



# Regional Measures

Fall 2023 Edition

## Directors Corner

*Submitted by Judy Weipert  
Director Coordinator*

Watch this space for introductions to our Region 6 directors! First up is Cindy Orzel, front line director of Center Point Chorus from Stevens Point, Wisconsin!



“I first joined Sweet Adelines in 2003 when I lived in Kansas City. I had the privilege of learning the art of barbershop harmony under the direction of Jo Kraut, who acted as a mentor throughout my time in Kansas City as well as a member of the Kansas City Chorus. It was Jo that told me I needed to be a director and took

## REGIONAL MANAGEMENT TEAM

SUSAN KRISNIK – TEAM LEADER

LYLA LARSON – EVENT 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 JEANS – CANADA LIAISON

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

## Upcoming Events

4 Sep	Jingle & Mingle songs due
6 Sep	RAMM Meeting
9 Sep	Vallee de Croix Fall Show
22 Sep	TCSC Performance, Woodbury
23 Sep	HarmonySite Website Workshop
24 Sep	Soup's On II – White Bear Lake
30 Sep	Chasing our Dream - Okoboji, IA
7 Oct	A Taste of Music – Mankato, MN
14 Oct	Foxtoberfest – Neenah, WI
18 Nov	Quartet Roundup – Richfield
26 Nov	Holiday Harmony – Mankato
1 Dec	Winter Lights – Chanhassen



me under her wing – an experience I will always treasure.

My first director experience was with the Flint Hills Harmony chorus based out of Wamego/Manhattan Kansas. We had the privilege of gracing the international stage on two occasions, which was the thrill of my life as a director!

My favorite part of being a director is teaching and seeing the excitement when the chords ring! There is such a satisfaction in sharing my joy of music and seeing it ignite in others. To me the biggest challenge is not having enough time each week to enjoy the journey! Ideally, wouldn't it be great if we could sing together every day?

When not directing, I have my "day job" as a hospice healthcare recruiter as well as many artistic activities. I have an active jewelry and mosaic business as well as an Etsy shop and am often selling at events across Wisconsin. I also have a fun music jewelry line which I always bring when I sell at regional events!

Now that I am back living in Wisconsin it has been great being back in the Sweet Adelines community of sisters! I look forward to being involved in the Region!"

### Quartet Roundup

Saturday, November 18, 2023 in Richfield, MN.

The Quartet Round-Up is a great way to meet new people, sing with people interested in quartets and perhaps form a new quartet. Scott Kvigne and Mary Dick will present this fun event at United Methodist Church of Peace, 6345 Xerxes Ave S, Richfield MN . We will begin at 10AM with the formal event ending at Noon. Feel free to stay and socialize afterward, sing, and get advice from Scott and Mary. Please come prepared to sing How We Sang Today and Locomotion.

## Back to the Basics

*Submitted by Mary Dick  
International Faculty Emeritus  
Region 6 Faculty*



The spring issue of the Regional Measures contained an informative article by Judy Weipert on the Song Assessment process entitled "Is My Song Admissible for Performance".

The summer SASS regional school included a wonderful session by Judy Posgay focusing on the new Visual Performance category. Now it is time to get "back to the basics" and revisit posture, respiration, phonation, resonance and articulation. These five muscular activities, by their overlapping and blending, become a single unit – the voice. Good vocal sound is the result of a well-coordinated physical instrument.

Start with proper "**body alignment**" (posture). Elongate your body – think of being pulled upward at the top of your head, sternum and



upper chest held high, pelvis tucked under, chin horizontal to the floor, no locked knees, put the weight of your body on the balls of your feet and then rock back on your heels. The stance of the singer should be one of flexibility rather than rigidity, which will allow for better visual communication.

With your body alignment in place, it's time for "**breath management**". Call it breath management, support, control or whatever, it is the basis of the tone. It is also an area of differing opinion among the experts. Basically, we need to breathe with a dropped, relaxed jaw, open throat and a relaxed tongue at the bottom of the mouth with the tip of the tongue behind the bottom teeth. This results in a low larynx and a silent breath. A noisy breath is incorrect

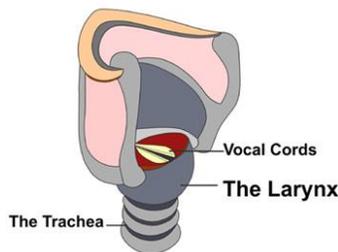


breathing. A good way to open your throat is to imagine biting into an apple. The throat will open, the tongue will get out of the way and the soft palate will rise.

Proper breathing is a matter of “letting” the air in by relaxing the frontal wall (your abdomen). The diaphragm lowers giving the lungs room to expand and fill with air. Allow the air in and “hiss” or lip trill to use it. A whole separate article can be written on proper breath support and management.



Next in line is “**phonation**”. What is phonation? It is the act or process of generating vocal sound at its point of production at the glottis (the opening between the vocal cords).

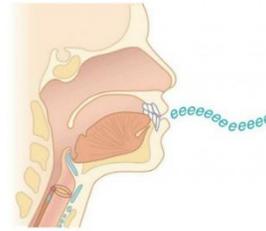


When the vocal cords approximate or close, there must be a coordination process with the breath. If air is released before

they approximate, we will have breathy tone. If released late, the tone will be tight. The throat must be open and the larynx low when we produce tone. Phonate by doing little, high puppy cries, yawn sighs and bubbling. As you phonate feel the abdominal muscles lift against the diaphragm.

“**Resonation**” is the amplification and enrichment of the tones produced. The name of the game here is “relaxation for resonance”. The chief resonators are the pharynx (the throat above the larynx) and the mouth. The sinuses, chest and whole body also act as resonators. Vocalizing on an “oh” or “oo” helps to lower the

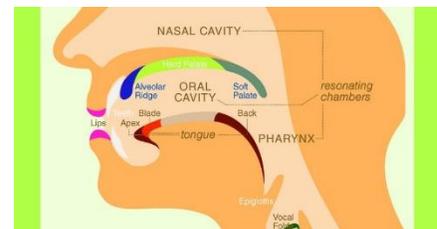
larynx. Resonance is usually felt as some kind of vibratory sensation in the facial or head areas and sometimes in the upper chest as well. The speaking and singing voice use the same muscular setup. A well-produced speaking voice can help the singing voice and vice versa. My voice teacher used to say “speak it – sing it”. We talk about placement and focus. The “m-



hum” is a good tool to help discover a well-focused tone. Exercises using “ng” such as: ning-ee, zing, zay, zah and ming are good for resonance.

Last but not least is “**articulation**”. Articulation gives a definite meaning to the tone and engages the listener. As William Rice states in his “Basic Principles of Singing” – “the procedure for obtaining good diction can be easily stated: produce a pure vowel without distortion or “chewing”, attach the proper consonants quickly and clearly and move instantly into the next pure vowel sound. That’s all there is to it.” Often, we are good at using our air on the vowel sounds and forget that consonants also need air and are in the front.

A good articulation exercise done on one note (or chord) is: the lips the tip of the tongue and the teeth.



As we work to develop our voices, we must be familiar with the mechanism, but more than that, we must have a listening attitude and a “letting go” to allow the voice to be free and undisturbed. We then can make beautiful sounds. Review these basics and apply them to your “admissible song” along with your “visual performance” as you tell your story.



## Step right up and lend a hand!

*Submitted by Terri Calvert  
Education Coordinator*



It has been noticed on workshop and event feedback comments like: “the same people are always in charge” or “it’s always the same people running these events – we need to let other people get involved”

Agreed!

It takes many hands, many minds, and many talents to run Region 6. We need help in Education, Contest, Workshops, Technology, Website, Communications and Administration.

Our region is spread out and it’s hard to get to know everyone and how each person can help in Regional activities, events or leadership. So, if you have some time to help in some way, would you please let us know?

Please send an email or call any RMT member. We want to hear from you! If you are willing to lend a hand – short-term or longer term, just let us know and we will find the right place for you to help grow Region 6 and make us the best we can be. Phone numbers are on the members section of the Region 6 website, under Regional Management and Support Team.

Your RMT

Susan [teamleader@regionsix.org](mailto:teamleader@regionsix.org)  
Terri [education@regionsix.org](mailto:education@regionsix.org)  
Audra [finance@regionsix.org](mailto:finance@regionsix.org)  
Linda [membership@regionsix.org](mailto:membership@regionsix.org)  
Judy [directorcoor@regionsix.org](mailto:directorcoor@regionsix.org)  
Dawn [communications@regionsix.org](mailto:communications@regionsix.org)  
Molly [marketing@regionsix.org](mailto:marketing@regionsix.org)  
Carol [canadaliason@regionsix.org](mailto:canadaliason@regionsix.org)  
Lyla [events@regionsix.org](mailto:events@regionsix.org)

## 2nd Annual Jingle & Mingle



December 17, 2023

3:00 PM

Free Concert Online

(Available to view until January 7, 2024)

Region 6 is excited for our 2<sup>nd</sup> Annual Jingle & Mingle!

Region 6 held a Kickoff meeting on Saturday, August 19<sup>th</sup> for our 2<sup>nd</sup> Annual Jingle & Mingle membership drive. This year we are including a quartet concert online too. We are welcoming new quartets that are registered with SAI by the end of November to participate.

If you are interested in participating, please reach out to Linda Rubis and Molly Robertson for information. The deadline to submit your song choices for approval along with required documents to Linda Rubis is **September 4<sup>th</sup>**.

A 2<sup>nd</sup> Annual Jingle & Mingle ornament will be given to all participants.



### Website Workshop

Saturday, September 23, 2023

10:00 AM

Molly Robertson, Marketing Coordinator for Region 6, is presenting a workshop on tools and tips for HarmonySite website. This will be via Zoom at this [link](#).

We will send out the link with reminder the week prior to our workshop. This is open to anyone in the Region.



## Sounds of Superior

*Submitted by Sharron Kershaw*

Wow, what a party that was! Our 50 & Glitzy Gala Concert was a resounding success!!! The hall was packed with fans and we sang our hearts out. Great food and our 50th Anniversary celebration cake was served during intermission as we honored our Charter Member, Heather! Rounding out the evening we honored all of our past members with a song and capped things off by inviting anyone who had ever sung with Sweet Adelines to join us on the risers for our final song. With so many on stage the harmony just seemed to wrap all around us, oh what a feeling! A big thank you goes out to all of our sisters in harmony Region Six for all your messages and kind words. The following day chorus members and friends enjoyed a “wind down” buffet breakfast.



Summer is winding down quickly it seems. Why is it that winter never seems to whiz by? In July we enjoyed a potluck, swimming and singing party at one of our member’s camps. The weather was fantastic, the food was awesome, and the friends were even better. Thankfully the sauna was hot as the lake was very COLD! We are looking forward to an August camp party at another of our member’s camps.



Thanks to these two generous ladies for welcoming us into their camps.

We are also very pleased to have received a “Readers’ Choice” Award from our local newspaper, in the “favourite Choral Group” Category. Thank you to the Chronicle Journal readers for voting for us.



Soon we will be heading back to the risers and dare I say it... getting ready for the second annual Jingle and Mingle. It was such a great success for us and so wonderful welcoming new guests and... new members.

We are proud members of Superior Shores Gaming. The funds raised through working bingos help us to finance our chorus activities.



Enjoy the rest of your summer everyone!



## Minnesota Valley

*Submitted by Melissa Sailor*



We have done our usual monthly church sings in 3 different areas/towns, we have sung the National Anthem for two Moondogs baseball games, served and sang while bussing tables at the Pizza Ranch one night, and have the opportunity to sing during a MN Twins Baseball game. It sure does feel good to be out in public again performing! We also welcomed a new young Tenor. We have a busy Fall & Winter planned full of singing! We are thankful and blessed to be so active in our community.



### 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.

## Zumbro Valley

*Submitted by April Horne*



Zumbro Valley Chorus is wrapping up a busy and fun summer and is kicking off a busy (and fun) fall. After our annual spring tea, we entered what we call our "Summer of Harmony." We invited young women between the ages of 16 and 25 to come sing with us. With only 6 one-hour weekly rehearsals (minus some vacations), they learned and memorized 3 songs, made up choreography, and wrote a very clever script! The songs were "Hey Soul Sister", arranged by Elaine Gain to be appropriate for Sweet Adelines, the classic "Mister Sandman," and "Cuddle Up a Little Closer" which they sang with Zumbro Valley Chorus. The audience loved them at the capstone concert! This concert was one of five performances

scheduled for August. In addition, small ensembles traveled as far away as Springfield/New Ulm and La Crosse to satisfy special requests, including a birthday celebration for a 102-year old and a 66th wedding anniversary. We've already started pulling out the holiday music so we can welcome guest singers to our annual "Harmony for the Holidays" program which starts in October. Many of our young women from our summer program have expressed an interest in singing with us through the holidays, too! Our guests (of all ages) will join us in preparing our holiday programs which will kick off with our first holiday performance on December 5th. We look forward to sharing this with our Region 6 friends as part of the Jingle and Mingle program.

What a great feeling to be able to, once again, share our love of harmony and friendship with the members of our community.

While we continue our search for a new director, we remain very grateful to Nancy Hayden, our warm and talented interim director. We'd be lost without her! If you know of anyone that would be interested in learning more about our director search, please have them contact [ZVCSweetAdelines@gmail.com](mailto:ZVCSweetAdelines@gmail.com)



## Vallee de Croix

*Submitted by Sarah Schaffer*

More than 70 eager music-lovers recently gathered on July 17th to celebrate a momentous occasion – the 40th anniversary of the Vallee de Croix Chorus. Current chorus members and director Brandon Galbraith were joined for the celebration by many former chorus members and directors, family, friends and representatives from the Croix Chordsmen and Sweet Adelines International-Region 6. Ambassadors and staff from the Greater Stillwater Chamber of Commerce performed a ribbon-cutting ceremony to honor the chorus’ many years of service in the community.



“Vallee de Croix has a tremendous legacy,” said current Director Brandon Galbraith. “Our current chorus continually amazes me with their love for music, for learning and growing together and delivering wonderfully entertaining performances. And it’s not just the hard work we do together – it’s the commitment, the fun and laughter along the way.”

Performances by Vallee de Croix as well as a quartet from the Croix Chordsmen provided musical entertainment beloved by so many who have been involved with the chorus over the decades. Attendees also shared personal stories and remembrances from their time with the

chorus and how much Vallee de Croix has enriched their lives. All were invited to join in an emotional rendition of “Irish Blessing,” the traditional song that closes each rehearsal.



As chorus President Kim Grossman put it, “The joy of making music together creates bonds and friendships that last a lifetime. As friends and performers, we can always count on our chorus sisters to offer support and encouragement, and a dedication to bringing smiles to others through our music.”

Vallee de Croix Chorus is currently seeking new members to share their love of barbershop music. If you know of anyone who would be interested in joining and receiving a warm welcome from our group, contact [info@valleedecroix.org](mailto:info@valleedecroix.org) or visit [www.valleedecroix.org](http://www.valleedecroix.org).





## Center Point Chorus

*Submitted by Barbara Houle*

Center Point has been busy. We are so excited to have 3 new talented members. They are great additions to our chorus. We have been learning new music and reviewing old music.

We served lunch at the Pacelli High School Quartet competition at the end of May. What a joy to see the young people interested in quarteting.



One of our dearest members passed away last winter. Jan sang tenor and was loved by everyone in the chorus. Early this spring we were able to sing at the celebration of her life.

A small group of us are singing the national anthem at Target Field where the Minnesota Twins are hosting the Pittsburgh Pirates. They will also be singing Take Me Out To The Ballgame at the 7th inning stretch.

As the holidays get closer we are preparing to have extra rehearsals for upcoming performances.

We have a new website created by our director, Cindy. Please check it out

[www.centerpointchorus.com](http://www.centerpointchorus.com)

We are excited as we work on singing great harmony.





## On the Upbeat

*Submitted by Val Salley (lead)*



Hi Region 6 friends!

We had a pretty chill summer with weekly rehearsals between a few vacations and lots of discussions/research on new music! Finding music, especially contest songs, feels like one of the challenges of quarteting (right up there with coming to agreement on what to wear!).

We found some time to coach with Mary Dick, which was fun and encouraging. Thanks Mary! Coaching always breathes new life into your songs and shifts your perspective of what's possible for you, not to mention guidance on good vocal technique, which Mary is an expert at! We are so lucky to have so many top notch coaches in our region and on our faculty!!

We were also honored to be a part of two celebrations-of-life this summer. The first one was for Karla's sister who passed away after a long battle with cancer. We felt so lucky to be able to sing her favorite song - On Eagles Wings. The second one celebrated the spouse of a past member of the chorus where we shared the songs; Friends, Irish Blessing and Let There be Peace on Earth. It's so meaningful to honor our deep human connections with the visceral sound of harmony.

We hope to see you at the next regional event!!

love, Upbeat

Karla, Val, Bonnie & JoAnn



## Twin Cities Show Chorus (TCSC)

*Submitted by Merrilee Spaeth*

[Summertime](#) greetings from TC! How the time flies by when we're having fun! That's what TC has been doing this summer – we can't believe it's almost the end of August already!

Many of our members attended the Regional DD/SASS event in June and came away with lots of exciting ideas to pass on to those who couldn't be with us. It was a wonderful facility for the event, and both Dale and Joan were awesome!

Earlier, during our spring flower fundraising event, a couple of our Associate members came up with the idea of a chorus reunion picnic. We loved it so much that we quickly planned one for a Sunday afternoon in July and had a great turnout on such short notice!





It was so much fun that we decided to make it an annual event! 😊

That same week we performed with our guests at our very first **Camp Como** event, where we had invited guests to rehearse four songs and then sing with us at the Como Park Pavilion in St. Paul.

Finale with all Sweet Adelines invited to join us!

Also joining us was Lake Country Chorus, Company's Coming quartet and Side By Side octet for a special evening of BBS music, Sweet Adeline style!



TC also had a performance this month for a church service at Fort Snelling Chapel. Many of our chorus members were unable to attend, but the 10 singers who were there did an absolutely wonderful job! 😊

We have a couple of fall events to plan and rehearse for – a late September performance in Woodbury and our annual Pancake Breakfast at the end of October – so between preparing for those and working on some newer music we have a busy fall schedule.

Then the holidays will be filled with more festivities to look forward to, so the rest of the year will probably go by even faster than this summer has.

We hope you've been enjoying your summer (and avoiding the heat as much as possible)! Have a great Labor Day holiday, and keep the music singing and ringing! 😊

Your friends at **Twin Cities Show Chorus**





# Soup's On II



Be our guest for delicious soups and breads, veggies, brownies - Fall Fundraiser

**\$15 per ticket**

*Silent Auction, bake sale  
Music by Lake Country Chorus*



*Sunday September 24<sup>th</sup>, 2023  
1:00 - 4:00*

*Redeemer Lutheran Church  
3770 Bellaire, Ave  
White Bear Lake, Mn 55110*

Songs by Lake Country Chorus, look for the new faces on the risers!

Tickets are just \$15, available from any Lake Country Chorus member or at the door.

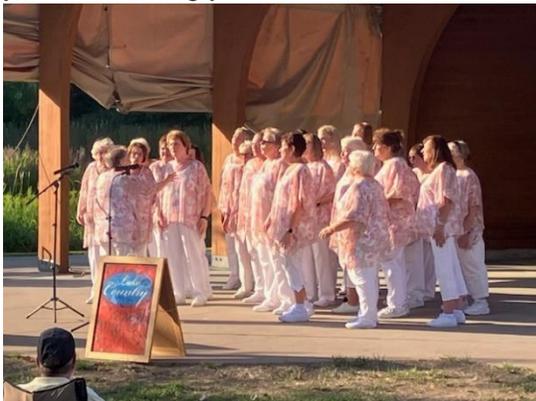
## Soup's On II !

*Submitted by Helen Vulu*

Lake Country Chorus is proud of our tradition of tasty fundraisers, from dessert luncheons to spaghetti dinners to mouthwatering soups, followed by fabulous silent auction items.

The soup is back!

Have lunch with us on Sunday, September 24th, beginning at 1:00 p.m. at Redeemer Lutheran Church, 3770 Bellaire Ave., White Bear Lake 55110. Then browse the silent auction, craft and bake sale items. You are sure to find something you want. (Bring your checkbook!)



We love our new summer tops!

Our talented members pooled their expertise and efforts and the result is the wonderful summery tops shown in the photos. Many members contributed to the hours of planning, shopping for fabric, cutting and sewing.

The occasion is our final summer performance at Lindstrom Music in the Park. We were the opening act for Elvis and some of his fans were lucky to get a picture with him!



Harmonize the World!



# News from Spirit of Harmony Chorus

*Submitted by Judy Weipert*

The Spirit of Harmony Chorus has not been idle since our hosting duties at Region 6 Convention!



Amazing coaching sessions with Joan Boutilier and Scott Kvigne top the list, along with fun performances for the theater attendees at the Okoboji Summer Theatre and for the residents of Acura Healthcare in Spirit Lake, as well as a memorable Flamingle picnic/rehearsal in Emmetsburg.



Upcoming events are a performance singing the Star Spangled Banner to open football season at Spencer Community School and a fundraiser working the beer tent at the Clay County Fair in Spencer, but the granddaddy of them all is our annual fall show on September 30 at the Pearson Lakes Art Center, entitled "Chasing Our Dream."

Gearing up for the international stage is not for the faint of heart, but our hearts are all in the right place, and we are excited to represent Region 6 on the International stage in Louisville!



# River Rhapsody Chorus

*Submitted by Pat Frohlich*

Our chorus has had an exciting summer so far!

Nine RRC members had the awesome opportunity to participate in the Minnesota Twins Barbershop Event, singing along with more than 80 barbershop singers, performing our National Anthem, God Bless America and Take Me out to the Ball Game! What an honor to be asked to participate. Thank you, North Star Chorus!



We also performed the National Anthem at our hometown baseball team, the Larks, game in June. It was a beautiful night to take in a baseball game!



On July 31st we performed at the Vern Cermak Band Shell, in the beautiful Dykshoorn Park in downtown Mandan. Despite the hot weather that day, we had a great audience!



We are happy to welcome a new member! Miranda, singing baritone, auditioned a few weeks ago and is now River Rhapsody's newest member.



Looking ahead into Fall, we are excited to get our coaching session scheduled before the snow flies. A blizzard last fall forced us to cancel our coaching session.

It is also that time of year to get out the Christmas music and prepare for our annual Christmas show scheduled for December 10th and the Region 6 Jingle and Mingle!



## The Cream Puff Ladies!

*Submitted by Ann Wegner  
HOW Team Leader*

No, we are actually barbershop singers, but during June-September each year we raise funds for our Heart O'Wisconsin Chorus (HOW) by selling cream puffs at 4-5 local venues. After each sale, we get back to singing to prepare for performances.



During the pandemic HOW is happy to say we lost no members other than the usual age and health reasons, and even gained a member. This summer we gained one more, plus we have one in the wings who calls herself a wanna-be.

HOW has been singing in nursing homes, retirement communities, will be part of the entertainment for the Walk to End Alzheimer's, and recently sang for a garden tour during their snack break. See the attached photo. We will do a show on November 11 with a patriotic theme to honor the Veterans. Catch us on Facebook: Heart O' Wisconsin, Sweet Adelines International.

Fun with all our singing friends!



## It's About Time

*Submitted by Vicki Powers*

It's been a fairly quiet summer for It's About Time. Birthdays were celebrated, vacations were taken, weddings enjoyed...and we got in a little singing, too!

We sang at a Senior Living facilities Fun & Family Party, and we did some impromptu singing at an engagement party. We also worked a fundraiser over four days to earn some money, and we'll be doing a brat fry in a few weeks, too!

We're now prepping to sing on Sound Celebration choruses (a Harmony Inc) show on September 16th, and on Fox Valley's show in October. And of course, we've already started working on our Christmas music, as we have a number of performances already scheduled.



P.S. Many of you have been following my posts on my chemo. I'm done and feel fabulous! I wanted to say a heartfelt thanks to all of you who checked in with me over contest weekend, gave me hugs and encouragement, shared your stories with me and made sure I was getting the rest I needed. My heart needed that weekend, and it came home full and I was ready to face the end of my treatments. Hugs to you all, you just don't know how much it all meant to me. I can't wait to see you all again!



## On the Brink is having a fun summer:

*Submitted by Jennifer Romsaas*



We performed an hour-long concert at the Band Shell in Mandan in June, proudly wearing our fourth place medals. It was part of a summer series of music in the park just across the Missouri river from Bismarck. Brats and burgers added to the attraction, which was awesome for the hungry summer crowd. We've been lucky to be able to participate in this event for the last several years. It is so much fun, and an honor to perform and to share our music with our community.

In July, we gave another one-hour concert at Lake Tschida in central North Dakota where two of our members have summer homes. It was hot, but thankfully, our audience was sitting in the shade. It was so much fun having our

families and friends enjoy what we love so much – SINGING FOUR PART HARMONY!

We started working on two really fun songs this summer. One of them is in memory of the mother of our bass, who succumbed to cancer two years ago. Both songs are nearly performance ready and we are excited to perform them! We are dusting off Christmas music in preparation for the holidays, with fingers crossed that winter doesn't come too soon.

Like the rest of the competing quartets, we are looking for songs for the 2024 regional competition. There are so many great ones out there! We are anticipating some super coaching sessions to polish and improve our skills.

Hoping you're having a great summer!

Can't wait to see you and hear you all in April in Rochester!

## “Summer breeze makes me feel fine...”

*Submitted by Spice*



(You're welcome for the Seals and Crofts earworm!)

We can hardly believe how quickly summer has flown by! Like many of you, we enjoy these warm-weather months to the fullest and pack in



as much as we can... family time, vacations, baseball, gardening, and of course BARBERSHOP!

In June, a couple of Spices attended SASS, and it was so much fun! If you *weren't* there, do what you can to be at the next one... trust us! If you *were* there, you know how amazing it was. Dale Syverson and Judy Pozsgay brought so much awesomeness! Like any coaching session, it's only as useful as what you take from it. Are you implementing what you learned? Revisit your notes if needed because what they brought was incredible, and we're all better for it. Thank you, Region 6, for bringing in such high-caliber clinicians!

Another highlight from that weekend was the Quartet Round-Up! We popped in for a bit, and we were so impressed at the turn out, AND at what we heard!! If you were a part of that, we applaud you! You took the first step! Yay!! Now, keep going! Contact the people you sang with where you felt a good match and learn a couple songs together. If you want to compete, GO FOR IT, and let us know how we can support you. We are more than happy to help! And if you decide not to compete, that's cool too, just keep singing! Sing on your chorus's shows and afterglows. Sing for your community. Sing for yourselves. Sing wherever you can. Singing in a quartet makes you a better singer and performer, and isn't that what it's all about?

In August, our good friends, Vocality, invited us to join them once again for their 8th Annual "Concert from the Porch". On a beautiful summer afternoon, Vocality converted the front porch of Jay's beautiful lakeside home into a stage. More than 200 friends, family, and community members set up their chairs on the

lawn to enjoy 90 minutes of barbershop music! In addition to performing our own sets of music, we joined forces on two 8-part songs which added a little extra *\*spice\** to the show (if we do say so ourselves). To us, this is what it's all about... spending time with great friends, ringing chords, and sharing our love of this artform with an appreciative audience!

As hard as it is to say goodbye to summer, we are also excited for the next season. This fall brings much excitement...

- We are Zoom coaching with Erin Howden and cannot wait to see how she helps us improve our Visual Communication.
- We're excited to dive into a "special project" with the region (stay tuned)!
- And of course, INTERNATIONAL! While being Contestant #1 will be a "unique" experience, it's not dampening our excitement in the least. Anytime we get to be on the International stage, we consider it an honor and a privilege. Will you be there? Will you be tuning into the webcast? Send us a quick note letting us know! ([QuartetSpice@gmail.com](mailto:QuartetSpice@gmail.com))

Speaking of competition... did you hear team Ginger and team Turmeric will play each other for the championship? I just don't know who to root for.

Live life with a little Spice!

Angela, Heidi, Liz, Jan

Email: [QuartetSpice@gmail.com](mailto:QuartetSpice@gmail.com)

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





## Fox Valley Chorus

*Submitted by Vicki Krause*

The Fox Valley Chorus has had a busy (and very HOT!) summer, and we are looking forward to an even busier and exciting fall!

Since the start of summer, we have welcomed three brand-new members into our chorus – welcome to Megan, Nancy, and Kathy! We are also delighted to have had guests at almost every summer rehearsal. It's so much fun to introduce new people to this exciting and fun hobby!



We just recently participated in our annual Church Sing Around this past Sunday. Our chorus managed to sing two songs at five services and four different churches in under two hours! This feat was only possible due to our wonderful chauffeur, Joel Krueger (Brenda's husband), who bussed us from church to church. We even welcomed a guest the next Tuesday who heard us sing at one of the churches and is interested in learning more about our chorus! In addition, we also

sang the National Anthem at a Green Bay Rockers baseball game at the beginning of the month.

Our Music Team has initiated a new education program for the chorus – Back to Basics. Different members of the Music Team will present short presentations at rehearsals explaining different aspects of the barbershop style, as well as the judging categories and criteria. Thanks Music Team! We all appreciate this, especially the newer members.

Our next big event is our upcoming show, which will be on October 14th at First Presbyterian Church in Neenah. Our show will be called "Foxtoberfest", and we will be "rolling out the barrel", celebrating Octoberfest in true German tradition. Details on the show will be upcoming – check out our webpage!

The Fox Valley Chorus will once again welcome guests to be part of a Holiday Chorus, beginning on November 7, and will be singing for performances in December at EAA Christmas in the Air, the Elks Lodge, and at a local assisted living facility.

So – lots to do, and lots to look forward to!! "Music is the strongest form of magic" – let's keep the magic alive!



## Sound Cascade

*Submitted by Kandi Custer*

Greetings from Sioux Falls, SD. Sound Cascade Chorus has enjoyed a busy summer singing at baseball games in Iowa and South Dakota. We warm up before the game with songs from our repertoire, handing out our card and answering questions. A great way to make outdoor singing work to improve the group.



Besides singing at the baseball games and other community venues, we even held rehearsal in a community room afterwards.

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





# City of Lakes

*Submitted by Ava Hohenstein*

Our Director of Performance, Val Salley, has been hard at work this summer securing us several performances. We're so lucky to have her! It's been a whirlwind—in June we performed at Trillium Woods and Como Park Pavilion, and coached with Erin Howden.



Como Park Pavilion

We took a break for the month of July and then we were back at it again in August performing at the MN Landscape Arboretum and of course the Twins game!!



Trillium Woods



MN Landscape Arboretum



Coaching with Erin Howden



### Twins Game

We're working to find a new permanent home to hold our rehearsals. We're testing out a promising location at our coaching session with Joan Boutilier the weekend of September 8th—fingers crossed!

We're looking forward to our holiday show on December 2nd, again at the beautiful Masonic Home in Bloomington. We hope to have a couple people from the Jingle & Mingle initiative join us on the risers

Until next time!

Your City of Lakes Sisters in Harmony

