



Regional Measures

Fall 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

Connie Miller is our 2020 Shining Star



To see a list of all Connie’s accomplishments and contributions, go to the [Shining Star](#) page on the Region 6 Website. Congratulations, Connie. You deserve it!



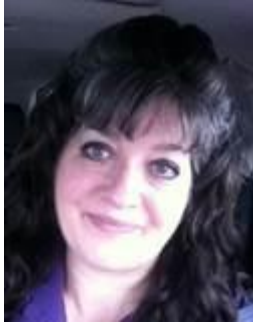
Upcoming Events

| | |
|-----------|--|
| 31 Aug | Sharon Babb Workshop - CoL |
| 12 Sep | Faculty/RMT Meeting |
| 15-17 Oct | Virtual International Convention |
| 24 Oct | Heart O Wisconsin Fall Show |
| 2-17 Nov | RAMM Meetings |

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](#).

Team Coordinator Update

*Submitted by Susan Krisnik
Team Coordinator*



It's a whole new world and we are adapting! With Zoom rehearsals and Facebook Live events, we are continuing to sing together! Sweet Adelines are a feisty bunch and I am proud of us!

What fun we have had - our Regional Celebration was a big success – you can still catch it on our website and Facebook/YouTube. Congratulations to Connie Miller, our Region 6 Shining Star, Women of Note, and our Longevity Award recipients. We've had some wonderful education opportunities! Sharon Babb visited all our choruses and Harriette Walters visited with our Directors and Faculty. We had a great Annual Report Meeting with our Presidents/Team Leaders.

NEW, NEW, NEW!

RAMM

You are invited to a Regional Annual Membership Meeting (RAMM) with all our members in November. We will be answering questions about the 2019-2020 Annual Report and talk about all areas of chorus management. We will also learn the new regional song, Locomotion, with learning tracks AND choreography. We will use the same format as our Sharon Babb visit with a few choruses meeting on Zoom calls together.

Get this on your calendar:

November 2 – City of Lakes

November 9 – River Rhapsody, Sounds of Superior, Spirit of Harmony

November 10 – Fox Valley, Minnesota Valley, Twin Cities Show

November 16 – Acapella Express, Heart O' Wisconsin, RiverCity Harmony, Vallee de Croix

November 17 – Centerpoint, Lake Country, Prairie Rose, Red Cedar Sounds, Sound Cascade, Twin Forks, Zumbro Valley.

RMT

We are looking for your talents and leadership! The Regional Management Team has openings starting in the spring for Marketing, Finance, Events, and Director Coordinators.

- In Marketing Coordinator, we need someone who is good in public relations and marketing skills and has great ideas of how to promote Sweet Adelines in our region. This person should enjoy Facebook, Instagram, Snapchat, Twitter and all those many ways we reach out in our world.
- For Finance Coordinator, we need someone who is good with money, knows Quickbooks, and is organized. If you are the Treasurer in your chorus and enjoy it, you could be our Finance Coordinator.
- For Events Coordinator, we need someone who is good at organizing events and can work with hotels, restaurants, and money.
- For Director Coordinator, we need someone who has experience in the directing field and can set up education for our directors, promote the Director/Arranger Certification Programs, and promote Associate/Assistant/Front Line Directors.

We also have committees that could use your talents, please consider:



- Website and communications - Assistant Webmaster, Social media - Advertising/ Publicity
- Events - Site selection committee
- Finance - Ways and Means – fundraising/merchandise sales, Grant writing
- Technology - Regional tech support team
- Young Women in Harmony
- Regional database and surveys
- Diversity team



We need you in Region 6! Let me know how you can help us.

Susan Krisnik

teamleader@regionsix.org

Turn in your chapter Standing Rules and Bylaws



Chapter leaders who have not turned in your current Standing Rules and Bylaws to the Region this year, please do so. If you updated and revised in a recent, previous year, you can send in what you previously had. It is not necessary to revise them every year, but please send them in each year.

Zoom Session Videos available here

Go to the [Region 6 website](#). In the MEMBERS section choose Teaching Resources.



Select an event from the list. This will open information including handouts, link to the video, and link to a feedback survey.

TEACHING RESOURCES

Click on a **Title** to view the resource's details

| Browse resources: 1 - 5 of 5 | |
|------------------------------|--|
| Date Posted | Title |
| Sat. Aug 22 2020 | Town Hall Meeting #1 with Harriette Walters |
| Sat. Aug 22 2020 | Town Hall Meeting #2 with Harriette Walters |
| Sat. Aug 22 2020 | Sharon Babb Workshop - Taking it to the Next Level B |
| Sat. Aug 22 2020 | Sharon Babb Workshop 3 - Getting to the Next Level C |
| Sat. Aug 22 2020 | DCP meeting 8/16/2020 |



Core Values, Mission and Vision

*Submitted by Terri Calvert
Education Coordinator*

We all know this familiar song....by The Who

*Who are you?
Who, who, who, who?
Who are you?
Who, who, who, who?
Who are you?
Who, who, who, who?
Who are you?
Who, who, who, who?
I Really Want to Know!*

WHO

But did you know that this song applies to your chorus?

YES, it does, according to Harriette Walters, Master Director of the Greater Nassau Chorus who presented two workshops for Directors and Faculty in Region 6, July 28, and August 8.

Clarifying your chorus Mission, Core Values, and a Vision is critical to marketing your chorus, attracting new members, growing, and developing your chorus.

Harriette explained the journey Greater Nassau Chorus made to identify their Mission, Core Values and Vision to guide their decision-making, direction, and culture. Doing this work helped Great Nassau Chorus break through a performance plateau to more fun, more focus and higher contest scores.

What are Core Values?

Core values are the basic principles that the chorus has chosen to guide their actions. They are the foundation on which the vision rests.

Core values:

- Define beliefs, standards, and acceptable behaviors.
- Guide and govern the decisions and actions of individuals and the organization.
- Shape the organizational culture and the behavior and actions of all who are associated with that organization.
- Provide the framework for decisions, priorities, and actions.

Every chorus has its own version of Core Values depending on their members and their culture. Core Values describe what your chorus believes in.

Once Core Values were defined, it became easier to define the Mission – what services or product the chorus delivers to members, audiences, and the community.

With clear Core Values and a Mission statement, identifying a Vision of the future is the next step. A vision is a statement of aspiration. It is a picture of the future you hope to build and realize. A vision is different from a goal.

Defining “Who are you?” with Core Values, Mission and Vision, makes it possible to clearly explain your chorus to guests and potential members, new audiences, donors and supporters, grant makers, organizations and individuals who may hire you.

Core Values, Mission and Vision are powerful tools to focus and grow your chorus.

If you would like to learn more about Core Values, Mission and Vision, contact your faculty mentor for more information.



Region 6 New Members

Sep 2019 – Aug 2020

| Joined | Member | Chapter |
|------------|-------------------|--------------------|
| 9/4/2019 | Lexie Larson | Twin Forks |
| 9/10/2019 | Anita Stephenson | Sound Cascade |
| 9/23/2019 | Gale Haug | Acapella Express |
| 10/2/2019 | Brenda Adams | Minnesota Valley |
| 10/23/2020 | Nicole Koroscil | Sounds of Superior |
| 10/24/2019 | Janet Renn | Twin Cities Show |
| 10/25/2019 | Molly Reinemann | Minnesota Valley |
| 10/25/2019 | Wendy Ulrich | Sounds of Superior |
| 11/12/2019 | Susan Kelly | Sounds of Superior |
| 11/21/2019 | Cindy Traynor | Red Cedar Sounds |
| 1/17/2020 | Beverly Williams | Vallee de Croix |
| 1/21/2020 | Brittany Fritsche | Vallee de Croix |
| 1/23/2020 | Sarah Brickson | Vallee de Croix |
| 1/23/2020 | Katherine Caron | Vallee de Croix |
| 1/23/2020 | Carole Weise | Vallee de Croix |
| 1/23/2020 | Tammy Wissink | Vallee de Croix |
| 1/29/2020 | Claire Beckett | Sounds of Superior |
| 2/12/2020 | Kay Coats | Center Point |
| 2/13/2020 | Katherine Gales | Zumbro Valley |
| 2/13/2020 | Joy Peterson | Zumbro Valley |
| 2/14/2020 | Angela Steevens | Heart O Wisconsin |
| 2/18/2020 | Renette McParland | Lake Country |
| 2/21/2020 | Nancy Narigon | Lake Country |
| 3/4/2020 | Pat Piaskowski | Sounds of Superior |
| 3/4/2020 | Lois Sebesta | Sounds of Superior |
| 3/4/2020 | Nicole Tittley | Sounds of Superior |
| 3/5/2020 | Allycia Smith | City of Lakes |
| 3/11/2020 | Kylie Schmidt | Sound Cascade |
| 3/27/2020 | Michelle Proulx | City of Lakes |
| 4/6/2020 | Mary Syvrud | River Rhapsody |
| 4/28/2020 | Nickelle Hintz | City of Lakes |
| 5/18/2020 | Sandra Knier | City of Lakes |
| 8/17/2020 | Cheri Herbst | Minnesota Valley |





I Found my Niche

*Submitted by Cheri Herbst
New Member*



Hi, my name is Cheri Herbst, and I am the newest member of MN Valley Sweet Adelines. I auditioned via Zoom and joined in the midst of Covid. For me it has been a lifesaver, as it has brought music back into my life and gave me a whole new group of friends. Having the summer off as a teacher is usually great, but during Covid, I felt very isolated. Our weekly Zoom Practices gave me something to look forward to, something to practice for, and got me singing and playing music again.

I have found my niche in singing Bass, because for once it is a comfortable and natural range for me. Singing Treble Clef at church discouraged me because I was straining my voice and becoming hoarse after only singing a hymn or two. Practicing via Zoom has given me the unique opportunity of getting to know all of my

singing sisters rather than just your fellow section members and the people you stand next to on the risers. You get to hear all the funny comments that you usually wouldn't get to hear unless you were standing right next to that person. My sisters are a hoot and also very talented vocalists. I am honored to be a part of this worldwide sisterhood, and I look forward to when we can be together in person and sing in beautiful harmony.

Until then, in these troubled times, I leave you with the words of two of my favorite songs that we sing: "Just think what a wonderful world it would be if we all said a prayer for each other every day. I would pray for God to bless you and guide you each day, knowing you'd say the same prayer for me. May we be the voice of harmony and harmonize the world with our song." Happy singing to all of my sisters in song!

Tag Singing Competition

*Based on a message from Mark Virtue
Head of HarmonySite*

HarmonySite, the company hosting Region 6's new website, is sponsoring a barbershop tag singing competition. In conjunction with www.BarbershopTags.com, they have organized the perfect singing competition for these locked-down times: Sing a tag (the last bit of a Barbershop song), with your friends, quartet, chorus or even by yourself, record it and upload it to YouTube, and enter it into our competition. HarmonySite donated US\$7000 as prize money, over multiple categories.

It's open to men, women, mixed groups, old, young, from anywhere in the world. If you're interested, head on over to www.BarbershopTags.com



Faculty Corner

Submitted by Cheryl Helm

Faculty Coordinator/Chapter Visit Coordinator



Region Six Faculty are on the move! No, we can't visit in person, but we can Zoom or telephone visit! The last few months have had us working to find a way to coach with the choruses in the region. Faculty has had training on Zoom with Harriet Walters and with our choruses with Sharon Babb. This was organized with the hard work of our own faculty member, Terri Calvert, "technology guru!" Susan Krisnik, faculty member and RMT Coordinator, has been working with Terri to bring you the latest on training and COVID information.

Mary Lou Kudela and Bettina Schramm have been working to gather information and put together a program for choruses that will be shared with you by your faculty mentor. The program will help you with how you can better be connected to your chorus members, your community and how you can bring in new

members for virtual auditions, even though we are meeting virtually.

You will even get ideas for virtual games and themes. Bonnie Rust has been working on revising various manuals to help guide the faculty in their work as a faculty member.

These are only a few of the things that are being worked on. We want to keep the momentum going for our singing passion. You are an important and vital part of our organization and the faculty is here to help in any way we can. You can contact any faculty member or your faculty mentor for any questions, concerns or ideas that have been working for you.

In case you missed it, Connie Miller, faculty, received the Star Award for the region. She is a very deserving recipient of this award!

JoAnn Flanagan has resigned as a faculty member. Besides serving on the Faculty, she also was Chapter Visit Coordinator. We will miss her dedication and hard work in doing both of these jobs. As with all of us, family has called her for her time and we wish her well. She will continue to sing with her chorus, so we can expect to see her at regional events and region competition. Thank you, JoAnn for all your work for the region!

Stay safe Region Six!!



Anybody want to start a quartet?



Things I've Learned About Singing

Submitted by Anne Stickler

After many months of not singing in our choruses, many singers are concerned about diminishing vocal health/vocal quality. I've started a project that I can work with until we can be together again.

1. Posture
2. Sing in that "ah-ha" space
3. Breath higher, esp. at key changes
4. Keep tongue flat behind bottom teeth
5. Raise cheek bones
6. Lift eyebrows
7. Open throat
8. Sing North and South
9. Sing above the equator
10. Raise your upper jaw
11. Sing in the mask
12. Breath in the vowel space
13. Sing forward
14. Use more air behind sound
15. Don't raise or lower chin
16. Sing with a long back of the neck
17. Sing behind your upper front teeth
18. Always know where "Do" is in your music
19. Open as if you are going to yawn.
Beginning of a yawn
20. Big steps going up the scale, small steps going down
21. Again.....Posture



Think of things you've learned and add them to this list. Different ways of saying things means different things to many.

Copy this and keep it out where you can refer to it often, while you practice your music at home in quarantine.

These are just a few of the things that we've learned about singing.

How Often Should I Practice?

Submitted by Mary Dick

My voice teacher once sent me a cute flyer with an answer to that question and I quote: **“You only need to practice on the days that you eat.”** Why practice, you say, with no rehearsal, performances or contests? All the more reason to keep singing and working on your technique thus causing it to become automatic so as to enable you to be free as a performer and ready to share the joy of our craft and your gift of song when we return.



It has been said **“The art of singing is the art of breathing”**. Work on it! Do snuff breathing and hum as you work while cooking, loading the dishwasher or ironing. Sing while you are going for your walk or driving to the store. Going up the stairs? Sing when you reach the top! All singing takes energy so continue to move.

Experiment with your voice trying different colors and textures. Read a children’s book out loud with lots of air using your head voice or chest voice. Mix the registers. Sing pop, country, opera, Broadway belt, children’s songs. If you play the piano or an instrument, you practice. Your voice is your instrument so DO practice. SMILE and above all, **keep singing on the days that you eat!**



In the Library

*Submitted by Bonnie Rust
Regional Librarian*



“The Perfect Blend” DVD. “A good rehearsal begins with a good warm-up and no one explains all the ins and outs better than Timothy Seelig.” This DVD and book will make you think. It will make you laugh. It may change the way you approach your job as a choral director. The Perfect Blend provides an entertaining, yet practical, approach to the voice and to the choir. Over 100 exercises, including photos to explain them, rehearsal and programming tips, vocal health and the aging voice, plus "things they didn't teach you in school." It all adds up to the perfect blend for any choral director.

For more information on what’s in the Regional Library, check out the Region 6 website or contact Bonnie Rust at bonnie@steveandaryl.com

Hackers

*Submitted by Lori Scott
Communications Coordinator*



Our website, and the HarmonySite server that hosts us, are under constant attack by hackers, who are looking to crack our defenses and take control of our website, to use it for nefarious purposes. Our website may get about 30 attacks per day.

Fortunately, HarmonySite has implemented security measures to protect us against hackers so that they never get in. Recently, HarmonySite beefed up that security even more.

Because of this, it's possible (although unlikely) that the intrusion-detection system will occasionally block a legitimate user of the system. If that happens to you, you will be unable to connect to our website. Instead you will see your web-browser waiting, waiting, waiting for about 20 seconds, and then giving up, saying that a connection to the website could not be established. If that happens, please contact us and we will have HarmonySite unblock you.

IBOD Election

The Sweet Adelines International Board of Directors serve 3-year terms. It is time to elect three new members to serve during the 2021-2024 term. Information about the candidates is available [here](#). Each chapter decides as a group and gets one vote. Voting will occur online. Ballots must be cast by December 2.



Remembering

Pat Potzler

1936 - 2020

Submitted by Mary Lou Kudela

Pat was an instrumental member of Minnesota Valley chorus, singing Lead. She was tremendously creative and always came up with ideas for building our courage and confidence--like notes, doo-dads for competition or incentive programs to walk to competition by actually walking for exercise. She was costume chairman for YEARS. As a Home Economics teacher, she was great at finding material, developing patterns, or ordering new costumes.

Pat was also on our Regional faculty and gave several classes on costuming, communicating, and make up. She traveled widely with Sweet Adelines and was a great friend to Carol Gimmer, our founding director.

Pat with the Regional Faculty (19??)

Row 3: Shirley Christie, Bonnie Rust, Bev Anderson, Dorothy Dikoff, Pat Rittgarn

*Row 2: Mary Lou Kudela, **Pat Potzler**, Vonnie Ottem, Eurette Sorenson*

Row 1: Claudia Engstran, Mary Keller, JoAnn Flanagan

REGION 6 LEADERSHIP POSITIONS HELD BY PAT POTZLER

Board of Directors [1988 – 1999]

Board of Directors Secretary [1993 – 1995]

Administrative Faculty [1987 – 2001]

Regional Management Team and Team Coordinator [2001]

Regional Measures Newsletter Editor [1990 – 1992]

Communications Coordinator [1992 – 1993]

Nominating Committee Chair [1995 – 1996]

Grant Writing and Corporate Sponsorships [1995 – 1996]

Public Relations Chair [1988 – 1992]





Song Assessment Tool

*Summary of a message sent by Joan Boutilier
Sweet Adelines International President*

Sweet Adelines International Board of Directors has denounced songs with racist lyrics, messages, or histories. In August, they provided a Song Assessment Tool to help identify songs with those characteristics. The tool provides a consistent set of questions to guide members through the assessment of a song based on factors driven by SAI's Guiding Principles of Diversity and Inclusion and a Culture of Belonging.

New competition rules include disqualification for the performance of songs with racist lyrics, messages, and histories.

Members will assess a song by working through a series of questions that lead them through step-by-step research about the song. Once their assessment is complete, they will submit the song and it will be added to an assessment database.



A Song Assessment Tool Committee will review the submission and determine if the research is accurate and thorough, then confirm whether the research indicates the song has racist lyrics, message, or histories. The committee will answer the question ‘is this song admissible for

performance or presentation by Sweet Adelines?’ with a ‘yes’ or ‘no’ and provide that answer back to the submitter, and save all rated submissions with the supporting research to a [database](#) shared with all Sweet Adelines (member login is required).

A rating of ‘admissible’ does not indicate whether a song is suitable for a performer, nor its strength as a barbershop arrangement for contest.

SAI is asking members to begin with submission of their competition songs. Starting with regional competition 2021, the competition registration process will include an indication that the competitor has verified the organizational rating of each competition song. A team of resource people is available to walk members through their first efforts with the Song Assessment Tool if they need some help. A new email mailbox, songassessment@sweetadelines.com, is specifically dedicated to the Song Assessment Tool.

Educational materials, including recorded video walk-throughs of the Song Assessment Tool, a list of reliable research resources, tips and tricks for researching songs, and an evolving set of frequently asked questions are available on the [Diversity, Equity, and Inclusion](#) web page on the Sweet Adelines International website.

**Is this song admissible for
performance or
presentation by Sweet
Adelines?**



Director Certification Program News

*Submitted by Linda Wetterlin
Region 6 DCP Coordinator*

The Director Certification Program (DCP) offers a great education in our Barbershop craft. These pandemic days have left many of us looking for things to keep our minds active – why not DCP?!

Did you know?

- **All members**, plus non-member Directors, can enroll in DCP.
- You can gather on Zoom with other Region 6 DCP applicants.
- DCP allows remote testing (we use Zoom).
- We have Certified Directors willing and able to be your mentor.
- Frontline Directors and Assistant/Associate Directors can become Certified; the rest of us can reach Approved status.
- Frontline Directors must have directed the chorus for at least a year, plus be Certified, before he/she can earn Harmony 500 or Master Director awards in Regional/International contests.

Terri Calvert - Education Coordinator and Megan Argall - Director Coordinator & I hosted our first DCP Zoom gathering on August 16th. Attendees were DCP applicants who found it helpful in answering various question about the program, including the new remote testing process. We're looking to have the next Zoom meeting later in September; applicants watch for an email & best of luck to all of you!

For full program details visit, see [Director Certification Program](#) on the Sweet Adelines International website. If you've considered enrolling in DCP, our Zoom meetings will be another tool to help you through the program. Choruses, please encourage and support your Directors and Assistant/Associate Directors in completing this program if they haven't already done so; you will benefit too!

If you have any questions, please email or call:

Linda Wetterlin
scrappin.bari@yahoo.com
651-216-7670 talk/text



Arranger Certification Program News

*Submitted by Linda Wetterlin
Region 6 ACP Coordinator*

Have you read Kay Bromert's article "[What Is The ACP?](#)" in the July 2020 Pitch Pipe? If not, check it out! Sweet Adelines International wants to encourage all the current and budding arrangers out there by offering this formal program. Full program details at International's website [here](#).

Twenty-one of the Twenty-four Sweet Adelines Regions have at least one member in the ACP. Guess what – Region 6 has two!! Best of luck to both of them as they pursue this great education! If you have any questions, please email or call: Linda Wetterlin
scrappin.bari@yahoo.com
651-216-7670 talk/text



April Horne Honored

*Press release from the
Southeast District of the American Choral
Directors Association of Minnesota*



On Thursday, August 13, 2020, April Horne was presented with ACDA Southeast District’s Advocate for Choral Excellence (ACE) Award by district chair, Michael Jeffrey.

Horne was nominated by Nikita Albrecht, formerly of Dover-Eyota Schools. In her nomination, Albrecht commented on Horne’s incredible dedication and support of choral music in Southeast Minnesota:

“I would like to nominate April Horne for the ACE award. She used to have children that were in choir at Dover-Eyota, and for the past several years...she put together the Southeast Minnesota A Cappella Festival which started at DE, became an annual event that traveled around the schools in SEMN, and ended up for the past 3 or 4 years at the

Mayo Civic Center because it got too big for high schools to accommodate. She had choral groups from around the world come and share educational workshops and performances with the...choirs involved, and had college choirs collaborate and perform as well. This was done along with the National Alliance on Mental Illness so some proceeds went to NAMI as well each year. Acts she was able to bring for our students to witness include Cantus, Six Appeal (many times), Great Northern Union, and then some....She also sings female barbershop...and she coordinated a summer workshop each year for girls interested in singing barbershop. She attends and supports many choral events in the area from high school concerts and musicals to professional performances and keeps choir directors in the area in the loop about choral events that might interest them.”

Jeffrey attests to the influence Horne has had on choral music in Southeast Minnesota as well:

“The Southeast Minnesota A Cappella Festival is a major event in our district, with wide participation. I have many students who have participated in one way or another and absolutely loved it. It is one of the major events that choir directors in this corner of the state talk about. April has done an incredible job building this event and making it a success.”

Additionally, Horne is on the board for Sing Out Loud, sings with the Zumbro Valley Chorus Sweet Adelines, and travels to schools with a quartet to share the joy of barbershop with students. She loves music and believes in supporting and sharing that joy with others, which is why she does such significant work supporting choral music and why she is so deserving of the Advocate for Choral Excellence Award.

Congratulations, April!



Zumbro Valley

Submitted by April Horne



As the saying goes, the show must go on! So Zumbro Valley Chorus moved their annual summer youth program to the internet. Over the course of 6 weeks, 10 young singers learned three songs – Can You Feel the Love Tonight, Orange Colored Sky, and Million Dreams. They submitted video recordings of themselves singing their parts, and then those were edited together to create a (virtual) capstone concert. Shorewood Senior Campus agreed to host the final concert and broadcast the final combined video to all residents to be watched from the comfort of their living rooms.

A final survey of the young women showed that it was a very positive experience. They appreciated being able to sing “with” a group and enjoyed learning barbershop music. They liked the mix of songs and enjoyed being able to make decisions about costumes, choreography, and final video editing, including the addition of images representing their dreams in the video for “Million Dreams.”

Since the date for submitting this article preceded the concert date (August 25th) we’re not able to provide feedback from our audience, but they were very excited and grateful to be part of this premier event. We appreciate that they allowed us to replicate the capstone concert experience as closely as possible.

Zumbro Valley Chorus would like to thank Sweet Adelines International, the Rochester Music Guild, and the Carl and Verna Schmidt Foundation. This activity is made possible by the voters of Minnesota through a grant from the Southeastern Minnesota Arts Council thanks to a legislative appropriation from the arts & cultural heritage fund. A special thanks to our youth directors, Katherine Gales and Nancy Hayden, and of course our wonderful young singers!

Just Kidding Quartet

Submitted by Jodi Maxey

Being part of a quartet is so much more than learning to blend your voice with three other voices to make a pleasant sound. It is welcoming three other ladies into your life and becoming close friends.

For the members of Just Kidding it has meant staying close, even when we can't be together, face to face. No quick hugs or pats on the back. No fun conversations, in the car, while heading to sing- outs. No showing off new shoes or stopping for a bite to eat. Instead, it has been working on new songs to add to our repertoire while communicating thru ZOOM. It's been learning when to use that tricky mute button. It's been discovering everyone's REAL hair color and finding out why Jodi keeps her's cut short. It's been knowing it's just as important to just talk and keep up with everyone's lives. It's helping each other thru the stress and fear of a situation we have no control over. And still have a good laugh, now and then.



We still practice every week. We are learning 4 new songs. We are keeping our voices active and our future plans, together, in place. We will not let this beat us! We are Just Kidding Quartet and we are DOING JUST FINE!



Spirit of Harmony

Submitted by Marlys Stahly

SPIRIT OF HARMONY CHORUS CELEBRATES 40 YEARS

The Spirit of Harmony Chorus, which has grown from a chorus of new-to-barbershop singers to a chorus who has competed internationally 4 times, is celebrating its 40th anniversary this year.

Spirit of Harmony began meeting at St. Mary's Catholic Church in Spirit Lake in October 1979 with 31 women present. The group was chartered with the Sweet Adelines International organization in May 1980 under the direction of Ken VanderSloot. Their first regional competition was in March 1981 in Iowa City. The next year they competed in Ames and won the Most Improved Chorus award winning 8th place. Judy Weipert was their director from 1982 to 1984. In 1984 Jane Ford served as director until 1999. Judy again took over the director spot in 1999 and still is the director of Spirit of Harmony Chorus.

The chorus never looked back and continued to grow in strength and ability, all while building lasting friendships and just having a great time singing a cappella music with each other. From 1988 to 2019 Spirit of Harmony has won First Place Small Chorus 25 times; Second Place

Overall Chorus 6 times; Third Place Overall Chorus 8 times; Most Improved Chorus 3 times with a total of 49 winning medals at the regional level.

Harmony Classic is an international competition for small and medium size choruses. The small choruses have 30 members or less and medium choruses, 31 to 59 members. To be chosen to compete at the international Harmony Classic, a chorus must have one of the 5th highest scores in the world, in their division, from their regional competition. The top five choruses in each division are invited to attend the Harmony Classic. With hundreds of choruses in those 2 divisions around the world, to place in the top 5 is quite an accomplishment. Spirit of Harmony, from the small chorus division, has competed at the international Harmony Classic four times. They placed 5th in Greenville, SC in 2007; 4th in San Antonio, TX in 2009; 3rd in Houston, TX in 2011 and 5th in Baltimore, MD in 2014. In 2019 Spirit of Harmony qualified with their highest score ever and was invited to the International Competition in Louisville, KY this October, but the competition was cancelled due to the COVID-19 virus. They hope to be able to compete in St. Louis, MO in 2021.

Presently the chorus has 33 members. Along with competing, they also enjoy entertaining a variety of groups. They have consistently sung at The Okoboji Summer Theatre prior to theatre



performances, performed at the Clay County Fair and at various town celebrations, reunions, business gatherings and many other places. They love to entertain their audiences! Members come from Arnolds Park, Emmetsburg, Estherville, Lake Park, Milford, Spirit Lake, Spencer, Battle Creek, Wallingford and Lakefield and Marshall, MN.

In a normal year the chorus meets on Monday nights at 7:00 at Immanuel Lutheran Church in Spirit Lake. Any woman who enjoys singing has been invited to join them at a rehearsal to join in the fun and learning. However, during this time of COVID-19 their rehearsals have taken a different turn. "Rehearsals" are still on Mondays at 7:00, but right now are in the form of ZOOM. This has been a time for members to greet each other, participate in physical and vocal warmups, or perhaps play a musical game. They sing through their current repertoire along with new music by using chorus recordings and learning tracks. They do an old-fashioned roll

call, (remember grade school?), but this is different. We share something a little different each week. One week may be our favorite piece of jewelry, the next might be the top 40 song the year we graduated. They get to know a little something about members they wouldn't necessarily learn while on the risers. They would love to have you join them at a ZOOM rehearsal. To join the chorus at a rehearsal, just email our ZOOM coordinator at lrubis@q.com and she will get the ZOOM login information to you. For more information about Spirit of Harmony Chorus, they invite you to visit their website: spiritofharmonychorus.org., or you can also check out their Facebook page.

They are looking forward to the time when they will be back at Immanuel Lutheran Church, on the risers in their regular spot, listening for the pitch from the pitch pipe and watching their director to start them singing again – ALL together.





Lake Country

Submitted by Helen Vulu



Lake Country Chorus is doing their best to keep engaged during our physical absence from one another. We have held Zoom meetings almost every week since the very beginning, and regularly have 16-20 attendees which is almost all of us who are able to join.

We do warm-ups and lessons from Kathleen Hansen, tags from Jen Cooke, review a piece of our own current music, watch an interesting or inspiring video of a top chorus, and have a nice time to catch up with each other. The meeting with Sharon Babb was very well received and created a lot of discussion at the following meeting.

In January we had two new members join Lake Country, and then soon had to switch to virtual meetings. So now we have been able to schedule meetings with music team members and a few members at Kohler Meadows Park and review and teach songs. See us all spread out in the photo, a family was at the far end of the shelter and claimed they didn't mind!

Right now, we would be making preparations for Soup's On! We are going to miss seeing you in October. Instead we are working with North Star Chorus on a YouTube video to send as a Holiday greeting. We'll tell you more about it in the fall newsletter.

Hope you are all having a nice (even though strange) summer. Music really helps.

Minnesota Valley

Submitted by Melissa Sailor

MN Valley Chorus has spent the last few weeks meeting weekly over Zoom calls. This week we met for a picnic at Benson Park in North Mankato. All but 2 members were in attendance! We plan to do this monthly as the weather allows, we do live in MN don't cha know! In September we plan to have a virtual visitors' day. We have decided not to have a fall show, due to COVID-19, but are super anxious to see if there will be competition in the spring. Wishing ALL our singing sisters in harmony the best during this time.





Sounds of Superior

Reflecting on being a Sweet Adeline

*Submitted by Heather Hack Petersen
Lead / PR Assistant*

It is hard not to be affected by the Covid 19 Pandemic we are all facing. We thank all the front-line workers. We pray everyone stays safe and healthy and they find a vaccine soon.

We are all trying to find solace during these changing times and are praying for our Sisters all over the world. We are sad we cannot sing together safely at this time but hopeful a means for choirs and choruses to sing together again will be found.

We would like to take this opportunity to personally send you a message of love and encouragement. It's about why we are Sweet Adelines.

With Love, Respect & Adoration

Your Sisters and Brother Jason Scriver from Sounds of Superior Chorus

Thunder Bay, Northwestern Ontario, Canada



“They say it takes 9 minutes to change your mindset with music. That’s what being a member of SA does for me. Once I walk into rehearsal, I become awash in kindness, love and an uplifting of the soul and spirit through music and friendship. I

ask what more does a person need?”

Lana Bullough – Lead

“I became a Sweet Adeline when my children were grown and I wanted to do something for myself. It was a journey started 41 years ago and I am still here. I have learned so much and grown as a person. I have made many wonderful friends and been given opportunities I never would have had.”

Carol Morgan - Bass
President, Sounds of Superior Chorus



“I began this amazing journey back in 1985. Music was challenging and fun. The bonds of friendship and love with quartets Short and Sweet, Signature Four and Sassy have given me the sisters I never had. Any

memorable moment in my life since joining has included the members of my chorus. Weddings, anniversaries, and funerals have been shared. Although music is important, our sisterhood is the cement that binds us together. After the last chord has rung and we leave the risers we know forever we are never alone. Sounds of Superior is our sanctuary.”





Pat Towell - Lead
Assistant Director



“Lifelong friendships gained and music in harmony enrich one's life beyond expectations! Sweet Adelines offer this opportunity. Go for it!”

Lenore Hoover - Baritone



“I joined Harmony International in Ottawa years ago, moved to the Territories and when I came back, joined on the 2nd week here in Thunder Bay and have been here ever since. I love   it and the people in it. Have seen many changes over the years and I have had my struggles but music keeps me together and always looking forward. During this pandemic I find it hard to sometimes stay positive but music seems to always bring me back. Yes, I do other volunteer jobs which are rewarding in their sense but Monday nights and singing I miss the most.”

Janet Creighton - Bass



“What hooked me to the Sweet Adelines - Sounds of Superior Chorus and Barbershop singing is the sound of the chords ringing. To hear the beautiful harmony of a barbershop song's chords ringing gives me goosebumps and can bring me to tears. There is also something very special about the warmth and sincere friendships that are formed in this group of supportive and loving women and one fellow.”

Gail Malcolm – Bass

“They say better late than never... but I wish I had known about barbershop when I was in my 20's! I've loved singing all my life but never found the right person/s to sing with. No one had the same passion I did! Then years later I found Sounds of Superior Chorus, members of Sweet Adelines. I found what I had longed for all my life and so much more. I found extraordinary women sharing my passion as well as a sisterhood closer than I've ever known with a brother who brings out the best in all of us as our Director and friend.”



Heather Hack Petersen - Lead



“I joined Sweet Adelines in honour of my father who had recently passed and who enjoyed Barbershop singing and had always loved my voice.”



Juliet Johnson – Bass



Spice Quartet

Submitted by Spice

A BIG, GIANT group hug from us to YOU!!!

We miss and love you...

♡ *Spice*

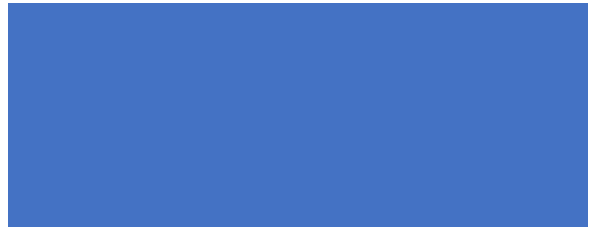
Be safe, be well, and live life with a little Spice!

Angela, Heidi, Liz, Jan

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



Is Covid19 almost over? I want my quartet to rehearse again. Let's make some purr-fect meow-sic.



You can't create great vocal harmony without interpersonal harmony.

-Deke Sharon, "the father of contemporary a cappella"



It's About Time Quartet

Submitted by Vicki Powers

We are so happy it's summer and we can do socially-distanced rehearsing! We meet at a member's house and sing in a very large garage or outside. It sure gets the attention of the neighbors.

Due to Covid, we aren't doing nearly as much performing as we had been. But we are taking the time to learn new music for when we can.

We are also taking the opportunity to do a little fundraising. We've done a couple of brat fries, and are taking part in a village-wide rummage sale in a few weeks. We also helped at a local music festival – socially distanced for these unusual times!

The last thing we've done is to decide on some new costumes; and we are spending time sewing! Well, okay, Nancy's doing the sewing, but the rest of us are helping- by being supportive!

We can't wait to get together with our Sweet Adeline friends and laugh and sing. We miss you all!



Sweet Addiction Quartet

Submitted by Carol Christiansen



We found that it's much easier to sing on zoom with a quartet than it is to try to sing with the whole chorus. We were having fun and doing silly things and learning music, but we got to a point that we could only zoom quartet rehearsals for so long.

Our quartet is much too social to stay apart for so long, so we decided to move from zoom to one of our backyards and still sing apart from each other. We wish we could do it every week and we know it not ideal...but at least we can laugh, talk and sing together!

😊 We learned lots of new music instead of working on contest music. Since this is our first year together with this ensemble, we decided to get some music in our repertoire! We are getting ready for some sing-outs...well, we'll have to be able to stand next to each other and then we'll have to find someone to sing to...but other than that, we are getting ready for sing-outs anyway.

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



Fox Valley

Submitted by Carol Christiansen

Well, it's a strange time for Sweet Adelines all over the world. The "Foxy ladies" are adapting as best we can to this new virtual world for rehearsals and spending time together. We are sure the rest of the choruses and quartets are in the same boat as we are, and we hope and pray that it is going well for all of you too! It's amazing to see the transformation so many women made with adapting to all the new technology! Absolutely 100% of our members are able to get into zoom and use the technology that's available. Before Covid-19 hit our area in March...we had a lot of guests and many of them are ready to be full chorus members! We can't wait to 'sing them in'!!

Our chorus has embraced ZOOM and the breakout rooms and are still learning lots of new music. It's really a great time to introduce new songs and as long as we can use the learning tracks and information from our director; we can

at least learn new music with the correct notes and words! We can't wait to hear what it sounds like once Heather Johnston (our master director) gets us in front of her to take the notes and words we learned off the paper and helps us really start to make 'MUSIC' together!! Of course, we spend time each rehearsal just talking to each other and 'hanging' out, which is really so important right now. We do lots of fun activities including a dressing up for rehearsals, playing games, and a happy hour for all those who want to stay on the zoom after rehearsal is over and just talk.

Besides learning new music, we have been using coaches for our zoom rehearsals and learning new concepts and discussing the score sheets etc. Zoom is a great way to get to see a lot of new coaches and have them teach us some of their music lessons.

We miss being with each other terribly and pray this is over soon and we can ring some chords once again! I'm sure these pictures look familiar...

