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***to Receive GYB  
Newsletters and***

TN National Guard,

We are so glad that you have received our GYB (Guard Your Buddy) Newsletter. The GYB Newsletter will keep you up to date and informed on the latest calendar events, contests and news from GYB....

Want to ensure you will receive the newsletter regularly? Guard Your Buddy would like to encourage each Guard Member to sign up for the "GYB Newsletter". By signing up for the newsletter you will receive communications on topics of interest, entertainment and GYB contests.

Each Tennessee Guard Member that signs up will be eligible for contests and giveaways throughout the year. Your information will

***Updates  
&  
Be Entered to Win  
an  
Autographed  
Rascal Flatts  
package***

You must be a TN National Guard member or immediate family to TN Guard member to win.



Download the  
**GYB** App for  
Android & iPhone

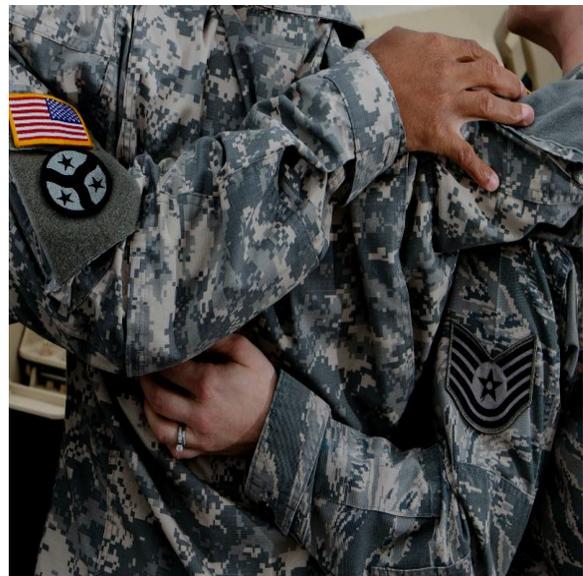
not be shared or distributed outside of the Guard Your Buddy program and you may opt out of the newsletter at any time.

*Guard Your Buddy is a joint effort by the Tennessee National Guard, The Jason Foundation, Inc., and E4 Health to give the men, women, and families in the Tennessee National Guard anytime, anywhere access to critical life resources, on-demand counseling, and on-call suicide prevention.*

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# ENGAGE



## Alcohol Abuse

### *Five Signs of Alcohol Abuse*

Someone you know may be drinking too much. Maybe it's a spouse, a child, a friend. Maybe it's you. How do you know when someone is drinking too much? Here are 5 questions to ask yourself, or to give to your friend/family member:



The "GYB" App gives you anytime access to critical life resources, on-demand counseling and on-call suicide prevention.

Scan with your smartphone for direct access to the **GYB** website.



1. Has alcohol use caused problems in any of the following areas of your life: health, relationships, work, legal, financial?
2. Have you ever thought of cutting down on your drinking?
3. Have you ever been annoyed by people's criticism of your drinking, or drinking behavior?
4. Have you ever felt guilty about your drinking?
5. Have you ever needed an 'eye opener' drink in the morning, or a little something to get going during the day?

If you answered "yes" to 2 out of 5 of these, you may have a more serious drinking problem than you realize. What can you do? There are many resources to help you learn about alcohol and its effects on you.

10.3 million people in America are dependent on alcohol or drugs. The vast majority of people with drug or alcohol problems are employed, have families, and appear healthy. However, the longer someone continues to use the substance, the greater the likelihood that those areas of his or her life will be



negatively impacted. Therefore, identifying the problem early and getting help is very important.

You can go to [www.aa.org](http://www.aa.org).

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## Financial Peace with Dave Ramsey

*Service members have more important things to worry about than money...*

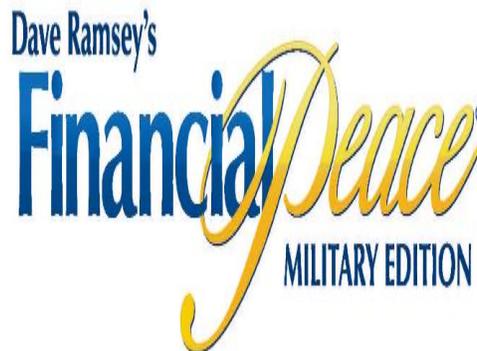
*We know that, as Guard members, you and your family may need help with everyday financial and legal situations. Many times these situations can dramatically affect your lifestyle and relationships. It is important that you get the support you need when you and your family need it most. Here Guard Your Buddy gives you direct access to financial counselors, tax advisors, and top-rated attorneys within your local community.*

If you are in crisis & need to talk to a GYB Professional immediately, please call **855-HELP GYB** or dial **911**.

For General Inquiries about "Guard Your Buddy"

Email:

[GYB@jasonfoundation.com](mailto:GYB@jasonfoundation.com)



Dave Ramsey offers an amazing program for service members called Financial Peace Military Edition. It is an intense personal finance training course that helps service members strategically remove debt and build wealth.

The program equips military personnel with the security and

protection of a sound financial plan during times of activation, deployment, TDY or PCS. When service members are not preoccupied with mounting financial stress back home, they are free to focus on their duty and their unit's mission with peace of mind.

How does it work?

In a small-group format, this 12-lesson DVD course-taught by personal finance expert Dave Ramsey-covers everything from budgeting and paying off debt to retirement and charitable giving. This course includes a workbook, designed specifically for servicemembers, which features military-specific questions and statistics.

More than 12,000 military families have already experienced the benefits of Financial Peace Military Edition. Check it out!



Financial Peace University - Military Edition

Thanks to DaveRamsey.com for this information.

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## Celebrity Ambassadors for The Jason Foundation: Rascal Flatts

Rascal Flatts and the Jason Foundation, Inc. (JFI) are working together to prevent suicide. In June 2010, Rascal Flatts became JFI Celebrity Ambassadors. They are committed to promoting the B1 Project and will participate in public services announcements, public awareness

programs, and fundraising.



B1 is a collaborative effort between Rascal Flatts and the Jason Foundation, Inc. to promote suicide awareness and prevention. B1 operates on the following premise:

"Someone you know may need a Battle Buddy - B1."

The main focus of B1 is to educate individuals about the problem of suicide, how to recognize the warning signs of suicidal thoughts, and how to help.

B1 consists of four simple steps:

- *B Aware*: Be aware and understand the problem of suicide within the Army, National Guard and Army Reserve.
- *B Able*: Be able to identify those who may be struggling with suicidal thoughts.
- *B Prepared to React*: Have an action plan ready in the event someone you know may need help.
- *B1*: Make the pledge to be there for your Battle Buddy.



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## TN Guard Calendar of Events



### **EMPLOYMENT ASSISTANCE WORKSHOP (FREE)**

Scheduled Events:

12-14 September in Jackson

At the workshop, you can expect to:

- Create a Resume, or update your existing one!

- Learn Effective Job Search techniques.
- Gain Successful Interviewing Skills.
- Learn to convert military skills sets to civilian terminology.
- Meet, and interview with, DOL Career Center representatives.
- Job Fair on the last day of the event.

YOU MUST PRE-REGISTER TO ATTEND.

To pre-register, call the TN ESGR office at 615-313-0752.

## **STRONG BONDS**

Strong Bonds is a unit-based, chaplain-led program which assists commanders in building individual resiliency by strengthening the Army Family. The core mission of the Strong Bonds program is to increase individual Soldier and Family member readiness through relationship education and skills training.

Strong Bonds is conducted in an offsite retreat format in order to maximize the training effect. The retreat or "get away" provides a fun, safe, and secure environment in which to address the impact of relocations, deployments, and military lifestyle stressors.

### **Scheduled Events:**

Strong Bonds for Couples

- 10-12 August in Memphis
- 21-23 September in Nashville

To register for these the POC is CH Mark Phillips at [mark.phillips11@us.army.mil](mailto:mark.phillips11@us.army.mil)

## **THE YELLOW RIBBON REINTEGRATION PROGRAM**

The Yellow Ribbon Reintegration Program is a DoD-wide effort to promote the well-being of National Guard and Reserve members, their families and communities, by connecting them with resources throughout the deployment cycle. Through Yellow Ribbon events, service members and loved ones connect with local resources before, during, and after deployments.

Reintegration during post-deployment is a critical time for members of the Guard and Reserve, as they often live far from military installations and members of their units. Commanders and leaders play a critical role in assuring that Reserve service members and their families attend Yellow Ribbon events where they can access information on health care, education/training opportunities, financial, and legal benefits. We work closely with works in conjunction with federal partners, including the Small Business Administration and Departments of Labor and Veterans Affairs, to provide up-to-date and relevant information to the members of the all-volunteer force and their families.

**Yellow Ribbon Scheduled Events:**

30/60 Day combined for 107th AV AOB on 18-19 August in Smyrna

30/60 Day combined for 230th SIG on 8-9 September in Nashville

30/60 combined for 913th on 15-16 September in Martin

30/60 Day combined for 230th ENG 22-23 September in Trenton

EACH EVENT IS LISTED WITH REGISTRATION INFORMATION ON THE TN NATIONAL GUARD J9 FACEBOOK

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Anytime, anywhere access to  
Critical Life Resources,  
On-Demand Counseling and  
On-Call Suicide Prevention.

Free services to Tennessee National Guard members  
and their families provided by:





National Guard



The Jason Foundation

