

Regional Measures

Spring 2022 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

Upcoming Events



4-5 Mar	Faculty Training 2022 with Kim Vaughn
4 Apr	Region 6 Virtual Convention contest video submission due
7-10 Apr	Contest adjudication at SAI
23 Apr	Virtual Convention presentation
7 May	Zumbro Valley Spring Tea
21 May	City of Lakes Spring Show

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](#).

Looking Forward to Better Days

*Submitted by Terri Calvert
Region 6 Education Coordinator*

Spring is coming. After a long hard winter, we look forward to getting closer to normal. Most of our choruses have been meeting – some only on Zoom, most in a combination of Zoom and in-person. Choruses are attracting guests to attend rehearsals and several choruses have auditioned new members – even in a pandemic! What a strong statement that we do have a lot to offer even in these difficult times.



Contest will be very different this year with video submissions from seven choruses and five quartets. We look forward to seeing all the videos and thank participants for all their hard work and perseverance to make their video submissions happen. It is another hopeful sign that we are getting back to normal. While it is hardly, “business as usual” we are on a journey back to singing and being together again.

Don’t forget to mark your calendar for April 23 as we play all contest videos submitted by choruses and quartets and announce the winners on Facebook Live.

Looking forward to the summer, Region 6 will host an in-person Regional Celebration and Educational event June 17 and 18 in Rochester, MN featuring awards, singing and fun on Friday night and education for directors, quartets, and members on Saturday. Our education presenter



will be our International President, Queen of Harmony, and chorus director extraordinaire, Joan Boutillier. We hope to see you there. It will be a big step to get back together again! Be sure to look for more details to come.

It has been challenging to keep our choruses and quartets alive and motivated during Covid but there is hope and better times coming. Thank you all for your dedication, concern for each other, kindness, and patience as we have felt our way through truly unprecedented times. Each one of you, each voice, each person is so important. We have all been tested. It has caused us to change and adapt. We have learned and we have kept the chords ringing. Your love of singing, love, and respect for each other will take us to new heights as we take on rebuilding and excelling in 2022.

RMT Openings

Submitted by Lori Scott

Region 6 Communications Coordinator

Each year, four of the eight coordinators on the Regional Management Team complete 2-year terms and their positions become available for a new person to serve. An existing coordinator may serve for up to three terms. The positions rotating open for a new term on May 1, 2022 are



- Team Leader
- Communications coordinator
- Membership coordinator
- Education coordinator

Education coordinator is a special position, requiring nomination in October and approval by Sweet Adelines International. Terri Calvert has already been nominated and approved to continue as our Education coordinator for the

upcoming 2-year term. Susan Krisnik and Linda Rubis have both indicated a willingness to continue for another term in their roles as **Team Leader** and **Membership coordinator**.

After two terms as your **Communications coordinator**, I would like to step down and encourage a new person to serve in this role. This has been a wonderful role, allowing me to learn, grow, and interact with many excellent women in Region 6 and beyond. Some of the main responsibilities have been to

- Participate in all RMT meetings and take notes for the meeting Minutes.
- Request articles from choruses, quartets, and regional leaders and assemble them into Regional Measures, quarterly newsletter of Northern Lights Region 6.
- Administer the Region 6 website.
- Assemble and submit the annual State of the Region (SOR) report to Sweet Adelines International and the Annual Report to members of Region 6.
- Contribute to the production of virtual events.
- Participate in regional education events and International events for RMT members.
- Respond to queries from members, SAI, and others.

If you have a heart to help others, a willingness to look for answers, some good computer skills, and a desire to be involved, the position of Communications coordinator may be a great fit for you. You don't have to know it all or do it all. You can delegate to other volunteers, and you will learn as you go. Others on the RMT will support you, as will past coordinators.

Please consider running for the 2-year term that will begin May 1, 2022. Contact [Lori Scott](#) if you have questions or to obtain application forms.

Region 6 Virtual Competition

*Submitted by Pat Haertel
Assistant Contest Coordinator*

Competition preparations are underway for our Spring Regional Virtual Contest.

Very Important Reminders:

- All quartet and chorus submissions must be sent in a MP4 format.
- DO NOT share a copy (or additional recordings) after submission
- DO NOT post your video on YouTube or Facebook, etc. until after the results have been announced and score sheets are received by your quartet or chorus.
- Remember – each contestant has 4-6 minutes for their performance.
- Introduce the quartet or chorus at the beginning of your video.

Format for introduction (this announcement may be made by a member of your ensemble):

Quartet Announcement: From (name of region/name of chorus affiliations)
(NAME OF QUARTET!)

Example: From Spirit of the Plains and Chapter-at-large, The Bluff Blenders!

Chorus Announcement: From (name of city) under the direction of (name of director(s))...(NAME OF CHORUS!)

Example: From Granite Falls, Minnesota, under the direction of Holly Harmony, The Cliff Notes Chorus!

Each entrant is strongly encouraged to do a “test” of their recording device and set up prior to your contest taping. You may choose any appropriate material for your test. Check your lighting, check your sound, check the overall view of your quartet and/or chorus.

SUBMISSIONS can be sent at any time but **MUST BE RECEIVED NO LATER THAN APRIL 4.** Entries received after that date will be disqualified.

Once we have been notified of all contestants, we will be sending each quartet and chorus specific information for submission of their contest performance.

If you have any questions or concerns, please contact Shirley Christie at smchris@shaw.ca or call 204-794-2977; or Pat Haertel at pphb3@comcast.net or call 612-669-8797.





*Submitted by Bettina Schramm
Northern Lights Region 6 Faculty*

It's The Music That Brings Us Together

“Education is the passion and purpose of Sweet Adelines, helping each other grow as singers and spread the joy of music to others.” This statement found on the International website reminds us that we Sweet Adelines, should strive to learn and perform. When our performance chances are limited or when we currently don't sing with a group, we still can learn or practice.

Are you singing with your chorus in person again or are you still taking it slowly, staying and singing at home? Maybe you are a chapter-at-large member right now. No matter your status or your current singing skills, as you read this, you realize you love barbershop music and being a Sweet Adeline.

The past two years have challenged us all and certainly have put a new perspective on our hobby. Chorus life has been very different for most of us and probably has not challenged us enough to try new things.

It's time to bring the fabulous educational offerings on <https://sweetadelines.com> to your attention again. There is a wealth of information you can access, and you won't regret checking it out. You have to log in with your member credentials to access most of it, but even the homepage has links such as an amazing 7-part Vocal Exercise Video Series with International Faculty Kim Vaughn.

This article calls your attention to this page: <https://sweetadelines.com/education/music/bring-s-us-together>, which features the song ‘**It's The Music That Brings Us Together**’, with sheet music and learning tracks. If you can't use the link, you can go to the Education Tab, then Music Section on the International website. (The Regional website has sheet music and basic learning tracks as well.)

Clay Hine captured the sentiments of all barbershoppers in May 2020, when he wrote and arranged this original song, shortly after the COVID-19 stopped chorus and quartet rehearsals. He generously shared this arrangement with barbershoppers around the world. On the International website you can download the sheet music for free, find wonderful learning media, a featured video, as well as information on Clay Hine.

It is possible, that your chorus has introduced the song already. If you missed it when the song came along two years ago, take a look now. Listen to the four-part learning track or the tracks by voice part. Challenge yourself to learn the song, sing along with the learning track or channel your inner quartet singer by singing along with your voice part missing. You can also just enjoy the wonderful message.

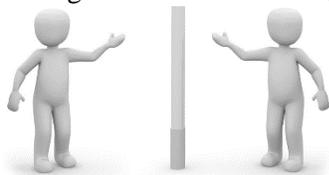
“... When storms roll around, when life brings us down, when trouble an' strife come our way. It's the music that brings us together, but it's the friendships that make us stay. Sharing music with friends fills our heart with song each day.”



Is Anyone Listening to me?

Cheryl Helm
Chapter Visit Coordinator

Has your chorus been asking yourself this question the last 2 years? Choruses have been struggling to keep connected during COVID. Zoom has been helpful, but it's not the same as talking face to face or talking without a mask!



We thrive on connecting with each other, and the faculty also thrives on that

connection. We want to see you, hear you sing your repertoire, answer your questions, and support you in any way possible.

With the challenges of the last two years, the faculty has been connecting with you through the region's mentoring program. Some of you have reached out to the faculty by asking, "Can you help me? We don't know what to do anymore when we can't meet in person"! With the guidance of the faculty, one chorus met with their music team, leadership team, the director and pre planned their whole year as to what they will be doing. How exciting for the whole chorus to know that plan. Within that plan, you can add your coaching session with the faculty.

It's not too late to plan a faculty coaching session. By the time you read this article, there will have been 4 coaching visits. One visit was on Zoom, and the other 3 were in person visits. A few directors have arranged visits without going through the visit program at the request of a chorus. Those visits are paid by the chorus.

The faculty will have a Zoom meeting in early March with International judge and coach, Kim Vaughn. We will be presenting many questions to her about many issues and questions that are facing choruses and the faculty to help guide us

through these challenging times. Our hope is to be able to coach choruses and be in a better position for all of us to move forward. Also on the agenda will be our chapter visit program. In a "normal year", we would have an end date to schedule visits before competition. Since this is not a "normal year", I will visit with the faculty about extending the visit date and if our faculty is comfortable with the in-person visits. Remember this will depend on the COVID situation in your area.

So, to answer the question, "Is anyone listening to me"? Yes, your faculty is listening and available any time. We want you to reach out to us and we will continue to reach out to you and help in any way we can!

Sweet Adelines International Convention and Competition



To be held in Phoenix, AZ Sep 12-17, 2022.
[Registration](#) opens March 1.



Arranger Certification Program News!

Submitted by Linda Wetterlin, Region 6 Director Certification Program and ACP Coordinator

Congratulations & a big Region 6 Woo Hoo to Lori Scott for being our Region's first Arranger Certification Program (ACP) - Beginner Level graduate!! Lori completed all nine modules of the course with flying colors and can now move on to the Intermediate Level.

Says Lori – “For me, this training was enlightening and exciting. The best part was learning about the natural physics and math involved with sound waves, that drives the choice of notes in a chord, in order to ring the best by reinforcing the natural overtones.” Spoken like a true arranger! Best of luck on your ongoing ACP journey, Lori!!

Anyone interested in learning more about either the Director or Arranger Certification Programs can contact me anytime! Or visit Sweet Adelines International website under [Certification Programs](#).

Linda Wetterlin, Region 6 Director Certification Program and ACP Coordinator

scrappin.bari@yahoo.com

651-216-7670 talk or text

IES 2022

From [BarbershopNOW](#)

Save the date to attend the 2022 International Education Symposium (IES) at Trinity University in San Antonio, Texas (USA), July 20-24, 2022. Registration opens soon, so be sure to watch for more information on the Sweet Adelines International website.



Anniversary Milestone T-Shirts

Submitted by Elizabeth McCurdy
The Woodlands Show Chorus (Region 10)



Now there's a way to celebrate the years you've been a member of our wonderful organization!

Proudly display your anniversary milestone achievements



- Logos available: 5, 10, 15, 20, 25, 30, 35, 40, 45, 50
- 6 styles of shirts in a wide range of sizes & colors
- Zippered Tote Bag and a Tumbler
- All can be personalized
- They make great gift

<https://stores.goldmedalideas.com/YearsInHarmony>

Officially licensed through Sweet Adelines International



TWSC originally made these T-shirts for our 50-year members. Betty Clipman loves hers and often wears it when she's out coaching. We got so many requests to sell these that we contacted HQ and were able to get them licensed.

Now there's a way to help each member celebrate their years as a member of Sweet Adelines International!!!

Members can proudly display their anniversary milestone achievements with a commemorative T-shirt, Tunic Top, Tumbler and zippered Tote Bag.

Check out all the options on the website: <https://stores.goldmedalideas.com/YearInHarmony>



Twin Cities Show Chorus (TCSC)

Submitted by Merrilee Spaeth

Happy '2022' from Twin Cities Show Chorus!

It's a new year, and we hope you all had a wonderful holiday season and start of the brand-new year!

TC was looking forward to some events that, unfortunately, didn't happen because of Covid, but we've still managed to enjoy each other and are looking forward to a brighter and more productive year ahead.

We had planned on hosting a four-week voice lesson membership drive that would culminate in a holiday performance opportunity with TC for family and friends, and would include a bake sale and goodies served afterwards. That had to be postponed until January, then postponed again, and finally canceled, but we hope to revive the idea at some future time!

We still managed to have our annual holiday party at Mancini's in December, and it was wonderful to see members and friends who had not been with us for a while. As usual, Mancini's treated us to a special meal and dessert, which they do so well. ☺



We also enjoyed some special music from Side By Side, and Denis directed us in a few holiday (and other) songs.



Our rehearsals since the beginning of 2022 have been rather disjointed – a mixture of in-person and Zoom, depending on weather and everyone's Covid 'comfortability'. But even with the frustrations we are still working hard toward Regional competition and beyond.



TC is very proud of our director, Denis, on having an arrangement of his published, and we are looking forward to singing it in the near future.

Other future chorus activities include:

- More awesome coaching with Scott Kvigne!





- Creating our Regional competition video
- Holding our Spring Flowers fundraiser
- Installation of Officers potluck
- Learning new music and ‘reviving’ older pieces
- Planning for future performances
- Continuing the plan for a ‘*Do Something For Others*’ project for our community.

We hope all of you are enjoying your choruses and their activities, too, and wish everyone a happy and healthy remainder of winter / early spring. Until next time - stay safe, and keep on ringing those chords!

Your **Twin Cities** friends



Sounds of Superior

Submitted by Sharron Kershaw

We have come to the halfway point of winter, the ground hog saw his shadow so 6 more weeks of winter. No real surprise there!

In person practicing prior to Christmas was so wonderful and allowed us to make a recording and participate in a Virtual Presentation of Charles Dickens. We were also very fortunate to have a small group of us head out to a seniors home and sing Christmas favorites for the residents. Nothing warms the heart more and brings on the Christmas spirit better than sharing our love of singing at Christmas time.

With the new Omicron variant came more restrictions so we are back to practicing on zoom. We had a “zooming” good time at our

Christmas party with great food and drink, quartet performances and two draws. One lucky winner won a beautiful gingerbread creation and another won a beautiful quilted Christmas table runner.

Sadly, in the beginning of 2022 we lost a beloved chorus member. Beverly Dale passed away on January 7, 2022 surrounded by loved ones. Beverly was a member of our chorus for over 23 years. She was always willing to step into a leadership position and served on our Board and as President more than once. She volunteered whenever needed and made sure that we were registered for Regional competition and arranged our travel for many years. We will miss her wonderful smile and expressive face in the back row. Rest in Peace Bev!



Gradually our restrictions are being lifted and come spring we should be able to gather in person again. Unfortunately, we will not be participating in the virtual Competition due to our very limited time together. Good luck to all those participating, and we’ll see you on Zoom!



Sparkle! Quartet

Submitted by Julie Hagstrom



Hello Region 6,

What a ride Sparkle! has had over the last 4 years we have been together! Throughout our journey, we were honored to be your 2018 Region 6 quartet champions, then on to our amazing ride to 10th place at International that same year. Wow, that is enough for any quartet to be excited about! Then, in 2019, we were once again honored to be 12th place at International!

We sang at many wonderful shows and events, and enjoyed getting to meet new people and gather with close friends. Then Covid-19 really hit us hard and like many other long-distance quartets, we weren't able to get together and sing for two years.

Last November, Barbara moved to Oregon where she is living in the home where her parents resided. With that distance, along with her family and work obligations, Barbara made the heartbreaking decision to retire from the quartet.

We thought about finding a replacement for our tenor but starting over again as a long-distance quartet is just a little much right now. So, Sparkle! has made the difficult decision to part ways and see what other plans life may have for each one of us.

We were coached by some of the very best in barbershop. To all of our coaches, thank you for helping us become stronger singers and

performers. Thank you to the wonderful arrangers whose songs we loved singing. Thank you, Region 6, so very much for all your love and support over the years. And last, but not least, many thanks to our families who cheered for us and understood how much our quartet journey meant to us. Your love, support, and encouragement meant more to us than words can express.

With much gratitude and in harmony,

Barbara, Julie, Denise and Marcia

Heart O' Wisconsin

*Submitted by Ann Wegner
HOW Team Manager.*

Heart O'Wisconsin is happy to be able to rehearse at this time of unknowns, and looking forward to coaching (via the internet) in preparation for our video submission for the 2022 Region 6 competition. Fun harmonies wished for everyone!



What is Assiniboine Chorus doing?

Formerly a part of Northern Lights Region 6 Sweet Adelines, Assiniboine Chorus is now a part of [Manitoba Choral Association](https://www.manitobachoralassociation.com/). You can check on your friends from Assiniboine at <https://www.assiniboinechorus.org/>.



Lake Country

submitted by Helen Vulu

Lake Country Chorus had to choose not to participate in the 2022 regional convention. It was a hard choice to make. We have only missed two conventions in over twenty-five years but we were just not able to get ready this year. It is hard not to have an event to focus on, so we are very pleased to have received an invitation to the Wildwood Artists Series spring event in Mahtomedi where we will be able to do a short set and share the stage with other *a cappella* groups. Our two newest members who missed a chance to compete in 2020 have, nevertheless, jumped into chorus life, helping us connect to our White Bear Lake community and taking on chorus tasks. Three guests have persisted as we moved back and forth between online and in person rehearsals, so we expect to show you many new faces in the summer Regional Measures.

One of the activities that Lake Country Chorus has been proud to support is Twin Cities Singing Valentines. TCSV has been providing Valentine fun for over 30 years and LCC has been a member for 15 (or possibly more). After a year off, TCSV came back with both live and new video Valentines this year and we did our part representing the SAI choruses. We had a great time preparing for our video and it represented a quarter of all the live and video performances purchased. The quartets donate all their time, and the proceeds return to the member choruses. TCSV welcomed Vallee de Croix and Croix Chordsmen as new participating members this year. You can see us at www.sing4me.net.

Video quartet members were Helen Vulu-bari, Marla Johnson-

lead, Sharon Hooley-bass, Sandy Bergersen-tenor.



Minnesota Valley

Submitted by Melissa Sailor

MN Valley Chorus is doing something totally different this competition season. We are going to be in the Open Division and have a wonderful package to present to the judges. Recently, Judy Olson came and "coached" us on making it just that much better. We love and appreciate all her advice and will for sure be making changes per her recommendations! Thank you for the continued support from our Region 6 faculty during this pandemic. This is a direct quote from Judy "Major WOW!! I am so excited for all of you and what you are doing. You have stayed "Sweet Adelines Strong" through the past couple of years and it shows. The music that you are creating together is full of joy, character and amazing sound."





Spice Quartet

Submitted by Spice

Greetings from Region 6 quartet contestant #3!



“Our greatest glory is not in never falling, but in rising every time we fall.”

-Confucius

Can it really be? We’re finally having our regional contest? Yay! While Spice is disappointed we won’t be seeing you all in person, we are *ever so grateful* for our dedicated Region 6 convention team who is doing all they can to ensure this video contest is successful.

Leading up to this year’s contest has been in many ways the same as any other year. We’ve asked ourselves:

- What should we wear?
- What songs should we sing?
- When can we have coaching?
- Who is bringing snacks to our next rehearsal? 😊

However, the pandemic and video contest have also allowed us to be creative when it comes to rehearsals and contest itself. Now we’re asking ourselves:

- Are there shadows in our video?

- Is my arm cut off?
- How many days do we set aside to record?
- How many takes is “too many”?
- Will it work to have one member at home coaching the rest of us on Zoom? (This one we CAN answer, and it’s a resounding YES!)

We’ve also discovered that using Zoom is an excellent way to watch ourselves when a large mirror isn’t available. It’s interesting how creative the last two years has made us!

Besides competing in our regional contest, Spice is excited to be singing on City of Lakes’ 70th Anniversary Show, Platinum Jubilee, on May 21, 2022.

Finally, Spice wishes a huge GOOD LUCK to all the region 6 quartet and chorus contestants! We hope you have seamless recordings and your technology isn’t glitchy. And to the quartets and choruses that we won’t see in competition, we know you’re out there! We’re thinking of you and hope you’re singing together and having fun. Hope to see you next year!

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/UC4O6JEZgbYnIm8daDHqaf8g>

WHAT IS A MERMAID’S FAVORITE SONG?



SALMON-CHANTED EVENING

Upbeat Quartet

Submitted by JoAnn Flanagan

Upbeat Quartet is so grateful for the friendship and music we share. We are fortunate that our love of singing together extends to our love of just being together. We have found time to rehearse even though our schedules include snowbird travel, grandma time, substitute teaching, a sister's book launch, welcoming guests into our homes, and more.

Some recent Upbeat highlights include

- Singing at Karla's daughter's wedding reception in August
- Canning salsa and enchilada sauce, followed by a picnic with our spouses in September
- Hosting a World Singing Day bonfire for our City of Lakes sisters in October
- Festive performances throughout St. Cloud and the Twin Cities for the Holidays
- And our Winter Quartet Retreat in January

We have several upcoming performances we are looking forward to. Our contest set will soon be recorded and submitted for our virtual regional contest. We will miss seeing everyone in person but are thankful for the opportunities we do have to sing together and share our music with our community and friends.

In Harmony,

Upbeat Quartet (Karla, Val, Bonnie & JoAnn)



Prairie Rose

Submitted by Robyn Nadvornik



The “roses” of the Prairie Roses Chorus continue to sing face to face. We were blessed to have

11 women join us for our Christmas season. We hoped that some would stay with us but a couple moved, a couple decided it wasn't for them, and then some just couldn't make the commitment. But the upside is that we already have some that said they'd be back next year. We have a current member that sang 8 Christmases before joining us forever. So we have a lot of hope! We had a wonderful audience for our performance followed by a super selection of Christmas goodies.

Like many of you, we continue to search for ways to raise money. We have a lot of ideas and our first plan of attack is going to be salads and songs on the Saturday before Mother's Day. We plan to serve a plethora of salads with pinwheels and upscale desserts. In between serving, guests will be treated to fun songs. We will also offer a cookbook with our recipes on the day. We are excited to put ourselves back out in the public. It's been a while.

Coming up is a Memorial Day performance, a possible retreat and coaching – hopefully in person!

We are happy to be together to sing and we seem to have a renewed excitement in the ranks. We are hoping that we can have a fall show but of course, things kind of hang in the air. Due to some unforeseen things, we are not participating in the virtual convention, but can't wait to see all of you!

Look forward to the day we are together again.



Fox Valley Chorus

Submitted by Vicki Krause

The days are starting to get longer, and all of us are starting to get closer to getting back to life as normal. The Fox Valley Chorus continues to meet in person at our alternate rehearsal location, as our regular rehearsal hall still requires that masks be worn in the building. We are also continuing to provide a Zoom option for those of us who aren't able yet to join us in person for whatever reason. It's great to have this option available!

We are starting to work on some new music, and are hoping to be able to line up a performance or two during the summer months and warmer weather -- in fact one of our new songs celebrates just that -- "Here Comes the Sun" 😊

Fox Valley Chorus had our Christmas party on December 14th, which included a Secret Santa Gift Exchange for those who wanted to participate, and a special "guest performance" by It's About Time quartet.



After our holiday break, we returned to rehearsals happy to be back singing together, whether in-person or using our

Zoom option. At our February 15th rehearsal, we continued our tradition of having a Valentine exchange, and we all brought treats for a Valentines "social" following rehearsal!



We are looking forward to having more opportunities to be together and sing together. The Fox Valley Chorus would like to wish everyone in Region 6 continued health and beautiful harmony as our days get longer and sunnier!

**What makes pirates
such good singers?
They can hit the high
Cs.**



Spirit of Harmony

*Submitted by Erika Wachholz
President Spirit of Harmony Chorus*

After the long string of Zoom rehearsals and online events, the Spirit of Harmony chorus based in Spirit Lake, IA had an active second half of 2021.



We had our first in person gathering toward the end of May. We socialized at an appropriate distance from each other and more than a few tears of joy were shed as we stood and sang a few rusty songs together.

We added three new members to our chorus in 2021, which for a group our size makes a large addition to our sound.

We were thankful to perform together three times over the course of summer 2021. Being able to not only sing together, but share with an audience again was a moving experience.



We also participated in fundraisers with proceeds to benefit future travel expenses, as soon as we are all comfortable traveling again. We volunteered to stand guard over the bouncy houses at the Emmet County fair in July, had a garage sale in August, scooped poop at the Clay County fair in September and sold homemade pie and goodies at the Okoboji Winter Games in January 2022.

We also have been able to have regular in person rehearsals every week, sometimes masked and sometimes not, get together for socializing at a chorus pool party, fall gathering and bonfire, holiday party and New Years gathering.



We are so excited to be back making beautiful music and memories together. Wishing health, happiness and Harmony to all!



City of Lakes

Submitted by Allycia Smith

“Cuddle up a little closer” to hear how 2022 is starting out for City of Lakes Chorus!

COL is still offering both in-person and online rehearsal options. That has stayed the same. However, starting in 2022 there has been a subtle but important shift during rehearsals. This shift was inspired by the survey the chorus took in 2021. We have decided to focus on Excellence. For us this means a renewed dedication to Growth Mindset, coming to rehearsals with the basics learned so we can focus on advanced techniques, and taking individual responsibility for the skills practiced in rehearsals. With these new goals at the forefront of our minds, we have made the difficult decision not to compete in Regional or International competitions this year.

While we may not be singing at competitions, you can still see us perform online! We are proud to say we have completed our first ever virtual chorus! COL’s video of “Let’s Sing Again” is now available for your viewing pleasure on our Facebook page and Youtube channel. About 35 chorus members were involved in the making of the video either as singers or “backstage” helpers. We hope you enjoy watching it as much as we enjoyed creating it!

Speaking of things we enjoyed, we got to celebrate the end of the 2021 in style at our Holiday Party. Gifts were given, delicious homemade treats were shared, games were played, and carols were woodshedded. Upbeat Quartet performed a set of holiday songs and led us in a creative Christmas version of “Cuddle Up a Little Closer.” In addition, we named five Chorus Stars of 2021. The honorees were: Ava Hohenstein, Scott Kvigne, Ellen Puffe, Allycia Smith, and Linda Wetterlin.

Another holiday gave us a reason to celebrate together at our recent Valentine’s Day rehearsal. Chorus members showed their Valentine’s spirit by dressing in reds and pinks and, of course, plenty of sparkles! The Music Team serenaded the chorus with “Cuddle Up a Little Closer” and the chorus sang a few other love-themed tunes. Sweet treats were provided after rehearsal.



COL is looking forward to providing some sweet treats for you this spring and summer - in the form of music, of course! In May we will host our 70th Anniversary Concert, “Platinum Jubilee!” We are thrilled to be debuting a brand-new commissioned arrangement by Deke Sharon in remembrance of past members of our chorus. We’ll also be honoring quartets and queens of COL, and more! Then, in June we will perform a video mini-concert for the SASS weekend in Rochester. More information to come on both of these events!

So far, 2022 has provided many “laughable, lovable” moments, and more are certainly on the way! City of Lakes sends lots of LOVE to our Northern Lights Region 6 sisters in harmony.





Zumbro Valley

Submitted by Jan Hoffman

While sometimes it seems like it's two steps forward, one step back when dealing with COVID, Zumbro Valley is definitely moving forward in big and exciting ways! We are very fortunate to have a new, energetic director, Katherine Gales, who is providing both challenges and encouragement to get us ready for our regular spring and summer performances. (So nice to use that word "regular"!)

The first will be our spring tea on May 7th. Our fans have been asking for this one, so it's going to be a lot of fun. We'd love to see you in the audience. It will be held at Christ United Methodist Church and will start at 1 pm.

We're also trying something new this year. In collaboration with other community music organizations in Rochester, on April 23rd we will be presenting "Music in the Park," an opportunity for people to come and learn about the various music opportunities and, in the case of Zumbro Valley Chorus, learn a tag!



Katherine has also been recruiting new members. We'd like to spotlight our new mother/daughter team in this newsletter: mother Krista Goering and daughter Julie Guerin. They know Katherine through a mutual exercise class. They have enthusiastically jumped in and are

providing wonderful depth to our tenor (Julie) and baritone (Krista) sections.

It's so good to be back singing together again (again)!

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