



Regional Measures

Summer 2019 Edition

REGIONAL MANAGEMENT TEAM

TERRI CALVERT – TEAM LEADER

LYLA LARSON – EVENTS COORDINATOR

MEGAN ARGALL – DIRECTOR COORDINATOR

SUSAN KRISNIK – EDUCATION COORDINATOR

RUBY ERICSON – MEMBERSHIP COORDINATOR

JERRALYNNE TJEERDSMA – FINANCE COORDINATOR

LORI SCOTT – COMMUNICATIONS COORDINATOR

OPEN - MARKETING COORDINATOR

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

Acappella Rocked in May!

1st place chorus: City of Lakes

1st place quartet: Spice

For complete contest results and photo gallery, go to the [Region 6 website](#). If you have a photo you would like added to the gallery, please email it to [Lori Scott](#).



Mary Lou Kudela is our 2019 Shining Star

To see a description of Mary Lou's accomplishments and contributions, please go to the [Region 6 website](#).





Chapter Visit Program

*JoAnn Flanagan
Chapter Visit Program Coordinator*

It's time to schedule a chorus coaching session with a member of the fabulous Region 6 Faculty! Your chorus Director and President/Team Coordinator have received this year's Chapter Visit Program information and request form and the regional faculty is standing by ready to put a visit to your chorus on their calendar.

A chapter visit is a great way to kick off a new chorus year. Our faculty members are excited to work with you on your plans for chorus growth and development, to get to know you and hear from you about your chorus achievements, activities and challenges. Each chorus is entitled to

two coaching sessions every fiscal year. **Yes, TWO!** Schedule the first visit right away so that there's time for your second visit before the year flies by. We're looking forward to seeing you soon!



The 2019 Regional Competition DVD's of quartets and choruses are now available in the Regional Library. You may borrow them for a maximum of 30 days and they are available on the [Regional Library Request](#) form available on the Region 6 website.

Director Journey Day is June 8

For front line directors and assistant/associate directors. Clinician is Darlene Rogers. For full details, visit the [DJD](#) page of the Region 6 website.

Congratulations to Northern Lights Region 6 Women of Note 2019

Women like you make our choruses and the region strong. "Thank you for your spirit, dedication, and service!"



Diane Zielonko
Assinboine



Rebecca Strueland
City of Lakes



Vicki Powers
Fox Valley



Pat Spears
Lake Country



Diane Berge
Minnesota Valley



Mona Thorson
Red Cedar Sounds



Pat Frolich
River Rhapsody



Donna Humme
Sound Cascade



Carol Morgan
Sounds of Superior



Dianne Franker
Spirit of Harmony



Merrilee Spaeth
Twin Cities Show



Shirley Keiffer
Twin Forks



Kim Grossman
Valle de Croix

To read about the contributions and accomplishments of our [Region 6 Women of Note](#), please visit our web page.

Education Coordinator 2020

We will begin accepting applications for Education Coordinator beginning in June. Information will be posted soon on the Regional website.

Director Certification Program news

Submitted by Linda Wetterlin



Big congrats to Jason Scriver on achieving Certified Director in April. Sheila Koplitz, outgoing Director Coordinator, presented his certificate at the Regional Convention. Jason's name was added to our historical plaque - he's pictured pointing to his nameplate.

We also expect some Harmony 500 awards to come from International once they finish compiling all the contest results. Names will be listed in a future Pitch Pipe as well as the Regional Measures. Yay!!

Please contact me if you have questions or want to pursue testing for this wonderful educational program.

Linda Wetterlin, Region 6 DCP Coordinator
scrappin.bari@yahoo.com

News from your Regional Management Team

Submitted by Terri Calvert

Thank you to all who participated, organized, coordinated or contributed to making our Region 6 Convention and Contest a great success. It was great to see nine quartets and 13 choruses participate. Next year, we hope to see even more participation across our region. Well done!

The regional management team is working to make educational opportunities more accessible to all with two RAVE Workshops this summer – July 12 - 13 in Mankato, MN and July 26-27 in Fargo, ND. We hope you can come and share in the fun and sisterhood of Sweet Adelines music making this summer at RAVE. Contact Susan Krisnik, Susank5678@gmail.com, if you need more information.

Sweet Adelines International is offering a workshop for directors and visual leaders, August 8-10 in San Antonio, TX. It would be great to see a strong representation from Region 6 at this exciting event. Please consider sending your director and visual team to learn all the latest trends and techniques to make your chorus sparkle on stage. For more information, see the Sweet Adelines website.



Did you know that Region 6 is now on Twitter? You can follow-us @Region6SweetAdelines. Twitter is a great way to share news and information in a very quick fashion.

So please follow us and keep in the know with what is happening in Region 6. Don't worry, you don't have to personally tweet anything to follow Region 6 on Twitter. Tweets are short "sound bites" of news that don't require a response – just read the Tweet, get the information and get on with your day. Check us out!



Region 6 is also putting together a “talent database” so that we can identify who can help us with new ideas, answer questions, help us build new programs, and help us grow and better manage our region to the benefit of all choruses, quartets and members. Regional Faculty member, JoAnn Flanagan is launching this project, so be looking for more information coming from her in the next few weeks. You can contact JoAnn at joannflanagan@gmail.com There is also a team working in the region to put together a program with the Girl Scouts and Girl Guides, so that all choruses in our region can participate in reaching out to young people, helping them learn the joys of harmony singing and contribute to our local communities. More details to come on this. If you would like to help with this project or have questions contact Kim Grossman, Vallee De Croix Chorus, kim.s.grossmann@seagate.com



Later this summer, Region 6 will be rolling out new marketing tools and resources to help choruses to build their image in the local community, attract new members and increase performing opportunities. We will be creating a variety of marketing tools including a listing of all regional choruses on GigMasters, an on-line booking site for entertainers. Contact Terri Calvert at tcal01@ameritech.net for more information on marketing.

Speaking of marketing, July 13, 2019 is Barbershop Appreciation Day (a Sweet Adelines invented holiday). It’s a great opportunity to sing on a street corner, create a “flash mob,” sing at a barbershop, sing at the local mall, pass out flyers, the options are endless and fun too. Promote your chorus and have a great time on July 13!

Good things are happening in Region 6! Working together, we can accomplish so much!



Greetings from the Faculty!

*Submitted by Bettina Schramm
Associate Faculty*

We are excited to bring a new tradition to the Regional Measures. Each future edition, following this announcement, will feature one or two articles by faculty members to give you something to learn, to think about, or simply to enjoy. We like to bring you some insights plus tips and tricks to hone your skills in an enjoyable fun way.



The quarterly articles will include a variety of musical and administrative topics. Education is our passion, so we hope that you take advantage of the many resources and opportunities our organization offers. Check out the members-only education portal on the newly designed International website for now. It contains amazing information and tools for you to access.

How about watching a 4part video series, when you login to the [International website](#)? Use the search feature or click on the ‘Voice’ tab under ‘Education’ and scroll down to find the vodcast. This vodcast features vocal education with International Faculty, Kim Vaughn. Kim shares her expertise and introduces vocal exercises that you can follow along. What a treat!



**SWEET ADELINES
INTERNATIONAL IS A PLACE TO
GROW – AS A SINGER, AS A
WOMAN, AS A LEADER AND A
FRIEND**

We hope that our upcoming articles will reflect this statement and give you an additional opportunity to learn and grow.



CALLING ALL PAST AND PRESENT QUARTET CHAMPIONS!

Marcia Starnes and I are working on organizing the Northern Lights Region 6 quartet champions to further support our existing quartets and to promote quartets throughout the region. Our first step is to put together a list of all the Regional Quartet Champions in Region 6. We are looking for everyone that has won first place in a quartet in any region. We need your name, address, phone number and e-mail. If you could include the quartets you won with and the years that would be awesome too! Please send this information to me at hjohnston@wi.rr.com. In addition, if you have a suggestion for what we should be called or songs we could sing please include that in your e-mail! Thanks for your help and I look forward to meeting and working with all of you!



Thank you,
Heather Johnston
1st place Quartets: Outrageous and NRG!

Update Your SAI Profile

The record of your name, address, and email that is on file in the Sweet Adelines International database is our official record for you. If you let Region 6 know you want to use a different email address, we will use it temporarily until we download the official record from SAI again. To update your official profile, go to [SAI](#) and use Member Login. Then choose Manage Membership, then MyProfile.

TO ALL MIC TESTING PARTICIPANTS THANK YOU!!!

A HUGE shout out to everyone that joined the Fox Valley Chorus for mic testing at the Regional Contest! We had representatives from (in no particular order): Prairie Rose, Spirit of Harmony, Lake Country, River Rhapsody, Zumbro Valley, Acapella Express, Minnesota Valley, Heart O'Wisconsin, Vallee de Croix, Twin Cities Show and City of Lakes. It was so much fun to have all of you on the risers with us. I know this was a new experience for many of you and you came prepared and were attentive to all my directions so that the Sound Judge/Panel Chair could get the sound set in a very efficient manner. Thank you for helping us out!

Heather Johnston
Director – Fox Valley Chorus



A word of Advice...

Wear white pants to all chorus rehearsals. No one will ever ask you to help with the risers!



Thank You!



I'm officially retired as the Regional Faculty Coordinator! I was blessed with 34 years of knowing and working with so many members and visiting so many choruses with the chapter visit program. Over the years, the visit program has proved to be very successful. Region 6 covers a big geographic area and it has supported the program because it's the best way to bring education and coaching to you. The region also provides terrific educational experiences and it's really important for members and leaders to attend them whenever possible. Most of all, choruses must support their directors and provide encouragement and funding to attend as many educational opportunities as possible.

My congratulations to all those who were in the quartet and chorus competitions in Rochester. Everyone was a winner because the very definition of a winner is this: "one that is successful, especially through praiseworthy ability and hard work." Yes that is each of you who were on stage!!!

I made a statement at the convention dinner that every member needs to take personal responsibility for improving their performance skills, which in turn will improve the chorus performance level. And I really would love to see the day when every chorus in the region participates in the regional convention and competition. The best fans in the world are Sweet Adelines! Start planning now for next year and be sure to get those chapter visits scheduled.

Invest yourself in this organization, try new things, explore new possibilities, be a leader or be a follower, but most of all enjoy the journey!! The best is yet to come.

Bonnie Rust, Regional Faculty



Bonnie Rust – Library Coordinator

Region 6 has a wealth of educational resources for members, quartets and directors. We have books, warmup resources, song books, education resources, CD's, DVD's, Vocal Coaching and more. Each member and leader can improve their vocal and leadership skills by using resources in the library. Make a commitment to yourself and your chorus by checking out the regional library. The library list is available on the regional website or you can request it from your chorus president or directly from me. Using the library is virtually free!!! Your only cost is the postage to return them. Make an investment in yourself!!

Annual Regional Evaluation

Sweet Adelines International administers an online survey. The leaders of each chapter have been sent a link to complete the survey. Responses are used by our Regional Management Team as well as the Regional Leadership Committee at SAI. Please submit your chapter's input. The deadline for completing the survey is July 31, 2019.





RAVE RAVE RAVE RAVE RAVE RAVE

Hey Region 6 – are you ready to party?

We are coming to you with RAVE 2019! It's time to meet new friends and catch up with old ones! Come join the fun in Mankato July 12-13 and Fargo July 26-27. Highlights will be learning tags and quartet coaching (at no extra cost) on Friday night and PVI's (at no extra cost) and a big show to end the day on Saturday!

Registration forms are on the Region 6 website or sign up your chorus all together with a list of names, your location of choice, and a yes/no for quartet and PVI's. It can be emailed to me and then send the check (for everyone) separate, if that is easier!

Hotel information is on the website too. Hotel deadline for Fargo is July 12 (for best cost). Event registration deadline is June 24th for Mankato and July 8th for Fargo. Sign up soon to get your quartet and PVI spots – they are going fast!

**Yours in harmony, song and dance,
Susan Krisnik
Region 6 Education Coordinator
susank5678@gmail.com
612.655.6654**



RAVE RAVE RAVE RAVE RAVE RAVE



It's About Time! Quartet

Submitted by Vicki Powers



It's About Time! Quartet has been singing together for about 18 months, and we were very excited to be announced as 5th place medalists in Rochester. We'd like to thank our coaches - Scott Kvine, Vickie Maybury, & Bill & Kathleen Albrecht for giving their time and immense talents to help us along in our journey. We can't wait to tap into those talents over the next few months as we continue to work to improve! We also need to thank our terrific husbands - Willie, Rick, John and Don for being so supportive us on this journey. And of course, we can't forget our chorus - Fox Valley Chorus - you are the best!



Over the last few months we have sung at Fox Valley Chorus's Sweetie Pie Social in February and joined our local men's barbershop chorus singing Lida Rose on their 75th anniversary show.

Upcoming for us are a number of performances in May - including the Fox Valley Chorus's Dinner Show and singing for a Memorial Day Celebration at the Outagamie County Courthouse. We are also competing in Harmony Inc's Area 4 contest in June in Bloomington, IL. Add to that some fundraising this summer - a couple of brat fries and working at Paperfest (a local summer festival) - making it a busy summer. It is only 1 night a week, right?

In Memory of Georgene Gunderson



Georgene Gunderson sang and competed for 42 years in choruses with White Bear Lake, Roseville, City of Lakes, and Alexandria Chapters of Sweet Adelines. Her obituary can be found at [Anderson Funeral Home](#).

Where is it?

The easiest way to find your misplaced pitchpipe is to buy a new one.





Upbeat quartet

Submitted by Val Salley



Upbeat quartet is so excited to be honored with a 3rd place medal in Rochester!! Wow!!

Congratulations to ALL the women that crossed the stage and shared their voices at regional contest, you are truly an inspiration!!

A special high-five and Good Luck to Fox Valley Chorus and Spice quartet as they prepare for competition in New Orleans!! Our hearts are with you!

Karla, Val, JoAnn & Bonnie



Twin Cities Show

Submitted by Kathy Gray

It's May and the Twin Cities Show Chorus is off and running! We closed out the 2018/2019 year with several fun events.

We traveled to St Charles, Minnesota to celebrate the 85th birthday of member Izzy Timms.



Our pasta dinner was great fun. Friends and Family night was not snowed out!

The snow finally melted and competition weekend stormed in!



TCSC is looking forward to a year of adventure. We have already scheduled a Sunday church performance at the Fort Snelling Chapel, a Thursday evening the Winona County Fair, and a Sunday afternoon at Como Park Bandshell with the Commodores. New songs, new officers, new experiences, who could ask for more!





Spirit of Harmony

Submitted by Marlys Stahly

One of the highlights for Spirit of Harmony Chorus each spring is selecting our Sweet Adeline of the Year and our Woman of Note. This year we had two very deserving winners. Our SAY, Lori Harms, from Lake



Park, Iowa, sings lead, and is a fairly new member, joining in 2017. She is a member of the chorus board of directors, and has done a great job with membership development, and is a very kind and positive chorus member.



Our Woman of Note was Dianne

Franker. Dianne is a charter member and has been a member since 1980. She is a part of the music team, helps with vocal warm-ups, and plays a mean piano. Dianne is appreciated greatly for her many excellent musical skills.

What a great time we all had in Rochester this May! Congratulations to all our regional friends on your great performances. Spirit of Harmony had two first time performers on the stage; Coretta Hedstrom of Lakefield, MN and Dianne Elton of Spirit Lake, Iowa. The chorus also had three returning members singing on stage; Linda Bonnell of Milford, Carol Fordyce of Spirit Lake, and Cathryn Smith of Spencer. Spirit of Harmony was thrilled to receive the 1st place small chorus award and 2nd place overall. Our quartet Affinity was equally pleased to earn 2nd place in the quartet contest on Friday night.



SOH would also like to welcome and introduce our newest quartet, The Peppers. Their members are Marcy Wittrock, bass; Liz Steiner, lead; Carol Fordyce, baritone; and Marlys Stahly, tenor. They hope to be among the ranks of competing quartets next year.



The chorus is now working on music for their fall show. It will have a winter theme, like we all haven't had enough of winter!



We wish everyone a warm and sunny summer and hope to see you at competition next year! If your summer travels take you to the Iowa Great Lakes area, we'd love to have you visit our rehearsal any Monday night.

Sounds of Superior

Submitted by: Heather Hack Petersen

Sound the Trumpets - Hard Work Pays Off for Sounds of Superior Chorus

Spring has sprung for Sounds of Superior Chorus even if the leaves haven't started to bud! It was great to get our first taste of spring when we were in Rochester MN for competition the beginning of May. You should all come down to our show on June 8, 2019, and you can experience spring all over again!

In March our chorus focused on perfecting our song presentation. This would be the second year in a row with many new members, last year it was five and this year seven. Our Chorus under the direction of Jason Sriver wanted to give our newest members the extra time needed and it paid off for everyone.

To further enhance our performance, we had a sensational coaching session March 23, 2019, with the super energized, flamboyant, accomplished "one and only" Becky Perkins, from City of Lakes and her extremely talented



daughter, Briana. We shared ideas as we worked on singing, choreography and showmanship, to better convey the story. We had so much fun and Becky was so encouraging and uplifting. We even made her cry! By the way Becky, "We are KRISPIER than Rice Krispies!" It's amazing, we are competitively



rivals, and yet we want each other to excel to our potential regardless. That is what our sisterhood is all about: respecting, helping, admiring, and being proud of one another and what we share and stand for.

Of course, you now know about our newly formed competing quartet “Elements”.



They too were “Newbies” performing for their first time in this year’s competition in Rochester MN. They were very happy to get a few tips from a short session they had with Becky Perkins when she was here. We are so proud of them! At this year’s competition they showed what we knew in our hearts, that they are contenders. With poise and elegance, they displayed all the “elements” essential to soar as a quartet and we believe the sky is the limit!

On April 5, 2019, we competed once again at the annual Lakehead Festival of Music and Arts and were awarded with 1st place, with a medal and a ribbon. This was a great exercise for our “Newbies” as well as the rest of the Chorus to test the waters in preparation for the “big” competition in Rochester in May.

Sounds of Superior Chorus was asked to “open” for the Telus Cup National Midget Hockey Tournament being held at the Fort William Gardens in Thunder Bay April 27, 2019. We



performed the updated version of our National Anthem with the partially bilingual lyrics. Although huddled in the entranceway to the stadium we sounded spectacular! I’ve attached a copy of the lyrics at the end, for your information, if you don’t already have it.

Sadly, we lost two Sweet Adelines this year. There was Mitzi Marshall, former Director and chorus member so many of our members knew and loved. In a previous issue I wrote about the incredible experience we had when a smaller group of the chorus went to visit the Hogarth Riverview Senior Home and made a special visit to sing to her in her room this past Christmas Holiday! How precious the moment will always be.

Time was not on our dear new sister, Maureen “Thea” Prairie’s side. Thea had come home to the thing she loved the most, singing! We are glad of this and we are glad to have shared this time, as short as it was. We were honoured to sing for our sister’s family and friends at the celebration of her life on April 28, 2019.

Two more Sweet Adeline angels are singing in the heavens. Until we meet again...

Now the highly anticipated competition weekend was here! No one was ready for what would transpire. It would be our Director Jason Scriver’s 2nd time at the Northern Lights Region Six Annual Competition. As well, being



relatively new to barbershop, Jason had just received his Sweet Adelines International Directors Certification and achieved Harmony 500 Director.



We had problems hearing the pitch last year so, knowing this we took extra care to ensure that did not happen again. Everyone worked extra hard over the last year, especially the newest members who had an almost overwhelming amount of learning to do. It all pays off in the end and when we won “most improved by 97 points” “1st in our Division” “3rd Overall” and our Director Jason Scriver won “Novice Director”. It was like winning the lottery, only the best part is it wasn’t by chance! Watching and hearing the incredible talent displayed by our competition, we are truly honoured and humbled!

We had a super time in Rochester! We just got back from Rochester and we were performing again May 8, 2019, this time at the Royal Canadian Legion Branch 5’s Annual Banquet. They are always so gracious and we love to sing for them.

Now our focus is our Spring Show. Fortunately, we have a lot of talented members involved in the production, as well as performing. The show is titled “Mr Piano Man” and it is about the musical journey of our director Jason Scriver

leading up to and including directing our chorus. Our chorus, quartet, and special guests will be performing. Check out our website for more information. Maybe come see the show!



We are in awe of one of our long-time members by the name of Carol Morgan. This year Carol attained recognition as our Chorus’ “Woman of Note”. That is not all, on June 11, 2019, she is being awarded the Sovereign’s Medal for Volunteerism from the Governor General of Canada. The recognition is for over 40 years of volunteering and working with young women in song. The dedication of our members is “over the top” and truly a testament of how important what we do is.

The end of June we wind up for summer with a Potluck Dinner Party! Hopefully our fun quartets will sing for us again. We get together in July for “Christmas in July” at Pat Towell’s beautiful camp at Oliver Lake and have a fun practice and party. Pat makes “turkey” my favourite! Then we will be celebrating our 45th Anniversary with a Big Party on August 26, 2019! Heather Bolduc is our only Charter Member so she will also be celebrating 45 years with our chorus! What an accomplishment!





Submitted by: Heather Hack Petersen

Sounds of Superior Chorus Lead & Public Relations Assistant



O CANADA

Bilingual version

O Canada!
Our home and native land!
True patriot love
In all of us command.

Car ton bras sait porter l'épée,
Il sait porter la croix.
Ton histoie est une épopée,
Des plus brillants exploits.

God keep our land
Glorious and free!
O Canada,
We stand on guard for thee.
O Canada,
We stand on guard for thee.

One last thought to ponder. We have a Blues Festival on our beautiful waterfront. Red Rock, an hour away, has a Folk Festival on their waterfront. I think if all the Region 6 Chorus' were to consider it, we could persuade the City to put on a Barbershop Festival!

With Love from your Sounds of Superior Chorus Sweet Adeline Sisters & Director Jason Scriver

Waiting for Spring in Thunder Bay Ontario Canada

P. S. Have a fabulous summer if we don't see you!

This is the link to the official version on YouTube.

Just double click and it will take you there.

<https://youtu.be/zzCesSfUue8>





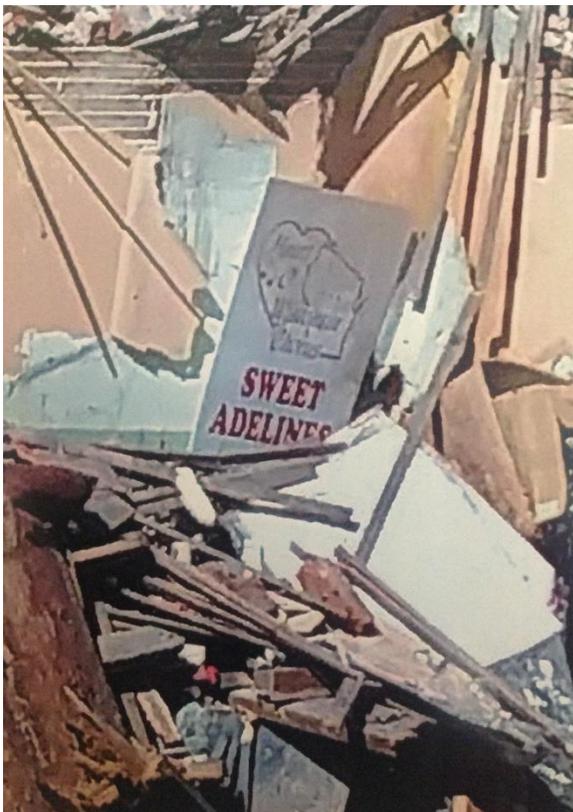


Heart O Wisconsin

Submitted by Mary Mitchell

On May 13th Heart O' Wisconsin installed several new team members and reaffirmed several ongoing team members with the theme of The Phoenix Rises From the Ashes.

Rosemary Christensen told the story of passing the scene of our former rehearsal site and seeing our logo sign standing strong and upright in the



rubble. It is now cleaned up and hangs proudly on the door of our new, temporary rehearsal site at Northway Mall in Marshfield. We plan to move back to Wesley Methodist church when their new building is complete.

We were excited to see so many happy, supportive faces in Rochester and are now looking forward to getting back to working on the music.

Sadly, during the night of Easter Sunday one of our long-time members lost her very courageous battle against ALS. Carole LeMoine was a member of our chorus for 37 years. During that time, she was an active part of the chorus, held positions on the management team, worked diligently on fund raising and until the time of her death was chorus historian. She is now and will long continue to be missed.



One-liners...

Always try to look your best on stage. It's easier to fool their eyes than their ears.





Sound Cascade

Submitted by Mary Remmark

Sound Cascade Chorus has been spending the past few months preparing for competition and sing-outs. On March 28th we enjoyed our coaching session with Judy Weipert and Diane Lockard. Judy always shares great musical and choreography ideas with our director and our chorus. Our ladies enjoyed the work that Diane did with each section on our two competition songs.



Competition weekend was great. We so appreciate the way our region and the choruses offered such kind affirmation of our musical efforts. The audience was wonderfully receptive to all choruses. We enjoyed our first year of having a table at the regional boutique. We owe a special thank you to Ladene and Linda for their efforts in setting up and selling at the boutique. All chorus members made a special effort to supply items to sell at the boutique.

On May 15th, we celebrated our efforts at competition during our weekly practice. Our first-time competitors (newbies) were treated like queens (note the tiaras.) These ladies competed for the first time: Larae, Cindy, Megan, Heather, and Julie. Kandi and Karen competed with our chorus for the first time (well, Karen may have competed with us in the past.) We were very happy to have our snowbirds (Betty and Jodi) back with us for the

regional contest too.



We also wish to congratulate Donna Humme for being our Woman of Note for the regional honor this year. We also want to extend special congratulations to Jerralyne as she begins her service to region six as the treasurer.

We are hoping that all of you have relaxing and harmonious spring and summer.





Fox Valley Chorus

Submitted by Vicki Krause

What a terrific Regional contest we had in Rochester! As outgoing champions, the Fox Valley Chorus was honored and delighted to be able to serve as hostesses for the truly awesome quartets and choruses competing. Our congratulations go out to all the competitors, you were all amazing! Many thanks go out to all who supported our boutique and for your wonderful reception of our outgoing champions package – it was a delight for us to present it to you!

The chorus had a fun time at the Regional Dinner, donning our “fancy” hats in honor of the Kentucky Derby being run that day.

We are so very proud of our own two competing quartets – *It’s About Time*, on their 5th place medals, and *Sweet Addiction*, on their 4th place medals. You ladies were fantastic!

On Sunday, May 19th, we had our spring dinner show – Barbershop in Bloom at Waverly Beach in Menasha. Each chorus member decorated a table, using a “spring” theme of some sort. The tables were beautiful and each was unique. The show was very well-received and a wonderful time was had by all who attended. We have

some creative, as well as talented, chorus members!



Now that Regional Competition is behind us, the chorus will be beginning to swing into high gear as we prepare for International in New Orleans in September. We are excited to look forward to coaching sessions with Judy Pozsgay in June and with Joan Boutilier in August. Time to polish up that competition package till it shines!! We are delighted to have several dual members from other choruses who are preparing to compete with us on the stage in New Orleans - a most welcome addition! We hope to see lots of Region 6 folks in New Orleans!!

We have a few performances on the schedule for this summer, including once again performing the National Anthem at a Timber Rattlers game in Appleton, and of course, the inevitable fund-raising activities... ☺

The Fox Valley Chorus hopes all of you have a wonderful and relaxing summer and see you in New Orleans!





Center Point Chorus

Submitted by Barbara Houle

Center Point Chorus in Stevens Point, WI will be having our “Summer Hummer” Dinner and Cabaret Show on Saturday, June 1 at the Park Ridge Café/Rookies Banquet Hall as you are reading this. The dinner and show will highlight the Center Point chorus and quartets that have family roots in the Barbershop style of singing, “In Common” and “Humdingers”. Additional entertainment will be “The Neighbors” and the “Sweetettes”.

Our chorus participated in the Mane Quilting Show in Wisconsin Rapids, a benefit for Jeremiah’s Crossing. Singing and quilts! It was a great day. We had an opportunity to talk to women about Sweet Adelines and the joy of barbershop music.

Our fundraising season of selling cream puffs is coming soon. The Balloon Rally held at the Wausau Downtown Airport is July 11th thru July 13th. Just about two weeks later is the Wisconsin Valley Fair, July 30 thru August 4th. Later in the summer is the Art in the Park,



September 7th thru September 8th. Stop in and enjoy one of our “world famous cream puffs” or our caramel n apples.

Thank you to Roger Harris for directing us while Kathleen was out of town.

Vallee de Croix

Submitted by Audrey Szymansky

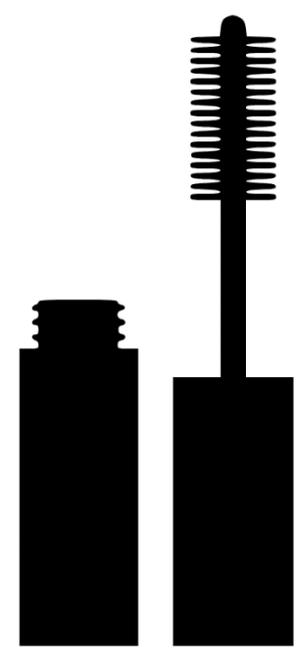
Wands for Wildlife

Vallee de Croix enjoys regional competition for many reasons, most of which, it improves our musical excellence. Another reason we enjoy regional competition is to participate in the “Boutique”. We like to make a fine table displaying our other talents.

This year, we asked the region to participate in a program that recycles used up mascara wands. We had a drop-off box at our craft table. The recycling program is called “Wands for Wildlife” which supports the Appalachian Wildlife Refuge, a nonprofit in Western North Carolina. How does it work?

Individuals and organizations donate used mascara wands. Recycled mascara wands are well designed to help remove fly eggs and larva from the fur of animals brought to the wildlife refuge. They work great because the bristles are so close together and gentle to use on the injured and orphaned wild animals receiving care.

To learn more about the program, visit www.AppalachianWild.org.



Sparkle! Quartet

Submitted by Lisa Kvigne

Spring Is In The Air



After a long winter, it's refreshing to see green grass and hear birds chirping. Another sure sign of spring is Regional Contest. Sparkle! thoroughly enjoyed our weekend in Rochester! The best part about mic testing was being able to be in the audience to watch everyone perform. So many memorable moments - at the top of list was teaching & singing tags with Elements, our 2019 Novice Quartet award winners.

Susie O'Brien, from City of Lakes Chorus, went home from Rochester a little richer after winning our 50/50 raffle. Thank you to all who stopped in the boutique and supported our fundraising efforts!

Congratulations to our Spicy friends, Angela, Heidi, Liz & Jan, on their Regional Quartet Championship. Beautifully musical, as always! We look forward to sharing the journey to New Orleans with you!

Compliments to City of Lakes Chorus and director, Scott Kvigne, on a fabulous performance and another 700+ score. Your ballad brought us to tears and the uptune kept us on the edge of our seats!

And the good news keeps coming... So excited to hear that Spirit of Harmony was invited to compete in the Harmony Classic in Louisville, Kentucky. Region 6 will be well-represented at International competition in October 2020!

Time for "spring cleaning" (a.k.a. coaching)!

We were fortunate to spend some time working with Judy Pozsgay while she was here judging our regional contest. Just two weeks later, we had our first in-person session with Jean Barford. If you've ever heard the stories about Jean being a task-master, they are all true! Never fear, it wasn't all work and no play! Saturday evening we attended the Great Northern Union / City of Lakes show. Two days (and 12 hours of coaching) later, our brains were full of new tools & techniques. Even more so, our hearts were full after working with this amazingly talented woman!



Until next time, follow us on [Facebook](#) for Sparkle! news.

There's no such thing as too much Sparkle!
Barb, Julie, Lisa & Marcia



Lake Country

submitted by Helen Vulu

Lake Country Chorus was SO happy to be back at competition after a year away! We had a great time and our new members loved every minute of it.

One highlight for us was to try spray-on makeup for the first time. It went on so easily and quickly and the judges liked it. So it is Goodbye, Ben Nye, it's been nice knowing you. We'll put our new competition photo on Facebook for you to see for yourselves.



Sandy used a colors theme to describe the officers characteristics and responsibilities and presented the officers with colorful flower garlands. Our new president, Judy Wicklander, was represented by her photo on a cell phone as she had left for a European vacation.

Our Woman of Note, Pat Spears, was recognized with a poster and the presentation of her certificate. Pat has been the Lake Country Chorus treasurer for many years and is meticulous and always on top of every detail. She is, herself, a treasure!

Summer will be busy and fun! Come see us at Lion's Park in Lindstrom on June 26th, or Como Park Lakeside Pavilion (Como Dockside) in Saint Paul on August 20th. We are also

scheduling church service music every month, and manning (womaning?) the ticket booths at the Washington County Fair several days.



Lake Country plans to send a contingent to RAVE in Mankato, so we will see you all in July!

About Contest....

from www.harmonize.com

No matter what happens at contest time, there is always at least one member of the chorus who knew it would.

Contestants: If at first you do succeed, try to hide your astonishment.

Contestants: You have six minutes to make history or be history.

You'll find the best advice for going into a contest on the label of a mayo jar; keep cool, but don't freeze.

Yes, we have our contests. But, the true soul of barbershopping does not rest in how well you sing it, rather, in how great it makes you feel while you're singing it.



Spice Quartet

Submitted by Angela Blackwood



Spice's Competition Weekend by the Numbers...

- 2 – the number of days we decided to dress alike as a quartet
- 4 – the number of outfits required to dress alike for 2 days
- 4 – the number of pairs of shoes required for our matching outfits
- 8 – the number of pairs of shoes Liz brought (we all agree she has a problem)
- 43 – the number of cards we received from all of you (talk about lifting us up!)
- 12 – the number of glasses of wine Jan deserves for hand-sewing the glitz on our costumes (actually, make that *bottles*)
- 13 – the number of bags and suitcases needed for our weekend necessities (to be fair, at least 3 of those were for snacks!)
- 27 – the number of times we “lost” Heidi because she stopped to talk to someone (she knows EVERYONE!)
- 531 – the number of hugs we received

7 – the number of times Angela cried happy, grateful tears (awwww...)

753 – the number of our awesome friends that created the “Tunnel of Love” as we entered the auditorium after our time on stage...
Okay, okay, we didn’t count, but WOW!!
You sure know how to pour out the LOVE!!

The whole weekend was so much fun! What a thrill to share the contest stage with such amazing talent! Congratulations to every single person that crossed that stage!

We are very proud and honored to be your Regional Champions, and we are beyond excited to join Sparkle! and Fox Valley Chorus on the international stage in New Orleans. It’s about time we added some Cajun flair to our spice rack, wouldn’t you say?

We can never say thank you enough...
... to our two favorite coaches, Queen Mary Dick and Scott Kvigne, not only for their musical expertise, but also for their friendship and encouragement.
... to our wonderful City of Lakes Chorus, who has been behind us every step of the way.
... to all of you, Northern Lights Region 6. We see your smiles, we hear your cheers, and we feel your love.

Your support means the world to us and it really makes this *hobby*, all the more fun!!

Live life with a little Spice!
Angela, Heidi, Liz, Jan
<https://www.facebook.com/QuartetSpice>
quartetspice@gmail.com



Minnesota Valley

Submitted by Kari Welter

Minnesota Valley has had an exciting and busy spring. We had an exciting Competition Weekend in Rochester, where we were joined on the risers with 3 new members. It is always so exciting to add new voices to our mix. We were



thrilled when our own Mary Lou Kudela was honored with the Shining Star Award. Mary Lou, a dual member with COL, is a charter member of our chorus, and contributes so much to us and to Region 6 and beyond.

Since returning from competition, we have been embarking on a new membership campaign. Partnering with our local school district's Community Education department, we have been hosting a class entitled "Releasing Your Inner Diva." We have welcomed 6 enthusiastic singers who join us for an hour each week. They will be joining us for our church sing-outs this summer, and of course have the option of considering membership in our chorus. It is so great to share our love of harmony with new singers, and to reach people in our community who have perhaps not heard of our group before.

We are looking forward to a summer of sharing our music in surrounding communities, and of course, preparing for our annual show in November. Congratulations to everyone on their performances in Rochester, good luck to our International participants from Region 6, and keep on singing.



VALLEY FORGE CHORUS IS SEEKING A MUSIC DIRECTOR!



The person in this position will be responsible for developing and leading the musical and artistic performance of Valley Forge Chorus in a way that is consistent with our mission and core values. Please visit our [Director Search](#) page to review the job description and candidate qualifications. Interested in becoming our next director? [Click here](#) to apply online.

A chapter of Sweet Adelines International, Valley Forge Chorus has been entertaining audiences in the greater Philadelphia area for over 54 years with our energetic a cappella harmonies. We believe in empowering every member to realize her potential as a skilled and confident performer, through continuing education and opportunities to compete and perform.

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