

Inside Issue #4:

May 31, 2021

Cadet of the Month

Get an insight on who was chosen to be Cadet of the Month for May!

Change of Command

Our new Chain of Command has been announced for the upcoming school year!

Awards Night

Awards night came around once again, and we are recognizing the Cadets of the Year

Group Commanders' Point of View

Emphasizes an important question asked to each group commander that strongly correlates to their character and personality

Cultural Heritage Month

Learn about different cultures and gain more appreciation!

Mental Health Awareness Month

Get an insight on the fight for Mental Health Awareness, and learn about the variety of ways to cope and take care of your mental health!

Memorial Day

It is that time of year. This article will review the important parts of Memorial Day and it's history to bring awareness to the date!

MIGHTY FLYING BEARS NEWSLETTER

Temecula Valley Air Force Junior Reserve Officer Training Corps CA-933



By Cadet Hannah Rosario

May was quite the busy month! With the school year nearly coming to an end the corps is slowly clocking out for summer vacation! Although, we've stayed consistent with promotion tests, staff meetings, and drill practice! Awards Night and the Chain of Command were the highlights of this month along with other events such as promotion tests!

Cadet of the Month

By Cadet Daniel Rueda

And with that we are at the end of the year, and the last month of the year. And to finish this last month, it is only fair to announce one last cadet of the month. This cadet, despite being the last, is not excused from the expectation of Cadet of The Month. And this particular cadet has exemplified all aspects of this recognition. She's a hard worker, and one of the most motivated freshmen cadets we have in the corps. Our Cadet of the Month for this month is none other than C/ Kaitlyn Hall.

Her drive and dedication to the corps is beyond the expectation. Being part of a drill team is already enough, but to willingly accept responsibility and challenge oneself in any way shape or form, says a lot about a person's character. Truly, C/Hall is one of our strongest freshman cadets and very well deserving of the last Cadet of the Month. Congratulations C/Hall!



C/Katelyn Hall

Change of Command

By Cadet Hannah Rosario

As every rotation goes, there is a Chain of Command! With this particular event, A Group Commander, along with the rest of their top 8 staff, will be announced! Due to circumstances, the event has been virtual, however, the corps have gotten the approval to host it virtually and in-person! C./Lt. Col. Daniel Rueda was the one who came up with the idea of this event! With Lt. Col Michael Good, our senior instructor, having approved this effort, drill team members will have the opportunity to execute the Chain of Command on behalf of the corps! Drill Team members had only two weeks to make this idea a reality, with everyone's hard work and effort, the result turned out successful!



C/Jayvion Campbell and his parents

As C/Lt. Col Daniel Rueda officially retires as our Group Commander, while everyone filled with anticipation, it was announced that our very own C/Lt. Col. Jayvion Campbell will take over as our first rotation Group Commander for the upcoming school year! The corps was beyond excited once the top 8 staff was announced! A Huge Congratulations to everyone who got a position!

Awards Night

By Cadet Alexander Bowen

As we near the end of the year, our annual awards ceremony is once again held. Throughout the night cadets are recognized for their hard work and accomplishments, whether that be a freshman participating on a drill team or a junior holding positions to improve the Corps. In this article, we will happily recognize and gather insight from our freshman, sophomore, junior, senior, and overall cadet of the year as well as our Group Commanders throughout this past year.

Freshman Cadet of the Year

Lindsay Leyba



Q: *What was your reaction to receiving cadet of the year for your grade?*

A: To be honest, I wasn't expecting to get the Cadet of the Year as a freshman for my grade. I was quite surprised and taken aback. Even still, I'm very grateful and appreciative to have received this award.

Q: *What kind of advice would you give to people who are aiming for this goal?*

A: Continue to work hard and make small goals for yourself in order to reach your ultimate goal. Take the initiative and know that it's ok to make mistakes. Trust me, I've made my fair share of mistakes and will continue to do so. We are only human. Just know that we learn from our failures to improve our future.

Sophomore Cadet of the year

Hannah Rosario



Q: *Were you excited when you got cadet of the year for your grade?*

A: Yes! I was excited but pleasantly surprised!

Q: *What kind of advice would you give to people who are aiming for this goal?*

A: Believing that you are capable of achieving such a goal is enough. Staying consistent and aiming for what you want and working towards it, you will eventually get to that desired goal.

Q: *Do you wish to be a continued role model for underclassmen?*

A: Yes! I want to mentor our underclassmen cadets just like how our upperclassmen and those cadets who graduated have mentored me! I want to be able to teach these cadets and see them grow as leaders.

Q: How was your first year in the Corps overall?

A: Overall, I could say I had a fun time my first year in the Corps. I met people and I could say that I learned a lot from everyone. It was unfortunate that the majority of this year was online, but everyone persevered despite the challenges. I can't wait for next year!

Senior Cadet of the Year **Ethan Consulta**



Q: What was your reaction to receiving cadet of the year for your grade?

A: I was kinda shocked at first but then I was happy and thankful for being given the award.

Q: Do you feel accomplished?

A: I do feel well accomplished.

Q: What kind of advice would you give to people who are aiming for this goal?

A: Get yourself involved and have fun with it. The experience you have in the program is exactly how you make it. Step out of your comfort zone and try new things, you won't regret it :)

Junior Cadet of the year - **Jayvion Campbell**



Q: What were your thoughts when you found out you got cadet of the year for your grade?

A: I was really happy! I felt that all the work I had done through the past year was appreciated and wasn't for nothing. I was recognized, and I was proud of myself because of that.

Q: Do you feel accomplished?

A: Of course I felt accomplished! I worked hard and being recognized really made me feel like I had genuinely accomplished something.

Q: What kind of advice would you give to people who are aiming for this goal?

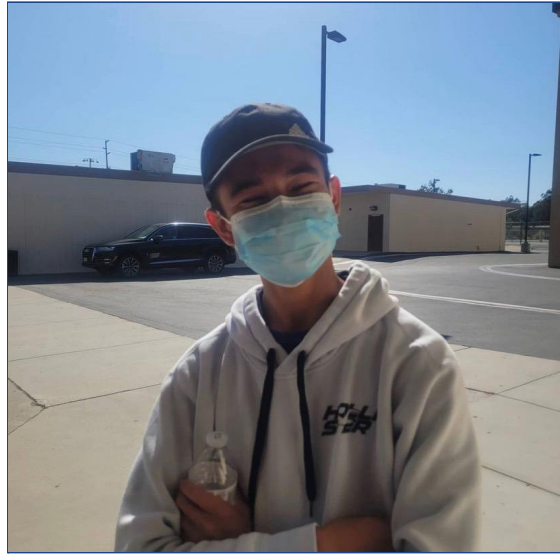
A: Keep on looking for opportunities to grow not just as a person but as a leader as well. Apply for positions, do community service events, and try to express yourself more. Even through failures, you can learn lessons. And most importantly, don't give up!

Q: Going into your senior year, do you intend to continue your involvement within the Corps?

A: Yup! I'll never intend to stop my involvement with the Corps for as long as I'm here.

Overall Cadet of the Year

Christian Salazar



Q: How did it feel receiving overall cadet of the year?

A: It felt really nice :) I'm very grateful that I was selected for this award, and incredibly thankful for all of those who stayed with me all the way throughout these past 4 years. It's thanks to them that this was possible!

Q: Do you feel accomplished?

A: I do feel accomplished! I feel like the Corps has definitely moved forward since coming here my Freshman year, and our class has made a tremendous amount of progress to making this Corps a better place! Significant changes have been brought about throughout this year, and I feel incredibly proud of everyone that's helped me impact the Corps, those that have consistently displayed determination in the face of adversity. It is because of cadets like you that I can leave this Corps knowing that it will be in good hands :)

Q: Is there any advice you could give to other cadets wanting to achieve this goal?

A: To those seeking this award, my take would be to not - it's not about the awards, the accolades, the plaques. I would have done the same exact thing if there was no such thing as the Cadet of the Year award. I genuinely enjoy JROTC and the activities within it, and was very passionate about drill teams and clubs. I was adamant about consistently doing everything I could, when I could, regardless of position or rank. That's what every cadet should be focusing on. Making a strong, significant difference that improves the Corps regardless of position or rank. It's only through this mindset that you will be able to achieve Cadet of the Year.

Group Commanders' Point of View

By Cadet Hannah Rosario



L to R: C/Angel Rueda, C/Christian Salazar, C/Ethan Consulta, and C/Daniel Rueda during a Football Posting

As we all know, our Group Commander will not be here next school year. They have all taken the hardest position in the corps, but we can all agree that these three will go down in history as the Group Commanders that persevered even in the face of adversity. COVID was a hard year for all of us, but as the position of a group commander goes, there were no instructions on how to manage a difficult time. These three group commanders have set forward very high expectations, to always persevere, and to not give up on the corps. Before they leave I asked them one very important question that emphasizes not only their character individuality but also their personality.

C/Christian Salazar:

Q: What advice would you give to a future Group Commander?

A: The advice that I'd have for a future group commander is to understand that the role that you should be focusing on within the position is acting as a catalyst to help actualize the potential for those around you. Expedite the progress of your peers, and understand that simply because you are their superior, does not mean you are "superior".

C/Ethan Consulta:

Q: What was one memory you'll never forget being Group Commander?

A: "Putting a smile on everyone's faces and making people laugh during these hard times when we're all separated and school had been taken away from everyone"

C/Daniel Rueda:

Q: What were the greatest lessons you learned from being Group Commander?

A: "The most important lesson I've learned as a group commander is the ability to give credit to myself. It's easy to look after everyone else, and credit everyone for their work, but it is also easy to forget your own work. And to be a successful leader, you must look after your peers but never to forget to look after yourself"

Cultural Heritage Month

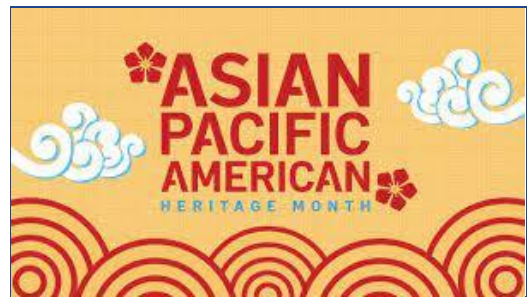
By Cadet Alexis Pottorf

In the Month of May, we celebrate and strive to learn of the cultures, traditions, and heritages of many. Many of these groups of people have experienced prejudice and racism in the past, and even today. We are here to change that, and celebrate and become aware of the different cultures around us, and even some that influence our own. The month of May is the Asian and Pacific Islander Heritage, Jewish American Heritage and Haitian Heritage Month.



Asian and Pacific Islander Heritage

Asian and Pacific Islander Heritage Month celebrates all Asian and Pacific Islanders in the United states. Because of the broad term, Asian/Pacific Islander includes the Asian continent and the Pacific Islands of Melanesia, Micronesia, and Polynesia. This Heritage month gives recognition to the generations of Asian and Pacific Islanders who have contributed to America's history and culture. The (Asian American and Pacific Islander (AAPI) Heritage was first proposed in 1977, as stated by the [USDA](#), to observe the first Japanese Immigration to the United States and the completion of the transcontinental railroad, which was constructed by many Chinese Immigrant workers. President Carter made it an annual week-long event, while President George Bush extended the week-long event, to a month, or the one that we have today.



Jewish American Heritage

On April 20, 2006, President George W Bush declared that May would be Jewish American Heritage Month. The Jewish American Heritage Month's purpose is to recognize the contributions American Jews have made and are making in today's culture and society. The Jewish American Heritage Month (JAHM) will bring to light historical moments where American Jewish communities demonstrated "care for their communities outside their own, and also how diverse communities stood up for Jews in the face of antisemitism" according to <https://www.nmajh.org/jewish-american-heritage-month/>. This year's Jewish American Heritage Month takes the theme "from the ancient sage Rabbi Hillel's most well-known saying- 'If I am only for myself, what am I? If not now- when?'"



Haitian Heritage

Haitian Heritage Month's purpose, according to the Haitian Mental Health Network, is to "raise awareness and understanding about Haitian culture and traditions, strengthen the self-esteem and ethnic pride of Haitian and Haitian-American youth, and celebrate the Haitian achievements across the globe". The Haitian Heritage month was first celebrated in 1998 in Boston, and it is viewed as a "month-long celebration" that includes activities such as parades, flag raising, and exhibits which are arranged by Haitian organizations. Key dates of this celebration of Haitian Heritage include Labor and Agriculture Day (May 1st), Teacher's Day (May 17th), Haitian Flag Day (May 18th), Toussaint Louverture's Birthday, who was the Leader of the Haitian revolution (May 20th), and Mother's Day (Last Sunday in May).



Haitian Flag Day Celebration

What should we take away?

In conclusion, there are many different cultures and rich heritage that contribute to American culture and society. Remember to keep an open mind, and work to become aware of the varieties of cultures that surround us.



Mental Health Awareness Month

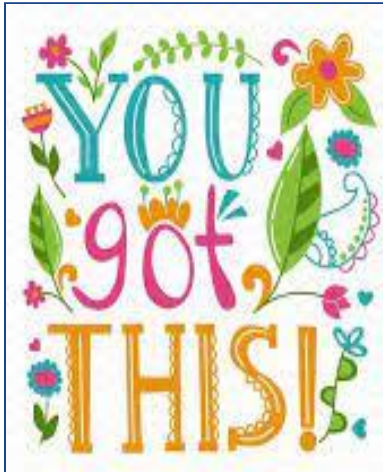
By Cadet Alexis Pottorf

The Month of May is Mental Health Awareness Month. During this month, people are nationally bringing awareness to Mental health, fighting the stigma surrounding it, providing support, and educating the public and advocating for policies that support people with mental illness and their families. Organizations such as the National Alliance on Mental Illness (NAMI) do exactly this. They have helped contribute to the awareness of Mental health and Mental Health issues through the message of "You Are Not Alone."



Practicing ways to take care of your mental health, no matter your state, is important. Ways to cope include reaching out to therapists and counselors, whether that be in or outside of school. If you are struggling and having trouble grounding yourself, reach out to hotlines, like texting **HOME to 741741** to get help at any time. This specific hotline is anonymous, so don't feel pressured to not reach out to help. There are

many ways to cope, such as using Dialectical Behavioral Therapy. Some examples are practicing aromatherapy or scents to help relax, de-stress, and can be used as a distraction; or splashing cold water on your face, feet, or even taking a cool bath will help by increasing levels of dopamine (the



happy or feel-good hormone) and decrease emotional pressure or stress. Another example is if you are combating angry or negative thoughts, holding some ice in your hand creates a stimulation that takes focus away from your thoughts in the moment and refocuses your attention on the coolness of the ice. Even shaking jars with glitter and water helps de-stress and provide a distraction for you. The options are endless. You can create a jar of motivational/positive quotes or affirmations, so when you feel down, you can read a few. In the end, do something that makes you happy and distracts you from the problem at hand. A few more ideas include playing a game of cards (whether that be by yourself or with others), engaging with the outdoors (walking barefoot, touching plants, tapping into your

senses), and even using a frozen orange for scent and touch all are ways to de-stress, provide a distraction, and overall relax. To keep a balance and practice taking care of your mental health, you should dedicate some time everyday to something that you like doing, whether that be a hobby or one of the coping strategies listed above! As a reminder, there is no shame in reaching out for help, and I am proud of you for persevering!

Memorial Day

By Cadet Daniel Rueda

Memorial day is a time of remembrance, and we as a nation come together to remember those who step into the front lines to ensure our safety. This article will touch on some of the history behind memorial day, but also bring awareness to the holiday and remember why we celebrate it

Memorial Day or as others may know it Decoration Day, was made an official holiday on May 5, 1868, but the original tradition is very unclear on where it started. Many communities before this date, would independently go to cemeteries where the fallen soldiers lay to pay their respects and remember their courage and strength. We as a nation have undergone many wars and conflicts, the Civil War, WW1 and WW2 to name a few. These brave men and women sacrificed their lives to ensure that the union and the people living in it are safe and their rights are protected. In times like these we must always take a step back to remember those people. Whether it is memorial day or not, these soldiers have made our lives possible, and we owe it all to them.



U.S. soldier plants American flags at Arlington Gravesite in 1994.

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