

Regional Measures

Summer 2022 Edition

REGIONAL MANAGEMENT TEAM

SUSAN KRISNIK – TEAM LEADER

LYLA LARSON – EVENTS COORDINATOR

MEGAN ARGALL – DIRECTOR COORDINATOR

TERRI CALVERT – EDUCATION COORDINATOR

LINDA RUBIS – MEMBERSHIP COORDINATOR

AUDRA FREEMAN – FINANCE COORDINATOR

CAROL MORGAN – COMMUNICATIONS COORDINATOR

MOLLY ROBERTSON - MARKETING COORDINATOR

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

Upcoming Events



16-17 Jun	Region Celebration/DD/SASS (Rochester, MN)
20-24 Jul	IES (San Antonio, TX)
13 Aug	Sandy Bergersen celebration
12-17 Sep	SAI Convention (Phoenix, AZ)

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](#).

Reminders from Susan

*Submitted by Susan Krisnik,
Region 6 Management Team Leader*

I can't wait to see everyone at DD/SASS on June 17-18, 2022! We are up to 120 in our workshop chorus – how fun will that be!

A few points/reminders about DD/SASS

Late registration:

If you still want to register for this amazing event, you can. Contact Molly Robertson at mollytenor@gmail.com. You will have to reserve your own rooms: [Booking Link to Hilton](#)

Details for the weekend:

You can get all the details in my monthly newsletter coming out on June 1, 2022 and on the Region 6 website regionsix.org

Times for Friday night:

A reminder about time for Friday night, June 17, 2022. Social hour starts at 5 pm. Dinner at 6 pm. Region 6 Celebration starts at 7 pm.

Songs for Saturday:

The workshop chorus will be singing One Fine Day, Locomotion, and It's The Music That Brings Us Together. Make sure you have learned these songs. We will be reviewing them and learning choreography on Saturday morning, then in the afternoon, Joan Boutillier will coach the chorus with a wonderful Region 6 Director directing each song. We will also be



singing both national anthems (Oh Canada, The Star Spangled Banner – Joni Bescos version) – make sure you have learned these as well.

Chorus Leaders:

A reception with Joan and chorus leaders is at 5 pm on Saturday. Please RSVP to susank5678@gmail.com.

Don't miss this wonderful event. If you do, we will have much of it recorded, but it won't be same if you aren't there in person!

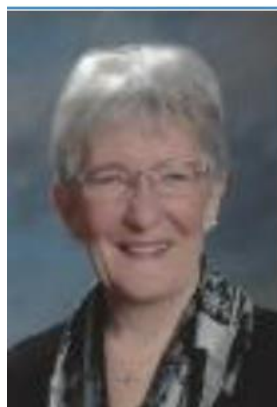
Susan Krisnik, Region 6 Team Leader

Changes on the RMT

Submitted by Lori Scott

Outgoing Communications Coordinator

I am pleased to announce that our region has a new Communications Coordinator. Carol Morgan, of Sounds of Superior Chorus, has been participating on the Regional Management Team for the past year in the role of Canada Liaison.



Carol has now agreed to take on the role of Communications Coordinator. Carol is a very involved, long-time Sweet Adeline with all the skills needed to serve RMT well. A retired executive assistant,

Carol Morgan

Carol is currently president of her chorus. She has sung in quartets, been a YWIH leader and served her own chorus on the Board, Music Team, Section Leader, Show Chair, Chorus Newsletter, By-laws Chair, Webmaster, the list goes on! Please send her a warm welcome at communications@region6.org.

There will be some re-structuring of responsibilities within the RMT. Membership Coordinator, Linda Rubis, will take on day-to-day upkeep of the Regional Directory and member-related functions of the Region 6 website, including keeping email distribution lists up to date. Marketing Coordinator, Molly Robertson will take on major responsibility for the Region 6 website as a primary marketing tool. Finance Coordinator, Audra Freeman will work with Molly to manage financial aspects of the website. Carol Morgan will post meeting minutes and post general messages.

As for me, Lori Scott, I am grateful to have had the experience of serving on the RMT these past four years. I met so many wonderful women in our region and beyond because of my involvement with the RMT. I feel so much more an integral part of the region than I did before. I thank Mary Lou Kudela, who nominated me and persuaded me that I was 'RMT material' when I wasn't sure. I thank Linda Rubis, the Communications Coordinator before me, for her thorough and patient training, that enabled me to hit the ground running when I started. And I thank all the members of the RMT who have been a delight to work with and have become my friends.

Lest you think you may lose touch with me now, never fear. I have agreed to stay involved on the Region 6 Support Team by continuing to serve as the Regional Measures Editor, a task I thoroughly enjoyed as the Communications Coordinator. So, a partial farewell, I bid you. And I encourage anyone to volunteer to serve on the RMT in the future.



Lori Scott



Region 6 Virtual Convention/Contest

Shirley Christie

*Submitted by Shirley Christie
Competition Coordinator*

My thanks to all who chose to participate in the chorus and quartet contests. Every competitor presented an enjoyable package and hopefully enjoyed this totally different experience. Let's hope we never have to go through this again – it was an extreme challenge coordinating the various aspects of a virtual contest. Molly Robertson was awesome at guiding the contestants through the Dropbox process.

Congratulations to Spirit of Harmony who will represent Region 6 at the 2023 chorus contest in Louisville and Spice at the 2022 quartet contest in Phoenix. We know they will do Region 6 proud. Let's hope we have a good representation of regional people to cheer on these two special groups.

My personal thanks to the RMT for entrusting me with this contest. Bottom line was it was kind of fun and one of those “you learn how to do new things every day” and thankfully, with the help of my sidekick, Pat, and Molly we got it done.

In harmony,



2022 Region 6 Quartet Champions - Spice Quartet



2022 Region 6 Chorus Champions - Spirit of Harmony Chorus



Membership Recognition and Celebration for 2022

*Submitted by Linda Rubis, Region 6
Membership Coordinator*

What a year it has been for the members of Region 6. It has been such a challenge to continue maintaining membership in each chorus. The loss of members has been the norm for all choruses over all Sweet Adeline regions, but we are finally able to begin to come back to live rehearsals with limitations depending on each chorus's situation. Some are still struggling but working hard to keep their membership to a level to recharter.

One very positive event is the recognition of members through the Women of Note selection by each chorus. All but one chorus submitted the name of a chorus member that made a difference the past year. Certificates were prepared and sent to each chorus for presentation to that very valuable member.

Another event for members is the recognition of their years of membership with SAI. We review the SAI database identify member from 5 to 60 years in 5-year increments. Longevity Certificates are prepared and sent to each chorus for presentation or Chapter At Large member. We were pleased to recognize 90 members with award certificates. A presentation and highlight of member Longevity will presented at the SASS Music school June 17 in Rochester.

Special recognition goes to our 50, 55 and 60 year members. Be sure to congratulate and show your gratitude for their lifetime of service:

60 Year Members:

Gayle Wharton
Zora Burnham
Mary Dick



55 Year Members:

Marcia Starnes
Barbara Harvey

50 Year Members:

Kay Preller
Marlaine Stevens
Janet Johnson
Mary Johnson
Anne Stickler
Sandra Bergersen

Sad News - It is also with great sadness that we share the loss of two choruses in our region.

Twin Forks Chorus: Twin Forks chorus, located in Grand Forks, ND has made the decision to dissolve effective April 30, 2022. If you know members of that chorus, be sure to reach out and let them know they will be missed. You can also send an email to: Shirley Kieffer,



skieffer@gra.midco.net who is handling the process of dissolving. We wish them well.

RiverCity Harmony Chorus: We have also received notice that RiverCity Harmony Chorus located in Yankton, SD, will also be dissolving. They no longer have a director and the number of members is too low to recharter. Details and dates have not been shared at this time. If you know members of this chorus, be sure to reach out and let them know we are thinking of them, and they will be missed. You can also contact: Marlene Herman at: meherman1@goldenwest.net.

I am very excited to share that SAI will be launching a membership recruitment initiative, Ignite the Sound, on June 6, 2022!

This will be a year-long campaign, that will include new Retention and Recruitment web pages on the Sweet Adelines International website. These pages will have important documents to support chorus activities, helpful articles and videos from chapters to share information on a chorus-to-chorus level. Be sure to watch for more information in the coming weeks.

We look forward to the coming year and a positive outlook for our quartets, choruses and each individual member. Hoping to see many of you at the SASS Music school in Rochester, MN June 17-18, 2022. It will be a fun and informative weekend and an opportunity to reconnect with our Sweet Adeline sisters.

Memorial Gifts

Two long-time Sweet Adelines from Lake Country Chorus, **Jeanette Braastad** and **Mary Ann Karrick**, passed away last fall. Their chorus collected money in their memory. Lake Country generously donated \$50 for each of these ladies, as a memorial gift to Region 6. Thank you to Lake Country Chorus for your kind donation.

Attn: Director Certification Program (DCP) participants:

Submitted by Linda Wetterlin



Did you spot the DCP update in the recent Quarter Note publication from International? It reminded us that they're updating Mods 3 & 7 and also creating a brand new Mod 11 on Performance - all coming soon!

If any participant wishes to test on any module anytime via Zoom or at the upcoming in-person [Director Development/Sweet Adelines Summer School](#) (DD/SASS) event, please let me know to schedule a time.

Anyone interested in learning more about either the Director or Arranger Certification Programs can contact me anytime! Please visit Sweet Adelines International website under [Certification Programs](#) for full details.

Linda Wetterlin, Region 6 Director Certification Program and ACP Coordinator

scrappin.bari@yahoo.com

651-216-7670 talk or text





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. 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 May 10, 2022, there were 2003 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!

Change will not come if we wait for some other person or some other time. We are the ones we've been waiting for. We are the change that we seek.

-Barack Obama



What to Look for In An Arrangement

*Submitted by Heather Johnston, Fox Valley
Director and Education Faculty*

As I was looking for ideas for this article I came across a hand-out for an IES class presented by Suzy Lobaugh so thought I would share some of the information I found in it.

“Singability” Guidelines – when looking at a new song here are some things to consider:

Overview of the song:

- Range – individual voice parts and overall range of the song. Will they be comfortable and/or achievable for your chorus members?
- Meter – simple or complex. What can your chorus members handle?
- Logical part line flow (voice leading)
- Places to breathe (especially on embellishments) – this can be very critical for smaller choruses
- Melodic/lyric interest – is the melody memorable?
- Open vowels, singable consonants. Are the held moments on vowels your members sing confidently, or are they vowels you want them to become successful with?



Intro and/or verse:

- Establish the mood of the song
- Grab attention – create interest in what’s to come and sets up the story

Embellishments:

- Add interest and excitement

- Fill empty spaces judiciously – places where accompaniment would be
- Provide transportation – connection between phrases
- Key changes – add momentum, excitement

Tag:

- Provides satisfying finish; summarize and/or brings the song full circle
- Repeat the “punch line/message/gist”

New Song on the Website

Submitted by Lori Scott

Generations of Love

by Jennifer Palus and Jen Cooke

Sweet Adelines International recently announced that Jennifer Palus and Jen Cooke have generously made sheet music and learning tracks for “Generations of Love” available for free to Sweet Adelines. The song can be obtained from SAI and is also available on the Region 6 website under Members> Songs.





Faculty News

*Submitted by Cheryl Helm
Faculty Coordinator*

Region 6 faculty is an integral part of our Chapter Visit Program. We have 2 faculty members who have blessed us with their time, knowledge, and love of the region, choruses, and a love of music harmony.

It is with sadness that they are leaving the faculty but filled with joy as to where their new journeys will lead them!

Bettina Schramm:

In 2007, Bettina moved to Minnesota and immediately became involved in the region. She joined City of Lakes and started with leadership positions within the chorus.



She soon followed with becoming the Regional Membership Coordinator on the RMT. She told me her “proudest accomplishment was when she was accepted as a regional faculty member in November of 2019”. As a faculty member, Bettina has coached choruses, advised them with thoughtful advice, and written education programs with other faculty members for the chapter visit program. She has been an asset to the region and we will miss her.

Bettina will be moving to Michigan to be closer to family and her grandbabies. (There is a new baby on the way!) She says, “I will definitely keep singing and will check out Sweet Adeline opportunities in Michigan.” Good luck, Bettina, on your new and fun journey!!!

Mary Lou Kudela:

To understand what a busy lady Mary Lou has been in our region, requires a trip down memory lane:



Mary Lou was an International

Administrative Faculty Trainee in 1983 and went on to achieve International Faculty status. The same year, Region 6 Board of Directors approved the concept of a Regional Administrative Faculty “RAF” for Region 6. RAF was to function as a Standing Committee on the Board of Directors and its purpose was to:

- Provide administrative education
- Communicate Sweet Adeline policies
- Develop and outline for a chapter visit program and develop approved scripts
- Teach classes at regional weekends
- Encourage a positive image
- Stress smooth chapter administrative operation
- Be a resource of administrative and leadership information

As chairman of the RAF Committee, Bonnie Rust, was tasked with the responsibility of selecting a first rate faculty. Mary Lou was one of the first people selected to be a member of the Regional Administrative Faculty for Region 6 and their first meeting was on June 14th, 1984. She served on this faculty for 38 years.

Mary Lou was the Regent (Regional President) of Region 6 for 2 years, from 1985 to 1987. She later served on the DMA , “Director of Musical Activities”, Faculty. By this time she was a Certified International Faculty member.

Mary Lou served as Faculty Resource Coordinator for the DMA Faculty until 1999 at which time the regional leadership positions of



“Regent” and “DMA” were terminated, when the governance of Region 6 changed to a Management Team.

The original idea to form an administrative faculty was obviously successful as we have had an active “Chapter Visit Program” for almost 40 years. Mary Lou’s expertise in so many areas has been one of the reasons it has been so successful! She has willingly shared her amazing teaching and leadership skills with the faculty, choruses, and anyone who meets her! Thank you for your dedication! (History provided by Bonnie Rust)

Mary Lou told me her retirement plans are to keep singing, travel, and spend more time with her grandchildren. She also did say she will still attend regional events. Enjoy your new journey!

*Remember to breathe.
It is after all, the
secret of life.
-Gregory Maguire*



Chapter Visit Program for 2022-2023

*Submitted by Cheryl Helm
Chapter Visit Coordinator*

Region 6 Chapter Visit Program is almost ready to travel to your area! The plan is for in person visits, “HOORAY”, and we can still offer Zoom visits when they are needed. One change is the Region will provide 3 visits paid for by the Region. To quote Bonnie Rust, “You need to have visits 1 and 2 before you can have visit #3!” (Faculty Humor?)



Seriously, we are as excited as you to come and visit and hear you sing! The second change to our visit program will be a time of connection, instead of an education class. After not connecting in person for 2 years, we thought we would be of more help to discuss and assess with your chorus as to your needs, and what the faculty and region can do to help you with areas that are important to you. Within that connection time, we will be able to bring some ideas about recorded events available on the Regional website for you to use for further education. Two Faculty members will attend your coaching visit, one musical and one administrative. Keep in mind that most of the Faculty can coach in both areas, but each of us has chosen which area we feel we are more proficient in.

Fun changes to the visit program and we are ready to roll. I will bring Chapter Visit materials for the Directors and Presidents/Team Leaders to SASS. If these leaders are not there, please have someone from your chorus come and get the materials. Otherwise, materials will be mailed. Looking forward to seeing all of you at SASS.



Sounds of Superior

Submitted by Sharron Kershaw

Congratulations to all those who participated in the first ever virtual competition. It was not quite the same as being there but it was great to see the performances and hear those chords ringing. A big shout out to all those who worked so hard putting this presentation together.

With spring emerging after a hard long winter and most covid restrictions being lifted, it feels like a “coming out” of epic proportions. We are so happy to be practicing in person again and back on the risers. It’s so exciting to have an “upcoming events” list forming. We are holding a guest night on May 16 and look forward to meeting future chorus members. At the end of May we are participating in the Hike for Hospice, it will be amazing to sing out in the community again.

Members participated in a Mother's Day tribute video, with a special message to the mothers of Ukraine. The message was viewed by over 2

thousand people on YouTube. The power of Sweet Adelines and music!

With things getting back to “normal” we are focusing on our repertoire and our two competition songs. Dare we dream of an in person competition next spring? An in person wind down party? Coaching in the fall? A fall show? The possibilities are endless!

*Who you are
tomorrow begins with
what you do today.*

-Tim Fargo





Sound Cascade

Submitted by Mary Remmark

Sound Cascade Chorus has been working on our repertoire of songs as we welcome new members to our chorus. Our focus has been on rehearsing “The Star-Spangled Banner” for our two upcoming performances at Canaries baseball games this upcoming season/summer.



Our recent additions include Carol as a lead, Vicki as a lead and Carole as a tenor. We are so happy to have new members that are excited to be part of our barbershop harmony. We were surprised in January 2022 at the unexpected resignation of our previous director. Since then, we have been working with a wonderful lady named Carol (yes, one of our new members) to move her into the position of our new director.



We enjoy her spirit, her kindness, and her dedication to learning the art of barbershop directing. She has undertaken a lot by learning our songs, the barbershop style of directing, and our style of singing and learning.

We have been enjoying our time

learning together. Recently we completed a fundraiser called the 50/50 marble drawing. Our lucky winner, of a sum of \$130.00, was Mary Remmark (see picture.)



A wonderful tradition of our monthly luncheon continues with delicious sandwiches, drinks, and desserts being served by our members. We are blessed with the leadership of Ladene who makes sure that we have coffee and other essential items for our monthly luncheons.



We want to thank two special ladies in our region who led us through our difficult transition from being without a director to recruiting a new director. Those two ladies are Bettina Schramm and Judy Weipert. Bettina met with our board



and gave us much-needed encouragement and hints in our search for a new director. She was kind, supportive, and kept us moving in a positive direction. Judy has counseled our board about director contracts and many other aspects of recruiting/training a new director. Judy also invited Carol and members of our chorus to visit at a recent Spirit of Harmony Chorus rehearsal. You ladies are very special to us.

We had an election to elect a new six-member board of directors. These ladies include Audrey, Kandi, Karen, Lerae, Karen, and Donna. We were to have an installation banquet on Thursday, May 12th. That was postponed due to a nasty storm in Sioux Falls that night. The storm included winds up to 78 miles per hour with many residents losing electricity for 40 hours or more.

We are sending greetings to all ladies of Region 6. We appreciate your support and the educational opportunities that you provide for all of us.

Why are pianos so noble?



Many are upright and the rest are grand.

Affinity hits the jackpot!

Submitted by Judy Weipert

Affinity is thrilled with our second-place medals! After two canceled competitions, many zoom rehearsals, including a zoom coaching session with Scott Kvigne, and finally some in person rehearsals, we recorded our competition video in March with our only audience the cameraman (Gaylene's husband Greg). Talk about surreal! Our competition viewing party was not without incident either, because the venue lost power right in the middle of our performance! Fortunately, we **were** able to hear the contest results!! Spirit of Harmony's championship chorus win along with their Division A win was just icing on the cake!

We have also been lucky to share the stage this spring with our barbershopper friends from West Central Connection in Willmar, Minnesota, along with men's quartets St. Croix Crossing and Kordal Kombat. There is nothing quite like barbershop audiences! They made us feel so very welcome!



Gaylene and Marcia have been lucky this month too, becoming grandmas once again! And Affinity has been asked to sing at the wedding of two of our chorus members. Blessings all around!

We are all looking forward to attending our regional celebration and SASS! It's been too long since we have seen everyone and shared a song or two!



Spirit of Harmony Honors Members

Submitted by Judy Weipert

Spirit of Harmony Chorus met on Monday, May 16, for their annual awards and officer installation banquet at The Hutt in Arnolds Park. The chorus had a great time visiting, eating together, and of course, they did a little singing! They took time during the banquet to honor several members of the chorus.

Spirit of Harmony would like to recognize their Woman of Note and their Sweet Adeline of the Year.



The Woman of Note award goes to a member who has made a significant or noteworthy contribution to her chorus within the past year. She is someone who embodies the spirit of Sweet Adelines and displays dedication to her chorus. This year the Spirit of Harmony has selected Shirleen Helgeson as our 2022 Woman of Note. Shirleen is a retired nurse from Emmetsburg and has been a member of the chorus since 2007. Shirleen is a member of the Spirit of Harmony Board of Directors and serves as Ways and Means Chair. Shirleen's can-do attitude along with her volunteer's mindset make her an easy choice for this year's Woman of Note.



The 2022 Sweet Adeline of the Year award went to a member who has contributed over and beyond to the chorus over the past year. This year's award went to Erika Wachholz. Erika is a Financial Advisor with Ameriprise, lives in Spencer, and has been a member of Spirit of Harmony since 2019. Erika exudes positivity, exceptional kindness, generosity, and honesty. While she hasn't been a

member for long, she has shown true leadership and compassion, taking on the role as president of the Board of Directors in the midst of a pandemic, and who has been described as a good listener, providing great feedback and clear direction. She is always the first person to volunteer wherever she is needed and her cheerful demeanor and welcoming attitude make her a friend to all.

The board of directors was also installed. They recognized that these ladies are the unsung heroes of the chorus! Without their efforts throughout the year our chorus would indeed be lost! Thank you so much! Officers are: President - Erika Wachholz, Spencer; Vice-President/Membership - Lori Harms, Lake Park; Secretary - Jeanne Burns, Spencer; Treasurer - Sally Bohmer, Estherville; Ways and Means - Shirleen Helgeson, Emmetsburg and Publicity - Mary Lou Foster, Spirit Lake.

Membership awards were given to milestone members. 5-Year Awards were given to Lori Harms, Lake Park and Dianne Elton, Spirit Lake. 15-Year Awards were given to Jen Brezinski, Marshall, MN, Shirleen Helgeson, Emmetsburg and Marlys Stahly, Lake Park and 35-Year Awards were given to Diane Lockard and Linda Rubis, both of Spirit Lake.

The evening ended with a very special award – The Spirit of Harmony Legacy Award, presented to their two charter members, Eyleen Anderson and Dianne Franker. Dianne was the very first president of the chorus and both Eyleen and Dianne served on the Board of Directors many times. When the only tenor of the chorus wasn't able to go to contest, Dianne, at the last minute, learned the tenor part to one of the songs so they could compete at contest. Dianne is also remembered for her beautiful rendition of Moonlight Sonata on the keyboard at one of their shows while wearing a medical boot. Nothing can keep her from performing! Eyleen has collected every show program and video since our inception along with all the competition photos, which were used in the lobby of the Sami Center for their anniversary



show. Eyleen is a faithful member who has rarely missed a zoom rehearsal or an in-person rehearsal. Both Eyleen and Dianne have overcome health issues and still managed to keep Spirit of Harmony in their lives. Their loyalty to the chorus is to be commended. The chorus thanks and honors these two exceptional women. They have truly made a difference!



Spirit of Harmony Earns 1st Place

Submitted by Marlys Stahly

Region 6 Competition certainly was different this year! Who knew that we would have unlimited chances to record our contest songs instead of competing on stage? So, on a Saturday in March, we recorded our competition

songs several times. But, as it turned out, SOH did have a contest stage! It was at our Friends and Family Night on April 21 where we performed our contest package for our faithful audience. Having an audience makes for the best performance as that recording is what was chosen to submit for the virtual competition.

When all the results were in, the chorus gathered at The Venue in Spirit Lake on Saturday afternoon, April 23, to view the results of their virtual competition. After all the videos were viewed, the chorus members were thrilled when the announcement was delivered via a FaceBook Live event that Spirit of Harmony had placed **FIRST** in the contest. The win qualifies them to compete in the Sweet Adeline International Competition in Louisville, Kentucky in the fall of 2023. A first for Spirit of Harmony. They are already planning for the trip!

Affinity quartet, all members of the Spirit of Harmony Chorus, also competed and received second place in the quartet competition. Members of the quartet are Gaylene Rolling of Spirit Lake, Marcia Klingbeil of Estherville, Judy Weipert of Spirit Lake, and Mindy Jurgensen of Lake Park.

We are looking forward to seeing everyone **IN PERSON** and ringing lots of chords at SASS in June!





Twin Cities Show Chorus (TCSC)

Submitted by Merrilee Spaeth

Happy ‘Spring’ from the Twin Cities Show Chorus, although it seems like we just skipped over most of our spring and went right to summer!

These last few months have been quite exciting and renewing for our chorus, especially since we have been getting back to a more ‘normal’ rehearsal schedule. Here are some of the highlights:

Creating our Regional competition video

The ‘virtual’ video competition was certainly a different experience, but we were lucky to have help from a couple of new members, and we had a great time making the video! A big ‘thank you’ to our MC, Judy, and to Scott for filling in for Denis at our last rehearsal before the taping – it was very much appreciated! We would also like to thank the Regional team for an awesome job in making the event such a success, and congratulate all of the participants – especially our first place quartet, Spice, and chorus, Spirit of Harmony. Great job!!



Since then we have happily welcomed some new guests to our rehearsals, and...



we recently were featured in a one-page article in the “Our Life” section of a local multi-city newspaper.

Our annual Spring Flowers fundraiser was held a couple of weeks ago, and we had great weather for it! We sold over 275 flower orders and want to thank everyone who helped to make it a success!





This year's Installation of Officers featured our usual potluck dinner, along with the handing out of awards for the Woman of Note and our chorus' Shining Star nominees, the Longevity Awards, and the installation of our new Board of Directors.



A big 'thank you' goes to our President, Lyla Larson, who not only coordinated the dinner setup, but put together a last-minute program as well. Super job!

Not everyone could join us in person, though, so some recognition had to be made via Zoom.



We ended the evening by singing a couple of songs and sharing our special good-bye!



TC is looking forward to a summer filled with many exciting activities, including a performance at the Winona County Fair and our upcoming DD/SASS and Regional Celebration in June. It will really be fun to catch up with friends we haven't seen in quite a while and enjoy some 'live' BBS again!

If we don't happen to see you there we hope that you have a fabulous summer - keep singing and ringing those chords!

Your Twin Cities friends



Zumbro Valley

Submitted by April Horne

On a sunny spring day in May, the excited singers of Zumbro Valley Chorus gathered to prepare the fellowship hall for their spring tea – the first since spring of 2019. Tables were decorated, treats were plated, silent auction baskets were prepared, and the popular grab bags were waiting by the ticket table. The theme – A Sentimental Journey – was appropriate as everyone was feeling a little sentimental – and so happy to be back! This was the first tea for 5 new members, including new director, Katherine Gales.



Looking good! And sounding great! New Zumbro Valley Chorus members Krista Goering (bari), Julia Guerin (tenor), Kiya Virgin (bass), Sara Kuisle (Bari), Katherine Gales (director)

The day was made even more exciting by the presence of special guests, Side by Side, with tenors Susan Krisnik and LeAnn Lake, Leads Jamie Lamotte and Joy Johnson, Baritone Lorraine Shearer, and basses Judy Olson and MeLinda Green. They brought so much energy

and fun to their performance! (And some great, ringing chords, too!)



Despite competing with one of the first really nice days of the spring, it was a near-capacity audience, and a good time was had by all.



The chorus was joined by Side by Side and ex-members to close the show with "Harmonize the World," directed by Judy Olson.

The chorus has two more events scheduled for the summer: an appearance at the Winona County Fair and a youth Summer of Harmony capstone concert. Zumbro Valley Chorus looks forward to reconnecting with other members of Region 6 in Rochester at the DD/SASS event – see you there!



Lake Country

Submitted by Helen Vulu

Lake Country Chorus "attended" the Region Six convention with a viewing party and tried to convey the fun of Convention to the newest members. Congratulations to all the participants for their hard work creating their videos, we loved seeing them. And we'll see you all in person next year for the real thing - can't wait!



The old year passes and the new one begins, what better way to celebrate than another party and more food! Dinner at Jimmie's in Vadnais Heights, fine food, fun guessing games and installation of the Board of Directors officers for the coming year.



Sandy Bergersen - 50 years as a Sweet Adeline! (save the date)

"Our esteemed director, Sandy Bergersen, is celebrating 50 years as a Sweet Adeline this year, and she also has been director of Lake Country Chorus 41 of those 50 years. She has

been our Woman of Note for so many years, and this year gets the recognition she so well deserves.



On Sunday, August 13, from 1-4 pm at Redeemer Lutheran Church in White Bear Lake, our chorus will be honoring and thanking Sandy for her many years of service.

You can help us plan. We are creating a guest list and don't want to miss any of Sandy's many friends. If you would like to be included just drop us a line at info@lakecountrychorus.org. Add the date to your calendar now and we'll see you in August.

Join us August 13!



City of Lakes

Submitted by Allycia Smitt

City of Lakes has been focused on making and sharing memories during the year of our Platinum anniversary, the celebration of our chartering 70 years ago.

We celebrated singers who've made many memories over many years. First, members received Longevity Awards at our April 25th rehearsal. Queen and former Director Mary Dick, who celebrated 60 years as a Sweet Adeline this year, was among the recipients. In a special moment her daughter, Heidi Dick, presented the award to her. We also asked our longest reigning members to share their favorite photos and stories from their time in SAI. This memory, from Queen Marcia Starnes, was a humorous reminder to be careful what you wish for:

“One story that I cannot forget was in 1977 and my quartet Music Gallery was competing in our first International Competition in London, England. We were given a bottle of champagne before we left and Julie Scheibe Whelan brought it along on the plane. Well when we got to the hotel Julie S was opening the bottle and there was a loud pop. We looked up at the ceiling thinking that is where it went. Well it turns out it hit Julie S in her lip! We had been talking about makeup tips to line your lips to make them appear fuller. Well her lips were so swollen that took care of that!

Fortunately, the red lipstick covered the bruises. I do not think airport security would let you get by with champagne in your luggage these days.



The chorus made new memories with our friends and supporters at our 70th Anniversary

celebration concert, “Platinum Jubilee”. Songs, costumes, photos, and more were shared. Quartet performances brought some “Spice” to the show and kept the audience feeling “Upbeat”. Special guest “Vocality” inspired the next generation of barbershoppers to clap along. Former International Champion quartets were recognized with a special tribute. Quartets included:

- 4 Star Collection: Tenor - Connie Miller, Lead - Pat Rygg, Baritone - Denise Baber, Bass - Marcia Starnes.
- Music Gallery: Tenor - Julie Scheibe, Lead - Julie Moser, Baritone - Lou Dykstra, Bass - Marcia Starnes.
- Note Cracker Sweets: Tenor - Mary Erickson, Lead - Mary Dick, Baritone - Bev Schroeder, Bass - Nancy Peek.

The audience joined in the song for a special performance of “Harmonize the World”. Current and former Sweet Adelines in the crowd were invited to join us on stage. There were so many singers, we couldn't fit everyone on the risers! The most touching moment of the show was the tribute to our former members. The chorus commissioned Deke Sharon for an arrangement of Maroon 5's “Memories” to honor all the women we've sung with throughout the years. Chorus members contributed their favorite pictures to a beautiful slideshow.

If you missed the live debut of “Memories”, don't worry! We'll be performing the song for our second virtual chorus. The virtual chorus will appear on Facebook when it's ready later this year.

We're looking forward to making memories with you *in-person* at the SASS weekend this summer. City of Lakes will be performing a mini-show in Rochester. We can't wait to spend the weekend together, making new memories with you, our friends from Region 6!



Minnesota Valley

Submitted by Melissa Sailor

Congratulations to all the choruses that submitted videos for this year's virtual regional competition. Our chorus had a great time creating our package in the Open division. We gathered together and all had a celebration party, with wine and hors d'oeuvres, at Pat Prange's house. We enjoyed the show from her comfy living room furniture!



They delighted in designing their own costumes from a tote full of costume materials. At the end of the workshop the scouts and Sweet Adelines presented a brief program for an appreciative audience of local residents (and one delightful little dog named Fletcher).



The girls described the workshop as wonderful, fun, joyful, interesting, exciting, and loved it. The girls each received a YWIIH badge from Sweet Adelines and a Girl Scout Let There Be Music badge.

Harmony Workshop for Girl Scouts

Submitted by Lori Scott

This spring, Minnesota Valley Chorus held a Saturday workshop for Mankato area Girl Scouts. The girls learned about musical styles with emphasis on harmony and the elements of the barbershop style. They learned about warmups and breathing. We taught them rounds, companion songs, a barbershop tag, a call-and-response song with harmony, and a 4-part song. The girls also learned about and wrote and presented their own emcee material.





Fox Valley

Submitted by Vicki Krause

Spring has finally come to Wisconsin, and the Fox Valley Chorus has *finally* been able to return to our regular rehearsal hall. How great to sing on the risers again in actual riser placements! We are still continuing to Zoom our rehearsal for those members who aren't able to join us in person yet for some reason.



Fox Valley Chorus showing their support for Ukraine by purchasing buttons made by friend of the chorus MJ Mortillaro's son Santo. The chorus raised a total of \$275.00, and a total of \$9602.00 has been raised by Santo so far.



With spring comes our annual flower sale. Heath Farms in Coloma provides us with beautiful hanging baskets and flower pots and pouches, which come in time for Mother's Day. This is usually one of our best fund-raisers and the flowers are simply stunning.

We are starting up our recording program again, now that we are somewhat back to normal. What a great way to make sure all of us are

confident and accurate on ALL of our repertoire songs!



The Fox Valley Chorus was very happy to name Sue Schmid, our current Team Leader, as this year's Woman of Note. Through those COVID Zoom rehearsals she kept us thinking positively and reminding us that "We will get through this!" Thanks so much Sue, for all your encouragement and hard work! and

Congratulations go out to "It's About Time" on their 4th place in Regional Virtual Contest! We're so proud of you, Vicki, Terrie, Nancy Chris! Congrats also to Spirit of Harmony for taking 1st place in the chorus division.

As always always, we look forward to having more opportunities to share our barbershop hobby together!

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



Prairie Rose

Submitted by Robyn Nadvornik

Happy Spring from Prairie Rose Chorus! At least we hope spring has finally sprung for us. After blizzards and horrible winds, we are hopeful for better weather.

We didn't participate in the virtual competition, but enjoyed watching everyone that did. It was great to see the choruses and quartets singing again, and look forward to next year when we can all be together again, in person. Prairie Rose is trying to think outside the box to be able to perform and draw new members to our chorus. We are looking at trying some "flash mob" type sing outs this summer to make sure people know that we are still here and to actually do some singing. We think this could be a really fun activity.

On May 7th we had first, maybe annual Salad and Song. We served a large variety of salads, pinwheels and desserts with a few songs thrown in for good measure. It was fun and everyone that came said they wished we had sung more. It's hard to sing and serve at the same time. Memorial Day will find us finally back singing for the service being held. It seems like it's been forever since we have done that and we are really looking forward to it. In the discussion is the possibility of a Valentines show based on the greatest romances of the centuries. There are so many great songs to be paired with the romances.

We recently honored members with longevity awards. 20-year awards were given to Mary Ann Brauhn, Connie Christensen, Susy Krivoruchka and Robyn Nadvornik. Shelly Stolts received 10 years and Shelley Flaget was honored with 5 years.



We also presented our president, Linda Splichal with the Woman of Note award. It was exciting to see her so surprised.



Our annual meeting also saw the officers installed. Linda Splichal, president, Susy Krivoruchka, v-president, Tanya Huschka, Secretary and Connie Christensen, secretary.



We are excited to start a new year with new plans for the future.

Wishing you all a great summer!



What do Barbershop and Spring Have in Common?

Submitted by Spice

No matter how long the winter, spring is sure to follow.

~English Proverb

After a long, cold winter, there's not much better than hearing birds chirping and opening windows to invite in the fresh spring air. Spring certainly took its sweet time arriving this year, but it's worth the wait! As we reflect on this seasonal transition, we can't help but see a parallel in our hobby. Over the past couple years, it's felt a little like we've been in a long, cold winter. And now we are re-emerging, re-awakening, and coming back to LIFE! Barbershop Spring has finally sprung!!! Competitions and performances are BACK!



Congratulations to ALL who participated in the 2022 Region 6 Virtual Contest! It was definitely a different experience, and every single quartet and chorus member should feel proud of their performance, and for stepping outside their

comfort zone to participate in this unique competition. We are incredibly grateful to be back in the contest cycle and are honored to represent Northern Lights Region 6 in Phoenix as Contestant #16!! Cheers to Spirit of Harmony on your winning performance! We are excited for your appearance on the International Stage in Louisville in 2023! A huge shout-out and massive THANK YOU to the Regional Convention team for their hard work and dedication in making this virtual convention successful! We can only imagine the amount of time you put into this project, and we appreciate it!! And a great big thank you to our virtual audience as well! Whether you were able to watch the virtual event on April 23, or if you caught the replay later, knowing you would be there with your online cheers and comments made it so much more fun to perform to a camera lens. Thank you, all!

If April was our return to contest, then May was our return to stage performances with live audiences! We were fortunate to join City of Lakes Chorus for two exciting performances this spring. The first was at Como Lakeside Pavilion... a beautiful setting with an incredibly appreciative and engaged audience! And on May 21, we were honored to be a part of the City of Lakes Platinum Jubilee – a celebration of their 70th Anniversary. What an accomplishment and legacy of barbershop singing, competing, performing, not to mention ALL the friendships! Congratulations, City of Lakes!!

As we move from Spring to Summer, we hope to see you at one or more of these upcoming events!

- Region Celebration / Director Development / Sweet Adeline Summer School

June 17-18

DoubleTree by Hilton Hotel Rochester

150 South Broadway, Rochester, MN



- Vocality's 7th Annual Concert from the Porch (FREE)

July 16, 3:00 p.m.

4671 Lake Avenue, White Bear Lake, MN

BYO chair and beverage

- Special Music for Calvary Lutheran Church Service

August 7, 10:00 a.m.

6817 Antrim Rd., Edina, MN 55439

- Como Lakeside Pavilion with City of Lakes (FREE)

August 16, 7:00 p.m.

1360 Lexington Parkway N., Saint Paul, MN

Spring is all about new beginnings and transformations, and we are loving every moment!



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>

Upbeat Quartet

Submitted by Val Salley

Hi Region 6 friends!!



We are feeling pretty Upbeat about being awarded a Bronze Medal at the 2022 virtual contest!! Congrats to our spicy Quartet Champions, Spice and our spiritus Chorus Champions, Spirit of Harmony!! You WOWED us!!

Many thanks to our RMT for pulling it together and everyone, chorus and quartet singers, that took the time to enter a video!! We so enjoyed watching and being a part of this unprecedented contest!!

This July we will be attending IES in San Antonio and since we each have the distinction of being over 55, we took



advantage of the opportunity to enter the very first Diamond Division Quartet Contest! That should be an Upbeat experience!!

Happy Summer and keep ringing chords!! Karla, Val, Bonnie & JoAnn - Upbeat Quartet