



# Wounded Warrior Battalion-West Newsletter



May 2010

**Commanding Officer:** LtCol Gregory R. Martin  
**SgtMajor:** SgtMaj Michael Templeton

**Executive Officer:** Maj Gary Zegley  
**Duty Officer:** 760-408-6913

## Commanding Officer's Comments:

The Warrior Games will be May 10<sup>th</sup> through the 14<sup>th</sup> at the U.S. Olympic Training Center in Colorado Springs, CO. Recovering service members will have the opportunity to compete in several events; swimming, cycling, track & field, shooting, archery, wheelchair basketball, and seated volleyball.

The Warrior Games will provide Marines with an opportunity to qualify for the U.S. Paralympics, while building camaraderie and raising awareness for adaptive sports. The objective is to make the Games an annual event to celebrate the achievements and abilities of the wounded, ill, and injured Service Members. Wounded Warrior programs from each Military Service are committed to support and participate in the Games.

The picture below shows the Marine participants with their coaches and support staff.



From left to right  
Col Marano, Base Commander; Col Boyle, Regt. CO; MajGen Jackson, CG of MCI West; LtGen Zilmer, Asst Commandant for Manpower; Sgt Foster, 3x recipient of the Purple Heart; Capt Campbell, OIC of Construction; LtCol Martin, Bn CO

## Ribbon Cutting

On Thursday, March 25<sup>th</sup>, the ribbon was cut for the new \$25 million dollar barracks. The new bachelor quarters, which has 100 two-person rooms for the wounded, ill, and injured Marines and sailors, is near Camp Pendleton Naval Hospital. The facility overlooks Lake O'Neil and is surrounded by tranquil mountain views.

This phenomenal barracks, which is part of a bigger construction project, will only add to the level of support we can deliver to our Marines by having specially adapted rooms, kitchens, laundry rooms, and additional facilities designed to meet some of the unique requirements of our recovering service members.

During the next year and a half, a Wounded Warrior Headquarters and Wounded Warrior Hope and Care Center will be built. The headquarters will be 9,354 square ft facility with administrative space and a multi-purpose room.

The Warrior Hope and Care Center will be a 30,995 square ft complex with an indoor therapy pool, an outdoor lap pool, climbing wall and a one-eighth mile running track. It will also have space for counseling, employment support, financial management, and other training and outreach programs.



View of Lake O'Neil from the back of the barracks taken from the second deck balcony.



The enormous cake provided by the hospital chow hall was served at the ribbon cutting.



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## Good News Stories:

Sgt Ricardo Bengochea is the recipient of the Eagle, Globe, and Anchor Educational Scholarship. Sgt Bengochea will receive a free laptop and \$10,000 over the course of 4 years (\$2,500 per year) towards his education!

SSgt Clayton Treska has been accepted to San Diego State University, fall 2010, through President Weber's Special Admissions Program for veterans. Clayton chose Kinesiology as his undergraduate path and will focus on building post-chemotherapy recovery programs for inpatient cancer patients.

29 Apr: Sgt Kendrick was sent Home Awaiting Orders to El Paso, Texas and is awaiting retirement.

## **Upcoming Classes**

**L.I.N.K.S. for Spouses**

Jun 9<sup>th</sup> & 10<sup>th</sup> 0800-1300

**7 Habits of Highly Effective Families**

Jun 8<sup>th</sup> 0830-1530

**Conflict Management**

June 1<sup>st</sup> 0830-1230

**Disaster Plan**

Jun 22<sup>nd</sup> 0830-1030

*Please call 760-725-9052 to register*

For more information and the most up-to-date news about the battalion, please remember to visit our web site at:

<http://www.bnwestwoundedwarriorregiment.org>

## **Meet the New Family Support Coordinator**

Diane Nogle is the new Family Support Coordinator (FSC) for Wounded Warrior Battalion-West. She is primarily at the Naval Medical Center San Diego, but is available to all the detachments for support. The Family Support Coordinator is part of the Regimental Family Readiness Program and works closely with the Battalion FRO and Deputy FSCs. The FSC acts as an advocate for the family and helps link them to valuable resources. Currently, Ms. Nogle has been providing assistance in the following areas: employment, education, childcare, good respite care, family events, and financial goals.

NMCS-Det had their first luncheon for the spouses on April 29<sup>th</sup>. It was a great success and all who attended were able to hear each other's stories and provide emotional support. It was so nice to see these incredible women supporting one another and genuinely having a great time!!

Ms. Nogle has been reaching out to the families of the wounded, ill, and injured, to see exactly what the true needs are. The following are upcoming weekly/monthly events in response to their requests:

**Student Support Group:** Many spouses are going back to school and are in need of either tutoring or a space to get together to study and share some of their frustrations.

**Career Day:** As this economy slowly recovers, many spouses are looking for employment and would like some hands-on support with pursuing their goals. Ms. Nogle will provide individual assistance and help them become more familiar with the numerous resources available for employment.

**Let's Take a Walk:** Some of the spouses/visiting families feel isolated from the recovery process and simply need to be around others who face similar obstacles. Ms. Nogle is attempting to get these families together once a week for a walk in Balboa Park.

**VA Medical Facility Tour:** For some of our families, the thought of transitioning out of the service is very daunting and confusing. The VA has agreed to allow Ms. Nogle and her guests to tour the VA hospital to familiarize families with their resources and provide additional support. This is open to families who are within 30-60 days of medical discharge.

**Monthly Luncheons/Dinners:** This is a great opportunity to get to know each other and provide emotional support.

Ms. Nogle comes from the Department of Veterans Affairs. She is a Licensed Clinical Social Worker who has worked with seriously ill and injured Veterans for the past 8 years. She is married, has a two year old son, and is a native of San Diego.