

Regional Measures

Winter 2021 Edition

REGIONAL MANAGEMENT TEAM

SUSAN KRISNIK – TEAM LEADER

LYLA LARSON – EVENTS COORDINATOR

MEGAN ARGALL – DIRECTOR COORDINATOR

TERRI CALVERT – EDUCATION COORDINATOR

LINDA RUBIS – MEMBERSHIP COORDINATOR

AUDRA FREEMAN – FINANCE COORDINATOR

LORI SCOTT – COMMUNICATIONS COORDINATOR

MOLLY ROBERTSON - MARKETING COORDINATOR

CAROL MORGAN – CANADA LIAISON

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

Team Leader Update

*Submitted by Susan Krisnik
Region 6 Team Leader*

Regional Competition 2022

Contest for 2022 will be unique as we are in unique times. A video contest has never been done in Region 6 but we are excited and very proud of all choruses and quartets who step up to the challenge. There will be scores for the International division, grades for the Open Division and feedback for the Evaluation Only. We all may not be as practiced as we are used to being, but we will be the very best we can be. We look forward to seeing everyone “on stage”.

The 2022 Competition Handbook will have all the information needed including due dates and paperwork to be submitted. This information will come out in January. The region will have a Q/A session after SAI information is out as well as a video tutorial session.

Here is a brief overview of the Video Competition for 2022:

Videos

- Video recordings must be unedited and the full competition package – no breaks in the recording.
- Video should be set up to best see whole chorus.
- It is okay for a chorus to do numerous recordings and send in the best.

Upcoming Events



5 Dec	River Rhapsody Holiday Show “Let’s Sing Again”
18 Dec	RMT Meeting
4-5 Mar	Faculty Training 2022 with Kim Vaughn

For event 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](#).



- Smart phones and tablets can be used for recordings.
- You may have a live audience during recordings.
- Recordings must be made 1-4 weeks before submission. They are due to region on April 4th.
- If videos are not submitted on time, it is like not showing up on the contest stage (a forfeit).
- Each chorus will also be asked to submit a chorus/quartet photo with their video to be used to display winners in Pitchpipe. Can be contest or another photo.

Make-Up/Costumes/Staging/Lighting

- Stage makeup is not required, but makeup should be worn to “look good” on video.
- Special stage lighting is not required.
- Masks can be worn, by all or some, if needed. Judges have training to “hear” through masks.
- Typical costumes should be worn.

Judging

- Judges are being trained to be experienced with all levels of video quality.
- Judges will judge videos on scheduled contest weekend.
- Order of Appearance will be drawn just like past contests. In video each contestant will indicate “contestant number, name of chorus and where they are from and directed by”.

Results

- Results will be presented on April 23 at noon during a viewing of the videos at the “Virtual Convention”.
- You cannot show videos until after the video presentation on April 23rd.
- Score sheets and medals/trophies will be mailed/delivered later.

Please respond to anyone on the RMT with questions/comment/concerns. The RMT is also

available to assist in the (on-site) video production for your chorus. We are here for you!

Chapter Visit Update

Cheryl Helm
Chapter Visit Coordinator

The Regional Faculty met November 20 via Zoom to update each other on how all the choruses were doing. Each Faculty member



visited with a chorus that they have been mentoring. It was a very insightful visit. We found out that across the region, each chorus is doing their best in these uncertain times.

1. Some of you are meeting in person with masks and social distancing, some are meeting without masks or social distancing, some are not meeting at all, and some still meet via Zoom.
2. A couple of choruses are planning in person Christmas shows and one is planning a virtual Christmas show on YouTube/Facebook.
3. A few choruses have even had some new members join and some have lost members.
4. Some choruses have even lost their rehearsal location.
5. There has been illness and even death within a chorus.



- 6. Two choruses have scheduled a regional visit, one will be on Zoom and the other will hopefully be in person.

The main thing we took away from our meeting was that you are all singing, in whichever manner works for your chorus and you are keeping in touch with your members! That is so awesome!

The Faculty also reported how positive you were when you talked to them.

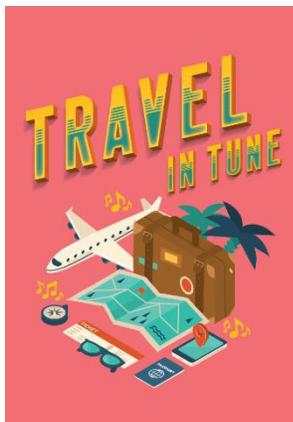
Please remember that the Faculty is here to help you in any way we can. We are only a phone call, text, or email away. We need to stay positive in these uncertain times and to stay connected and reminded that we will get through this and will join in one big chorus to sing! I foresee that as an all-nighter!

Happy Holidays from the Faculty!



Travel In Tune Continues

Excerpt from the Spark



Check out the great educational and fun content. Travel in Tune allows members to experience the cultures, personalities, and educational programs of our regions via the [Travel in Tune Yapp app](#) or the [Sweet Adelines website](#).

Consider everything an experiment...

*Submitted by Judy Weipert
Region 6 Faculty*

Now that many of us are returning to live rehearsing after many months of no rehearsing, or only being able to meet online, a lot of us find ourselves out of practice in various ways. It's not just our voices that are rusty; our brains and our ears are out of tune. We begin to feel less confident...will we ever get back to our "former glory?" It's now we need to be kind to ourselves and each other. Maybe we can't hit those notes right now that we used to sing with abandon. We need to realize that we are a "work in progress" and we will eventually find our way back.



I do remember the first time this year after I was fully vaccinated, singing with my quartet with the tears streaming down my face at the beauty of human voices singing together. And after this first thrill and then directing my own chorus and realizing they were a bit less than stellar right now, I began to take stock of the situation. At every rehearsal there are moments of wonderful, and I love it when we all realize what we're capable of! We are learning to connect with each other and to LISTEN to each other again.

Everything I've read lately reminds me that we as singers all need to go back to the basics, to get the voices connected back with the bodies and the breath, and to retrain our ears to connect with the rest of the sound, and the eyes to connect to the director's arms and hands. Maybe focusing on something other than ourselves would be a good start. Let's just remember to be kind to ourselves and patient with those around us. We need to remember that growth is the ultimate goal and is something we can look forward to! It will take patience and self-care to get back to where we were so many months ago, but it will be worth the effort!



Creating Music which comes first; notes or lyrics?

*Submitted by Judy Olson
Region 6 Faculty*

One of the age-old questions that I remember hearing is “Which came first, the chicken or the egg?”.

In our Sweet Adeline world with the revised Visual Communication Category (formerly known that the Showmanship Category) we now wonder which comes first, the music or the lyrics. A letter dated January 8, 2021 stated that the focus now seems to be “how the music is communicated to the audience through visual means. For some, the word “showmanship” connotes *flash* and *insincere performance*. The goal is for an authentic, genuine performance that impacts the audience.”

Further, they have added a new element to the Visual Communication Category called “Musicality”. This refers to the artistic, authentic visual expression of a musical performance.

Wow – now we need to really be *totally involved* in the performance and not just worry about when I move, or a missed note in measure 36.

As a retired chorus director, I have had time now to reflect on how choruses’ approach and learn new music. Audiences want to be drawn into our performances emotionally, and performers need to be exciting story tellers.

A few years ago, I read a biography of Frank Sinatra. His approach to a new song was to have the lyric printed on paper with no music shown and to study the lyric for several days before beginning to work on the music. One of his friends said, “He turned a 32-bar song into a three-act play. He taught us that lyrics had periods, commas, semi-colons and question marks. He discovered nuances of meaning in the words.” Sinatra's music reminds us of the power of vocal craft and honest expression — and that the two are not mutually exclusive.

WOW!!! Think about it. If we approached our music by **FIRST** knowing what the song is about - who we are, where we are and how we are feeling – it would be so much easier to learn the notes and let it become exciting music. If we don’t understand the lyrics, we will not be able to deliver a believable message to the audience.

Learn lyrics first by saying them. Do this as though you are performing with meaning to someone, not just mouthing words. The live communication frame of mind really helps! It is much better than silent memorization.

Next, understand the form of the song.

Introduction
Verse
Chorus
Key changes
Repeats
Tag

What is the verse saying about the song? What is the emotion at the key change and beyond? Why is a section repeated? What is the purpose of a tempo change?

Learn the notes. Think about how much easier and more fun it will be to begin to learn the “black dots” on the page with the information about the meaning and style of the song already understood. Too many times, we begin by learning the notes first with no idea about the



style or meaning of the song. (Oh yah, and then the choreographer tells us to assume the character of the song. Huh??)

Let's all learn to once again play "make believe" and become musical story tellers.

When notes and words come alive and are performed together with style and emotion, musical magic happens.

Are you prepared to share a powerful, exciting and emotional performance?

Remembering Peg Cummings



With a remarkable voice and passion for music, Peg began her singing career in high school as the lead female role of Ensign Nellie Forbush in the musical South Pacific. At the age of 19 she joined Sweet Adelines where she competed in numerous World Top 10

choruses and quartets and gained many lifelong friends.

Peg passed away September 20, 2021 after a courageous, year-long battle with cancer. A memorial service was held October 8. A donation in Peg's honor, to a high school music program of your choice would allow a bit of Peg to live on.

New Director at Zumbro Valley

Submitted by Jan Hoffman

Zumbro Valley has a new Director. She is full time and her name is Katherine Gales.

Minnesota Valley

Submitted by Melissa Sailor



Since 2011, the CityArt Committee has been strategizing ways to incorporate artwork onto the Ardent Mills grain silos; the largest structures in the City Center located at the gateway of Old Town and seen from several vantage points across the Minnesota River and along Hwy 169 and Hwy 14. Adding artwork to the 135-foot-tall silos will build on the momentum that Mankato is the "artsiest town in Southern Minnesota"; a creative community that passersby are compelled to stop and experience.

Here is a picture of our chorus in front of the silo art. We are part of the "artsiest" town in Southern Minnesota and we contribute the musical aspect of the arts! We love being a part of the community and are so excited to get involved as much as possible again!





Sounds of Superior

Submitted by Sharron Kershaw

The Sounds of Superior Chorus is happy to be practicing in person and indoors again. We are working hard in preparation for when we are able to come out into the community and break into song.

Earlier in the fall we took advantage of the fantastic weather and held outdoor practices enjoying views from the base of Candy Mountain to the banks of the Kaministiquia River. We have now moved our practices inside, following all government COVID 19 protocols of course, including proof of double vaccinations and ID. Even though we are still required to social distance and wear our masks it is so wonderful to get together to sing our hearts out and hear those cords ring. It's enough to give you the shivers.

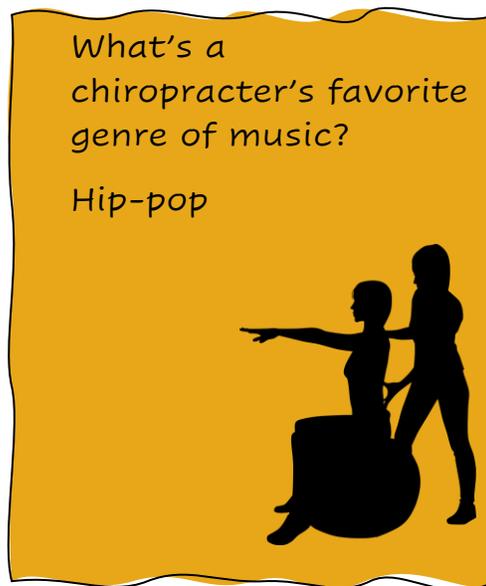
We are so happy to welcome guests again. We have been very fortunate to have guests join us this fall and on our zoom meetings all through the pandemic as well.

In November we were able to return to the bingo hall, working to raise funds for our operating

costs. We are so thankful for the continued support of Superior Shores Gaming all through these unprecedented times.

Before we know it Christmas will be upon us. We have just begun practicing our Christmas favorites.

Even though we are not singing out in the community yet, it will surely get us into the spirit of Christmas. We wish everyone a very happy holiday season and all the best in 2022!





Twin Cities Show Chorus (TCSC)

Submitted by Merrilee Spaeth

A 'Fabulous Fall 2021' hello from TC!

We hope all of you had a great summer and have enjoyed the wonderful fall weather we've had this year!

TC was excited for the opportunities to perform at several different venues in July – September. These included the Winona County Fair, Como Park Pavilion, a 'Lunch on the Lawn' at a community center, and a Fort Snelling Chapel church service. "*Harmony*" was our performance theme, and we dressed in patriotic colors to enhance the message.



We were fortunate to have both **Side By Side** octet and **Sound Check** quartet perform with us, along with **Lake Country Chorus** at Como. Thank you, ladies! 😊



We had planned on having our yearly Pancake Breakfast fundraiser on October 30th, which included costumes, a bake sale, and treats for the kids. Unfortunately, due to COVID concerns, we made the difficult decision to cancel it. Instead, we kept the Halloween spirit alive by wearing our costumes to rehearsal and sending out special '**witches**' to everyone!



Other current / future chorus activities include:

- Hosting a four-week voice lesson membership drive that will culminate in a holiday performance opportunity with TC for family and friends. This will include goodies served afterwards and a bake sale.
- An awesome coaching session on November 9th with Scott Kvigne! He gave us some much-needed reminders, and we are looking forward to more ‘awesomeness’ in the future! Thank you so much, Scott!



- We are also in the planning stages of a **‘Do Something For Others’** project – something that will benefit our community – and will let everyone know more about it after our plans are finalized.

Please enjoy your holidays with family and friends, stay safe, and keep the music singing and ringing!

Your Twin Cities friends



Prairie Rose

Submitted by Robyn Nadvornik, Director



Prairie Rose chorus is forging ahead with gusto! We were finally back to sing for Veterans Day. It was so good to sing for an audience and my Roses were outstanding!

We started rehearsals for our Christmas Sing in mid-October. We put out a call for women to join us and 11 women have joined us. They are all good musicians and have wonderful voices. We are hoping that they all stay but will be more than happy to welcome those that can't bear to leave us. Our sing is December 18th at St. John's Lutheran church. We can't wait to share our voices with the community.

Prairie Rose has been so energized by these 11 guests. We were so glad to be back face to face, but this has added to our excitement so much. The huge sound that we get now is more than we hoped for.

Coming up we will work hard to prepare for competition. Can't wait to be back face to face with all of you. The stage is calling, and we can't wait!

This morning, music was coming from my printer.

Apparently, the paper was jamming.



Fox Valley Chorus

Submitted by Vicki Krause

As the Holidays approach, with Thanksgiving just around the corner, and Christmas following close behind, the Fox Valley Chorus continues to be grateful for our continuing ability to meet in person and share our love of barbershop harmony with our “sisters in song”! We’re still rehearsing at our alternate church location due to mask restrictions at our regular rehearsal hall, but everyone is adapting remarkably well. In addition, we continue to offer the Zoom option to members who can’t attend in person and are so happy that option is available. We are working hard on polishing up our repertoire and building up our stamina.

The chorus had a special “Halloween Rehearsal” on October 26, complete with costumes, games, and Halloween goodies! We are also planning some fun things for Tuesday the 23rd to Give Thanks...and we certainly do have much to be thankful for! And we plan to close out the year with a Christmas Party on December 14th at a local restaurant.

The chorus is continuing to plan for a performance for sometime in the early part of spring – our thought was a Pi Day Performance instead of the Sweetie Pie Social that we’ve done in the past. Of course, pies will still be served 😊 along with a good portion of harmony! The date for this is still to be determined, but will certainly let everyone know as soon as we have details!

We are looking forward to having more opportunities to be together and sing together in 2022, both as a chorus and within the Region. The Fox Valley Chorus would like to wish everyone in Region 6 a wonderful Holiday Season, and a most happy and *healthy* New Year!!

Ever hear the song about a door lock replacement? Big key change at the end.





It's About Time Quartet

Submitted by Vicki Powers



What a beautiful fall we've had! It's About Time has made the most of our fall, working on a lot of new Christmas music and working on a new contest package as well. In early October we took a ride out to Lake Elmo, MN to walk in the Night Owl Races, an event in honor of Dottie Allen's son Doug, who passed away a few years ago. Proceeds from the run go to a scholarship fund in Doug's name. As long as we were in Minnesota, we took some time to coach with Scott Kvigne.



In early November we sang for Lenore Olsen's 90th birthday party. Lenore was a former member of the Green Bay Chorus back in the

1970's. We were so happy to help her celebrate her milestone birthday.

We also took time to go and see "Wicked" together at the PAC in Appleton. It was great seeing this wonderful show together.

December brings a lot of performing for us – everything from Senior Living Homes to Women's Club parties to Caroling during a wedding dinner!

We are so hoping to have an in-person competition this year – we miss all of our SAI family!

Happy holidays to you and yours –

It's About Time Quartet

Terrie, Nancy, Vicki and Chris

Just Kidding Quartet

Submitted by Mickey Christensen

Just Kidding has been ramping up for the holidays for a while. We started our performances in November with a church sings in 4 churches (all in one day!) We had a great time with that. Local small churches are always so appreciative of special music coming to their church. Next up is right after Thanksgiving with a combined concert with MN Valley Sweet Adelines and our male counterpart, the Riverblenders, two concerts on that Sunday. Just Kidding will also be performing during those concerts. Our finale of the holiday season will be with an assisted living facility in St. Peter. Then we will take a little breather before resuming rehearsals in 2022!! Have a great Thanksgiving and a blessed Christmas with family and friends!

Just Kidding

Kari, Lori, Jodi and Mickey





City of Lakes

Submitted by Allycia Smith

City of Lakes continues to move forward together by celebrating both old traditions and new ideas. Our past few months have included time-honored traditions, like presenting Longevity Awards, and first-time events, like the virtual chorus project. Read on for more details!

City of Lakes continues to move forward together by celebrating both old traditions and new ideas. Our past few months have included time-honored traditions, like presenting Longevity Awards, and first-time events, like the virtual chorus project. Read on for more details!



City of Lakes has transitioned from holding rehearsals online to rehearsing in-person once again. However, we still have the option for members to choose to rehearse with us online as well! We are grateful to our generous Zoom and Facebook Live hostesses for giving their time - and their devices - during rehearsal to make this happen!



We have enjoyed opportunities to see each other outside of rehearsal, too. We have continued to hold small-group gatherings for members to safely reconnect and socialize. Unique gatherings include one member who hosted on the lake in her pontoon, and Upbeat quartet's gathering including s'mores and songs around the fire. Another chorus bonding opportunity happened at the Chanhassen Dinner Theater. Sixty-three attendees went to eat a lovely meal and watch *The Music Man*, which of course, features a barbershop quartet.





City of Lakes recognized membership milestones this fall with Longevity Awards. These were presented at rehearsal. The member with the longest tenure is Carolyn Plumb, who celebrated 55 years of harmony this year! Congratulations, Carolyn!

We will soon have our Holiday party, where we will sing, eat, and celebrate the year together. Our instrumentally talented members have formed a band, who - for one night a year - play cheerful Christmas songs for their sisters in harmony. We send warm wishes for Happy Holidays to our fellow chord-ringers in Region 6!

As we move forward as a chorus in these unprecedented times, the leadership team wanted to know how members' reactions to our current path. The result was a chorus-wide survey that gave in-depth insight about how the chorus was feeling, and what our next steps might be. Thanks to our hard-working Survey

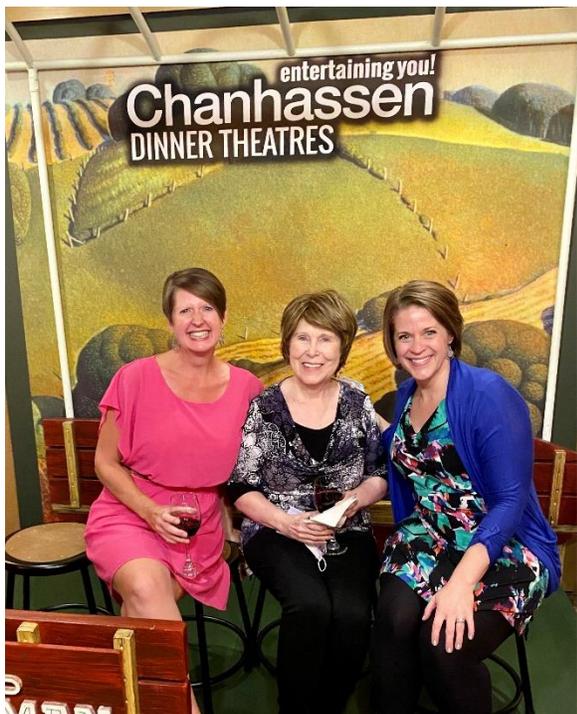
Committee, who skillfully compiled the data and presented it to leadership!

City of Lakes is developing our tech-savvy abilities as we continue our virtual chorus project. Participants already recorded and submitted audio using their devices, and learned a lot in the process! We are now recording the visual portion of "Let's Sing Again".

Speaking of singing again, we are continuing to prepare for performance opportunities, including Regional Competition and our 70th Anniversary Celebration concert happening in spring. Even though winter approaches, we are putting more "spring" in our step with new choreography for our Celebration songs. We are looking forward to celebrating 70 years of harmony together!

City of Lakes has transitioned from holding rehearsals online to rehearsing in-person once again. However, we still have the option for members to choose to rehearse with us online as well! We are grateful to our generous Zoom and Facebook Live hostesses for giving their time - and their devices - during rehearsal to make this happen!





We have enjoyed opportunities to see each other outside of rehearsal, too. We have continued to hold small-group gatherings for members to safely reconnect and socialize. Unique gatherings include one member who hosted on the lake in her pontoon, and Upbeat quartet's gathering including s'mores and songs around the fire. Another chorus bonding opportunity happened at the Chanhassen Dinner Theater. Sixty-three attendees went to eat a lovely meal and watch *The Music Man*, which of course, features a barbershop quartet.

City of Lakes recognized membership milestones this fall with Longevity Awards. These were presented at rehearsal. The member with the longest tenure is Carolyn Plumb, who celebrated 55 years of harmony this year! Congratulations, Carolyn!

We will soon have our Holiday party, where we will sing, eat, and celebrate the year together. Our instrumentally talented members have formed a band, who - for one night a year - play cheerful Christmas songs for their sisters in harmony. We send warm wishes for Happy

Holidays to our fellow chord-ringers in Region 6!

As we move forward as a chorus in these unprecedented times, the leadership team wanted to know how members' reactions to our current path. The result was a chorus-wide survey that gave in-depth insight about how the chorus was feeling, and what our next steps might be. Thanks to our hard-working Survey Committee, who skillfully compiled the data and presented it to leadership!

City of Lakes is developing our tech-savvy abilities as we continue our virtual chorus project. Participants already recorded and submitted audio using their devices, and learned a lot in the process! We are now recording the visual portion of "Let's Sing Again".

Speaking of singing again, we are continuing to prepare for performance opportunities, including Regional Competition and our 70th Anniversary Celebration concert happening in spring. Even though winter approaches, we are putting more "spring" in our step with new choreography for our Celebration songs. We are looking forward to celebrating 70 years of harmony together!





Lake Country

Submitted by Helen Vulu



It is a little hard to write this article, we are so happy to be singing together again in person at our host church and all masked up! And behind the masks there are smiles on our faces. But we have been saddened twice this fall by the passing of two long time members, Jeanette Braastad and Mary Ann Karrick. Life is unpredictable, cherish your friends and family.

Our long tradition of Christmas concerts with North Star Chorus was put on hold again this year as the obstacles to a live performance were too great. Instead, we will have a video coming out. To accommodate our holiday music yearnings, we have polished up our repertoire and will be taking it on the road to carol sing at White Bear Lake businesses on Saturday, December 4th. Then we will have a member potluck on December 7th and reconvene in January.

Fall is also the time when we would usually hold a WBL Community Education program, the goal of which is to attract singers to enjoy holiday singing with us, and to perhaps become members. Now it was time to think outside the box! We happened upon a great local product, Velasquez Family Coffee, and four members took it to four church holiday markets. We chatted up the market guests about the coffee and the chorus, made a little money, and we'll

see what results our efforts create (one email enquiry came in just last night!). We would love to add on to the ladies who have already been visiting us this fall!

Please watch our Facebook page to get our news.



Vallee de Croix

Submitted by Ann Voth

Vallee de Croix is thrilled to have six wonderful women joining us for our Performance Opportunity Program this fall! We dressed up a bit for our "Halloween" rehearsal on November 1 and enjoyed a bonfire afternoon/evening at Audrey's home on November 7th. A holiday Friends and Family night is planned for December 13th, and we have a couple of holiday performance opportunities as well. Happy and safe Holiday season to all our Sweet Adeline sisters!





Ah... Autumn...

Submitted by Spice

“Slowing down is sometimes the best way to speed up.” ~ Mike Vance

After our wonderfully beautiful summer – in all ways imaginable – this fall has become a time for us to slow down. Don’t worry, we definitely have not stopped! We’ve just shifted gears for a bit. This slowing down has come at the perfect time for us, and we’ll absolutely be ready to SPEED UP in the new year for our 2022 Regional Competition!!!

As we head into the holiday season, we sincerely hope you are staying well, enjoying life, and singing every chance you get!



“May your days be merry and bright”

Live life with a little Spice!

Angela, Heidi, Liz, Jan

Email: QuartetSpice@gmail.com

Facebook:

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

YouTube:

<https://www.youtube.com/channel/UC4O6JEZgbYn1m8daDHqaf8g>



Affinity Enjoys Road Trip

Submitted by Judy Weipert

After many months of zoom rehearsals, cancelled shows, cancelled competitions, and virtual meetings Affinity finally was able to accept a performance invitation by the A’Cafellas, a barbershop chorus based in Winner, South Dakota. Turns out they remembered a women’s quartet they had hired before and so they called our chorus contact. Long story short, the quartet they had hired was Northern Lights (3 singers in Affinity) and it was 20 years ago!



Fast forward to the present, on a windy day in November we piled into Gaylene’s spiffy new Blazer and Westward Ho we went! With the amazing 10 voice barbershop chorus we did 2 shows and afterglows on a Saturday starting in Gregory, SD and ending in Winner, SD. There is nothing like the hospitality of small-town folks who become instant friends! Affinity quartet had a blast and made memories that day.



Apparently, the word is out because we have a couple of Christmas gigs in the hopper and are so glad to be out there sharing our harmony with others again. We can't wait to see everyone in Region 6 someday soon! Until then, be well and keep singin'!



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