



Regional Measures

Fall 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

Election is Coming

Submitted by Lori Scott

E-voting for the Sweet Adelines International Board of Directors is due Dec 4. Information about the nominees is available on the [SAI website](#). Each member should vote. Each chorus should organize a vote for its members during October or November. Chorus presidents are responsible for conveying the choices of their chorus to SAI via the e-vote process.



Upcoming Events

Sep 16 - Sep 21	International Convention - 2019 - New Orleans
29-Sep	Snow Bad News - Spirit of Harmony Show
6-Oct	Soup's On!
19-Oct	Red Cedar Sounds Chorus Show
20-Oct	Twin Forks Chorus Annual Show
2-Nov	Pancake Breakfast - Twin Cities Show Chorus
2-Nov	Dis-"chord" under the Big Top - Minnesota Valley Fall Show
9-Nov	Popcorn and Pitchpipes - Prairie Rose fall show
1-Dec	Christmas Concert - Lake Country Chorus
1-Dec	Christmas Program - Minnesota Valley

For more details, visit the Region 6 [website](#) or a specific chorus website. If you have an event to promote on the Region 6 Event Calendar, please send details to [Lori Scott](#).



Longevity Awards

Each year we recognize Sweet Adelines in Region 6 whose dedication to singing barbershop has persisted for 15 years and re-recognize them at subsequent 5-year milestones. In 2019, we recognize the following members.

15 Years

Lois Barrett – Vallee de Croix Chorus
Leah Buerkle- Red Cedar Sounds Chapter
Jennifer Davis-Farow – Red Cedar Sounds Chapter
Pat Eggert – Red Cedar Sounds Chapter
Susan Krisnik – Twin Cities Show Chorus
Irene Milne – Sounds of Superior Chorus
Linda Mitchell – Sounds of Superior Chorus
Carol Peterson – Twin Forks Chapter
Kathy Tape – Red Cedar Sounds Chapter
Ramona Thorson – Red Cedar Sounds Chapter

20 Years

LaVonna Gums – River Rhapsody Chapter
Helen Vulu – Lake Country Chorus

25 Years

Jennifer Dworak – Red Cedar Sounds Chapter
Laurine Einfield – Assinboine Chapter
Ruth Hall – Minnesota Valley Chorus
Carol Kurtz – River Rhapsody Chapter
Audrey Metro – Chapter at Large
Jeanne Thoemke – Twin Cities Show Chorus

30 Years

Monica Anderson – City of Lakes
Linda Bonnell – Spirit of Harmony Chorus
Mary Lou Foster – Spirit of Harmony Chorus
Janice Gould – Chapter at Large
Nancy Klemz – Twin Cities Show Chorus
Kerrie Kramme – Spirit of Harmony Chorus
Lyla Larson – Twin Cities Show Chorus
Mary Micke – Fox Valley Chorus
Beverly Swanson – City of Lakes Chorus

35 Years

Thorey Blow – Assinboine Chapter
Jeanette Braastad – Lake Country Chorus
Ethel Cooper – Assinboine Chapter
Patricia Haertel – City of Lakes Chorus
Dianna McCormick – Red Cedar Sounds Chapter

40 Years

Wendy Hamilton – Twin Cities Show Chorus
Cary Verdi -City of Lakes Chorus
Betty Mart – Twin Cities Show Chorus

45 Years

Connie Backstrand – River Rhapsody Chapter
Marlys Bronson – Twin Cities Show Chorus
Nancy Hayden – Zumbro Valley
Janet Johnson – City of Lakes Chorus
Marlaine Stevens – Chapter at Large

55 Years

Sharon Beaver - City of Lakes Chorus
Patricia Teorey - Chapter at Large

60 Years

Shirley Christie – Assinboine Chapter



Shirley Christie - 60 years



Education Update



Hey Region 6!

RAVE 2019 was a huge success! If you missed it – too bad – it was so much fun! All of the handouts are now on the Region 6 website.

A big thank you to my wonderful faculty: Becky Perkins, Bettina Schramm, Bonnie Rust, Cheryl Helm, Connie Miller, Diane Lockard, Heather Johnston, JoAnn Flanagan (x2), Judy Olson (x2), Judy Weipert, Mary Dick, Mary Jo Zgone, Mary Lou Kudela, Sheila Koplitz, and Terri Calvert (x2) and RMT: Lyla Larson (x2), Lori Scott, Jerralynne Tjeerdema, Megan Argall for making it all possible. My x2 ladies attended at both sites!

Participants in Mankato were:

- 4 from City of Lakes
- 2 from Fox Valley
- 4 from Lake Country
- 15 from Minnesota Valley
- 7 from Red Cedar Sounds
- 2 from Sound Cascade
- 2 from Spirit of Harmony
- 6 from Twin Cities Show



Participants in Fargo were:

- 9 from Acapella Express
- 5 from City of Lakes
- 4 from Prairie Rose
- 5 from River Rhapsody
- 6 from Twin Cities Show
- 2 from Twin Forks
- 6 from Vallee de Croix

A special shout out to Jean Keller from Twin Cities Show who attended both sites – what a trouper!

To those of you that the opportunity to be coached and have PVPs – thank you for your bravery – the feedback from you was awesome.

EXCITING NEWS!!!! EXCITING NEWS!!!! EXCITING NEWS!!!!

Region 6 is looking forward to our next educational event:

DD/SASS featuring **PEGGY GRAM** on July 10-11, 2020 at the **Oak Ridge Hotel & Convention Center in Chaska, MN**

We are combining **DD - Director Day** and **SASS - Sweet Adeline Summer School** (formerly known as FAME) events to one weekend with Director Day on Friday and SASS on Saturday. Director Day is for all vocal leaders (frontline directors, assistants, associates, section leaders) and SASS is open to everyone.

Get this on your calendar!

Susan Krisnik
Region 6 Education Coordinator
susank5678@gmail.com
612.655.6654





FACULTY CORNER

*Submitted by Cheryl Helm
Faculty Coordinator*



Regional changes are happening! I am your new faculty coordinator! After many years, (you have to ask Bonnie Rust how many), I am taking over this portion of the job that Bonnie held. As with any

new job, I am still learning what this job entails and look forward to working with all of you as we move forward! My goal is to bring our faculty and region members closer as we strive to improve the contact between the faculty and choruses. Faculty members will be submitting short articles with ideas in musicality and administration to guide choruses. If you have a specific request or a question you want answered, email me and we will find someone to answer it.

For those of you who don't know me, I sing with River Rhapsody Chorus in Bismarck/Mandan, ND. A chorus member for 17 years, I have been a faculty member for 6 years. Also, I have served on the RMT for 2 years as Education Coordinator. I feel very qualified to take this position and look forward to meeting and making new friends!

Bonnie Rust Faculty Member

Bonnie Rust has decided to retire, (I don't think so!) from her position as Faculty Coordinator and Chapter Visit Coordinator. She has been and will always be an asset to this region! She has been a confidant to many of you, as well



as to me! She is knowledgeable in all things Sweet Adelines, plus honest, kind and an all-around good person! She will continue her role on the faculty, so we are happy she will be available for her sound advice! Thanks, Bonnie for all you do!

Sherrie Bredesen Faculty Member

Sherrie has been a faculty member since 2014. She brought many skills with her from Canada, having directed the Assiniboine Chorus. Many in our

region have enjoyed her musical coaching. She was always willing to learn, teach and share her knowledge of the musical world. It is with sadness that we accept her resignation from the faculty to pursue other exciting things, among the most important is to spend more time with her husband. Sherrie, we wish you the best and come see us in your free time! Thanks for all your contributions to Region 6!



JoAnn Flanagan Associate Faculty

I wanted to introduce JoAnn as she will be my "partner in crime" and will be taking over the other half of Bonnie's job as Chapter Visit Coordinator. We did not really know each other until we teamed up to join forces in these two positions. I must say we hit it off right away! Welcome aboard JoAnn as you continue with your new position and in becoming a full faculty member!



We are made wise not by the recollection of our past, but by the responsibility for our future.

George Bernard Shaw



Growing Your Director by Being a Courageous Follower

*Submitted by Mary Lou Kudela
Region 6 Faculty*

Have you ever noticed that when a congregation accepts a new minister, it takes months and even years for the leader and the followers to form a cooperative team with similar vision, goals, processes, and satisfactions? How similar to our Sweet Adelines' directors and choruses as they develop a relationship that brings out the best in them as they grow together as musicians.

I just finished reading an article titled, "In Praise of Followers" (by Lawrence V. Suda, CEO Palatine Group, Inc.) As often said, without followers, there can be no leaders. So, what kind of followers should we be? Not sheep, "yes" people, or alienated people. The article describes a courageous follower as having five different dimensions and attitudes:

1. The courage to support the leader;
2. The courage to assume responsibility for a common purpose;
3. The courage to constructively challenge the leader's behaviors;
4. The courage to participate in any transformation needed;
5. And the courage to take a moral stand when warranted to prevent ethical abuses.

A follower chorus member, then, respects the director both as a musician and member of the community.

- Listen and don't speak from the risers unless invited. YOU are not the director.

- Give the director the space to try things out. Bring a pencil.
- Learn the notes, words, and interpretation both at home and on the risers.
- Know your own best learning style and do that for yourself.
- Follow the protocols for sharing concerns and suggestions; take your ideas to the right committee, team, or elected person. Or—volunteer for leadership.
- Bring positivity to your rehearsal. You will be happier.
- Sign up! Be engaged! Get on board! Have fun!
- Practice forgiveness and kindness when things aren't perfect. We're all human.
- If you find that your director and you as follower no longer can maintain a relationship for growth, leave on good terms. You will find a new garden.

Sweet Adelines choruses are a wonderful place to practice being good followers in order to make beautiful music.

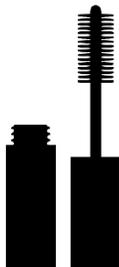
**Education is the
passion and purpose
of Sweet Adelines,
helping each other
grow as singers and
spread the joy of
music to others.**

Save Your Wands!

Submitted by Audrey Szymansky

Audrey Szymansky of Vallee de Croix will be accepting used mascara wands at our next Regional competition.

Here is how the wands are used: A wildlife rehabilitation nonprofit in Western North Carolina, recycles old mascara wands to help remove fly eggs and larvae from the fur of animals. They work great because the bristles are so close together and gentle to use on the injured and orphaned wild animals receiving care.



Vallee de Croix supports this program and is responsible for mailing the collected wands to their facility.

www.AppalachianWild.org

Are you an aspiring Arranger?

Sweet Adelines International has announced a scholarship for the Arrangers Certification Program. Application materials are available [here](#).



Watch the Champs

One of the best ways to become a great barbershop singer is to immerse yourself in the music by listening to great barbershop performances. If you haven't seen the 2019 Barbershop Harmony Society Champions, [Westminster Chorus](#), have a look. It's amazing!



Sweet Adelines International Convention New Orleans, LA Sep 16 – 21

Best of luck to those representing us there!

Fox Valley Chorus
Spice Quartet
Sparkle! Quartet





Barbershop music has own special charm

The following article was written by Lexi Juve, 14-year-old member of Fox Valley Chorus, and published on 7/7/2019 in the 'Voices of the Arts' column of the Appleton Post Crescent.



When some people think of barbershop music, they imagine striped vests and the era of black-and-white television.

However, with the popularity of a cappella singing, this traditional American art form continues to be popular. With it there is an increasing number of younger members participating in these groups.

Some may wonder, what's the appeal for someone in the prime of their youth to join such a group? As a 14-year-old member of a wonderful chorus of women who sing in the barbershop style, I can tell you that there are many reasons I am so drawn to barbershop singing.

I have had a love for singing since I was a child, and barbershop is a very rewarding and stimulating form of music. I find the amount of precision and training necessary to take a barbershop style song from good to great is truly awe-inspiring. For anyone interested in music, I

would recommend trying this four-part harmony style of singing.

If someone asked me about the appeal of barbershop, I'd say that it truly brings people together. Our chorus, the Fox Valley Chorus in Neenah, is most comparable to a family. We look out for each other and recognize each other's excellence. When we achieve something, we celebrate together, and when we lose something, we mourn together.

Nobody is ever left behind or overlooked, and, as much as some people don't like to admit it, we all need to feel accepted and cared about at certain points. I feel that the real draw of the chorus, perhaps even beyond the musical aspect, is the sense of real and true togetherness provided by the group.

Barbershop singing is an art form that deserves appreciation and respect from people of all ages and backgrounds. The music, performance and the groups can bring a smile to people's faces and create an unforgettable experience for the audience. For me, that is the charm of performing and watching others perform music.

Barbershop music can appeal to many different types of people with its universally captivating qualities. I'm so glad I found this wonderful four-part harmony and supportive group of women.

July 13 is National Barbershop Music Appreciation Day. To learn more about this unique style of singing, check out our local choruses: Fox Valley Chorus of Sweet Adelines (www.foxvalleychorus.org) and Fox Valleyaires (www.foxvalleyaires.com).

Lexi Juve is a member of the Fox Valley Chorus of Sweet Adelines International, a member group of the Fox Arts Network. FAN is a grassroots arts organization made up of nonprofit arts groups serving the Fox Cities and surrounding communities with a goal of encouraging trial in all art forms. Email foxartsnetwork@gmail.com.



Twin Forks

Submitted by Anita Whalen

Twin Forks Chorus is busy about being Sweet Adelines

The recent activities of the Twin Forks Chorus are examples of the many facets of an engaged Sweet Adelines chapter.



Recruitment efforts continue. In May interested women were treated to high tea provided by the chorus and hosted in gracious surroundings by member Glory Fladlund. As a result, we have a prospective additional baritone.

That same month we enjoyed our annual banquet and feted Glory Fladlund as our Sweet Adeline of the Year. Just before Independence Day, longtime member Shirley Kiefer welcomed us again to her gardener's dream of a backyard for a chorus picnic. These events in addition to sitting down to light refreshments after the last rehearsal of each month—not to mention the usual buzz and sharing whenever we meet—all this adds to our bonding. Travelling together to and from competition on a chartered bus cements it.

The chorus returned to the upper Red River Valley from the regional competition in Rochester encouraged by our fourth place standing among the ten choruses of comparable size. We studied the judges' comments along with our director, Shirley Derrick, and are focusing on refinements at every rehearsal. In addition, each member of the chorus had a session of private voice instruction in July.

We are currently expanding our repertoire with a brand-new number and reviving some songs that had been retired. And we are show-casing them.

In August our chorus added to the celebration of Heritage Days in East Grand Forks, Minnesota with an hour of barbershop song. We are looking forward to our annual show scheduled for October 20.

This summer our chorus leadership surveyed the members with questions crucial to the future of our small chorus. Given that information, our team is now doing serious strategic planning. Our chorus became a chapter of Sweet Adelines forty-six years ago. It is our hope that the support and benefits, the experience and vitality we have gained as members of Twin Forks Chorus can continue to harmonize our part of the world.

Zumbro Valley

Submitted by April Horne

The Zumbro Valley Chorus introduced several young women to barbershop music as part of their 4th annual Summer of Harmony experience. The women, under the age of 25, rehearsed for six weeks. They learned three songs, added costumes, choreography and a script, and then joined the chorus in a capstone concert. They had a great time and the chorus really enjoyed singing with them. Many are headed off to college in the fall, but they know they love barbershop, and they know there's a sisterhood of Sweet Adelines waiting for them wherever they go!





Spirit of Harmony

Submitted by Linda Rubis

In case you have not heard, Spirit of Harmony Chorus will again be competing in the *Harmony Classic in Louisville, KY in October 2020*. This will be our fifth time competing in the Harmony Classic, the last time was in 2014 in Baltimore. We are pleased to again be able to represent Region 6.



We had a fun day of coaching with Scott Kvigne. Always fun and a way to fine tune our skills on new songs. It's great to have Scott work with us early on a new competition song.



Every summer we are privileged to perform on the patio of the *Okoboji Summer Theater* for the attendees prior to the play. The theater is the summer stock for students of Stephens College a women's college located in Columbia, MO. The theater has been in existence for 65 years and they perform a new play each week for eight weeks. It is a staple of the Spirit Lake and Okoboji entertainment scene.



The title of our upcoming fall show is "**Snow Bad News**". You can probably tell it has to do with getting snowed in during a chorus rehearsal. We are knee deep into learning the songs and script. This is our largest fundraiser as ad sales in our show program is important and a lot of work for our members. This will be a fun show. *The Benson Family Singers* will be our guest performers again; they are an excellent draw and put on a very entertaining show.

One of the things Lori, our Membership Coordinator, has done in the past years is member recognition in the form of their birthday and their years of membership in the chorus. Each month recognition is given in the way of a creative certificate or poem and small gift. It is appreciated by each member to know they are important.

It's always fun when Judy Weipert comes up with new creative rehearsal. This time it was a "backward" rehearsal. We started with our closing song and ended with warmups. Everyone was asked to wear something backwards, thus the photo of us standing on the risers backwards. Keeping it fun!!!

Another new member has made the choice to join Spirit of Harmony. She has great voice and



will be an excellent addition to our bass section. Barbershop is new for Erika, but she is getting

hang and enjoying the new experience. Have a great fall! Spirit of Harmony Chorus.



Minnesota Valley

Submitted by Lissa Meyer

Minnesota Valley Chorus has been busy. We continue to do our community-giving with our church sing outs in June, July & August. One of the church services we sang for in August was an outdoor service designed to bring your pet. We sang for quite a few canine members in that congregation!



We were honored to be one of the hosts for RAVE this year in July. We pulled together as a chorus and from the comments we heard, it was a fun & successful event. We also welcomed two new members – Molly & Brenda. So glad to have their talents!

On September 8th, we will be having a fundraiser at the WOW! Zone in Mankato. It will be an all-you-can-eat brunch from 8-12 with us performing a short song set at 10:00 a.m.

The chorus is learning the songs for our annual November 2nd show as well as learning songs for our combined holiday concert with the local men’s barbershop group, the Riverblenders, to be held on Sunday, December 1st. We would love to have you attend any or all of the events. We will send out notices for all three events as they get closer with more detail.





Assiniboine Chorus

Submitted by Carole Stilwell

On Tuesday June 11th, 2019, our chorus held our very successful Bud, Spud & Chicken fundraiser at the Tijuana Yacht Club. What a fun night we had!

Our chorus, under the very capable direction of our new director, Brittany Mielnichuk, performed several of our favourite songs which our audience seemed to really appreciate.



We are very fortunate to have several wonderful Quartets in our chorus and the evening was made more special by the performance of our Momentum Quartet.

To add more fun, we were entertained by 3 crazy quartets who managed to provide laughter and levity to the occasion. Our Crazy Quartet contest gives an opportunity for all ladies to be part of a “crazy” quartet and a chance to win the ROOSTER Award. This year's coveted ROOSTER Award went to "The Rink Rats". Go Jets Go!



Our MC for the evening, Ev Pitura, kept the evening rolling with our Silent Auction and our 50/50 draw. Thanks to the hard work of Doreen Laramée-Russell, we were very fortunate to have had so many incredible prizes to be won.





We appreciated the support from all of the donors. Thanks to all of our members who

assisted in making the evening a great success.



Chorus Members attend the International Music Camp in Peace Gardens July 27-30, 2019 Women's Barbershop Session

WOW, if you have never had the opportunity to attend this camp, you are missing out on an incredible experience.

As a first-year attendee, I had been told by others from our Chorus who have attended for many years that this was a wonderful experience to meet other women from both Canada and the United States who love to sing Barbershop harmony. They were absolutely right!! We were very fortunate this year to have had 27 ladies participating under the direction of Naomi Russell, our fearless leader who is the Director of Brandon's Women in Harmony Barbershop Chorus. In attendance this year were 11 members from our Assiniboine Chorus which was amazing.

The theme for this year's concert performance was "Let's Get Physical". We all dressed in our "best" work out gear and had a blast going from trying to improve our physical beauty to realizing that our true beauty comes from within. The 5 songs we learned over the course of our time there reflected this journey.

What a lovely bonding experience to work together in this short period of time, to be able to put together a performance that lifted our hearts and souls. Anyone in Region 6 should consider attending this camp, you won't regret a minute of it.

At the same time the camp is also full of musicians and every evening there is a concert performed by very talented people. What could be better than several days of having music take you to your happy place?

Please come next year and see what you have been missing. Dates for next year's camp are tentatively set for July 25-28th, 2020. Hope to see you there!



Fox Valley Chorus

Submitted by Shirley Mercier

Our Fox Valley Chorus is having an exciting summer as we prepare and anticipate our journey to the International stage in New Orleans. We've enjoyed working with our two fabulous coaches: Judy Pozsgay in June and Joan Boutilier in August. They'll both be in the judges' pit for competition, watching and listening for us to implement all that they taught us. The pressure is on! We're also grateful for the coaching that Molly Huffman and Vickie Maybury gave us earlier this year, helping us put a shine on our competition package.



We have a number of new members who will be competing with us for the first time. Our youngest is our 14-year-old, Lexi Juve. How exciting! In New Orleans our chorus will also have the thrill of joining in a wonderful wedding celebration. Our member, Amanda Hailer, has chosen that time to marry her sweetheart, Jonathan Puvis. We're all invited to attend!



Heather Johnston and Carol Christiansen attended SAI Directors and Visual Leaders Seminar in San Antonio, August 8-10. We are looking forward to reaping the benefits from what they learned. We're also anticipating our November coaching with Vickie Maybury.



On October 22nd we'll begin our six-week Christmas Chorus, inviting guests to participate in our holiday performance. In addition to having our own Christmas show, we'll be performing for "Christmas in the Air" at the EAA Aviation Museum in Oshkosh, and we'll be singing at the Fox Valleyaires holiday show.

We continue to have our members participate in the fundraisers of their choice: "That's MY Pan," "Amazon Smile," and a brat fry. Those of us who worked at the annual July Paperfest in Kimberly won't forget the adjustments needed as the terrible straight-line winds hit the Fox Cities. Our member, Vicki Powers, has been in charge of the Paperfest finances for years. She and our workers hunkered down in the finance



hard-side trailer as food and activity tents were leveled.

We're thrilled to be representing Northern Lights Region 6 in the Big Easy. If you're coming, do join us for either of our Wednesday rehearsals. If you're at home for the webcast, we'll feel you cheering us on. Thanks for your support!

Just Kidding Quartet

Submitted by Mickey Christensen



Just Kidding was privileged to sing as guests of the Singing Hills Choir in the Mankato area (Alzheimer's group). This was a very uplifting and inspiring concert. We have been working hard over the summer on some new songs and have the following performances coming up. August - Owatonna Steele Co. fair; Sept. - our delayed summer church singouts in 5 different churches in our area; October - possible performance at new assisted living in Mankato; November - Minnesota Valley Sweet Adelines fall show where we will be performing; Combined Christmas show with the Mankato Riverblenders; December - Singing at Ecumen Assisted Living in St. Peter, ringing the Salvation Army bell and singing at HyVee in Mankato and any other Christmas performances that come up. We love going out into the community and share our love of music and fun with many different populations!!! (NOT KIDDING!!!!!!)

ZUMBRO VALLEY CHORUS IS SEEKING A MUSIC DIRECTOR



We are a women's a cappella barbershop chorus located in Rochester, Minnesota, who is seeking a director. We are a chorus of 20 - 25 enthusiastic and friendly women who love to entertain in our community. We compete annually in our region and won "the most improved chorus" award in 2018.

The ideal candidate will be a musician with directing experience, energy, and enthusiasm. Additional skills include a commitment to music education, especially in the barbershop style, and a professional attitude.

Check us out at zumbrovalleychorus.org

For additional information and an application, contact Jeanne at jguyse57@gmail.com or call 507.288.5436

Please share this with people you think may be interested in directing a group of fabulous, talented, beautiful (and humble) women!



Lake Country

Submitted by Helen Vulu

When we are asked about our chorus activities, people are surprised to find out how busy we are in the summer. Of course, we know that we have to pack a lot into a few months to make up for all those "snow days" in January and February.

In June we entertained for the 90th birthday celebration of our member, June Gibson. June is a stalwart member of our baritone section, on the risers every week and singing at competition and every event. She even helped entertain her own guests.



The chorus has provided worship music four times during the summer for member's churches, and our quartet also for one. We've sung in Ham Lake, White Bear Lake (twice), Vadnais Heights and Saint Paul. Our two park performances were at Lion's Park Bandshell in Lindstrom and Como Park Lakeside Pavilion in Saint Paul.



LAKE COUNTRY CHORUS

Soup's On!

Fall Fundraiser
Be our guest for yummy soups and breads
veggies brownies and ice cream
only \$10
Silent Auction, bake sale
Music by Lake Country Chorus

Sunday, October 6, 2019
1:00 - 3:00 p.m.
Redeemer Lutheran Church
3170 Bellaire Ave
White Bear Lake, MN 55110

The poster features illustrations of a chef, a loaf of bread, a bowl of soup, and a slice of cake. The text is arranged in a central column, with the title "Soup's On!" in large, stylized red letters. The event details are listed at the bottom in a smaller font.

Sweet Adelines Guiding Principles

- Musical Excellence
- Culture of Belonging
- Diversity and Inclusion
- Personal Empowerment & Leadership
- Outreach



Heart O' Wisconsin

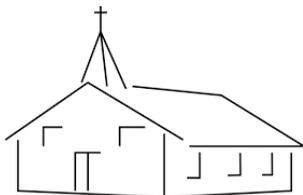
Submitted by Mary Mitchell



Late summer and early autumn always finds Heart O' Wisconsin chorus members busy with our fundraising project. Our cream puff sales at four main venues provides enough money to allow a substantial contribution to required dues for each member, funding for members to attend competition, partial payment for education events and provides for our costumes. We enjoy the opportunity to work together toward this common goal. We are frequently asked to sing a song and love the spontaneity of it and the opportunity to promote barbershop music. If any members of Region 6 happen to be at Edgar Steam and Tractor Show, Marshfield Maple Festival or Warrens Cranberry Festival please look us up.

In our rehearsals we are busy learning a couple new songs and reviewing some old ones to add to our performance package.

We have recently learned that Wesley United Methodist Church will begin rebuilding in early September. While we appreciate our current space at the Marshfield Mall, we look forward to being in a new, permanent home about this time next year.



Prairie Rose

Submitted by Robyn Nadvornik

Hi to everyone in Northern Lights Region 6! Prairie Rose Chorus hopes that you all had a great summer filled with many fun activities.

The Star-Spangled Banner seems to be our call at the moment. We were excited to be able to sing that and "Take Me Out to The Ballgame" for a Big Sticks game in July. Many of us had never gone to one of their games before and since we also received free tickets, we enjoyed a beautiful summer night watching some good baseball. We will definitely be doing this again next summer! We will next be performing for a DSU football game in September. I guess we know this piece really well!



Since competition we have dove into getting ready for our fall show on November 9th. "Popcorn and Pitchpipes" featuring the Prairie Rose Chorus will feature songs from Broadway and movies including several Disney movies as well as a set of patriotic pieces. This show we be a lot of fun as we travel 20 miles to the west and perform on the Belfield Theater stage. It's a remodeled old theater with an old feel and a really nice stage area.

We are pulling out our old 50's and 60's show pieces for a performance at a cream can supper. I have never traveled north for this event, but I am told that the food is fabulous and they will be ready to feed us when we are done singing.

The rest of our fall will be filled with coaching, singing for Veterans Day and inviting women of all ages to join us for our Christmas Sing. We have had 2 more women coming to rehearsals now and giving barbershop a try. They seem to really like it and I think that we will be adding them to our membership in the near future. Here's to a great fall!

Sparkle! Quartet

Submitted by Sparkle!



It's The Final Countdown!

FIVE weeks! And just like that... it's August! International contest is just weeks away. Sparkle! is excited and honored to represent Regions 6 & 13 at the quartet competition in New Orleans!

FOUR rehearsal days! That means four flights/two round trip tickets for Julie to travel from Seattle to Minneapolis. Preparations for International are well underway. Logistics are in place. But we'll have plenty to keep us busy during these two rehearsal weekends.

THREE raffle prizes! As a fundraiser, we are raffling off the best prize of all – money! Will you be the lucky winner of \$200, \$300 or \$1,000? Only 200 tickets available @ \$20. Drawing will be held when all 200 tickets are sold. For questions and tickets, email: sparkleqtet@gmail.com.

TWO coaching sessions! Jean Barford and Judy Pozsgay will be putting the finishing touches on our music before we hit the contest stage. It is

an incredible learning experience every time we work with these women. Special thanks to Pat Ostrander who has graciously shared her talents scripting our performance package!

ONE Send Off Party! Spend an afternoon with Sparkle! Sunday, September 8th from 2:00 to 4:00. Celebrate with us as we get ready for N'awlins! Bring your quartet and sing for the group! Legends of Apple Valley, 14050 Granite Ave., Apple Valley, MN. Snacks and beverages provided. Free-will donation. See our Facebook event for details.

LIFTOFF! And we're off to the bayou for some southern hospitality, Cajun cuisine and barbershop music! Wishing the best of luck to our Region 6 sisters in Spice Quartet and Fox Valley Chorus!

Until next time, follow us on [Facebook](#) for Sparkle! news. There's no such thing as too much Sparkle!

Barb, Julie, Lisa & Marcia

Sparkle!
is
NEW ORLEANS BOUND
Help us get there with our
!!! MONEY RAFFLE !!!
ONLY 200 TICKETS AVAILABLE!
\$20 DONATION
1ST PRIZE: \$1000
2ND PRIZE: \$300 | 3RD PRIZE: \$200

Tickets may be purchased in person or by contacting us via email.
A picture of your tickets will be sent to you when purchase is made via email.

Drawing will be held when all 200 tickets are sold.
For questions and tickets email: sparkleqtet@gmail.com



Spice Quartet

Submitted by Angela Blackwood



Summers are a magical time in Minnesota. Kids are out of school. We go camping and hiking. We play in our gardens and spend time on our decks and patios. We head to the cabins and lakes. And we soak up the warmth of the sun every chance we get!

Naturally, we spiced up these summer staples with some quartet time. We learned new music. We worked with some amazing coaches – Kim Vaughn, Brent Graham, and Mary Dick. We performed for great audiences at the Prudential Retirees’ Luncheon and Calvary Lutheran Church. And of course, we prepared for International! We are incredibly excited to head to New Orleans (in just a couple weeks!!) with our Region 6 sisters... Sparkle!, we know you will shine BRIGHT! Fox Valley chorus, you’ll be foxier than ever! Go get ‘em, ladies!!

We’d love to see you at our upcoming events!

- September 14, 3:00pm – North Star Chorus Show
Hamline University, Anne Simley Theatre, 1530 W Taylor Ave, St Paul, MN 55104
- September 16-21, Sweet Adelines 73rd Annual International Convention and Competition

Smoothie King Center, New Orleans, LA

Webcast: sweetadswebcast.com

Spice is Contestant #8 – Wednesday, September 18, 11:31am

- October 19, 3:00pm – Red Cedar Sounds Chorus Show
Colfax, WI
- October 27, 12:30pm – Amery Memory Care
215 Birch St, Amery, WI
- November 9 – The Music Men Chorus Show
Dubuque, IA

Live life with a little Spice!

Angela, Heidi, Liz, Jan

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

quartetspice@gmail.com

Champions do not become champions when they win the event, but in the hours, weeks, months and years they spend preparing for it. The victorious performance itself is merely the demonstration of their championship character.

– T. Alan Armstrong

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