



Regional Measures

Winter 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

DAWN ADAMS – COMMUNICATIONS COORDINATOR

MOLLY ROBERTSON - MARKETING COORDINATOR

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

Upcoming Events



27,29 Nov	Lake Country Holiday Show
3 Dec	City of Lakes Holiday Show
6 Dec	Zumbro Valley Holiday Show
18 Dec	Jingle & Mingle Online Concert
18 Dec	River Rhapsody Holiday Show
4 Mar	Faculty Training
20-23 Apr	Region 6 Convention

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](#).

An Introduction from Susan

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

Let me introduce to you our new RMT Communications Coordinator:

Dawn Banerdt-Adams is from Fox Valley Chorus. She joined Fox Valley in 1996 when it was in Region 22.



Dawn served her country in the Navy for 8 years active duty, and 12 years in the Navy Reserves. She retired from the Navy Reserves in 2008. She is retired from Winnebago County Human Services after 22 years of service.

As a volunteer, she was the Secretary of the Navy Reserve Center Green Bay where she helped raise money for families of other Reservists. She is also the Secretary of the McKinley Manor Condo Association.

In Sweet Adelines, she has served on Board of Directors for her chorus for a couple of terms in the late 90's and early 2000's as Secretary. She also served on the Region 22 RMT as Financial Coordinator from 2007-09.



She lives in Neenah, WI. Her beloved husband Ron passed away November 1st. They had their 30-year wedding anniversary in July.

In addition to singing, she enjoys taking walks, bird watching, experiencing nature, and driving all over Wisconsin on day trips.

Her vision for the Region is to be there for its members, to really listen to their concerns and suggestions.

Chapter Visit Program

*Submitted by Cheryl Helm
Chapter Visit Coordinator*

Happy Holidays Region 6! Where did the year go and here we are getting ready for the Holiday Season! We have lots to be thankful for and I'm very thankful that we were able to have an in person coaching session! Eight choruses have scheduled a coaching session. Of those eight one is pending to be held in December. One was canceled because of a "good old North Dakota blizzard" in November! Good news is, they are going to reschedule. Those choruses who have not scheduled your first visit, please make plans to do so. The faculty wants to get to your chorus and share all that knowledge they have stored up in their heads! With the new year just a few weeks away, all of you will be making plans for competition in April. I challenge you to organize a visit/visits to have the faculty come and offer any assistance to your preparations for competition. In the next couple of weeks, I will be sending out the forms for a second chapter visit. Remember the Region is offering three visits for each chorus. Also the cutoff date for the last regional visit is March 31. I look forward to hearing from you and scheduling your next visit!

Have a blessed Thanksgiving and Christmas!



Just Kidding Quartet

Submitted by Mickey Christensen

Hi all, hope you are all well and getting geared up for the Holidays.

Just Kidding has had some difficulties scheduling rehearsals but do have two upcoming performances that we are looking forward to.

Dec. 15 at 7:00 p.m. we will be trying something totally new. We will be spending some time performing our Christmas repertoire at the Kiwanis holiday light show that is held from Thanksgiving through the Christmas season. We will be performing in the warming house (thank goodness!) This light show consists of thousands of lights, multiple displays and is really really awesome!!! It is located in Sibley Park in North Mankato. If you get a chance, come and enjoy the lights and the music!!

On Dec. 9th from 6 - 8 p.m. we will be ringing for the Salvation army Red Kettle at Hilltop

HyVee in Mankato . We will be alternating singing, ringing the bell and greeting shoppers as



they come and go. We have done this for about 5 years now, and it always fun to ring in to celebrate the Christmas season, sing, and greet the many shoppers. (We are in the south entrance to the store close to the pharmacy for those wishing to stop by.)

Merry Christmas to all our singing sisters. Have a great time with friends and family and have a super duper 2023!!!

JUST KIDDING

Lori, Kari, Jodi, Mickey



Sounds of Superior

Submitted by Sharron Kershaw

Fall has been almost as warm as summer and suddenly it seems we are gearing up for the Christmas season. Our Membership and PR committee have been working hard with different recruitment ideas and it seems to be working. Some guests from our Casting Call earlier in the fall are returning to practice with us weekly.

Jingle and Mingle was introduced to us with the suggestion that we could add 20 members and... well we crushed it! We had our first rehearsal for the concert welcoming 24 ladies. The energy in the room was incredible and it was an exciting evening. Our guests enjoyed our rehearsal with a physical warm up followed by a vocal warm up and then we sang our holiday repertoire.

We also held a fun quartet night with “Four in a Chord” singing for us. Thirteen members enjoyed an evening of eating, drinking wine and punch, and of course singing tags. We are

looking forward to hearing possible new quartets.



We have an exciting weekend of coaching coming up in late November, then a few pre-Christmas sing outs and our holiday party in December. Before we know it, it will be 2023! Plans are underway for celebrating our 50 years of singing in our community.

Wishing everyone a safe and happy holiday season and all the best in 2023!





Fox Valley

Submitted by Darla Hackel

FVC sends winter greetings to our Northern Lights friends! As of this writing, the record high temps have given way to reality and the search for gloves! The first snowfall of the season has reminded us of the beauty it brings...and that your socks WILL be wet after the dog comes in.

In August, we performed for a few area churches during their Sunday morning services. What a great way to feature our hobby, singing songs of praise.



In October, at long last, we had our first performance since the pandemic. Our show was a great success and very SWEET! Appropriately named, "Satisfy Your Sweet Tooth" invited guests to enjoy sweet harmony and sweet treats, with desserts and candies of ALL kinds! It was a fun combination, and it was so great to sing for an actual audience again!



We have been busy working on holiday music for our December 2 performance at the Experimental Aircraft Association (EAA) Aviation Museum's annual event, "Christmas in the Air" in Oshkosh. Many area groups perform in different areas, from choirs to dance troupes. Santa appears... by helicopter, of course... weather permitting! This event is a free community event with access to the whole museum, plus cookies and milk and a scavenger hunt!

We'll close out the year with our recording for the region video and then a Christmas party!! Of course, we're excited to view the Jingle & Mingle virtual show on the 18th along with all of you! All the best to all of you as we welcome 2023!

Merry Christmas!





Zumbro Valley

Submitted by April Horne

Zumbro Valley Chorus has been busy! Our Summer of Harmony was back in person again – yay! This 6-week program is targeted at young women between the ages of 16 and 25. The 5 young women learned 3 songs that they performed at the capstone concert, along with songs performed by Zumbro Valley Chorus. We had a really good turn-out and the young singers did fantastic!

The Zumbro Valley Chorus has five concerts in the last few weeks of the year and The Lady Slippers quartet have an additional four – that’s a lot of Harmony for the Holidays! We invite you to our main public event at 125 Live in Rochester at 7 pm on 12/6. We will be joined by our brothers-in-harmony, Med City Harmony and Forte Milers. The concert is free, but food shelf donations will be gratefully accepted. We wish our Sweet Adelines sisters a wonderful holiday season, filled with harmony.



After a couple of late summer performances as guests, we pivoted to our focus on “Harmony for the Holidays”

This is our holiday guest program and runs from 10/4 to 12/20. We have eight guests and two have already auditioned for membership!





Sound Cascade

Submitted by Mary Remmark



Sound Cascade is busy preparing for four holiday performances this season. We are enjoying the presence of four recent guests. These ladies include: Jane, Claradith, Jamie, and Melissa.



Right now, they are a part of the Christmas “jingle mingle” program. We would love to see them join us as full-time members too. Our director Carol is working hard on our holiday songs and reminding us to “keep our eyes on our director.”



Our rehearsals are full of serious practice and fun-filled enjoyment of barbershop harmonies and the “humor” of fellow members.

We are wishing all of you a Happy Thanksgiving and a Merry Christmas. Keep spreading the joy of the holidays through the ringing of beautiful barbershop chords.





Spirit of Harmony

Submitted by Jeanne Burns

Wow! What a fall we have had!!

We started with our fall show, “Let’s Sing Again” on October 1st at the Pearson Lakes Art Center. What a thrill, performing in an amazing venue in front of a live audience. The first half of our show highlighted Iowa and was filled with corn jokes. We are the Tall Corn State, so corn jokes seemed quite fitting!



The second half showcased our quartets!



The Peppers



Affinity – Our regional 2nd place winner!!

Our show also provided us with an opportunity to sing our competition package to a live audience!



Other October events for our chorus included our Pink Out Night which was both educational and fun!





We proudly wore our pink in support of all breast cancer survivors, including 3 from our chorus!



When Halloween falls on your rehearsal night, we think it's fun to wear costumes!



We are excited that our region is providing each chorus an opportunity to have three chapter visits this year. We learned so much and had so much fun when Mary Dick and Connie Miller came to visit.



As fall is wrapping up and winter is blasting into our area, we are preparing to "Jingle and Mingle" and looking forward to participating in the Grand Meander, which kicks off the Christmas season in Spencer.

Spirit of Harmony wishes you all a wonderful holiday season filled with friends, family and lots of singing!!



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Twin Cities Show Chorus (TCSC)

Submitted by Merrilee Spaeth

Happy Fall from the Twin Cities Show Chorus! We hope you all have had a beautiful **Autumn**, which (unfortunately) has become winter sooner than expected!

TC has kept a pretty busy schedule these last three months and has been enjoying all the adventures.

In **September** we enjoyed the International Competition, we welcomed a new member, Katy, and finally received the music for our new uptune! (Now we just need to get it polished for our coaching next week!)

October found us working hard on that new uptune, along with reviewing music and baking tasty treats for our Pancake Breakfast fundraiser in November.

The month of **November** has been our busiest yet!

We held a combination rehearsal / celebration at our director Denis' party room to honor him for his new USA citizenship! Congratulation, Denis!



We also organized a last-minute Poinsettia fundraiser (after our greenhouse recovered

enough from its fire), continued learning our new uptune, did more baking, and got ready for our annual Pancake Breakfast on November 12th.



What a fun day we had at the breakfast. The setup itself was a great bonding experience, with people setting up tables for bake sale goodies and handmade cards, people cooking pancakes, and others setting tables, hanging decorations, etc.

Once people arrived the chorus sang our opening prayer, "Thank You, Dear Lord, For Music", and the harvest celebration began! They enjoyed pancakes and sausage with fruit and whipped cream, beverages and candy corn/peanut table treats.



The bake sale (with Baker Jane in charge) and the handmade cards were a great success, and most of the goodies were gone by the end of the event!



People also had a ‘photo op’ with some scarecrows,



and enjoyed the special music of Side By Side - they were awesome! Thank you for joining us!



TC also sang a few numbers, and then invited all the Sweet Adelines there to join us in singing “How We Sang Today”. That was really special!



In **December** we are looking forward to the Region 6 ‘**Jingle & Mingle**’ event and our chorus holiday party, and we also look forward to a New Year with more exciting events to come!

Happy Thanksgiving and **Merry Christmas!**

Your Twin Cities friends

Center Point

Submitted by Barbara Houle

There is life after covid. Center Point Chorus survived what seemed to be an eternity of not meeting in person. Video chat is great technology but there is nothing better than standing next to your sister in harmony and singing together. Singing on zoom is impossible. We are back to singing in person and enjoying every minute of it. Currently working on our Christmas music for upcoming performances.

There was a change to the chorus leadership. Kathleen Harris, director of Center Point Chorus stepped away from directing due to a family emergency. Kathleen directed Center Point Chorus for approximately 15 years. She shared her music talent and education with us. The chorus is thankful for the time under her direction.

Center Point Chorus has a new director. We are so ecstatic to welcome Cindy Orzel to our chorus. She has been in Sweet Adelines since 2003 and started with the Kansas City Chorus



under the direction of Jo Kraut. Cindy has competed at International Competition with 2 choruses. The first one was Kansas City Chorus and they placed 2nd. The other chorus is one she directed, Flint Hills Harmony Chorus. Cindy sang in a comedy quartet, 4’s Company and in Odyssey who qualified for International. Cindy is from Wisconsin Rapids and has two children and one grandchild. She works as a Healthcare Recruiter and has been in human resources for 22 years. Outside of singing she is an avid jewelry maker and mosaic artist. Center Point Chorus is excited about our journey with Cindy.



River Rhapsody

Submitted by Pat Frohlich

Well, hello Winter!! We got hit hard here in Bismarck-Mandan, which unfortunately, forced us to cancel our coaching session a few weeks ago. Hopefully we will find another date to have that excellent opportunity. Due to scheduling conflicts, we also had to postpone our Fall Show in October.



This Fall/Winter is proving to be a very busy time for us! The chorus entertained at Bismarck's annual Deer Widow's Weekend

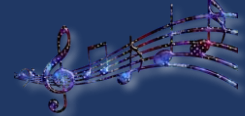


Event in November, giving us some positive exposure. Our committee did a fantastic job setting up our booth with information about our chorus and Sweet Adelines. We also did a TV appearance promoting our Guest Night and Christmas Show. That plus Facebook, flyers, postcards and radio spots resulted in an excellent turnout for our Guest Night. We were happy to have fourteen guests the first night and an additional one more the next week. With us being a chorus of seventeen, it sounds and feels wonderful to have fifteen extra voices!! Our guests are working hard on their music, and we are excited to give them the opportunity to perform with us. We will be taping our Jingle & Mingle songs with our guests in a few weeks.

Our Christmas show, "Hallelujah, Christ is Born", will be Sunday, December 18th, at 2:00 and will feature our men's barbershop chorus, Northern Lights Chorus. They will join us in performing two new songs together this year.

We also have several additional Winter/Christmas performances scheduled in December.

Happy Holidays from River Rhapsody Chorus!



Introducing The “New” Quartet: The Peppers

Submitted by Marlys Stahly



Hello Region 6!

Let us introduce ourselves. We are The Peppers. Liz Steiner, Member at Large, from Spirit Lake, Iowa, is our Lead. Carol Fordyce from Spirit Lake is Baritone. Marcy Troendle, from Lake Park, Iowa, is our Bass, and Marlys Stahly, from Lake Park, sings Tenor. Carol, Marcy, and Marlys are members of Spirit of Harmony Chorus in Spirit Lake.

Even though we formed our quartet in 2019 we still feel like a new quartet, as we are anticipating our first regional competition this April. We were planning to compete in 2020, and we all know how that went! But, during that time we've been working hard on our two contest pieces and are so looking forward to performing for the first time for contest in April

Even though we haven't yet had the chance to compete, we did get to perform during intermission at the Spirit of Harmony Chorus fall show. What a thrill! We performed three of our favorite songs along with the debut of one of our contest songs. It was so much fun to sing in front of an audience.

We've had some great help from our director, Judy Weipert, and from other chorus members. We were also so fortunate to be coached by Mary Dick this November when she and Connie Miller made their regional visit to Spirit of Harmony.

We look forward to seeing everyone in Rochester in April. So much fun to look forward to!!

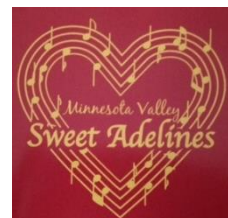
See you there!



Minnesota Valley

Submitted by Melissa Sailor

Over the past few months, we have had time to work on our songs for the Jingle & Mingle video along with having our monthly guest night, but we all know ANY NIGHT is a good night to visit. We have had some success, and know if we continue, we will continue to have guests visit! Great news for all chapters. After our winter break, we will be working hard on getting our "Competition Package" ready for April! We are so ready for in-person competition again. See you all there. Merry Christmas and Happy New Year, great things to come in 2023!





Lake Country

Submitted by Helen Vulu

It was a bad weather night when this photo was taken and yet our intrepid guest singers showed up in force! There will be ten guests with us on the risers for our holiday concerts, four former LCC members, several returning guests and some folks being introduced to barbershop for the first time. Maybe you will recognize some familiar faces!

After two years of creating virtual holiday greetings, we are very eager to perform in person for our audiences. Lake Country Chorus and North Star Chorus have been performing together since 2005, it has been a great partnership. One more rehearsal and we will be ready for our Christmas concerts on November 27th and 29th, we have a tradition of performing the first barbershop concerts of the season in the Twin Cities area. Then we get to make plans to listen to everyone else.

The senior facilities where we like to perform during the winter months are still rightfully cautious about who may enter their buildings, so we will be focusing on the R6 convention in April. We'll have a perfect dress rehearsal opportunity performing in the Wildwood Artist Series in Mahtomedi on April 1st. Their A Cappella Showcase features and promotes vocal music for all ages, with performing groups from local high schools and colleges, and Lake Country and North Star choruses finishing the program. Go to www.wildwoodartistseries.com to see the whole series musical offerings, give them your support.





'Tis the season to pumpkin Spice things up a bit!

Submitted by Spice Quartet

You can probably guess that our biggest highlight from these last few months is our trip to International! There's much that could be said about our time in Phoenix, but mostly it just felt SOOOO good to be back at it! Hair, make-up, gowns, traffic pattern, photoshoot, backstage, on stage, off stage, group hug, celebration!



Besides the actual 6-ish minutes on stage – which were more AMAZING than we could have imagined – here are some other highlights from our week...

- Hanging out with a couple of Region 6 friends from Winnipeg. It had been quite a while, and we thoroughly enjoyed reconnecting over Marnie's famous martinis! Cheers!
- Rubbing elbows with some queens (literally, because the room was too small LOL!) at the Coronet Club Quartet Reception and meeting our gracious hostess, Lori Dreyer, baritone of Lustre, 2018 International Quartet Champions.
- Visiting and singing for Greater Harmony Chorus (Michael and Allison Hengelsberg's chorus). They invited us to stop by one of their rehearsals because they knew we didn't have a Region 6 chorus in Phoenix. How thoughtful is that?! They were so welcoming and

enthusiastic about our performance that it truly felt like we were part of their chorus family.

- Wednesday... CONTEST DAY... We were lucky to snag some of Scott's valuable time to coach us. Dotting the i's and crossing the t's, so to speak.
- The contest traffic pattern was mostly a blur except for the extra 20 or so minutes on the shuttle van due to a delay in the contest. Our driver was great, and our favorite moment was when he said, "You aren't the first ones to make that sound" after we bubbled a little to keep our voices warm and our focus sharp.
- So many City of Lakes and other Region 6 friends greeting us with cheers, hugs, and flowers in a "Tunnel of Love" after we got off stage.
- Watching other quartets and the choruses in the semis. And the top 10... WOWZA!!
- Attending the Coronet Club Show. Even though it was a different format and in a smaller venue than previous years, the show was still filled with great singing and wonderful celebration of our queens. We had a great time mingling with the SAI royalty once again!
- Seeing ourselves on the Jumbotron. Thank you so much, Region 6, for the slide! It felt like we were being hugged by all of you every time it popped up.



Even though it had been three long years since we'd been to International, once we got there, it felt like no time had passed at all. For an entire week, we lived in the "Barbershop Bubble". We got to set aside the real world for a bit, spend quality time with each other and friends from

near and far, make new friends, and enjoy the harmonies we all love so much! It was magical! We are all lucky to have this amazing hobby!!



Since International, we've dusted off our holiday repertoire and learned a fun new Christmas song too! We were thrilled to debut this new tune for the Waverly Gardens community in North Oaks, MN just a couple of days before the snow came our way. We can't help but wonder if we called the snow in... hmmm... but it's okay, right? Isn't it easier to get into the spirit of the holiday season once there's snow on the ground??

Speaking of the holidays, we're super excited to be singing on the City of Lakes' Holiday Show: *It's the Most Wonderful Time of the Year!* Not only do we get to share the stage with the fabulous chorus, but also Mixed Company Chorus and Upbeat! It's sure to be a great show, and we'd like to personally invite you to come. (Spoiler alert: you'll hear our brand-spanking-new Christmas song!) See you there!

- December 3, 7:00p at South View Middle School
 - 4725 South View Lane, Edina, MN
- Tickets: cityoflakes.org

We are so grateful for all our upcoming events...

- Amery Assisted Living and Memory Care (*private event*)
 - January 29, Amery, WI
- ForEver Friends Fellowship (*private event*)
 - March 16, Eden Prairie, MN
- Croix Chordsmen Chorus Show
 - April 15
 - Show: Trinity Lutheran Church, 115 4th St N, Stillwater, MN
 - Afterglow (cabaret-style): The Grand Banquet Hall, 301 2nd St S, Stillwater, MN

We wish you all the very best this holiday season.

What did the salt say to the pepper?

"Season's greetings!"

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/@spicequartet>





Prairie Rose

Submitted by Robyn Nadvornik

Prairie Rose Chorus has been really busy the last few months, and we are so excited to be singing in public. The end of August we had a booth at the local newspaper vendor show and also got to provide entertainment during the day. We were happy to see a lot of faces we knew as well as talk to ladies about our hobby and how much fun it is to sing with us. It was a great day.

In September we had a retreat and spent the day singing, playing games and just enjoying each other's company. It was a day of bonding, sharing and laughing. We hadn't done this for a long time, and it was good to spend the day together. It gave us all a chance to renew our love of barbershop and bringing us back together as a "family". In October we started sing Christmas and invited women to join us. We have 4 that have been coming getting ready for our Christmas Sing on December 4th. We hope that they will have so much fun that they'll decide they can't live without us and stay!

The end of October, the fabulous Anne Stickler came out for a day of coaching. It was so good to have that in person opportunity. It's was a great session of remembering how we are supposed to sing, learning new warm ups and putting some touches on the pieces we've selected for competition in April. We are hoping for good weather so that we can have her back in February. Zoom is good, but the face to face is so much better!

Eight little ladies from the Dakota Horizons Girl Scout Troop joined us to learn about barbershop harmony and spent time doing some fun warmups and singing. We worked on 2 of our Christmas Songs with them, just singing lead, and they will be joining us at the performance singing with

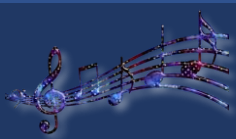
us. They are really excited to be on stage with us to sing. We will also present them with their patches at that time. We had 5 moms that stayed to see what we were doing and had a chance to speak to them about giving us a try.



So, that brings us to our Christmas Sing. We are looking forward to sharing the holiday with the public and those that support us all year long. It's nice to sing for them as well as singing carols together, and spending time together after enjoying cookies and coffee. It's such a nice time and we look forward to it all year long. Our last event before Christmas will be singing in an all-faiths program on December 16th. This is a new one for us and we look forward to sharing our music with people who may not know about us.

Wishing all of you a very Merry Christmas and a Happy New Year. Looking forward to seeing all of you in the spring!





Acapella Express

Submitted by Audra Freeman

Acapella Express has had a busy late summer and fall. We have been very fortunate to have been able to get out and perform several times, and it feels WONDERFUL!

We were invited to sing at the Downtown Fargo Street Fair in August. Although it was very hot, and we were looking straight at the sun at 5pm in August, we had a blast! We were able to show off our new, casual performance t-shirts. So colorful and FUN!



We also sang at the Moorhead Cruise night in the parking lot of the Moorhead Center Mall. We received so many compliments! We also connected with the announcer for the event, who happened to be a local radio DJ. He invited us to come on his program any time we wanted to. He showcases unique local talent and was really impressed with our chorus and our history with Sweet Adelines.



Every summer we sing the US National Anthem, and sometimes the Canadian one as well, at an

FM RedHawks baseball game. We were able to do that again this year.



Also, for the last time, we sang both anthems at the annual GoFar Woman marathon. This was their 10th and final year and we have sung for them every year since it started. During Covid, they used a recording of our anthems when we were not yet comfortable performing live. It's bittersweet that they are discontinuing this marathon, but we are so proud to have been there for them every year.





Our biggest event this year was our fall show. We have been waiting a long time to have another big show and it was SO MUCH FUN!!! We revised the show we did in the fall of 2019, “Are We There Yet?” and held it at the Moorhead American Legion in October. We had a full house, and it was amazing to be able to perform for our family and friends again. After the show, we stayed at the legion for their Saturday night bingo and were asked to sing a couple songs from the show.

Lastly, but most importantly, we have a new member, ShanShan, who joined us 6 weeks before our show and learned all the songs and choreography in time for the show. WOW!!



We can't wait for the Jingle & Mingle event this month and hope all of you have the best holiday season possible!

Keep singing and ringing those chords!

Acapella Express Chorus

Vallee de Croix

Submitted by Ann Voth



Vallee de Croix chorus has had a busy fall and early holiday season. We are excited to have as many as eight women who have been visiting us as part of our “Harmony Adventure for Women”. Our guests have been learning the holiday music with us and can sing with us on any of our holiday performances. We sang on November 19th as part of Christmas at the Courthouse in Stillwater’s historic courthouse! On December 3 we are guest performers for the St Croix Chordsmen at their Christmas show. We have a number of performances at area Senior living facilities, which are always much appreciated. And a big highlight was singing at the 90th birthday party of chorus member Linda’s mom!





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