



Regional Measures

Summer 2020 Edition

REGIONAL MANAGEMENT TEAM

SUSAN KRISNIK – TEAM LEADER

LYLA LARSON – EVENTS COORDINATOR

MEGAN ARGALL – DIRECTOR COORDINATOR

TERRI CALVERT – EDUCATION COORDINATOR

LINDA RUBIS – MEMBERSHIP COORDINATOR

JERRALYNNE TJEERDSMA – FINANCE COORDINATOR

LORI SCOTT – COMMUNICATIONS COORDINATOR

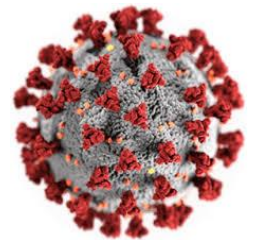
SHANNON COOK - MARKETING COORDINATOR

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



COVID19 Disrupts Sweet Adelines

From cancelled regional contests to cancelled in-person rehearsals, life has not been the same for us since it was invaded by the risks and consequences of exposure to COVID19.



Now that restrictions to public activities and gatherings are starting to lessen, we are still constrained by the understanding that singing is an activity that raises the risk of virus transmission far beyond other activities.

Many of us have transitioned to using online meeting resources like Zoom and are learning to focus on what can be done until it is safe to gather once again.

Upcoming Events

11 July	Regional Celebration - online
Aug	Region 6 Annual Meeting - online
Summer/ fall	Town Hall Meeting with Harriette Walters - online
Summer/ fall	Director/Faculty Class with Sharon Babb - online

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](#).



**CONGRATULATIONS TO
NORTHERN LIGHTS REGION 6
WOMEN OF NOTE 2020**

Women like you make our choruses and the region strong.
"Thank you for your spirit, dedication, and service!"



Audra Freeman
Acappella Express



Anne Stickler
City of Lakes



Brenda Krueger
Fox Valley



Jeanette Braastad
Lake Country



Melissa Sailor
Minnesota Valley



Sandy Asheim
River Rhapsody



Marlene Herman
RiverCity Harmony



Dawn Webb
Sound Cascade



Dawn Mews
Center Point



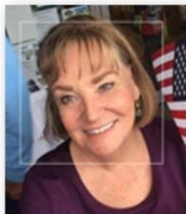
Linda Bruneau
Sounds of Superior



Pat Young
Spirit of Harmony



Susan Krisnik
Twin Cities Show



Glory Fladland
Twin Forks



Audrey Szymansky
Vallee de Croix



Jill Wellik
Zumbro Valley

For profiles describing each 2020 Woman of Note, go to the [WON page](#) on the website.



Regional Management Team is working Overtime

Submitted by Lori Scott
Communications Coordinator



Your Region 6 Management Team has been working hard in the background over the past several months. Instead of meeting quarterly, we met monthly, sometimes weekly to plan for 2020 events, which have been subject to postponements, rescheduling, cancellation, and modification. We are updating our policy documents and our website. If you like to understand the nuts & bolts of managing a region, you may review meeting minutes posted on the Region 6 website. Skype and Zoom have been our friend! Without a lot of fanfare, we changed over the team representation on May 1.

Here is your new Regional Management Team

Submitted by Susan Krisnik and RMT

Susan Krisnik – Team Leader



Susan has been a Sweet Adeline for 30 years starting in a small chorus in California. She moved to SE Minnesota in the early 1990's and sang and choreographed in 3 small choruses over 12 years.

She then moved to the Twin Cities and joined the Twin Cities Show Chorus in 2005. She has held many leadership roles and has always been the lead choreographer in all of her choruses. She has sung both baritone and tenor in choruses and quartets. She joined the Region 6 Faculty a few years ago, served as Education Coordinator for the last 2 years and is now the team leader. She has also been a school psychologist for 30 years. She graduated with her BS in Dance Education and Psychology from UW-Madison and her Master's Degree in School Psychology from UW-Stout. Susan also enjoys being a Minnesota State Dance Team Judge in the winter.

Terri Calvert – Education Coordinator

Terri has been teaching all her adult life both in the corporate world and in Sweet Adelines. Teaching and continuous learning



is her passion. She started singing Barbershop harmony in a community chorus in 1996 that became Sweet Adelines in 2001. She has had many roles in four different Sweet Adelines choruses including: section leader, assistant director, director, team leader, marketing coordinator, membership coordinator and treasurer. She became a Certified Director in 2016 and a member of the Region 6 Faculty in 2019. In addition to what she does for Sweet Adelines, she is an independent Learning and Development consultant creating classroom and virtual sales training solutions for senior sales leaders. Prior to being a consultant, she spent 37 years in the Learning and Development industry as a corporate training director and as a supplier of employee training solutions to Fortune 500 companies. She served on the Region 3 Education Steering Committee, 2013-2014 and has been Team Coordinator for Region 6 from 2018-2020. As your new Education Coordinator,



she is looking forward to working with everyone to continue to provide quality education and coaching to our region.

Jerralynne Tjeerdsma - Treasurer



Jerralynne grew up on a farm and married a farmer. She was widowed in 1976. She has an Associate Degree in Accounting and Business Management. She was a County Auditor for 9 years and then worked for School and Public Lands in Pierre for 8 years. She sold real estate for 7 years in Sioux Falls, SD. She also has an LPN license and has worked in two hospitals and nursing homes. She has been singing with Sound Cascade for 11 years. She sings bass but has also sung lead. She has sung in church chorus and in a quartet while attending nursing training.

Lyla Larson – Events Coordinator

Lyla joined Sweet Adelines in 1987, starting out in the Sioux Falls South Dakota Chorus. Then moved to Minnesota in 1992, joining Twin Cities Show Chorus. Joined Vallee de Croix Chorus in 1997 and for a



number of years, sang with both choruses. Lyla has held many board positions in all of the choruses, mostly as President or Team Coordinator. She has also held the position of bass section leader and has chaired many shows and events thru the years. Currently she is chair of the TC Ways and Means Committee overseeing the chorus fund raisers. Lyla has been in many quartets through the years, with the last one being the Pink Ladies Quartet. She has been serving on the RMT since 2018. Lyla is currently serving as the Event Coordinator for the Regional Management Team, and also holds

the position of the Coordinator for the Regional Convention.

Shannon Cook – Marketing Coordinator



Shannon is a North Dakota native, and she lives outside Dickinson, ND. She has always loved to sing in large or small groups so when found the opportunity to sing barbershop with a dozen other ladies she jumped at the chance. She has also always been an artist, so doing drawings, paintings and photography has always been a hobby. Her four kids enjoy their artistic Mom and have a lot of the same talents.

Lori Scott – Communication Coordinator

Lori discovered Sweet Adelines at a free stage at a County Fair. When the chorus finished singing, she ran to the stage and found out where and when they rehearsed. She was at their next rehearsal and soon joined the prospective chorus. She became a charter member of Song of the Prairie Chorus and started singing in a quartet, sporting bling and wearing false eyelashes. Her career as a plant breeder took her to a new job in Moorhead, MN so after her first competition, she transferred her membership to Acapella Express Chorus. There she became involved in chapter leadership, and competed and performed with the chorus, as well as Fourté Quartet. After a job transfer to Mankato, she joined the Minnesota Valley Chorus and sang with Fortuosity and Fly Right Quartets. She took turns on the chapter management team, music team, vocal warmup team, and show committee. Along the way she lost her job in a workforce reduction and went back to school to learn computer programming. She is beginning her





second two-year term as Communications Coordinator. Some of her responsibilities include administering the Region 6 website and publishing the Regional Measures quarterly newsletter. She sings baritone and has the stereotypical baritone characteristics (and proud of it!). Her husband sings bass with the Riverblenders Barbershop Chorus. They have 4 children, 5 grandchildren, a dog and a cat. She likes to camp and visit family.

Megan Argall – Director Coordinator



Megan is beginning her 23rd year as a Sweet Adeline. Throughout that time, she has held many positions within the chorus: Music Team member, Music Team Chair, member of the Board of Directors,

Membership Committee, Assistant Director, and Chairman of many fundraisers. Currently, she directs Acapella Express Chorus and teaches music in west central Minnesota.

Linda Rubis – Membership Coordinator

Linda has been a Sweet Adeline member since 1987 and a proud member of Spirit of Harmony Chorus. She is currently the President and Costume Co-Chair. Her experience includes Board member past VP/Membership,



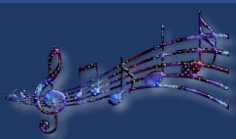
Ways & Means Chair, Show Chairperson and Secretary. She sings Lead and has participated in 31 regional contests, attended the International Convention in various cities 15 times in the past years and competed with the chorus four times in the International Harmony Classic and will be competing again in Louisville, KY in 2020. She was the recipient of the Woman of Note Award in 2017. At the regional level Linda was the Communications Coordinator for six years from 2010 – 2017.

Linda lives in Spirit Lake, IA and has two children and four grandchildren. 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.

Diamond Division Quartet Contest

Sweet Adelines International has introduced a new quartet competition. This will be an annual contest for Sweet Adelines quartets whose members are at least 55 years of age, with a combined total age of 240. It will be held in the summer at an International event, such as Queen’s College in 2021. It does not need to be a registered quartet, but the singers do need to be registered Sweet Adelines members. This is a standalone contest, with no pre-qualification required. There will be a limit to the number of competing quartets. Early applicants will be accepted and, once the limit is filled, later applicants will go on a waiting list. For more information click [here](#). Sign up to demonstrate all you have learned through SAI educational programs!





Education Update

*Submitted by Terri Calvert
Education Coordinator*



Due to Covid 19 group size restrictions and the potential dangers of singing together, Region 6 has cancelled all education workshops for Summer 2020. This includes:

- July class for Directors Day – July 10
Cancelled
- Sweet Adeline Summer School (SASS) for Members – July 11 *Cancelled*
- Faculty class – August 15 *Cancelled*

We will reschedule with our presenters, Peggy Gram and Joan Boutilier.

We will have fun and education this summer – Online!

- We had a Zoom online training for Directors and Faculty with Jan Carley, the Inner Coach of Barbershop on April 18
- **July 11** - The Regional Management Team will present an on-line Regional Celebration – streamed to Facebook
 - Announcing our Region 6 Shining Star
 - Recognizing all Women of Note
 - Recognizing all members 25 years and up
 - We will announce our new Regional Song
 - We will sing our new Sweet Adelines Song
- **August date TBD** – The Regional Management Team will conduct the Region 6 Annual Meeting – streamed to Facebook
 - Update on region health
 - Accomplishments
 - Membership
 - Finances
 - Goals and Strategic Plan

- Announce coming openings on the Regional Management Team and help needed with committees

- **Summer/Fall - Date TBD** - Later this Summer we will offer a class for Directors and Faculty – on Zoom
 - A Town Hall meeting and discussion with Harriette Walters, Master 700 Director of the Greater Nassau Chorus.
 - Her topic will be “How to Move Choruses to higher levels of contest scores”
 - She certainly knows how to this!
 - This class is offered Tuition Free! We are using Regional funds we did not have to spend on Contest this year to fund education for all.
- **Summer/Fall - Date TBD** - Later this Summer we will offer a class for all Members – online
 - A presentation with Q&A with Sharon Babb,
 - Sharon’s topic will be – “How to build a personal learning/skill plan to support chorus goal achievement”
 - If you don’t know Sharon, prepare to learn a lot. She is a Sweet Adelines powerhouse!
 - Sharon Babb is a Sweet Adeline singer, section leader, administrator in many positions both in chapter and Region 8, assistant director, director of 5 choruses, coach, certified music judge, certified sound judge, Music Category Specialist, past Sound Category Specialist, past International Secretary, International Board member for 13 years, International Chorus



Champion Director—High Country Chapter 1987, chair Bursting with Song Songwriting contest, member Leadership Task Force, Lifetime Achievement Award Winner, and Master International Faculty

- This class is offered Tuition Free! We are using Regional funds we did not have to spend on Contest this year to fund education for all.

We hope you can take advantage of these classes. The classes will be recorded for playback later if you miss the live class.

- The Region 6 Faculty is currently touching base with all choruses in our region to see how everyone is doing and to determine what needs you may have for education and support during these very difficult times.
- The Barbershop Now Newsletter listed several new learning resources that are now available on the Sweet Adelines International Website. Check out the new resources – there is a lot to focus on to build our knowledge and skills so that we will be better than ever when we can get back together again!

Learn Something New! Sweet Adelines Online Education Portal

New content is being added to the Sweet Adelines Online Education Portal each week. From vocal exercises to theory classes, there is something for every singer. For public education, visit

www.sweetadelines.com/education. For members-only education, log into the Sweet Adelines International website before going to the Education section.

Our most recent education additions include the following:

- ["Breathing for Singing" with International Faculty Bec Hewitt](#)
- ["Your Magic Head: A Paradigm Shift in Singing Efficiency" with International Faculty Debra Lynn](#)
- ["The Importance of Interval Singing" with International Faculty Kim Wonders](#)
- ["Recruiting for your chorus during COVID-19" with Raye Mahlberg, Region 25 Marketing Coordinator](#)
- ["The Science of Memorization" with University of Arizona Professor Molly Gebrian](#)
- ["The Power of Music: How It Can Benefit Your Health" by Medical News Today](#)
- ["Why Listening to Music is the Key to Good Health" by Daily Mail UK](#)

Keep singing, keep learning, keep hope alive – We will be back. The chords will ring again!





Faculty Corner

*Submitted by Cheryl Helm
Faculty Coordinator*



Diane Lockard joined the faculty in 2013. She shared her talents in vocal production, pvi's, section unity and techniques, visual packaging, and chorus warm-ups. As you can see, she is skilled in many areas and freely

gave of herself when she was out coaching. I had the chance to go out coaching with her and she is an awesome team player and fun to work with. Diane has submitted her resignation to the faculty as she will be busy with family commitments. We wish her the best and thank her for the time she shared with us in this position. I am sure we will see her around the region as she sings with Spirit of Harmony Chorus. Diane's faculty motto is: "Sing! It creates harmony for your mental and physical health." How appropriate in these trying times! Thanks, Diane!



JoAnn Flanagan has served this last year as Chapter Visit Coordinator. Because of family commitments, she will not be continuing in this position. You may remember she took over for Bonnie

Rust who had held this position for many years. JoAnn took on this role and did a great job of getting the faculty organized and out to the choruses for coaching. Thank you for your time to this position! JoAnn will continue her work as a faculty member. Her areas of expertise are administration/leadership, effective meetings,

showmanship/choreography, training your successor, and communication. JoAnn's faculty motto is: "Don't Wait for Inspiration, Be the Inspiration!"

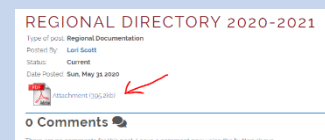


Cheryl Helm has been Faculty Coordinator this past year and will be taking on the job of Chapter Visit Coordinator. We are in uncertain times right now and don't know when

our chapter visits will start. As soon as we can start meeting safely, I will send materials out for visits to start. We do have a program ready to go but time will tell when we can use it.

Please remember your faculty is here to help your chorus in any way we can. Contact them and let us know what you are doing and how we can help. Can we share your creative ideas you are using during this time? Sharing ideas with others helps create new ideas. We know rehearsals right now are not what we want to be doing and maybe aren't ideal, but we can still connect with one another and keep the excitement going! We are all "sisters in harmony!" The faculty will be working on ways we can "coach" from a distance. My faculty motto has been: "Life is a journey, choose your path wisely." The COVID virus has definitely taken us on a new journey! Our future paths will be different and right now uncertain. Let's continue to do what we do best: "SING!"

If you are looking for contact information for any faculty member, go to [Region 6 website](#), log on to the Members section. Click on Documents and look for the Regional Directory. Then open the pdf attachment.





Create a Memory Book

*Submitted by Bettina Schramm
Region 6 Faculty*

Celebrate your chorus in this difficult time by creating a memory book

It is interesting and fun to reminisce or learn about your chorus' history even without having a specific anniversary to celebrate. It will reflect the memories and special moments that you created together and will show how much the love of making music together means to each of you.

This is your project – there are no limits on form or content – as long as you have fun! You know your chorus best and have probably a good idea, which way works best to get everyone involved. You can collect your stories by email, on a live zoom meeting, or just by calling a member who is not into technology. Maybe you have one or more volunteers, who are able to write up the oral stories. You can share the stories with your members more casually or by creating an actual document (digital or paper copy).

Here are some suggestions on how to begin:

Ask questions:

- Favorite chorus moment
- Most memorable chorus moment
- Best aspect of chorus life
- Favorite songs/shows
- Costume/outfit stories

Collect and take digital pictures:

- Chorus pictures
- Old personal photographs
- Programs
- Brochures

Include (a bit more formal):

- Timeline of your chorus history
- List of your shows
- List of chorus award recipients

The beauty of this project is, that you are connecting with your chorus and you are collecting personal contributions, which might be lost otherwise. The process of collecting the stories might even be more important than the finished product.



Remember, there is no right or wrong – give it a try!

Library

*Submitted by Bonnie Rust
Regional Librarian*

The Region 6 Library has a wealth of educational opportunities for every member. Even if we can't rehearse in person, we can use this time to improve our own vocal skills. Here are 2 such resources available to you. The complete Region 6 Library list is available on the regional website or you can contact Bonnie Rust directly (bonnie@steveandarilyn.com) to make a request to borrow any item from the library.

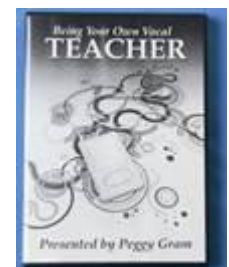


Breathing to Sing w/Lori Lyford (DVD)

Scottsdale director Lori Lyford demonstrates the physical mechanics & proper use of the diaphragm to increase & expand breath capacity.

Being Your Own Vocal Teacher (DVD)

Peggy Gram teaches how to build your vocal skills and create more joy in your singing.





Just Kidding Quartet

Submitted by Jodi Maxey

The past few weeks have been confusing, scary and sometimes difficult to face. But Just Kidding has found that friendship, and the ever-present joy of music, is a strong lifeline to hold onto.



The four of us had planned to take the month of January off to work on new music, on our own, and give our Bari, Mickey, time to recover from hip surgery. It turned out to be longer than anticipated. But we have been visiting, thanks to Zoom, and are planning to be back to practicing, together soon.

We are preparing for a performance at the Steele County Fair in August. We are working on new music which we will be singing with the Riverblenders' men's quartets in our November Show. We also hope to make it up to the area churches we normally sing at, in the summer. We are ready to get back at it.

We pray for our families, our friends and our country. If we watch out for each other, we will make it through! Keep singing!

Just Kidding Quartet



Remembering Jo Ann Mallette

Submitted by Jan Bovee, CAL



Not sure how many may have known my mother when she was in the River City Harmony chorus in Yankton, SD, but I wanted to let you know that she finally went to her heavenly home on April 29, 2020 just one month shy of her 90th birthday. I want to thank Marilyn Hansen again for the pictures that she sent me so we could also include that great memory in her memorial video. My mom is the reason that I joined Sweet Adelines and I will always cherish the memories of singing with her whenever we were together.



My mom (Jo Ann Mallette) is in the second row, third from the left side of the picture. This is the picture that my brother chose to include in the video.

Music is one of the things, like the ability to laugh, that has kept mankind going for thousands of years. Music keeps us sane.

- Charles Schultz

It's About Time Quartet

Submitted by Vicki Powers



As everyone else, we really miss being with each other. We've been doing Zoom meetings to keep in touch and caught up with each other and have used the time to do some planning!

We saw each other at an FVC fundraiser (flowers); and we sang for a few minutes. Since that worked so well, we are going to try to sing in a member's large garage so we can socially distance.

We've had 5 performances canceled, and of course, competition! But we are going to continue to work on our contest set; and keep our rep music polished in hopes we won't have to cancel even more of the performances we have already scheduled! The pictures are from the Super Sing held in Oshkosh in January, and from last May, where we sang at the Memorial Day service at the Outagamie County Courthouse.



We'll miss seeing you all - and can't wait to catch up the next time we can be together.

Terrie, Nancy, Vicki & Chris

It's About Time Quartet

Sounds of Superior

Submitted by Carol Morgan

SOUNDS OF SUPERIOR WOMAN OF NOTE

LINDA BRUNEAU

Linda serves as our Music Librarian, is on the Music Team and Visual Team.

She does a wonderful job developing and leading our physical warmups at rehearsal. She



spends hours working out our choreography, watches other chorus videos, learns from our coaches, and makes videos for chorus members so they can learn the choreography. She spends extra time at home and elsewhere with those that need extra help. She has the moves and shares her expertise with grace and understanding.

Linda is a very hardworking member of our chorus and quietly goes about her work. She is a competent Music Librarian, ensuring that members and guests have the proper music, and also is responsible for downloading music onto the chorus website. Her quiet, professional and capable manner is a real asset to us in many ways. She is conscientious in all that she does from her baritone singing, to her choreography, to her presence on the Music Team and her positive attitude to everything. Music is her specialty and she does all things well.

She also volunteers her husband and herself to take on extra things for our events including moving our risers when needed. She is always willing to help!

A very talented and valuable member of the Sounds of Superior Chorus - worth to be called "Woman of Note".



Spirit of Harmony

Submitted by Linda Rubis

I must say that this has been the most unexpected, troubling, disappointing three months I can ever remember. If you would have told us we would not be rehearsing and preparing for our annual regional competition due to a Pandemic, I probably would have said, “what in the world are you talking about?” That will never happen, but my goodness look how our lives have changed. All personal contact has ceased, you must wear a face mask, stay six feet away from the next person, and wash your hands for 20 seconds all day long. Pretty much all normal activities are on hold. Grocery shopping happens online for delivery or pick-up never entering the store. Anything that you may have done in person is done online, on the phone and through the mail. School are cancelled for the rest of the year and kids stuck at home are learning through technology or home schooling. For them, the boredom is difficult. Creativity has risen to a new level.

The most interesting addition to our lives is Zoom. Three months ago, we never heard of Zoom and now it is a weekly event that we gather as a chorus to connect, share, sing on

mute and come up with creative ideas to make it fun and interesting. We use learning tracks, YouTube videos for warm-ups and singing techniques. We share good news, birth of babies, both recent and upcoming and that the great-grandmother is unable to hold the new baby until it is safe. She receives photos daily. We announced our Sweet Adeline of the Year, Shirleen Helgeson and our Woman of Note recipient, Pat Young during our Zoom meeting, which we previously did during our Friends and Family Performance prior to contest. Both were incredibly surprised, and we will have to mail their awards. Photo ops will happen later. To make our Zoom meeting interesting, we choose a weekly theme. Pajamas, crazy headwear, favorite sports team gear, accessories (scarves, jewelry anything you have.) Anything fun and creative. We even had a couple of talented members sing and play guitar and ukulele as a bonus. On Mother’s Day we shared photos of our Mothers and special mementos. We have learned new things about each other. Plus, you never know who else will pop in, cats, dogs, children, and spouses. Chorus Board meetings are held online, which will certainly be an option in the future, especially in the winter months. Tips and tricks are being shared and received





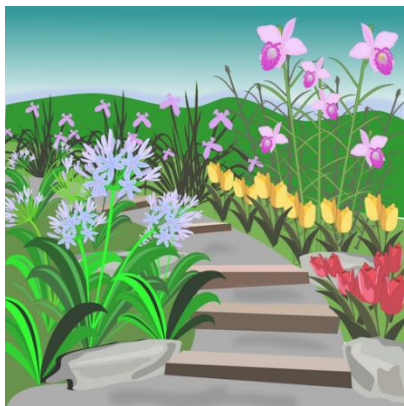
with others who have ventured into the Zoom world.

To escape the four walls of home, you take walks, get in the car, and go for a drive just to see something and remind us we are having a surprisingly good early spring. Our chorus members who have family that are farmers are already done planting their fields which is 4-6 weeks earlier than the past two years. Gardens are being planted, another escape from the four walls of home. Spring flowers and trees are in bloom bringing a bright spot to a crazy situation that has no end in sight. Rhubarb is in abundance and recipe sharing is a must.

The cancellation of all Sweet Adeline events is so unexpected. Regional Competition, summer music schools, faculty training and possibly the International Convention in Louisville, KY. We are waiting to hear. As a chorus that was scheduled to compete, we have not rehearsed to prepare other than learn the songs planned in the package. We work on them the best we can during our Zoom meetings. Everything is on hold. All the fundraising and performance plans are cancelled until who knows when.

We hope you are all doing well and managing through this difficult time and know there will be an end, but our world will be different the way we do thing and where we go will forever change.

Stay safe! And we will see you on the other side.



Reflections on Spirit of Harmony

Submitted by Erika Wachholz



In this new world, we are all struggling to figure out a new 'normal.' We are having to find or create ways to stay connected with family and friends. We are missing out on events, travels, precious time with loved ones. We are not able to get together every week and make beautiful music with our chorus friends. To add to the list of disappointments for 2020, we are not able to get together to have fun and compete at the regional competition.

I am a proud recent addition to the Spirit of Harmony chorus based in Spirit Lake, IA. I officially became a member in August 2019. Since that time, I have looked forward to my new favorite time of the week when we have been able to gather as a group, sing, laugh, smile and sometimes cry together. The camaraderie that I felt from the chorus right from the first night I stepped in to visit a rehearsal has been overwhelming. I walked in expecting to observe and listen, but within the first two minutes I was up on the risers right in the middle of the group singing along as best I could. Even that first night, I could feel the love and support from the close-knit group. Women who have been in the chorus for 2 years or 30 years, women who are 30 or 80, all welcoming, all genuine and all there



with the sole purpose to have fun together and make beautiful music.

As the COVID crisis started to spread, we adjusted to having online 'meetings' rather than rehearsals. We have been able to sing along with recordings and learning tracks, but due to technological difficulties we have not been successful at being able to all sing together. What we HAVE been able to do is be together, share triumphs, challenges and heartbreaks, and continue to be there to support one another through this crazy time. Though it would certainly be preferred if we could see each other in person, the spirit of the chorus remains strong.

Over the past couple of months, we all learned the disappointing news that we would not be able to have our regional competition. For me, it was to be my first of what I intend to be many years of competing with Spirit of Harmony. I was looking forward to learning more about the region and hearing all of the other choruses. I was looking forward to seeing how everything works and having friends and family come and see all of the hard work we have been putting in. Most of all, I was looking forward to being on stage with my sisters in song making music together.

Through all the recent disappointment, one thing keeps popping to the front of my mind. This group, who has been in my life less than a year, is STILL my favorite time of my week. It is such a comfort to know that through all the scary news and negativity in the world, we are all in this together. We all know that whether we see each other in person or whether we connect virtually, whether we are able to sing together or just one by one in our own homes, we remain connected by our love of music and by the sound we create as a group.

I hope that everyone is able to stay safe and healthy and remain comforted knowing that there is an entire army of Sweet Adelines who are with you and thinking of you.

Zumbro Valley

Submitted by Jan Hoffman

Jill Wellik – Zumbro Valley’s 2020 Woman of Note

Jill is a member similar to the oil that makes the engine run smoothly. She coordinates our music, does our PR for performances, and keeps our web site up to date. Jill has been our treasurer for many years and keeps us in tow with spending of our monies. She has been a part of applying for grants and putting the money to good use. Jill is just one of those members who we appreciate more than we let her know. Jill is an awesome member!



Quarantine Lyrics

Submitted by Lori Scott

Do you process situations by re-writing lyrics in your head? If you are inspired in this way, share your creations on the Region 6 Facebook page.

Here’s an example:

*Sing a song to your neighbor,
Just not in the same room.
Sing a song to a stranger,
Sing, while muted on Zoom.
Singing spreads aerosols throughout the
atmosphere,
Transmitting COVID19.
Sing out alone ‘til we have a vaccine.
Until then, maintain quarantine.
Immunize the world*





Minnesota Valley

*Submitted by Melissa Sailor
Bass Section Leader*



These ladies in the MN Valley Chorus in Mankato have been doing Zoom rehearsals for a few weeks now and are all slowly getting the hang of it. We are all able to figure out how to utilize the camera so we can see each other's faces, and "unmute" our voices to hear each other's voice and talk to each other. We all break out into four part sectionals and have a portion of time to discuss and practice in a smaller setting. We will continue to do rehearsals this way until we can meet in person again! As far as our fall show goes, we are still uncertain at this point if it will be happening. Keep Singing ladies!

Vallee de Croix

Submitted by Audrey Szymansky

ZOOM-ZOOM! ZOOM! ZOOM-ZOOM!

Does that sound like a three-year old playing with their favorite toy? It could be but it could also be what Vallee de Croix sings every Monday night as we run to a screen to have our chorus practice inside Zoom meetings.

Our director, Brandon Galbraith, plans fun and informative practice meetings during our regularly scheduled Monday evening timeslot. We receive private lessons after this virtual rehearsal. Brandon has taught us the anatomy of our vocal cords. Did you know they sit front-to-back inside our voice box? I always pictured them parallel with my throat. We get to see our expressions and posture as we sing out. We have plans for meetings going forward that will keep us engaged with this new way to gather. Brandon keeps the meeting open for people to visit afterward. This keeps us connected socially. Our topics are becoming more like what you expect while sitting around a campfire. We are learning about each other!

If you are not zooming already, please consider this work-around as we stay safe and enjoy our passion for music.

zoom



City of Lakes

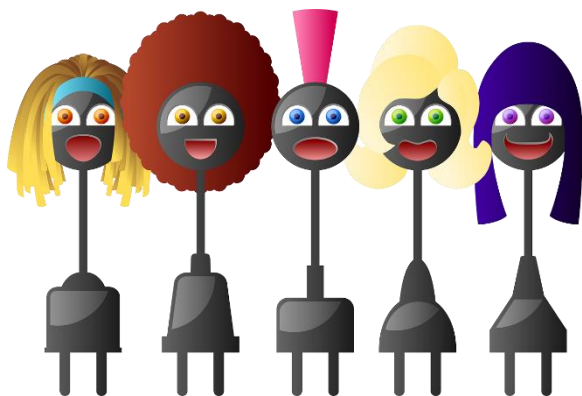
Submitted by Cindy McLane

City of Lakes Chorus is Proud to Honor our Woman of Note - Anne Stickler!

Our 2020 recipient Anne Stickler has been chosen for the big impact she has on our new and prospective members program. She helps them feel comfortable on their first visit and welcomes them back. She voice-places them with kindness and encouragement. She finds them a place on the risers and makes sure they are comfortable, and all of their questions are answered. She spends considerable time arranging practice quartets to help them gain confidence quickly and reassures them throughout the audition process.

In addition to all the care she expends on our new and prospective members she also leads us in fun and well thought out vocal warmups. Anne is an integral part of the success of our chorus. Thank you for all you do for us Anne Congratulations!!

Every chorus needs members to sing and serve in many ways. Where can you plug yourself in?



Wands for Wildlife

*Submitted by Audrey Szymansky
Vallee de Croix*

Recycle mascara wands and Save Wild Lives!



Please keep saving mascara wands if you have any to share. In October of this year, I will be shipping what Vallee de Croix donated to the Appalachian Wildlife Refuge located in North Carolina.

With no Regional Competition this month, I was not able to collect what you have saved for this noble wildlife rehabilitation nonprofit. Thank you for your collection. You may remember that the brush part of your mascara wand is just right for removing fly eggs and larvae from the fur of rescued animals. Our brushes clean the rescued animals!

I will write another article closer to October which will provide the mailing address of where your collected mascara brushes can be shipped. Their facility does not have storage space to house our contribution prior to October.

If you have any questions or comments, I can be reached at

audreyszymansky@comcast.net.





Spicy Update

Submitted by Spice

“Missing someone is your heart's way of reminding you that you love them.” ~Unknown

We've probably all been reminded more than necessary these past few months just how much we love our family, friends, chorus, and quartet-mates. We don't know about you, but when it's safe for us to be together again, we're just going to stand together in a group hug until it gets awkward... *then* we'll sing!

During this time apart, we've each had our own personal adjustments to make...

- Heidi is on leave from Delta and has used some of her free time to elevate spring cleaning to a whole new level! For the rest of us, this is more accurate: 'After years of wanting to thoroughly clean my house but lacking the time, I have recently discovered that wasn't the reason.'
- Jan is also on leave. During her time away from work she got a brand-new kitchen and has been cooking up a storm! She is thankful for grocery delivery services, and maybe even more thankful for wine delivery services.
- Liz had to learn how to teach music to elementary students online. And if that wasn't challenging enough, she's also had to defend her make-shift home office against her son's amazing fort building skills!
- While Angela's day job hasn't changed (she was already working from home), teaching yoga to a camera and not seeing her yogis in person was definitely a shift. Yoga indeed teaches flexibility in ALL things.

As we look ahead with hope, we encourage our fellow quartets to renew their registration by the

end of June to take advantage of the discounted renewal fee. What a generous gift from Sweet Adelines International! For those of you who formed new quartets as part of our Spicy Quartet Challenge, THANK YOU!! We look forward to seeing you at Regional *next year*! And for those of you who didn't quite get off the fence to form a new quartet, maybe this extra time is just what you need (*hint, hint*). Until we are together again...

Be safe, be well, and live life with a little Spice!

Angela, Heidi, Liz, Jan

<https://www.facebook.com/QuartetSpice>



Who will you
choose to form
a quartet?





Lake Country

submitted by Helen Vulu and Judy Wicklander

At Lake Country Chorus we were really disappointed to miss the regional competition, we were preparing a really cute set for you. You'll just have to wait 'til next year!

And we were excited to be able to celebrate our Woman of Note, Jeanette Braastad, who has had an exceptional Sweet Adelines career. Jeanette joined Sweet Adelines in 1982 in the Forest Lake chapter and sang on stage with them in the International contest in Nashville.



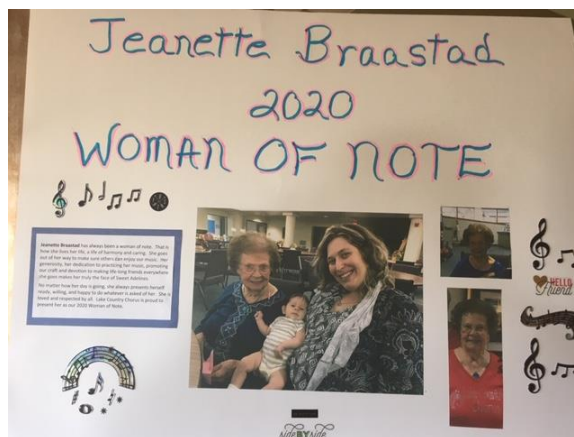
Jeanette Braastad (right), Lake Country Chorus Woman of Note 2020

Jeanette Braastad has always been a woman of note. That is how she lives her life, a life of harmony and caring. She goes out of her way to make sure others can enjoy our music. Her generosity, her dedication to practicing her music, promoting our craft and devotion to making life-long friends everywhere she goes makes her truly the face of Sweet Adelines.

No matter how her day is going, she always presents herself ready, willing and happy to do whatever is asked of her. She is loved and respected by all. Lake Country Chorus is proud to present her as our 2020 Woman of Note.



At Lake Country Chorus we have been having Tuesday evening Zoom rehearsals. We've been fortunate to have very good attendance. At a recent meeting we honored our 2020 Woman of Note Jeanette Braastad with a poster and flowers. We also installed our new Board of Directors and officers and shared past chorus memories. While this social distancing and not being physically together is difficult for our chorus, we have done quite well with staying connected and keeping hopeful.



Where there is righteousness in the heart, there is harmony in the house; when there is harmony in the house, there is order in the nation; when there is order in the nation, there is peace in the world.

- A.P.J Abdul Kalam



Twin Cities Show

Submitted by Jean Keller

Twin Cities Show Chorus has had three great events since the fall 2019 Regional Measures. Here is a brief summary of what we were doing prior to the COVID-19 changing our lives and how we were used to doing things.

We welcomed in the fall of 2019 with our very popular, well attended, pancake breakfast on November 2, 2019. Attendees were also able to visit our used book sale and bake sale. As the weather got colder, we sang our way through more rehearsals and on to the February 21st spaghetti dinner at the Bloomington Event Center. This year's theme was the Mardi Gras. It was a lot of fun for all. I don't think I have ever seen so many door prizes/raffle prizes.



We made it sang and rehearsed through the months of Minnesota snow and right into the COVID-19 virus. That didn't stop us though! Amid the COVID-19 Pandemic, We DID IT!! 279 flower items were sold and more than \$2000 in sales, we delivered the beautiful flowers on May 5, COVID-19 masks with social distancing and all, for our popular and ever successful flower sale fund raiser. We at The Twin Cities Show Chorus are looking forward to returning to rehearsing with our sisters in song good health in 2020.





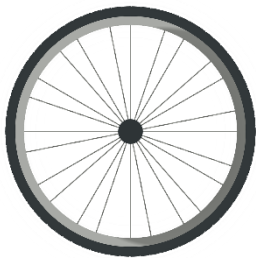
Sparkle! Quartet

Submitted by Barb Capps

Hello to our wonderful Region 6! We would like to start out by saying, WE MISS YOU! We hope you are all healthy and happy and finding safe ways to keep barbershop harmony in your life!

Sparkle! is giving it a try with Bandlab. Titanium quartet held a very informative Zoom meeting on how to use this app. And, after a 3 hour Zoom meeting of our own, we finally figured it out! Now we have a safe way to continue collaborating on our songs. Yay for modern technology!

Congratulations are in order for Queen Denise. After working for the same medical clinic for 40 years, Denise is now enjoying retirement! She started out in 1980 with a doctor's private practice group which is now an Allina Health Clinic in Forest Lake, MN. As a Certified Medical Assistant, Denise took new positions within the clinic in Lab, Nursing, Front Desk, Transcription, Billing, Medical Records, and Referral Specialist. Wow, that is quite a career!



News on Queen Marcia is not so great. Marcia had a bike accident 7 weeks ago and broke her clavicle. It didn't heal and unfortunately the break got worse and she will be having surgery. Prayers are in order!

Barb is hoping for retirement someday and hopes to stay upright and avoid surgery!

Last but not least, our news for Julie starts out dreadful but has a very happy ending. Julie tested positive for COVID-19 back in March. She actually got her test results the day she was supposed to fly out to Minnesota for our weekend retreat. We can thankfully report that she is fully recovered, and we couldn't be happier! There's even more good news for Julie.

She is once again going to be a grandma! Congratulations to Meghan and Dan!

If you're wondering whatever became of our money raffle, here is an update. Our hope was to sell our remaining tickets at the Region 6 and 13 conventions, but we all know how that worked out! We're not complaining, it was the right choice to cancel our regionals, and we applaud SAI for making the tough decision to do so. While things are getting back to "normal," we still have about 60 out of 200 tickets left to sell. If you're feelin' lucky and would like participate in our raffle, contact us through Facebook messenger or by email at sparkleqtet@gmail.com. Tickets are \$20 each, and prizes are \$200, \$300, and \$1,000. Thanks so much for your support and patience!

That's it for now. We sure would love to hear from y'all, so if you have a moment, please drop by our [Facebook](#) page and let us know what's going on in your neck of the woods!

Until we meet again, and we hope it is very soon
...

Hugs
Barb, Julie, Denise, and Marcia



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