



Regional Measures

Spring 2021 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

OPEN - MARKETING COORDINATOR

For contact information, see the [Region 6 website Members-only section > Documents > Regional Directory](#)



Upcoming Events

5 Mar	Faculty workshop
6 Mar	Faculty and Director Training with Erin Howden
27 Mar	Afterglow - continued
29 Mar – 13 Apr	Chorus workshops with Erin Howden
10 Apr	Directors workshop
16-17 Apr	Virtual Region 6 Convention

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](#).

Glow of the Northern Lights



Region 6 held a virtual afterglow on January 30. We called it *Glow of the Northern Lights – Divas through the Decades*. We featured championship quartets and Queens of Harmony from Region 6 since the 1950's. It included, photographs, audio tracks, videos, and interviews.

Many of you participated via live stream on Facebook, as a very active and appreciative presence (through the chat). It was truly a delight! For those of you who missed it, you can watch a recording available on the [Region 6 website](#), on the MEMBERS page under the Zoom Recordings link. You must login as a member to see it. It's also on [Facebook](#).

When your RMT asked for afterglow submissions, you responded enthusiastically, so we could only use part of the material for the *first* afterglow. We are currently putting together a *second* afterglow, with more of the wonderful material you sent. The next afterglow is scheduled for March 27. This one will feature more, fun quartets and youth in harmony. See you at the afterglow!



Team Leader Update

*Submitted by Susan Krisnik
Region 6 Team Leader*

I am SO PROUD of all of you Zooming your rehearsals and getting on Facebook Live, so you could join us for our Glow of the Northern Lights Afterglow Party. I enjoyed reading all the “chat” and reactions throughout the presentation. The love for all (and your hard working RMT) was great to see. It is recorded, so if you missed it, here is the link:
<https://vimeo.com/506804509/a4785c90d8>

Save the dates:

March 27, 2021 - We are doing our follow up “Afterglow 2” on March 27th at 7 pm. This one will focus on all other former Region 6 (and Region 20 and 22) quartets that submitted fun stuff as well as our Y(W)IH events and a few other goodies.

April 16 & 17, 2021 - Region 6 Virtual Convention - see Terri’s info on this. So exciting!

Education – Check out what Terri has been cooking up. Amazing things are happening! Keep your eyes open for emails/notices for Zoom classes from Education Coordinator, Terri Calvert. As always, classes will be recorded for future viewing (check out our Education Library growing on the website).

I am glad you all survived our extreme cold spell. Spring is coming! As always, stay safe, stay connected, and keep singing!

Susan Krisnik

Region 6 Team Leader



Region 6 Education Update

March/April 2021

*Submitted Terri Calvert
Region 6 Education Coordinator*

Region 6 is happy to announce – a series of Zoom Workshops with Master 700 Director, Erin Howden.



Erin Howden is the choreographer and Master 700 Director of the North Metro Chorus, 5-time Sweet Adelines International Chorus Champions from Toronto, Canada. She is a repeated Regional Quartet Champion and top ten Quartet Medalist as the baritone of Daybreak.

Erin grew up in a barbershop family and started her long-standing membership in Sweet Adelines, attending North Metro Chorus rehearsals at the age of 12. Now just over 40 years later, she has followed in the footsteps of her mother, June Dale (celebrated Master 700 Director and 45-year Director of North Metro), and her dad, Larry Dale who was a passionate barbershopper, coach and an International Chorus Champion with The Dukes of Harmony (BHS). Erin is a certified member of the Sweet Adelines International Faculty and a proud member of the Region #16 Faculty.

Erin is coming to Region 6 to teach how to activate your best performances!



March 5 - 6:30 - 7:50PM – Faculty

**BUILDING CREATIVE PLAYBOOK –
FOR VOCAL SUCCESS**

There is more than one way to the finish line. Together in this participative class, we will unpack a buffet of Physical, Visual, Kinaesthetic and Creative Imagination-driven techniques that enhance vocal success in areas such as Optimal Breathing, Support, Mass, Ring, Resonance, Lyrical Clarity, Focus, Legato, Tension Reduction, and Overall Vocal Ease.

****The workshop will be followed by a Faculty Update from 8: 00 - 9:00PM****

March 6 - 9:00 – 10:30AM - Faculty and Directors

**UNITY AND SYNCHRONIZATION -
TIMING ISN'T EVERYTHING**

Unity and Synchronization are outcomes to strong and consistent vocal and visual performance strategies. When unity and synchronization are negatively impacted, the root causes need to be identified. During this experiential class we will work together to uncover some of the many potential vocal and visual performance behaviours that can result in reducing the consistency and/or achievement of strong unity and synchronization.



March 6 - 11:000 – 12:30 – Faculty and Directors

**LET YOUR BODY SING
PHYSICALITY TO ENHANCE
MUSICAL SUCCESS**

Many people underestimate how our physical performance choices influence our sound and our overall musical success. During this participative class we will explore physical approaches that promote strong vocal production. We will call on our creative



imagination, kinesthetics, and interactive experiential learning to build strong physical performance habits that enhance our musical product.

March 6 - 1:30 – 3:00 – Faculty and Directors

**GROWING AS AN ARTIST THROUGH
ADVERSITY /TO BE OR BECOME**

This class is about - Positively Actioning Creative Possibility Thinking, Personal Growth, Reinvention and Connection

Outside our comfort zone is where the magic happens! Inertia is Newton’s first Law of Motion. It states, “Every object will remain at rest or continue in a straight line unless compelled to change its state by the action of an external force.” The undeniable force we face today has the power to disable us or to empower us to greater heights. The choice belongs to each one of us. We can be the creators of our own destiny.

In this motivational class of renewal, we will engage creative possibility thinking as we unpack and brainstorm unlimited opportunities for development as artists and as humans. We will explore creative reinvention, creative learning, and reinforce the critical importance and the many opportunities for seeking human connection in this time of social distancing. We will experience the power of intention, positivity, joy, action, and commitment as we set out to break new ground and rise above adversity by looking at our growth in a different way.

April 10 - 9:00 – 10:30AM – Directors

THE COURAGEOUS LEADER

There has never been a more important time than now to call upon our skills as leaders, opportunity makers, ground breakers and



CREATIVE MINDS! To be transparent right now is to openly face our own very human fears and insecurities as we navigate through this challenging time. In addition to interactive discussion, we will explore creative approaches to education and motivation during this time apart. Coming together as a life-changing force, we will celebrate our cumulative power as leaders, our strength in growing and moving forward together through adversity, our desire to flourish through creative reinvention and our courageous call to action to thrive in the ZOOM era.

7PM- 8:30 – Rehearsal nights - All Members

March 29 - City of Lakes

April 5 – Spirit of Harmony, River Rhapsody, Sounds of Superior, Heart of Wisconsin

April 6 –Twin Cities Show Chorus, Minnesota Valley, Center Point

April 12 – Vallee De Croix, River City Harmony and Acapella Express

April 13 – Fox Valley, Prairie Rose, Lake County, Red Cedar Sounds, Sound Cascade, Twin Forks, Zumbro Valley

(Please confirm the suggested rehearsal night dates above with Terri Calvert, Education Coordinator education@regionsix.org)

**THE CAPTIVATING PERFORMER:
 UNLEASHING YOUR EMOTIONAL
 PERFORMANCE POTENTIAL!**

This class will be sure to inspire and unveil the emotional giant in you as you toss fear aside and explore emotional intention and complete and unguarded authentic and expressive performance. Participants will be challenged to dig deeper into the emotional purpose of a song to bring its intention to life. We will explore traps/barriers to performance freedom, emotion as the originating source of a music and

expression, living in “WHYVILLE,” activation of emotion, characterization, the influence of character on visual planning and execution and the power in YOU as a life changing force. We will briefly explain the updates to the Visual Communication category. When we release and develop intentional emotional performance strategies, all aspects of performance will reap the rewards.

All workshops will be delivered FREE on Zoom. Workshops will be recorded and available for viewing after the live workshops. Mark your calendars now! March and April will be exciting months for education in Region 6.

**Tentative Regional
 Video Quartet Contest
 for 2021 Cancelled**

*Based on a message from
 Joan Boutilier, International President*

Sweet Adelines International considered holding a Regional Video Quartet contest in 2021, and sent initial, confidential information about this to Regional Management Team members. No official announcement was sent to the general membership. Due to ongoing concerns, the Sweet Adelines International Board of Directors decided to cancel this contest. For those who may have heard about these tentative plans and wondered whether the contest will be held, sadly the IBOD made the difficult decision to cancel.





Virtual Convention

April 16 and 17

Submitted by Terri Calvert

Tell us your story!

It is hard to believe that our in-person Regional Convention for 2021 has been cancelled AGAIN. Truly these are unprecedented times! But we are not going to let this get us down – that's right, we will do our best to make lemonade out of this sour situation!

Your Region 6 Management Team is planning a Virtual Convention April 16 and 17 on Facebook Live featuring all our wonderful quartets and choruses. We will showcase quartets on April 16 and choruses on April 17. We will also present longevity awards, sing and have fun!

This is your time to shine, even if we can't sing together on stage.

The Virtual Convention will shine the spotlight on each quartet and chorus in our region with a video/slide show that tells the world about you.

- How and why, you got together
- Why you sing
- Where you like to perform
- Your favorite songs
- What you are known for in your community
- Fun things you like to do together
- How your group meets the needs of your members and your audiences

Sound like fun?

What a terrific way to create a snapshot of your chorus or quartet to highlight all the value each group provides in your community and in the region.

Presentations need to be approximately three minutes in length. That sounds short, but you

will be amazed how much you can say and sing in that time!

Presentations must be submitted by April 3.

Start planning your presentation now! Talk with your members, find someone who can make a slide show, write your ideas on paper, look for pictures, video clips, audio recordings. Identify all your resources first, then start putting the presentation together. Get creative!

Region 6 will offer a Zoom class on how to put your story together on March 4 at 7PM.

Telling your story promotes your chorus or quartet **for performances and to attract new members**. After the Virtual Convention, you will have a marketing tool you can post on your website, YouTube, and Facebook. We **will** get back to singing soon and your group will be ready to rebuild with a great presentation to showcase your story.

A GIFT FOR
SWEET ADELINES!



Keep singing, Keep learning, and...

Sing, Baby, Sing!

*Based on a message from
Sweet Adelines International*

As coaches and educators, the late Sharon Babb and Darlene Rogers helped countless Sweet Adelines strengthen their voices and confidence using the craft and artistry of barbershop music. To honor their memory, Peggy Gram and Dale Syverson (co-creators of Sing, Baby, Sing! along with Darlene Rogers) have donated a free audio recording (.mp3 file) of Sing, Baby, Sing!: Blue Ribbon Vocal Warmups, Edition #1, to Sweet Adelines members.

Log in to the Sweet Adelines International website to download your free .mp3 file!
www.sweetadelines.com/education/sing-baby-sing



YouTube Finds for Virtual Education

Submitted by Heather Johnston
Director Fox Valley Chorus & Education Faculty

The Sweet Adeline website has some great videos for virtual education. In addition to utilizing many of those videos I have found some other resources on YouTube. Here are some of my favorite YouTube finds for virtual rehearsals (some of these can be found through SAI too). Check them out and enjoy!

Cheryl Porter Vocal Coach – she does some fun vocal warm-ups, my favorite is the 10 Minute Daily Vocal Workout!

Chase and Melia – a husband and wife team that have a wide variety of short videos.

Tara Simon Studios – How to expand your vocal range/sing better.

KHansenMusic – lots of great videos from Kathleen Hansen, director of the San Diego Chorus.

LornaJRKatz – Lorna sings with the San Diego Chorus and she has put together 6 Lessons on Music Theory. The range from 5-15 minutes long and are great for some basic's (the staff, notes and values, rhythms, key signatures, time signatures, etc.). I know it's not for everyone but it's in small enough doses, so it doesn't become cumbersome.

Anna-Lisa Glad – Anna-Lisa has some great Warm-ups 'Through the Decades!'. They incorporate both physical and vocal warm-ups and I love how she capitalizes on adding vocal when you're slightly winded from the physical.

Music Express Magazine – some fun dance videos.



Visual Communication judging category

Based on a message from Jana Gutenson
at Sweet Adelines International

What used to be the Showmanship judging category in Sweet Adelines, is changing in October 2021. It will now be the Visual Communication category. The change is being made to reflect a more contemporary Sweet Adelines, encourage greater creativity, clarify what the judging community values, and ensure an inclusive environment. The former split of Preparation (30%) and Performance (70%) will no longer be used.

The elements of the Visual Communication category will include:

- Musicality - the artistic, authentic visual expression of a musical performance
- Body Alignment (formerly posture)
- Stage Presence (formerly poise and command)
- Audience Connection (formerly audience rapport)
- Stagecraft - the umbrella for all the TOOLS we use for visual communication including choreography, costume, makeup, hairstyles, props, and non-singing moments (now includes entrance/ break/ exit and pitch pipe technique), staging, stage decoration, and lights



To allow for more creativity and freedom, the language surrounding the wearing of a crown during a Sweet Adelines performance has been modified.

Additional resources about the new category:

- [Judging Category Description Book](#)
- [video](#)



Open Division/ Entertainment Package

*Based on a message from
Sweet Adelines International*

The descriptors and criteria for the Open Division and Entertainment Package areas of contest have been updated and revised, effective October 2021.

With the amazing development and growth in competitor packaging, entertainment value, and creativity over the ten years since this category was introduced, the judges saw need and readiness for clearer direction and professional approaches in their judging and in competitor education.

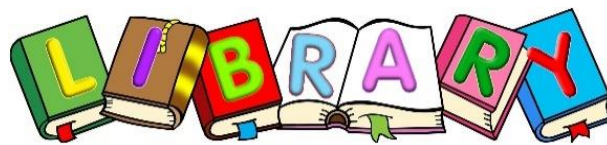
The criteria for these contests continue to be:

- Musicality
- Unity
- Planning (previously Theme/ Script/ Emcee/Microphone Tech)
- Creativity
- Audience Connection (previously Communication)

Additional Descriptors have been added: words such as “setting,” “story arc,” “pacing,” “transitions,” “blocking,” “staging,” and “stagecraft.”

Scoresheets for these contests have been revised but still contain a score for the contest song and a score for the entertainment area.

Additional details are available in the [JCDB](#).



Submitted by Bonnie Rust

The Region 6 library is a collection of resources in a variety of formats for reading, viewing, listening, study or reference. These resources are available to YOU! Make your request and turn your home into a resource library for 30 days!

In this issue, we are featuring Edition 6 of the “Sing, Baby, Sing! Series”.

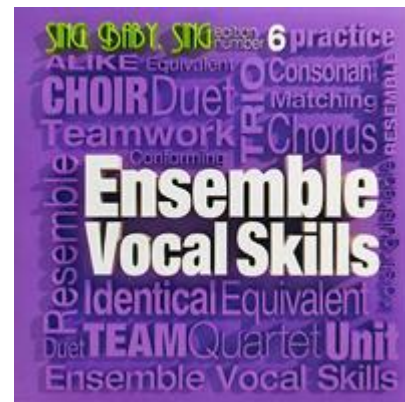
Relax Exercises

Breathing Exercises

Individual Exercises

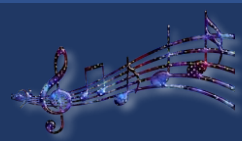
Pitch Exercises

Resonance Exercises



"Sing, Baby, Sing!" Edition VI "Ensemble Vocal Skills" is divided into two sections. The first half of the CD has three vocal exercises for lead, baritone, bass and tenor. If you sing them all then you will have warmed up your voice from high to low and will be ready to sing with your ensemble. The second half of the CD are exercises for ensemble for pitch, resonance, vowels and breath. When you have learned one part, switch and sing another.





Director and Arranger Certification Programs

*Submitted by Linda Wetterlin
DCP & ACP Coordinator*

Happy almost Spring - can't wait to put these freezing temps behind us!! We put the winter to good use with training arranged by Terri Calvert, Education Coordinator - thanks Terri!! In December we held two one-hour Music Theory Sessions with Kay Bromert, Certified Music Arranger and moderator of the Arranger Certification Program Committee. In February we had informative sessions with Kay on the new Song Assessment Tool & with Corinna Garriock, Certified Music Judge, on Music Selection. Check out the Teaching Resources button on the Region 6 website while logged in as a member - you will find recordings of Region 6 education sessions.

This month I had the opportunity to interview Lori Scott, Minnesota Valley Chorus and RMT member. Lori was the first Region 6 enrollee in the Arranger Certification program and just celebrated a year in the program.

How long have you been a Sweet Adeline?

Going on 15 years this Spring

Besides barbershop, what other music styles do you love?

Classical, Broadway, Gospel

Has any Sweet Adeline arranger in particular inspired you? How?

I confess I haven't focused much on who the arranger was for the songs I've learned to sing. I'll probably pay more attention now that I'm thinking more about arrangement. I do remember when my chorus switched to the Brent Graham arrangement of the Star-Spangled Banner. At first, I was mad because it's harder to re-learn a song than it is to learn it in the first place. But our director insisted that we learn it and once I learned the new one, I loved it far

more than the previous arrangement. I would never want to go back. I guess that was my introduction into the power of different arrangements.

What spurred your interest in arranging?

Way back in college (over four decades ago), I took a course in Music Theory and Ear Training (as a chemistry major!) At the end of the year, we had to write a small composition. Mine had a very simple melody, harmony and chord progression, with lyrics about love between mothers and daughters. I gave it to my mom for Mother's Day. That year of music theory really stuck with me. Years later, when I joined Sweet Adelines, I found myself wanting to analyze music for its chords and chord progressions. As a person intrigued by both science and art, I am fascinated by how these disciplines intertwine within music. Sound vibrations are described by the theories of Physics, Pythagorean tuning is an exercise in Mathematical ratios. And the combination of melody and harmony provide artistic beauty. What a perfect subject to study and apply to my favorite pastime.

Have you arranged any songs yet?

There was that little (non-barbershop) piece back in college. I've had a hand in revoicing a few measures here and adding an embellishment there. Very little so far. Ok, just this past week, I started my first barbershop arrangement. It's hard to stick to just the lessons and not give it a try.

If you could arrange any song from any era, which would it be?

The ACP program advises us to look for songs from the early half of the 1900's because they typically have the form and chords appropriate

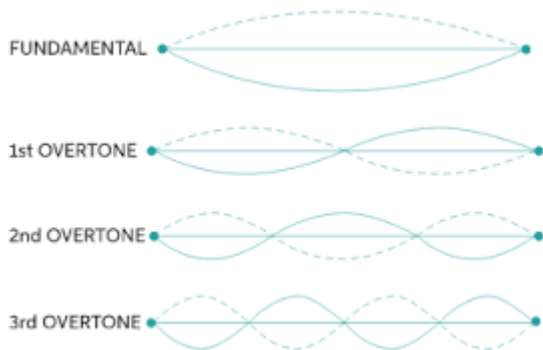




to barbershop arrangements so that's where I'm starting. I browsed through vocal sheet music in a second-hand store, looking for songs from that era with lyrics that seem good, and brought home several pieces. I wasn't familiar with any of them, but I settled on one with a lovely melody. That one will remain my secret for now. It was from 1945 and was the title song for a motion picture. I want to arrange hymns like Wonderful Grace of Jesus, as well as songs I remember my parents listening to like Andy Williams singing You're Nobody 'Til Somebody Loves You, or Everybody Loves Somebody Sometime. I'd like to do funny and clever songs like Sweet Violets. At my first Sweet Adeline Convention in 2007, I re-wrote the lyrics to Sweet Violets (it became Sweet Adelines) for afterglow night with a little help from my friends. Such fun!

What would you tell aspiring arrangers to encourage them to join the Arranger Certification Program?

This is a demanding yet rewarding program. There is a lot of fascinating material to learn. I found the lesson about overtone patterns particularly compelling. I have never been one



who heard overtones 'screaming' during rehearsal. But now that I understand them better, I practice hearing them on the piano and since I now know what I'm expecting to hear, I listen more specifically and some of those notes are just about 'screaming'. It's amazing! And it turns out that our most important barbershop chords are based on the notes that appear in the

natural overtone series. No wonder they sound so good!

Thanks to Lori for sharing and good luck to her on her Arranger Certification journey!

As always, if you have any questions about either program, email or call any time.

Linda Wetterlin

scrappin.bari@yahoo.com

651-216-7670 mobile/text

Diversity, Equity, and Inclusion

From the [SAI website](#)

“Sweet Adelines International openly recognizes our racist history, a past that saw the organization ban membership for women of color from 1958 to 1966. It is an ugly truth we acknowledged at our 2016 convention, and since then we have worked — in videos and in The Pitch Pipe — to educate our members about this truth and how we are working to use the history as a catalyst for our inclusion and equity work of today. We believe it’s important to be clear about what happened in the past, because racism and discrimination were unacceptable then and they are something we will not tolerate now.”

Songs that have already been evaluated using the new Song Assessment Tool are listed in the [Song Evaluation Database](#).

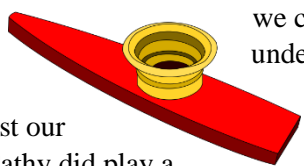




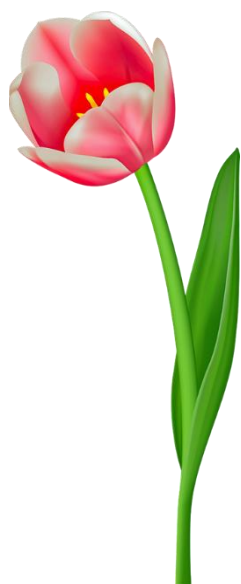
Heart O'Wisconsin

*Submitted by Ann Wegner
Team Leader*

After encouragement by Susan Krisnik and talking with our two Directors, Mary Castner and Cathy Heuer, Heart O'Wisconsin Chorus decided to try a Zoom rehearsal. It was nice to see each other, but the rehearsal was not pleasant. The internet connections made the rehearsal recordings sound like a chorus of kazoo's and not the words nor the notes, so lost our in the music. Cathy did play a sections on her keyboard, and that started an idea. The solution was to hold double sectionals with Cathy playing the parts on the keyboard. So now every week two sections rehearse, switching the next week to the other two sections. It has given us something to look forward to, encourages us to keep in the game, and when we are able to rehearse in person the music will not be quite so cold. Since not everyone has internet, attendance has been 55-65% of the members. We are glad for this amount and try to keep in touch with everyone via US mail and phone calls.



we could understand hear places few



Sounds of Superior

Submitted by Sharron Kershaw

It's -30 today so it's a good day to sit by the fire and write. 2020 was a bumpy year but there is a feeling of so much optimism for a much brighter 2021. With lockdowns improving our Covid numbers and the promise of vaccines we are in good shape to be sharing the risers sooner than later.

From the very start of this isolation, we have stayed connected with incredible support from our director and music team. We are very fortunate to have a zoom genius in our midst, magically creating cyber rooms for us to work with our section leaders, choreography team and even PVI's with our director. So far, we haven't lost anyone in cyber space so that's a good thing. We also enjoy a "coffee and conversation" during the week to visit and chat with our "sisters".

The Corona virus has changed how we work, learn and even how we interact. We have been forced to slow down giving us time to reflect on what's really important... and that's people. Unfortunately, Covid won't be over tomorrow but we can protect each other by staying apart.





Sound Cascade

Submitted by Mary Remmark

Sound Cascade Chorus has been keeping in touch through Zoom meetings every Thursday night. We have enjoyed practicing various old and new songs using CDs played (during our zoom sessions) by our chorus practice leader, Lerae. We have enjoyed the fact that various members of the River City Harmony Chorus (Yankton, SD) have joined us on our zoom sessions. We also have been using our zoom time to receive vocal education through the videos chosen by our director Dave. We appreciate all that the Region 6 leadership has done to provide us with educational and entertainment opportunities during this pandemic time.



Doreen Rollag with her S.A.L.L.Y. award.



Jerralynne presents flowers and balloons to Doreen.

During September of 2020, we held a celebration for Doreen Rollag. Of course, masks were worn, and social distancing was observed as we celebrated Doreen's 95th birthday. The chorus presented Doreen with our S.A.L.L.Y.



Dawn Webb presenting S.A.L.L.Y. award to Doreen Rollag

award for the many years that she sang with our chorus. Doreen was a charter member with the Sioux Falls Sweet Adelines (now known as Sound Cascade.) As a faithful baritone, Doreen served many roles in our chorus including being the pitch pipe blower for many years. She recently decided to resign as an active chorus member. She will be missed by all who appreciated her gentle, kind personality as well as her singing voice and her participation in many chorus activities.

We are saddened to announce the death of Jodi Stitt. Jodi (Mary Jo Karst Stitt) passed on January 30, 2020 after a courageous battle with



Jodi ready to perform in our anniversary show.

cancer. Jodi was a charter member and served as the first President of our chapter. She sang lead in Sound Cascade Chorus. Jodi also sang with the Chordial Aires in Mesa, Arizona and with the choir at First United Methodist Church in Sioux Falls, SD. She spent winters in Mesa with her husband Darrell. Jodi was extremely involved in our chorus doing many activities such as leading physical warm-ups, conducting



Jodi leading our installation ceremonies

the installation of our officers' ceremonies, and serving on the costume (make-up) committee and other chorus committees. Her beautiful

voice, creative spirit and infectious smile will be greatly missed by all who were blessed to know her.



Jodi performing and loving every minute of it.

Minnesota Valley

Submitted by Melissa Sailor



At our Christmas gathering, we played Reindeer games, sang some carols, and even did a scavenger hunt. Coping with the virtual world as best as we could. Until we can be together again. This year we mailed each other a festive Christmas card with our favorite recipe inside to share.



ZOOMING WITH SPIRIT OF HARMONY

Submitted by Judy Weipert

Who knew taking roll could be so much fun? Spirit of Harmony Chorus has been having weekly Zoom rehearsals since March and working hard to stay connected. We are singing every week, and doing physical and vocal warmups, but more importantly we are laughing and having fun. One of the things we look forward to each week is our “roll call.”

We have found out a lot about our members through roll call, and some of my favorites were...

- my most interesting or worst job
- my favorite one liner joke
- silly book titles
- favorite TV show as a kid
- favorite way to relax
- what song best describes you

- why do you sing – This one was memorable because we each wrote down a reason we sing and held up our answer in our zoom window while our recording of the song “Why We Sing” played in the background.

What are your answers to our roll call??

What song best describes you?





Virtual Adventures with Spice

Submitted by Spice

First and foremost, we want to say a HUGE thank you to our Region 6 RMT for putting together the amazing *Glow of the Northern Lights – Afterglow Party!!* We can only imagine the amount of work that went into creating this virtual event. We sure had a blast and are so grateful for your time and effort!! Thank you!!

A year ago, some of us had heard of Zoom. Now pretty much everyone knows what it is and how to use it. And it seems that Jamulus is not far behind... at least in the barbershop community. We've jumped on that movement for our virtual rehearsals and are having a GREAT time! It did take a bit to get us all set up with the right equipment, and it's not perfect (there is some latency), but we are just thrilled to be able to sing together on a regular basis! Plus, it's fun to feel like a recording artist with our mics and headsets!

We're always looking for ways to *spice* things up around here, and we invite YOU to participate in our next virtual adventure! We are planning a series of Mystery Interviews live on our Facebook page! You may have caught our first one on February 10 with Scott Kvigne, and we plan to continue with one each month. Mark your calendar because our next one is March 17th. Make sure to like our [Facebook Page](#) so you can stay in the loop with the details and join us live to ask your own questions! Not on Facebook? No worries! You can watch our mystery interviews on our [YouTube Channel](#) after the fact. Send us an email or a Facebook Message letting us know who you want to hear from, and we'll see if we can line them up for an upcoming interview!

We sincerely hope you're all staying well and finding your own ways to stay connected.

Live life with a little Spice!

Angela, Heidi, Liz, Jan

Email: QuartetSpice@gmail.com

Facebook:

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

YouTube:

<https://www.youtube.com/channel/UC4O6JEZgbYn1m8daDHqaf8g>





Twin Cities Show

Submitted by Merrilee Spaeth

Hello from the Twin Cities Show Chorus!

We hope all of you have been staying happy and healthy during the holidays and the ‘chilly’ winter cold snap, while still enjoying some great physical and vocal ‘warm’-ups during your chorus rehearsals!

TC has kept fairly busy the last three months, with activities that have included two annual fundraisers - our holiday Poinsettia and our spring flowers sales (currently in progress until March 16th – check out our website). We also produced our first-ever Christmas Card recording, had a fun virtual holiday party, then took a couple of weeks ‘vacation’ during the Christmas and New Year’s holiday. Since returning in January we have been working on some new music, enjoying some ‘music theory’ education from our director, Denis Allaire, and planning for the return of ‘live’ rehearsals and performances - hopefully in the near future.

TC’s Christmas Card Recording



‘Santa’ (with a French accent) Denis

TC decided to try our hand at recording a special holiday greeting this year – a reading of “’Twas the Night Before Christmas” – and include a selection from

one of our joint holiday concerts with the Minneapolis Commodores. Most of us participated in the reading, with each person taking a portion of the poem. Needless to say, it took us about eight tries, but we had a lot of laughs along the way! It wasn’t perfect, but we learned a lot and hope to do some more recordings in the future!

TC’s Holly Jolly at Home Holiday Party!

Our virtual holiday party consisted of our own background decorations, favorite ‘finger food’ and beverage, a holiday hat-themed contest (Most ‘Sparkly’, Best Themed and Wackiest categories), several games - Guess the Song (hummed holiday tunes), The Price Is Right (TC style), and a “12 Days of Christmas” sing-along (with our own hand-drawn flash cards). We also watched and listened to the Christmas Card we



The Price is Right game

had created the week before, and wrapped up the evening (literally) by decorating ourselves as presents with wrapping paper, bows, etc. What a fun substitute for our annual holiday party at Mancini’s in St. Paul.

Because of the current restrictions we are not able to hold our annual Spaghetti Dinner – usually held in February or March - so we had a Mardi Gras rehearsal night instead. Check out some of the ‘celebrants’.



The Region 6 ‘Afterglow’ was awesome, and we are looking forward to more of the special classes and presentations our region is planning. Many thanks to the RMT for all their hard work!

Keep singing and have a happy winter and spring! ...Your TC friends



Fox Valley

Submitted by Vicki Krause

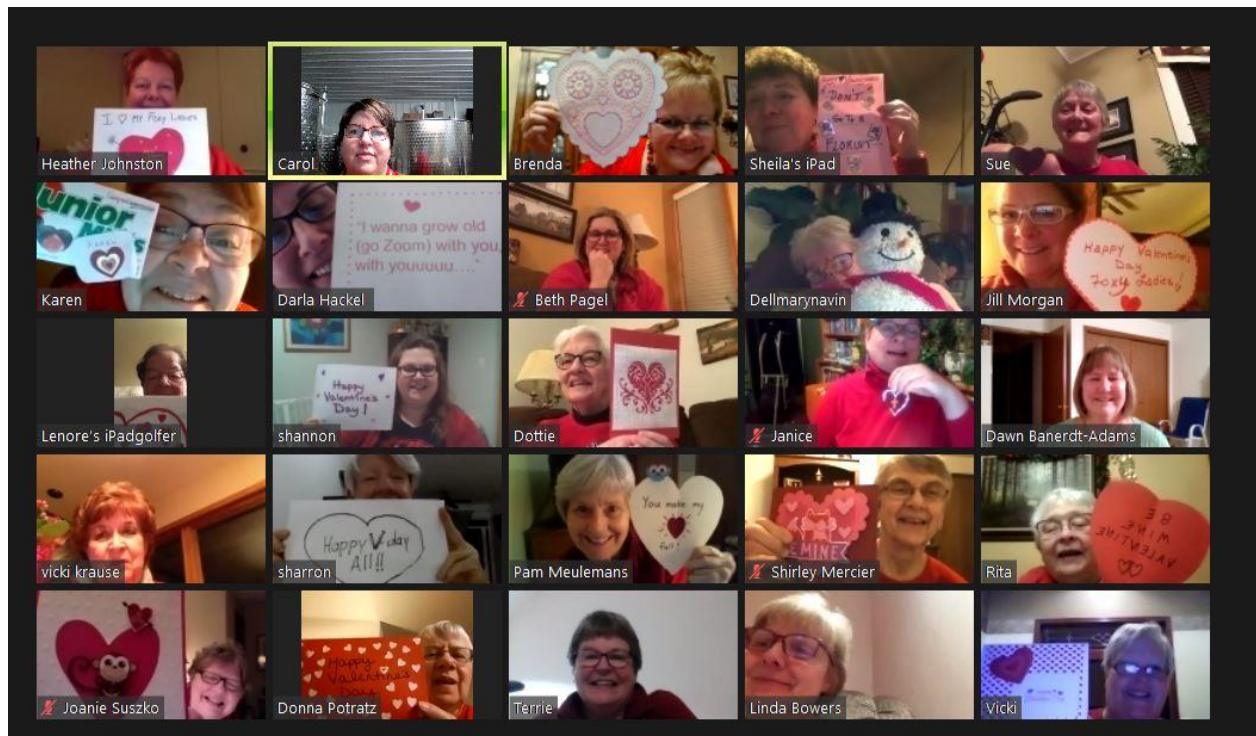
The Fox Valley Chorus continues to persevere through these trying times by connecting through regular rehearsals through Zoom! We are hopefully looking forward to the time that we can all be together singing and dancing on the risers! Until then – everyone is doing their very best to keep motivated and connected. One of our longtime chorus members, and awesome member of our excellent bass section, Karen Newhouse, shared some of her thoughts and feelings with our chorus members in the following article. We thought the rest of you would enjoy hearing what Karen has to share:

“During this pandemic, many musical events have been canceled. Rehearsals have not been allowed, especially for singers. For us who sing weekly, preparing for show performances and competition, Fox Valley Chorus and 8000 women around the world, have had to stop singing together. The Sweet Adeline organization informed us of how we could

spread the virus by singing, so we accepted this “hold” to keep everyone safe, especially for each other and our loved ones.

The sad thing in the beginning was missing the joy and positivity of how music makes us feel. For me, I began to miss the exercise we get. You may not think of singing as that, but it’s a huge part of vocal production. I have rheumatoid arthritis and fortunately, I remain in remission. My doctor said that my attitude, and the activity that my hobby of singing has been, are the best medicine for me.

As most people have discovered after having to do virtual school on laptops and desk computers, our group also found that we could meet via Zoom meetings. Our Tuesday rehearsal nights had remained open. We received emails about the music we could be working on, so that we could keep up. With everything going on in our daily lives, it was not first on our list of things to do. Once we started to see our “sisters in harmony”, laugh, and catch up, and just be together, the positive feelings came back. I admit we sat in our easy chairs and didn’t move





around as we would on the risers, but to hear how everyone is dealing with Covid-19 looming over us, and so many affected in some way or another, we could feel like the family we are. We were not alone!

We recently had an excellent session with a fellow Sweet Adeline member, qualified in motivational speaking. She helped us to see that this is just a detour in our lives; that our in-person rehearsals and performances are still there, waiting for us to return; and that we might even see and learn things on our detour that we never would have known if we had never had to go in another direction to get where we want to be! This is all temporary. That also pertains to our daily lives outside of our chorus.

As I said, singing is healthy. Today we do vocal warm-ups, breathing exercises and techniques, and some physical warm-ups to get us out of those easy chairs. Our director, Heather Johnston, is very clever, super organized, and open to suggestions as to what we can do to not fall away from our craft. We make mistakes, and this new technical world doesn't always go smoothly, but we are human! To laugh together feels so good. To laugh at ourselves is even more healthy. Our attempts at movements of choreography aren't the same, but just trying is better than not. Our goal in singing is to produce a quality sound, and to focus on including our audience in the message of the song. And above all, have fun doing it!



So, remember that singing is healthy - mentally and physically! Soon we will be rehearsing and inviting women who would love to be part of our medal winning chorus. I guarantee they will enjoy the ride and feel healthier while doing it. Put that radio on and sing along. It feels good!"

Our chorus has been inspired by Karen's message and her beautiful writing skills, and we hope our sisters throughout the Region feel the same! Thanks for sharing, Karen!

Lake Country

*Submitted by Sandy Bergersen
Proud Director of Lake Country Chorus*

I used to zoom with my kids, grandkids and great grandkids with those match box cars. Little did I know I would be zooming with my friends as an adult as well!! And now think what would we do without it?? Making zoom meetings interesting, educational and fun has been a challenge. Between bingo and points games and going to separate rooms for sectionals has been quite an adventure. One of our members has been managing to keep us all together. I plan and she works her magic for us to go on a weekly journey.....thank you Helen!!

We have watched several international chorus performances....vocal warmups from different people and we had our own Mary Dick with us as well. ❤️ We have had a great time lately with Theresa Weatherbee too! So



many new ideas for us to apply. Staying together is our most important goal! I love seeing all of my chorus on zoom and can't wait to see them in person....what a

great time we will have. 👍 In the meantime we will continue to zoom and as hard as it can be sometimes not to hear them sing, I can hear them j just looking at their smiling faces! 🎵 😊 I love that!!



Prairie Rose

*Submitted by Robyn Nadvornik
Director Prairie Rose Chorus*

Like everyone else, the Prairie Rose Chorus continues with zoom each Tuesday night. We have tried to incorporate fun things every once in a while, just to change up what we do and get everyone excited to join the meeting. At Christmas time, we did a virtual Christmas party and showed everyone around our houses to see our decorations. The beginning of February we had a talent show. I took it quite seriously and prepared a bassoon solo and found out that talent



can be understood in many different ways. Most everyone shared their talent a bit differently. We found out that most everyone is pretty crafted as we viewed quilts and a huge assortment of crafts. We also had some readings that were super fun to listen to. Most of all we were able to

connect on a new level as most of us didn't know that she did that. It was fun to learn more about each other.

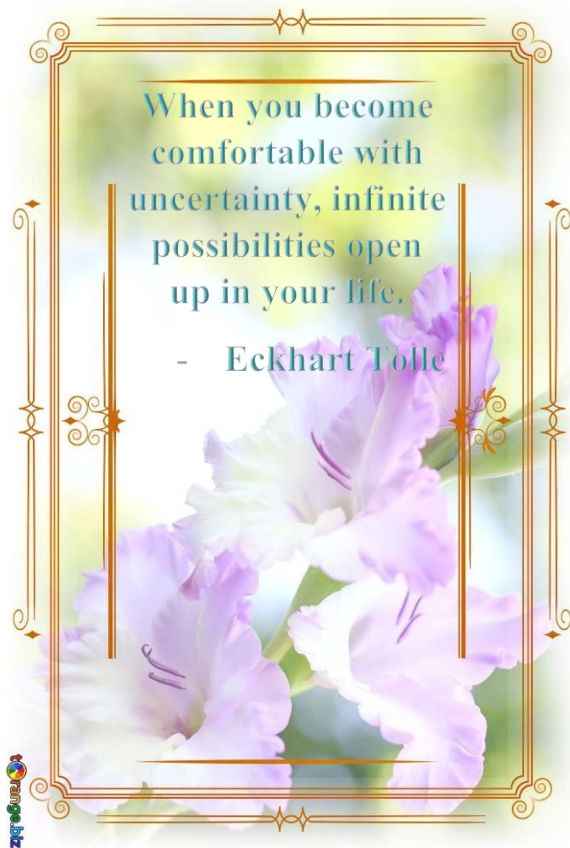
We continue to sing by virtue of learning tracks and YouTube videos. We also use the warm-ups that are on the SAI website and are learning new ways of moving. Learning the Locomotion has been great. If we could remember everything by memory it would be even better! Next, we are going to tackle choreo for our competition songs. We have also been using this time to work on things like facial expression while wearing a mask! Working on getting our whole face into what we sing.



We are looking forward to warm temperatures so that we can be back to outdoor rehearsals. It was

great going through last summer being able to gather outside and sing and can't wait to do it again! As a director, I can't wait to see how much they know! We are also starting to talk about whether or not we can have a fall show. We also look forward to being able to have coaching face to face.

Hopefully we are all entering a new season of what rehearsals will look like and hopefully it means we can start being together again. Keep singing, no matter what!



When you become comfortable with uncertainty, infinite possibilities open up in your life.

- Eckhart Tolle

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