

Regional Measures

Winter 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

SHANNON COOK - MARKETING COORDINATOR

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

Shannon Cook has been appointed to fill the open position of Marketing Coordinator for Region 6. Welcome, Shannon to the Regional Management Team. Shannon is a member and current president of Prairie Rose Chorus.



Upcoming Events

1-Dec	Christmas Concert - Lake Country Chorus
1-Dec	Holiday Harmony - Minnesota Valley
4-Dec	Chorus votes due for Board of Directors at SAI
7-Dec	Sing We Noel – City of Lakes
8-Dec	Christmas Concert – River Rhapsody
8-Dec	Christmas Concert – Lake Country
21- Feb	Spaghetti Dinner – Twin Cities Show Chorus
13-14 Mar	Faculty Training with Joan Boutilier
4-Apr	Spring Show – City of Lakes
7-10 May	Region 6 Convention Rochester, MN

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](#).





Faculty Corner

*Submitted by Cheryl Helm
Faculty Coordinator*

The faculty is off to a great start with coaching choruses. If you have not scheduled your first coaching session, I encourage you to do that. The faculty is ready to come and work with you in whatever area you want help in. If you don't know, our faculty members do receive training throughout the year. We listen to you and our judges that come to our regional contest. Our international judges provide us with ideas for our coaching sessions based on the comments written on your score sheets. All of those comments are compiled and read by the faculty. They in turn use that information to create the classes that the administrative faculty teaches at your coaching session. Also, the music faculty uses that information to guide their teaching, along with the visit they make with your director before they come. Faculty preparation is a must so we can come in and use our time wisely. It is a chance for you to connect with us and to get to know us better. After you receive coaching, if you still have questions, don't hesitate to get back to the faculty members. Time goes fast in your coaching and sometimes questions are thought of after we leave.

Each faculty member has chosen their area of expertise and try very hard to share that with the chorus they are coaching. You can go to the Region 6 website and find the faculty directory where you can see what each has to offer. Their contact information is also there.

I am happy to share we have two new faculty members: Bettina Schramm and Terri Calvert.

Welcome Aboard!!



Faculty Promotions

Submitted by Bonnie Rust

TERRI CALVERT and BETTINA SCHRAMM have completed the Associate Faculty Program of Northern Lights Region 6 and have been promoted to the Region 6 Faculty.

TERRI CALVERT lives in Rochester MN and is a member of the Twin Cities Show Chorus. She has been a Sweet Adeline since 2001 and has held chapter and regional positions. Terri has experience in small chorus coaching, marketing and PR, script writing and emcee skills.



BETTINA SCHRAMM lives in Plymouth MN and is a member of the City of Lakes Chorus. She has been a Sweet Adeline since 2007 and has held chapter and regional positions. Bettina has experience in administrative leadership, membership, motivation, physical warmups and basic showmanship.



Looking for more Education?

Submitted by Bettina Schramm

Handouts from the Directors and Visual Leaders Seminar held this summer are posted on the [SAI website](#), along with handouts from previous events. It's a crazy amount info, providing lots of inspiration and knowledge, even without actually attending the event. It's worth checking out.

VOCAL WARM-UPS FOR QUARTET/CHORUS

Unity

*Submitted by Heather Johnston
Region 6 Faculty*

Vocal skills are an integral part of all aspects of the barbershop style, and all four judging categories are affected by the degree of proficiency in this area.

An effective warm-up routine will help singers focus their mind and ear to the task of singing acappella music. It will awaken the body to the physical aspects of singing. Throughout exercises be sure to reinforce proper use of the voice to avoid vocal problems (i.e. open space, air flow/movement, etc.).

A thorough warm-up session begins with instruction, exercises or reminders about posture/body alignment and breathing. Then move on to phonation (the process by which the vocal folds produce certain sounds through quasi-periodic vibration), resonance (amplification of sound by the sympathetic vibration of air in certain cavities and bony structures) and articulation (look this one up on Dictionary.com....lol!).

After a few breathing exercises I move to humming and bubbling.

Humming:

-Dance Around Do (1-2-1-7-1)

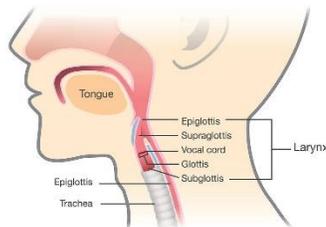
-Russian Humming Round (search for it on YouTube)

Bubbling:

-1-2-3-4-5-4-3-2-1

-1-2-3-4-5-4-3-2-1-5-1

-Utilize any song (Happy Birthday, Let Me Call



You Sweetheart, Somewhere Over the Rainbow, etc.)

-Alternate phrases: take a song and alternate phrases between humming and words. Make sure when you switch to words that the sound is consistent with the sound you had humming.

Proceed to two part exercises. A great example of this is utilizing a simple round. Split the chorus in half and sing it in a round. Then split the chorus into thirds or quarters. Challenge your singers, take a round they are familiar with and start the second and subsequent groups at a different time than they are used to.

Interval Training:

-1-3-5-8-5-3-1, 1-4-6-8-6-4-1, 2-4-5-7-5-4-2, 1-3-5-8-5-3-1, then repeat it from the top down: 8-5-3-1-3-5-8, 8-6-4-8-6-4-1, etc. Then split the chorus in half with one group starting on 1 and the other on 8.

-1-2-3-4-5, 5-4-3-2-1, 1-5-4-5-3-5-2-5-1-5-4-5-3-2-1, repeat and end with 6-7-8. Add clapping. Everyone claps on 1; everyone claps on 5; half clap on 1 while half clap on 5; then split the chorus into 4 and the director or vocal exercise leader claps on 1 while each group is assigned 2-3-4 and 5. There are LOTS of ways to mix this one up.

A fabulous resource for new vocal exercises is a group on Facebook called Vocal Warm-Ups. Scroll through the posts and find exercises for all different types of things. You can even post asking for suggestions! I would also encourage you to check out the Sweet Adeline Website. Login as a member and you can access handouts from many of the educational seminars that have been held over the years. There are also links to articles and videos.

Wrap things up with a good ol' Barbershop Tag! Sing it as a full chorus and then encourage quartets to come down and sing it on their own! What a fun way to wrap-up vocal warm-ups!



Library

Submitted by Bonnie Rust

Every member, quartet and chorus wants to improve their ability to sing. It doesn't just happen, so spend some time to warm-up before you sing. Singers who warm up their voices:

1. Sing with more freedom and consistency.
2. Have fewer voice problems overall.
3. Have a wider vocal range.
4. Have more options for being expressive.
5. Communicate their songs better overall.

The Region 6 Library has a ton of warm-up resources available to you. Take the necessary time to warm-up your voice consistently and you'll improve your ability to sing.

Arranger Certification Program

Submitted by Linda Wetterlin

Have you heard the news? Sweet Adelines International now offers an [Arranger Certification Program](#)! The program provides education not only to arrangers, current and aspiring, but to general members who want to learn more about the barbershop style. You could be our next Master Music Arranger! See the link above to apply. I will coordinate this program at the Regional level along with the Director Certification Program. Contact me if you need assistance regarding either program: scrappin.bari@yahoo.com or 651-216-7670 (talk/text).



Chapter Visit Program

*Submitted by JoAnn Flanagan
Chapter Visit Coordinator*

A HUGE thank you to the chapter leaders who scheduled and requested a chapter visit for their chorus already this year! The regional faculty has been very busy visiting choruses near and far. Twelve visits have been completed and two are scheduled for January. The goal is that every chorus receives a visit this year and that most take advantage of a second visit before April. We can do it!



We have an amazing faculty of talented, dedicated women who love the opportunity to work with the choruses in our region. Perhaps you have a long-standing relationship with a faculty member and look forward to having her back to continue the work you've begun together on your musical journey. Or maybe this is the year to bring in a new face to the chorus for a new perspective and the opportunity to make a new chorus friend. Either way, I look forward to getting your visit scheduled so submit your visit request form today!



Education Update

PEGGY GRAM will be here!

Director Day

Friday, July 10, 2020

Send your director, assistant director, associate director, section leaders, and anyone else that wants to learn more about directing a chorus. More details coming soon.

And later that day...

At 4 pm - Technology Update – your most tech savvy members will be Skyping each other! Bring your laptop and we will make it happen. Future education events will be Skypable so each chorus needs this!

At 7 pm – Quartet Round Up – anyone interested in singing tags and/or singing in quartets for fun (or for real!) are invited to come sing. Regional faculty will be there to lead this fun evening.

Sweet Adeline Summer School

Saturday, July 11, 2020

A full day with Peggy Gram! She will share her gifts and talents with us. More details coming soon.

Location:

Oak Ridge Hotel & Convention Center in Chaska, MN

Registration will be coming out right after competition and will (hopefully) be online. Registrations will be done by each chorus. Please assign an “education representative” to start your list of attendees now.

Susan Krisnik

Region 6 Education Coordinator

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Is Spoken Word Allowed?



Recently, the SAI Board approved **revisions** to the Competition Handbook, **effective immediately**, to clarify the spoken word rule and the penalty point range. International Judge Specialists felt that the intent of the rule was to discourage conversation/dialogue/monologue within a song that impedes, interrupts or distracts from the musical intent. The Judge Specialists also felt that as competitors become more creative, a minimum ten-point penalty might be more punitive than needed.

Competition Handbook, Section III: Penalties, Rule Infraction Penalties, Performance Content

(Note: struck through portions = deleted wording, underlined portions = new wording)

(1) Eliminations Sessions: Competition performance (time on stage) is confined to singing. An occasional special sound effect (e.g., a cough, a sigh, a clap, a finger snap, a yell, etc.) or vocal exclamation/reaction is permissible, but ~~spoken material~~ non-singing conversations, dialogues, monologues or noise-making devices (e.g., bells, whistles, tambourines, drums, etc.) may not be included. In all sessions, the penalty ranges from a minimum of ~~ten~~ five to a maximum of ~~25~~ 50 points, depending on severity. Inclusion of spoken material (beyond a word or two) or noisemaking devices during the competition song in an Open Division performance or during an Evaluation Only performance will result in disqualification.

(2) Entertainment Package Sessions: ~~Spoken material~~ Non-singing conversations, dialogues, monologues and/or sound effects, as defined above, may be utilized in any of the

noncompetition songs included in the entertainment package.

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.



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



Spicy Quartet Challenge

As a region...

In 2018, we had 9 quartets compete at Regional.

In 2019, we had 9 quartets compete at Regional.

In 2020, Spice is issuing a challenge to double that number!

Can we get 18 quartets to cross the Regional stage on May 8, 2020?

YES. WE. CAN!!!

But we need your help!

Yes, YOU! If you're reading this, YOU can help us reach this goal! Here's how...

If you're in a quartet, but you haven't competed, make this the year that you do!

If you're not in quartet yet, find some friends* and give it a go!

Every single one of us can encourage each other to step outside our comfort zones. There's nothing to lose, and so much to gain!

- You will become a stronger singer.
- You will become a better performer.
- You will make new friends and strengthen existing friendships.
- You will undoubtedly learn something about yourself.
- If you're a chorus member, your personal gains will also benefit your chorus.

This is the PERFECT time of year to get started!

For those less familiar with the process, here's a little breakdown...

1. Find your quartet-mates
2. Pick two competition songs
 - a. Nancy B. Music (<http://www.nancybmusic.com/>) is a great place to start.
3. Get some coaching
 - a. If you're not sure how to find a coach, ask your director or section leader for help/suggestions.
4. Find a lovely, stage-worthy, comfortable costume.
 - a. Macy's may be a good option.

*Register your quartet with Sweet Adelines International by January 15, 2020.

You'll receive information on how to register for Regional when it's time.

If you have questions or just need a little extra encouragement, let us know! We'd love to help in any way we can... quartetspice@gmail.com

Take a cue from Nike... JUST DO IT!





Sound Cascade Chorus

Submitted by Mary Renmark

On September 19, 2019, Sound Cascade Chorus had a wonderful coaching session with Anne Stickler. Anne shared great warm up activities, vocal production ideas, and techniques to improve vocal unity. We enjoyed our time working with Anne. We so appreciate the coaching opportunities provided to us by Region 6.



This opportunity was part of a program which included music performances by a sixth-grade chorus, a bell choir, a freshman choir, and a middle school group (all affiliated with the Sioux Falls Christian High School.) The ladies appreciated singing alongside the young men and women in the high school chorus. It was a fun activity for all involved.



Most recently Sound Cascade Chorus sang on a show with the Sioux Emperians and the St. Croix Crossing quartet. An afternoon and evening performance of this show was presented at O’Gorman High School on Saturday, November 2nd. Sound Cascade performed seven songs as our portion of the program. We also joined the men in singing “A Whole New World,” “God Bless America,” and “America the Beautiful.”

The opportunity to sing with the Sioux Emperians was a wonderful experience for our ladies. The blending of the voices from both choruses created a delightful sound experience for the audience at both shows. Of course, a good time was had by all of those who attended the Afterglow.



We are so happy to announce that we have recently added two new members to our group--- Vicki who sings lead and tenor and Anita who sings tenor. They are a welcome addition to our



group. All of us are enjoying learning/ relearning our holiday songs for upcoming Christmas performances.

We are wishing you a blessed holiday season filled with family, friends, fun, and delight in the true meaning of the season.



River Rhapsody Chorus

Submitted by Cheryl Helm

Thank you to all of you that sent warm thoughts to our chorus for our television spotlight! That was one of those times that it helps to have friends or “relatives” in high places! Chorus member Michelle Freidt’s husband, is a cousin to Jody Kerzmann, the TV anchor, who came to interview us. That interview turned into more than we could have hoped for. It really put our name out into the community and has resulted in some invites for performances. It also was a stepping-stone to invite ladies from the community to come rehearse and sing with us for our Christmas Concert on December 8, at 2:00 pm, at the House of Prayer Church. That TV ad, plus word of mouth, has brought 15 ladies to sing with us. We are hoping it turns into an increase in membership!

Congratulations also goes to chorus member, Kaitlyn Wolbeck, for starting the first YWIH group, in our area! Kaitlyn teaches at Simle Middle School and approached her principal with starting an after school YWIH club. She was granted permission to do this with the help from our Director, Glenna Berdahl, and Assistant Director, Carol Kurtz. Currently there are 12 - 15 girls. Our chorus is in full support of them and are getting them t-shirts to wear. We have invited them to sing with us on our Christmas show. As their big sisters, we are excited to watch them grow and learn this craft.



We just had a coaching session with Mary Dick and Susan Krisnik. An amazing and fun time was had by all that day. River Rhapsody is floating with excitement on all the positive things happening in our chorus!



Assiniboine

Submitted by Rosemary Komadowski

We've had a very busy few months. In mid-September, we started off our membership drive and had 16 ladies register for the "Find Your Voice" program. During the 4-week program, section leaders taught our guests a Barbershop song One Fine Day. Our new Director, Brittany Mielnichuk, explained the art form of Barbershop and shared her knowledge of good vocal techniques. To date, three ladies successfully passed their auditions and one plans to audition for our chorus in the near future. It is always thrilling to have new members join us on the risers!



Some of our "Find Your Voice" program participants

In early November, we had a fabulous coaching weekend with Connie Miller and JoAnn Flanagan. We spent the day reviewing and being coached on our competition pieces. Connie and JoAnn were a huge help to our new Director, Brittany, who was very receptive to their ideas and suggestions.

We have two upcoming performances, one being at ChoralFest, in which we will sing three songs and have the opportunity to work with acclaimed adjudicators, which will help us compete at our Regional contest in May. Currently, our rehearsals are spent preparing for our annual Joint Christmas Show with the River City Sound (Barbershoppers) Chorus on December 7th. We have learned and reviewed many Christmas songs during the last few weeks and are looking forward to performing them at our Show and for one of our favourite senior residences in mid-December.

We would like to take this opportunity to wish everyone a joyous and safe Holiday Season.





Heart O Wisconsin

Submitted by Mary Mitchell

We had a good opportunity to promote our music and our chorus at the Marshfield library appreciation day on October 3. With a performance and a vender table we were able to talk to many people to spark interest in and give information about barbershop music and our chorus.

Our "Most Wonderful Time of the Year" started on October 26th when regional faculty members Bonnie Rust and Sheila Koplitz joined us for an exciting coaching session. The information, instruction and energy they shared was definitely inspiring. A big thank you to Bonnie and Sheila as well as our directors Mary Castner and Cathy Heuer and team leader Jean Schwantes for making the day possible.



Chairman of our performance committee Bethany Gosar has been very busy setting up Christmas performances for us. With a full schedule of community performances set up we have been working hard on the Christmas music.

We are hoping that all of you have a magical and musical holiday season.





Minnesota Valley

Submitted by Kari Welter

Things have been hopping here in the valley. Minnesota Valley presented our 44th annual show on Saturday, November 2nd. This year we had a circus theme: Dis-“chord” Under the Bigtop. It was great fun, and featured theme songs such as “I Want a Hippopotamus for Christmas,” “You’ve Got a Friend,” and “Send in the Clowns,” among others. We featured an original script written by some of our creative literary members. Most of the chorus was dressed as either a clown or a monkey, with the exception of our stars: JayLo Hippo, Buzzard, Adda Lion, Yoga Bear, Ringmistress, Melody Monkey and Chloe the Clown. We received many positive comments from our audience. Putting together a show like this is a great reminder that our organization gives us so many opportunities to exercise our creativity - learning the music, writing and acting out the script, perfecting choreography, and performing. What a great hobby.

Our show included our annual “Adeline Idol” competition. We had 9 area young people in



grades 7-12 audition for three finalist spots on the show. The auditions were all good, and the finalists we selected were excellent. Each of them had the opportunity to perform at our show, and the audience voted for the winner. Thanks to a generous grant the chorus receives through the Prairie Lakes Regional Arts Council, we are able to confer a prize on each of the finalists. This year’s winner was Tadim, a young lady in the 7th grade who did an





impressive rendition of an Adele song. It is great to see young people involved in the performing arts, and we are pleased to support them in this way.

Our guest artists this year were members of Dance Express, a local studio. They were a delight and we were thrilled to do a joint number, our song with their dance.



We are now busy rehearsing holiday music for our joint Holiday Harmony concerts with our local men's barbershop chorus, the Riverblenders. We will perform on Sunday, December 1st at 3:00PM in Mankato at Christ the King Lutheran Church, and at 7:30PM that same day in St. Peter, at the catholic church, The Church of St. Peter. We will sing our traditional barbershop Christmas music, and then sing some joint choral and barbershop numbers with the men. This has become an "every other year" tradition, and it's one we really enjoy.

As the holiday season is upon us, we are thankful for so much: the opportunity to sing and create music with our friends, the support of our singing sisters in Region 6 and beyond, and the wonderful opportunities and experiences we have enjoyed as part of Sweet Adelines International. Have a wonderful holiday season, and we look forward to seeing everyone at competition in the spring.





City of Lakes

Submitted by Linda Wetterlin

Greetings from your current Regional Champion Chorus! We're so thrilled and honored to be representing you next year in Louisville!! We already have three contest pieces well under way and anticipate getting some custom arrangements soon for our finals package. We've worked with Sandy Marron and Kim Vaughn (both so amazing!) on our semi-finals set. Kim will be back several times in 2020, plus we have a few retreats planned with Judy Pozsgay on Showmanship!

Speaking of International competition, we congratulate Fox Valley Chorus on a great performance in New Orleans – we're so proud of them! Many of us were in the audience

cheering FV and our fabulous quartets Sparkle, Spice, and Wicked (Wild Card from Region 17 whose Bass is a dual at COL). Congrats to those three too! All the wonderful performances in New Orleans gave us even more incentive to work hard on our Louisville sets.

We may seem to live for competition but we have been busy with other things too! In May we shared the stage with Great Northern Union chorus, Barbershop Harmony Society 2015 Quartet Champs Instant Classic & current SAI Bronze Medalists GQ. We honored Judy Langer (bass of many Reg'l champ quartets) as our Sweet Adeline of the Year. We celebrated Mary Lou Kudela, the 2019 Regional Shining Star, and many longevity award winners including Sharon Beaver with 55 years!! We availed ourselves of Sweet Adelines International's summer education: Director Scott Kvigne and





Visual Co-Coordinator JoAnn Flanagan attended the Visual Leaders Workshop in Austin Texas & I attended IES in Manchester UK. We celebrated 2 weddings and some funerals, and supported our members through their joys & challenges, injuries and illnesses. We toasted Bettina Schramm's advancement to the Region 6 Faculty.

We'd love to see you at our holiday show on December 7th – see flyer below; tickets available here! We'll sing many holiday favorites, plus have three special guests. We're delighted to include Best Sellers (a young women's quartet), Mixed Company (a new mixed a cappella group also directed by Scott Kvigne), and Upbeat (Region 6 2019 Regional Bronze medalist quartet) – all wonderful performers!

As of this writing, we're still selling tickets for our annual Calendar Raffle. A mere \$20 donation gets you a daily chance to win in 2020! Prizes are \$20/day for 355 days, \$50 for 5 holidays, \$100 for 5 other holidays, & \$200 for 1 holiday. We only sell 1000 tickets – pretty good odds & you could win multiple times on the same ticket since all numbers are in each daily drawing. Contact Laure Burgess jlks5@comcast.net by 12/7 to purchase. The drawing will be held 12/28/19 and winner checks are mailed weekly in 2020.

To close I'll share a quote from a recent Kim Vaughn session: "You absolutely can, therefore you must!" How many times do we listen to our Director tell us the same thing repeatedly - something we already know and can do but just don't for whatever reason (tired, thinking of work, etc)? In order to progress we need to use





our knowledge and abilities every time we step on the risers! Guess we still need the reminder – thanks Kim!! And thanks to Scott too for guiding us in the right direction every week! Here’s a photo from that retreat – towards the end and many missing from photo but a great weekend!!

Enjoy the holidays and hope to see you sometime soon!

Spice Quartet

Submitted by Spice

New Orleans, you are one crazy-fun city! Great food, festive parades, talented street performers, and so many amazing Sweet Adelines... including our very own Region 6 sisters, Sparkle! and Fox Valley Chorus! Congratulations on your wonderful performances, ladies!

We loved every minute of our time in NOLA, and we have so many memories and stories...

... Trading songs with Jonathan, our singing waiter.

... Ignoring Titanium’s warning to not “drink and Prime” and partaking in a little late-night shopping after a couple glasses of wine. But it’s all good! We found a pretty amazing contest outfit. No spoilers, except to say that we think we’re going to look pretty smashing in May! ;)

There are so many more stories we could share of our time in The Big Easy, but we’ll take a cue from our dear bass, Jan, and sum the rest up in one word... “Whoo!” (<https://youtu.be/OX5VDDAN68k>)

Oh, and for the record, our new favorite number is 23!

Not long after returning from New Orleans, we got to travel together again. This time, just a quick hop across the border. On a beautiful

Saturday in October, we enjoyed the scenic drive to Colfax, Wisconsin for the Red Cedar Sounds Chorus show, Very Tall Tales; American Folklore and Legends. This chorus oozes with “small but mighty” energy. These twelve women put on a seamless show that was not only entertaining but also very educational about our folk heroes and legends. And we can’t think of a better way to end a show than with pie, cider, and coffee, can you?

We are currently on the hunt for that elusive perfect contest ballad. You know the one... in the key of Bb, in everyone’s range, familiar but not overdone. Finding new music is always an adventure, and we’ve already got some contenders. Stay tuned!

Wishing you all a very happy holiday season.

Live life with a little Spice!

Angela, Heidi, Liz, Jan

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

quartetspice@gmail.com





Prairie Rose

Submitted by Robyn Nadvornik

Greetings from the Prairie Rose Chorus!

Fall is heading out and winter is coming in and the Prairie Rose Chorus has been busy. We were practicing hard to get ready for a visit from our coach Anne Stickler, just to have blizzard conditions move in and cancel a visit we were really looking forward to. Who thought that could happen in October? Next up was “Popcorn and Pitch Pipes”, our fall show, only to be postponed for a variety of reasons. Sounds like a real hard time for the Roses, but alas, it has turned out to be a good thing, as everyone has relaxed and poured themselves into the Christmas season, but not until we sang for the Veterans Day program! This has been a yearly performance for us for 20 years and we enjoy everyone that we do!



Saturday, November 16th found members of the chorus enjoying a day of just fun. We started the morning with satin feet, hands and lip with one of our members Mary Kay representative. The pampering was great, and she truly enjoyed a song from us afterwards. She thought we were amazing, and we thought her pampering was just what we needed. During our time together, the chorus was split into two groups to write new words to an old song. Each group was asked to pick a song that we sing and bring new words. “Another Openin” is now complete with a story

about the stress of preparing and cooking a Thanksgiving meal and “Carol of the Bells” now reminds us of the joy of grandkids and how good it is when they finally go home. Lunch and games followed.

So here comes the Christmas season and we are stacked full of performance opportunities! First up is the City Concert. This is such a great time. We pull together the Dickinson City Band, City Strings and Orchestra and then top it off with a little bit of barbershop. This annual concert was held on November 24th and it was great afternoon with a variety of music being shared. Moving forward, the Roses found themselves sharing Christmas music at a nursing home, retirement complex and then hosting our annual Christmas sing.

We look forward to our Christmas Sing so much. It’s an afternoon of sharing Christmas selections in a very relaxed atmosphere and adding in group caroling. Traditional we have had a wonderful crowd that has been able to just sit around and listen to their favorite songs as well as being able to sing along with the chorus and who can say no to the Christmas cookies baked by the Roses. We invite women to join us for our Christmas rehearsals with the hopes that they will love it so much that they decide to stay and become a part of the chorus. I think we have at least one keeper this year. Time will tell.

As our year comes to a close, we will end with a Christmas party with a delicious meal, gift exchange and a few games before taking a break for a couple of weeks. It’s been a great year and we look forward to what comes our way in the new year.





Lake Country

Submitted by Helen Vulu

This year will mark the sixteenth year that Lake Country Chorus has collaborated with North Star Chorus to present a Christmas concert and the men have become our good friends. It has also become a tradition for us to invite guest singers through the neighboring school districts Community Education programs. Our membership chair, Marla Johnson, went above and beyond, and this year we have twelve participants from Community Ed, plus five former members and friends, all on the risers with us for our two church concerts in Roseville and Anoka, and our community concert in Blaine. It has been a joy to have them with us.

We took a formal picture, and a few weeks later we needed to document the group again. Can you spot the former

Region 6 quartet member who came back for a surprise visit?

We all send to you greetings and best wishes for the holiday season.





Sounds of Superior

*Submitted by Heather Hack Petersen
Lead /PR Assistant*

Sounds of Superior Chorus is on “The Climb” - Where do we go from here?

Competition this year in Rochester left us on an emotional high that has carried us through this year on “Cloud Nine”. We were honoured to be contenders among such outstanding talent in our Northwestern Region 6. Our Sweet Adeline Sisters inspire us by setting the bar high! Every choruses’ ultimate goal is to excel, meaning they want to sing, emote and perform better. Ultimately it is not all about winning for us and more about the searching within, to become better than ourselves. This could be our “Climb” to success and where we go from here.

Summer in Thunder Bay was beautiful and hot, but short. Once again, we enjoyed two lake retreats, courtesy of our members Pat Towell and Lenore Hoover. The first was at Oliver Lake in July and the second was at Shebandowan Lake in August. It was a festive time for all. We shared food, song, and laughter. It is undeniable, our shared passion brings us closer.



The buzz is, our Chorus makes the best Chicken Pot Pie Chowder in town! Thunder Bay is known for its “Giant Heart” and that’s what Sounds of Superior Chorus Members hope to show. This year, in our quest to find new ways

to contribute to our community, we have embraced the idea of giving a heart warming meal to help nourish everyone’s mind, body and soul at Shelter House. Once a month volunteers



from our chorus contribute to this worthy cause by giving ingredients needed, donating a monetary gift towards the meal, taking an active role in the preparation and/or in the serving of the food prepared. Our favourite meal to share is Chicken Pot Pie Chowder along with salad and dessert. We hope by sharing this, the exposure we get inspires others to “Pay it Forward”.

It was full speed ahead as we got back to regular practices in September, starting with smaller chorus group performances. We sang at the official presentation of a donated piano, from our late sister, Maureen “Thea” Prairie, to Hogarth Riverview Manor long term care home. We were equally touched by an invitation we received to sing at the Celebration of Life for our sister, Marjorie Elliot. Marjorie had been a long-time member of our chorus and served as President twice. It was an honour to be there. On September 23, 2019, we had our first full



Chorus performance of the new chorus year at Pinewood Court long term care home.

With our Annual Fashion Show in November postponed until early spring, we have been able to focus on learning our new competition up tune with choreography and improving our delivery package. Fortune was on our side and our chorus was able to book two fabulous Workshops. The first, in early October, brought us the “Dynamic Duo” Judy Olson and Mary Dick, up from Minnesota to share their superb coaching skills and vast knowledge.



We attended and sang at the beautiful service held for Reverend Charlene Anne Scriver, our Director’s Mother, at St Michael’s And All Angels Church. We were told we sounded like angels, as we sang from our hearts from the upper balcony.



The beginning of November we had the privilege of being coached by the renowned Erin Howden - International Faculty Member and Director of the Toronto Metro Chorus. What our chorus took with them, from these inspiring workshops, is invaluable. We felt the enthusiasm, encouragement and confidence building belief in ourselves being projected and it was truly infectious. Thank you to coaches, mentors, role models, strong women lending their voices, we are in awe of you.



Hope everyone's been good! Our Chorus has! Each year we celebrate "Christmas in July", which is what the theme is at the July Oliver Lake retreat mentioned earlier. We start singing the Christmas songs to refresh our memory. There may also be new songs added to the Christmas repertoire to be learnt. Let's not forget it can be helpful to our new members who

have to learn every song from scratch. We find it's a great way to get started early.

Such a fun time of year. We look forward to performances coming up with the Gentlemen of Harmony. There is "Singing for Sharing" at Hilldale Lutheran Church Nov 27, 2019 and the "Rotary Carol Sing" Dec 15, 2019. Sounds of Superior Chorus will be performing Dec 2, 2019 at St Michael's and Angels Church for the presentation of "A Christmas Carol". We will also be performing for the volunteers at Sister Leila Greco Apartments to Celebrate Volunteer Day Dec 5, 2019.

We would like to wish all our Sisters and their Families - Peace, Joy and Love. Safe travels. Looking forward to early spring in Rochester and seeing everyone.

With Love, Respect and Adoration,

Your Sisters from Thunder Bay, Sounds of Superior Chorus & Director Jason Scriver

Fly Right Quartet

Submitted by Lori Scott

Fly Right Quartet is officially retired. Our final performance was at Minnesota Valley's fall show with Jeff Nordquist standing in as tenor. We all love the quartet experience, so expect to see us return in new formations when the time is right!





Twin Cities Show

Submitted by Lyla Larson

The Twin Cities Show Chorus members have been working hard and playing hard. We have had great coaching sessions with Scott Kvigne and Jim Arnes, as well as learning and growing with our newer director, Denis. Our rehearsals have been great with creative warm-ups, and a fun costume night for Halloween. We celebrated with our annual pancake breakfast in November. There were visiting quartets, a bake sale, and our special pancakes with toppings of assorted fruit and whip cream. The chorus is looking forward to a Christmas performance in early December and our annual Christmas party. The new year will bring a guest night on January 21st and a Mardi Gras event on February 21st. We are looking forward to a great year.



It's About Time Quartet

Submitted by Vicki Powers



Like all of you, we've been busy the last few months! We've coached with Joan Boutilier and Scott Kvigne in preparation for Harmony Inc's International this fall. We did some fundraising - doing a brat fry and bass Chris baked tons of mini-loaves of bread to sell at the Shawano farmers market for a number of weeks this summer. We also have been performing a lot - birthday parties, senior living facilities, really - any place anyone will listen to us. And oh, I can't forget - we've done lots of giggling, too! Now that International is over, we are again performing a lot over the holidays, and we recently coached with Vickie Maybury...trying to get a head start on spring competition! We hope you all have a holiday season full of laughter and the love of family and friends.

Nancy, Chris, Vicki & Terrie



Upbeat Quartet

Submitted by Val Salley



Hi, Region 6 friends from Upbeat Quartet! Karla, Val, Bonnie and JoAnn are feeling so upbeat about the opportunity to sing together!! So much so we love closing each of our rehearsals with, "How We Sang Today," to remind us of this precious gift.

In November we celebrated our first anniversary and it has been a blast developing our singing skills and deepening our friendship!

We are looking forward to going on tour in December to share our holiday music with our respective Minnesota communities of St. Cloud, Schafer and the Twin Cities. Let us know if you'd like us to share a song with you!

We wish you all the happiest of holidays and look forward to ringing a chord with you in 2020!!

<https://www.facebook.com/Upbeat4/>

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

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Fox Valley

Submitted by Shirley Mercier

Our Fox Valley Chorus has had a fun and enriching fall.

In October, Breast Cancer Awareness month, we had a “wear pink” rehearsal event, to celebrate victories, support on-going struggles, and contribute to a local cancer organization.

Later October we began our six-week Holiday Chorus, inviting women to learn three songs to perform with us in December. We’re looking forward to some of our holiday chorus visitors returning in January when we resume rehearsals. It’s been great introducing these ladies to our barbershop art form.

In November we were greatly blessed with having coach, Vickie Maybury, back with us. We dusted off auto-pilot bad habits, as we polished up some of our music.

We’re in the process of preparing for our 12/3 holiday show: “Dear Santa, I can explain...” in

Neenah. We’ll also be performing in Oshkosh on 12/7 at the EAA “Christmas in the Air”, and on 12/10 in Menasha with the Fox Valleyaires for their Christmas Show: “Return to the Island of Misfit Toys.”

After our holiday break, we look forward to resuming rehearsals on 1/7 to focus on our 2/15 Sweetie Pie Social in Neenah. Come on over for piece of pie!

