

## COMMANDER'S CORNER

## CFC kicks off at Fort Riley, donations help Families in times of need

By Col. Kevin Brown  
GARRISON COMMANDER

Fort Riley kicked off its Combined Federal Campaign Sept. 29 at Riley's Conference Center.

The campaign is the one time during the year Soldiers and civilian employees will be solicited for donations.

Those donations will go to the charity of their choice — there are thousands to choose from.

During the kick-off event, one of our Army Community Service staff members shared her story about how charities

in the area have helped her family in their time of need. Her husband is a disabled veteran.

A search for "veteran" in the online CFC catalog at [www.hearlandcfc.org](http://www.hearlandcfc.org), pulls up more than 60 charities that support veterans. One of those charities may help someone you know.

More than 400 local charities are listed in the CFC catalog including Fort Riley's



Col. Brown

Child, Youth and School Services. Money donated to CYSS goes to provide program supplies for children in their programs.

Last year, Fort Riley had a record year. We surpassed our goal of \$250,000 by more than \$90,000. This year, we've set our goal at \$300,000, but I'm sure we'll go above and beyond this year as well.

Donating just \$1 a week can provide 68 meals to low-income individuals or food for two shelter dogs for a month.

For \$4 a pay period, you can help a veteran's child attend college. Just \$6 a pay pe-

riod can mean five nights of shelter for a homeless person.

For \$20 a month, you can provide a 10-month supply of nutritional supplements for a patient fighting cancer. The list goes on and on.

By giving a little, we can make a difference for those in need.

As you walk through your work area, take a look at your co-workers. Have they had a sick child? Have they themselves fought disease? Has an organization helped them or a family member through a natural disaster?

Charities touch our lives in

more ways than we may realize. The CFC gives us a chance to help make a difference.

Donations can be made in the form of a one-time check or through payroll deductions. Some organizations host events to raise money for the CFC.

We hosted a golf tournament at the end of September. The Directorate of Emergency Services hosts an annual chili cook-off. Think about what your organization can do.

While I encourage everyone to give, I'd also like to thank our unit and organization representatives who are taking the time to talk to everyone about

the campaign.

Studies show many people don't ask. No one is required to give, but our goal is to make sure everyone has the opportunity.

To learn more about the CFC talk to your organization representative or visit [www.hearlandcfc.org](http://www.hearlandcfc.org). Let's make this another record-setting year.

*If you would like to comment on this column or suggest a topic for Community Corner, send an e-mail to [rile\\_posi\\_newspaper@coms.army.mil](mailto:rile_posi_newspaper@coms.army.mil).*

## COMMUNICATION IS KEY

## Using 'Four Horsemen' of communication

## SPECIAL TO THE POST

My wife and I like to call our verbal fights in marriage "intensive fellowship."

Something about the idea we are arguing doesn't feel good, so if we can put a softer word on it, the intensity goes away a little. Conflict and relationships seem inevitable.

A book I read a long time ago mentioned true friendship does not occur until you have had a disagreement and you have been able to work through it.

Statistically, year after year, the top three things couples split up over include money, sex and you guessed it; communication.

So, if we have been communicating with each other since the day we were born, what is the big deal? Why all the disagreements, anger and resentment that comes from talking to each other.

A few years ago, a Ph.D. psychology professor by the name of John Gottman introduced what he called "The Four Horsemen of the Apocalypse."

The four horsemen represent the four ways communication with each other goes wrong.

In an office that looked like a apartment, John Gottman measured communication style with 700 couples. He did this by creating an atmosphere which looked and felt similar to being in a home. He connected heat sensors and heart rate monitors on each couple so he could examine physiological symptoms of couples when they are in conflict.

In the midst of making a determination about what the

likely hood of couples staying together, he noticed four different ways couples argue. He eventually gave these four marriage killers the name, "Four Horsemen."

Below is a list of the four horsemen and some examples of what it may sound like and look like in an intimate relationship.

*"Sometimes we need to avoid conflict, sometimes we need to create it, and sometimes we need to resolve it." -Rick Warren*

## CRITICISM

- Attacking your partner's personality or character, usually with the intent of making someone right and someone wrong.
- Generalization: "you always..." "you never..." "you're the type of person who..." "why are you so..."

## CONTEMPT

- Attacking your partner's sense of self with the intention to insult or psychologically abuse him/her.
- Insults and name-calling: wimp, fat, ugly, stupid, slob, lazy...
- Hostile humor, sarcasm or mockery
- Body language and tone of voice: sneering, rolling your eyes, curling your upper lip

## DEFENSIVENESS

- Seeing self as victim, warding off a perceived attack
- Making excuses (external circumstances beyond

your control forced you to act in a certain way) It's not my fault..." "I didn't..."

• Cross complaining: meeting your partner's complaint or criticism with a complaint of your own, ignoring what your partner said.

• Disagreeing and then cross-complaining. "That's not true, you're the one who..." "I

did this because you did that..."

- Yes-butting: start off agreeing, but end up disagreeing.
- Repeating yourself without paying attention to what the other person is saying
- Whining "It's not fair."

## STONEWALLING

• Withdrawing from the relationship as a way to avoid conflict.

Partners may think they are trying to be "neutral," but stonewalling conveys disapproval, icy distance, separation, disconnection and/or smugness and include stony silence, changing the subject, removing yourself physically and the silent treatment.

Sounds like a mouth full. In our intimate relationships when one of these is used during conflict, we have what is called an "unsuccessful repair attempt."

When I ask couples how they repair their relationships, a typical response would be, "Oh, I don't know. I guess we don't talk for a couple days and then

everything is better." The problem is it is not better.

Typically, couples can make that work the first year, maybe the first five years, but eventually all of those unresolved conflict issues build up, and we no longer see a way to fix what happened.

Let's take a look at some remedies to these four horsemen:

- Learn to make specific complaints and request:
- Instead of generalizing, make known what is specifically bothering you, and let the partner know how that impacted you. It might sound like, "When you spent \$50 we did not have in our account this week, I felt angry. I want you to not spend money we do not have in the account."
- Conscious communication:

• Speak the truth and listen generously

- Validate your partner:
- Let your partner know what you are saying makes sense and repeat things back to your partner to make sure you have a clear understanding. Jumping to conclusions creates more confusion.

Think about the four horsemen the next time you get in an argument. Which one do you see yourself use? What can you do to use one of the healthy techniques in order to keep your relationships whole?

*Information was used from Bob and Marlene Neufeld and Mary Ann Carmichael, 2005; [www.marleneandbob.com](http://www.marleneandbob.com) based on Gottman, John 1994 - Why Marriages Succeed or Fail.*

## AFTB provides spouses with Army 101 training

By Katherine Rosario  
1ST INF. DIV. POST

For spouses new to the military lifestyle or those just looking to brush up on some basics, the Army Family Team Building program offers monthly classes to answer questions about everything Army.

Classes are offered every month as a three-level program spouses can progress through.

Becely Willis, Army Volunteer Corps coordinator, said level one is Army 101 for new family members who don't know much about Army life.

"They learn the rank structure, how to read their spouse's Leave and Earning Statement, what they can expect from the Army and what the Army expects from them," Willis said. "They are also taught how their Family Readiness Group can help them, and are given resources in their community so if they need help, they know where to go," she added.

Levels two and three teach spouses how to become leaders in their community and spread their new knowledge to other spouses. Level one will be offered from 9 a.m. to 2 p.m. Oct. 19 to 20 and Nov. 20 to Dec. 1 at the Army Community Service Annex, Building 1020, near Camp Funston.

Level two will be offered at the same time and location from Nov. 8 to 10, and level three will be offered from 9 a.m. to 2:30 p.m. Dec. 14 to 16, also at the ACS Annex. Instructor training classes for those who have already been through the program and want to help others learn will be Oct. 26 to 28.

"We try to impress upon

the importance of what to do and why," Willis said. "We help them to prepare to take on more responsibilities and leadership roles and to be able to take on whatever the Army throws at them."

With more deployments, it's important to know where to get help, Willis said. "If the Soldier that is deployed knows his or her spouse can easily find the answers, it helps the Soldier feel better."

Willis said many times Family Readiness Groups will request to have a volunteer who has graduated from the course to come and give their group a lesson on everything from rank structure to proper etiquette at military balls.

She equated the program to a pay-it-forward program that works to educate spouses, who will in turn educate other new spouses.

"They get the opportunity to meet other spouses who are new and have a friend to reach out to," she said. Evening classes are offered twice a month on Wednesdays. For those who need a class to work around busy schedules, an online version is offered at [www.mymarriageresource.com](http://www.mymarriageresource.com). Any classes previously taken at another post can be transferred from post to post, and the course can be picked up where the person left off, Willis said.

Classes do not have to be taken in order, and credit will still be given no matter what level a person starts out on. For those spouses who do not speak English, classes are available in German, Korean and Spanish.

For more information call 785-239-9435.