

Regional Measures

Fall 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](#)

Team Leader Update

*Submitted by Susan Krisnik
Region 6 Team Leader*

Here's what's been going on:

The RMT recently had a visit at our last RMT meeting from **SAI BOD REPRESENTATIVE**, Julie Starr. We were able to discuss important regional issues with Julie. Lots of good discussion that will help our region be our best.



Good news! Every chorus has their **STANDING RULES/BYLAWS** in. Great job everyone!

Let's talk about **IN-PERSON REHEARSALS**. The RMT is aware that the 18 choruses in our region are at very different places. Some are not rehearsing, some are only on Zoom, some have a combination of in-person and Zoom, and some are totally in-person. Whatever your chorus is doing is OK. Make it work for you and your members. We want everyone to be safe and feel comfortable, whether they participate in person or not.

As far as **MEMBERSHIP** is concerned, the RMT knows that EVERY CHORUS has lost some members. This is true across the entire Sweet Adelines organization. It is important to keep a positive attitude and not give up on our ability to rebuild and attract new members.

Upcoming Events



1 Sep	RMT Meeting
11-16 Oct	CANCELLED SAI Convention
30 Oct	TCSC Pancake Breakfast
4 Dec	City of Lakes Holiday Show

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](#).



Every chorus in our region has something to offer singers. We might be a little out of practice with marketing for new members, but it can be done!

There are many ways to bring back absent members and recruit new ones. After being cooped up for 18 months, many women will be ready for a new, fun, social activity – and we are it! Get your chorus name and story out there, however you can. That’s what those awesome Marketing Videos are for. Have a guest night, perform out in the community, and invite everyone you know to a rehearsal or show. The region is available to help with whatever support we can give – let us know how we can help!

We had our annual **RAMM** meeting on August 11 and 16 choruses attended. Thank you to all that participated. If you missed it, or want to see it now, it is on the Region 6 website as well as the most recent Region 6 Annual Report.

The **Region 6 2022 Competition** is still on! Make sure your Music Team has had your contest songs approved for competition using the Song Assessment Tool. If you have determined that your contest songs are approved, start on the rest of your repertoire.

FACULTY VISITS are starting soon – get your dates scheduled soon with Cheryl Helm at cherylhelm534@gmail.com.

TRAVEL IN TUNE is an exciting way to get to know other Regions. Check out the introductory videos on the SAI website. Region 6 will be posting our Region Overview and Education Showcase soon. We need your help with fun facts and pictures about your town and your chorus. What is the town where you rehearse known for? What is your chorus known for? We plan to highlight each chorus on a “road trip” through Region 6. Please send facts and pictures ASAP to Terri Calvert at cterri001@gmail.com.

Library Closed

Submitted by Bonnie Rust

The Region 6 Library is now “closed”. Thank you to those who purchased the resources we had. Please learn from them and share with others! We have only a few items left as follows. If you’re interested in purchasing, please send your request to me at my email address: bonnie@steveandarilyn.com

[THE ENERGY BUS](#) (Author: Jon Gordon) Book reveals 10 secrets for approaching life and work with positive, forward thinking. (\$5.00)

[THE HEART OF VOCAL HARMONY](#). (Author: Deke Sharon) Book focuses on emotional expression in group singing. (\$5.00)

[STRUCTURES AND MOVEMENT OF BREATHING](#) (Author: Barbara Conable) Handbook will provide clear and concise information about breathing for optimal enjoyment of singing. (\$3.00)

[SING LEGATO](#). This book is a collection of original studies that provide a systematic approach to the basics of vocal production and musicianship. (\$3.00)

[THE OVERTONE EFFECT](#). Live your life on a high note! A proven, step-by-step system to maximize personal and organizational success. \$5.00)

[SING, BABY, SING! Classically Inclined](#) (Edition 5) Features recognizable pieces of classical music and turns them into vocalises, each addressing a different vocal challenge. (\$5.00)

[THE JOY OF SINGING \(Warmups for Healthy Singing\)](#). Featuring Britt-Helene Bonnedahl (from Sweden) (\$10.00)



Sweet Adelines International Board of Directors Election

Message from Joan Boutilier, SAI President

It is almost time for the membership of Sweet Adelines International to elect three members who will serve three-year terms on the International Board of Directors beginning May 1, 2022. The 2021 election of International Board of Directors members for the 2022-2025 term will be conducted electronically. Please click on the following link to view [Frequently Asked Questions](#) regarding the Board election.

Voting is a very important right and privilege of membership. It is each member's ability to participate in the choice of who will lead our organization. Please emphasize the importance of voting to your members and join everyone around the world in choosing our International Board of Directors. Your vote makes a difference!

In late September, each Chapter President/Team Coordinator will be sent an email with information on how to complete the online voting procedure. If your chapter does not receive an instructional email (be sure to look in your spam file) contact the Corporate Services department at international headquarters (corp_secy@sweetadelines.com).

The nominee biographical information and photos have been linked to the website and you may view them by clicking on the following link – [2021 BOARD NOMINEE FLYER](#). Please provide the flyer to your chapter members to acquaint them with the candidates prior to voting.

The officers of the chapter should schedule an election meeting (regular or special) for the specific purpose of voting. This meeting should take place between October and November. Each Chapter President/Team Coordinator is responsible for ensuring that their chapter casts its vote by the **December 1, 2021, 3:00 p.m. Central Time deadline**.

A checklist of election responsibilities for the chapter and its officers may be viewed by clicking on the following link – [Chapter Checklist of Election Responsibilities - Chapter Balloting Information](#). Page two of the checklist document contains a “Ballot For Chapter Voting” which is being included for your convenience. The “Ballot for Chapter Voting” can be copied, cut in half, and distributed to your members on the day of the election. Once the chapter votes are tabulated by a tellers’ committee of two or more people, you or your designee will use the online voting service provided to cast the ballot for your chorus. A confirming receipt from the voting service will affirm that the vote has successfully been cast.

If you have any questions or comments about the election for International Board of Directors please contact the Corporate Services department at headquarters (corp_secy@sweetadelines.com).



Is My Song Admissible for Performance?

Submitted by Judy Weipert, Region 6 Faculty

So you have heard about the Song Assessment process that Sweet Adelines International has instituted, and you aren't sure how to go about finding out if your chorus/quartet songs are approved for performance. Here's a short course to get you started.

It's important to know that songs need to be on the approved list for performance at contest (and for the public in general). If a song that hasn't met the criteria is performed at contest, the contestant could be disqualified. In order to keep that from happening, the contestant must file paperwork ahead of time to assure that their song is admissible. Hopefully, this will all be communicated clearly to the membership soon.

Until then, however, we can check to see if our songs are on the approved list. Here are the steps to follow to check that out:

- Log onto the Sweet Adelines International website.
- Highlight the “Education” heading.
- From the drop down list under “Education,” choose “DEI Member Resources” and click on that.
- Under that you will find “Song Assessment Tool.” Click on that.
- Under the heading “How It Works” click on “First Step” (View the Song Evaluation Database.)



- The Database shows the last date it was updated and lists all the songs that have been evaluated.
- You will see the Arranger, whether the song is admissible or not, and a link to show research that has been done on the song.



If your song is on the list and is shown to be admissible under that particular arranger, you're good!

It has been suggested that you check on your competition songs first, and then dig into your complete repertoire. The database is quite large by now (as of August 17, 2021, there were 1351 listings), and it is likely your song has already been approved.

If the song is NOT listed, go to the next steps. Be sure to read through everything before submitting a song through the tool for the first time. You are going to need to be ready to answer a few questions: Your full name; email address; quartet/chorus; region; style of the song (ballad, uptune, swing, etc.); year the song was written; who was the lyricist and composer; link to the original song; history of the song. Once you begin your submission process, save your work because you will not be able to go back to the beginning.

Remember, Region 6 has lots of help for you if you need it.

Under the Region 6 website Members section, Teaching Resources, you will find Kay Bromert's Zoom session detailing the process. Our Director Coordinator, Megan Argall, will also be happy to help you.

Whatever you do, don't give up! It might seem like a daunting task at first, but chances are your arrangement will be on the list, and if it isn't, you are just a few steps away from success!

Chapter Visit Program

*Submitted by Cheryl Helm
Chapter Visit Coordinator*

The Chapter Visit/Coaching Visits are ready for you to have the first faculty visit. Our faculty leaders have been preparing and planning to come to your chorus in person or via Zoom. Thank you to Mary Lou Kudela and Bettina Schramm for creating the education class, “Back to the Future: Moving on With Intention”. The class will help us flip our thinking from what we don’t have to the “possibility” of what we can focus on and what we can achieve as a chorus.

We have all struggled with the COVID crisis and what it has done to our rehearsals. All of us have spent a lot of time on Zoom rehearsals for the last year and a half. So raise your hand if you are tired of Zoom? I think we can all raise our hands to that question!

I know you have worked hard to stay together and sing in some capacity. Most or all choruses have started in person rehearsals. The plan moving forward is to continue doing that.

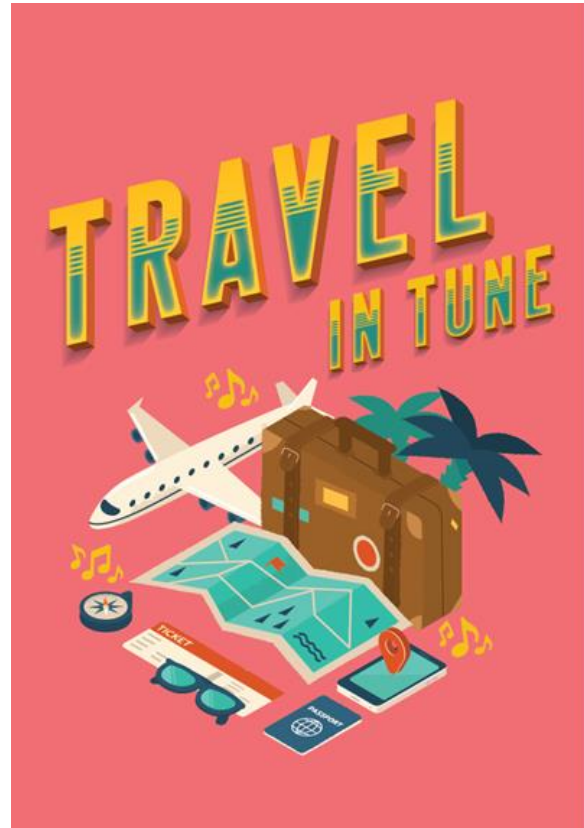
At the start of planning for chapter visits, all the faculty were agreeable to in person visits. Now with the COVID variants starting, we are now questioning that happening. Zoom will be available for coaching. I have sent out the Chapter Visit 1 information to all Chorus Leaders and Directors. Please read through it carefully. As I stated in the information, I will do my best to accommodate all requests. Stay aware as to what is happening with COVID in your area as you think about scheduling a visit. The Faculty wants to keep your chorus safe and ourselves safe. We can’t wait to visit your chorus in person or on Zoom!

“KEEP SINGING”



Join the Travel in Tune Journey

*Excerpt from the
Sweet Adelines International
Spark publication*



Check out this great educational and fun content! Travel in Tune allows Sweet Adelines to experience the exceptional cultures, personalities, and educational programs of our regions worldwide via the Travel in Tune on the Yapp app or the Sweet Adelines International website. Previous destinations are archived, and more great destinations await! To find instructions and login information, visit www.sweetadelines.com/travel-in-tune/login. Make sure to share your adventures on social media using #SweetAdelinesStrong and #TravelinTune.



Contest Plans

*Submitted by Shirley Christie
Contest Coordinator*

Start making your plans. Our convention is scheduled in 2022 for the weekend of April 7-10 in Rochester. It will be great to finally get together in person!



Review your contest songs now for DEI.

If we aren't being intentionally inclusive, we are being unintentionally exclusive.

-Joe Gerstandt, D&I thought leader

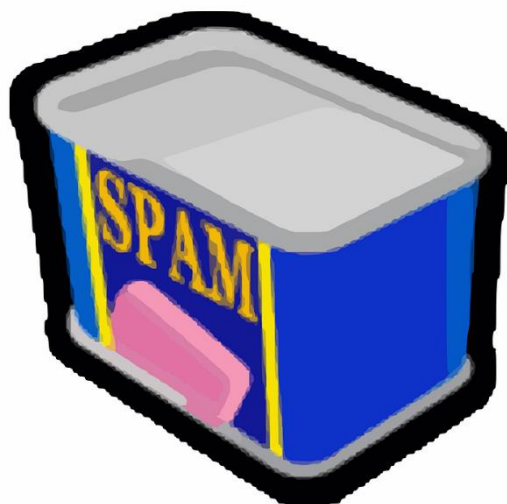
Region 6 Email is not SPAM

*Submitted by Lori Scott
Region 6 Communications Coordinator*

According to HarmonySite, the host company for our website, there have been many (MANY) reports lately of emails sent through our HarmonySite ending up in the recipients' junk folders.

It would appear that the big email providers (Gmail, Hotmail, Yahoo, etc) have been tightening up their spam filters lately. This is a problem for systems like ours, as Mark Virtue of HarmonySite explains. In fact, it's ALWAYS been a problem, and those at HarmonySite have been adjusting their email-sending practices constantly over the years to fit into the ever-changing rules.

This week, HarmonySite began using a system called DMARC to try to overcome the current situation. It is also important for our members to **check your spam folders regularly** - and not just in your own email program, but also in your mail provider's webmail system (e.g. www.gmail.com, or <https://mail.yahoo.com>, etc.).





Spirit of Harmony

Submitted by Judy Weipert, Director



After months of rehearsing on Zoom, hearing only ourselves, Spirit of Harmony is back to in person rehearsals! We agree that there were many positive outcomes from meeting on Zoom – learning more about each other and enjoying a more laid back kind of rehearsal, along with the reduced stress of travel and wearing makeup and PANTS! However, we have now experienced 3 performances this summer, and all of them have been in front of LIVE audiences!

I asked our members what their reactions were to performing for a live audience, and here are a few of their responses:

- *It felt so good to actually see the audience reaction when we sang to them.*
- *It was thrilling to see and hear the audience reactions once again!*
- *It was wonderful to be back singing with the chorus. Singing for an audience was such a*

treat! This is why we are on the risers every Monday night!

- *It was like performing at my very first competition - - very nervous and scared, but once I started singing I became very emotional trying to hold back the tears!*
- *I knew right away when we were singing to our audience that this was what had been missing in my life. It was such an uplifting feeling to look at the director and realize that we were giving our message from our hearts.*
- *Emotional and thrilled!!*
- *We were so thankful to be back.*
- *I can't express the joy in my heart the first time we performed for an audience! I was so happy to be back with my singing sisters!!*
- *Singing with my Sisters in Harmony for 42 years and with such appreciative audiences, brought joy and tears to my eyes all at the same time. (From one of our charter members.)*

It is my hope that more of our choruses are able to have this opportunity very soon. This is why we sing!



Why did the chicken cross the road?

To get away from the baritone section rehearsal.



Prairie Rose

Submitted by Robyn Nadvornik, Director

Prairie Rose chorus is the happiest chorus on earth! We are back face to face and it's the best feeling every. The end of June our rehearsal home opened the doors to us once again. St. John's Lutheran Church has a beautiful garden and our plan was to have outdoor practices there, and we did have a couple of them and then learned we could go back inside.

The region has done a fabulous job of bringing us educational opportunities. We took advantage of the opportunity to work with Erin Howden. In June, our entire chorus zoomed with her and we learned so much from her. She gave us new ideas for warm-ups and vocal placement. We have been incorporating her ideas and the ideas of the other coaches that we have had and we are seeing a difference in sound already. We are so excited to see where all this knowledge will take us! All of these opportunities have given us a renewed excitement to work and improve what we are doing and how we perform.

We are planning ahead and hope that we will be able to do what we plan. We are inviting women to join us for our Christmas sing starting October 19th with our concert tentatively scheduled for December 11th. Veterans Day is scheduled once again, and we are scheduled to sing a few patriotic pieces for that. We hope to be able to have a zoom coaching with Erin after the first of the year and then it's off to Rochester in April to see the friends that we have missed the last couple of years.

Over the last few months we have dealt with a broken hip, heart attack, one member that knows what she doesn't have and doesn't really know what she does have, one that just had a knee replacement and another that is in the process of several eye procedures. The next thing that we

have to accomplish is getting everyone well so that they can be back with us!

Prairie Rose hopes that all of you are doing well and are able to be back face to face, excited and ready to sing, sing, sing.



Sparkle! Quartet

Submitted by Barbara Capps

Greetings, Region 6! After sixteen very loooong months, we FINALLY got together for a quartet weekend! Julie flew out from Washington in July and we had three and a half glorious days together. We spent time getting "reacquainted" with our music, enjoyed an afternoon on Forest Lake in Denise's beautiful new pontoon boat, and dined at our favorite Mexican restaurant. Margaritas may have been included!

We hope you are enjoying your summer. We can't wait to see all of you next year at Regional. Be happy and stay safe!

Sparkle!

Denise, Barbara, Julie, and Marcia





Fox Valley Chorus

Submitted by Vicki Krause

“GROW THROUGH WHAT YOU GO THROUGH”

Those words on the sign outside a nearby church caught the eye of our director, Heather, as she came to rehearsal last Tuesday night. She passed that thought on to us as we discussed where the Fox Valley Chorus is right now, and what our thoughts are for the future.

In thinking about this, I wondered just how the Fox Valley Chorus has grown going through this past year of Covid – and what we’ve learned:

- Many of us have become way more “computer savvy”, especially in navigating Zoom for our virtual rehearsals. This has been a learning curve for sure....a steeper curve for some of us than others!
- We’ve learned how resilient we are as an organization and as individuals.
- We’ve recognized that as a chorus, we are more than just meeting in a rehearsal hall on Tuesday nights. We didn’t let distance and inability to be together define who we are as a chorus. We stayed strong, and we stayed together!
- We now have the capability and know-how to Livestream our in-person rehearsals for distant members and those who can’t make it to rehearsal for whatever reason.
- We’ve found an alternate rehearsal site, as our regular location wasn’t yet open for outside groups.

- Finally, thanks to Zoom rehearsals and singing to learning tracks....now our family members have a clear idea of what the baritone part by itself actually sounds like!!

So...what does the future hold for the Fox Valley Chorus? In asking a few members what they hope for, looking forward. Here are some thoughts:

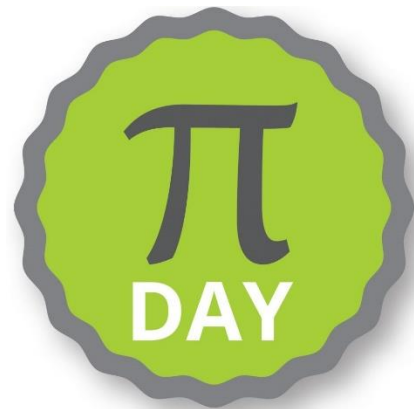
“Looking forward to a Fall full of ringing chords and laughter.

“Can’t wait to have a show or sing somewhere”

“Picking up new members”

“Looking forward to getting back to our regular rehearsal hall”

The chorus is hoping to be back at our regular rehearsal hall in September, and back on the risers, if all goes well. It’s very difficult to make any definitive plans right now, as we all know. We have tentatively planned a performance for March, 2022. Instead of our usual “Sweetie Pie Social”, this year we’re planning a Pi Day event for right around March 15 (still incorporating pies, of course!). Date and specific details to be announced later.



3,141,593

The Fox Valley Chorus sends all of our sister choruses our best hopes for a safe return to singing together!

Zumbro Valley

Submitted by April Horne



ZVC's first post-shutdown rehearsal in May, led by Assistant Director Nancy Hayden

If the weather cooperates, by the time you read this, Zumbro Valley Chorus will have had their first post-shutdown concert. The concert is scheduled for 8/24 and the chorus will perform under a tent in the parking lot of Shorewood Senior Living Center. The concert is centered on the theme of travel and journeys, so of course it will include the new region song, Locomotion.

Assistant director Nancy Hayden and new Assistant Director Katherine Gales will lead the chorus. The concert was a good motivator for all of us to get our singing voices (and memories) back in shape. After the concert, we will start preparing for our holiday performances, plus working with our new director, Derek Glenna, to prepare for the 2022 Convention. We look forward to seeing all of you there!



The rain held off and we had our first post-lockdown concert! That was fun.

Just Kidding Quartet

Submitted by Mickey Christensen

Greeting to all Region 6 members from Just Kidding from Minnesota Valley Chorus. Just Kidding FINALLY were able to schedule a live performance in over 18 or 19 months due to the pandemic. Friday evening we were at the Steele Co. Fair in Owatonna at the Heritage Village. We sang for a half hour to a small but receptive audience that included one of our Minnesota Valley Chorus members (Thanks Lori Scott). We used individual mics, which was a new experience for us. We braved bad weather approaching, high wind and a distracting couple in the audience, but all went very well, with only small bloopers! We also had a former member of Zumbro Valley in the audience and we



enjoyed visiting with her afterwards. We hope that other organizations and quartets are able to get out and do live performances too. We have more coming up in September with church sings at 4 area churches. Always fun!!

Just Kidding - Mickey, Jodi, Kari and Lori



It's About Time Quartet

Submitted by Vicki Powers



Wow, it's been a busy summer for It's About Time! Since things started opening up in May, we've done a lot of performances – at Senior Living locations, a couple of Women's Groups, a garden party, a tea party, a church picnic and were guests of the Fox Valleyaires (men's chorus) at their annual concert in the park.



In between that time, we've done some fundraising – including brat fries and working a local festival, and we've done some shopping and sewing – not that we don't already have enough clothes!

We've also done some coaching with Kathleen and Bill Albrecht via zoom – we've been doing

that pretty much weekly as a part of our regular rehearsal time. It's so great having someone fix us before it becomes muscle memory!

And like everyone else, we are working on some new music – such fun to add to our performance repertoire!

We are hoping that we can get together soon.

Nancy, Chris, Terrie & Vicki



How does a lead change a light bulb?

She just holds the bulb and the world revolves around her.

Hey lady - How late does the chorus sing?

Oh, about a half a beat behind the director.

Bass & Bari on the golf course:
Bass – what's in that pouch on your golf bag? Bari – An extra sock, in case I get a hole in one.



It's Summertime!!

Submitted by Spice

“Some of the best memories are made in flip-flops.” ~ Kellie Elmore



We've been happily filling our summer with camping trips and road trips. Nurturing our gardens and being nurtured by time with loved ones. Enjoying the warmth of the sun and the warmth of every spicy moment we've had together preparing and rehearsing for...

So many wonderful events this summer!

- We had such fun creating and sharing our presentation titled “Barbershop: The Music, the History, the Stories” for members of the music fraternity, Sigma Alpha Iota. We were thrilled to team up with the incomparable Queen Mary Dick to virtually share our love of barbershop music with non-barbershop musicians.
- We happily accepted the invitation to join North Star Chorus and other guest quartets at Como Lakeside Pavilion. We spent a very *HOT* (100° F) and entirely enjoyable evening sharing our craft with a LIVE audience for the first time in many months. We know you all understand how much that meant to us.

- We were honored to, once again, join our dear friends, Vocality, on their Annual Concert from the Porch. How thrilling it was to see (and hug) so many of you that were able to attend in person, and we are equally grateful for those of you who joined virtually via the live stream. If you missed it, you can watch our portion of the show on [YouTube!](#)
- We also got to spend a joy-filled afternoon providing nearly an hour of musical entertainment to the residents of Christian Community Home and Assisted Living in Osceola, WI. They were so welcoming and engaging, and they cheered enthusiastically after every song. They were clearly having a good time, and that's what it's all about, isn't it?
- And of course, our monthly Mystery Interviews! We sure hope you've been enjoying these virtual conversations as much as we have! It's fun getting to know these amazing people a little better. If you've missed any, you can find them all on our [YouTube Channel](#).

And more to come this fall!

- We are wrapping up our Mystery Interview Series this fall. Our final three interviews are September 28, October 27, and November (date TBD). Mark your calendars and watch our Facebook Page for the details. We love it when you join us live and ask your own questions of our guests. As always, replays will be available on our Facebook Page and our YouTube Channel.



- In November we get to return to Fort Snelling Memorial Chapel to provide music for one of their Sunday services. Singing in such a beautiful space with such rich history only enhances the meaning of the sacred and patriotic music we've been asked to share.

As busy as we've been, and will likely continue to be, we always make time to sing together and laugh together. Our upcoming rehearsals will include working on new music and even some coaching! There are many things in life that make us happy, quartet time is definitely one of them.

We sincerely hope you're doing well and spending your time doing the things that bring you joy.

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>



Fourté Quartet

Submitted by Audra Freeman

Summer 2021 turned out to be better than we ever expected. We were fortunate to be able to get together to rehearse starting in May we were also able to sing at a few events. At the end of June, we took a trip to Pekin, ND to sing for their "Music in the Park" event. In July, we sang the US and Canada anthems at a RedHawks baseball game. August brought us the wedding of one of our Acapella Express members and we were invited to sing at her ceremony.



This fall, we are looking forward to the Acapella Express 65th anniversary show, some coaching and preparing for spring contest and more singing together. We hope to see some of our region sisters at the Acapella Express show in November. Watch Facebook for all the details and come to our show!





Acapella Express

Submitted by Audra Freeman

We are so excited to be rehearsing in person once again in our regular rehearsal location! We have been so fortunate to have been able to stay connected over the last year and a half by meeting on Zoom each week, for those who were able to join us. However, there is nothing like being together again in person!

This summer we were able to sing out in our community for two of our most favorite events, a RedHawks baseball game and the GoFar Woman Marathon. We were honored to sing the US National Anthem at both events and stayed to enjoy the RedHawks baseball game on a very beautiful summer evening. It was so much fun hanging out with each other after so many months of only seeing faces on a computer screen.



Coming this fall, we will be celebrating our 65th anniversary with a show and celebration on November 20th at Concordia College. We will perform some of our favorite songs from our chorus' history and we also hope to have former members, directors and potential new members join us on stage as we honor the past, present and future of Acapella Express. We would LOVE to have all of you in the audience at our show, and the Afterglow following. Watch our

Facebook page and website for more information. If any regional quartets are interested in coming, we would love for you to sing at our Afterglow.

We continue to look forward to great things in the coming months, our anniversary show, more opportunities to sing together and sharing our love for this organization with as many people as we can. Stay Sweet Adelines Strong everyone!



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