincoln



Gov. Rauner Pays Tribute to Illinois Gold Star Mothers during Gold Star Mother's Day Event





WWII Vet Vincent Speranza Speaks to Soldiers at Army Guard's Junior Leaders' Symposium



Air Guard Col. Completes Leadership in **Homeland Security Program**



Army Guard Aviation Unit Picks up 5th CH47 Chinook Model F from Ft. Drum, New York