



Regional Measures

Spring 2020 Edition

REGIONAL MANAGEMENT TEAM

TERRI CALVERT – TEAM LEADER

LYLA LARSON – EVENTS COORDINATOR

MEGAN ARGALL – DIRECTOR COORDINATOR

SUSAN KRISNIK – EDUCATION COORDINATOR

RUBY ERICSON – MEMBERSHIP COORDINATOR

JERRALYNNE TJEERDSMA – FINANCE COORDINATOR

LORI SCOTT – COMMUNICATIONS COORDINATOR

SHANNON COOK - MARKETING COORDINATOR

For contact information, see the Region 6 website
Members-only section> Documents > Regional
Directory



Northern Lights Region 6

2020 Convention

May 7-10 in Rochester, MN

Full details available on the [website](#)

Upcoming Events

1-Mar	Shining Star/Woman of Note nominations due
13-14 Mar	Faculty Training with Joan Boutillier
29-Mar	Sounds of Superior Fashion Show
4-Apr	Spring Show – City of Lakes
7-10 May	Region 6 Convention Rochester, MN
10 July	Director Development Day
11 July	Sweet Adeline Summer School
20 Sep	City of Lakes Sendoff Show

For more details, visit the Region 6 [website](#) or a specific chorus website. If you have an event to promote on the Region 6 Event Calendar, please send details to [Lori Scott](#).



News from the Regional Management Team

*Submitted by Terri Calvert
Team Coordinator*

What a busy time of the year as choruses and quartets are working hard to get ready for Contest and Convention in May! Let's keep our fingers crossed that the weather is more favorable than last year!

This year your Regional Management Team and Convention Committee have some enhancements to the Convention and Contest that we hope will make the weekend more fun and productive.

This year we are offering

- New convention hotel – Hilton Rochester (also Doubletree)
- Quartet Reception for competing quartets

- Thursday, May 7 - 6:00 - 8:00 p.m.
Location – Doubletree Hotel, 2nd floor Board Room
- Hosted by RMT and Sparkle! Quartet
- Optional historical tour of Rochester on the Rochester Trolley Company
 - Friday, May 8 - 1:30 p.m. – 5:00 p.m. Pick up at Hilton Hotel Downtown
 - Cost \$35.00
 - Reservations can be made on the Region 6 website
 - Instructions for mailing payment will also be on the website
 - We are in the process of setting the reservations up on the website



Join us on our vintage red trolleys for a narrated city tour featuring Rochester's top sites and attractions, including our Mayo historical sites! Explore the early years of the world-famous Mayo Clinic, while experiencing the homes and lives of pioneering doctors on this relaxing, entertaining and informative trolley tour! In addition to the trolley tour you will explore either Mayowood Mansion or Assisi Heights on a walking tour.





MASS SING

Friday, May 8, 2020

12:30p.m.

PEACE PLAZA

The *Peace Plaza* is located in the heart of the city at

1st Ave SW & 1st St SW.

There is an enclosed shopping mall across from the Hilton accessible by street or skyway. Walk through the mall directly to the west out the entrance doors and you are in Peace Plaza

- Mass Sing – across from the hotel.
 - Place either Peace Plaza or the Mall across from the hotel (depending on the construction schedule at Pease Plaza which is fluid due to weather conditions)
 - You can register for the Mass sing on the Region 6 website
 - Everyone is encouraged to wear chorus or Sweet Adelines clothing to identify us to the public
 - Choruses and Quartets are encouraged to make a poster or sign to identify themselves as well
 - We will send out more information on the exact location and post it on the website as soon as we know for sure
 - Songs for the Mass Sing will be
 - Harmonize the World
 - One Fine Day
 - Send Your Love
 - Join us at the Mass Sing and let's show Rochester who we are and what we are about!
- Leadership Meet and Greet for all Chorus Boards of Directors and Management Teams
 - Friday, May 8 -2:00 p.m.—3:00 p.m. Hilton - Doctors Mayo Hall
 - Registration on Region 6 website
- Photography session for 50 year+ members and First timers
 - Friday, May 8 – 5:30pm
- Senior Quartet Award
 - Details and criteria will be posted soon on the new Region 6 website
- Celebration dinner at the Hilton Hotel
 - Saturday, May 9 - 6:00 p.m. Hilton - Doctors Mayo Hall
- Longevity awards presented at the Regional Celebration Dinner will be given to members with a “Join Date” anniversary with Sweet Adelines International in the calendar year of 2020
 - Awards are made in 5-year increments beginning at 25 years
 - Awards for 5-20 years will be provided to each chorus for distribution to their members
 - Members who will receive Longevity Awards will be notified in advance of the Celebration Dinner



- Afterglow and celebration of Sweet Adelines 75-year Anniversary at the Hilton Hotel
 - Saturday, May 9 - 8:00 p.m. Hilton - Doctors Mayo Hall
 - Register to perform at the Afterglow on the Region 6 website

And the biggest news.....Drum Roll Please.....

- Region 6 Webcast!
 - We are in the process of setting this up
 - Details will be available soon on the Region 6 website
 - The webcast will be streamed and recorded through Facebook
 - We will be asking for donations to help defray the cost of the webcast
 - We are so excited to be able to do this!



Membership Longevity

Have you been thinking about how long you have been a Sweet Adeline? If you want to research your membership or you are interested in purchasing back missed years, there are forms available on the Region 6 website. Look under Members > Documents for “Longevity Research Request” and “Longevity Buy-Back Application”

Regional Convention Committee

Competition Coordinator (CC)

Shirley Christie

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C: 204-794-2977

smchris@shaw.ca

Assistant Competition Coordinator

Pat Haertel

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Linda Rubis

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Regional Convention Committee

Event Coordinator

Chairman of the Regional Convention (CRC)

Lyla Larson

651-334-7105

Lylarson001@centurylink.net

Official Panel Liaison (OPL)

Judi Peterson

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Finance Coordinator

Jerralynne Tjeerdsma

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Longevity Awards

*Submitted by Terri Calvert
Team Coordinator*

The process and calculation of Region 6 Longevity Awards has been recently updated. In 2019, several people missed receiving a Longevity Award they expected and were unhappy about this situation. We sincerely apologize to anyone who did not receive an award and will correct the situation this year.

Three factors contributed to people not receiving awards they expected last year:

First:

The membership database at Sweet Adelines international was being reconfigured and transferred to the new website at the time we were pulling information for the awards. So, getting accurate information was a challenge.

The Sweet Adelines International Membership Database for Region 6 is now reformatted, updated and available in downloadable format on the SAI website.

In the last 30 days your regional team, has spent countless hours creating a searchable and sortable mirrored database from the International membership database. This new regional membership database has helped us to check and cross check information to improve the accuracy of our Longevity Award recipient lists. We can now analyze data in ways we simply could not do before on the SAI website.

Second:

Longevity awards have historically been calculated using a fiscal year cutoff (April 30) for awards. This has been very confusing to members. It also has made calculating when a member gets an award more difficult.

At our February 2020 Regional Management Team Meeting, we voted to change the way we calculate when a member gets an award to the calendar year. As of May of 2020, Longevity Awards will be presented as follows:

Longevity awards presented at the annual Regional Celebration Dinner will be given to members with a “Join Date” anniversary in the Sweet Adelines International Membership Database in the current calendar year.

Awards presented at the convention Celebration Dinner are made in 5-year increments beginning at 25 years.

Members who will receive Longevity Awards at the convention dinner will be notified in advance. Awards for 5-20 years will be mailed to each chorus for distribution to their members after the convention.

Third:

The Sweet Adelines Membership Database is not 100% accurate. There are members who have joined several choruses, moved, transferred or let their international membership lapse before rejoining another chorus. When these situations happen, the “Join Date” in the SAI database may not be accurate.

There is a process to “buy back” missing membership years through Sweet Adelines International. It is the members responsibility to initiate this process.

Region 6 Membership resources can assist with the buy-back program and help with researching situations that do not require buy back but are simply incorrect. Again, the member needs to let us know help is needed to correct the Sweet Adelines Membership database. Regionally, we cannot change the SAI database, but we can communicate with international and work with the member to provide the correct documentation to resolve the issue.

Longevity Awards are important. It is a happy occasion for everyone to be recognized for their participation in this great world-wide sisterhood of singers. We appreciate everyone who contributes to Region 6 and to Sweet Adelines.



New Region 6 Website

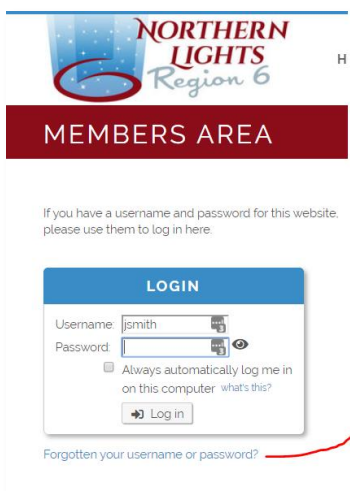
*Submitted by Lori Scott
Communications Coordinator*

In December, Region 6 embarked on a new era with a brand-new website. The website address has not changed. You will find the new website at <https://regionsix.org> The home page has a banner with a slideshow with Region 6 choruses in action.



These were photos taken on the competition stage in 2019. If your chorus didn't compete last year and you would like your photo included in the banner slide show, send a lively chorus photo to [Lori Scott](#).

There is a menu across the top of each page that will take you to the various pages within the website, including Home, Choruses, Quartets, Events, Join, Contact, Members, and About. To access materials in the Members area, click on Members and login. A username and temporary password were sent to every Region 6 member by email on December 15, 2019. If you no longer have that message, you can still log in. Your username is your first initial followed by your last name. For example, if your name is Jane Smith, your



username is jsmith. If you don't know your password, click on the Forgotten your Password link and follow the prompts to set a new password. Then try logging in again with your username and your new password. If you can't access the Members area, contact [Lori Scott](#) for additional help.

The Home page has current news (such as the upcoming Regional Convention). Choruses and quartets are identified with photos and detailed information. Upcoming events are listed in order of occurrence. Clicking on calendar links will take you to additional information about an event. If you have a fundraiser or performance you would like included on the calendar, please contact Lori Scott. The Members area has many areas of interest.



Please explore the new website and let me know what else you would like to see there.

The company hosting our new website is HarmonySite, a website hosting company that specializes in websites for singing groups. Many of the choruses in Region 6 also manage their websites through HarmonySite. We encourage choruses to consider switching to HarmonySite. Using the same website host allows ties between the region and the chorus websites. For example, when a chorus on HarmonySite posts an event on their own Events calendar, it can be automatically posted on the regional website.



Chorus is My Sport

*Submitted by Judy Weipert
Region 6 Faculty*



As soon as I found Sweet Adelines in 1976, I was hooked! In trying to figure out what the hook was, and how to “hook” others into joining our organization, I realized that singing in a chorus is my “sport.”

It's sometimes a physical challenge (can I hold out that phrase just a bit longer?) and sometimes a mental challenge (that scary note is coming up in the next measure!). It's definitely a team effort and requires focus to achieve a good outcome.

Then, of course, there is the thrill of victory – be it the victory of having enough air to finish the phrase, the victory of besting that scary note, the victory of helping your chorus win their first medal, or the victory of raising your score from one year to the next in regional competitions.

The sport of singing in a chorus includes warming up, just like in basketball or baseball; breathing, like in yoga or swimming; wearing uniforms (although we call them costumes); and playing games (called competitions). We feel the thrill of victory, including chills or goosebumps when the chorus hits that last note in the ballad or when we connect with each other, the director, and the audience, and can feel their energy and enthusiasm.

Just as sports have their cliches, so does the sport of singing in a chorus! From our coaches we have heard - “Win your spot,” “There are no held notes in barbershop,” “Never less than pleasant,” “Keep your skis up on the repeating notes,” “Always be performing,” “Smile behind your eyes,” and “Wrap your sound around the audience.”

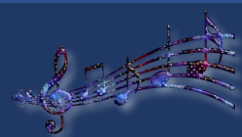
And here's the best thing about chorus as sport-- when you join a chorus it becomes more than you. You become part of an ensemble, a group, a second family. And as an individual member of this ensemble, you make a commitment to show up for practice, warm up with the team, put in your best effort, and suit up for the “game.” Being one of the many voices banding together for the common good has brought me exhilaration and a joy unlike any other sport!

Candid Photos



Aren't the candid competition photos displayed on the Home page banner of the new website wonderful? Did you know that the photographer who takes your posed competition photo also takes candid photos like these of your chorus or quartet during your performance? In the competition handbook, on the pages 23-25 is all the information about ordering photographs, including the “PR Images” where you can order a set of electronic, candid shots (\$50 - \$100 for the set, depending on chorus size) that are fantastic active shots that look great posted on your website or Facebook page. Photos of the awards ceremony are also available.





Nominate your Favorite Music Educator

Sweet Adelines International is accepting nominations for the [Music Educator Awards](#) to be presented at the 2020 International Convention in Louisville, KY. They love to recognize members who devote their time and energy to promoting barbershop style *a cappella* and the study of music, including the Young Women in Harmony program.

Nominees must be:

- A music educator
- A member of Sweet Adelines International
- A member of NAFME (National Association for Music Education), CMEA (Canadian Music Educators' Association), or EMEA (European Music Educators' Association)

Through her talent and dedication, the nominee must have made outstanding contributions to the furtherance of music education in public and/or private schools by promoting the barbershop style as an American art form.

Nominee may not have been a previous award recipient, but previous nominees can be re-nominated.

To submit a nomination, please download, complete, and return the [recommendation form](#) (you may duplicate as needed) along with a recent photograph of the nominee by May 1, 2020, to the Education Department at International Headquarters, 9110 S. Toledo Ave, Tulsa, OK, USA 74137. You may submit the application via e-mail at education@sweetadelines.com or by fax at 1-918-665-0894.



Regional Management Team Rotation

The offices of Team Coordinator, Communications Coordinator, Education Coordinator and Membership Coordinator are on the rotation starting new 2-year terms in 2020. Thanks to Ruby Ericson who will be stepping down from the RMT after serving many years as Marketing Coordinator and Membership Coordinator.

The following individuals have volunteered and been approved.

Team Coordinator – Susan Krisnik

Communications Coordinator – Lori Scott

Education Coordinator – Terri Calvert

Membership Coordinator – Linda Rubis (see bio – next page)

New RMT Coordinator terms begin May 1.



The 2-year terms for the other four coordinator positions run from 2019 – 2021. These continuing positions are:

Director Coordinator – Megan Argall

Events Coordinator – Lyla Larson

Financial Coordinator – Jerralynne Tjeerdsma

Marketing Coordinator – Shannon Cook



Incoming Membership Coordinator

The position of Membership Coordinator is elected by the regional membership. At this time, we have a single nominee who has expressed an eager willingness to serve on the Regional Management team in this capacity. Therefore, we have not called for a vote from the membership. We hope you agree that we have a very capable volunteer in Linda Rubis and trust that everyone will support her appointment.

Linda Rubis

Linda has been a Sweet Adeline member since 1987 and a proud member of Spirit of Harmony Chorus. She is currently the President of the chorus Board of Directors, Costume Co-Chair. Her



experience includes Board member past VP/Membership, Ways & Means Chair, Show Chairperson and Secretary. Linda has handled two websites for the chorus, part of that computer nerd skill. She sings Lead and has participated in 31 regional contests, attended the International Convention in various cities 15 times in the past years and competed with the chorus four times in the International Harmony Classic contest in Greenville, SC, San Antonio, TX, Houston TX and Baltimore MD. and will be competing again in Louisville, KY in 2020. She

has received the chorus Sweet Adeline of the Year award in 1993 and 2018. And a recipient of the Woman of Note Award in 2017.

At the regional level Linda was the Communications Coordinator for six years from 2010 – 2017. During that period the region had four choruses join from Region 22 and a new region name was developed, Northern Lights Region 6, previously known as Can Am Region 6. A new logo design and logo branded apparel and accessories were design and available for sale to members. Linda managed the first extensive Region 6 website. Published and distributed the quarterly Regional Measures Newsletter, worked with the RMT and helped communicate thru email blasts to the membership and Facebook postings. Along the way, attending numerous music schools and training sessions at the regional and International Convention level.

Also serving for two years as the Competition Assistant and serving three times as contest Page. Preparing and distributing the Competition Handbook and Contest Program for the past three years.

Linda lives in Spirit Lake, IA and has two children a daughter Alysia and son David. Four grandchildren, two girls and two boys, Graycen, Emery, Hayden and Gavin. Linda enjoys working on the computer, knitting, crocheting and looking for ways to upgrade her 100-year-old house. She has been retired since 2011 after working for the same company for 42 years in the Marketing and Advertising department.

It's a pleasure to again be working with Region 6 on the Regional Management Team. Looking forward to helping the region grow and move forward.



Education Update

*Submitted by Susan Krisnik
Education Coordinator*



PEGGY GRAM will be here July 10-11, 2020!

Director Day

Friday, July 10, 2020
8:00 am - 3:30 pm

Send your director, assistant director, associate director, section leaders, and anyone else that wants to learn more about directing a chorus.

And later that day...

4-5 pm - **Technology Update** – your most tech savvy members will be Skyping each other! Bring your laptop and we will make it happen. Future education events will be Skypable so each chorus needs this!

7-9 pm – **Quartet Round Up** – anyone interested in singing tags and/or singing in

quartets for fun (or for real!) are invited to come sing. Regional faculty will be there to lead this fun evening.

Sweet Adeline Summer School

Saturday, July 11, 2020
8:00 am – 4:00 pm

A full day with Peggy Gram! She will share her gifts and talents with us. More details coming soon.

Location: Oak Ridge Hotel & Convention Center in Chaska, MN

Registration will be coming out right after competition and will (hopefully) be online. Registrations will be done by each chorus. Please assign an “education representative” to start your list of attendees now.

Susan Krisnik
Region 6 Education Coordinator
susank5678@gmail.com
612.655.6654

*I can never be safe; I
always try and go
against the grain. As
soon as I accomplish one
thing, I just set a higher
goal. That's how I've
gotten to where I am.*

- Beyonce Knowles

Sparkle! Quartet



Greetings, Region 6, and Happy New Year to everyone!

Here we are a new year, a new decade, and a new baritone for Sparkle! Lisa made the decision not to continue the journey with Sparkle!, but we celebrate the accomplishments we achieved in our time together and wish Lisa the best in her future endeavors, musical and otherwise. As we continue on, the new year has brought a delightful change for us as we welcomed Denise Baber into the quartet. Denise brings a wealth of quartet experience with her as well as a gold medal and shiny crown. Denise, along with Marcia, won International in 1996 with 4-Star Collection. She has been busy as a bee learning all of our old music as well as some new tunes that we've picked up. We can't wait to see what 2020 holds for us!

2020 also starts a new chapter in our tenor's life as Barbara goes forward with a different last name. She has gone back to her maiden name of Capps, so when you see the name Barbara Capps, you'll know who it is!

Having two regional families is really fun and we so very much appreciate the love and support we get from Region 6 and Region 13. We know how much Region 13 means to Julie, so the three of us surprised her by booking tickets to Spokane in April so we can all attend her regional competition. And of course we will be at the Region 6 convention and are very excited to be mic testing for the quartet competition. The four of us can't wait to join all of the festivities

in both regions. We will be ready for some singing, mingling, and sharing our love of barbershop harmony!

Before heading to Spokane on April 22, Sparkle! will be headlining the City of Lakes annual spring show on April 4. We are honored to be sharing the stage with our current 8th place International chorus.

That's it for now, and if you have a moment, please stop by and give us a "Like" on our [Facebook](#) page!

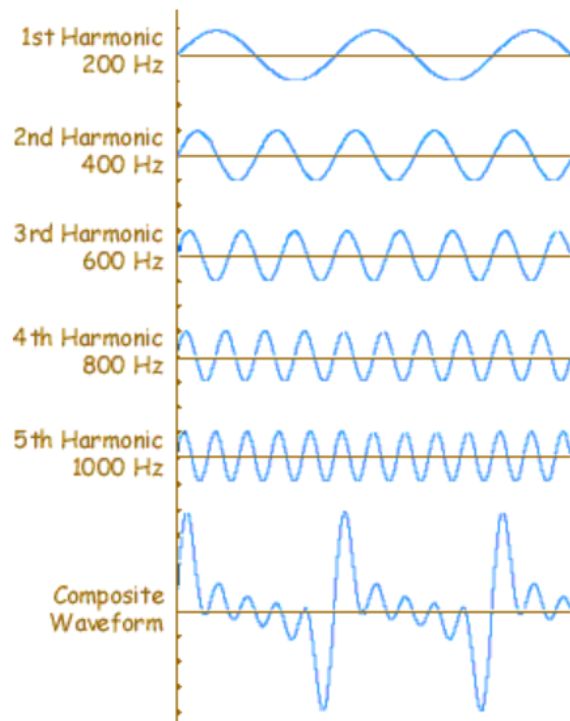
Until next time . . .

Hugs

Barb, Julie, Denise, and Marcia

Overtones

Ever wondered about the physics behind the phenomenon of overtones? Here's a [website](#) that explains it.





Sounds of Superior

*Submitted by Heather Hack Petersen
Lead/PR Assistant*

Forging Forward - Sounds of Superior Chorus is Music in Motion

Happy New Year to all our sisters! It's 2020, the year for clear visions. Sounds of Superior Chorus is not quite ready to let go of 2019. It was a spectacular year for our chorus. December was festive as anticipated with several holiday performances to joyfully share goodwill in our community.

To close the incredible year, Sounds of Superior Chorus celebrated with a special Christmas dinner and evening together. We shared sumptuous food and drinks. Our members are generous and multitalented as evidenced by the stupendous gingerbread house that was made by Carol Morgan to raffle off at the Christmas party.



We played some musical games including one where a word clue was given (ie Brown) then each table had to come up with a song to match

the clue and when called upon sing it. An example of a song with that clue is "All the leaves are BROWN". It was a blast. We laughed until we cried.

Our chorus members spoke of the past year including our incredible accomplishments, challenges and most importantly how much fun we had and how much we love to sing, perform and be ambassadors of barbershop in our community.

We spoke of the year ahead with hopes we can raise our own bar once again and excited about learning a new uptune with choreography to share with you. With this in mind, we were back to practice on January 6, 2020. Sounds of Superior Chorus is focused, and it is full steam ahead.

Our chorus is proud and honoured to have been voted Thunder Bay's Best Choral Group in 2019 by the Walleye (Thunder Bay's arts & culture alternative) a great way to put our best "lip" forward in 2020.





We have three separate fun performances for our seniors in February, keeping us in good form. What a surprise and delight it was to find one of our own former founding members, Olga Yozipovic, in the audience at one of these performances. We captured the moment with a special photo of Olga with her sisters and current long-time members Heather Bolduc with 45 years, Carol Morgan with 40 years, and Claire Belluz with 36 years. Happy Birthday to Olga, who turns 90 years young on March 29, 2020!

We end the month with the highly anticipated return of Becky Perkins from City of Lakes for more phenomenal coaching on Feb 29, 2020. Our chorus also jumped at the opportunity to participate in the Sweet Adelines International Video Coaching Program. We look forward to connecting with Ann Jarchow, Master Director, for an exciting coaching session via video teleconferencing on March 23, 2020. Ann’s vast experience includes directing a chorus in Grand Rapids for 30 years. The timing could not be better with our upcoming spring “Harmony in Style Fashion Show” Sunday, March 29, 2020, then regional competition around the corner.

Looking forward to enjoying “early spring” in Rochester and seeing all our distant sisters again for some friendly competition. Wishing you sweet harmonies to take you through your day.



With Love,
Respect &
Adoration

Your Sisters
and Brother
Jason Scriver
from Sounds of
Superior
Chorus







Lake Country

Submitted by Helen Vulu

Lake Country Chorus is excited to be getting ready for Competition! We have two great songs and neat costumes to show off to you, and three new members joining us on stage. Meet Nancy K. with president Judy and director Sandy, and Nancy N. and Renette M. with Sandy.



Our new members are the result of the efforts of our Membership Chairperson, Marla Johnson, who created an effective Christmas singer program, and all our members that embraced the program and welcomed our singing guests. We had more than a dozen guests and former members on the risers with us for Christmas.

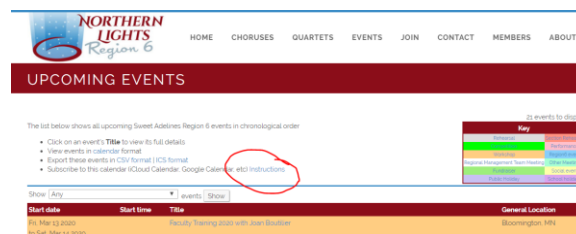
We truly enjoy our sixteen-year relationship with North Star Chorus (Greater Saint Paul chapter of BHS), singing together at Como Park Pavilion and presenting Christmas concerts in Roseville, Blaine and Anoka. Put us on your calendar now for the last Sunday in November.

Region 6 Calendar

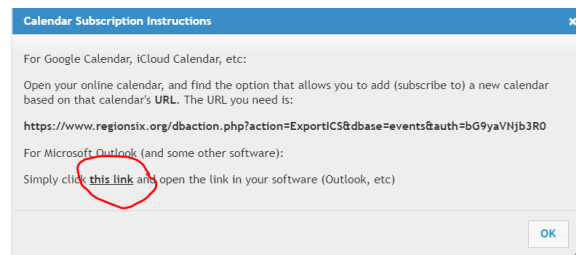
*Submitted by Lori Scott
Communications Coordinator*

Get the Region 6 Calendar as a shared calendar within your Outlook, Google Calendar or iCloud Calendar.

On the Region 6 website, open Events > Upcoming Events. Look for the shared calendar instructions and click on it.



If you use Outlook Calendar, click 'this link', then click Open Outlook.



Otherwise follow the other instructions.



Company's Coming Quartet

Submitted by Helen Vulu

Company's Coming - and here we are!



Helen, Marla, DeLossie and Sandy will be at competition in Rochester, and hope we will entertain you.

Company's coming welcomed Sandy Bergersen as our new tenor this past summer and got our feet wet singing for a church service at Hamline United Methodist Church in Saint Paul, then sang in the Christmas concerts that Lake Country presented along with North Star Chorus.



Company's Coming is an active member in Twin Cities Singing Valentines (www.sing4me.net)

and in February we spent a great day together delivering eight Singing Valentines from Woodbury to Ham Lake. Current chorus members hosted former members for snacks and invited us to sing in Maplewood, and our member from Ham Lake who is getting ready for surgery was surprised with a Valentine by her daughter. Then she entertained us with cake and coffee and a chance to visit at the end of the day.

CC is gearing up for more music!



*There is no bad day
that can't be
overcome by
listening to a
barbershop quartet.
This is just truth,
plain and simple.*

*- Aldous Huxley
Author of Brave New World*



Twin Cities Show

Submitted by Terri Calvert

Fall and winter are busy times for Twin Cities Show Chorus. We have been busy working with coaches, (Jim Arns and Scott Kvigne) learning new choreography, and getting our contest music in top shape for May 8-9 in Rochester.

We have been focusing on our singing skills in regular rehearsals and with the help of Mary Dick who has been providing individual voice lessons and sectional coaching. Everyone in our chorus has a personal learning plan that is helping us to progress.

We had a fun “costume night” rehearsal for Halloween. We are always ready to dress up and perform!



Christmas season was fun with a very enthusiastic crowd for our Christmas performance at the Brooklyn Park Community Center.

We had a lovely annual chorus Christmas party at Mancini’s Char House in St. Paul. The Christmas party featured a performance by

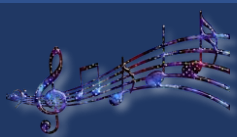


Sound Check, a newly formed quartet with all members from our chorus – Wendy Hamilton, Lead; Judy Olson, Bass; Cookie Karash, Baritone; and LeAnn Lake, Tenor. Sound Check will be making their first appearance at Regional Competition in May.



January was cold but the welcome was warm for Guest Night on January 20 in Richfield. A good time with good food is on the menu for the chorus’ annual Mardi Gras themed Cabaret and Spaghetti Dinner, February 21 featuring a performance by the Twin Cities Show Chorus plus quartets: Sound Check and Upbeat featuring JoAnn Flanagan, Bass; Karla Kalway, Tenor; Bonnie Plumley, Baritone and Val Salley, Lead.

We look forward to seeing everyone in Rochester in May.



Spice Advice ~ Overcoming Nerves

Submitted by Spice



Spice Advice

If you get nervous at competition time, you are not alone! But what can be done about it?

Here is our best *Spice Advice*...

First of all, please know that everyone is different. Something that works for one person, may not work for another. You need to find what works for YOU and it may even be a combination of things. It's also important that each of us respect someone else's decision to do what THEY need to do.

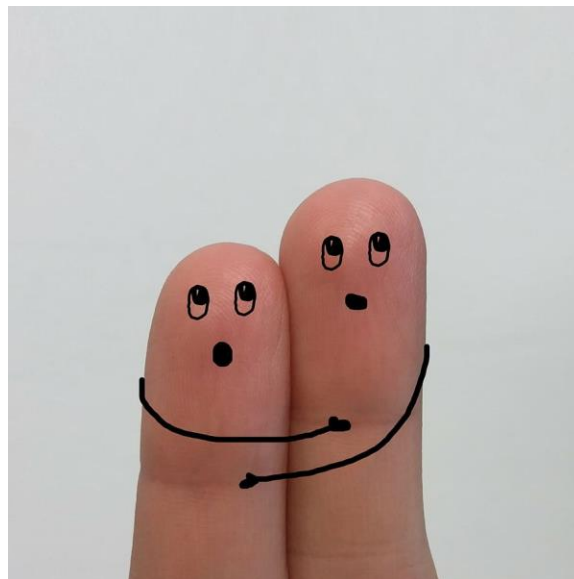
- Be Impeccably Prepared
 - Rehearse smart! As competition approaches, adjust your rehearsals accordingly. Do you need to change the frequency or length of your rehearsals? Maybe you need to run the set several times. Maybe you need to do more targeted work. Make sure each person gets what they need from your time together. Additionally, what work do you need to do on your own? Listen to

your recordings from rehearsal. Perform your set in front of a mirror.

- Practice walking and moving in your contest outfit and shoes so you are certain to be comfortable and confident.
- Perform in front of as many audiences as possible... your chorus, other choruses, family, friends, any other gigs you can get!
- Trust each other and rely on each other
- Get Your Mind Right
 - Physiologically, the emotions of nervousness and excitement are very similar. Instead of thinking "I'm nervous", tell yourself, "I'm so excited!" Use other positive self-talk... "I've got this!" "I know what I'm doing!" "I'm ready!!"
 - Shift your attention from yourself to your audience. Make it about them, not about you. Focus on what you are giving to your audience, rather than the mindset of "they are watching me".
 - Leading up to contest, visualize every aspect of your *flawless* performance.
 - Find a good mental coach or performance coach.
 - There are so many other resources, here are just a few options. Search for others that may be a better fit for you and your personal needs...
 - *The Inner Game of Music* by Barry Green and W. Timothy Gallway
 - *Overcoming stage fright*, Linda Apple Monson, TEDx, <https://www.youtube.com/watch?v=sN7gTSKUXm0>
 - *Managing Performance Anxiety*, Guided Meditation <https://www.youtube.com/watch?v=uEuzHyIfvDU>
- Get Your Body Set



- We all know that breathing is important! Nerves (a.k.a excitement 😊) can make it difficult to take the long, full breaths so necessary for strong singing. Learning to control and balance your breath can help!
 - Alternate nostril breathing (Nadi Shodhana) is very balancing to the body. Lightly place the index and middle fingers of your right hand on your forehead, between your eyebrows. Let your right thumb and ring finger rest on your nostrils. Use your thumb to gently close your right nostril and inhale through your left nostril. Release your thumb, gently close your left nostril with your ring finger, and exhale out your right nostril. Inhale through your right nostril. Release your ring finger, gently close your right nostril with your thumb, and exhale out your left nostril. That is one round. Repeat as many times as you need.
 - If you desire a more calming breath experience, gently close off your right nostril and breathe in and out of just your left nostril. Another calming breath cycle is to slowly encourage your exhale to be longer than your inhale. This may take several cycles of breath to achieve. Take your time.
 - Sometimes, getting rid of surplus adrenaline is what you need. Maybe you need to exercise... go for a run, do some yoga. If it's right before stage time, you could achieve this same effect by doing simple push-ups against a wall in the sing room!
- Use your best judgement; don't over-exert yourself.
- Striking a Wonder Woman Power Pose for 2 minutes (especially when paired with positive self-talk) will boost your confidence.
<https://www.youtube.com/watch?v=C4ACeoqEjeA>
 - Another common symptom is Dry Mouth. First, make sure you stay hydrated! After that, there are helpful sprays you can carry with you in the pattern to help keep your mouth and throat lubricated. If you find yourself in a pinch (i.e. on stage), you can gently chew on your tongue to produce saliva.
- To “survive” contest day, know yourself, and do what YOU need to do. Respect others’ choices as they do this for themselves too. We’re all here to support each other. Are you ready to rock this contest??
- Live life with a little Spice!
- Angela, Heidi, Liz, Jan
- <https://www.facebook.com/QuartetSpice>





Fox Valley

Submitted by Vicki Krause

December was a pretty busy month for the Fox Valley Chorus! We presented our holiday show, “Dear Santa, I can explain...” on Tuesday December 3, which was very well received by our audience. Picture lots of tired elves, suddenly discovering last-minute letters to Santa! It was a very fun show for the chorus and audience alike. Then the chorus had two more performances – one on December 7 at the EAA “Christmas in the Air”, and on the Fox Valleyaires men’s chorus show on December 10.

Once again, this year we had our 4th Annual Sweetie Pie Social - this year on Saturday, February 15. Many thanks to Heather, Brenda Krueger, our Events coordinator, and Sue Schmid, who wrote the script. MJ Mortillaro made an encore appearance as our Sweetie Pie Café baker, and did an awesome job, as usual. We heard many good comments about the singing...and the pies! It seems this event is just what people want by this point in the winter.

We celebrated Valentine’s Day – again bringing valentines and/or goodies for each member of the chorus, as well as punch and cookies, on February 11. We each have our own “Valentine Bag” – to go through and enjoy when we get home!



Shirley Mercier, our outstanding Marketing chair, arranged for the Fox Valley Chorus to have a booth for the Appleton’s Community Public Market on February 8 and March 21. This is a great way to advertise our chorus. “It’s About Time” performed on February 8 – thank you to that great quartet!



The chorus will again be selling our annual spring flower baskets and pouches as one of our fund-raisers. And of course, we have several coaching sessions upcoming this spring, which is always a terrific learning experience for everyone.



We are looking forward to seeing everyone in Rochester in May and looking forward to reconnecting with all of our friends throughout the region!

“Singing is just a feeling set to music ” – Carrie Underwood



Prairie Rose

*Submitted by Robyn Nadvornik
Director*

After a busy fall, Prairie Rose Chorus enjoyed a couple of weeks off for the holidays and then it was back at full steam ahead. We are super excited to welcome a brand-new member to our chorus and welcome back a member that has decided that she missed us too much to stay away! Brittany and Marion, we are so glad to have you!

After postponing our fall show in October, we are happy to get back to the work at hand so that show can go on October 9th and 10th. We will perform "Popcorn and Pitchpipes" in a renovated theater in a small town about 20 miles due west of Dickinson. It's a great venue and we look forward to bringing music from movies and Broadway to the stage. We are busy learning the choreo and putting in the work to be sure that we are ready to bring on a stellar performance.

Since the fall show didn't happen, we have the need to raise money and to do that we are going to have a salad and sandwich luncheon with pop up singing at various points during the event. We are excited for this new venture on May 2nd and plan to have a May Day theme with it. Haven't figured out a catchy name for it yet, but Linda and Susy are on it and I know it will be great!

We are looking forward to Anne and Mary Lou to visit us the end of March for coaching, especially since a blizzard cancelled the session scheduled in the fall. I think that we could have gotten them here, just didn't think that they would want to stay for a week, month or however long it would have taken for the weather to get better! It will be a great time for all of us as we learn new things and polish the old things.

A couple of other performances coming up include singing for the city concert that will feature our chorus, Dickinson City Band, Dickinson Strings and orchestra. It's a great time to feature the community groups and show a bit of the talent that is in our area. And then, come Memorial Day, we are back on the stage to perform for the Memorial Day program. Seems we are the group for this and Veterans Day.



Helps to have husbands of members that are in charge of these programs and just count us being there for those programs.

Prairie Rose is not competing this year and we will miss being there. A few are planning to travel the road to Rochester to participate and we know it will be exciting to be in the audience. Good luck to all the competitors as they take the stage!

Regional Measures is a quarterly newsletter of the Northern Lights Region 6 Sweet Adelines. Members may submit articles to Communications Coordinator, [Lori Scott](#).