



REGIONAL MEASURES



SWEET ADELINES
INTERNATIONAL

The official newsletter of Sweet Adelines International Can-Am Region 6 February 2009

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WHAT'S PRICELESS?

How about a 7-day stay for 2 at a beach front resort in Antigua? Nope, that's \$3,837.86.

Maybe a pair of diamond earrings from Tiffany's? Not even close at \$2,600.00.

Consider a weekend of laughing, singing and learning with your sisters in harmony! Now that could be PRICELESS!

It's True! I am so looking forward to Camp Rainbow weekend June 25-28. This is going to be one fun "Girls Get-Away Weekend"...singing, laughing and meeting other Sweet Adelines. Oh, there's even a bunch of opportunities to learn more about our craft; not only for chorus members, but classes designed specifically for directors and quartets! Classes like **Singing from the Inside Out:** Use mime techniques to become more expressive; discover how to use focused energy to create an exciting performance." or how about **K.I.S.S. and Makeup:** How to look the part; what's needed to get that 'overall' look; application tips and products."... I love this one.... **To Air is Human:** Breath support vs breath control - how do they differ? Explore components of good technique." and **What's on the Menu:** Choosing music for performance and competition to include repertoire structure, securing music, teaching and evaluating." for directors...that's just a sampling! You will find a complete list of classes on the back of the registration form at www.regionsex.org .

You will be enthralled with our dedicated guest faculty... the dynamic duo of

SHARON BABB & TORI POSTMA!

Both have been coaching and teaching Sweet Adelines around the world for a number of years.

Sharon has been a Sweet Adeline and a baritone since 1969. She has directed four choruses including 1987 International Champions High Country Chorus. Sharon is currently a member of the International Board of Directors, Certified Sound Judge, Sound Specialist, approved candidate Music Judge, Master International Faculty, Coach and Novice Arranger. Sharon says she loves to read, crochet and sew – but can't cook worth a lick!

Tori Postma has directed the Mountain Jubilee Chorus for 24 years. Her international experience includes Quartet Specialist, Certified International Faculty, Certified Showmanship Judge, Master Director, and International Board of Directors. Tori is widely known for her high energy and innovative showmanship (the Energizer Bunny doesn't stand a chance!) But her main goal is to bring the "joy through singing" to all women."

When Sharon and Tori work together there is high power energy wrapping around each and every person... and it is contagious!

Carol Grimmer and Mary Lou Kudela, along with the Region 6 Faculty and Education Coordinator, Bev Swanson, have invested many hours to make this weekend so much fun and educational for YOU that you can't wait to come back next time! PRICELESS!

*Marlys Bronson
Team Coordinator*

REGION 6 MANAGEMENT TEAM

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Can-Am Region 6 Philosophy

United by our love of four-part harmony barbershop style, Region 6 is dedicated to excellence and the opportunity for growth through education and participation. Our commitment is to provide our communities with professional entertainment. We appreciate the unique talents and contributions of our membership, and believe in and encourage the concept of competition as a measure of achievement.

Mission Statement

Can-Am Region 6 provides quality entertainment and education opportunity for women to sing four part harmony.

Advertise in Regional Measures

	member	nonmember
Full page (7.5x10 inches)*	\$80.00	\$160.00
1/2 page (7.5x5 inches)*	\$40.00	\$80.00
1/4 page (3.5x5 inches)*	\$20.00	\$40.00
1/8 page (3.5x2.5 inches)*	\$10.00	\$20.00

*Full page and 1/4 page ads should have a vertical orientation; 1/2 page and 1/8 page ads should have a horizontal orientation.
All submissions must be in digital format (pdf or .tif)

Make checks payable to Can-Am Region 6

Mail camera-ready ads to:
Joann Colville, 1136 14th Street N, Fargo, ND 58102

Questions? Call Joann at 701.293.3772 or email to
colville@cableone.net

REGIONAL SONGS

Send Your Love..... Arr. Renee Craig
That's What Friends Are For...Arr. Bev Sellers
We'll Meet Again..... Arr. Carolyn Healey
One Fine DayArr. Marsha Zwicker
Rainbow..... Words & Music by Carol Grimmer
How We Sang Today..... Arr. Vicki Uhr
O Canada Arr. Norma Andersen
Star Spangled Banner.....Arr. Joni Bescos

SONGS WE SING WHENEVER SWEET ADELINES ARE TOGETHER...ANYWHERE

Harmonize the World
How We Sang Today
Thank You Dear Lord For Music

**AWARD-WINNING WOMEN'S
BARBERSHOP CHORUS SEEKING
ENERGETIC MUSIC DIRECTOR**

Application Deadline: February 28, 2009

The Assiniboine Show Chorus, a Winnipeg chapter of Sweet Adelines International is a group of 40 energetic women dedicated to the continuous improvement of our craft, singing four part harmony barbershop style, through education and performance. We compete annually and have received numerous awards over the years.

Duties of the position would include auditioning new members, teaching vocal skills to the chorus, mentoring assistant directors, planning rehearsals, long-range planning, and directing the chorus at performances and competition. The music director would also be responsible for selecting, interpreting and teaching new music with the assistance of the assistant director(s) and section leaders.

The successful applicant will work collaboratively with the assistant director(s), section leaders, board of directors and various committee chairs such as costuming, choreography and emcee to ensure both administrative and musical excellence.

Applicants should have a strong musical background, a positive attitude and a demonstrated understanding of the principles of adult education. Previous barbershop singing or directing experience is desirable, but not required.

The music director's expenses are paid, approved educational opportunities are funded by the chorus and a modest salary is paid.

For more information or to submit a resume (along with salary expectations), please contact:

Christine Ross, Search Committee Chairperson
Assiniboine Show Chorus
94 Bethune Way, Winnipeg, MB, R2M 5P5
Phone: 204-255-8947
Email: cd.ross@shaw.ca

**WANTED!
CANDIDATES FOR
REGION 6 MANAGEMENT TEAM**

Positions open for the 2010 – 2012 term:

EDUCATION COORDINATOR

(International Appointment)

Plans curriculum for educational events such as seminars and workshops.

Develops, coordinates, and monitors regional education programs.

EVENTS COORDINATOR

(Regional Appointment)

Facilitates securing appropriate venues for regional programs and events, including site inspections and negotiation of contracts.

MARKETING COORDINATOR

(Regional Appointment)

Develops and provides marketing and public relations programs that promote chapter and regional events, as well as membership growth and retention programs.

MEMBERSHIP COORDINATOR

(Elected by chorus members)

Plans and implements membership growth and retention programs.

Guides prospective chapters through the Step program, and assists chapter revitalization.

TAKE A LEAP AND MAKE A S.P.L.A.S.H.

Become an integral part of Region 6 as a member of the Regional Management Team.

YOU can make a difference!

For more information contact:

Carol Wiersema 651-484-3926
cdwiersema@aol.com

Luverne Johnson 651-770-7732
luviejohnson@q.com

Marlys Bronson 651-739-8635
ebronson@presenter.com

ROAMIN' THE REGION

CHORD COMPANY QUARTET

We had a fabulous time in Hawaii, from all the convention events to the wonderful beaches and sea breezes. We enjoyed representing you as your Regional Champion quartet along with our TOP 15 sisters-in-harmony ICE! Congrats ICE!!

Chord Company also sends our love to Brent Graham & the City of Lakes Chorus - what fun we had competing with our chorus and nearly getting to that top 10 again. We were proud of our accomplishments this past year as we prepared for Hawaii (in both quartet and chorus) and we look forward to another year of fun & harmony.

Thanks Region 6 for all your support & for the generous love gift toward Hawaii. We appreciate our great Region so much! Best wishes to all for a Happy New Year. We look forward to competing in Mankato and participating in the fun Regional events Region 6 has to offer.

In harmony,

Elaine, Heidi, Linda & Jan - Chord Company

NORTHERN LIGHTS QUARTET

Northern Lights quartet put another notch in their Young Women in Harmony belts on October 2 at Laurens-Marathon High School. Last spring we had worked with the Fort Dodge barbershoppers on a Youth in Harmony day, where we met the vocal music teacher from Laurens-Marathon along with a few of her students. The teacher was so taken with the 4-part harmony style that she spear-headed a Fine Arts Fundraiser for their school with Northern Lights as the headliner. We selected 2 songs for the girls to learn, sent them the music at the beginning of the school year, and then on October 2 we traveled to Laurens to put the finishing touches on the girls' songs. Twenty-one high school girls creatively dressed in a variety of black and white joined us on stage to perform for a very appreciative audience. Barbershop is alive and well in Laurens, Iowa!

S.A.S.S.

Meet S.A.S.S.! We are: Barbara Graham, tenor; Mauri Deer, lead; Marni Fox, baritone; and Amanda Clements, bass. We represent City of Lakes chorus in Minneapolis, Minnesota. And just what does S.A.S.S. stand for? Well, you'll have to wait to hear us, but as for the meaning...you'll get a different (sassy!) answer every time you ask! This year will be S.A.S.S.'s first regional competition, and we're excited to share our own sassy singing style with the other members of the region! We look forward to meeting other quartets and chorus members - we'll see you on the stage in Mankato!

ACAPPELLA XPRESS

This year in October Acappella Xpress held a long awaited annual show, "Harmony Afloat: Dinghy Damsels In Dis-Dress." It was held at the large theatre at MSUM in Moorhead. The Hansen Theatre turned out to be a fabulous place to hold the show. The staff was great behind the scenes and really took away a great deal of the stress with all their tech knowledge. The show also had a scary pirate quartet which brought some excitement to the cruise ship.

Our Singing Valentines are getting under way and we will be available for hire on both Friday and Saturday this year. This is always such a fun event to see such pleasure when we surprise everyone.

We are also currently working on a Gospel Show with Great Plains Harmony that will be held on March 7th. We have invited anyone in the community to join us for this event and Acappella Xpress had 8 guests at our first rehearsal with the men. Of course there was time for cookies and coffee after the rehearsal. Always time for some great socializing after a great rehearsal.

Deb Jevne

GRANITE CITY SOUND CHORUS

There is “No Place Like Home for the Holidays”, but with Granite City Sound, home is where your heart is. Many hearts were united with the music of our chorus, guest singers and guest quartets in making this year’s holiday season a musical, magical Christmas for many. We gained a couple of new members and we warmly welcome them .

A special thanks to the Ways and Means and many other chapter committees for another successful Christmas Tea. “Songs of the Season” an afternoon of songs with a serving of holiday tea and treats was a very warm way to treat our guests. Our chorus, under the direction of Joan Lowe performed many favorite holiday songs and the program included quartet music by “Dream Medley” “Sound Tradition” “Sound Check” “Simply Magic” and intermission music by an accordion ensemble of our very own chorus members. We had close to 40 silent auction items, very nicely displayed in baskets or other containers, ready to purchase for gifts. The silent auction was a grand success as a money maker for our chorus. The grab bag items for purchase as guests entered the center were also a big hit.

Our holiday performance season included singing at Country Manor nursing home in Sartell for their “Hometown Christmas” celebration for the residents and their families. We also performed at the VA Medical Center, for one of our best audiences. This performance included a sing-along of some of the veterans favorite Christmas songs. The evening continued to be festive and fun at our chorus holiday party at the Ace Bar & Grill following the performance at the VA.

Now we’re looking forward to the upcoming winter rehearsals and the challenges of new music and new physical and vocal warm-ups each toward those small changes that can improve stamina in our singing. Thank you to IES for the “Above the Pipe: How Never to Sing Flat Again” educational piece. Joan is teaching us how to “take a pitch” in rehearsals. We also have upcoming sectionals and sessions on choreography to challenge us mentally and physically toward our goals. We’re working hard, but having fun doing it! And singing all the way....Happy 2009 to Region 6!

Marcia Goss

MUSIC CITY CHORUS

The Music City Chorus of Mason City has been on a winter break since just before Christmas. The weather has forced us to cancel or postpone many of our plans. Although, under the direction of MJ Olson, on December 15, we got to “sing for our lunch” for the Mason City Noon Rotary Club. Hope it gets warm soon!

A million thanks goes out to Judy Weipert and the Spirit of Harmony Chorus for inviting us to sing a couple of songs along with them in their annual fall show on November 15. What a wonderful experience and opportunity for us to be able to sing with this wonderful chorus of Sweet Adelines! Again -- “Thanks a million”!

A longtime member of Sweet Adelines as well as a chartered member of Music City Chorus, Catherine Mattis, has been gravely ill since late October, and has been hospitalized most of that time since. We are asking you for your prayers, as she has pulled through many trying times, and is still fighting for her life. All thoughts and prayers will be appreciated!

We are all eagerly looking forward to getting back to singing, and of course, just as eager for the weather to warm up. But that’s a given for this time of year! So, here’s hoping that all of you had a joyful and glorious Holiday season, and try to stay warm.

Kathy Sauve

**TAKE TIME FOR
YOURSELF...
SOMETIMES THE
MOST IMPORTANT
THINGS DON'T GET
PUT ON THE "LIST."**

LAKE COUNTRY CHORUS

In the fall, Lake Country Chorus held two sell-out dessert events titled "A Sweet Revue". We performed, served desserts and coffee, and held a silent auction. Our venues were our host church, Redeemer Lutheran in White Bear Lake, and Glen Cary Lutheran Church in Ham Lake.

Following those events we began a series of vocal production lessons for guests, combined with an invitation to sing with us at Christmas. The result was seven guest singers, and we expect three or four new members to be on the risers with us at Regional.

Our Christmas performance was with Saint Paul North Star men's chorus (Barbershop Harmony Society) at Epiphany Church in Coon Rapids. Gary and Marilyn Jacobson were a wonderful Santa and Mrs. Claus, and the choruses sang individually and together. A highlight was "FRIENDS" in one of their last performances before their retirement.

The busy fall season was wrapped up with an opportunity to sing at the Guthrie prior to a "Christmas Carol" performance. We turned out on a very snowy afternoon and had an appreciative lobby audience.

Look for our similar schedule next fall and join us for dessert, coffee and music.

Helen Vulu

CONVICTION AND
ENDURANCE ARE
THE WINDS AT THE
BACK OF GREAT
EVENTS.

PRAIRIE ROSE CHORUS

Prairie Rose Chorus has been busy this last spring and fall. Our fabulous membership committee really concentrated on adding new members to our group with a month long membership drive. After compiling a list of potential members, the committee sent out an invitation telling them about the chorus and barbershop singing. Each member of our chorus was given a name or two and they were to make phone contact with their "buddy" inviting them to join us. We had 8 or 10 women join us for a month of practices. Out of those visitors, 3 joined, (one of them is just 13 and a joy to all of us) and there are others that want to, but timing was an issue for them at that point. But we feel that we will eventually get a few more of them to make the commitment.

July found us a Pam's "cabin" for our summer retreat. What fun was had by all! We worked on matching voices and vowels within sections and as a group.

Fall found us inviting women to join us for 6 practices of Christmas music. The guests that joined us, sang with us for our annual "Carols, Cocoa and Cookies". They also joined us for a Carol Sing at Hawks Point, a retirement community in Dickinson. The local Cable TV company video taped our performance there, and it was played on the community channel during Christmas. From that we gained 1 more member and another that will probably be joining us in the fall.

Currently, we are getting ready for our "Old Tyme Variety Show" the end of February, a visit from Sandy in April and our "Performance in Mankato". Now if we can just get rid of the many feet of snow that's piled everywhere, things would be just peachy! See you all in May, be sure to ask to see pictures, as we have several who have become grandma's and great grandma's during the last few months! (Is there something in the water?)

Robyn Nadvornik

SOUND CASCADE CHORUS

Happy New Year greetings from Sound Cascade Chorus. After a two week holiday break from practices, chorus members are ready to get back to harmonizing the world (or at least our corner of Sioux Falls.)

During the holiday season, we tried a new program aimed at (hopefully) gaining some new members. For approximately ten weeks, guest ladies practiced with us and eventually performed with us at five different locations. Our first performance was at Younkers in the Empire Mall. It's always fun to watch the reactions of shoppers as they hear us perform holiday tunes for their enjoyment. We always get some shoppers who appear to be interested in learning more about our chorus, so it's an opportunity for us to share our mission and recruit new members too. Our other performances were at nursing homes or retirement villages.

We had the wonderful opportunity to perform at the holiday party for Prairie Creek Retirement Village. This is special for us because we practice at this location every Tuesday night at 6:30 p.m. If you are ever in the area, stop by to visit us on Tuesday nights. If you need directions feel free to email Mary Remmark at jmremmark@aol.com prior to your visit. We love to have guests from other choruses drop by to see us. We also celebrated the holidays at our annual party. Members were "delighted" when they opened their white elephant gifts. (Ok, some of us were delighted....some of us were just amazed by what some people will give as white elephant gifts.) It was fun to celebrate the season with current and prospective new members.

Our costume committee has been busy selecting new tops and slacks for our members. We are also planning for our second regional visit and for competition in May. Some of our members have journeyed south for the winter season. We miss them; but we hope that they are enjoying their time in the sunny southern parts of our country. We hope that all of you had a delightful Christmas and a joyous New Year. We are looking forward to seeing all of you at competition in Mankato. Happy Harmonizing to all of you.

Mary Remmark

SOUNDS OF SUPERIOR CHORUS

The Sounds of Superior Chorus in Thunder Bay, Ontario had an exciting fall performing in the major fundraiser, "Harmony Cafe". The show featured a well know local police officer playing the role of detective who was investigating what all the commotion was about when a new restaurant, (complete with singing?) was opening in town. Unfortunately, he never did get a decent meal but the chorus, including the quartets, Signature Four, Funtastic Four and Sassy delighted the audience throughout the evening.

The following week, the chorus donned their blue velvet costumes and dangly earrings to raise funds for the Thunder Bay Food Bank. They shared the limelight with the Thunder Bay Barbershop Chorus and performed "Harmony for the Hungry" where the audience were able to appreciate the beautiful acoustics and harmony at Hilldale Lutheran Church.

Then, as though singing at two different Nursing Homes and for the "Rotary Carol Sing" in St. Paul's Anglican Church were not enough, the Chorus jumped into their black slinkies and red shawls and piled into a school bus to be whisked 100 km to Nipigon where they performed at the Nipigon Rotary Club Christmas Concert. They were rewarded handsomely with huge audience appreciation and significant funds for their coffers.

The Chorus celebrated their successful fall appearances with their Christmas Party at the Prince Arthur Hotel when food was enjoyed and gifts exchanged.

The Spring of '09 appears to be busy also, with workshops slated, not only with Mary Dick in the Fall, but with Pat Teorey, Judy Olson and Prof Dean Jobin Bevins from Lakehead University. The Chorus has also agreed to perform at Trinity Church Hall to raise funds for the church which so graciously houses all their practices. In addition to preparing for Area Six Competition in Mankato, the Chorus is planning to hold a Spaghetti Dinner at the Da Vinci Centre to raise funds for new costumes. See you at Competition!

Loretta McGregor

SONG OF THE PRAIRIE CHORUS

Song of the Prairie Chorus did a lot of singing for joy during the last months of 2008. We advertised our existence and encouraged new membership by holding traveling rehearsals at nearby towns and a guest night at our Marshall base. We did formal performances for local celebrations in Tracy and Tyler. During December we also caroled at six senior residence complexes; three in Marshall and three in Granite Falls.

After a break for the holidays, we're back working hard on music we hope to sing at the spring competition in Mankato. Four members have formed a quartet and are creating some excellent harmony! We've also begun planning for a show of our own later in the year.

Karen Halling

TWIN CITIES SHOW CHORUS

Whew! What a wonderful Holiday Season we had and it was soooo busy!

We had a very successful Auction, an amazing Holiday Concert where we had 12-plus guests perform with us, and what a performance it was. We were all just beaming as we left the stage. We've also baked and have eaten all of our cookies, and now we are settling down for that long winter's nap. . . . no, wait, that was just a dream (the nap, I mean)! We're off and running toward spring and our Regional Contest in Mankato where we look forward to performing our package for International for you. With that in mind, we continue our coaching sessions with Mary Dick and have scheduled our Retreat for January 16 and 17 when we will bring in Beverly Claffin and Tori Postman to enhance our Showmanship skills. We are very grateful to be able to bring in this talent and eagerly look forward to their sessions. We also have several performances scheduled along with organizing our Boutique for the Regional Contest this year. I hear there will be some really neat items for sale and will have more information on what will be available in our spring article. Until then, we wish everyone a safe, warm and peaceful winter season.

Rose Berglund

ZUMBRO VALLEY CHORUS

Happy New Year to you and your family from the Zumbro Valley Chapter! We enjoyed the holiday season with caroling at St. Marys Hospital units and at Shorewood Senior Campus. Also, we were honored to perform on the Eagles' Cancer Telethon. The experience reminded us of competition.

We would like to invite everyone to join us for a Valentine Tea with "Songs from the Heart" on February 14th at 2:00 p.m. at Trinity Lutheran Church (the corner of 6th Avenue and 2nd Street SW, Rochester, MN). Bring a sweetheart, family member or friend for an afternoon of music, goodies and a silent auction. Tickets are \$5 and children 5 and under are free.

Our chorus is also looking forward to a coaching session with Mary Dick in February. We always finish the session feeling energized!

Stay warm and safe.

Jill Wellik

PLAYING WITH FLEXIBLE THINKING

Let's play with these problems. Each problem is solved by substituting words for letters. Have fun!

Examples:

$$3F. = 1Y \text{ (3 Feet = 1 Yard)}$$

$$4L.C. = G.L \text{ (4 Leaf Clover = Good Luck)}$$

- 1B. in the H. = 2 in the B.
- 8D. - 24H. = 1W.
- E. - 8 = Z
- 3P. = 6
- A. & E. were in the G. of E.
- N.N. = G.N.
- N. + P. + S.M. = S. of C.
- 1 + 6Z. = 1M.
- R. = R. = R.
- S. + H. of R. = U.S.C.

(Answers on page 15)

VALLEE DE CROIX CHORUS

“The Old Man’s Back In Town”

What fun the Vallee de Croix Chorus had this year on their December 6th Christmas shows. They were joined on stage by 16 young singers from Osceola High School.

This year marked the 12th annual Christmas concert done jointly by the VdC Chorus and the Croix Chordsmen from Stillwater. We have a long standing tradition of inviting a musical group from one of the local high schools, and this has proven to be one of the most enjoyable events for both choruses. We have had ensembles from Hudson, St. Croix Falls, River Falls, and Stillwater just to name a few.

This year, for the first time, we were honored to have 3 barbershop groups perform! The K.A.M.(L). quartet from Osceola High School and Take 12 from Osceola High School, plus the Wisota Men’s Chorus from the University of River Falls. This group is preparing to head to Pasadena to compete in the BHS Collegiate Chorus contest held in conjunction with their Midwinter Convention.

K.A.M.(L). and Take 12 joined the Vallee de Croix Chorus in a high energy, fun rendition of “The Old Man’s Back In Town” complete with Santa himself making a surprise appearance riding his bicycle from the North Pole. With just one rehearsal, and the support of their vocal teacher, Vickie Salmon, this group was prepared and ready to perform.

The star studded show came to a close with about 100 singers on the stage. The Vallee de Croix Chorus and the Croix Chordsmen were joined by the three youth groups, plus our other invited guests, “ICE!”, “Espresso,” and “4-Star Collection” to offer up the beautiful “Climb To The Top Of The Highest Mountain”...which includes a children’s choir. There were just a few audience members (and chorus members) with tears in their eyes.

If you haven’t included young people into your shows, or in your production numbers, you are missing out on one of the thrills of this hobby. You can just imagine the energy that these young singers can bring to your risers...and to you. Try it, and you just might get hooked.

*Kathy Lucken,
YWIH Coordinator*

WELCOME NEW MEMBERS

Betty Elbers	Sound Cascade (8/26/08)
Audry Szymansky	Vallee de Croix (8/28/08)
Lynda Laechel	Zumbro Valley (9/29/08)
Branwen Cove	Sounds of Superior (10/15/08)
Stephanie Tupper	Acappella Xpress (10/20/08)
Jeannette Doumbe	Twin Cities Show (10/23/08)
Carol Reynolds	Granite City Sound (10/28/08)
Becki Elledge	Minnesota Valley (10/28/08)
Christine Maefsky	Vallee de Croix (11/03/08)
Wendy Arcand	Vallee de Croix (11/10/08)
Jane McVay	Vallee de Croix (11/10/08)
Sharron Kershaw	Sounds of Superior (11/14/08)
Linda Hybschmann	Assiniboine (12/23/08)
Lanora Reeder	Lakes Area (1/12/09)

SAY “HEY YOU!” WITH AN AD IN THE CONVENTION PROGRAM

Is a member of your chapter having a birthday during convention week? Do you want to wish your secret pal Happy Mother’s Day? Do you want to congratulate your chapter’s first timers for making to convention? Does anyone want to welcome our new members (see above)?

Well you can do all of these things with a Hey You! ad. For just \$10 you can put a personal line ad of 10 words or less in the 2009 convention program.

The deadline for submitting your Hey You! ad is April 1, 2009. Send it to Ann Westra at annwestra@cabloneone.net. You can also mail it to her at 1112 63rd Ave N, Moorhead, MN 56560.

There is no form in the convention handbook for this ad because it’s a new, fresh idea. So go ahead and make someone happy. Who doesn’t like to see her name in print?

EDUCATION CENTRAL BROUGHT TO YOU BY BEV SWANSON

In the previous issue of Regional Measures, I talked about the art form of taking a pitch. I hope you all have taken this to heart. I know in both the Twin Cities Show chorus and City of Lakes chorus, we are taking pitches. It really helps to establish the tonal center. Keeping it there is another form of art. We all have struggles with this, especially while learning new music! As we approach our Convention and next contest, let's be sure to at least start in key – Directors: Don't let your choruses start off key! Not even once! We must maintain this discipline. For help in obtaining some of these aspirations, please feel free to call me. While I'm not an expert in this field, I'd be happy to share my resources with you.

GIRL SCOUT PROGRAM

I'd like to personally and publicly thank Helen Vulu and the "Up Ta Somethin" quartet in Lake Country chorus for heading up the Girl Scout "Singing for Others" program that was held in Woodbury last November 15. Helen had participated in this program before, but never took the reins to lead it. (This is why Sweet Adelines is so good for us – we never stop learning!) There were about 35 Girl Scouts attending and they came from 4 troops of girls of different ages. Helen enjoyed her experience, saying that when she encouraged each troop to put together a song of their own to incorporate into the performance, they joined in with enthusiasm. It was a fun day for all!

If you would like to use our prepared "Singing For Others" program for Girl Scouts in your area, please call me. Let's share our love of barbershop with young women everywhere!

MUSIC AFTER FIVE – YWIH PROGRAM

Need an effective way to help school-age singers discover barbershop harmony? Try out the Music After Five YWIH Program. Our International headquarters people have done all the hard work for us and it's all laid out in a brochure. This is a great program for you and your chorus. Included in the brochure are several outlines and scenarios for this program. The first outline provides considerations when working within a school or an entire district. The second outline suggests additional items to consider for a whole district. The final outline

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gives you and your chorus an example of what a successful "Music After Five" program may look like and tips on how to integrate it within your chorus rehearsal.

Our youth members are so important to the longevity of this organization, so call International, request the "Music After Five" brochure, and get started right away! For more insight into the program read Anita's article on page 13.

CHAPTER VISIT PROGRAM

The regional faculty has once again been busy traveling the region. We don't have very many weeks left in this fiscal year, so please contact Bonnie Rust to make arrangements for these visits and take advantage of the education offered to you. We have to rely on chorus directors and presidents or team coordinators to follow through with these plans. LET US HEAR FROM YOU!

REGION 6 LIBRARY

We will soon have the competition finals DVD for Quartets and Choruses from the Hawaii convention in the library. The complete list of what is in the library is on the region's website: www.regionsix.org. You can also send me an email and I'll be happy to send you the library form as an attachment: bonnie@steveandarilyn.com Remember, library items are sent out in the order the request is received.

Bonnie Rust
R6 Visit Program Coordinator

CAMP RAINBOW

Don't forget to save the days for Camp Rainbow. Flyers were sent to every chorus. If you did not get your flyer – once again, please call or write!

Again, if you need information on educational programs, or have any questions for me, please call me (612) 240-0937 or send an email bjswan@live.com. I am happy to hear from you and do my utmost to serve you and Region 6 to the best of my abilities. I hope to see all of you at contest in Mankato this year – and don't forget Camp Rainbow!

MORE ON THE HISTORY OF BARBERSHOP

NPR.org, March 18, 2007 • Think of barbershop quartets and this image easily comes to mind: four handlebar-mustached white men in straw hats and striped vests singing "Sweet Adeline" in four-part harmony. But the roots of barbershop actually date back to singing by African Americans in the late 19th century. Jim Wildman reported for Morning Edition as part of the Present at the Creation series on American icons. This segment originally aired March 18, 2002.

So I did some more investigating and found that there was a class on the history of barbershop at IES 2008 taught by Kim Hulbert. Barbershop started out in African American barbershops and was created out of the minstrel shows. It's all very fascinating. You know how impressed I am with the education we get from Dr. Jim Henry, right? There's an article by Dr. Jim Henry about this same subject!: http://www.kingsofherts.co.uk/public_docs/J_Henry.pdf

And if wish to read a more in-depth study, *Four Parts, No Waiting* by Gage Averill may have more information for you. A typical definition of barbershop harmony by its contemporary practitioners, "...featuring a flexible tempo, a preponderance of dominant seventh-type chords, ringing harmonics, and a commitment to the popular songs of an earlier period in American history (loosely 1890-1930)." Where does this peculiar style of quartet singing originate?

Four Parts, No Waiting investigates the role that barbershop-style close harmony has played in American musical history.

REMEMBER, HAVE FUN, AND.....NEVER STOP LEARNING ABOUT BARBERSHOP!

*Bev Swanson
Education Coordinator*

FROM THE FIRST HELLO TO THE LAST GOODBYE

This is my last issue as editor of the Regional Measures and my last three months on the Regional Management Team so I thought I'd share some thoughts with you.

First a little background so maybe you'll understand why joining Sweet Adelines was such a life-changing experience for me. I was raised in a small town but my real love was the farm. My dad was what we used to call a sidewalk farmer; we lived in town but our livelihood was the farm. My two sisters (I'm the middle) weren't at all interested in mucking around with the pigs and cattle or sweating in the sun for hours on end while we made hay or harvested our crops. You can see where this is going...I was a tomboy. And it didn't stop there. Of the 18 girls in my high school class of 36 I was the only girl who was interested in science and math. That meant I was the only girl in many of my classes. And it still didn't stop there. When I went to college I decided I wanted to be a veterinarian. In 1965 that was not a "girly" thing to do, but that didn't stop me. At NDSU I was one of two girls in the pre-vet program. At last there was another girl who wasn't afraid to cross the "this is a man's profession" line. After two years of pre-vet both of us applied to veterinary school. I was accepted; my friend wasn't. To my delight there were five women in my class...and 59 men. Someday I'll write a book about those experiences.

The bottom line is that throughout my formative years and into my professional years I spent much of my time in the company of mostly men. Then in the Fall of 1978 I saw an ad in the Fargo Forum for membership night with the F-M Sweet Adelines (now Acappella Xpress). I was hooked after one night. It was like this whole new world opened up; one in which there were a lot of women who were having a lot of fun. No men allowed. I loved the singing and I loved the friendship. I remember the first time "the group" asked me to join them for coffee after rehearsal. Now I really belonged.

Sweet Adelines, the women and the organization, have taught me many things: how to wear makeup both on and off stage (Cary Verdi must have the patience of a saint); how to carry a purse because now I have to have my makeup with me at all times (and my camera, and my cell phone, and my pictures of my grandchildren); how to get along with other women (dealing with women is way different than dealing with men); how to sing baritone (I'm one of the chosen few); how to show emotion because it's okay to do so (who hasn't cried on stage); and how to look through my window and dance in my own personal shower stall (that's what we used to call our space on the risers).

Now I'm passing the torch to capable people. Anna Dahlquist will be your Communications Coordinator beginning in May. Read all about her in the next Regional Measures. Eurette Sorenson is the new Competition Coordinator. She's good. Ann Westra has taken over the convention publications. She's brought new and exciting ideas to the publications. Audra Freeman has been maintaining the regional website. She's done an excellent job of keeping it current.

Thanks to all of you who came into my life as a Sweet Adeline and stayed as a friend. I'm not going away; just fading into the background.

Joann Colville
February 2009—page 11

CAMP RAINBOW CLASSES

Below are all the classes that will be offered at Camp Rainbow this summer. If your interest is piqued go to www.regionsix.org. Right there on the home page is a link to the registration form. You can do it all online...register and even pay.

GENERAL SESSIONS

AH, SPRING - IT'S COMPETITION TIME!

Psychology of competition; its planning, mind set; physical, mental and musical preparation.

ASK NOT WHAT YOUR CHORUS CAN DO FOR YOU

Individual commitment, positive attitude, championship rehearsal skills.

BODY LANGUAGE FOR PERFORMERS

Showmanship's relationship to body language; stage fright, believable choreography, audience rapport, emcees, character creation.

IT IS ALL ABOUT ME!

Individual musicianship; the musical role of the singer member, including good singing practices and organization.

LIMBERING UP VOCALLY

Daily vocal exercises in a sequential routine to improve one's voice, its range and flexibility.

ON YOUR WAY UP

The 5 vital skills to improve scores in all 4 categories.

SINGING INSIDE OUT

Use mime techniques to become more expressive; discover how to use focused energy to create an exciting performance.

THE BARBERSHOP STYLE

What makes our art form unique; what will make the most ring; what makes it barbershop.

TO AIR IS HUMAN

Breath support vs breath control - how do they differ? Explore components of good technique.

WALL OF SOUND

Breath support, resonance, diction and the energized singing required for a solid barbershop sound.

QUARTET CLASSES

KNOW YOUR STRENGTHS

Exploring different performing styles and musical strengths.

QUARTET COACHING

A private coaching session with a faculty member

PANEL DISCUSSION

Your burning questions answered; moderated by regional quartet personnel of varying experience.

THE BIG OL' B&B

Balance and blend - what they mean; the role of parts and seeking similar vocal, vowel production, and resonation.

DIRECTORS CLASSES

CAN YOU HEAR ME NOW? OR NOT?

Riser placement, strategies and theories of sound enhancement.

DIRECTOR AS PERFORMER

Director's role in a performance, from music selection to on stage; the director's role with choreography.

THE BRAIN/EAR/VOICE CONNECTION

Tuning and chord balancing using the 3 major barbershop chords; interval singing and Pythagorean tuning.

TRAINING A MUSIC STAFF

How to use the people you have to get what you want; sharing the load while building skills.

WHAT'S ON THE MENU?

Choosing music for performance and competition to include repertoire structure, securing music, teaching and evaluating.

ELECTIVES

DIRECTING KINDERGARTEN

Learn the basics of directing, including beat patterns, cutoffs, cues and dynamics.

K.I.S.S. AND MAKEUP

How to look the part; what's needed to get that 'overall' look; application tips and products.

MOTHER GEARS OF CHORUS ENGINE: SECTION LEADERS

Devoted to the parts, their characteristics and roles in building a strong barbershop sound; running sectionals; responsibilities of the job.

PROMOTING YWIIH

How to organize and set up a youth festival or Girl Scout day in your area.

PVI

A personal voice inventory with a faculty member; tips for growing your skills.

QUARTET KINDERGARTEN

Form a foursome with class members; receive coaching and perform on the Rainbow Review! (2 sessions)

THE COSTUME CLOSET

The costume is the first impression; explore how fashion trends, image, color, design and fit help achieve the impression you want.

YOU BE THE JUDGE

Using the judging level tape, a review of the four categories; the participants will experience trial judging.

Register now. See you at St. Olaf College in Northfield, MN, June 25-28. There's fun in the air.

AFTER FIVE PROGRAM

As Regional YWIH Coordinator, I have contacted Lori Dexter-Wright, Director of Education at International, to find out more about what this program is and what international intends it to be. As a region, we would benefit if any or all of our choruses would be willing to have their own such program in place. Lori will be forwarding brochures and additional information to me in the near future for me to pass on. Questions regarding costs and fees of such programs are often the first ones asked and as some issues had arisen and been dealt with at the international level, she felt it best to forward her response to such situations to our region.

*Anita Munn
R6 YWIH Coordinator
(204) 261-7039 home
munn_anita@hotmail.com*

From Lori --

"It is my understanding that some chapters do charge a small fee to YWIH participants. This fee is usually minimal and used to off-set the expenses incurred by the chapter sponsoring a program, event, festival, etc. for the participants. These expenses can include purchasing music, providing snacks, renting a rehearsal space, etc. I also know of some chapters that sponsor YWIH Program with the benefit of the YWIH performers acting as an additional audience "draw" for the performance

with their parents, family and friends attending, which can generate more ticket sales outside the chapter's regular audience base.

That said, any fees assessed to the participants have been done so only to cover the costs of the program and basically break even. I have not heard of a chapter using a YWIH program to bring in additional income for the chapter, as your inquiry has implied. I am not entirely sure of the legalities of generating added income by starting a Music After 5 Program, given our organization's non-profit status and will need to double check with our Director of Finance and Administration as to the rules and regulations if that is indeed the intent behind this chapter's youth outreach. It certainly is beyond the scope of the original intent of the Music After 5 Program, which was developed as an youth outreach tool and not a fundraising activity for individuals, chapters or regions.

I spoke with Donna Kerley today about this situation. There is no written policy against using the YWIH program to generate income for a chapter or region, however it is strongly discouraged, as the intent of the YWIH program is for members to utilize it as an educational outreach tool not as a fundraiser. The chapter in question may assess fees to cover their costs of facilitating a Music After 5 program, but it is our hope that these costs will be the minimum necessary to fund the project and that any remaining funds accrued be utilized to/for additional YWIH program administration and not to defray the chapter's other financial needs."

THE DEADLINE FOR THE NEXT ISSUE OF THE REGIONAL MEASURES IS NOT KNOWN AT THIS TIME. IT WILL PROBABLY BE SOMETIME AFTER OUR CONVENTION IN MAY. WE'LL LET YOU KNOW.

FAREWELL, BUT NOT GOODBYE!

As the end of my term as Finance Coordinator approaches I want to thank all of my fellow Regional Management Team members for being easy to work with these past 4 years, and for really caring about what is going on in Region 6.

My time serving on the RMT has been an eye opening experience. I had only been a Sweet Adeline for 5 years when I became Finance Coordinator. I knew very little about this hobby outside of the chorus setting. Sure I had done a lot on the chorus level, as much as I could anyway, but what did I really know about the world outside my little box? Thanks to a few chorus friends, I was encouraged to attend regional events, and eventually to apply for the FC position on the RMT. I am so glad I did!

I learned a lot about working on a management team and working together to make decisions that would benefit all of the members of the region. I got to know many members of the region and made a lot of new friends. I learned a lot about the international organization and all the other members worldwide. And what do you know; I also learned a lot about how to be a better barbershop singer! Isn't that our main goal in this hobby? Why put so much time and effort into a "hobby" if you don't learn something from it?

I guess, as I look back on the past 4 years, I can say that as daunting as being on the RMT seemed at first, I couldn't have made a better decision than to turn in that application. I have a much better appreciation for all of the women in this organization who put extra time into the hobby by representing all the other members in an administrative role from the chorus level all the way up to the International level. Good work is done by all in those roles, and without them we would be lost.

Now, I suppose you are wondering who is going to do the job now? Carol Peterson from the Twin Forks chapter will be my successor. I can definitely tell you that she is more than qualified to do this job, and has my full support and confidence in her abilities. And I think she too has a bit of passion for this hobby which will carry her far during her

time on the RMT and anything else she does for this wonderful organization.

Thank you for all of your support for myself and all the other leaders in the region, and good luck to you Carol!

I leave you with this thought:

Unless you try to do something beyond what you have already mastered, you will never grow.

-Ronald E.. Osborn

Audra Freeman

GOTTA KEEP SINGIN'

Two years have flown by at rocket speed. I remember sitting in the ballroom at our regional contest in 2007 and hearing the announcement that no one had stepped forward to run for Director Coordinator. Mary Dick was at the next table and within 10 minutes I had her ready to help and support me. I decided to run for Director Coordinator.

What a great experience this has been. I really feel that I know and understand the directors in this region and am amazed at the great talent they all possess and share with their choruses. A very special thank-you to Mary Dick who has been constantly supporting, encouraging and offering advice over these past two years. I couldn't have done it without her.

I know that you will love working with Connie Miller as she assumes the role of Director Coordinator. How lucky we all are to have her be our leader and confidant as we continue to grow and share our music.

Thank-you for your encouragement and support over these past two years. Remember - YOU can dare, YOU can do, YOU can fly.

Judy Olson

NEWS FROM INTERNATIONAL

WEBINAR: MEMBER ORIENTATION

On February 26, 2009 at 3:00 p.m. CST we will offer a Webinar on **Member Orientation**. Further details will be provided on this Webinar in the near future through the Marketing Center and Sing eZine. These Webinar sessions are scheduled to be presented live once a quarter are available for free to all members.

To register for a Webinar, send an e-mail to annmarie@sweetadelineintl.org. Include the name of the Webinar you are registering for, your name, chorus, region number and any other questions or concerns you may have about the session. To attend the live Webinar, you'll need a reliable, high-speed internet connection for the video portion, and computer speakers or a phone connection for the audio portion. Webinars are presented live through the internet where registered members will be given a Web link and if requested a phone number for access to the audio and video portions of the presentation. More information on system requirements will be available after registration or click here to learn more, <https://www2.gotowebinar.com/webinar/pre/faq3.tmpl>.

LOGOS

Now that the Marketing Center is up and running, all corporate, campaign, convention, event, Young Women In Harmony and Young Singers Foundation logos are available to the membership for download at anytime. Please click on the following link that will bring you directly to the Logos/Graphics page of the Marketing Center, http://web.me.com/sweetadelines/Marketing_Center/Logos_Graphics.html.

Logos and graphics are updated regularly through the Marketing Center so please check back regularly for new graphics. You will find a variety of helpful logos and graphics available to assist in creating professionally designed materials for nearly any occasion. Currently, we have the 2009 Nashville convention logo and educational event logos available for your use.

NEW INTERNATIONAL WEB SITE

FOLLOWING ARE A FEW INTERNATIONAL WEB SITE FEATURES THAT MAY BE OF INTEREST TO YOU:

- View interactive, digital issues of The Pitch Pipe magazine.

- Shop International Sales securely 24-hours a day. Sweet Adelines International members receive discounts on a number of products.
- Locate a Sweet Adelines International chapter anywhere in the world by using the online chapter directory search tool.
- Use the online music search tool to find music by either song name, composer, arranger or publishing company.
- Search for available quartet names and register your quartet.
- Register online for upcoming Sweet Adelines International events.
- Download a number of forms available from International headquarters from the Document Center.
 - Download the latest copy of the Competition Handbook, plus recent versions of additional handbooks.
- Find resources to create a customized membership campaign that mirrors the organization's image in the online Marketing Center.
- Find competition scores and orders of appearance.
- Enjoy championship performance video and audio.
- Find promotional videos in the Media Center.

FLEXIBLE THINKING ANSWERS

1. A Bird in the Hand = 2 in the Bush.
2. 8 Days minus 24 Hours = 1 Week
3. Eight - 8 = Zero
4. 3 Pairs. = 6
5. Adam and Eve were in the Garden of Eden
6. No News = Good News
7. Nina + Pinta + Santa Maria = Ships of Columbus
8. 1 + 6 Zeros = 1 Million
9. Rose = Rose = Rose (a rose is a rose is a rose)
10. Senate + House of Representatives. = United States Congress



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For information, contact: Joann Colville, Region 6 Newsletter Editor, 1136 14th Street North, Fargo, North Dakota, 58102. Call 701.293.3772 during the day or early evening or email to colville@cablone.net.

Advertisement size requirements on page 2. Ads cannot be for-profit. Submissions must meet USPS requirements in order for Can-Am Region 6 maintain non-profit mailing status.

REGION 6 CALENDAR OF EVENTS

2009

- March 13-14** Faculty Training/RMT Meeting
May 7-10 Region 6 Convention, Mankato, MN
June 25-28 Camp Rainbow, St. Olaf College,
Northfield, MN
Faculty-Sharon Babb & Tori Postma
(register online at www.regionsix.org)
Sept 25-26 Fall Seminar, RAMM
Faculty: Vickie Maybury
Sept 26-27 RMT Meeting
Oct 20-24 International Convention,
Nashville, TN,
Twin Cities Show Chorus competing

A CASE OF MISTAKEN IDENTITY?

This past holiday season the Regional Management Team sent a holiday greeting e-card to everyone who listed an email address in the SAI database. Many of the messages were returned as undeliverable. Why? Because to err is human, and when a human entered your personal information in the database she made a mistake. You can correct the mistake. Yes, you can look at your own information and make corrections. Isn't that cool? Go to the SAI website (www.sweetadelineintl.org), click on the *members only* link (not the membership section tab), you'll have to *log in* with your name and membership number, after you've logged in click on the *member profile* link, you'll have to *log in* again and your information will come up. Make any necessary changes and click *post changes* at the bottom of the form. It's really easy, and it's worth it to have your information correct.