

Region Five

'23-'24 Newsletter



**X marks
the spot!**



Upcoming Events

- **NLC SEATTLE, WA**
| JUNE 2-JULY 3,
2024

Contents

Pg 1

Cover

Pg 2-5

Meet The Officer Team - '23-'24

Pg 6-7

ROLT

Pg 8

COLT

Pg 9

Fall Leadership Meeting

Pg 10

Spring Meeting

Pg 11-14

State Leadership
Conference

Social Media and Contacting

Want to see your pictures in the newsletter?

Send pictures to the Region 5 reporter through email [@jayden.teabo2025@kvusd.org](mailto:jayden.teabo2025@kvusd.org)

OR

Send pictures directly to our Instagram [@fccla_region5](https://www.instagram.com/fccla_region5)

While you're at it, follow our TikTok [@region.5](https://www.tiktok.com/@region.5)

Region Five

'23-'24 Newsletter

Meet The Officer Team



Sydney Yu is a senior at Mills High School and is honored to serve as your 2023-2024 Region 5 President. This is her second year in FCCLA, and she has competed in the Food Innovations event alongside Vice President Gerome De Guzman. Through FCCLA, she has been able to gain leadership and communication skills, as well as meet new, wonderful people. In her free time, she enjoys spending time with friends, baking, exploring new places, and being active. After high school, she hopes to pursue biochemistry in college and later go into drug research and development or manufacturing.



Gerome De Guzman is a senior at Mills High School and is grateful to have the honor of serving as Region 5's 2023-2024 Vice President. Despite being only his second year of being a member, it wasn't until after participating in the Food Innovations STAR event with President Sydney Yu did he feel the need to be involved. FCCLA helped develop his leadership skills, social skills, as well as public speaking skills. Gerome is very passionate about wrestling and wants to lead Mills' team despite the struggles they had to go through such as a very low member count and not having a coach. He hopes of becoming a Physical Therapist and has a dream of opening his own clinic.

Region Five

'23-'24 Newsletter

Meet The Officer Team



Nyejzniya Krohn, also known as Nyejzie, is a junior at Kelseyville High School who is excited and honored to represent as your 2023-2024 Region 5 Secretary. Nyejzniya has been enrolled in her high school's FCCLA program for 2 years and is known for being an outstanding classmate and an excellent student. Nyejzie participated at the state level in Food Innovations alongside her school classmate, as well as Region 5 Reporter, Jayden Teabo. They were awarded first place in level two. During her free time, Nyejzie enjoys going on walks, spending time with friends and family, baking and cooking for others, and reading. Nyejzniya is interested in becoming an Ultrasound Technician once she graduates high school.



Ben Hernandez is a sophomore at Piner High School and is honored to serve as your 2023-2024 Region 5 Treasurer. This will only be his second year in FCCLA but don't worry, you're in good hands. He will also be serving as the President of his chapter. Throughout his first year in FCCLA, Ben has already started to pick up some leadership skills that were not as noticeable before. He didn't compete in any STAR events last year but is thinking of competing in appetizers after seeing all the cool displays at the State Leadership Conference. Outside of school and FCCLA, Ben likes to cook, play video games, and hang out with friends. He is unsure of what will come after high school but thinks about pursuing a career in engineering.

Region Five

'23-'24 Newsletter

Meet The Officer Team

Historian

**Karla
Castillejo**



Karla Castillejo is a junior at Piner High School and is honored to serve as your 2023-2024 Region 5 Historian. This is her first year in FCCLA and she serves as Piner chapter treasurer for the 2023-2024 school year. FCCLA has helped Karla grow her communication skills, leadership skills, time management skills, and teamwork skills. In her free time, she enjoys cooking, baking, reading, running, spending time with her family, and playing in a mariachi band. After high school, she hopes to pursue a career in nursing and eventually become a nurse midwife.

Reporter

Jayden Teabo



Jayden Teabo is a junior at Kelseyville High School and is honored to serve as your 2023-2024 Region 5 Reporter. This is his second year in FCCLA and he is a returning officer for the Kelseyville Chapter, currently serving as Vice President for 2023-2024. Jayden has previously competed in the Food Innovations event at the state level and was awarded first place in level two, partnered by Secretary Nyejzniya Khron. FCCLA has allowed him to develop communication, leadership, and preparation skills. In his free time, he enjoys spending time with friends and playing sports. After high school, Jayden plans to play college football while studying sports science and obtaining a career in helping others with their fitness.

Region Five

'23-'24 Newsletter

Meet The Officer Team



Jan has been an FCCLA Advisor for over 20 years. She currently teaches Foods and Nutrition and Culinary Arts at Mills High School in Millbrae. She has served as an Advisor, Mentor Advisor, and for several years as Region Coordinator. She enjoys working with students in FCCLA because of the leadership opportunities it provides students and exposure to various career options. She has been an Advisor for 22 Region Officers and 8 State Officers through the years. She enjoys the meaningful relationships that develop through FCCLA experiences and seeing the growth of confidence and leadership in the officers. Outside of FCCLA, she enjoys entertaining, traveling, and spending time with her friends and family.

Region Five

'23-'24 Newsletter

Region Officer Leadership Training

ROLT took place July 24-27 at Fresno State University. ROLT allowed officers to learn more about their officer duties while also building team chemistry and bonds, both within and outside of their regions.



Region 5 started their Ultimate Journey in Emeryville where they caught the Amtrak train which was a new experience for most of the officer team. The train ride was a lengthy 4 hours but it provided an opportunity to learn more about each other and to work on the workshop that would later be presented. During their visit, they stayed in wonderful college dorms and ate food from the cafeteria. Their 4-day visit consisted of bowling, the EDGE obstacle course, workshops, team-building activities, icebreakers, a region cheer showcase, a pool party, and award night. Most importantly officers learned about their duties to be more successful during this FCCLA year. Region 5 won the award for the best workshop, where they presented fundraising importance and ideas for fundraising. Region 5 also presented scavenger hunt bingo as the icebreaker activity, although this did not earn an award it received much positive feedback from various officers.



@fccla_region5

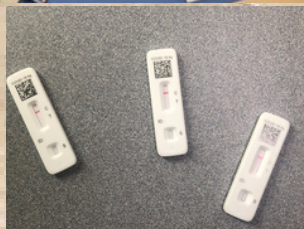


Region Five

'23-'24 Newsletter

Region Officer Leadership Training

Unfortunately, Region 5 historian, Karla Castillejo was feeling under the weather once the team arrived at Fresno. She tested positive for COVID-19 and was sent home. There were questions as to whether or not Region 5 would continue to stay and participate at ROLT since they had been exposed to COVID-19. The team decided against leaving but rather took extra precautions such as daily tests, wearing masks, indoors, sanitizing and washing hands frequently, and limiting contact outside of their region to ensure other's safety. This situation showed Region 5's ability to adapt and overcome challenges as leaders.



@fccla_region5



Region Five

'23-'24 Newsletter

Chapter Officer Leadership Training

Chapter Officer Leadership Training took place on Saturday, September 9th at Mills High School. The region team got the opportunity to finally meet the wonderful chapter officers within Region 5. During COLT chapter officers learned about their duties and working towards becoming the best leaders they can be. Officers got to learn about their peers through activities such as Back-to-Back, Name Blanket Drop, and Dice-Breaker. On top of that the region team presented three workshops, the first being about leading meetings, the second being about fundraising, and the final was an individual position training session. The Region 5 cheer was showcased as well.



Attending chapters were Kelseyville High, Mills High, and Piner High.

Photo Credits:
Arionna Sanderson-
Kelseyville High
Yesenia Carmona-
Piner High



@fccla_region5



Region Five

'23-'24 Newsletter

Fall Leadership Meeting

Fall Leadership Meeting took place on Saturday, October 7 @ Kelseyville High School. 69 members, 5 advisors, and 2 guests were present. The Region team held 2 workshops, one was about fundraising at the chapter level, and the other was about competitive events within FCCLA. Emily Burroughs, California state secretary, held a workshop explaining California's state goals for this year. For lunch, Kelseyville provided a delicious nacho bar. The region held a bake sale as their fundraiser where brownies, Thai tea, and cupcakes were sold. Awards were given to chapters with the most attendance, and to those who were the best dressed and were most spirited. Windsor was awarded the new chapter award. Unfortunately, President Sydney Yu was not able to attend this meeting, so Vice President Gerome De Guzman presided in her absence.



Attending chapters were Kelseyville High, Mills High, Piner High, and Windsor Middle School



@fccla_region5



Region Five

'23-'24 Newsletter

Spring Meeting

Spring Meeting took place on Saturday, February 24 @ Windsor Middle School. 77 members, 7 advisors, and 4 guests were present.

Spring Meeting was a highly anticipated meeting. This is where Region 5 members finally got to compete in their respective events and get the chance to qualify to compete at the state level. For non-competitors, the Region team held workshops and activities for them to participate in. These workshops included a trivia showdown, blanket making, and lastly an Informative community service workshop. During the general session the icebreakers 'This or That' and 'Evolution' were played. For lunch Region 5 ate Chick-fil-A meals that included A chicken sandwich, fries, a cookie, and a Chick-fil-A gift card for a free milkshake. At the end of the meeting, the competition standings were announced. Congratulations to all who qualified for state. Go Region 5!



Attending chapters were Kelseyville High, Mills High, Piner High, and Windsor Middle School, and Marillo Carillo High

Region Five

'23-'24 Newsletter

State Leadership Conference- Day 1

State Leadership Conference took place in Riverside on April 27 to April 30. 51 members, 8 advisors, and 0 guests were present from Region 5. This year over 850 students attended the state leadership conference, which is about 300 more than last year. This was the biggest FCCLA California state conference in history!

On the first day of SLC, there was lots of free time to explore Riverside. Later in the day, the first general session was held where Hoan Do, a former American Ninja Warrior contestant, was the keynote speaker. Members got to meet him after the session and get his autograph. The first Region 5 meeting followed the general session. This is where the team talked about the events throughout the year and said their farewells to the 2023-2024 year.



Region Five

'23-'24 Newsletter

State Leadership Conference- Day 2

Day 2 was by far the most nerve-racking day; competition day. Competitors woke up early in the morning to compete in our various competitions. Later in the day, once the weight of competition was lifted, they attended Cheer-a-pooloza where Region 5 got suited up in tons of wonderful gear to show off the Region 5 cheer. After cheer-a-pooloza, there was a fashion show where many students from all across the state got to show off the outfits they made. Once the fashion show was over members went to the Region 5 installment ceremony where the new Region team was installed. After the new team was installed, a recreation night was held to close out the day. Games such as cornhole and mini-hoop basketball were set up.



Your new region team is as follows;

Jayden Teabo: President-elect from Kelseyville HS

Ben Hernandez: Vice President elect from Piner HS

Aisha Afaf: Secretary-elect from Mills HS

Nicole Li: Treasurer-elect from Mills HS

Carina Dang: Historian elect from Mills HS

Krystal Ma: Reporter elect from Mills HS



@fccla_region5



Region Five

'23-'24 Newsletter

State Leadership Conference- Day 3

On Day 3 members had the wonderful opportunity to take industry tours. They got to tour places such as the Riverside Convention Center, local hotels, restaurants, and other local businesses. These tours provided great insight into how these industries work and what it's like to be a part of them. After these tours, members attended a variety of workshops that taught things such as how to become an influencer, how to manage money, and how to be a leader, as well as other workshops that presented useful skills and information. Members also had the opportunity to vote on the upcoming year's state officer team. Later that night members attended a banquet where they were served delicious food. After the banquet, they went to a dance in the ballroom and had lots of fun.



@fccla_region5



Region Five

'23-'24 Newsletter

State Leadership Conference - Day 4

On the final day, members woke up early to attend the awards ceremony. This is where competitors found out how they did in the competition. Region 5 was awarded for the beloved Region 5 cheer that they presented at Cheer-a-pooloza. Great job showing spirit Region 5! Congratulations to all competitors for their hard work. We can't wait to see all those who qualified at Nationals in Seattle this year!



@fccla_region5

