

REGION 3/5



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Jayden Teabo
Region President
Kelseyville High School

Jayden Teabo is a Senior at Kelseyville High School and is excited to serve as your 2024-2025 region 3/5 President. This is his 4th year in FCCLA where he has previously served as regional reporter as well as various other chapter positions. This year he is serving as his chapters president. Jayden has competed in Food Innovations twice where he placed 1st in state once and placed 4th the latter time. Jayden serves in ASB as a rally representative and is a triathlete with his involvement in Football, Basketball, and Volleyball. In his free time he likes to hangout with family and friends. He plans to study sports science in college and continue his athletic career. One thing most people don't know about Jayden is that he lived in Louisiana 4 years when he was in elementary school. This year, Jayden dares to dream about growing his regions membership numbers.

Ben Hernandez is a Junior at Piner High School and is proud to be your region 3/5 Vice President. This is his third year in FCCLA and his second year serving as a region officer. Alongside being a region officer, he is also serving his second year being the Piner Chapter's president. Some interesting facts about him are that he loves to play video games, travel, and explore new things. Something he Dares to Dream is getting his chapter involved in more community service work. After high school, he isn't fully sure of what he wants to do, but he hopes to possibly pursue a career in engineering.



Ben Hernandez
Region Vice President
Piner High School

Aisha Afaf is a sophomore at Mills High School and is serving as the region 3/5 secretary. This is her second year in FCCLA and she is also serving as her chapter's treasurer. She is planning on competing in either the Job Interview or Leadership STAR event. Aisha is also the vice president of the Medicine Club at her school, a climate activist in the Silicon Valley Youth Climate Action organization, and a coding enthusiast proficient in web development. She plays on the JV girls basketball team, is a black belt in taekwondo, and loves playing badminton for fun. An interesting fact about Aisha is that she has won public speaking competitions since she was in first grade. In the future she hopes to either go into the law field as a criminal attorney or in the medicine field as a neurosurgeon. Finally, Aisha is daring to dream of a world where young leaders can create impactful changes in medicine, technology, and environmental sustainability, inspiring others to pursue their passions and make a difference in the world.

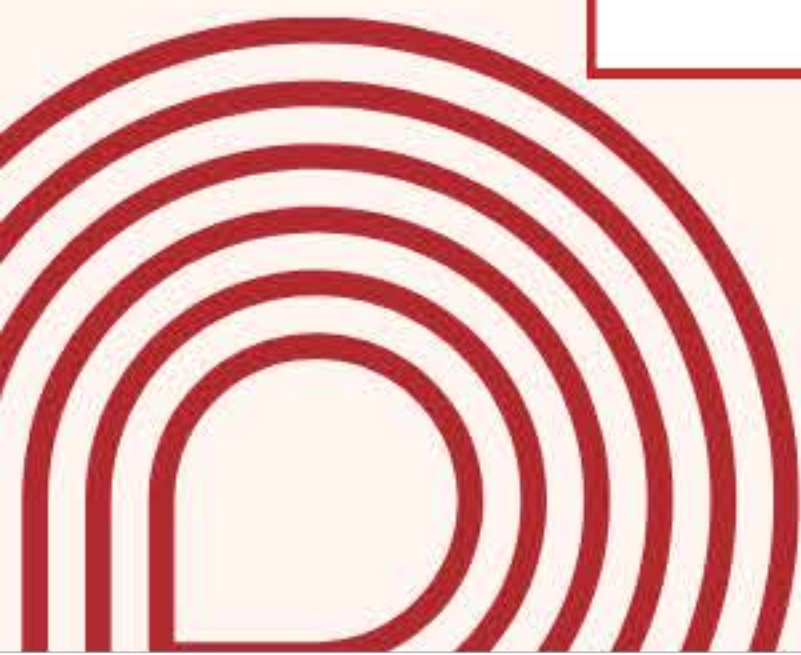


Aisha Afaf
Region Secretary
Mills High School



Nicole Li
Region Treasurer
Mills High School

Nicole Li is a current sophomore at Mills High School who is looking forward to serving as the Region 3/5 Treasurer. This is her second year at FCCLA, previously serving as a Chapter Officer. For fun, Nicole enjoys collecting vinyl records, traveling, and hanging out with friends. She's also part of the Robotics Team, Varsity Girls Water Polo, and JV Girls Swim Team at Mills. One fact about Nicole is that she likes listening to music and playing the electric guitar during her free time. Nicole dares to dream for a future career working in either Chemistry or Biology.





Krystal Ma
Region Reporter
Mills High School

Krystal Ma is a sophomore at Mills High School and is filled with gratitude to serve as Region 3/5 2024-2025 Reporter. This would be her second year in FCCLA, and is to be serving as a reporter for her chapter. Although she hasn't presented herself in any STAR competitions, the STAR event exhibit at the State Leadership Conference has influenced her to possibly join for the fun of it. In her free time, Krystal enjoys drawing, playing video games, swimming, and spending time with her friends and cat. She is daring to accomplish her dreams of becoming a marine biologist in the future.

Carina Dang is a sophomore at Mills High School. She is eager to serve as Region 3/5 historian, and as well as her high school's chapter historian. This is her second year in FCCLA. At school, she is involved in cross country, track and field, and her school's Christian club. Over the weekend, Carina teaches Sunday school for elementary grade kids and operates the worship slides at her church. In her free time, she is often found reading fiction, binge-watching movies, and taking walks in the rain. An interesting fact about Carina is that she was almost born on a holiday. She is daring to dream by pursuing her dream of becoming a pediatric nurse or an elementary school teacher.



Carina Dang
Region Historian
Mills High School

TAMI CRAMER

Region
Coordinator



Kelseyville
High School

Mrs. Cramer has been teaching at Kelseyville High School for 33 years and currently teaches Food and Nutrition, Advanced Culinary Arts, Baking and Pastry. This is her 7th year (4th actively) as a FCCLA advisor and her 1st as region coordinator. Mrs. Cramer is credentialed in both Social Science and Home Economics and feels that teaching Culinary Arts is her real passion allowing success by connecting with students through food. She truly enjoys seeing the growth in her students by their involvement in FCCLA. Mrs. Cramer has been married for 31 years and has two daughters aged 22 and 24. An interesting fact is that she worked in a record store and DJ'd an alternative radio show. When she actually has free time, she loves to travel, camp, hike, cycle, garden, 4WD and enjoy time with family and friends. Mrs. Cramer is 'daring to dream' of retiring in the next 3 years with a former FCS student to take her place and continue her program.



NATIONAL LEADERSHIP CONFERENCE



OVERVIEW

Congrats to **Brianna Orozco** of Kelseyville High School for earning 6th place in the nation in Culinary Arts, **Cady Lee** from Mills High School for earning top 10 in Foods Innovations for her presentation with **Ally Man**, and **Giancarlo Monroy Aceituno & Byron Perez Duran** from Mills High School for getting top 15 in Interior Design!



NATIONAL LEADERSHIP CONFERENCE

More Fun Photos!



REGION OFFICER LEADERSHIP TRAINING



This time around, ROLT was hosted online due to some unforeseen difficulties, in which region officers throughout California would be taking them online. Region 3/5's President, Vice President, Treasurer, and Coordinator all met up at Piner High School to do ROLT with each other's presence, while those who weren't mentioned weren't able to meet up at Piner. Regardless, officers in our region and other were still able to bond and connect with one another.



REGION 3/5 RETREAT



The Region 3/5 officer team, except for Region Reporter Krystal Ma went to Guerneville on July 12th to the 14th in which they all connected and made lots of fun memories.



FCCLA RESOURCES



Within FCCLA, you get many opportunities to earn awards that go towards your dreams! Feel free to browse how you can dare to utilize these!



PROGRAMS

RECOGNITION

HOW STAR EVENTS WORK

COMPETITIVE EVENTS

ADVOCATE

REGION REMINDERS

Region 3/5 Fall Conference

Oct. 19, 2024

9:00a.m. - 2p.m.

Windsor Middle School



Scan Me!

End Note

Thank you for taking your time to read our newsletter! We're so excited to meet you all and bond over this school year!

If you have any chapter events or photos feel free to email krys.ma1117@gmail.com or DM our instagram, [@fccla_region5](https://www.instagram.com/fccla_region5)!

[@fccla_region5](https://www.instagram.com/fccla_region5)