



# Regional Measures

Winter 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

## Happy Holidays!



## Upcoming Events

2 Dec	Meeting on Membership
6 Dec	Music theory class – part 2
6 Mar	Faculty Training

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*

## RAMM



Look at us Zooming! This is a screenshot from our most recent RAMM Zoom event. If you missed yours, we did record this one. It is available on the Region 6 website to watch.

17 out of 18 choruses attended with the top attendees being from City of Lakes (with 44), Sounds of Superior (with 28), Spirit of Harmony (with 19), Fox Valley (with 19), Twin Cities Show (with 18), Vallee de Croix (with 16), and Prairie Rose (with 13). So fun to see everyone there!

I am looking forward to singing and dancing ‘The Locomotion’ with everyone real soon! The music, learning tracks, choreography videos (both learning and performing with music) and choreography notes are on the Region 6 website. “Come on, come on, and do the Locomotion with me!”

## Virtual Convention/Coronet Club

Other wonderful events that you might have missed are the SAI Virtual Convention and Coronet Club Show. You can still watch. Go to: [www.sweetadelines.com/2020-Virtual-Convention-Archives](http://www.sweetadelines.com/2020-Virtual-Convention-Archives) and <https://www.coronetclub.org/>

## Membership Meeting

Presidents/Team Leaders, Membership Coordinators, and Treasurers will be meeting on Dec. 2nd at 7 pm to discuss membership issues. I hope your chorus will be there and participate in a great discussion. The Zoom invite will come to those participants the day before.

## Regional Management Team

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 and many other positions. Check my monthly email for more information.

## Music Theory Classes

The first class was held on Sunday, Nov. 22, but you can watch the recording that is on the website. The 2nd class is on Dec. 6th. Send an email to [education@regionsix.org](mailto:education@regionsix.org) to enroll. See Terri Calvert’s Education Coordinator Report for more information.

## Future Educational Opportunities

Workshops on choosing music and marketing – we will let you know when they are scheduled – exciting stuff coming to Region 6! See Terri Calvert’s Education Coordinator Report for more information.

One last thing – I hope you are getting my monthly emails. If not, please check your spam/junk mail to make sure my email address from the website is in your “safe inbox”. Our Regional Management Team (RMT) uses their website emails rather than personal ones to send you important updates and information that you need. Their addresses are similar to mine with their RMT title followed by @regionsix.org.

Enjoy our wonderful winter season, stay safe, stay connected, and keep singing!  
Susan Krisnik, [teamleader@regionsix.org](mailto:teamleader@regionsix.org)

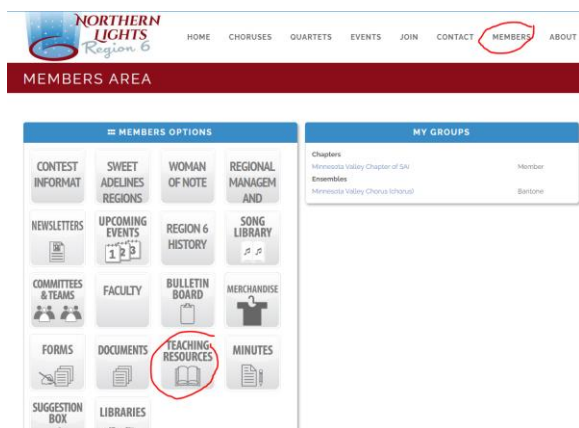


## Links to Teaching Resources

Recorded teaching resources were recently posted on the [Region 6 website](#).

- **Taking it to the Next Level** –Sharon Babb
- **Panel Discussion with Contest Judges** – courtesy of Region 1.
- **Music Theory 1** – Kay Bromert

To access these, go to the Members section of the Region 6 website, log in as a member and click on the Teaching Resources tile.

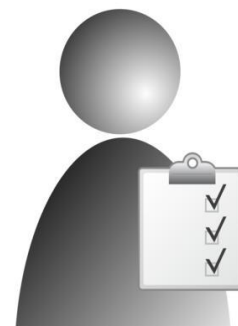


## SAI Membership Renewals

REVIEW YOUR MEMBERS STATUS BEFORE RENEWING SAI MEMBERSHIP

*Reprinted excerpt from Keisha Gansen  
SAI Membership Specialist*

The dues paid to Sweet Adelines International (SA) are referred to as per capita fees in the SA Corp Policy Book. Note that “the per capita fees paid to the International organization are nonrefundable” (SA Corp Policy Book, Section III, Div C, 2). Therefore, please ensure that your chorus members have expressed their desire to renew their membership before paying the renewal invoice on their behalf.



## Arranger Certification Program News

*Submitted by Linda Wetterlin  
Region 6 ACP Coordinator*

Happy Holidays, Region 6 and a shout out to our two Arranger Certification Program applicants! They have given themselves the gift of education in this great organization of ours. Will you do the same for yourself in 2021?

Contact me if you have questions or wish to pursue testing.

scrappin.bari@yahoo.com

651-216-7670 talk/text



## Quarantine-while

*Submitted by Judy Weipert  
Regional Faculty  
Director, Spirit of Harmony  
Baritone, Affinity Quartet*

So it's been 34 weeks of Zoom for our chorus, and I imagine you are in somewhat the same boat. I also imagine that the novelty has begun to wear off. Fear not! I come to you with ideas to keep you afloat while you are swimming in infested waters!

We all want to keep our voices in shape, and singing on our zoom calls each week, along with the vocal warmups, is a great way to do that. There are many talented singers on the website who would love to share their expertise. Check out Khansen Music on YouTube. She has tons of articles, exercises, and ideas for you. Here is a link to a favorite of mine entitled "Be Your Own Voice Teacher": <https://youtu.be/3ApHPHDvrTQ>

Anna-Lisa Glad has some fun physical and vocal warmups from the decades, starting with the 50's. Here's a link to that one: <https://youtu.be/BUjM-Y-H33g>

Revisit your chorus or quartet competition video and sing along (muted) on Zoom, using your best vocal production and facial expression. Win your Zoom spot!

Hold a talent show or a lip sync contest with your chorus members. How about a scavenger hunt? Come up with some unique items for your members to find. At our last chorus scavenger hunt we had to find a left chorus shoe, music related coffee cup, barbershop CD, and something blingy. You get the idea.

Start each zoom rehearsal with roll call, so that each person has a chance to share and no one is left out. Here are some ideas for you:

- What you cook best
- Famous quote and who said it
- Your favorite amusement park ride
- A place you would like to visit and why
- A fact about your home town
- Make a statement using your three initials



We all know that we must be patient and figure out how to make lemonade for a while longer. Just think, you won't have to deal with icy or snowy roads on the way to rehearsal this winter! Happy singing! Enjoy the challenge of zooming with your singing sisters!

## The Garden by Jon Gordon

*Book Recommendation  
Submitted by Bonnie Rust*

**ABOUT THE BOOK:** The Garden is an enlightening and encouraging fable that helps readers overcome The 5 D's (doubt, distortion, discouragement, distractions, and division) in order to find more peace, focus connection, and happiness. Jon tells a story of teenage twins, who through the help of a neighbor and his special garden, find ancient wisdom, life-changing lessons, and practical strategies to overcome the fear, anxiety, and stress in their lives.

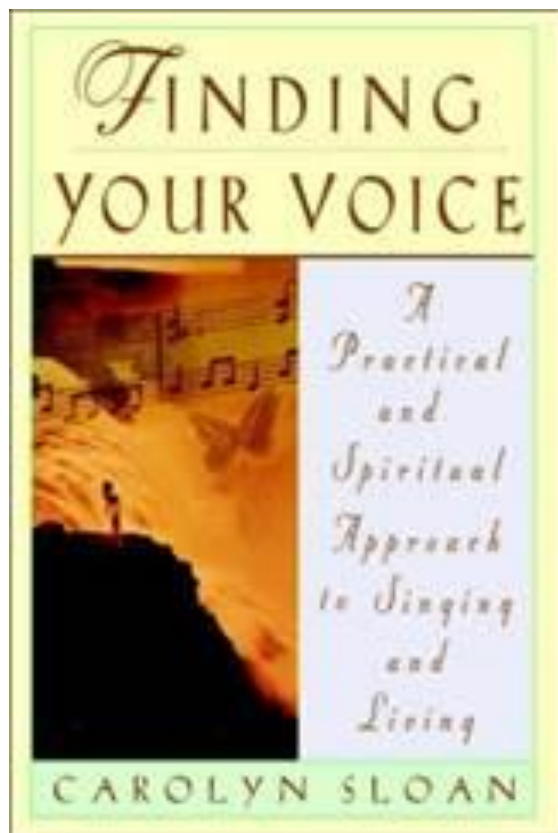
If you or family members are dealing with fear, anxiety, and stress, perhaps the ideas in this book can be useful to you or the people you love and care about. The Garden will help you discover ways to persevere through life with the power of faith, hope, and love.

[www.jongordon.com](http://www.jongordon.com) for more information about the author and his books!



## Available from the Region 6 Library

*Submitted by Bonnie Rust  
Region Librarian*



*FINDING YOUR VOICE* (By Carolyn Sloan) is for people at all levels of skill who want to become better singers, and in so doing, to embark on a journey of self-improvement. The book will help you:

- Lean how to use your breathing as a singer.
- Recognize how thinking about singing instead of feeling it can get in the way.
- Learn how to use visualization to enhance your voice.
- Know your instrument – discover how the body, mind, and voice work together.
- Develop your imagination to support your singing skills.
- Find your center of gravity.

- Lean how to better articulate the sounds you are singing.
- Get tips on working the song.

We have many resources available in the Region 6 Library, so take advantage of what's available during this time when you're spending more time at home. The library resource list is available on the Region 6 website or you can contact Bonnie Rust by email using [bonnie@steveandarlyn.com](mailto:bonnie@steveandarlyn.com)

## Director Certification Program News

*Submitted by Linda Wetterlin  
Region 6 DCP Coordinator*

Holiday greetings to all our Director Certification Program applicants and Certified Directors! Thanks to Terri Calvert, Region 6 Education Coordinator, we had Zoom training on Music Theory with Kay Bromert. Kay is a Certified Music Arranger and moderator of the Arranger Certification Program Committee at International. She presented her first of two sessions on 11/22 (recording available) and the next one will be on 12/6. If you weren't able to attend 11/22, you can still watch the recording and attend the second session!

Continue to let us know how we can support and encourage you in your DCP journey! We're considering topics for our next Zoom sessions and hope to hear from you!



Contact me if you have questions or wish to pursue testing.

[scrappin.bari@yahoo.com](mailto:scrappin.bari@yahoo.com)

651-216-7670 talk/text



# Minnesota Valley

*Submitted by Melissa Sailor*

MN VALLEY CHORUS has been plugging along each week with a few dress-up nights. This week we all wore our Halloween costumes. It's a great way for us to stay connected. Wishing all of our "Singing Sisters" a very Happy Thanksgiving this year.



# Acapella Express

Submitted by Audra Freeman



Acapella Express is excited to be celebrating its 65th Anniversary on December 9, 2020!! Although we were looking forward to throwing ourselves a big anniversary bash in December with a show and a walk down memory lane, which would have included displays of past costumes and photos galore, we have found other fun ways to celebrate this amazing milestone. We have been combing through old scrapbooks of photos, show programs, advertisements etc. and have been sharing these fun historical memories on our Facebook and



Instagram pages. It has been exciting to see the comments we have gotten from friends, current and past members and to also see that Sweet Adelines International has shared some of our posts to their page while celebrating 75 years of SAI. We are looking forward to next year when we hope to put together an anniversary show so watch for an announcement about a big celebration!

In the meantime, we have been doing what we can to stay connected with each other throughout the summer and fall. We have been meeting weekly either through Zoom visits or in person at a mall parking ramp when the weather was nice enough to do so. The parking ramp was a convenient spot to gather as this mall had very little traffic in the evening and this ramp was rarely used. We had a roof over our heads and a LOT of room to spread out. The acoustics were great for singing too! It was so great to be able to see each other in person now and then. We sure miss being together every week. Having this opportunity to be together was amazing! We even had 100% attendance for a couple of our rehearsals, which was fantastic!



Along with celebrating our anniversary, we celebrated four membership milestones this year. One member, Diane Wicklund, celebrated her 30th year. Two members, Anna Gauslow and Audra Freeman, celebrated their 20th year. One member, Mary Rolf, celebrated her 15th year. We are so grateful for all of our members who have continued to sing with us throughout all these years. We have also gained some new members in the last couple of years who are



energetic and exciting, and we are very thankful for what they bring to our chorus. We Are Sweet Adelines and we will persevere for another 65 years or more!



Audra is our Woman of Note and a 20-year member



Diane is truly dedicated 30 year member.



Congratulations Mary on 15 years of choral membership



For 20 years of choral excellence. Thank you Anna

Acapella Express wishes all of our sisters in Region 6 a very Happy Thanksgiving, a Merry Christmas and the most wonderful New Year!



## It's About Time Quartet

*Submitted by Vicki Powers*

Who expected this pandemic to last this long? Not us. But we've been safely rehearsing all along and – had we actually had a live performance on November 11!

As we said in the last Regional Measures, we've taken this time to learn some new music, and in the last couple of months we've added a number of songs to our Christmas Repertoire.

In addition, we were asked by the local Veteran's Council to sing for the Veteran's Day Celebration in Outagamie County. They changed the venue from the courthouse to a nearby church so that they could appropriately socially distance, and they limited the number of people that could attend. We sang in the choir loft, where it was just us and the local live-stream TV station. We are so honored that they continue to ask us to sing for this event and for their Memorial Day observances. We totally forgot to take a picture at this event, so we are including one from a Memorial Day Observance a couple of years ago.



After we were done with that performance, we went to our (Fox Valley Chorus) friend Pam Meuleman's home and did a birthday "walk-by" with a bunch of her friends in her neighborhood. It was great helping her celebrate a milestone birthday!

Other than that, we long for the days we can see our chorus, regional and international singing siblings in person, and hope to see you all soon. Terrie, Nancy, Vicki & Chris





## Fox Valley

Submitted by Vicki Krause

So...how is everyone doing during this “time of Covid” that just seems to be going on..and on...and on...?! Because the Fox Valley Chorus clearly has not had any fun and exciting events to report on – our 50th Anniversary show and celebrations having had to be put on “hold” indefinitely – I thought I’d reach out to our chorus members to find out how they’re coping with this new chapter of chorus life we find ourselves in. I’m sure that many of our sister choruses throughout the region have many of the same thoughts and feelings.

Sheila Koplitz, Asst. Director – “I kinda live by this phrase...this too shall pass..! It is taking sooo long and I’m finding it harder than I thought. Chorus is a highlight. Sharing and seeing each other helps!”

Dottie Allen, Bass – “After returning from competing in the 2019 Chorus Competition in New Orleans with the Fox Valley Chorus, I decided to take a break from active membership in the chorus. It was a hard decision to make but after more than ten years and traveling almost 400 miles round trip to rehearsals, coaching, shows, etc. I decided it was time. I surely missed the singing and contact with all the friends there. However, in recent months the ZOOM rehearsals have given me the ability to stay connected with the chorus, learn new music, and sing along with the tags and songs while providing the opportunity to be a part of the 4-part barbershop harmony that I love. Do we wish it could be in person? Of course, but hats off to Heather and the Fox Valley Chorus for offering great weekly rehearsals via ZOOM.”



Shirley Mercier, Lead – “Being retired and hunkered down, the days of the week blend together and sometimes I forget what day it really is. But, looking forward to our virtual rehearsals keeps me on track. I always know when it’s Tuesdays, as I ZOOM in to stay socially connected to our “Foxy Ladies”.”

Sue Schmid, Baritone – “I never thought the vocal warm-up “Zoom a Zoom a Zoom Ma Ma” would actually become a reality...but it has.”



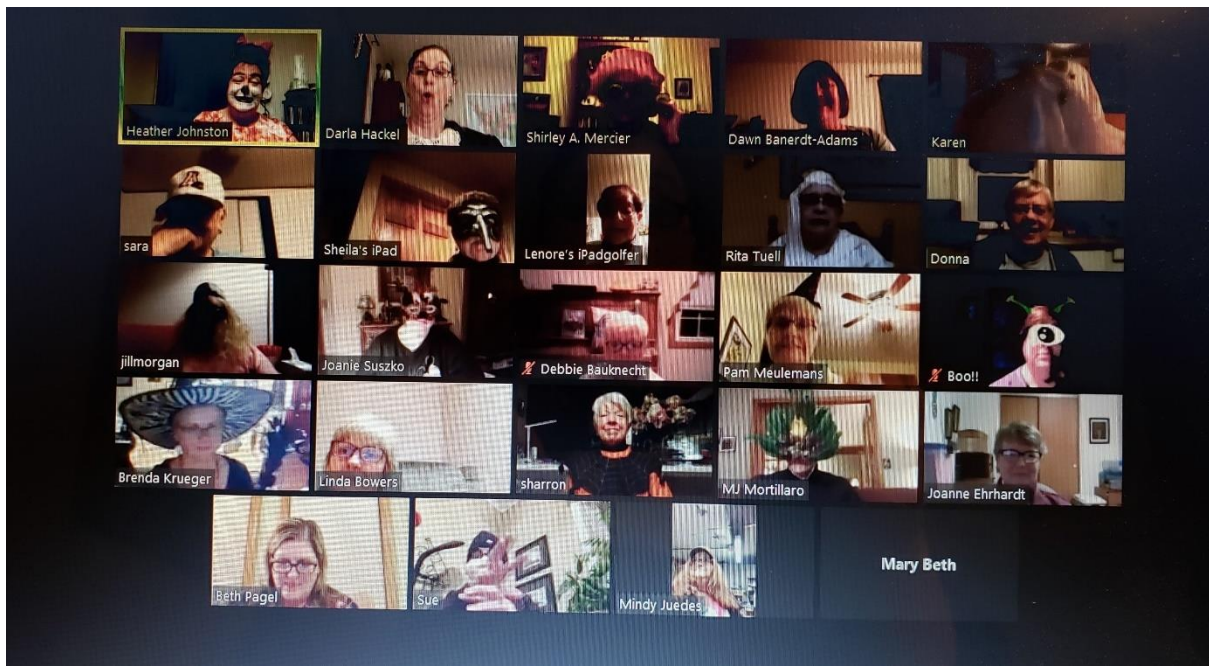
Heather Johnston, our esteemed Director – “Although it’s frustrating to have to “rehearse” virtually, it has been nice to continue the routine of Tuesday night rehearsals. I try to keep variety in our rehearsals by including Kahoot games, Show and Tell, and break-out sessions led by member of my music team. I also troll YouTube to find new approaches to vocal production and have found some real gems! I long for the time when we can resume in-person rehearsals, but until then we’ll continue to work on our individual skills and keep Zooming!”

Finally, I believe Darla Hackel, Tenor and proud member of Sweet Addiction, had this to share: “All I say is it’s (ZOOM) the next best thing to being together to see one another and catch up on life a bit...but I so miss the harmonies! I think the first notes sung together will be interrupted when my eyes start “leaking”. Here’s to that day!”



I’m sure we all share Darla’s feelings, and I imagine when we can all be back together again, there’ll be more than one pair of “leaking eyes”. Have a wonderful, and safe, Holiday Season!

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



Fox Valley Halloween

## Upbeat Quartet

*Submitted by Bonnie Plumley*

It is hard to believe that it has been a whole year since we were together singing Christmas Carols. Throughout the challenges of 2020, Upbeat is grateful for our lasting friendship. We wish everyone in Region 6 a Wonderful Holiday Season, and a Happy New Year!

*Val, Karla, JoAnn, and Bonnie*





## Lake Country

*Submitted by Helen Vulu*

Lake Country Chorus has been occupied this fall with creating a video with our partners, Saint Paul North Star Chorus located in Saint Anthony village.

Our chorus members have acquired new skills this fall, finding and downloading recording apps to our phones, being brave to record ourselves while listening to a backing track, and emailing our recordings from our phones. We're never too old to learn!

Brandon Galbraith, who directs Vallee de Croix Chorus on Monday evenings, directs North Star Chorus on Tuesday evenings (as well as a lot of other things). Once a song was selected Brandon went to work and modified learning tracks for eight vocal parts and created a directing track we could use to learn the song.

We spent Zoom time and individual time, had outdoor meetings as sections and mastered our music, encouraging each other in our recordings.

Brandon edited all of the 40+ recordings, harvested video clips from our joint Zoom meeting and created our video that will debut on North Star's Youtube channel in early December. Our song selection is Let There Be Peace on Earth, not really a holiday song but one that we feel can speak to us at this time.

Please watch for our video, it will be on our Facebook page and will have a link from our website as well. We'll send a link through our mailing list, so if you aren't on it contact us at [info@lakecountrychorus](mailto:info@lakecountrychorus).

Happy Holidays to everyone, we miss you all, and stay safe.

Love from Lake Country Chorus  
*Harmonize the World!*





## Prairie Rose

*Submitted by Robyn Nadvornik*

Prairie Rose Chorus is zooming like crazy, just as all of you are. We were fortunate to have outside rehearsals from June until the middle of September when our numbers started to spike. It was at that point that we decided, even though we were distanced outside, it was time to change. So zoom it is!

Zoom is challenging, but we seem to constantly find something new to make our rehearsals work. Obviously, it is not ideal, but we at least get to see each other and we get to sing. We have learned a new song "Whose Honey are You" that we are planning for competition, whenever that happens! We have also revived "You Are My Sunshine", again for competition. With the use of YouTube and our learning tracks, we just continue to learn.

We have had a virtual baby shower for our youngest and newest and rejoiced when baby Rosie came into the world. In 12 years we will welcome her as a singing member of the Roses. She is an awesome baby, and from the pictures we get, we see that she is already working on her vowel formations. Our weekly zoom starts with



a look and an update on our Rosie who has more grandmas than anybody else! Next, we welcome a new fur baby named Sophie that one

of our members just brought home. I think that we all need these exciting things to keep us going.



So, as the Prairie Rose Chorus moves into Christmas and a new year, we look forward to having a virtual Christmas party complete with Christmas sweaters, ugly or otherwise. We may even add virtual tours of home and our Christmas decorations. We look forward to a new year with improving circumstances and the hope of being back together again. Singing with happiness and dancing our hearts out.

Wishing all of you zooming success and new ways to continue to sing and be together.



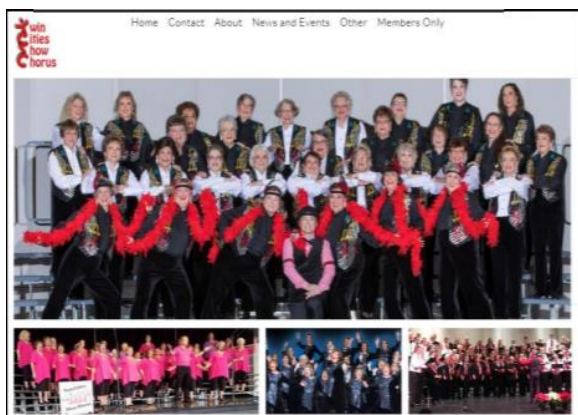
*How much does it cost Santa  
to park his sleigh and reindeer?  
Nothing. It's on the house.*



## Twin Cities Show

*Submitted by Merrilee Spaeth*

Happy fall from the Twin Cities Show Chorus! Our chorus has been doing a variety of things to keep in touch with our sisters in song, both as a chorus and also as a member of Region 6. The most exciting thing that began our fall season was the kick-off of our new website on September 1<sup>st</sup>. It is still a work in progress, but we are very proud of it so far – please visit us at: <https://www.twincitiesshowchorus.org>.



Although we haven't been able to meet in person, our weekly Zoom rehearsals have been fun and varied, with some new music, great warm-ups and helpful visual reminders, thanks to our director, Denis, and visual chair, Susan! We also had a virtual guest night and a virtual Halloween party with games and a costume contest – thank you, Karen and Lyla.



The games challenged our Halloween song knowledge, scavenger hunt and artistic abilities,

while the costume contest showed us just how imaginative and unique our members are. All in all, the evening was a 'howling' success! Terri Calvert (Dave) won the "Funniest" costume category!



Unfortunately, our yearly Pancake Breakfast fundraiser had to be cancelled this year, but we were still able to hold our Poinsettia and wreath fundraiser, and are also pursuing some new ideas.

We can't say enough to thank our Regional staff for all they are doing to keep us informed and excited about the music and sisterhood we love so much – how lucky we are to have such talented ladies!

We also appreciate all the fabulous effort that went into the Virtual SAI 75th Anniversary and Coronet Club show from International – they were amazing!

Our wish is for everyone to stay healthy and safe during the upcoming holidays, and we look forward to seeing all of you again when better times allow.

Happy Thanksgiving and Merry Christmas!  
Your TC friends



## Spice Quartet

### Benefits of Outside-the-Box Rehearsals

*Submitted by Spice*

We probably all know the advantages of *thinking* outside the box: innovation and improvement, new perspectives, increased creativity and adaptability, and so much more.

Have you ever considered the benefits of *rehearsing* outside the box? Other than the above, here are a few things we've noticed over the past several months...

#### Outdoor rehearsals...

- Improved Listening Skills and Vocal Projection
  - Standing 10 feet apart is WAY different than the standard quartet “cup”!
  - Singing over lawnmowers, neighbors practicing their drumming, airplanes, etc. is great practice for the gigs where they don't realize we're not used to being “background” music.
- During our early outdoor rehearsals, we got to work on our tans as well as our music!
- Better Breath Support
  - Fresh air – the freshest possible – makes deep breaths all the better... until the weather turned COLD! Then we learned how to relax, breathe deeply, and hold our tone steady despite shivering. This is perfect prep for the over-air-conditioned venues.
  - Plank singing! Have you tried it? It's amazing for staying warm, strengthening your core, and improving your breath support all at the same time!

- Burning extra calories by doing #allthethings to stay warm.
  - Wait... did we negate that with the Fireball and Wine?
- Perhaps our favorite benefit of them all... impromptu applause from neighbors! ♡



#### Online rehearsals...

- We don't have to watch the weather forecast to know if rehearsal is a “GO”.
- Each of us has become better friends with technology.
- With a mic and a headset, it's hard not to feel like a famous recording artist.
- We're sure there are WAY more benefits, but we're just getting started on this path.



We'd love to hear from you what you've been doing to stay connected. Send us an email or message us on Facebook.

Live life with a little Spice!

Angela, Heidi, Liz, Jan

Email: [QuartetSpice@gmail.com](mailto:QuartetSpice@gmail.com)

Facebook:

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

## City of Lakes

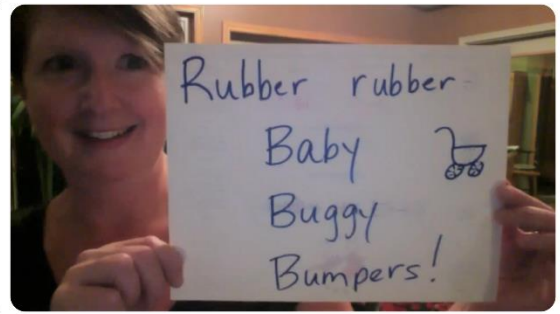
*Submitted by Ava Hohenstein*

Everyone from City of Lakes Chorus hopes you're all saying safe, warm, and full of holiday cheer this season!

We've been holding 2-hour weekly Zoom rehearsals since the end of March. Some weeks we try to spice things up by bringing in a coach for an hour or so. We're very grateful to have had sessions with Kim Vaughn, Jan Carley, Judy Pozsgay, Vickie Maybury, Quincie Snook, Theresea Weatherbee, a recorded interview with Britt-Hel ne Bonnedahl by Becky Perkins, and of course our session with the late Sharon Babb.



One rehearsal night we had a blast throwing a virtual baby shower celebration! We rained down love and support for our first-time-mom-to-be, Kristin Holthaus. We had baby-fever with baby-themed warm-ups and games and watched



our 1996 5th place performance of "My Mother's Eyes" directed by Mary Dick. (Maybe some of you were even there that year in Ft.



Lauderdale watching!) We were also treated to a special recording of Billy Joel's "Lullaby" by Kristin's dad's quartet, Vocality. Thank you, Bonnie Plumley for doing such a great job organizing and executing this wonderful idea! We're so looking forward to meeting Kristin's future Sweet Adeline or Barbershopper!



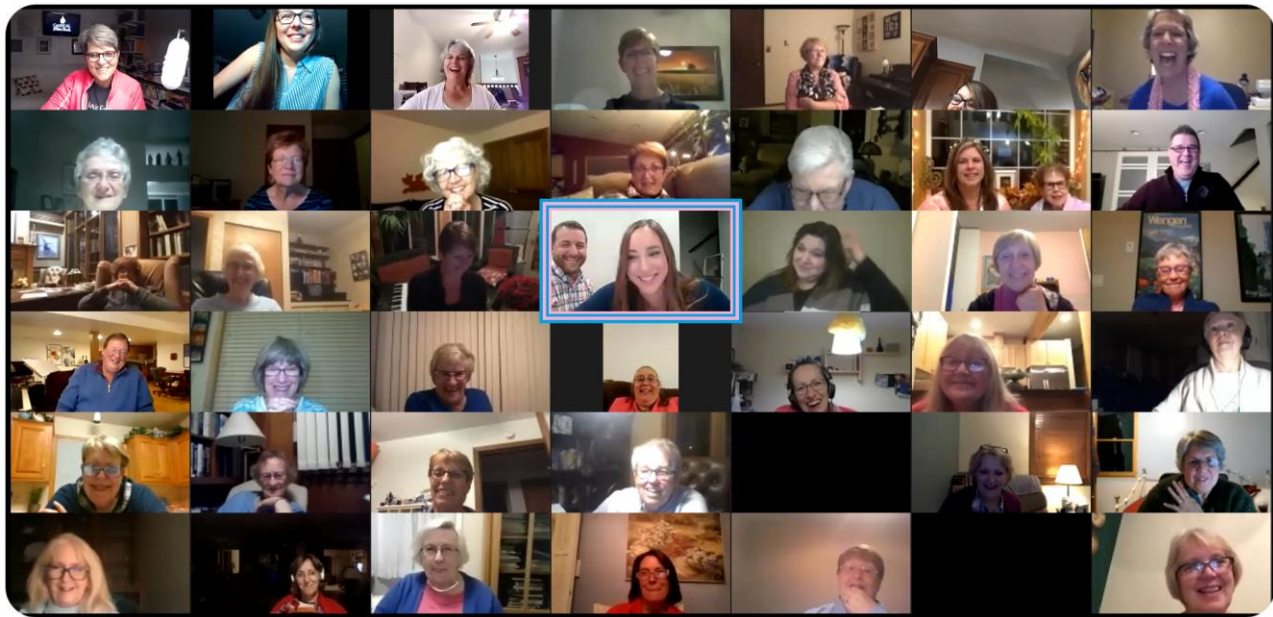
This fall we were lucky enough to finally catch up in person at small outdoor social gatherings of 10 or fewer people. It was so tough to refrain from singing! Our luck ran out when plans to



again hold several small in-person get-togethers as substitute for our end of year holiday party were foiled by increased restrictions coming from the MN Governor. So now we're instead planning a virtual gathering and sing-along in early December. At least there'll be no chance of having to don snow boots to attend! ❄️👤

Finally, we want to again congratulate our Queen Connie Miller, this year's Regional Shining Star! We are very proud of Connie, her accomplishments, all her wonderful talents, and the love she shares with both our chorus and Region 6. We love you, Connie! ❤️👑

*Music is well said to be the speech of angels. - Thomas Carlyle*



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