



REGIONAL MEASURES

2018 Spring Edition

March 1, 2018

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Assistant to Editor
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Next Regional Measures - June 1, 2018
Article Deadline - May 19, 2018

Mission Statement

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



<http://www.regionsix.org/>

Look for us on Facebook too!

A Message from Region 6 Team Coordinator

Convention is fast approaching, trusting you have registered and all are staying for at least two nights at Convention to enable our Region to financially secure these wonderful facilities in Minneapolis and Rochester in the future. Appreciation goes out to all the coaches, who have spent quality time improving our choruses in sound, music, expression and showmanship. This will definitely show on stage at Convention. Again, I can't repeat it enough, thank you to the Faculty and their unending commitment to making our Region the best there is, and to the RMT for their administrative skills to have goals so that our Region can move forward. And thank you to the Convention committee who work endlessly making sure that our contest runs smoothly.



Our RMT is changing. It's exciting. We welcome four new members to the Team. Susan Krisnik is our new Education Coordinator; Terri Calvert, Team Coordinator; Lori Scott, Communications Coordinator; Lyla Larson, Membership Coordinator. We wish them every success as part of our RMT. I know they will do well and lead our Region forward.

A big thank you to the women who are leaving the Team, Bettina, Heather and Linda, for their dedication and many hours working behind the scenes, giving of their time for meetings, and making the Region the best there is.

Personally I would like to thank members of our Region for their support during my term on the Team it has been a great learning experience. I have enjoyed working with and meeting so many Sweet Adelines of our very special Region.

Good luck to all choruses and quartets, directors, assistant directors on stage in Minneapolis

Smile, Perform, Laugh and Sing Harmony and be proud to say "I AM SWEET ADELINES"

Rosemary Komadowski

Team Coordinator

Regional Management Team

Heather Johnston
Education Coordinator

Linda Rubis
Communications Coordinator

Sheila Koplitz
Director Coordinator

Bettina Schramm
Membership Coordinator

Rosemary Komadowski
Team Coordinator

Joan Grootwassink
Event Coordinator

Ruby Ericson
Marketing Coordinator

Cindy McLane
Finance Coordinator

Mark your Calendar for these Regional Events

Faculty Training

March 2-3, 2018
Hilton Garden Inn
Bloomington, MN

Region 6 Convention

April 19 - 22, 2018
Minneapolis Convention Center
and Hilton Hotel
Minneapolis, MN

Director Development Day

June 8-9, 2018
Location—Oakridge Hotel & Conference
Center—Chaska, MN

FAME Music School

September 21-22, 2018
“The BUZZ” - Guest Faculty
DoubleTree by Hilton—Minneapolis

International Calendar

<http://www.sweetadelineintl.org/>

*Don't miss these upcoming
International Events:*

International Convention

October 15-20, 2018
St. Louis, Missouri, U.S.A.
The America's Center and
Edward Jones Dome



International Convention

September 16-21, 2019
New Orleans, Louisiana,
U.S.A.



Smoothie King Center

75th Diamond Anniversary Convention

October 12-17, 2020
Louisville, Kentucky, U.S.A.
Kentucky International Convention Center

International Convention

October 11-16, 2021
St. Louis, Missouri, U.S.A.
The America's Center and Edward Jones
Dome

Planning Ahead

**Northern Lights Region 6
Convention and Contest
April 19-22, 2018
Minneapolis Convention Center
Hilton Hotel
Minneapolis, MN**

Registration Fee— \$125.00



REGION 6 Competition
April 19 -21, 2018
Minneapolis, MN
Hilton Minneapolis Hotel
Minneapolis Convention Center

Does it seem possible that we are in the process of planning Regional Competition for 2018? For those of you who have not been to Minneapolis it is a great city and wonderful place to hold our contest.

On a serious "note" we try very hard to keep our costs as low as possible for all attendees, but have had to increase the registration fee to \$125.00. (Details of the contest is available on the regionsix.org website.) In order to do this, we work closely with convention centers and hotels. The bottom line is, each registrant and non-competing attendee, needs to stay in the hotel that is chosen by the competition team a minimum of two (2) nights. If this is not done the region will be forced to pay huge penalties. These penalties will range from a minimum of \$9,000 and up. These penalties would have to be passed on to the membership the following year. We must sign contracts to guarantee space for our convention. We have a great reputation now, and are trying to use this to our advantage.

If you are a member of Region 6 but will not be competing, we encourage you to attend the Regional Convention and Contest. It's a great opportunity to hear some great music, see your region friends, learn something at the education class, support the competitors and just have a fun weekend.

Please put this into your schedule to attend the Convention and stay a minimum of two (2) nights at Regional Competition. More nights would be even better.

Thanks for your follow through on this important matter and encourage your chorus members and friends to participate.

Joan Grootwassink
Event Coordinator
reg6jmg@gmail.com

**Long Distance Mileage Benefit
for
Competing Choruses and
Quartets**

Are you one of those choruses and quartets who feel like Regional Contest is just too far for you to compete? The Regional Management Team can provide some help for you.

We recognize this situation and have devised a benefit for choruses and quartets **who travel more than 150 miles** to get to the Regional Contest venue. Here's how it will work-- Calculate the miles between your rehearsal city and the contest venue. If it is greater than 150 miles one way, we will take the actual miles and multiply that by \$0.50 (50 cents) per mile, roundtrip. That is the benefit you will receive from the Region to put towards your travel costs.

How will this occur? Cindy McLane, our Financial Coordinator will have a list of the competing choruses and quartets and **after the contest** she will do the calculations shown above and will send out a check.

Try as we might, we cannot move the geographic center of our region out of the Twin Cities and Rochester area. What we can do is to try to soften the costs for those of you coming such a long distance. We want to see every chorus and quartet compete and we are hoping this benefit may help to make this possible.

**Is your Email address current in your Membership Listing
on the Sweet Adeline International website?**

<http://sweetadelines.com/index.cfm>

When we send messages via email to the Region 6 membership we use the Region list of names from SAI. We get addresses that are no longer valid, some that opt out and once in a while someone marks it as Spam. There are also a number of members that don't list any email address; you are missing out on SAI and Region 6 news. Please take time to review your member listing and keep it up to date.

Have You Heard The BUZZ?

The 2005 Sweet Adelines International Queens of Harmony will be in Northern Lights Region 6 in September 2018. **FAME 2018 is being held at the Doubletree by Hilton in Bloomington, September 21-23, 2018** and you will have the opportunity to not only hear The BUZZ but learn from them and sing with them! After 13 years of performing and sharing their craft, The BUZZ has announced their retirement and our FAME will be their last music school so you won't want to miss it!



Classes will begin at 8 PM Friday night and will wrap up Saturday night with a Showcase of Champions! We will get to meet Nancy, Debbie, Karen and Jeannie, the members of The BUZZ, learn a song with them, learn how to "Sing Your Part Smart" and much, much, more.

Mark your calendars NOW. Let's show The BUZZ how brightly the stars shine in Northern Lights Region 6 and fill the house!

See you there!
Heather Johnston

Chapter Visit Program

The Chapter Visit Program is one of our most successful, long-lasting education programs of our organization. The "heart" of Sweet Adeline membership is learning, singing together and performing. The education provided in Region 6 offers these opportunities and more! Education and your involvement is vital to the changes and developments we face in our communities and in our organization. We have a full range of vocal skill building tools available in our Regional Library that are available to help and encourage every singer and every chorus. Together, our voices, talents and experiences create the best of barbershop-style music. See you on the risers!



Introducing.....



Terri Calvert is a new "Associate" Faculty member of Region 6 and lives in Rochester, MN. Terri became a Sweet Adeline in 2001 as a charter member of Spring Valley Chorus and also sang with the Choral Aires Chorus, Region 3. She has a great deal of experience: leadership positions, quartet, president, director, as well as serving on many committees. Terri is a "certified director" and is currently the assistant director of the Zumbro Valley Chorus.

We welcome her to Region 6!!

Sparkle! Quartet

2018 truly has been a New Year for Sparkle!

A New Journey... Since International contest in Las Vegas, we have changed the direction of our journey. Although Karen Dunn is no longer singing with Sparkle!, we celebrate the accomplishments we achieved in our time together and wish her all the best in her musical activities (barbershop & otherwise).

New Friends... Through the audition process, we were privileged to sing with several wonderfully talented women – some friends we have known for years and a few new friends we met along the way.

A New Face... Julie Hagstrom is the newest friend we met along the way! We are over the moon excited to have her as our new lead! Julie may be the “new kid on the block” in Region 6, but she is not new to barbershop! She joined Sweet Adelines in 1976 and brings with her a wealth of quartet experience, most notably her top 10 quartets Unplugged and Mojo, and 11th place quartet Yahtzee. Julie is a member of Region 13. The mother of four and grandmother of one, Julie resides in Washington with Ron, her very supportive husband of 28 years, and works as a Mortgage Loan Officer at Guild Mortgage Company. We can't wait for you to meet her!



A New Beginning... Changing personnel in a quartet is much like forming a brand new quartet. In our situation it is especially true. Between the audition in mid-December and our first rehearsal in late January, we connected via a weekly video chat – getting to know each other, discussing music and working out logistics.

A New Schedule... As you might expect, a long distance arrangement brings with it some complexity. With 3 of us here in the Twin Cities, Julie will be doing most of the traveling for our monthly rehearsal weekends. December, January & February were a cruel introduction to Minnesota weather!

Our foursome is looking forward to many more new experiences in the months to come. Before you know it, it will be spring and time for Regional Contest. Until then...

Follow our Facebook page (<https://www.facebook.com/sparklequartet/>) for Sparkle! news. We'll have a new fundraiser starting soon – stop by & check it out!

Live Love Sparkle!

Barb, Julie, Lisa & Marcia

Introducing Denis Allaire

The **Twin Cities Show Chorus (TCSC)** has found a new Director and he is amazing! We are very excited to introduce Denis Allaire to the world of Sweet Adelines International and the members of Northern Lights Region 6.

Denis will step into the void left by our beloved director, Judy Olson, when she retired at the close of 2017 after directing TCSC for more than 36 years.

Although new to Sweet Adelines, Denis is well known in the music community and has an impressive list of accomplishments and interests.

Denis began his musical career in Canada, where he received a Music Major in vocal performance and Jazz studies. He was a lead actor in musical productions at the College of Trois-Rivieres, Quebec, Canada, and a double bass player in the Symphonic Orchestra of Trois-Rivieres. He has since added a B.M. in Jazz Studies and M.M. in Choral Conducting from the University of Minnesota to his musical achievements.

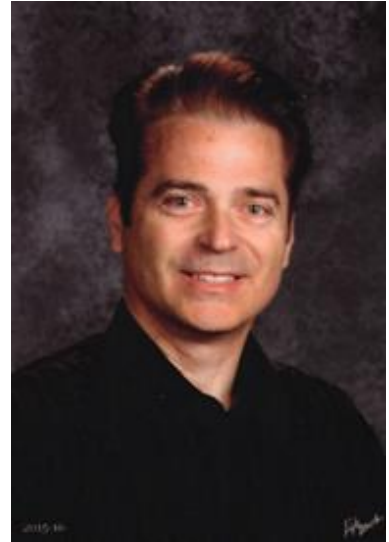
Denis has held various choral director positions at the University of St. Thomas, the University of Minnesota, several area churches, and is currently the Director of Liturgical Music for the Church of St. Joseph in West St. Paul, MN.

For many years Denis was the music director, arranger, and vocalist of the award-winning vocal quintet, Voice Trek. These awards included the 2005 McKnight Foundation Artist Fellowship Award, and the audience favorite award, first runner-up prize and “Best Arrangement” award winner during the 2001 Harmony Sweepstakes A Cappella Festival.

Denis is also a composer and was the winner of the national new hymn contest - Archdiocese of St. Paul and Minneapolis in celebration of its 150th anniversary year. Denis holds memberships in many musical groups (IAJE, ACDA, MMEA, NPM, TCJS, NATS, and [the Honor Music Society] Pi Kappa Lambda). He is an adjunct lecturer, studio instructor and vocal coach at the University of St. Thomas and has served as a clinician, judge and performer at various local, national and international workshops and festivals. And in his spare time he has been an active participant in a local tennis league.

We are looking forward to our new journey with this multi-talented man, and know that he will be a wonderful addition to our musical family!

Submitted by Merrilee Spaeth



SuperSing 5

Submitted by Sheila Koplitz

Forty seven girls attended a Barbershop School held for boys and girls at East H.S. Green Bay on Sat. January 27, 2018.

The Clinician was Sheila Koplitz, Director Coordinator from Region 6 and Assistant Director of Fox Valley Chorus .

The teaching quartet was Sweet Addiction from Fox Valley Chorus. Members are: Tenor, Darla Hackel, Lead, Carol Christiansen, Bari, Brenda Krueger, Bass, MJ Mortillaro.

The Barbershop School ended with a performance of the guys chorus singing 2 songs.

A performance from Sweet Addiction Quartet.

A performance from the girls' chorus singing 3 songs.

The finale was a combined number with boys and girls singing America the Beautiful.

The school was sponsored by the Appleton and Green Bay Barbershoppers.



Sweet Addiction Quartet

We had so much fun performing (and rehearsing...) a fun double quartet version of "Baby, It's Cold Outside" in the Fox Valley Chorus Holiday Show and in the Fox Valleyaires Men's Chorus Dinner Show. Who were the men? None other than baritone Brenda's hubby and his quartet, North Shore. In late January, the Sweets were excited to be the 'teaching quartet' at Green Bay's Youth Harmony Festival, *Super Sing 2018*, where we worked with 45 high school girls honing their barbershop skills. We worked together and in sectionals and closed out the day with a mini-concert, under the direction of Sheila Koplitz. We made many new young friends and hope we showed them the joys of singing a capella harmonies! Also in January, the Sweets enjoyed a wonderful coaching session with Fox Valley's own Heather Johnston. More amazing coaches are coming up in conjunction with the FVC retreat in March. We're excited to see you all in April and introduce MJ Mortillaro, our new Bass, to our Region 6 friends! If you don't already know her, you probably will by the end of the weekend!

See you in Minneapolis!

It's time to pass the baton. . .

The Regional Management Team will have four new members effective May 1, 2018.

- ◆ Team Coordinator -Terri Calvert— Zumbro Valley Chorus
- ◆ Education Coordinator - Susan Krisnik - Twin Cities Show Chorus
- ◆ Communications Coordinator - Lori Scott - Minnesota Valley Chorus
- ◆ Membership Coordinator -Lyla Larson - Twin Cities Show Chorus

Continuing RMT Members -

- ◆ Cindy McLane - Finance Coordinator - City of Lakes Chorus—3 Years of Service
- ◆ Joanie Grootwasink - Events Coordinator -City of Lakes Chorus—5 Years of Service
- ◆ Ruby Ericson - Marketing Coordinator - Twin Cities Show Chorus—3 Years of Service
- ◆ Sheila Koplitz - Directors Coordinator - Fox Valley Chorus—3 Years of Service

Departing members -

- ◆ Rosemary Komadowski—Team Coordinator - Assiniboine Chorus—6 Years of Service
- ◆ Linda Rubis - Communications Coordinator - Spirit of Harmony Chorus - 6 Years of Service
- ◆ Bettina Schramm—Membership Coordinator - City of Lakes Chorus—2 Years of Service
- ◆ Heather Johnston—Education Coordinator -Fox Valley Chorus—2 Years of Service

I am pleased to share the upcoming changes to the Regional Management Team. The new Team Members will be available at the Region 6 Contest in April. Be sure to encourage them and show your support for their new regional leadership and look forward to the new ideas they will be sharing.

Also, show your appreciation to the outgoing team members for their service.

I personally would like to show my appreciation of the time I spent on the RMT and all the things we accomplished during my six years. It was very enlightening and a great way to learn about the organization. There were many opportunities to grow and take advantage of the many sessions at regional and SAI events and learning from the leaders of both the region and international.

My replacement is Lori Scott and she will be taking on the challenge of getting the communications out to the regional membership. I hope you will respond when she needs your help. She has been a Sweet Adelines for 11 years, is a member of Minnesota Valley Chorus and Fly Right Quartet.

I would encourage any region member to consider serving on the RMT. The terms are only two years with the ability to serve up to three terms (6 years). You will grow with your service.

Thank you for your support.

Linda Rubis
Outgoing—Communications Coordinator.

Education Update

"The best and most beautiful things in the world cannot be seen or even touched, they must be felt with the heart"...Helen Keller.



Hello 2018 and what a fabulous year it will be!!! We are already into the second month of the year and before we know it, contest day will be here. It will be your time to shine, and touch the hearts of everyone in the audience with your gift of music.

The Education Faculty along with the Regional Management Team will be "In Training" the first weekend in March with the amazing Sharon Babb. We will be filling our tool box with new skills to be the best we can be in serving you as coaches and educators.

I'm excited to announce that there is a new face on the Education Faculty. Let's give a shining Northern Lights welcome to Terri Calvert. Find out more about her in the article she wrote. Welcome to the team Terri!

It has been an honor to serve as your Education Coordinator the past two years. I now pass the torch to a very familiar face. You have seen her on the Education Faculty and singing with not only Twin Cities Show Chorus, but also with the ever popular Pink Ladies.....drum roll please.....Susan Krisnik. I leave you in very good hands, and thank you for the support you have given me. Although I'm stepping out of the Education Coordinator roll, I will still be an active member of the Faculty so I look forward to continuing to serve all of you in the future!

In Harmony and Song,
Heather Johnston
Education Coordinator

Meet Terri Calvert

As a new Associate Faculty member for Northern Lights Region 6, I would like to introduce myself. I am a member and Assistant Director of the Zumbro Valley Chorus in Rochester, MN. I moved to Rochester in October of 2016 from Hoffman Estates, IL where I was a charter member, Team Leader and Assistant Director of the Spring Valley Chorus. I am a Certified Director. I also was a dual member of the Choral Aires chorus for several years. I've been a Sweet Adeline for 17 years and have many wonderful experiences during that time. I've learned so much from amazing people and been to places I never dreamed I would ever go as a singer and musician. My experiences in Sweet Adelines has taught me many skills as a singer, performer and leader.

In my business life, I've been in the field of Learning and Development for 37 years working as a consultant and as a corporate learning director teaching salespeople how to sell more effectively and sales managers how to motivate and develop their people. I have worked with thousands of successful people around the world and taught them skills to enable them to achieve higher levels of success. Courses I've taught and developed include: selling skills, account development skills, communication skills, DISC personality profiles, teamwork, coaching skills, time management, goal setting and performance management skills, leadership and strategic planning skills.

My business skills have been very helpful in my chorus life, Chorus leadership has also taught me many lessons that have been very helpful in business as well. My goal as a faculty member is to help choruses in Region 6 to achieve more success by learning new skills, working together as a team, communicating effectively and reaching their goals. I am happy to share my unique combination of musical, administrative and teaching skills and look forward to contributing to Region 6.

Terri Calvert

P.S. Terri is also the new Team Coordinator on the Regional Management Team.

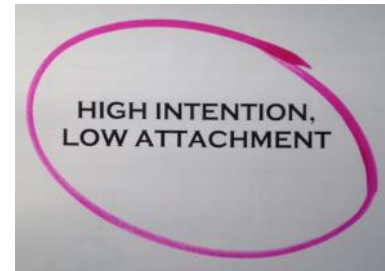
When the Result Really Matters: Use a High Intention, Low Attachment Approach **By Jan Carley**

There are times when detaching from an outcome is the best course of action for maximum results. Specifically, for situations for which you do not control the outcome, and *especially* in situations where you have a big investment of emotion attached, *detaching* from your desired result will serve you well.

My approach for success is 4 simple words: HIGH INTENTION, LOW ATTACHMENT.

High Intention: a purposeful mental approach that focuses on what you can control

Low Attachment: Letting go of a "result" or outcome that is not 100% in your control



High intention, low attachment logically applies in any situation where another party is a factor in determining how the results play out. Successful Olympic athletes do not spend their mental energy pre-competition worrying about whether they will win or not. They do not obsess about other competitors. Instead, they focus on the only thing they have control over - their own performance. They will have spent time visualizing in advance the perfect race run, the perfect shot hit, the perfect run skied and may even have visualized themselves on the podium with the gold medal - but they will have separated their actual performance from that end result. Setting goals and having a clear vision is a good thing. Goals are set before the work is done and can inspire and drive us. Results come after the work is done. It is when we get attached to a result we have no control over that we add a layer of interference that gets in the way of our actually doing the work to achieve that goal.

When the result *really* matters go into that situation with high "intention", (a clear and focused purpose over which you *have* control) and a low "attachment" to the outcome (outside your control).

3 BENEFITS OF A HIGH INTENTION/LOW ATTACHMENT MINDSET

1/ Mental interference is reduced by focusing your mind and energy solely on your intention (your purpose). Be sure your purpose is something that is purely connected to you rather than an outcome you want. e.g./ When holding a critical staff meeting - my intention could be "setting a positive atmosphere for honest communication" instead of "getting everyone to open up and say what is on their mind". You see how the first is a focus that I could control and the second is a result that I could not.

2/ You can open possibilities for outcomes you may not even have considered if you do not attach to a pre-determined result. There could be an even more wonderful possibility that presents itself that is even more closely connected with your intention.

3/ Results often depend on factors beyond our control. Attachment to results distracts us from the thing in control: the work at hand. High intention, low attachment allows us to stay in the present moment which is where the magic lies. When we focus our energies on what might happen in the future we reduce the potential effectiveness of where we are now and we create interference that does not allow us to be in the moment. *"The point of power is in the present moment."* - Louise Hay

Experiment with this concept. I guarantee you will be amazed at the results that a *"high intention/low attachment"* focus will bring!

Jan Carley, author of *The Overtone Effect* and *Harmony from the Inside Out* is known as the Inner Coach of Barbershop. She works with directors, choruses and leadership teams to access inner mastery and create chorus cultures of joy and excellence.

Fox Valley

Submitted by Vicki Krause

Well – the Christmas tree is down and all the decorations have long been put away, and Valentine’s Day has come and gone! This can mean only one thing....it’s time to get serious about getting ready for Regional Competition!! And the Fox Valley Chorus is doing just that!

We had a Guest Night on January 16, and were pleased to welcome six guests that evening. It’s always great to see new faces on the risers with us.

Our director, Heather, is creating lots of opportunities for us to improve individually and as a chorus. We are having early sectional rehearsals for each part individually, had two additional Saturday rehearsals, and a really fun and productive coaching session with Pete Benson on February 6. In addition, Heather has initiated (can you tell she’s the Regional Education Coordinator?) – an activity in which the chorus has been divided into four groups, and each group has been tasked to study in-depth one of the four judging categories – Music, Sound, Expression, and Showmanship. Then, on four separate evenings, we will take some time out of rehearsal to report what we’ve learned about our assigned category to the chorus. As we all know, we are never done learning about our craft!



Another activity in which the Fox Valley Chorus was represented, was at two separate Super Sing Youth Events, which was the last weekend in January. Sheila Koplitz, our Assistant Director, was again clinician at the festival in Green Bay, sponsored by the Baylanders Barbershop Chapter, and her teaching quartet was our own Sweet Addiction. In addition, the Oshkosh Winnebagoland Chapter sponsored an event, in which five of our members served as the teaching “quartet” – Terrie Williams, Vicki Powers, Carol Frederickson, Pam Meulemans and Heather Johnston. Between the two events, we shared barbershop harmony with almost 80 young girls.

Keeping up another fun, new tradition, chorus members once again brought some sort of Valentine, note or goodie on the Tuesday rehearsal before Valentine’s Day. We each had our personalized Valentine Bag from last year, that got refilled with treats and Valentines again this year....lots of fun!

On Saturday, February 17, we held our “second annual” Sweetie Pie Social. Each chorus member contributed a pie, and the price of admission included a slice of pie, beverage, and of course, entertainment - the “sweet” sounds of barbershop harmony! Our MC this year was Carmen Youra, whose descriptions of various pie recipes throughout the performance were amazing!

The Fox Valley Chorus is looking forward to seeing all of you at Region 6 Convention in April!! See you there!

“The only thing better than singing is more singing” – Ella Fitzgerald

Membership Matters

Greetings to the region!

Almost two months into the new year and Spring a possibility “on the horizon”, the opportunity to renew is well on its way. Thinking about the past, reflecting the present, and considering the future determines, if we like to keep with the familiar or opens us up to change. When I was considering what to write in this article, I quickly decided to write about how Sweet Adelines has enriched my life and has become a constant in my life, even though change happens.

During the last few years the internet popularized the concept of “finding your tribe”. It speaks to the human desire to belong to a community and to find likeminded people, you just click with. Tribes can be big or small and the bond can be based on different things. It can be a specific preference, a common interest, or based on larger concepts. Of course you can belong to several tribes but it’s easy to know when you found your tribe. You found it, when a group allows you to feel as one of them, who when they say “we” mean that you are meant too.

If you google the term ‘finding your tribe’ you will encounter articles and blog entries referring to this concept in psychology, sociology, marketing, and especially on ‘well being’ platforms. There is even a huge amount of merchandise that taps into the concept with slogans like “Find your tribe – love them hard!” and “Your vibe attracts your tribe”!

Funny, how expressing this concept anew is such a big deal. This is not rocket science, the Sweet Adelines organization has known this for more than 70 years. We are a powerful community (tribe) sharing a common interest, the love of making beautiful music together, harmonizing the world and promoting barbershop music. Our bond creates lasting friendships and provides a support system that goes beyond making music together. Being part of this group has a far reaching impact on our person and the life of people we encounter and entertain.

Times change – new challenges emerge. The digital age and today’s fast pace lifestyle and environment require adjustments and the need to accept new realities. Even though the organization changes too, it is wonderful to know, that despite all this, our bond can remain a constant in our life. Truly enjoy it when you come to weekly rehearsal, when you prepare for a show or contest, when you finally perform in front of an audience or when you attend an education event or convention. And get this, if you need to take some time off, you can remain connected to the community through regional and international email communications, the Pitchpipe magazine, the websites and of course Social Media. Being a Sweet Adeline means staying active, learning new things, testing our skills, singing our hearts out and having lots of fun while doing it. I love being part of the Sweet Adelines “tribe”, and hope you do too.

Outlook:

Regional Convention

Are you attending? Competing or not, this is the best time to enjoy the community of singers, attend an education class, meet old and make new friends in the region, experience awesome performances, and have fun!



Membership Matters—Continued

Awards Season

- 2018 Northern Lights Shining Star will be announced at convention
- Longevity awards (25+ years of service) will be presented on Sat. night
- 2018 Woman of Note award. Each chapter was asked to submit their selection. Recipients from participating chapters will be honored

Personal Note:

I am leaving my position at the end of this term (April 30th, 2018), but will stay in the region and will remain active on chapter level. Thank you for giving me the opportunity to represent you and work on your behalf. It has been a rewarding experience and privilege to serve as your Regional Membership Coordinator for the past two years. I hope to see and visit with many of you at the convention in Minneapolis. You also get introduced and have a chance to meet my successor Lyla Larson. You will find Lyla a very personable and committed Sweet Adeline. She has been in the region for years and currently sings bass with Twin Cities Show Chorus and her quartet Pink Ladies. Please give her a warm welcome.

As always, please contact me with any comments, questions, or concerns at bschrammsai@yahoo.com

**In harmony yours,
Bettina Schramm**

City of Lakes - Singing into Spring!



City of Lakes members are working hard and busy preparing for several upcoming events. We are excited to share the JOY of music with all of our friends from Region 6 at the upcoming Regional Convention and Competition. Good luck to all the quartets and choruses!

We are also preparing for our Annual Spring Show - Seasons of Love, which will be held on Saturday, May 5th at Concordia University in St. Paul.

This summer we will be participating in an Open Mic Night on August 2nd at 7 pm in St. Louis Park.

And last, but not least, we are rehearsing with anticipation for our trip to St. Louis this fall! City of Lakes is thrilled to be representing Region 6 at the International Convention & Competition and thank you all for your continued encouragement and support.

For more details about our upcoming events, please visit our website at www.cityoflakes.org.

Submitted by Beth Olson

News from Lake Country Chorus

Lake Country led off the holiday season with a November 26 concert with North Star Chorus at Roseville Lutheran Church and a second performance in the evening at the Blaine City Hall Atrium. The next week we entertained at the Ham Lake Lions Club dinner at Glen Cary Church, and the next week we entertained for the Roseville Historical Society Dinner. Then it was time for a holiday dinner of our own!

Our quartet, Company's Coming, is Lake Country's representative with Twin Cities Singing Valentines, and spent Valentine's Day traveling to Saint Paul, Inver Grove Heights, Woodbury, Minneapolis, back to Saint Paul, Columbia Heights and Burnsville. Surprising family members and loved ones is one of the most enjoyable things that a barbershopper could do.

Heather Johnston has come from Milwaukee for two Saturday coaching sessions with us. She is fun and positive and full of good ideas. And Susan Krisnik and Pete Benson will be at our retreat on February 23rd and 24th,

This is a special year for Lake Country Chorus, our 50th year, as we were chartered in the spring of 1968. We are already planning our anniversary celebration and you are all invited! Please put Sunday, August 26th on your calendar now, our celebration will be at our rehearsal site, Redeemer Lutheran Church in White Bear Lake. We have one charter member, Ginnie Hartman, who is still active with us every summer. Ginnie was instrumental in the creation of White Bear Lake Chapter, which became Lake Country Chorus.

We'll see you all in Minneapolis in April!

Submitted by Helen Vulu

Region 6 Communications -

One of the tools that we use in communication to our members is an email service called Constant Contact. (Sweet Adelines International also uses this same service when they send messages to the membership.) We download the membership list for our region from SAI to create our email mailing list in CC. A new list is downloaded a couple of times a year to try to capture any new members. There are a number of members who, for whatever reason don't include an email address in their profile. We delete those since CC is an email driven service. Those members are missing out on information from the Region. We also have members who opt out. They may have left the organization or just don't want to receive information. We would hope you stay on the list and open each email that you receive from the Region. We only get a little more than 50% of our members that open the messages; we can do better. Be sure to open these messages. There is a variety of information that is shared including important information on Music Schools, Regional Competition, with links to documents that support the message and information the RMT feels is important to you.

If you know of anyone that is not receiving these messages, we hope you will encourage opening the message, and sharing with those not included with an email address.

***Linda Rubis
Communications Coordinator***

Planning Ahead --

Now is the time to begin thinking about who in your chorus will be serving on your Board or Team. Start determining who would be good members to serve in each Board/Team position. The Region and SAI Headquarters need to know who will be in your leadership positions. This needs to be decided and in place no later than May 1, 2018; the beginning of the fiscal year. The region produces a Regional Directory and one chorus can hold up the publishing and distribution of the information. The Regional leaders use the information on a regular basis and it is important to have the most current information at the beginning of our year.

Start your process now so you can discuss at your March and April meetings and it is decided and in place by May 1, 2018.