



Regional Measures

Summer 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

MOLLY ROBERTSON - MARKETING COORDINATOR

CAROL MORGAN – CANADA LIAISON

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



Judy Weipert is our 2021 Shining Star!

To see a description of Judy’s accomplishments and contributions, please go to the [Region 6 website](#).



Upcoming Events



4 Jun	Faculty meeting
23-24 Jul	Sweet Adelines Summer School with Peggy Gram (virtual)
17 Aug	Back to 50's Show - TCSC

For event 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 Leader Update

*Submitted by Susan Krisnik
Region 6 Team Leader*

Region 6 is going strong! With amazing classes by Erin Howden, fun Virtual Quartet and Chorus Conventions, and now... the possibility of singing in person!

But first...

I am so pleased to introduce two new RMT members:



Molly Robertson - Marketing/PR Coordinator

Molly has been a Sweet Adeline since 1989 and has sung with Forest Lake, Twin Cities, and City of Lakes choruses. She has been on the Board of Directors, Show Chair, Secretary, Music Team (as section leader and coordinator), Webmaster, and Visual Team. She has been in the quartets Star Burst!, Carillon, and City Sound. Her vision is creating a brand for our region that will make us even more visible to our SAI community and our regional communities to attract more members and performance opportunities for our regional choruses. She says, "My strongest qualities are my interpersonal skills that include communication, problem solving, listening skills and decision making. I love working within teams because I

love the value and input that others contribute. This allows me to build the right resolution or idea to build off from."

Carol Morgan – Canadian Liaison



Carol is the (recent) Past President of Sound of Superior Chorus. She is a retired Executive Assistant for a large health care organization in Thunder Bay. She began her Sweet Adeline journey in 1980 as a baritone and she now sings bass. She has served on the Board, Music Team, Section Leader, Show Chair, Chorus Newsletter, By-laws Chair, Webmaster, Young Women in Harmony Coordinator, and developed the handbook for new members, job descriptions for each standing committee and position. She has served as the Regional Young Women in Harmony Coordinator. She helped develop the YWIH chorus called the A Cappella Angels and coached a girls quartet, Torta Nova. She sang in several quartets including The Humdingers, Sterling Ring and now Signature 4 (since 1994). Her skills are leadership, communication, and computer skills. She likes to explore new ideas and learn new things. Her hobbies are singing (of course), painting, and spending time at her summer home fishing, reading and gardening.



Welcome to the RMT, Molly and Carol!!

Now, about that singing in person business...

SAI and the CDC are giving us guidance on how to safely return to in-person rehearsals. That issue is addressed in this Regional Measures. I would like to add to that information and advise you about doing it with grace and patience.

In our choruses we have a few members are not ready for in-person rehearsals and THAT IS OK.

We have members that cannot get the vaccine (due to allergies or other reasons) and THAT IS OK.

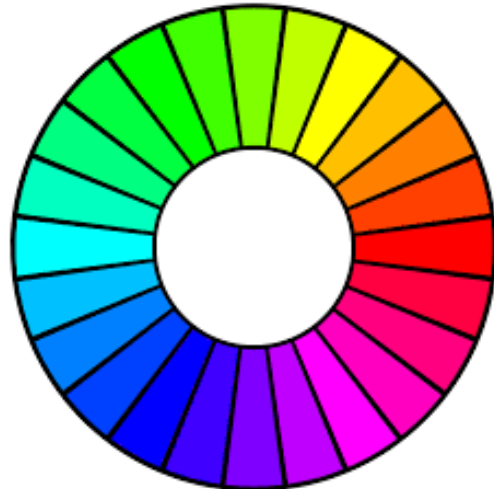
We have members that are not comfortable to attend yet due to health reasons and THAT IS OK.

For those members who are not able or comfortable attending in-person rehearsals, we **must continue** to offer Zoom (or other ways for all to be included). **We cannot exclude anyone.**

The Twin Cities Show Chorus had our first in-person at a park on Tuesday, May 18th and I was able to use my phone to create a hot spot (internet connection) for my computer so that the rehearsal was on Zoom for 4 of our members at home (we had 20 in-person). The next week we were able to meet at our normal church location. We will wear masks, social distance and continue to Zoom to our members at home as long as needed. We actually may continue to Zoom each week for those members who cannot attend for any reason and for all when the weather gets bad – no more cancellations in winter!

Another reminder that when we are at in-person rehearsals, we must create a **Judgment Free Zone** where it is OK to wear a mask or not wear a mask, still social distance, or not attend at all. Most of all, be respectful of everyone’s preferences and decisions. These are still scary times for everyone.

We are getting back to “normal” and as Sweet Adelines, that means getting back to the business and the joy of singing...together!



Marketing Coordinator Update

*Submitted by Molly Robertson
Marketing Coordinator*

We’re Back Campaign!

Region 6 would like to celebrate the return of our Choruses back to in-person rehearsals and sharing our beautiful music with our community and friends!

We will be beginning our We’re Back campaign in June as the region begins this transition. The first step is to choose a color for your chorus! You may ask, why a color and what for? The region designed a shirt that will be available to order in your specified color. We are asking each chorus to send us a picture of your chorus in your shirts when you are back together. Then when we are back together for Regional next year, we are planning for a mass picture in our shirts.

Stay tuned for more on our campaign.



**CONGRATULATIONS TO
NORTHERN LIGHTS REGION 6
WOMEN OF NOTE 2021**

Women like you make our choruses and the region strong.

“Thank you for your spirit, dedication, and service!”



Linda Hohertz
Acapella Express



Mary Lou Peplinski
Center Point



Bonnie Plumley
City of Lakes



Shirley Mercier
Fox Valley



Mary Mitchell
Heart O' Wisconsin



Marla Johnson
Lake Country



Molly Reinemann
Minnesota Valley



Connie Christensen
Prairie Rose



Marion Zwiefelhofer
Red Cedar Sound



Mary Ulrich
RiverCity Harmony



Byrdi Naasz
River Rhapsody



Mary Ann Hofer
Sound Cascade



Carol Morgan
Sounds of Superior



Lori Harms
Spirit of Harmony



Terri Calvert
Twin Cities Show



Anita Whalen
Twin Forks



Brandon Galbraith
“Person of Note”
Vallee de Croix



April Horne
Zumbro Valley



Returning to Rehearsal

*Submitted by Linda Rubis
Membership Coordinator*

Things are looking up. Are you making a plan to get back to chorus rehearsals in person? Sweet Adelines International has provided information, tools and forms to use with recommendations to keep your members safe. There is a lot of information on the SAI website, here is the link to the page with all pertinent information. [Back to Rehearsal Resources | Sweet Adelines](#) You will need to sign-in as a member to access the page. A recent letter from SAI sent to each chorus President/Team Coordinator and Director and to every member providing access to this information and it is worthwhile to review the documents.

Every day the CDC is updating information and each state, county and city are preparing to get us back to our real lives. It has been a challenging 14 months, but we have persevered, stuck it out and it made us stronger. We have learned new skills that will be useful in the future. We have connected in more ways than you can imagine and learned more about each other than we ever would have standing on the risers. We have even connected more in the region through Zoom meetings on a regular basis and have shared ideas, skill asnd got to know members from afar like we never could before. These are tools that will continue to be useful. We were even able to participate in Education classes with many guest faculties from afar and saving money along the way. Region 6 has offered more Education to more members who may have never attended regional Music Schools.

We know some choruses have already restarted in person and you can too. Just get your plan together so your members feel safe. There is a lot of information available online,

on television news etc., check it out so you are completely informed.

Good news, today May 13, 2021 the CDC lifted the mask restrictions for anyone fully vaccinated, in any setting, except where required by federal, state, local, tribal, or territorial laws, rules, and regulations, including local business, workplace guidance and public transportation. Unvaccinated are still to wear masks to protect anyone around them.



The light is getting closer, and we have stayed safe and persevered through the most challenging time of our lives. Be strong, be informed and stay safe. We will see you in person soon.

Send your management team updates

Be sure to enter your new chapter officers into the Sweet Adelines International website under [Manage Membership > Chapter Portal](#). Send a note with your updates to [Lori Scott](#), Region 6 Communications Coordinator, for updating our Regional Directory and mailing lists. An updated Regional Directory will be posted with the updates you have provided. If you have not yet sent your updated information, your previous information will be used.





Region 6 Library is Closing

*Submitted by Bonnie Rust
Region 6 Librarian*

The Region 6 Library has been a collection of resources for reading, viewing, listening, study or reference for many years. The region purchased these resources to give everyone the opportunity to borrow from the library for free. Our goal was to provide education and entertainment in your own home. We have succeeded!

The time has come to close the library. Many resources are now available on you tube and of course you can Google anything you might be interested in. There are also Facebook groups for Sweet Adelines where you can find a wealth of information and education.

As a result of closing the library, we will have a sale on many of the products. Check out the library page on the website to look at what item(s) you might be interested in. The library product list and sale prices will be available and sent to everyone sometime in June.

Thank you for utilizing the library through the years. I've met many of you through the mail of sending products back and forth. Keep singing and use education in all things to further your learning and appreciation for barbershop harmony and Sweet Adelines International. See you on the risers!



*Submitted by Lori Scott
Communication Coordinator*

If your chorus uses HarmonySite to manage your website, you already know what a great service they offer to manage membership, email, song libraries and, of course, your public-facing chorus website. An added benefit is that there is an inter-connectedness between the Region 6 website (also using HarmonySite) and chorus websites using HarmonySite. When a chorus gets a new member, and enters all her contact information, it is automatically there for the region. All she needs to do is request a password to the Region 6 Member area and she is ready to go without having anyone needing to re-enter all her information. There are ways to post events for region and chapter. Another benefit to using HarmonySite is their prompt and helpful customer support.

Many choruses in Region 6 are using HarmonySite. If you are using another website service, but are considering a change, please look into the benefits of HarmonySite. They cater specifically to singing groups and provide an excellent service. See what they have to offer at <https://www.harmonysite.com>.





Learn Music Faster Change Up Your Personal Practice

Submitted by Terri Calvert
Region 6 - Education Coordinator, Faculty

As an adult learning and development professional for over 40 years, I've always been keenly interested in how to help adults learn faster and apply what they learn more quickly. In my business career, managers always want their people to learn new information, skills, processes, and systems with no downtime or lost productivity.

In Sweet Adelines, our choruses and quartets want fast learning too. We have performances, shows and contests to prepare for and it always seems to take too long to master new material.

Here are some tips to learn music faster.

- Change up your practice routine
- Put some time between each practice session

Personal practice is always needed to learn new music and we all have our own way of practicing. The key to getting the most out of your personal practice time is to *not practice exactly the same way each time* – **change your routine.**

I have used this technique for years in teaching new skills. Skills were used in different scenarios and for different durations to build proficiency. A study from Johns Hopkins University School of Medicine found that “when practicing and learning a new skill, making slight changes during repeat practice sessions may help people master the skill faster than practicing the task in precisely the same way.”¹

¹ Current Biology, Motor Skills Are Strengthened through Reconsolidation, by Nicholas F. Wymbs,

Johns Hopkins researcher, Pablo Ariel Celnik, M.D. found that participants in his study who practiced with slightly different conditions in each practice achieved as much as a 50% improvement in skill performance compared to participants who practiced the same skills the same way for the same number and duration of practice sessions. **Impressive!**

Change it up

What does that mean for you? When you practice, don't just sing the same song over and over (at least 3 - 4 times) beginning to end. Use these techniques instead:

- Break the song into pieces - focus on just one section of the song at a time (intro, verse, bridge, tag)
- Vary the speed - sing faster or slower
- Add a visual element - sing with the sheet music
- Take away the visual - sing from memory with your eyes closed
- Imagine yourself as part of the chorus- sing with the learning track in four parts
- Imagine you are duetting with a friend - sing with learning track with a different part
- Perform as you would on stage - sing with rehearsal recordings
- Evaluate yourself - record yourself singing and play it back while checking your notes on the sheet music
- Change your environment - sing in a different room
- Change your position - sing standing up, sitting down, walking, doing choreo

Amy Bastian, Pablo Celnik, Published January 28, 2016



- Integrate vocal and visual – watch yourself singing in a mirror

Each time you make a *slight change* it engages your mind in something called reconsolidation. Reconsolidation is a process in which existing memories are recalled and modified with new knowledge. Each time you practice and make the conditions a little different, it engages reconsolidation and helps you learn much more quickly. The key is to make the practice slightly different each time and not to have the next practice too soon.

Give it some time

The Johns Hopkins researchers gave the participants in the study a six-hour gap between training sessions, because [neurological research shows](#) it takes that long for new memories to reconsolidate.

So, practice slightly differently each time, wait at least six hours and practice in a slightly different way again. Science can help you learn faster and better. Personal practice will be more fun when you change it up and see the results.



VOCAL EXERCISES FOR YOUR PERSONAL DAILY PLAN

*Submitted by Mary Dick
Region 6 Faculty*

" As we look forward to singing together soon, we will want to be vocally ready. Spirit of Harmony chorus requested a vocal warm-up visit including hand-outs for a personal plan. Judy Weipert thought it would be good to share them with the whole region.

Vocal exercises are many and varied. These are a few of my favorites gathered from past teachers, seminars and books for you to enjoy. Remember, you only need to practice on the days that you eat."

1. PHYSICAL PREP/ BODY ALIGNMENT:
Relax neck – look left & right/Do shoulder rolls forward and back/Relax jaw/ If sitting-sit tall and forward in your chair/Check body alignment when standing by taking 3 steps backward – body will naturally align.
2. BREATHING EXERCISES:
 - a. Breathe in through the nose slowly/exhale out the mouth with a quick “huh”/relax and repeat. You can also inhale via the nose slowly and exhale slowly with a “hiss”.
 - b. Stand erect, allow your arms to hang limply, then bend over at the waist while exhaling all breath. Straighten up into good singing stance, but do not inhale. Then consciously release the frontal wall and at the same time open the mouth with a relaxed jaw and inhale as if surprised. If you feel the air fall into you with a sudden spreading sensation at the base of the rib-cage, you are experiencing a full, low breath.



3. PHONATION/ RESONANCE/
BREATH EXTENSION:

- a. Bubble/lip trill or sustained “V” – these are always safe and do no harm.

Do octaves and fifths – the melody or whatever. Arpeggios – 1-3-5-8-5-3-1. Use a straw – breathe in through the straw and hum into the straw using the octave arpeggio or patterns of 1-2-3-4-5-4-3-2-1 or 5-4-3-2-1.

- b. Breath in through the straw and hum a pattern of 1-2-1-7-1-2-1-7-1. (Note: the 7 is the note BELOW the 1) Repeat without the straw. Breath in thru the nose and hum the above patterns. Then do them using an ‘oo’ vowel.

If taking a mouth inhalation, breathe with a relaxed open throat – i.e. a pre-yawn /a pre-sneeze or as if about to take a drink. Remember – no noise on the inhalation.

- c. Hee-Ah Exercise. Good to control the air and maintain the vocal line. Sung in the low middle range, lightly, as many times as possible on one breath without allowing the chest to cave in. Hee – ee – ah-ah – ee-ee-ah-ah-ee.....trill between 1 and 2 (i.e. C & D)

4. FLEXIBILITY/VOWELS/THE
“BREAK”/ONSETS/FOCUS

- a. Kee-Kay-Kah-Koh-Koo Exercise. Start on any pitch and rapidly do all of the vowels on the same pitch moving up – i.e. 1-2-3-4-5 and then back down. Do all of the vowels on each step on one breath going up/ breathe and return down on one breath. This is a staccato exercise.

- b. Mee- Ah Exercise. A legato/staccato exercise. Pattern of 1-2-3-4-5-5-5-5-4-3-2-1. Carry the Mee up (legato) changing to Ah on the 5 and switching to

staccatos (with no air escaping) and changing back to legato on the last 5-4-3-2-1.

Think in terms of rapid 8th notes.

- c. Onsets. To the count of 5 (holding the 5th one) sing an E vowel on the same note using short, staccato sounds – don’t breathe in between – e-e-e-eeeeee. Take care not to use a glottal attack. Repeat rotating between e and ah – i.e. e-ah-e-ah-eeeeee.
- d. Vowels – sing thru all of the vowels on one note – EE –AY-AH – OH-OO. Hum into your best vowel then float into the others maintaining space/place – and face. Don’t forget to think ‘smile’.
- e. Slides thru the “Break”. This varies with the individual as they move from one register to another. Often it occurs around D-E and F. Using an OO vowel to start, do slides from 5 down to an EE on 1 then slide back up to the OO on 5. Reverse the pattern and start with the EE on 1 and up to the OO on 5 and back down to the EE. Do these in the mid-range from B flat below middle C and up to G above middle C
- f. Zing, Zay, Zah Exercise – (5-5-5-4-3-2-1) Do all three on the 5 carrying the zah down legato on the 4-3-2-1. Work up or down in ½ steps.
- g. Thee-Thah Exercise. This coordinates the action of the tongue and jaw and provides a feeling of lifted cheeks and inside smile. The tongue rests gently on the lower lip. The pattern is a feeling of triplets using 5-6-5/4-5-4/3-4-3/2-3-2/1
Thee/thah/thee/thah/thee

5. APPLICATION

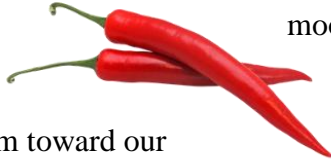
Sing! Apply the above exercises to your favorite songs whatever the genre. The bottom line – just sing for the joy of it.

Spicy Quartet Challenge

Submitted by Spice

Yep! We're bringing it back!! Hooray!!!

Many moons ago, we had great



momentum toward our goal of doubling the number of competing quartets at our regional competition. Now that there's real hope of an in-person competition in 2022, it is time to rebuild that momentum! We invite YOU to attend Regional Competition in 2022 as a member of a competing quartet!

If you're in a quartet, but you haven't competed recently (or ever) make this the year that you do!

If you're not in a quartet yet, find some friends, and give it a go!

To achieve this goal as a region, we can't just talk about it, or wish it to happen. We have to make a plan and Take. The. Steps! Let's all encourage one another to step outside our comfort zone to DO IT!

For those less familiar with the process, here's a high-level breakdown...

1. Find your quartet-mates.
2. Register your quartet with Sweet Adelines International.
 - a. You'll receive information on how to register for Regional when it's time.
3. Pick two competition songs.
 - a. SweetAdelines.com may be good places to start.
4. Get some coaching.
 - a. If you're not sure how to find a coach, ask your director or

section leader for help/suggestions.

5. Find a lovely, stage-worthy, comfortable costume.
 - a. Macy's may be a good option.

**Follow your area's safety guidelines and respect your own and your quartet-mates' comfort level when it comes to singing in person. We are all in this together.*

If you have questions or just need a little extra encouragement, let us know! We'd love to help in any way we can...

quartetspice@gmail.com

Live life with a little Spice!

Angela, Heidi, Liz, Jan





Barcelona Connection

*Submitted by Diane Berge
Minnesota Valley Baritone*

My 3/14/2021 PODCAST Interview about Barbershop Singing on a Barcelona Radio Show - 'Acord de Veus' (Voices in Harmony).



In February 2021 my friend Elaine Lilly pitched an opportunity to me. Elaine is a Mankato native who, with her husband Joan Roca, also has an apartment in Terrassa, Catalonia/Spain, his hometown (which is near Barcelona). A Catalan friend of theirs, Marta

Tort, sings in a Barcelona chorus (Coral Sant Medir) and has a radio show. She and others wanted to learn more about WOMEN's Barbershop, since their stereotype of the genre is that it is mostly thought of as "men's music". In the PODCAST they would be talking with a Catalan men's barbershop quartet, Metropolitan Union, and Marta wanted me to answer a series of questions about women's barbershop as well.

In addition, they wanted to have song tracks by our chorus playing in the background. So why not, I said. Sounded interesting and fun.

Marta sent the questions. I recorded the answers in English for my friend Elaine (who speaks fluent Catalan). And since the PODCAST audience was in Catalonia/SPAIN, Elaine translated my answers into Catalan and re-recorded them. As for the music, Elaine and I listened to our MN Valley Chorus 40th Anniversary CD and selected three songs to be used: Hallelujah, Mamma Mia and That's Life. Our own Jeff Nordquist created an MP3 recording of each from the CD and emailed

them to Elaine. Elaine also included Time in a Bottle from our website and sent everything to Marta in Barcelona.

The PODCAST began with an introduction by Ramon Beltran who directs the Coral Sant Medir in Barcelona. Of course, he spoke in Catalan, but again Elaine did a translation into English. His remarks included statements such as "You all know that the choral world is an exemplary space for the empowerment of women" and "...we must work for equality between men and women in getting access to cultural and educational opportunities and the values associated with them".

My interview followed his intro. My first answer began with a VERY short greeting to Marta in Catalan that Elaine taught me. And as I continued my answer in English, Marta stopped me and told her PODCAST audience not to worry, the whole interview would not be in English. The interview then proceeded with my friend Elaine Lilly giving my answers in Catalan. All the while, the recordings of our chorus played in the background.

The PODCAST concluded with music and an interview of the Catalan men's barbershop quartet mentioned earlier, Metropolitan Union.



The translation into English of the 'Acord de Veus' PODCAST Introduction by Ramon Beltran and my original answers in English are in a [separate document](#), which is posted on the Region 6 website Member Documents. The PODCAST can be heard at <https://go.ivoox.com/rf/66769826>

To listen, the ivoox appl must be downloaded.



Submitted by Judy Weipert
2021 Shining Star

WOW! Thank you to all the members of Region 6 for giving me the amazing honor of being your Shining Star for 2021! I am humbled, shocked, and delighted, not necessarily in that order!

When I think about the amazing women who preceded me with this award – Carol Grimmer, Bonnie Rust, Mary Dick, Judy Olson, Mary Lou Kudela, and Connie Miller – I can only thank them for their inspiration, their guidance, and their dedication to Sweet Adelines and Region 6.

Thanks to all of you who posted lovely things to me on FaceBook and for the gifts, cards, texts, and phone calls! I truly feel like a star! Northern Lights Region 6 has given me so much since Spirit of Harmony Chorus was transferred to the region, and I have met and worked with some wonderful people. The Shining Star award is just the icing on the cake!!!



Sound Check Quartet

Submitted by Judy Olson



Sound Check starting singing together about 2 years ago. We spent a great week of singing, laughing and enjoying each other’s company in Florida in January of 2020 and did 7 singing Valentines that year. (Below is a picture of us with our favorite valentine, Mary Dick). Then the music stopped! (very hard to write that). We have started getting together again and look forward to seeing and sharing music with all of you.

LeAnn Lake, Tenor

Wendy Hamilton, Lead

Judy Olson, Bass

Cookie Karash, Baritone

Members of Twin Cities Show Chorus and
City of Lakes





It's About Time Quartet

Submitted by Vicki Powers

Hello from It's About Time Quartet!

All four of us have been staying safe but we have been practicing weekly during the pandemic. (We call it quaran-teaming!)

We've learned lots of new music – and are working on some songs that are really challenging to us. It's been great fun expanding our repertoire. We are coaching via Zoom with Kathleen & Bill Albrecht, working on details of new music. We work with them nearly every week for a short while – time to get good input on what we are doing, and then practice their suggestions before we forget what we've learned!



We have been fortunate to have done 3 performances over the last few weeks, and we have several more lined up for this summer.

And we did some “fun”raising! We did a brat fry in May (and have another planned for June), and we are doing a quartet rummage sale.

We joined Sweet Addiction Quartet for a rehearsal, and had a great time singing with them, for them and having them sing for us. And of course, a delicious pie was involved, too!



We spend a lot of time laughing until our stomach's hurt, and we drink just an occasional bottle of wine (which may or may not have contributed to the time spent laughing!).

We are suffering withdrawal symptoms from not seeing our Barbershop friends and not having competitions, but we are keeping our fingers crossed for next spring.

Can't wait to see you all!

Terrie, Chris, Nancy & Vicki





Sound Cascade

Submitted by Mary Remmark

On May 6th (2021) a celebration was held by Sound Cascade Chorus. The celebration included installation of our new board, honoring members with longevity awards, presenting the S.A.L.L.Y. award, honoring the regional Woman of Note winners for 2019 and 2020 and thanking our current president (Ladene Veldhouse) and our director (Dave Sternborg.) The Woman of Note winners were Dawn Webb and Mary Ann Hofer.



Woman of Note 2019 Dawn Webb



Woman of Note 2020 Mary Ann Hofer



S.A.L.L.Y. award winner Lerae Olesen

Our S.A.L.L.Y. award winner for 2020 was Lerae Olesen. Lerae has proved leadership by leading music during our zoom sessions, being our chorus secretary, blowing our pitch pipe, and being a positive communicator (through emails and texts) to all chorus members.

Our new board includes: Audrey Knapp (president,) Mary Remmark (vice president,) Jerralynne Tjeerdsma (treasurer,) Lerae Olesen (secretary,) and board members Kandi Custer and Karen Stucky.)



Thank you Ladene for your leadership as our board president.



Donna Humme did an excellent job leading the installation ceremonies for our new board members. We would like to thank the Region 6 leadership team and Sweet Adelines International for providing so much education and leadership during the covid pandemic. It has

given us an opportunity to continue our involvement with our chorus and the enjoyment of barbershop music. Our chorus is looking forward to in person rehearsals and the restoration of live barbershop harmonies.



Installation of new Sound Cascade board



Just Kidding

MN Valley Chorus quartet

Submitted by Mickey Christiansen

Good news for this quartet, who has been back at face-to-face rehearsals for 4 rehearsals. We have all gotten our vaccines and have really enjoyed singing together again. We are glad we could meet via Zoom during the pandemic, which allowed us to keep in touch with each other. Practicing without hearing all the parts, however, leaves quite a bit to be desired!!

We are setting up a program for our first public performance in August, at the Steel Co. Fair in Owatonna. We will be performing Friday, August 20 at the historical society at the county fairgrounds at 6:00 . Join us if you will be in the area! We were scheduled to perform there

last summer, but the fair was cancelled due to the pandemic.

Our group, Kari, Lori, Jodi, and Mickey are really happy to be back together. And we are NOT Just Kidding!!!!





Sounds of Superior

Submitted by Lana Bullough

“What doesn’t kill you makes you stronger” appears to be the mantra of the Sounds of Superior Chorus. As the first sign of green appears in our beautiful Land of the Sleeping Giant, we can’t help but see a glimmer of hope that soon we will once again be united on the risers with our Sisters. In the meantime, we’ve been keeping ourselves busy and connected with many activities. A year ago we couldn’t have anticipated how adept our members would at Zooming! We are thrilled that most weeks we have an amazing turn out of between thirty and forty enthusiastic participants. The Membership Committee hosted a St. Paddy’s Day party with, complete with Irish themed vocal and physical warm-ups, skits and green refreshments.

We are currently anticipating the Gala Virtual Red Carpet Premier of our virtual performance of Sing Sing Sing! Members donned their costumes, dug into their “neglected” SA make-up kits, set up their often precarious and

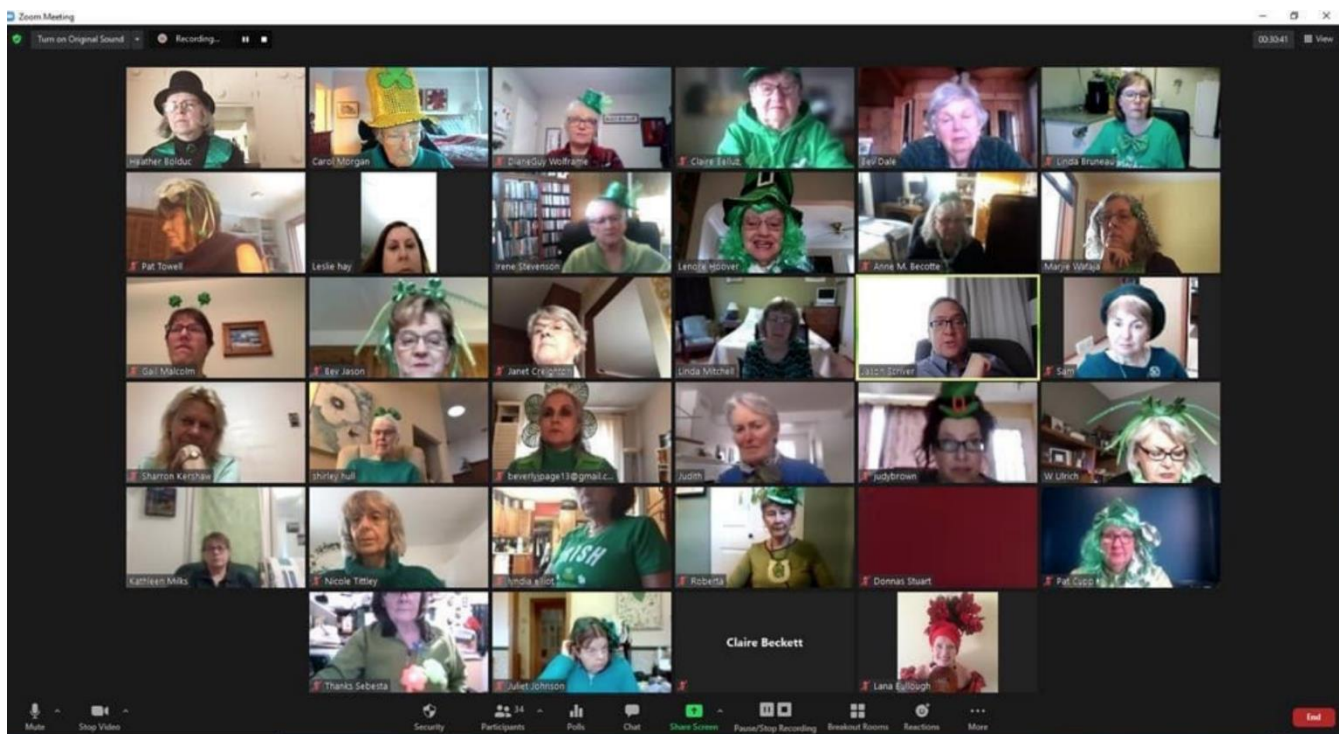
complicated lighting and recording equipment and voila, a performance was born! We are so excited to see the final production, complete with bloopers, on May 31st.

Thanks to Carol Morgan’s enthusiasm along with some cajoling and nudging, we had an amazingly successful 50/50 draw, raising \$2,700. for our chorus.

Along with our regular Monday rehearsals, approximately 10 members participate in our Small Group rehearsals on Saturdays. For the members who just want to connect over a cup of coffee or tea, there’s a social chat held every Thursday morning.

We have a new uptune! We’ll be settling in to practice, practice, practice Mr. Piano Man in preparation for Competition! Thanks to our Music Team for their commitment in making this happen.

We’re all anticipating the beauty and slower pace of summer in preparation for a hopefully joyful reuniting next Fall. Until then, wishing everyone a safe and healthy summer!



Zumbro Valley

Submitted by Jan Hoffman

Zumbro Valley is easing our way back to in-person rehearsals. We conducted an anonymous survey to get a feel for the vaccination rate in our chorus and the comfort level members had with singing together if we followed the recommended guidelines of federal, state, and local governments, SAI, and the church where we rehearse. The big day was Tuesday, May 11th. Everyone signed a risk form, answered a health questionnaire, and we took every one's temperature. We stood (or sat) in a semi-circle, six-feet apart and masked, outside of our normal rehearsal space. There were 11 of us out of 19; those that were not in attendance still had the option to participate via Zoom. We were outside for an hour and then we went inside for a half hour. While singing in masks and outdoors will take some getting used to, it really felt good to see everyone and hear them in person. Hopefully this small step will help us get back to a normal sometime soon. We are so grateful that everyone is willing to be flexible! Our goal: To be able to perform a very short outdoor concert

Just like so many choruses, we have many stories to tell. One that stands out to us (veteran members) happened in 1994 when we were still with region 22 in Milwaukee. Please go to our website Zumbrovalleychorus.org, click on "News & Events" then "Latest News." Scroll down to the Latest News section and click on "The Elevator Story."

*Tomorrow's another day.
I hope and pray we'll be together.
Tomorrow, this today will be yesterday that's
gone forever.
So take my hand, my friend, I want to say to you,
I'm glad we laughed, I'm glad we loved, I'm
glad we sang.
Oh, how we sang today!*

Fox Valley Chorus

Submitted by Vicki Krause

The sun is out, the birds are singing, and flowers are popping up everywhere! Summer is nearly upon us, and it looks like the end of Zoom rehearsals and cancelled shows may be near...all

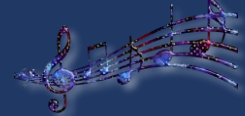


reasons to cheer! The Fox Valley Chorus has been continuing to meet via Zoom, making sure we keep our connections with each other strong and vibrant.

Because we have not been able to have events yet this year, the issue of chorus funds becomes more challenging. Our "Woman of Note" this year, Shirley Mercier has gone above and beyond in her tireless and very successful pursuit of grant funding for the chorus. I asked her to share some of her thoughts and strategies on this which may be useful for other choruses throughout the Region. Here is what she had to say:

"It occurred to me last summer that, if ever there's a time to reach out for funds, this is the year. From multiple fundraising webinars and Zoom meetings with the local Association of Fundraising Professionals and Network for Good, I received these consistent messages:

- Trust in non-profits has gone up during COVID. There is a huge opportunity now to pursue donation requests. Giving is up for all organizations, including the Arts.
- People are feeling generous and wanting to step up. They will give



more latitude for asking now during this time of disruption.

- Let people know how they can have an impact and make a difference. Don't deny them the opportunity to feel good about giving to an organization of their choice.
- This time of uncertainty could go on for a long time. Organizations won't get donations if they don't make their needs known.

These messages may be an impetus for some of you in our Region who might have the interest and time to follow up and help out your choruses.

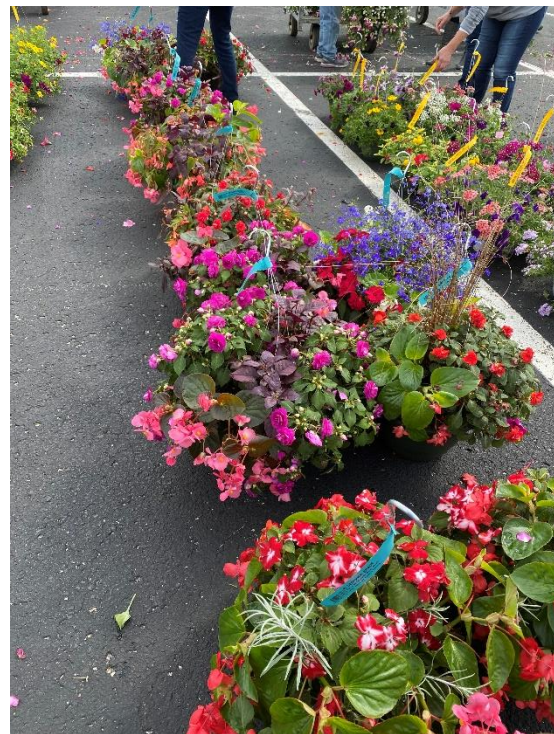
Convinced in the truth of these messages, and knowing the financial need of our chorus, I began researching and reached out to businesses, credit unions, philanthropic foundations, sources through the Community Foundation, and personal contacts. After 50 emails and phone calls, 17 sources gave a generous response, adding close to \$8,000 to our chorus treasury. With no background in fundraising, this was a learning process for me.

It's never too late to learn and begin this adventurous journey to benefit your chorus!"


Our chorus is so grateful to Shirley for her initiative and great success in keeping our chorus financially healthy!



One fund-raiser we have been able to have this year is our annual flower sale, which is always very successful. On the Tuesday before Mother's Day, a truckful of flowers was delivered to the drop-off site, and chorus members gathered to pick up flower baskets and pots to deliver to our customers. We had a chance to gather in the parking lot, and for the first time in over a year, sing a few songs together. It was so good to sing with each other once again...even for just a short time!



Wishing all of you a wonderful summer and looking forward to being on the risers again very soon!



Our greatest glory is not in never failing,
but in rising up every time we fail.

-Ralph Waldo Emerson



Lake Country

Submitted by Helen Vulu

Wasn't it grand to be together in person again! It was a little cool and a little rainy, but nothing could dampen our spirits!



Outgoing Lake Country president Judy Wicklander hosted us for light supper, installation of officers, Woman of Note and longevity presentations, some singing led by Sandy and a much-needed gabfest.



Sandy is conducting the installation of our board officers, l-r Sandy Bergersen, president Marla Johnson, vice-president Judy Wicklander, treasurer Bev Esala and Secretary, JoAnn Baldwin.



Now we are making plans for outdoor rehearsals until our host church is able to invite us into their building once again. We've met the challenge of long-distance meetings and know we are adaptable to a new challenge, singing together will be sooo good. We will be polishing some summer repertoire and our competition songs which was interrupted such a long time ago.

New projects are in the works, in August look for us in the ticket booths at the Washington County Fair, we expect to be there three of the five fair dates.

Thank You!

I want to thank all the members and choruses who sent messages and love and prayers to me concerning the loss of my two sons. It made me realize what a group of sisters we are in this organization.

We Are Family!

God bless all of you.

Mary Lou Foster
Spirit of Harmony
Spirit Lake, Iowa



Upbeat Quartet

Submitted by Val Salley

Hi, Region 6 friends!!

Wow, staying upbeat during a global pandemic has its challenges! Like everyone, we felt the shift in our world as social isolation, fear, zoom, masks and uncertainty for our own health and the health of our loved ones took center stage in our lives!



As each of us felt the pull to reassess our goals, we hung on to what we knew was true - our friendship - not knowing when we would sing together again! I'm happy to say we had our first rehearsal without masks on May 23, 2021! That felt good and we are feeling so hopeful to be singing and learning new music again.



During lock down we did not get together but had the opportunity to try the app, Bandlab <https://www.bandlab.com/> an app to create and mix individual voice parts together. It proved to be fun and effective for hearing the harmony we were missing so much! Titanium Quartet made a YouTube learning video about the app here: <https://youtu.be/qCRH6LmxTbw> Give it a try! It's still a fun tool to use even if you are able to rehearse together!

Although missing two regional contests and the camaraderie of regional friends was hard, we are so grateful to our RMT for creating fun virtual events and scheduling some great SAI coaching! Thank you RMT!

We are looking forward to meeting up with all of you (and singing with City of Lakes Chorus) soon!

Love and stay Upbeat!

Karla, Val, Bonnie, and JoAnn

Congratulations!

Submitted by Val Salley

City of Lakes would love to send a shout out of congratulations and thanks to all the regional honorees that earned the Woman (Person) of Note Award this year for their chorus!

A special shout out to our own Woman of Note, Bonnie Plumley, for the creativity and enthusiasm she showed as our Director of Membership during this challenging time of zoom rehearsals! Bonnie was able to pull together teams to create fun, keep new members feeling welcomed and was a huge support for our Board! Thank you, Bonnie!

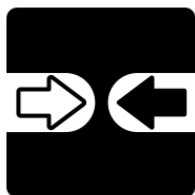




Prairie Rose

*Submitted by Robyn Nadvornik
Director*

And Prairie Rose Chorus continues to zoom, but we are excited to start our outdoor rehearsals in the next week. The church that we did rehearse in has a beautiful garden “Garden of Grace” with a beautiful open space that we can use for our rehearsals. We can't wait to be face-to-face again.



Over the last few months, we have worked to keep it fresh. We have shared recipes, 6 ingredients or less, had two members welcome new grandchildren, one for the first time and one for the 3rd time. We have one member that had a son get married and we have taken time to celebrate all of these things.

As we look forward to the summer, we are looking forward to zoom coaching with Erin Howden. We were so uplifted by her sessions with the region and are excited to meet with her and learn all we can. It's going to be a great time and everyone is committed to the learning. Just one other thing that the region has brought to all of us during this hard time!

We will miss singing for the Memorial Day celebration this year but look forward to singing all of our favorite patriotic music outside, hoping that the neighborhood will be able to hear our offering. We are also working on material for an annual show that we hope will happen in the fall. We are working on movie, Broadway and Disney songs for it. If it can't happen in the fall, we will hope for next spring. Once we are outside, we look forward to inviting people to join us and hopefully add some new and exciting people to our roles!

The region did a great job bringing us a virtual convention, but we are looking forward to seeing everyone next spring to celebrate being

back together and on the convention stage. It's been a long time and we are looking forward to celebrating with everyone in person.

Keep singing, keep working hard and we hope to see you all soon!

Minnesota Valley

Submitted by Lori Scott

We tried the new Immersive View in Zoom recently. It makes us look like we're all in a room together (sort of) instead of on a screen together.



We are eagerly anticipating getting together outdoors for our annual picnic next week. Soon after that, we hope to be back to in-person rehearsals. While our immediate plan is to have hybrid rehearsals with a Zoom option, most of us are ready to see Zoom into the rearview mirror.



Our rehearsal focus is heavy on holiday music since our next anticipated performance will be a joint Christmas show with the Riverblenders Men's Chorus. There is light at the end of the tunnel!

When Normal is Exciting

Submitted by Spice Quartet



When you think of “normal”, you probably think something along the lines of ordinary, usual, typical. The word “exciting” probably doesn’t come to mind. But we’ve been so far from “normal” for so long, that normal is now actually very exciting. Just like everyone, as a quartet, we’ve been adapting and changing... looking for different ways to stay connected and new ways to rehearse. It was not without challenges, but our persistence and perseverance has paid off. We’re coming out the other side with several new songs in our repertoire, a fun series of Mystery Guest Interviews, and we even have some gigs booked! (Remember those?) And the most exciting “normal” thing of all... standing *next to each other*, in quartet formation, and singing, and singing, and singing!!!

With the excitement of normalcy returning, our gaze is set to the future with more anticipation than ever before. But we want to pause for a moment to reflect and express our gratitude for the amazing virtual events from the past few months...

Thank you, Fox Valley Chorus, for inviting us to one of your virtual rehearsals earlier this spring. We had so much fun spending time with you and getting to know you Foxy Ladies a little better!

Thank you, Region 6 RMT, for creating such a fantastic 2021 Virtual Convention experience for us. We thoroughly enjoyed revisiting previous contest videos of our quartets and choruses, the creativity of the marketing videos, celebrating longevity milestones, and of course, recognizing the wonderful contributions of Judy Weipert, the 2021 Northern Lights Regions 6 Shining Star Winner. Congratulations, Judy!!

We are happy to announce that our Mystery Guest Interview series is continuing!! To date, we’ve had 4 interviews and are thrilled that many of you have been able to join us live or catch the replay on our [Facebook Page](#). You can also watch the replays on our [YouTube Channel](#). We have our next two interviews planned, so mark your calendars for June 24 and July 15. We’ll be announcing the specific times for these as we get closer, so make sure to ‘Like’ our [Facebook Page](#) to stay in the loop with the details and join us live to ask your own questions!

Upcoming events... ♡ REAL GIGS! ♡

- June 6 - Sigma Alpha Iota, “Barbershop: The Music, the History, the Stories”
 - o This is a private event, but we wanted you to know about it because we’re teaming up with the GREAT Queen Mary Dick to share our love of barbershop music with non-barbershop musicians.
- June 8, 7:00p at Como Lakeside Pavilion with North Star Chorus and other guest quartets
 - o 1360 Lexington Pkwy N, St Paul, MN 55103
- July 17, 3:00-4:30 – Vocality’s 6th Annual Concert from the Porch
 - o 4671 Lake Avenue, White Bear Lake, MN



- <https://www.facebook.com/events/190525402898006>

We sincerely hope you're doing well and finding your own path back to your version of "normal".

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>



Vallee de Croix

Submitted by Ann Voth

"It was surreal tonight as Vallee de Croix met at Pioneer Park in Stillwater. We had our officer induction ceremony and sang together for the first time in over a year! True awe, to hear each other and "our sound" after all those rehearsals on zoom.



I think VdC did amazingly well the past year with the zoom rehearsals. We appreciated the regional workshops, and our director Brandon was excellent in providing education for us that hadn't been possible at normal in-person rehearsals in the past. We grew in many musical ways.

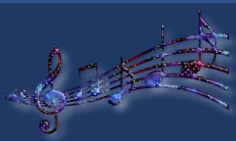


Now we are looking ahead to events we can plan for the fall. We are in the discussion phase of that, but we're looking forward to sharing the new songs we've learned over the past year as well as some of our old favorites."



Vallee de Croix 2021 Officers





Twin Cities Show Chorus

Submitted by Merrilee Spaeth

Happy ‘Spring 2021’ from TC! We hope all of you have been enjoying the beautiful spring weather and are able to get back to some form of rehearsing together now or in the near future. These last three months have flown by faster than expected for TC, with a variety of special events and future plans to keep us busy! Those include:

- Our spring flowers fundraiser,



- Attending Erin Howden’s education class,
- Attending the Region 6 virtual Afterglow, virtual quartet and chorus contest events,
- Holding weekly Zoom rehearsals,
- Learning new music,
- Nominating and celebrating our Region 6 Woman of Note (Terri Calvert), and TC's own Shining Star (Karen McCarville),
- Receiving music theory and ear training from our director, Denis,
- Giving out our chorus members’ longevity awards (10 yrs.-Joy Johnson, 20 yrs.-Terri Calvert, 30 yrs.-Karen McCarville),
- Planning our summer parks performances,
- Installation of our new Board, AND
- Holding our first in-person rehearsal (in a park) in about 14 months! 😊



Thank you so much to the RMT for all their hard work on the awesome Virtual Afterglow and Virtual Regional Contest events – they were so much fun and brought back such wonderful memories! We are looking forward to many more in the future! Have a fabulous summer, everyone, and keep singing the “*Music That Brings Us Together*”!

Your Twin Cities friends

Here’s a special quote that says so much:

*“Not to waste the spring... I threw down everything,
And ran into the open world To sing what I could sing...
To dance what I could dance! And join with everyone!
I wandered with a reckless heart beneath the newborn sun.”*

— Partial quote from Roman Payne, Rooftop Soliloquy



TC’s Installation - Connie Miller

Connie Miller is TC’s mentor, and she performed a beautiful installation ceremony of our new board members on May 18th. Her



theme was a flower garden, with a different flower to represent each board position.

Connie's Flower Garden



- President - **Iris**
- Vice President - **Violet**
- Secretary - **Purple Tulip**
- Treasurer - **Hyacinth**
- Marketing - **Yellow Spider Mum**
- Performance - **Daffodil**
- Membership - **Purple Pansy**
- Director - All the garden's flowers
- Retiring members - **Yellow Rose**

*Sing a song to your neighbor,
she'll start humming along.*

*Sing a song to a stranger, soon
she'll join in the song.*

*Music spreads harmony
throughout the land, joyful notes
in a chord.*

*Sing out and ring out your voice,
loud and long.*

*Harmonize the world with a
SONG!*





City of Lakes

Submitted by Allycia Smith

“Let’s sing again!” This title of one of City of Lakes Chorus’s new songs encompasses the current hopeful mood of the chorus. We are joyfully looking toward a future where we will be able to meet in-person. It’s nice to be able to see the light at the end of the tunnel!

We are continuing to hold Zoom rehearsals until we can rehearse together again. We are continuing to work on technique, choreography, and audience connection. Our Zoom gurus play practice tracks, share Youtube videos, and split us into breakout rooms for small group activities and sectionals. We are so grateful for our Zoom host team!

Now that we’ve got Zoom rehearsals down, City of Lakes is trying out a new online experience: the virtual chorus. Members are learning how to record themselves to create a professional looking and sounding virtual chorus. Our tech-talented members are rising to the challenge by providing practice recording sessions, recording guidelines, and more!

Virtual rehearsals and projects are fun, but we’re ready to see our sisters face-to-face. So, with the return of warmer weather comes the return of outdoor small-group gatherings. Members of the chorus volunteer their outdoor space, which can be anything from a driveway, to a garage, to a firepit. Then, a small group of women (and sometimes Scott!) gather to spend some social time together. The mood is celebratory, to say the least!

We recently celebrated two City of Lakes members for outstanding service to the chorus. The 2021 Woman of Note was Bonnie Plumley. She was selected for her creativity and dedication in the role of Membership Chair.



Our 2021 Sweet Adeline of the Year was Julie Garrison. She was chosen for her dependability and willingness to serve the chorus in many different capacities over her 39 years of membership.



Julie Garrison with her mother (a former Sweet Adeline) Lorraine Figg, and sister (a current COL member) Susie O'Brien

From Zoom rehearsals, to small-group gatherings, to celebrating our members, City of Lakes has been keeping busy and staying connected. As summer rolls in, we send warm wishes to our sisters in harmony in the Northern Lights Region! “Let’s sing again!”

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