



**Beyond the
Yellow Ribbon**



Minnesota Military Teen Panel Quarterly News

Winter 2016

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Want to join the Minnesota Military Teen Panel?

Contact Lead Child and
Youth Program Coordinator,
Laura Groeneweg
651-242-6938
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Find more information about the
Teen Panel [here](#).

We're on Facebook!

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Military Teen Panel on
Facebook!](#)

Urban Ice Anglers Volunteers

On January 30th the Teen Panel volunteered at the Urban Ice Anglers 2nd annual Ice Fishing Event. Throughout the day the teens participated in the events of fishing, registration and serving snacks. When the kids arrive they were greeted and welcomed with a fishing pole and bucket. Getting moved into the tent was the best, finally having your own space. To keep warm and happy hot chocolate, hot apple cider, cookies, cheese sticks, and cookies were delivered to each fisher.

The children's interaction and attitude was amazing even in the thirty degree weather. It was a pretty fun and successful day for everybody, and just knowing that we had a contribution to it made it all the better. Fox 9 News was also in attendance. They were watching everybody fish, and also were giving some of the children interviews. This experience not only benefited us as individuals, but also as a team. This event

Teen Spotlights

1st year members:



Tyler Cromwell
1st year Military Teen Panel

I am 16 years old and this is my first year on the teen panel. I am so excited to be involved with such a great group of people. I am a junior at Loyola Catholic High School in Mankato. I am involved in cross country, baseball, and band. I decided to join the Teen Panel to experience the new environment, make friends and have a good time. I can't wait to see how I can help the panel with our Teen Summit.



Cate Zenzen
1st year Military Teen Panel

Hello I am Cate Zenzen! My father is Tom Zenzen and was in the Army National Guard for about 32 years and recently retired as a MAJ. My uncle is currently in the Army Reserves and I have another uncle

brought us closer and made us more of a unit.

By: AJ Steinmetz and Dietrick Flemister-Teen Panel Members



Zumba Time!

At the July Teen Panel meeting, the panel requested a workshop that was athletic-oriented. As a result, this January the Teen Panel was introduced to Tara Hawks. Tara lead us through a fast-pace workout. Tara Hawks, wife of MAJ Scott Hawks, is a fitness class instructor at Lifetime Fitness. Her contagious energy and lively music not only had the Panel working hard but the adult chaperones were into the workout as well!

Tara went through several routines that she uses in her classes at Lifetime. Exercises like Warrior Sculpt Yoga and Zumba dancing. These wide arrays of movements were only a glimpse of Hawks' expertise. She continued to share with the panel by telling of her life as a military wife and mom. She could easily empathize with us on topics like deployment and other obstacles that only military families have to overcome. The Teen Panel enjoyed their time with her- even despite the incredibly intense activity and we are looking forward to dancing with her again at the Teen Summit in June.

By: Cate Zenzen- Teen Panel Member

2016 Month of the Military Child

involved in the Air Force. I have been through many deployments with these connections, but the hardest was the three year-long deployments my dad went through. My family consists of my parents and older sister who is a freshman in college. I am a junior at Red Wing High School. I am involved in National Honors Society and Dance Team. I am on my tenth year of studio dance at Fusion Dance. I enjoy reading, being involved in theatre productions and spending time with family. I chose to join the panel because my sister was on it for five years and I wanted to be a part of the fun she always talked about.



Emma Merricks
1st year Military Teen Panel

Hi my name is Emma Merricks. I live in Farmington, MN. I am a 10th grader at Farmington High School where I play on the soccer team and run cross country. I have one sibling, Kerrigan who's in 7th grade. On the weekends I like to read and hang out with my friends.



Take advantage of these great offers from businesses that want to show their

April is the Month of the Military Child. There are picnics, festivals, and fairs all applauding families and their children for the sacrifices they make. Every year there is a different t-shirt to show support for the month. All the proceeds will help support Minnesota military-connected youth. As a military child I have participated in many events during this month, like picnics with lots of food and games. It's a great way to get connected to other kids and families going through the same thing.

Besides the amazing t-shirts you can get there are many different ways you can show your military pride. There is an art contest with the theme, Military Pride: Your Hero Inside. The art should be original and should show your personal military experiences. Military Youth in grade K-12 are welcome to participate. Another option if you're not an artist is Senator Al Franken's poetry contest. The contest is based around the idea of celebrating the military veteran in your life. Lastly, during the month of April the Minnesota Timberwolves are recognizing military members and youth at their home games. The games are on the 3rd, 11th and 13th. If you're interested attending, please contact Laura Groeneweg.

By: Emma Merricks and Cailey Isaacson-Teen Panel Member

2016
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MILITARY
CHILD
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Cost \$15

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Purple - White - Raglan - High Quality - Unisex
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Shirt Sizes (circle one & indicate quantity):

YOUTH: S ___ M ___ L ___

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Orders Due March 1, 2016

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Attn: Amber Greeley
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Be sure to present military identification when using a military discount!

And don't forget to check Beyond the Yellow Ribbon's "[Special Offers](#)" page for more ongoing deals!

Have you Ever Been Scared to Try New Things?

Take my advice and don't be! When I found we were going to a Korean restaurant I was scared. I had never tried any food like Korean and I wasn't sure if I would like it, but I was wrong.

The first thing I did when I got there was look for the American food on the menu, after the realization that there was none I was convinced I would go home hungry. After searching the menu for a good twenty minutes. I finally decided to order the most basic thing on the menu rice, beef, and vegetables.

When everyone else's food showed up it all looked and smelled so good. So I went against everything I had done up until then and tried those new foods.

I tried different types of sushi, wasabi, lots of new vegetables and even squid! They all were these strange new foods I have never tried before, but I'm glad I did it, they all tasted so good. Take my advice and don't be scared to try new things.

By:Katie Funk- Teen Panel Member



National Honor Society Community Service

National Honor Society (NHS) is a program at our schools that honors academic excelling students in the school. In order to be in NHS, one



would need to have a 3.78 GPA, be a leader in their class, volunteer in their community and be involved in many activities. The main objective is to give back and support the community. Last month for our NHS event, we teamed up with American Legion, an organization for troops, to donate gifts, food, and different treats. We set up boxes, made announcements, and hung up posters around the school in order to inform students about this event. During lunch, we set up tables where students can come up and write letters to the soldiers. This event was a huge success: we had 78 letters written and around 15 boxes of goods packed! btyr.org

By: Maddy Funk and Minji Joo- Teen Panel Members

2016 Teen Summit- In Progress

Every year, there is a Military Teen Summit that we plan for a group of teens that have a parent in the military. The Summit is an exciting time for military teens to come together and connect. So far, we have planned a few things like Zumba, Art Therapy and much more. We have decided that the theme this year will be the Olympics! Teens 13-18 can come and stay at a conference hotel. Each teen gets roomed with another, but we spend most of our time together doing fun activities. I've gone to the last two Summits and I had a blast, making new friends I could relate with.

By Ariana Curran- Teen Panel Member

