



**Beyond the
Yellow Ribbon**



Minnesota Military Teen Panel Quarterly News *Spring/Summer ' 17*




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**Teen Panel Planning the Teen
Summit 2017**

Want to join the Minnesota Military Teen Panel?

Contact Lead Child and
Youth Program Coordinator,
Laura Groeneweg
651-242-6938
or [email](#)

Find more information about the
Teen Panel [here](#).

We're on Facebook!

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Military Teen Panel on
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Military One Source

Military One Source is a great resource for any Military families looking for good reliable documents and information. The Military One Source website has everything from ideas on how to sleep better, all the way to every public speech Abraham Lincoln gave. Another beneficial part to their program is the opportunity to apply for scholarships and see scholarship opportunity right from the page. All of this information is free to military families. To get these awesome resources have a military member create a login and you can start using all of this information.

By: AJ Stienmetz

Teen Spotlights

Senior Bios:



Dietrick Flemister

I am Dietrick Flemister and I am 18 and a senior at Coon Rapids high school. I have been on the Teen Panel for two years. Being part of the Teen Panel has helped me by teaching me leadership and teamwork skills that I not only have used during my high school career, but will continue to use throughout my college career. I am going to attend Mankato State University this fall. Business Administration is my major and Music is my minor.



Cate Zenzen

My name is Cate Zenzen, I am 17 years old, and am graduating this year from Red Wing High School. My uncle is currently in the Army Reserves and my father served with the Army National Guard for many

Teen Summit



The Teen Summit is an event that the Teen Panel hosts for teens ages 13-18. We have various activities that have been chosen by the Teen Panel, such as a community service project. Exciting and enticing workshops that teach different skills that are a necessity for military teens to use in their everyday lives. Different speakers talking about their diverse stories about being in the military and how it has affected their home lives as well as their social lives. The different lessons we learn can help teens take on the world and continue to grow as exceptional people. The theme for this summit is "Rough Waters" and helping and guiding other teens through the rough waters of life by being a lighthouse or a safe haven for them.

By: Ryleigh and Dietrick Flemister

Purple Up Day

April is the month of the military child. This April we celebrated the children whose parents are or have been away serving with purple up day on April 21st at the Mall of America. From 2:00 to 7:00, MOA was covered in purple shirts showing their support for military kids while participating in some of the many fun events including a photo scavenger hunt, face painting and coloring, and unlimited Nickelodeon Universe wristbands. Our MN Military Teen Panel was also there helping out and participating in the various events including our AJ Steinmetz who went on stage with his family and spoke about what the Teen Panel is, explaining how to apply and what the expectations are when you join.

There were also many fun sports players and mascots there. Players and club members from the Minnesota Wild, including Nordy, and the New York Rangers were there with the United Heroes League, giving out signatures and taking photos with fans. The Minnesota Vikings mascot and cheerleaders also made an appearance to take pictures with fans along with the Minnesota Lynx Mascot and Chase from Paw Patrol.

By: Conor Deans

Personal Brand

At the May meeting, the Teen Panel had the opportunity to spend time with Kate-Madonna Hines to learn about personal branding. A personal brand is the way a person presents his or herself to others, and having a good personal brand opens many doors in life. The key to having a successful personal brand is to have integrity in mind. You need to figure out what you believe in and utilize that with everything you do. As a society we struggle with the need to fit within the social norms. In order to avoid this, Hines suggests surrounding yourself with people who will support and help you along the way. Carrying yourself with integrity will bring you closer to your ideal personal brand. Kate-

years. In my lifetime, my dad has been on three year-long deployments. I have been on the Teen Panel for two years, and this year will be my fifth Teen Summit. Attending these events has expanded my knowledge of the military and has given me a support group of sorts who understand what my family has gone through. Additionally, it has challenged me to work as a team with the other panel members- teamwork not being one of my strengths. I have loved every minute of my time on the panel. All of the fun activities we have done, the community service work, the speakers we have had, and the friendships I have made have changed my life. This fall I will be attending Lipscomb University in Nashville, Tennessee. I am very excited, and nervous, for this next chapter of my life. However, I feel well prepared to make new friends and grow as an individual as the Panel has given me practice in these areas. I'd like to thank Laura Groeneweg, all adult chaperones involved, and the other Panel members for a life changing experience that I will never forget.

Madonna's definition of euphoria is when the way you describe yourself matches the way others describe you when you're not in the room-and that is the end goal.

According to her website, Girl Meets Geek, Kate-Madonna Hines is an industry leader and nationally recognized analyst and keynote speaker on emotional integrity and authenticity in today's online media. Her expertise in digital technology, trade publications and national government, as well as contributions to news media and industry magazines, exceeds 15 years. However, her career in the industry began in the most unconventional way. She originally worked as a youth director within the Catholic Church, but the arrival of her daughter forced her to re-think her own image and begin marketing herself to find new employment. Kate-Madonna did whatever she could to support her daughter- even cleaning toilets. The unglamorous work didn't discourage her, and she advised the panel not to fear where you go or what you do. Today, she travels all over the country speaking, teaching, and working with large corporations like Target and PetCo. Even the White House has utilized her talents. So how did this ambitious woman go from lavatory upkeep to the nation's capital? She credits her success to her willingness to always say "yes". If a potential employer asks you to do something, even if it is out of your comfort zone, do it. This will allow you to grow as a person, and to ascend the industry ladder.

Ultimately Kate-Madonna encouraged the Teen Panel to concentrate on what needs to be done to promote integrity in our lives. Our personal brands change everything about the perceptions of others towards us, therefore altering our opportunities and affecting our future.

-Zara Meyer and Cate Zenzen



Kate-Madonna Hines