



Regional Measures

Summer 2023 Edition

REGIONAL MANAGEMENT TEAM

SUSAN KRISNIK – TEAM LEADER

LYLA LARSON – EVENTS COORDINATOR

JUDY WEIPERT – DIRECTOR COORDINATOR

TERRI CALVERT – EDUCATION COORDINATOR

LINDA RUBIS – MEMBERSHIP COORDINATOR

AUDRA FREEMAN – FINANCE COORDINATOR

DAWN ADAMS – COMMUNICATIONS COORDINATOR

MOLLY ROBERTSON - MARKETING COORDINATOR

CAROL MORGAN – CANADA LIAISON

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

Chapter Visit Program

*Submitted by Cheryl Helm
Chapter Visit Coordinator*



The Chapter Visit program materials will be ready and delivered at DDD/SASS on June 16-17, 2023. I am in the process of revising the paperwork. Materials will be handed out to the Director and President/Team Leader. If your director or president/team leader is not there, please designate someone from your chorus to pick up the materials. If no one from your chorus is there, materials will be mailed. All materials you will need to plan your visit will be in your packet when you check in at the registration desk. The Region will fund two visits this year, a change from last year's 3 visits. There was not enough interest for 3 visits last year to offer it again. A music faculty and an administrative faculty will be included in visit one. Please know administrative faculty are available at any time to respond to your questions for advice or concerns on how to run the business of your chorus.

This year in the materials, I will include the evaluation form to be filled out and sent to the

Upcoming Events



10 June	Sounds of Superior Gala
16-17 Jun	DD/SASS – Lake Elmo, MN
8 Jul	Finance Workshop (Zoom)
22 Jul	Marketing Workshop (Zoom)

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](#).



Chapter Visit Coordinator. Each coaching faculty member needs to have this filled out. I am including it in your materials so you can immediately fill it out and send it in. This form gives important feedback to that faculty coach and the RMT. It lets us know if our coaching program is working or needs to be tweaked! Paperwork to request a visit will be included for Visit 1 and Visit 2. As soon as you have completed the first visit, you can immediately send in your request for visit 2 without waiting for that information from the Chapter Visit Coordinator. Please review all information you receive and request your chorus visit. Also note, copies of all forms can be made, and I understand that the forms for chapter visits will be available on the region website. You will be notified when this happens.

Begin planning your chorus coaching and plan for two coaching visits. It would be awesome if we could achieve 100% chorus participation for Visit 1 and Visit 2! I know you can do this!!

MISSION STATEMENT

United by our love of barbershop harmony, Northern Lights Region 6 is an international women's a cappella singing organization committed to musical excellence empowering members to grow through education, competition, and performance.

Director Certification Program (DCP) news

*Submitted by Linda Wetterlin
DCP Coordinator*



Region 6 welcomes Carol Patch, Director of Sound Cascade Chorus to the DCP!! Carol began directing the chorus in May 2022, following many years directing a church choir. Carol received a Novice Director Award at our April Regional convention – congrats Carol and best of luck on your DCP journey!

Are you a DCP participant seeking to complete a mod with an assessment/test? Please contact me! We could test during the upcoming Director Development/Sweet Adeline Summer School (DD/SASS) or do it remotely, such as on Zoom! I just need to know in advance who's interested in which mod.

Not a participant yet? Go [HERE](#) for more info or contact me anytime!

Linda Wetterlin

Region 6 Director Certification Program
Coordinator

scrappin.bari@yahoo.com

651-216-7670 talk/text



On the Brink Quartet

Submitted by Linda Harmsen

On the Brink was excited to go to Region 6 competition this year. We had planned to go in 2020 and we all know what happened to that plan! This year, we had some issues with copyrights and licenses and the fun stuff we are all learning about, but managed to come up with a contest package and a costume.

Coaching on the prairie can be tricky, but we found that FaceTiming with Mark McLaurin was very helpful. We did manage a couple of in-person sessions, one being at competition! We were thrilled to have fans practically in the front row as Mark, his wife Nancy and Nancy's aunt cheered us on. We were also thrilled to receive 4th place medals for our efforts. With only 2 points between 2nd and 4th places, we are already developing next year's plan.

We had some limited time with our local coach, Glenna Berdahl but she was hard to catch between jetting off to other regional contests to watch her daughters Jen and Natalie win as the bass singers in Wild Fire and Endeavor Quartets. She will be rooting them on at International this fall.

The snow is finally gone, the grass is starting to grow and the Interstate is reliably slush-free these days. Regional contest is over and it is time for new music. Bring it on!

Jen, Carol, Linda and Tracy – On the Brink



An Upbeat Shout-Out

Submitted by Val Salley

Upbeat had a blast sharing music, tags and good food with everyone in Rochester! A BIG thanks to the RMT and the convention committee for planning a fun-filled contest weekend!



We feel so grateful to receive a bronze medal and send heartfelt congratulations to everyone that chose to enter the contest - quartet and chorus - it's a big deal!!



We are working on two new contest song possibilities and are looking forward to a few summer sing-outs with our chorus, City of Lakes! We hope your summer is filled with 'upbeat' moments!!

Till we meet again!!

Karla, Val, Bonnie & JoAnn



Just Kidding Quartet

Submitted by Mickey Christensen



Just Kidding has not been terribly busy during or since the pandemic. Our members are: Kari, tenor; Lori, lead; Jodi, bass, and Mickey, baritone. We really enjoy getting together even with the slack in performing. We are presently looking at a lot of new music

We were invited to participate in the Riverblenders (Mankato area male barbershoppers) which was really fun. We sang "One Fine Day" and joined the Riverblenders for their final sending song.

We sang before a large audience and had a great round of applause!! Very exciting and satisfying!

Our upcoming performances are slim right now, but we plan on several summer church sings. It is fun to be a barbershopper!!!



Minnesota Valley

Submitted by Melissa Sailor



Congratulations to all of our singing sisters who participated in the Region 6 competition in April! We went to watch as our region rushed the stage and blew the audience away with all the talent. We can't wait to compete next year with all of you. Our chorus is going to focus on our church singing this summer and look forward to our October event, coming up quickly. See everyone in June for SASS.





Sounds of Superior

Submitted by Sharron Kershaw

First of all, let us say congratulations to all competitors, quartets and choruses who participated in our recent competition. Thank you also to those who came all that way to cheer us on, it is so wonderful to see our fans out in the crowd. Getting together in person with our Region 6 friends was sure great too. We were so fortunate this year to share the exciting competition “firsts” with our 10 new members.

Almost immediately after our return we performed in our local Festival of Music and the Arts and placed first in our category. We were chosen by the adjudicator to sing in the Festival Showcase which was held in our local Auditorium.

Final preparations are underway for our Fiftieth Anniversary celebrations. The celebrations begin with our ***Fifty and Glitzy Gala Concert***, to be held on Sat. June 10. This is going to be an amazing evening with displays, costumes

from over the years, an antipasto bar and of course lots of harmony. Capping off the weekend will be an Afterglow Brunch on Sun June 11. Tickets for both events will be available until May 31st.





Sounds of Superior
Chorus

Fifty & Glitzy Gala Concert

Celebrating
50 Years of Harmony

Saturday, June 10, 2023
DaVinci Centre
340 Waterloo Street
7:30 p.m.
Doors open at 6:45 p.m.
Adults \$40.00

Entertainment, Displays, Cash Bar,
DaVinci's Famous Antipasto Bar at Intermission

For Tickets:
Online at Eventbrite.ca* - Sounds of Superior Chorus Members -
or contact soundsosuperior@gmail.com

* Eventbrite's fee non refundable



River Rhapsody Chorus

Submitted by Pat Frohlich

We are so happy that Spring is finally here in our part of the country! We welcomed our snowbird members back who have returned home and are back to attending in person rehearsals.

Congratulations to all quartets and choruses who participated in the Regional Contest. River Rhapsody Chorus especially congratulates our local quartet, On the Brink, for bringing home their 4th place medals! We are so proud of you!

Our chorus has welcomed three new members since the beginning of the year! Carolyn, Glenna, and Susy, we are very happy to have them in our chorus.

family and sisters in harmony come together. We were extremely pleased with the success of the show and are looking forward to a few more performances we have scheduled for June and July, including performing at the Mandan Band Shell on July 31st.



Longevity awards were presented to Carol Kurtz – 30 years, LaVonna Gums – 25 years, Barb Wilson – 5 years, Michelle Friedt – 5 years. We also recognize this year’s Women of Note, Tina Fleck. Congratulations and thank you for all you do for River Rhapsody Chorus!



RRC presented their Spring Show, “Grandma’s Attic” on May 6th. We worked hard for many months preparing to help Kari clean her “grandma’s attic”. Kari, being overwhelmed by this project, was reminded what can happen when friends,



Vallee de Croix

Submitted by Ann Voth

Vallee de Croix were thrilled to be back in person for Region 6 competition in Rochester! We had several new members attend, and enjoyed performing, learning, and mingling with Sweet Adelines from around our region.



On May 1 we inducted our board officers for the coming year and were happy to have Pat Ostrander as our guest speaker. She described how each of us are an important piece of the puzzle, and together we make a whole beautiful picture.

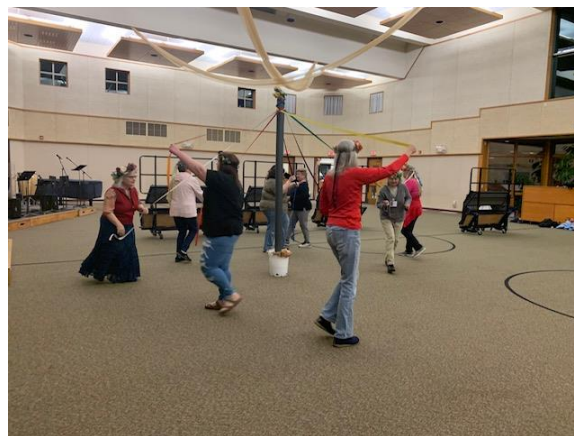


We also celebrated by giving flowers to the board members and to everyone who received a longevity award.

Kathy Lucken is our longest serving member this year, with 30 years of harmony!!



We had a special celebration activity for Mayday from a friend of the chorus, who helped us enjoy an authentic May Pole dance!



We are now gearing up for summer performances, activities, and the 40th anniversary of our chorus!



Twin Cities Show Chorus (TCSC)

Submitted by Merrilee Spaeth

Happy Spring from the Twin Cities Show Chorus!

What a wonderful Regional Contest, where we could finally all be together again! It was great to ‘catch up’ with everyone in person and once again experience everything we enjoy about that event!



TC was SO excited with our placement and Most Improved standings.



We worked hard and were hoping to improve, but were totally surprised at our result! Thank you to everyone who encouraged us along the way!

Our yearly installation ceremony and potluck dinner were held the Tuesday after Regional, and we were honored to have Judy Olson as our very special ‘Installer’. She brought a beautiful ‘puzzle board’, and each Board member added their individual responsibility piece to it until a heart was formed.



Tuesday, May 9th, found us receiving, sorting and delivering flowers from our yearly fundraiser – just in time for Mother’s Day!

This is always a special activity for our chorus, and we really appreciate all of the orders we receive!



Susan made sure all the orders were correct!



BTW, Lyla always has a huge order, so this year she had her own ‘special delivery’ to her home!

Other chorus activities since contest include:

- Posting our Meghan Trainor “Made You Look” video on our FB page,
- Performing at Edinborough Park in Edina,
- Reviewing music for summer performances,
- Learning a new warm-up dance routine,

AND



- Creating our very first **Camp Como** – a special opportunity for anyone who would like to visit four of our rehearsals, learn four songs and sing with us at Como Park Pavilion in St. Paul on July 25th (see larger flyer on our FB page). We can hardly wait to see some new and familiar faces!

The Twin Cities Show Chorus presents:
CAMP COMO
 (Summer Camp for Singers)
 Join us for 4 rehearsals, learn 4 songs, and perform with us at the Como Park Pavilion on July 25, 2023



Rehearsals:
 Tuesdays 6:30-8:30 pm
 June 20, June 27, July 11, July 18
 Church Of Peace,
 6345 Xerxes Ave S,
 Richfield, MN 55423

Performance:
 Tuesday, 7 pm
 July 25, 2023
 Como Park Pavilion,
 1360 Lexington Plwy N,
 St Paul, MN 55103

For more information,
 call Susan Krisnik
 (612) 655-6654
 susank5678@gmail.com

Until next time – have a wonderful summer of harmony, friendships and fun family activities!

Hope to see you at DD/SASS!

Your Twin Cities friends

Sound Cascade

Submitted by Kandi Custer

Hello region 6! Sound Cascade is back at work after convention and looking forward to our summer activities. It is so great that we can enjoy singing and fellowship all throughout the summer. We had our first summer sing out at Grand Living Retirement in Sioux Falls SD. It was so much fun and very well received.

Our director, Carol Patch is working on the directing modules and bringing lots of good ideas to our group. After reading our convention comments, we all are striving for better breath control! Lots of good information from our coaches, from the internet and from the region are being included in warm up activities.

Upcoming events include singing the national anthem on June 6 in Sioux City, Iowa and on July 13 in Sioux Falls, South Dakota. We continue to search for ways to include more singers and more performance venues, and of course fund raising. Brought some ideas from convention to Sioux Falls and hope to try some out in the near future.

Keep a song in your heart!





Spirit of Harmony Honors Members

Submitted by Marlys Stahly

Spirit of Harmony Chorus met on Monday, May 8, for their annual awards and officer installation banquet at Country Club in Spencer, Iowa. 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 Spirit of Harmony has selected Marsha Swanson (pictured to the left) as their 2023 Woman of Note. Marsha, and her husband, Dick, are from Spirit Lake. They originally resided in Emmetsburg where she successfully recruited other women in that area to join the chorus. Marsha has been a member of Spirit of Harmony since 2005. She is very artistic and is key to the chorus when it comes to decorating for shows and other events that the chorus hosts and is a great asset to the chorus' events committee. When she's not helping out with whatever the chorus needs, you can find her beautifying the grounds at the Okoboji Summer Theatre or nurturing the flower beds at their condominium complex.

The 2023 Sweet Adeline of the Year award goes to a member who has contributed over and

beyond to the chorus over the past year. This year's award went to Lori Harms (pictured to the right). Lori and her husband, Curt, live in Lake Park. Lori has been a member of Spirit of Harmony since 2017. She has been very active in the chorus from the beginning. Right away in 2018 she was elected as the Membership Chairperson and Vice President of the chorus, and still holds that position. She has received the BEE Award twice, a monthly award the chorus gives to a member who goes over and above the normal chorus participation. She was the SAY winner in 2019 and the Woman of Note winner in 2021. Lori is very creative and has many enjoyable ways to honor our members' birthdays and makes all of the chorus members feel special. Lori is a kind and generous member who is always willing to help out the chorus in any way.



Membership awards were given to milestone members. Linda Bonnell (right) received a 25 year member award and Mary Lou Foster (left)

received a 35 year member award. The chorus appreciates and thanks them for their many years of dedication to Sweet Adelines and Spirit of Harmony Chorus.

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.



Spirit of Harmony Celebrates Region 6

Submitted by Marlys Stahly



Greetings to our sisters in music from Region 6! Wasn't it great to be singing together again IN PERSON! It was such a fun weekend seeing everyone and enjoying the hustle and bustle of contest.

Spirit of Harmony was thrilled to be your host for the contest. It was a new experience for us to be the opening chorus, to give the mini program after the competition and to be leaders of the education class. It kept us all hopping. And we made it, thanks to our fearless leader and director, Judy Weipert and Linda Rubis who coordinated the contest for the chorus.

We would like to thank all the Region 6 volunteers who helped us throughout the weekend. It was greatly appreciated. Did you buy something from our boutique? If so, thanks so much.

We are working hard on our music for our trip to International Competition in October at Louisville! That will be a thrill. To get ready we are looking forward to coaching from Scott Kvigne and Joan Boutilier. We are so proud to be able to represent Northern Lights Region 6.



The Peppers Compete in First Contest

Submitted by Marly Stahly

We had a fantastic weekend in Rochester at Sweet Adelines Region 6 Convention with our sisters in song at Region 6 and of course, Spirit of Harmony Chorus and Affinity. We are so grateful for what we experienced! It was a thrill to perform twice on stage in front of Sweet Adeline friends and compete for the first time as a quartet. This is such a technically challenging style of singing, a cappella four-part Barbershop style, yet so thrilling to bring from a place of notes on a page to art through performance! Seeing where it shook out this weekend, we were excited to be awarded the "novice quartet." The best moments of the weekend were bonding as a quartet! Sharing four to a room definitely causes a bonding experience! Our chorus has been so supportive and cheering us all along the way to contest. Affinity was great to hold our hands as they showed us the ropes of the quartet competition. We are so looking forward to next year, learning new music and perfecting our competition songs. This has been an awesome ride together!!!! We are so glad for your friendship and every single laugh we share!



L to R: Carol Fordyce, baritone; Liz Steiner, lead; Marcy Troendle, bass; Marlys Stahly, tenor

Lake Country

Submitted by Helen Vulu

Lake Country Chorus had a blast at the convention in Rochester this year! We had 21 singers on the risers, and six had never experienced a competition. It was fun and exciting to share all these new experiences with them, there is so much to learn. We are already looking forward to being back next year!



We had lots to celebrate at our spring banquet. Of course, the Board of Directors was installed, we recognized our three newest members, our co-Women of Note, Anita and Carol, and



recipients of longevity awards for 25, 35 45 and 55 years of membership (the last is Ginnie Hartman who is a founding member of the chorus).



And of course, our beloved director Sandy, who is OUR Shining Star!



Please put September 24th on your calendar, we are hosting a soup luncheon, silent auction and performance at Redeemer Lutheran Church, 3770 Bellaire Ave, White Bear Lake. Watch for announcements.



What a fun **SPRING!!**

Submitted by Spice

LOOAVUL

LUHVUL

LOUEVILLE

LOOAVILLE

LOOEYVILLE

... No matter how you pronounce it, we are thrilled to be heading to LOUISVILLE at the end of October to represent Northern Lights Region 6 (as Contestant #1) at the Sweet Adelines International Convention and Competition!!



We are filled with gratitude and can't wait to share this experience with our friends in Spirit of Harmony!! We owe so much to our coaches,

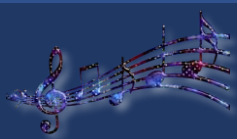
Queen Mary Dick and Scott Kvigne... You happily share your knowledge to make us better, and we can't wait to keep working with you on our journey to KY!! We are also grateful for our wonderful chorus, City of Lakes... You are always there cheering us on, and we love you so much! And of course, a big thank you to ALL of you in Region 6... Whether we see you once a week, or once a year, we appreciate you!

Besides getting ready for an incredible Regional Convention and Contest, we also enjoyed a few other happenings this spring...

- A March snowstorm couldn't stop us from spending a special evening with wonderful new forever friends in Eden Prairie, MN! ForEver Friends is a ministry that was created to meet the spiritual and fellowship needs of disabled adults, and they were a such an amazing audience to sing for!
- In April, we were honored to be part of the Croix Chordsmen Chorus "The Magic Jukebox" and Cabaret Show in Stillwater, MN. This was a show that had been postponed a couple years, and it was well worth the wait. We had a really great time at the "malt shop" and on the cabaret-style afterglow!
- It's always a privilege to be part of a City of Lakes show, and their May "Cabaret in the Afternoon", was no exception. The venue and unique approach to the annual show was refreshing and super fun!

We're excited about our upcoming events and hope to see you there!

- Como Lakeside Pavilion with City of Lakes (FREE)
 - June 26, 7:00 p.m.
 - 1360 Lexington Parkway N., Saint Paul, MN
- Vocality's 8th Annual Concert from the Porch (FREE)
 - August 5, 2:00 p.m.



- 4671 Lake Avenue, White Bear Lake, MN
- BYO chair and beverage

And we also hope to see you in Lake Elmo, MN at the Director Development / Sweet Adeline Summer School (DD/SASS) event June 16-17. We are looking forward to learning from two high-caliber Sweet Adelines, Dale Syverson and Judy Pozsgay. We're also eager to see the turnout for the Quartet Round-Up that Friday (5:30-7pm)! If you've ever considered or wondered about being in a quartet, get yourself to the Round-Up! Check the Region 6 website (<https://www.regionsix.org>) for the details. If you have any questions about being in a quartet, feel free to ask any of us Spices. We're happy to help you in any way we can. We would LOVE to see more quartets in our region!!

We thought about closing this article with a joke about spices, but it doesn't feel like the right season.



Live life with a little Spice!

Angela, Heidi, Liz, Jan

Email: QuartetSpice@gmail.com

Facebook:

<https://www.facebook.com/QuartetSpice>



In Summer, all nature sings!



And round me rings



The music of the spheres

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