

Temecula Valley Air Force Junior Reserve Officer Training Corps CA-933
Mighty Flying Bears
NEWSLETTER

November 6, 2020



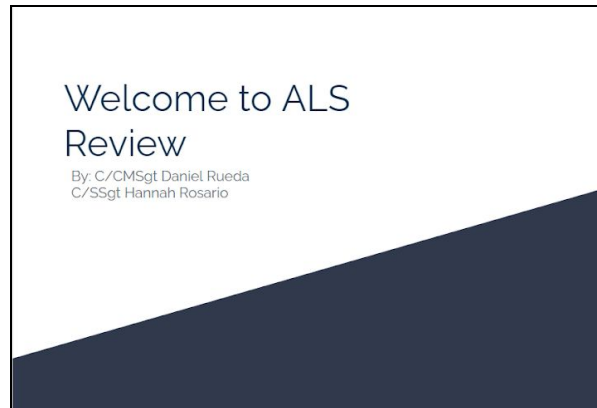
Introduction

Welcome to the Mighty Flying Bears Newsletter! Our mission is to develop citizens of character dedicated to serving their nation and community. In other words, we are building better citizens of America. Our goals are to instill in cadets: values of citizenship, service to the United States, personal responsibility, and sense of accomplishment.

September Recap

By Cadet Alexander Bowen

September was a more relaxing month compared to August, but that does not mean nothing happened. This month was when our new flight commanders and flight sergeants were announced. After the major announcement, the flight commanders and flight sergeants went through a training process known as “Airman Leadership School”, to learn about the Corp, general knowledge, and how to be a better leader, taught by C/CMSgt Daniel Rueda and C/SSgt Hannah Rosario.



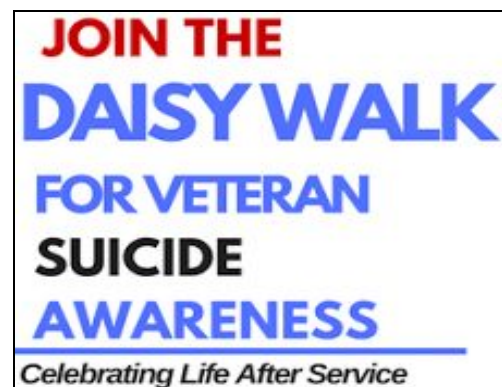
Along with the amazing learning opportunity for the new leaders, we had a video game event. This event was played on the popular video game, “Among Us”, which falls under the genre of



games known as murder mystery. This video game was first developed and released on 18 June 2018. The game has been around for two years but gained popularity late 2020 during September with over forty-two million downloads on the well known PC gaming software “Steam” followed by eighty-four million downloads on iOS and Android. “Among Us” quickly became one of the most popular games in 2020 with over

one hundred million downloads, greatly surpassing the amount of downloads another popular game known as “Animal Crossing: New Horizons” had with only ten million downloads.

Starting in the month of September, leading up to Veterans day on November 11th, we were encouraged to participate in an individual volunteer event called the *Daisy Walk*. This amazing event is simple and easy to do, all you have to do is sign up through VSSN, start walking, and submit a photo of the amount of miles you walked to raise awareness for Veteran Suicide. Even though we can not participate with large groups of people due to COVID-19, walking is a simple and easy task that most people can accomplish.



Cadet of the Month

By Cadet Daniel Rueda

Receiving cadet of the month is an accomplishment that comes with a high level of honor and signifies that the cadet receiving the award has worked hard to deserve such an award. For those reasons I decided to implement a section in the Newsletter dedicated to these cadets, for their work and dedication to the corp should be recognized on a larger scale.

As described above, the cadet who receives this award is nothing short of hardworking, dedicated, and motivated to their work, and this month's cadet of the month is no exception. Meet C/ Hannah Rosario, she was awarded cadet of the month for going above and beyond her assigned duties and meeting the expectations mentioned above. This cadet has proven that no matter the circumstances, she is willing to help the corp succeed and willing to do whatever it takes. As many of you know, ALS (Airman Leadership School) was started at the beginning of the month by your Cadet Command Chief, C/CMSgt Daniel Rueda, and that would be me. ALS was a massive success C/Rosario had a huge impact on the success of ALS, for she helped create all the materials (Slides, Final Exam, Study Guide, Exit tickets you name it) that helped the Flight Commanders learn the importance of their job and are able to meet the expectations that come with their positions.

It is safe to say that the success of ALS was directly impacted by C/Rosario, and it became clear that she possesses all the key aspects of a leader as well as meets the expectations for cadet of the month. So with all that being said, congratulations to C/Rosario, your work will not go unnoticed!



C/SSgt Hannah Rosario

Joining Newsletter

By Cadet Samantha Alvarado



From left to right: C/ Alexander Bowen, C/ Hannah Rosario, C/ Jayvion Campbell, C/ Samantha Alvarado, & (graduated) Jerrin Concepcion

In February of 2020 for the first time in CA-933 history, a parent and student newsletter was created. In hopes to allow people within the program and not in it to experience the opportunities given JROTC, a team of cadets was formed to write the newsletter. The original team consisted of C/Samantha Alvarado, C/ Jayvion Campbell, C/ Alex Bowen, C/ Hannah Rosario, and former cadet Jerrin Concepcion. At the end of the 2019/2020 school year, the team finished off with two issues for the month of February and March. With the school year to an end, the team needed new members to join.

Joining the newsletter is a great alternative to joining drill teams but still receiving the same experience and maybe even more exclusive. All cadets are welcomed and have to go through a simple process to join. If a cadet wants to join the team they first inform the commander of their interest and ask any questions if unsure. At their first meeting, all current members join the cadet in a small test to see what their strongest quality is. If passed they receive their first solo article of choice about an event, interview, monthly recap, history of an event, etc. The instructors and current members give their feedback to the cadet's first article then given their official job within the Mighty Flying Bears Newsletter.

Airman Leadership School

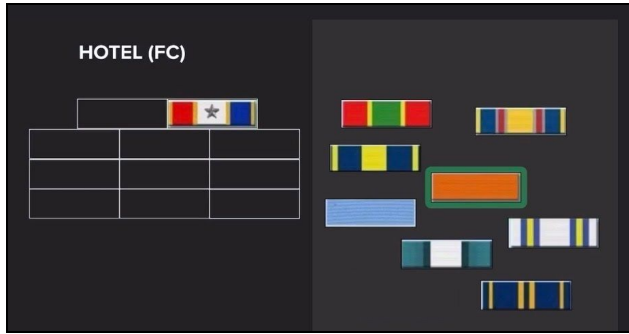
By Cadet Hannah Rosario

During the month of October, our wonderful Command Chief, C/CMSgt Rueda (image shown on the right), began the first rotation of Airman Leadership school. This program was started last year by our current Group Commander, C/Lt. Col. Salazar. The purpose of this program is to focus on the development of our Flight Commanders and Flight Sergeants. The biggest disadvantage ALS had this year was the fact that it was during quarantine. It was a big challenge, but as you will read below, C/CMSgt Rueda didn't let that challenge get in the way of delivering successful and effective lessons for the Flight Commanders and Flight Sergeants.



C/CMSgt Daniel Rueda

Airman leadership school was a two week program in which our cadets were taught various topics they needed to know to become better leaders as flight commanders and flight sergeants (these topics include but are not limited to flight procedures, ribbons, the chain of command, and uniform regulation). Throughout the course of this program, C/CMSgt Rueda introduced the idea to make said topic to be interactive. This was done with various platforms such as but are not limited to google slides, google forms, etc. C/CMSgt Rueda not only made google forms for exit tickets, he made activities and slides that were entertaining for cadets. Especially with students being quarantined, our Command Chief made an outstanding job to help these cadets learn the topic they needed to learn for the Final Exam. C/CMSgt Rueda made a ribbon activity in which cadets were instructed to place the correct ribbon in the right slot (image shown on the next page). He had also created an efficient way to introduce the cadets to flight procedures. This presentation consisted of multiple slides reenacting flight reports to give the cadets a visual understanding of taking reports.



Not only did he make interactive activities, he frequently made google forms checking up on our cadets with questions such as “*Have you been able to understand the lessons?*”. He assured that these Cadets in position were able to get the material down. C/CMSgt gave these cadets various materials such as recording said lesson, sharing each slide, and overall putting an effort to be there for the cadets. C/CMSgt Rueda definitely made a big impact on our Flight Sergeants and Flight Commanders. With this in mind, our Command Chief created outstanding lessons for our Flight Commanders and Flight Sergeants to help them succeed in learning basic knowledge and becoming better leaders overall!

During the second week of ALS, I was given the opportunity to lead the last two meetings of ALS. One of these meetings would include scenarios that would help Flight Sergeant and Flight Commanders hold a better understanding of how to deal with real life situations they might encounter during their rotation. This played a key role in testing these cadets on their abilities to be leaders. This was done by meeting with one cadet at a time and asking them questions about the specific scenario they were given. Cadets were given 10 minutes to answer the scenarios. Although, I can assure that this was plenty of time for these cadets answered instantly afterwards. The last meeting of ALS was their Final Exam. These cadets worked very hard for their scores and I could not be any more proud of them! They showed complete focus during these lessons and showed that they took this program seriously. I’m overall astonished and impressed by these cadets! These cadets truly showed leadership!

When all was set and done, C/CMSgt Rueda managed to lead a successful Airman Leadership School despite the challenges that got in the way! With the inclusion of interactive lessons, exit tickets, and overall quality material that set the cadets up for success, C/CMSgt Rueda was able to teach the Flight Commanders and Flight Sergeants the importance and the duties of their position.

Our Commandant of Cadets

By Cadet Alexis Pottorf

We all know Lt. Colonel as one of our instructors, but have we ever asked him for advice on various topics? I had the pleasure of interviewing our Commandant of Cadets, Lt. Colonel Good about advice that he has to help us prepare for the future, and any words to help those of us who may be struggling.



Lt. Col. Michael Good and his wife

C/Pottorf: “What advice do you have for cadets/students who want to make a career out of the military?”

Lt. Colonel: “First think about what you want to do in the military, or what you want to do in general. So military aside, what sort of career, what sort of interest do you have because if you can answer that question, that will then help you start figuring out maybe which branch of service to go towards, whether that's Army, Navy, Air Force, Marines or Coast Guard. So thinking through what you are interested in and then kind of at the same time thinking about, really reflecting on your sort of personality. What makes you tick, and how do you like to interact with people because every service has a culture and those cultures can be very different. In my own personal experience, the culture that I was a part of in the Army versus the culture that I was a part of in the Air Force. Neither one was better or worse than the other, and that is the same for all of the services. Again, going back to the job, like what do you want to do. Do you envision yourself being a hard-charging ground-pounding Marine? You want to be an infantry man? If that's the case, then certainly the Army and Marines is probably where you want to lean. But if you are somebody who wants to get into the medical career field, you can certainly do that as a part of the Navy as an example or the Army. But maybe you want to lean towards the Navy or the Air Force because maybe they have, after you research it, some different programs and more opportunities or different opportunities that you would be better suited to be a part of. Circling back and sort of going back and finishing where we started, think about what you want to do and then sort of think about what personality and which service you sort of see yourself being a part of. And I would certainly avoid as a part of that getting caught up in the sort of revato that many kids have about being a ground-pounding hard-charging Marine, when maybe that's not their personality.

C/Pottorf: “Do you have any comforting words for someone who might be struggling with their mental health and they might be afraid to say anything?”

Lt. Colonel: “I know that what I am going to share is often harder to actually put into practice than it is just saying it. But, you have got to reach out. You have got to reach out. So, I hope for everybody, every kid that they have somebody in their life that they can lean on. Whether that’s a peer, a friend, a really good friend, or your parent or your aunt, your uncle, your grandparent. Somebody, some adult or a teacher, or a counselor, somebody that you can confide in and lean on. That is my wish for everybody because when you have somebody like that, that’s when you can actually get help, in terms of sometimes that help is just somebody willing to listen and you feeling better because you got it off of your chest and sometimes it’s a ‘I don’t know how to handle this issue, but I am going to be right next to you and I am going to show you where we can go to talk to somebody that may be can help with the problem.”

C/Pottorf: “During this quarantine is there anything that you suggest cadets do to get up and get moving?”

Lt. Colonel: “I was going to say, Get outside! You have got to force yourself. You have just got to make yourself get up. You have just to take the headset off, put the game controller down, put the books down if you are studying, and make 20-30 minutes for yourself to just get out and move. So if that moving for you is walking, or a walk in run, or bicycling, you know throwing a football or basketball, do it. Well you may have to force yourself to do it, you’re not going to regret having done it once you are done and you come back. And then notice how you feel when you are done being active. The stress is maybe not all of the way gone, but it is certainly alleviated a lot. That’s why I run, that’s why I ride my bike, why I get outside, is to help control that stress and help me feel a little bit better.”

C/Pottorf: “Do you have any words of wisdom for our new cadets?”

Lt. Colonel: “When you’re starting out in the corps everything’s new, especially for our Freshman cadets because that’s where most of our brand new cadets come from. You’re trying to get used to high school, you’re trying to figure everything out and now you are in this corps and you are also trying to figure out how everything works here. A good way to get up to speed much more quickly, when I say up to speed I mean learn more quickly, get comfortable with the way we operate more quickly is to do the sort of things that you and many of your fellow cadets have done in their first year and first semester. ‘Hey let me go try out for this drill team over here and see what it is that they do, hey let me be a part of the Aerofilm club, what do they do? Let me join Rocketry.’ Try new things, don’t just come to class and listen to the instructors and leave class and not think about Junior Rotc again until the next day’s class. Take a chance and show up a little bit early and hang out with some of the kids in S-2.”

Stay a little bit late, and again, try out for one of the drill teams, join one of the clubs, come here for lunch. Of course I'm talking now about when we are physically together. But, step outside your comfort zone and give yourself a chance to experience new things and put yourself in uncomfortable situations because that's where, as I've said before, that's really where the growth really happens, is when we force ourselves in uncomfortable situations.

C/Pottorf: “Any advice for cadets who want to go into the military, but their parents are against it?”

Lt. Colonel: “Keep expressing your interest. And first and foremost, I mean this is for anybody whether your parents want you or not. You really need to do a gut check with yourself over the course over an extended period. Make sure you are not just sort of in a phase where maybe you've been watching a bunch of history or movies on wars or reading a lot of history books. And you all of a sudden have this interest which may be short lived. If you can look back over a course of a year or two and that interest has not changed, then boom, then that probably is something that you really want to do and the more you can say that that is the case not only to yourself but those around you, like your parents. ‘Mom, Dad, I’ve been talking about this since my eighth grade year and you know here we are three years later and please, believe me this is really what I want to do’. Whether or not you are going to be able to convince your parents that's obviously another story and certainly I would want just as you would be able to force your parents to change their opinion. But, I know I can speak for myself and my wife when it comes to our own kids. If we believe that is something our kids really have their heart set on, that they are going to pour ourselves into it, then we will support it. And I think that most parents would come around to maybe at first didn’t necessarily approve of the idea if they realize that this isn't just a phase that you are going through, you really want this to happen. And I can see that because not only have you been talking about it, you've been demonstrating it through actions. So, just keep talking it up, talking about the things you can do in the military, the benefits that it brings to you. Lifelong benefits that you will have, whether you serve four years or an entire career, you will be able to leave the service with that will help you throughout the rest of your life.

Our Commandant of Cadets or SASI, Lt. Colonel, has a great deal of advice for us, all we have to do is ask. You can reach Colonel by his email, mgood@tvusd.us, by remind, or during our Zoom classes.



Lt. Col. Michael Good and his wife

Our Vice Commandant of Cadets

By Cadet Daniel Rueda

Lieutenant Colonel Good isn't the only one running the show, as we also have our amazing Vice Commandant of Cadets, Master Sergeant Lucrica Knight! She has helped the corps far more than just an instructor, and she never fails to bring a smile to all of our faces. I got the luxury to interview MSgt and ask her questions that will give you all insights and get to know her more personally.



MSgt. Lucrica Knight

C/Rueda: *“What were your experiences like in the military? Any memories that stood out?”*

MSgt Knight:

- “I joined the military in June 1997, exactly one month after graduating from high school. My reasons for joining the military were primarily to: travel the world, get an education and serve my country! I have always wanted to be a part of something “bigger” than myself and the military provided that for me. I have so many great memories from my 21 years of military service. These memories include traveling to places like Saudi Arabia (deployment), South Korea, Qatar (deployment) and my absolute favorite -Hawaii (my daughter was born there 😊 – what a beautiful place to live) 😊”
- “Not only did I receive tons of specialized training in my career-field (communications technician/Intel Support); I was afforded numerous personal and professional development opportunities!”
- “My Air Force career culminated with the position of **First Sergeant (full-time additional duty)**. This was by far the most challenging, yet rewarding, position of my entire career.



Lucrica Knight during basic training

This position is similar to Human Resources. I was in charge of the health and well-being of the unit, including: boosting morale and handling discipline issues (“*keeping the people happy and the Commander legal*”).”

- “During my tenure in the military; I was also able to earn several college degrees to include my Master’s Degree in Management!”
- “To conclude; I am extremely grateful to the military for providing an opportunity for me to meet my husband and start a family. My husband is retired from the Army and originally from California, while I served in the Air Force and am originally from Mississippi. Therefore, there is little chance that our paths would have crossed had it not been for our military service. Overall, I am proud to have served this great Nation and will always be thankful for: the people I have met; the places that I have traveled; and the career opportunities and training provided 😊”

C/Rueda: “What is your personal advice for the new cadets in the corp, specifically the freshman?”

MSgt Knight: “My advice to new cadets is that you will get out of the corps what you put into it! This simple means, the more involved and proactive that you are; the more successful you will be and the further you will go! I encourage ALL new cadets, especially Freshman to be open to learning new things. Learn and live by the Air Force Core Values: Integrity First– always do the right thing, even/**especially** when no one is looking! Service before self – seek ways to make the corps, your school and the community better! Excellence in all we do – always give your best effort and do everything with excellence! Remember: ***Attitude over altitude!!!***”

C/Rueda: “What inspired you to or made you make the decision to become an ROTC instructor?”

MSgt Knight: “I absolutely love the Air Force and wanted to maintain a connection to the uniform post retirement. I am also extremely passionate about mentoring and educating youth. Therefore, JROTC was the perfect choice for me. I strongly believe that I am “purposed” to be an educator. It is my true desire to have a part in developing young leaders to reach their fullest potential.”

C/Rueda: “What were your different career choices before you decided to become an ROTC instructor?”

MSgt Knight: “I knew well before I retired from active duty that I wanted to work in the field of education as a second career. I began preparing to be a JROTC instructor about a year out from retirement. Although I am certain that I could have pursued a government

job based on my military experience; I had my heart and mind fixed on JROTC as my top post-military career choice. I am thankful that I was selected for this position and didn't have to look into any other career options."

C/Rueda: *"What was your job in the USAF? And how long did you serve?"*

MSgt Knight: "My specific career field background and training was Communications Operator. Under that title, I have performed various duties such as: help desk technician, Intelligence Support operator and Training Manager. I was also afforded special duty positions throughout my career including: First Term Airman Center Leader; Command Chief Executive Assistant; Training Instructor (4-year special duty assignment); and lastly Full Time Additional Duty First Sergeant. I served a total of 21 years Active Duty Military Service."

C/Rueda: *"Why did you decide to join the military?"*

MSgt Knight: "I am the first of my family to join the military. Therefore, I didn't grow up interested in joining the military. I always wanted to go directly to college, but feared that finances would be an issue. It wasn't until after I took the ASVAB during my junior year that I decided to take the military path. I scored really well on the test and decided to join after speaking with an Air Force recruiter. The recruiter won me over by offering me instant opportunities such as: pay, specialized training; travel and education! I also thought that it would be awesome to serve my country, be an example for my family, community and ultimately something MUCH bigger than myself."

Don't be afraid to ever reach out to MSgt. Knight or even Lt. Col. Good, for they are here to help us in our adventure called high school! If you have any questions, reach out to MSgt by her email, lknight@tvusd.us, remind, or during virtual class!



MSgt. Lucrica Knight and her family

Thanksgiving Treats

By Cadet Samantha Alvarado and Cadet Alexis Pottorf



Chocolate Acorns

(serving: 50)



What You'll Need:

- ½ cup chocolate chips
- 50 mini Nilla wafer cookies
- 50 milk chocolate Hershey's kisses, unwrapped
- 50 mini chocolate chips
- snack bags
- spatula
- scissors
- parchment paper
- small microwave safe bowl

Directions:

- 1) Line a baking sheet with parchment paper then set aside
- 2) In the small bowl melt the chocolate chips in the microwave for about 45 seconds; take out and stir till smooth then microwave in 15 seconds intervals.
- 3) Use a spatula to transfer the chocolate to the snack bag. Cut off a small part of the corner on the bag.
- 4) Pipe a small amount of the chocolate onto the flat side of each cookie and immediately press a Hershey's kiss on top. Place on the baking sheet cookie side down and repeat with the remaining cookies & chocolate. Place in the freezer for five minutes to set.
- 5) Pipe a small amount of the chocolate onto a chocolate chip and attach it to the top of the wafer to create a stem
- 6) Place back onto the sheet and freeze for another 5 minutes to set. Then enjoy.

Mini Apple Pies

(Servings: 6)

Link to step by step video: <https://hungryhappenings.com/mini-thanksgiving-apple-pies/>



Ingredients:

- Flour for dusting
- 1 sheet puff pastry, thawed
- 1 ½ cups apple pie filling, cut into small pieces
- 1 egg white
- ½ teaspoon water
- ½ - 1 teaspoon granulated sugar
- cutting board
- rolling pin
- whisk
- pastry brush
- autumn treat pan

Directions:

1. Dust a cutting board and rolling pin with flour.
2. Un-fold the puff pastry sheet on the cutting board.
3. Roll out the dough to about 12 inches by 14 inches.
4. Cut the dough sheet into six squares.
5. Drape one square over the pumpkin cavity in the baking pan.
6. Wiggle the dough into the cavity leaving the excess to hang over the top edge.
7. Spoon in about 1/4 cup of pie filling.
8. Whisk together egg white and water to make an egg wash.
9. Fold the excess dough over the pie filling brushing it with egg wash as needed for the pieces to stick together.
10. Repeat.
11. Brush egg wash over the tops of the dough and sprinkle sugar over top.
12. Freeze for 15-20 minutes.
13. Meanwhile, preheat oven to 400 degrees.
14. Bake pies for 20-26 minutes until the tops are deep golden brown.
15. Remove pies from pan immediately.
16. Let cool slightly before serving.

Meet the Newsletter Team!



Editor in Chief:
C/ 1st Lt. Samantha Alvarado



Reporter/Editor:
C/ SSgt Hannah Rosario



Executive Editor:
C/ 1st Lt. Alexander Bowen



Reporter/Editor:
C/ SSgt Alexis Pottorf



Reporter/Editor
C/ CMSgt Rueda

STAY IN TOUCH WITH CA-933!



Interested in joining the newsletter team? Wanna suggest an article?

Message us on Remind! Message us [@jrotcwrites](https://www.instagram.com/jrotcwrites)

If interested in joining, ask to speak to Cadet Alvarado



Instagram: [@tvhs.afjrotc](https://www.instagram.com/tvhs.afjrotc)

Twitter: [@TVHSAFJROTC](https://twitter.com/TVHSAFJROTC)

Remind: [@20-21tvafj](https://www.remind.com/app/user/@20-21tvafj)