



Regional Measures

Fall 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

OPEN– COMMUNICATIONS COORDINATOR

MOLLY ROBERTSON - MARKETING COORDINATOR

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

Upcoming Events



12-17 Sep	SAI Convention (Phoenix, AZ)
1 Oct	Spirit of Harmony Fall Show
15 Oct	World Singing Day
22 Oct	Acapella Express Fall Show
22 Oct	River Rhapsody Fall Show
3 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 [Molly Robertson](#).



Terri Calvert is our 2022 Shining Star

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





We're Back!

Submitted by Terri Calvert

June 17 and 18, 2022 was quite a celebration and learning experience for Region 6 in Rochester, MN.

We had a wonderful celebration of our region members, quartets, and choruses and their accomplishments on Friday night followed by a jam-packed day of education and fun on Saturday. Our workshop international faculty was Immediate Past International, Joan Boutilier who taught both Directors and the members. We also had PVI's and Quartet Coaching all day long on Saturday, thanks to the efforts of our own Region 6 Faculty.

Best of all, we were together, in-person and got to enjoy the joy we have been missing so much. The joy of:

- Singing together
- Creating beautiful music together
- Learning
- Being together as friends.

As one participant said, "It was a magical weekend."

Special thanks and appreciation to all who worked so hard to make the Regional Celebration, Director Development and SASS such a great success:

- The Regional Management Team – Susan Krisnik, Terri Calvert, Molly Robertson, Lyla Larson, Linda Rubis, Audra Freeman, Megan Argall, and Carol Morgan
- Friday Night Showcase Directors: Jason Scriver, Carol Patch, and Judy Weipert
- Joan Boutilier
- The Region 6 Faculty – PVI team: Mary Dick, Judy Olson, Pat Haertel, Becky Peterson, Mary Jo Zgonc, and Anne Stickler
- Region 6 Faculty – Workshop Chorus Directors: Connie Miller, Susan Krisnik
- Region 6 Faculty – Quartet Coaches: Mary Dick and Judy Olson
- Saturday Warm up Team – Liz Turba Miller and Susan Krisnik
- Saturday afternoon regional song Directors: Heather Johnston, Scott Kvigne, and Megan Argall
- The Riser Team: Molly Robertson, Mark Robertson, Mary Johnson, Diane Moe, Maria Kalin, Tao Song, Allycia Smith, Tina Fleck, Ava Hohenstein, Cindy McLane, Patti Dykema, Val Salley, and Bonnie Plumley.
- The technology team: Molly Robertson, Allycia Smith, and Ava Hohenstein
- Region 6 Directors and members!

And we got the T-shirt!





IES and Diamond Division Quartet Contest

A number of Region 6 members travelled to San Antonio, TX in July to attend the Sweet Adeline International Education Symposium. By all reports the attendees were much enriched by the experience.



The inaugural Diamond Division Quartet contest was held at IES this year. The Diamond Division will be an annual contest for Sweet Adelines quartets whose members are at least 55 years of age, with a combined total age of 240. Two quartets from Region 6 competed this summer. Upbeat placed 2nd and It's About Time placed 3rd. To view their performances, follow these links.

[Upbeat](#)



[It's About Time](#)



Chapter Visit Program

Submitted by Cheryl Helm

“TEAM WORK MAKES THE DREAM WORK”

Fall is here and changes are happening. Soon the leaves will be changing colors, the last of our garden vegetables will be harvested, and maybe the last of summer trips are over. What changes are happening within your chorus? Are your members finally at rehearsal after our years of COVID? Have you found new members? Maybe you are making plans for fall shows or Christmas shows. In order for all of your plans to become real and happening, your team has to work together for your “dreams” to come true. Maybe your dream is to get 10 more members or find new fundraisers or maybe new costumes. When we make plans, we like to dream big and to make that plan work, we need all hands on deck!

I hope one of your chorus dreams is to have three chapter visits this year. The region and faculty have planned for each chorus to be able to take advantage of this offer. Each chorus president/team leader and director received a packet with all the needed forms and information at SASS in Rochester. If you didn't attend, then the packet was mailed to you. Gather your chorus members and agree on the date for your first visit. Send me the Chapter Visit Request form and I will contact the faculty to get your visit set. After your first visit, then send me your request for the second visit and then your third visit. Now is the time to plan your chapter visits. The faculty is ready to get out and visit each chorus. We have missed you and can't wait to see what you have been doing! My dream is to make this happen and your team work with me and the faculty will make it happen.





Minnesota Valley

Submitted by Melissa Sailor

This summer we decided to not have a big fall show, instead we would work on a solid Holiday package and sing at a few places with a few new groups of people. We are working out those details and are excited at the opportunities we are finding to share in our community. We have also been working on some new church songs for us to sing next summer. It's been a great year to be a Sweet Adeline! Things are getting back to normal within our chorus and are excited for our future. Melissa has brought back our monthly newsletter "Valley Views" over the

summer, and we all have enjoyed it each month. That is about it for MN Valley Chorus. We all wish our singing sister's a great end of the year push thru to next year!



One of our many church singouts in 2022.



Waiting to sing at a church this summer, we gathered around the church's original bell from the 1800's.

Sound Cascade

Submitted by Mary Remmark

Sound Cascade Chorus is very pleased to announce that we have signed on Carol Plant as our new director as of June 1, 2022. She is a great asset to our chorus because of her energetic personality and her desire to create beautiful barbershop music. She is a positive influence on our chorus as we learn new music and relearn other music. Welcome aboard Carol.



Sound Cascade Chorus had the great pleasure of singing our national anthem at two Sioux Falls Canaries baseball games this summer. We enjoyed singing and watching the Canaries play. It certainly is a good feeling to be out performing for the public again.



We recently celebrated the announcement of our S.A.L.L.Y. award winner Audrey Knapp. Audrey is president of our chorus, and she has devoted many hours toward making our chorus successful.



We also presented longevity awards and recognized our Woman of Note.



We are actively recruiting new members as we prepare for two upcoming Christmas performances in December. We also are making decisions about possible songs for use at competition.

We are hoping that all of you are staying healthy and happy. Keep harmonizing.





Sounds of Superior

Submitted by Sharron Kershaw

Summer is winding down and it won't be long before we are back on the risers. During the summer we enjoyed "camp" practices with swimming, sauna, potluck supper and singing. It doesn't get much better than that! We also did an Instagram blitz featuring each member sharing what they love about singing with our chorus and being a Sweet Adeline.



We have planned a "Casting Call" for early September inviting ladies to join us and try out harmony singing. We are excited to start the Decibelles Show Chorus, for girls age 10-17. Moms who join Sounds of Superior Chorus will receive one free semester for their daughter in the Decibelles.

We are looking forward to singing at a wedding rehearsal dinner for one of our member's son's.

On a much more somber note, we will also be singing our farewells to our dearly departed member Bev Dale later this week.

We are looking forward to getting out into the community and singing again in the fall.



World Singing Day

October 15

To learn more about World Singing Day, go to <https://worldsingingday.org/>





River Rhapsody

Submitted by Pat Frohlich

Our Summer has been busy, as I'm sure everybody's has, it always seems to fly by! As I'm writing this article, it looks like Fall will be very busy for us as well.

Currently we are focusing on our repertoire and competition songs and looking forward to an in-person coaching session later this fall. It has been a long time since we have had the opportunity for one of our Regions' many talented coaches to work with our chorus, and we are ready!!

River Rhapsody Chorus Fall activities include, a performance scheduled at a local church for their Summer Celebration/Picnic on August 28th.

Our annual rummage sale, part two, which will be held in September, is a great fund raiser for us. Every year we think we will run out of "treasures" to donate for the sale, but each summer, there is more! Our members work hard setting up, selling, and taking down for the sale, but we always enjoy singing for our customers occasionally throughout the day.



Our Chorus is very excited for the Fall Show we are preparing for on October 22. Several of our new members have not had the opportunity to participate in a show. Everyone is working hard on learning several new songs for that performance, especially our Director Carol Kurtz and our Assistant Director Michelle Friedt. As many of you know, with a small chorus, EVERYONE has to pitch in to pull off a show!

After the Fall show, it will be time to invite guests and practice for our Annual Christmas concert in December!





Twin Cities Show Chorus (TCSC)

Submitted by Merrilee Spaeth

Hello from the Twin Cities Show Chorus! Hope all of you have been enjoying a fabulous summer so far!

TC has kept fairly busy since our spring message- here are some of our summer ‘happenings’.

May found us reviewing our neglected repertoire in preparation for our summer performances, and we also spent time working on some newer songs.

June brought quite a few of our members to the Region 6 Regional Celebration and DD/SASS event in Rochester. What a wonderful weekend! We are so proud of our Regional Management Team members (Susan Krisnik, Lyla Larson and Terri Calvert) for all their hard work to make it a success! **We also want to congratulate Terri** on her Region 6 **Shining Star Award** for 2022! ☺



July took us to our first summer performance at the Winona County Fair, where we shared the stage with the *Zumbro Valley Chorus* and *Side By Side*.



In addition, **we are SO proud of our fabulous Isabelle Timm**, who received the *Outstanding Woman, Senior Citizen 2022* award for all she has done/continues to do for the Winona CF.

August has brought us the most ‘**totally immersive**’ summer performance that we’ve experienced since the Como Park Pavilion quite some time ago (where it was raining in sideways on the audience)!

Our August 18th performance with the *Richfield Symphonic Band* at the Veterans Memorial Park band shell was threatened by a looming rainstorm, but ‘the band played on’ until it became impossible to ignore and the rest of the event was called off before we could go onstage. We were invited to sing a number, though, so we performed our finale, “*God Bless the USA/Battle Hymn*”. Just as the last chord rang out the sky opened up and we got thoroughly dumped on! Guess we lived up to the words of the song, **“we’re singing in the rain”!** ☹



We have also been enjoying the ‘new life’ that our recent guests have added to our chorus. One guest (soon to be member) even sang with us at both of our summer performances!

TC is looking forward to an active and productive fall, working on both new music and planning for future events like our chorus retreat in January 2023 and our Spaghetti Dinner in February! And, of course, Regional Competition in April!

We hope all of you are having as much fun singing and enjoying your chorus as we are! 😊

Your **Twin Cities** friends

Hosting a Webcast Watch Party?



Reprinted from The Quarternote, an SAI newsletter, regarding the Sep 13-17 webcast of the SAI Convention and Competition

Enter to Win **\$1,000 USD** in the Ignite the Sound Micro-Contest!

It's Easy to Enter:

- Gather your chorus members for a costumed watch party of the Sweet Adelines International Competition webcast.

- Take a group selfie with your screen showing the webcast.

- Send to member@sweetadelines.com by Sept. 20 at 4:30 p.m. CST.

The Top 5 photos will be shared via email and on Sweet Adelines Facebook Page for voting by YOU!



Upbeat Quartet

Submitted by JoAnn Flanagan



Hey, what are you doing at the end of July? Did you hear about the Diamond Division contest? That's how it began. Could it be that our collective family vacations to Alaska, Arkansas, Tennessee, Banff, Connecticut, and Arizona did not conflict with IES? The answer was YES!!!!

Then our own City of Lakes chorus offered scholarships to members wanting to attend IES which helped us solidify the decision. Texas here we come! There were flights to plan, a minivan and VRBO to rent, costumes to find, classes to register for, and of course music to sing.



With Rising Star 2nd place medalists, IV (One V)

Thru May and June, we prepared for a Live Contest on International Stage. We were privileged to work with two extremely talented and gracious coaches Connie Miller, and Joan

Boutilier. We performed in Edina with Side By Side, at Fort Snelling Chapel, at Como Park with City of Lakes and then the stamina testing trio of performances at Country Manor in St. Cloud the same day as a sendoff performance at City of Lakes.



Right off the contest stage!

All work and No Play..... That's not Upbeat!

Thanks to Sun Country's schedule, we arrived a few days ahead in San Antonio. So we happily shared a VRBO with Region 3 friends Jody and Jae, toured the quaint town of Gruene, TX, enjoyed a wine tasting at Dry Comal Creek Vineyards and, on a 106 degree day, strolled the San Antonio Riverwalk to see the Alamo, with COL sister Allycia. We even were the featured singers at the Tower of Americas bar, requested by no less than five birthday celebrations. And together we discovered, Tex-Mex, BBQ, and Whataburger cuisines.

Then on to the beautiful campus of Trinity University.

Educational, Amazing, Awesome

Just a few words to describe Upbeat's Happy Together IES experience in San Antonio and the opportunity to compete in the first ever Diamond



Division contest and be awarded a silver medal! Classes were great, sharing music together was joyful, and friendships new and renewed are priceless. It was a special treat to share the IES and contest experience with our fellow Region 6 quartet – It’s About Time!

Adeline friends, our City of Lakes Chorus, and our Northern Lights Region. You mean the world to us!

Upbeat - Karla, Val, Bonnie, JoAnn



Upbeat and It’s About Time! Quartets



With International President, T r se Antonini, and Madison Avenue Quartet, DD Champs

All through this exciting summer, we felt the overwhelming love and support from our Sweet



Region 6 IES attendees



Prairie Rose

Submitted by Robyn Nadvornik, Director

Prairie Rose Chorus is so excited for the many things we have coming up in the next few months. We will be back on stage on August 29th to sing at the Women's Expo in Dickinson. It all started with checking out the possibility of a booth, which was more than we could afford, and ended up in a trade. We get the booth if we sing for 30 minutes. We are so excited to be back in front of a crowd. We are even more excited about manning the booth to let women know more about what we do and hopefully add some voices to our group.

September 17th we will be back on stage for the fall festival, which is a new event in Dickinson. Again, we are hoping to draw women to our group and also maybe get some other performance events for our group. September 24th we are going to have a retreat and are inviting women to join us for the day to learn more about us and barbershop singing.

Then, last but not least, we will start our Christmas Sing practices in October, again inviting women to join us to sing for about 8 weeks. This year we are doing a Christmas "Scavenger Hunt". Teams will be registering to do 12 Christmas kinds of events, taking pictures as they complete the event and posting them to our Facebook page. People will vote for their favorites and then at our Christmas Sing, prizes will be awarded. We will hopefully raise much needed funds, make Dickinson more aware of the Prairie Rose Chorus and add to our membership.

We joined the Chamber of Commerce, and each month a couple of our members attend Business After Hours and pass out cards that have our rehearsal information and also performance options. We think businesses may need to hire entertainment for their events. What better way to let them know we are here.

Just Kidding Quartet

It was Raining Cats & Dogs

Submitted by Mickey Christensen

Just Kidding notes (and we are NOT kidding!!)

We were all set on Friday, the 19th of August, to end our summer with a half hour program at the Steele County Fair. We were scheduled to sing at the Village of Yesterday at 6:00 p.m. Shortly after 4:00 we received a call from them to say they were closing the Village due to a terrible thunderstorm building up and they wanted all performers to be safe.

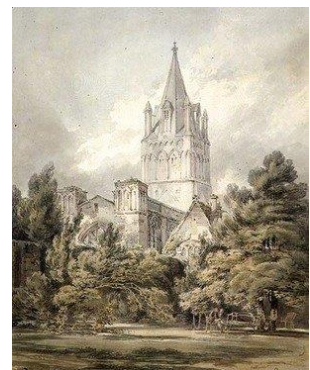
Bummer! We had worked on this program all summer amid difficulties even getting together for rehearsals, what with surgeries, illnesses, weddings, vacations, I could go on and on.

Anyway, as long as we were in the vehicle, and moving, we rerouted and went to Elysian and had an early supper at Tucker's Tavern. Good food folks!!! Cancelling was disappointing, but we have one more gig coming up on Sunday where we will be doing church sings at 4 churches in the Janesville/Elysian area. Even if it pours, we can still sing inside the churches!!!! Yay!!

Wishing you all good weather and great performances wherever you may be performing!!

Just Kidding

Mickey, Jodi, Lori, Kari



It's About Time Quartet

Submitted by Vicki Powers

Wow, it's been a whirlwind year for It's About Time! Starting with coaching and doing the video contest for SAI, an in-person contest for HI and, most recently, the Diamond Division (or, as we called it - the old lady contest) down in San Antonio at IES. Add more coaching and lots of performances and fundraising - we've been busy!

We've worked with a variety of coaches this year - and have taken something from all of them! We've worked with Scott Kvigne, Pat Ostrander, Denise Baber, Bill & Kathleen Albrecht, Cindy Becker, and at IES Karen Breidert and Diane Porsch. We are spending a great deal of time rehearsing what we've heard, and can't wait for you all to hear what we've been working on!



IAT with coach Karen Breidert

IAT has performed at a variety of places this year - from a county homemakers group to a Youth in Harmony Festival to a BHS Men's Show (they asked us 10 days before to sing Lida Rose with them!) to a local indoor market to a wide variety of local senior living facilities. And of course, wherever we are, we sing. Our baritone works some magic for us whenever we

seem to go a couple of weeks without singing someplace.

And of course, all our travels can be expensive, and so we continue to do other fundraisers. This year we worked a lot of hours at Paperfest - a local festival set up to help non-profits earn money, and we have a brat fry coming up in a few weeks. The brat fry is great, because when we aren't busy, we are singing - a bonus rehearsal day!

We continue to work on new music. Since we repeat so many performances in senior facilities, it's nice to throw in some new music they haven't heard from us before.

Lastly, we'd like to thank the region for supporting us at IES. The cards, gifts were wonderful (and unexpected!), but mostly we loved getting to know so many of you in San Antonio. We know 'thank you' isn't enough, but we don't know how to express how loved we felt while we were there. Upbeat! - you were awesome, and we can't wait to see what you do at regional in spring!



Hugs to you all -

Terrie, Nancy, Chris and Vicki

It's About Time



Lake Country

Submitted by Judy Wicklander



On Sunday, August 14, Lake Country Chorus celebrated our amazing director, Sandy Bergersen's, 50th anniversary as a Sweet Adeline. There were 100 plus family and friends attending and honoring this wonderful woman who has given so much to Sweet Adelines as a director, quartet member, regional faculty member, coach and friend.



Our program included Ginnie Hartman, a Lake Country charter member, who shared memories of earlier years, a performance by the talented octet, Side By Side, a performance by our

chorus, a video created by Helen Vulu sharing many of Sandy's past quartet performances, words by our President, Marla Johnson, and a family presentation in memory of our beloved chorus member, Jeanette Brastad. Many thanks to all who shared this special day with Sandy and our chorus.



Barbershop History

**as told by StarsInsider
at msn**

“Why barbershop music still strikes a chord” is a slide show outlining the history of Barbershop music. Follow the link and click through the slideshow to learn about the origins and history of our beloved art form.

[Slideshow](#)

Vallee de Croix

Submitted by Ann Voth

Vallee de Croix has been having a fun summer.

A few highlights:

*A sing-out in June at a local skilled nursing facility was enjoyed by many.

*In July we sang at Stillwater Lumberjack Days, on an outdoor stage next to the St. Croix River.



*Recently we were treated to a fun evening with Susan Krisnik, learning and doing warm-ups to music and exploring choreography. Since then, members of the chorus have been taking turns leading us in physical warm-ups to fun music at the start of rehearsals.

*We staged a “sing-out” at a local park on August 21st, in order to surprise Brandon (our director) with a wedding shower for he and his fiancée Becky!



We are looking forward to fall, with planning for new guests and preparations for singing during the holiday season!



City of Lakes

Submitted by Allycia Smith

City of Lakes summer of 2022 was a “summer of love”! This summer we shared our love of learning and love for our members and audiences!



Sweet Adeline of the Year (SAY) Cindy McLane was showered with appreciation (and flowers!) at a ceremony full of fun and friendship. As Immediate Past President, Cindy was honored for her dedicated leadership and unwavering commitment through unprecedented times. Another Past President recently visited City of Lakes. Joan Boutilier, Past President of Sweet Adelines International and current director of River City Sound (Region 3), came to coach us. Not long after, several COL members went back to school this summer at the International Education Symposium, held in San Antonio, Texas. Attendees were: JoAnn Flanagan, Karla Kalway, LeAnn Lake, Liz

Miller, Bonnie Plumley, Val Salley, Allycia Smith, Nan Strutzenberg, and Linda Wetterlin.

In addition to attending classes and rehearsals these attendees got to witness the first ever Diamond Division Competition. And some of us even participated! Upbeat Quartet (Bass: JoAnn Flanagan, Tenor: Karla Kalway, Bari: Bonnie Plumley, Lead: Val Salley) made us proud with a 2nd place finish! Congratulations to both Upbeat and It's About Time for representing Region 6 in this historic event! Speaking of representing Region 6, COL just gave a warm sendoff for Spice Quartet as they prepare for the 2022 International Quartet Competition. Spice performed a short set to their adoring fans (us), and received gifts and well-wishes, too! We've been busy sharing the love, but we've made sure to soak up some of Minnesota's beautiful summer weather. City of Lakes gave two outdoor performances at the scenic Como Park Pavilion.

Now, we're in the middle of a project to show love to all the voices who have contributed to City of Lakes over the years. It's a second virtual chorus project of our commissioned arrangement of "Memories." COL members have now submitted both audio and video recordings. Be on the lookout for the finished product on our Facebook and YouTube pages this fall! Later in the year, save the date for our 2022 Holiday Concert: December 3rd. We'll have new songs to share with our friends, plus some old favorites. We're thrilled to share barbershop-style holiday tunes in-person once again!

City of Lakes hopes the rest of your year is filled with love...and barbershop singing, of course.





Spice Quartet

Could we ***BE*** any more grateful? 😊

Submitted by Spice

It is not joy that makes us grateful; it is gratitude that makes us joyful.

~David Steindl-Rast

What a whirlwind summer we've had, and we are grateful for EVERY. SINGLE. MOMENT!

One huge highlight of these past months is all the opportunities we've had to perform...

- Region 6 SASS – What a wonderful event! Being together and seeing all of you, our regional friends, was just what we needed. Thank you again to the many, many people who contributed their time and energy to making this event as awesome as it was.
- Vocality's 7th Annual Concert from the Porch – What can we say? It's one of our favorite events of the year, and this year was no different! Great music, great weather, and great people.



- Como Lakeside Pavilion with City of Lakes Chorus – Another favorite of ours... singing

lakeside on a picture-perfect, beautiful August evening, with an amazing and engaged audience. What a great night!

- The Journeymen Chorus Show – This was a real treat! This brand-new men's chorus in Red Wing, MN is awesome, and we were beyond excited to be invited to sing a few songs on their inaugural show!
- Calvary Lutheran Church in Edina – It's always a deep honor to share sacred music with a congregation. This was an extra special morning because following the service we sang at a farewell luncheon for a dear friend.



- Applewood Pointe in Champlin – A former City of Lakes member invited us to sing at a pie social celebrating the 6th anniversary of their community.



In addition to all these performances, Liz had the opportunity to attend IES in San Antonio, TX in



July. Besides getting to learn from some of the best in our organization, she also got to witness the inaugural Diamond Division contest. What fun!! A HUGE shout out and congratulations to our TWO Region 6 quartets who competed, Upbeat and It's About Time! They did a fabulous job and represented our region very well!!

We also had a very successful 50/50 raffle this summer. Congratulations to Susie O'Brien who was the big winner! If you missed the live reveal and want to watch the replay, check it out : [50/50 Raffle Reveal!](#) THANK YOU to every single one of you who supported us with your raffle purchases, donations, cards, attendance at our performances, hugs, good luck wishes, and your love and positive vibes. You are incredible, and we are so very grateful!!



We are super excited to be heading to Phoenix, AZ in a mere couple of weeks! We are proud to be representing Northern Lights Region 6 as contestant number 16 in the Quartet Semifinals

on September 14th. If you'd like to watch us from the comfort of your own home, a webcast will be available for a nominal \$25 fee. This gives you access to the entire contest... all 5 days! What a bargain! Go to <https://sweetadelines.com/Phoenix/Webcast> for more information. And jot this in your calendar... our estimated stage time is 3:13 pm CT on September 14th.

See you in Phoenix or on the webcast!!

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>



Overtones explained by Kathleen Hansen

What are overtones? What do they sound like? The popular Sweet Adeline online educator and warmup guru, Kathleen Hansen, explains and demonstrates in this 8 ½ -minute video.

[Overtones video](#)





Spirit of Harmony

Submitted by Judy Weipert

Can it be fall already?? Autumn is quickly approaching, and Spirit of Harmony Chorus is preparing for our annual show, “Let's Sing Again,” an apt title since our last show was in the fall of 2019! The chorus is excited to share our music with our fans after such a long hiatus. This year's performance will also showcase our two registered quartets, The Peppers and second place regional winners, Affinity. Save the date for 1:00 p.m. Saturday, October 1 at the Lauridsen Theatre for Performing Arts, Pearson Lakes Art Center, Okoboji, Iowa. Tickets are \$15 in advance and \$20 at the door. You may call 712-336-9107 for advanced ticket sales. You don't want to miss it!

Fundraising for our trip to Louisville in 2023 (we are Contestant #20!) has also been on our minds, and our creative Ways and Means Committee has come up with some fun ways to earn some extra cash, from monitoring inflatables to selling beer at our local county fairs.

We loved performing in front of the awning of the Okoboji Summer Theatre again this year!



Singing at SASS certainly got us in the spirit of harmony! (See what we did there?)



We hope our regional friends had a great summer and are staying healthy and happy! Singing is a wonderful cure for what ails you!

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