



Regional Measures

Spring 2023 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

DAWN ADAMS – COMMUNICATIONS COORDINATOR

MOLLY ROBERTSON - MARKETING COORDINATOR

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

Upcoming Events

3-4 Mar	Faculty Training
20-23 Apr	Region 6 Convention
6 May	City of Lakes Spring Show
16-17 Jun	DD/SASS

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 [Molly Robertson](#).



*Submitted by Molly Robertson,
Region 6 Marketing Coordinator*

Mayo Civic Center

April 20 – 23rd

Rochester, MN

“Music allows the Heart and Soul to sing in Harmony.”

We can’t wait to share our love of barbershop with you at our convention this year. We have put together many resources for you on our website at [regionsix.org](#).

Something New this year!

This year’s contest will be open to the public Free of Charge! So, invite your friends and family and barbershop communities to come see our contest this year.

We will also be offering a 50/50 raffle at the door too!

Song Library

When we come together, we will want to share together in song. In the members section on our website, we have our song library. Here you will find our official songs, national anthems, and general repertoire selections. Some have learning tracks as well. We will be having a



mass sing on Friday at 12pm at the Peace of Harmony in the Peace Plaza. So, take some time to familiarize yourself with these songs.

At the convention:

- O'Canada
- Star Spangled Banner
- How We Sang Today
- The Voice of Harmony

At the Mass Sing:

- It's the Music That Brings Us Together
- Locomotion
- One Fine Day

The Voice of Harmony was introduced in August of 2022 as one of the official songs of International. To continue with our diversity and inclusion for our organization, we will not be singing Harmonize the World.

Upcoming deadlines:

March 20, 2023 Convention Registration

\$175.00 Member

\$87.50 YWIH

\$75 Non-Member(dinner/show)

March 29, 2023 Convention Housing - The Hilton hotel is mostly King rooms with limited rooms with double queen bedrooms. There are only King rooms left. The King rooms that have been reserved are King rooms with a modern pullout sofa (no bar). Will accommodate up to 3 people comfortably. Please note that their website does not show this room. All group orders should go directly through Danielle with the Hilton. Separate communication will be sent to chorus leaders with additional details.

April 1, 2023 Boutique Table Rental - \$50.00 – Form on Region Website. Send to Audra Freeman

April 1, 2023 Program Ads - Send to Linda Rubis – Form on Region Website.

Your Regional Convention Committee,

CRC/Event Coordinator Lyla Larson

Competition Coordinator Molly Robertson

Official Panel Liaison Terri Calvert

Finance Coordinator Audra Freeman

Publications Linda Rubis

Awards Lynda Riemer

Transportation Shirley Christie

Asst Contest Coord. Pat Haertel

Asst Communications Coord. Sue Schmid

The convention committee is working hard to make sure that we have the best convention!

MISSION STATEMENT

United by our love of barbershop harmony, Northern Lights Region 6 is an international women's a cappella singing organization committed to musical excellence empowering members to grow through education, competition, and performance.



Is My Song Admissible for Performance?

*Submitted by Judy Weipert,
Region 6 Faculty Member*

By now you most likely have heard about the Song Assessment process that Sweet Adelines International has instituted, and you aren't sure how to go about finding out if your chorus/quartet songs are approved for performance. Here's a short course to get you started.

Basically, any song or arrangement performed by Sweet Adelines ensembles in any venue must be listed as admissible in the SED (Song Evaluation Database). This applies to all shows, performances, events, or rehearsals (in-person or video) regardless of whether or not it is at a Sweet Adelines International or Regional event. Admissibility is based solely on racially-problematic lyrics, message, or history.

Getting through your entire repertoire will take some time. It would probably work best to start with songs you plan to use for competition, and then move to any songs that you think might be questionable, and then complete the rest of your repertoire.

Here are the steps to follow to check if your song is admissible:

- Log onto the Sweet Adelines International website.
- Highlight the "Education" heading.
- From the drop-down list under "Education," and further under "DEI Member Resources," click on "Song Evaluation Database."
- There is also a quick reference section (SAT Member Resource website) that might answer your questions.
- Once you get into the database you can see the last date it was updated and lists all the songs that have been evaluated. You will see the Arranger, whether the

song is Admissible or not, and a link to show research that has been done on the song.

- If your song is on the list and is shown to be admissible under that particular arranger, you're good!

The database is quite large by now (as of the date of this writing, there were 2,537 listings), and it is likely your song has already been approved.

If the song is NOT listed, and you intend to perform it, go to the next steps. Be sure to read through everything before submitting a song through the tool for the first time. You are going to need to be ready to answer a few questions: Your full name; email address; quartet/chorus; region; style of the song (ballad, uptune, swing, etc.); year the song was written; who was the lyricist and composer; link to the original song; history of the song. Once you begin your submission process, save your work because you will not be able to go back to the beginning.

Remember, Region 6 has lots of help for you if you need it; Under the Region 6 website Members section, Teaching Resources, you will find Kay Bromert's Zoom session detailing the process. Our Director Coordinator, Megan Argall, will also be happy to help you.

Whatever you do, don't give up! It might seem like a daunting task at first, but chances are your arrangement will be on the list, and if it isn't, you are just a few steps away from success!





Chapter Visit Program

Submitted by Cheryl Helm, Coordinator

ROOTS AND WINGS

Roots to Remind You Where We're From

Wings to Show You What We Can Become

I attended a convention luncheon last year and this was the theme. As I thought about what my article for the Regional Measures would be, I thought this was appropriate for our Chapter Visit Program. How often as a chorus have you held your membership meeting and discussed what has happened during the last year or years, and asked yourselves where have we come from or been in the success of our chorus? Have you talked about how you want to move forward and what you want to become? How will we achieve that? Especially as you prepare for competition?

One way to achieve your wings or goals is to have a chapter visit. I am so happy that some of our choruses have taken advantage of our three visits that were offered this year. Not all choruses have done that and that may be due to weather or scheduling conflicts. We have a fantastic faculty that has been called to help you spread your wings and be all that you can be! There are five scheduled chapter visits to be completed before the deadline of March 31. That deadline was set so the faculty can prepare for competition with their choruses they belong to. If you are going to schedule a chapter visit, I would suggest you do it soon.

In March the faculty will meet for our annual meeting to plan for chapter visits beginning our fiscal year. We will be discussing how we can best help the choruses in our region. Let me suggest that you can schedule a visit during the summer, if your chorus is agreeable to having a visit then. I know vacations and time off happen then but maybe a retreat with a faculty member would be a new adventure! Maybe at someone's lake cabin! It could be a time to try something

new! If you want a head start on reserving faculty for the summer or next fall, contact me and we will make it happen!

Spread your wings and fly into new beginnings!
Feed your roots with a faculty coaching visit!

INTRODUCING.....

Submitted by Bonnie Rust



Dottie Allen has completed the requirements of the Associate Faculty Program and has been promoted to the Region 6 Faculty. Dottie joined Sweet Adelines in 1968 and is a member of the Fox Valley Chorus. Her reason for joining the faculty was to give back to Sweet Adelines and share the experiences and knowledge gained over her years of membership. Her mantra is "You can't go back and change the beginning, but you can start where you are and change the ending." (C.S. Lewis) Welcome to the Region 6 Faculty!!



DCP Updates

Submitted by Linda Wetterlin

Exciting News: [Director Certification Program](#) (DCP) Updates!

- New [Introduction to the DCP](#) (aka Module 0) available to everyone.
- Updated Modules with self quizzes along the way
 - Module 3: Organizational Knowledge and Director Resources
 - Module 6: Judging Categories and Competition
 - Module 7: Vocal Production
 - Module 10: Rehearsal Planning
 - Module 11: Performance
- Module 11 Performance is now **included** in testing/scoring
- Work continues on updating the other Modules
- Still under development - an online learning system

Updated Modules can be purchased for \$10 each at Sweet Adelines International. Already Certified? You do not need to redo any updated Modules or complete the newly required Module 11. If you're currently in the program & have already tested on a Module, you do not need to re-test, even if it's been updated. You may wish to purchase the updated materials, though, simply for the excellent information they contain. Module 7, for example, contains new articles from experts in the Vocal Production field - Peggy Gram, Lori Lyford, Dale Syverson, & Kim Vaughn, to name a few.

Thanks to International's DCP Review Committee for working on this important education program! All members can enroll for \$100 & work to attain "Approved" status. Frontline chorus directors, associates & assistants work to attain the "Certified" Level.

No pressure! Work at your own pace! We'd love to see all of our musical leaders involved!

Questions? Contact Linda Wetterlin, Region 6 DCP Coordinator

scrappin.bari@yahoo.com

651-216-7670 mobile (talk/text)



Sweet Adelines International Events coming in July



[Queen's College](#) – July 14-16

[Diamond Division Quartet Contest](#) – July 13

[Rising Star Quartet Contest](#) – July 14

All events to be held in Richardson, TX.



Sounds of Superior Chorus

Submitted by Sharron Kershaw

These are exciting times for our chorus with our 50th anniversary, welcoming 6 new members to our chorus and our costume committee have just revealed our new costume... Woohoo, we are going to be dazzling.

With Christmas and the New Year behind us we are now mainly focusing on our competition package. We are working on a new version of our up-tune which brings all new choreography. Yikes, it all seems so complicated at first but we have such a patient choreography team it will all come together in no time.

Plans are underway for our 50th Anniversary Celebration taking place the weekend of June 10th and 11th, 2023. Our “Fifty and Glitzy Gala” will be an evening of harmony, history and sharing our love of music with past and present members, their partners, friends, and the Thunder Bay community culminating with a brunch the following day. We are thrilled to extend an invitation to our Region Six sisters from the South and we hope many of you will visit our beautiful city and join in the celebrations. More details and information will be available on our Facebook page shortly at Sounds of Superior Chorus.

Having an in person competition this year will be amazing and we are happy to have new members sharing all the exciting “firsts”. We look forward to reconnecting with our “sisters in harmony” very soon.





Celebrating 50 Years of Harmony

Save the dates...

50 & Glitzy Gala

Sat Jun 10, 2023, Da Vinci Centre, 7 pm

Afterglow Brunch

Sun Jun 11, 2023, Best Western Plus, Norwester Hotel, 11am

Ticket info to follow, please reply to Lana at bulloughlana@gmail.com if interested. No obligation.





Zumbro Valley Chorus

Submitted by April Horne

Zumbro Valley Chorus is busy preparing for competition. It will be especially exciting this year as 7 members will be “first timers!” We had a fantastic coaching session with a fantastic duo – Judy Olson and Becky Perkins. Scott Kvigne has graciously agreed to join us later this month. In addition to getting ready for competition, we are preparing a program for our Spring Tea (May 13th – hope you can make it!) and selecting songs to sing with the young women of our Summer of Harmony program. Hmmmm, it feels like we have a LOT going on!

We extend all our love and gratitude to our assistant director, Nancy Hayden, who stepped up to prepare us for competition after the resignation of our prior director, Katherine Gales. We loved having Katherine share her talents and energy but a new job and growing family dictated that she cut back. We wish her well. Watch future publications for information related to our director search.

We’re looking forward to welcoming all our Region Six sisters to Rochester in April! Bust a chord!





Remembering Mary Clare



Mary Clare is in the middle with Jan Hoffman to the left and Amy Brase to the right

The members of Zumbro Valley Chorus are sad to share the news of the death of bass Mary Clare Doran. Mary Clare was the "energizer bunny" of the chorus. Even at the age of 86, she continued to stand on the risers for the full two and a half-hour rehearsal. Her face was so expressive, and she was such a good musical story-teller. When her quartet, The Lady Slippers, went to schools to sing, all the students would stare at Mary Clare with smiles on their faces, entranced by the petite great-grandma with the big bass voice and smiling eyes. We will miss her.



Mary Clare's obituary is available [here](#). If you wish to convey a message to the chorus, you can send them to [April Home](#).

Minnesota Valley Chorus

Submitted by Melissa Sailor

Last week MN Valley Chorus had Pete come to coach us on our ballad number. We welcomed a new member Alyssa-Tenor, and had a guest Jan-Bass. Wonderful way to spend our Valentine's Day. We are working hard to learn 2 songs this season. They will be great additions to our repertoire.



Young Women in Harmony 2023 Video Chorus Contest

- Share with your local school chorus program. [Link](#)
- Free Music Educator Kit
- Cash prizes for music classes





Sound Cascade Chorus

Submitted by Kandi Custer

Jingle and Mingle refreshed the recruiting process for Sound Cascade Chorus. Four women joined in singing Christmas music. One continued, joining our chorus in 2023. Carol Patch, our director and Vickie Oberman, our newest member, also sang in their first Christmas sing outs. It was SO good to sing out in person again! It brings added joy to the season.



We enjoyed a delightful Christmas luncheon between sing outs and provided a little Christmas cheer wishing all in the restaurant to enjoy a HOLLY JOLLY CHRISTMAS.



We were able to welcome Jane Newman to Sound Cascade Chorus in January. She is brand new to the organization (thanks Jingle and Mingle), but a veteran musician having directed band and choirs in area schools.



Jingle and Mingle also brought Sandy Collins back into our group. Sandy was asked to tape our concerts and take some pictures. She discovered that she really missed singing and was persuaded to return to Sound Cascade Chorus.

Time is flying by! Our coaching night was held February 16 and most members were able to attend. Judy and Mary helped us further develop our songs for convention. As the chorus builds on the tips and techniques we learned to ignite our sound, the anticipation builds for our trip to Rochester in April.



Yours in harmony, Kandi Custer



Upbeat Quartet

Submitted by Bonnie Plumley

2023 started off with a bang for Upbeat.



First we wrapped up the holidays with three uplifting performances on Jan 10th in St. Cloud. Then we ventured up North to Rhinelander, Wisconsin for a doubled-up quartet retreat with Charisma! of Region 3. Laughter, friendship, fun, and an uptown visit to see a Hodag up close ensued.



But January also brought a planned upturn to help half of Upbeat stay upright. In fact, a couple of them are more beat up than Upbeat right now. Here is an update: On January 17th, Bonnie had bunion and hammertoe surgery on her upstage foot. For 6 weeks the TV tuner, and singing with her TE tuner have cheered her up a lot.

Not to be one-upped, Karla had left hip replacement surgery on January 31st. This upgraded new hip will certainly help her stand up taller. To set herself up for success, Karla is exercising her upper vocal range in addition to her lower extremities while she is laid up.

Upbeat is excited about the upcoming regional contest and is taking this time to brush up on our songs. Lucky for us, Val and JoAnn can pop up to Shafer, or show up in St. Cloud for trio rehearsals until the four of us can meet up as a complete quartet again. That's what's UP with Upbeat!



"Is the spring coming?" he said. "What is it like?"...

"It is the sun shining on the rain and the rain falling on the sunshine..."

-Frances Hodgson Burnett,
The Secret Garden



Spirit of Harmony Chorus

Submitted by Marlys Stahly

Spirit of Harmony Chorus has been a busy chorus! We've been blessed to have been coached by Queen Mary Dick and Queen Connie Miller and also by the ever-talented Pete Benson. Both sessions were educational and of course, great fun! We are looking forward to seeing what Scott Kvigne offer to us on March 11. Sure hope the weather cooperates!

We've had a new member join us, Julie S. She is from Spirit Lake and is part of our lead section. Welcome to Julie!

SOH has been working and perfecting our contest pieces for Regional in April. Everyone is so happy to again compete in person! We are the host chorus this year and are looking forward to helping with the competition and our education class. Don't miss it, it will be great! And our mini show will bring a smile to you, as well.

It's not all work at Spirit of Harmony. February 13 brought us our Valentine's Party with treats, games and great decorations. It was a very "heartfelt" way to end rehearsal.

Looking forward to seeing everyone in April!





Fox Valley Chorus

Submitted by Vicki Krause

Now that the holidays, and our holiday break, are over, the Fox Valley Chorus is back to rehearsals and back at it!! We had our first coaching session in a very long time on Saturday, February 4th with Kathleen and Bill Albrecht. Kathleen and Bill are co-directors of the Fox Valleyaire men's chorus in nearby Appleton, and Kathleen was our chorus director for quite some time. It was wonderful to spend some time working on some advanced vocal skills and in-depth work on our new uptune.

On Tuesday night, February 14th, we had our now-annual Valentine Exchange and Party following our regular rehearsal. Everyone got to take home her own little "valentine bag of love"!

With spring comes our annual flower sale. Heath Farms in Coloma provides us with beautiful hanging baskets and flowerpots and pouches, which come in time for Mother's Day. This is usually one of our best fund-raisers and the flowers are simply stunning.

More exciting than all of the above is that we are having a spring performance – instead of our usual Sweetie Pie Social, this year we are presenting a Pi Day social on Sunday, March 12. We're calling this one "Easy as Pi" and it will be a celebration of music, math, and (of course!) pie. Our guests include the quartets "It's About Time", "Sweet Addiction", and "The Bee's Knees", as well as the small group "Fox Sounds". Naturally, pie will be available for sale!

The Fox Valley Chorus was very happy to name Terrie Williams, our current Financial Coordinator, as this year's Woman of Note. It takes a special person to handle dues, taxes, and checkbooks...and still keep on smiling!!

As always, we look forward to having more opportunities to share our barbershop hobby together. And hope to see lots of you in Rochester!





Twin Cities Show Chorus (TCSC)

Submitted by Merrilee Spaeth

Hello from the Twin Cities Show Chorus! We hope all of you had a wonderful holiday season, and a great beginning to 2023.

These last three months have been busy ones for TC, which has made the time fly by as we prepare for Regional Contest.

We enjoyed seven guests at our two rehearsals and taping for the *Jingle & Mingle* Regional event, which was an awesome way to ‘ring in the holidays’. It was amazing to see and hear all the choruses in our region performing their holiday favorites!

The following week was our annual holiday party at Mancini’s in St. Paul, with some special holiday music by *Side By Side*



and a surprise visit from Santa and Mrs. Claus.

We took a break until after the holidays, but our first rehearsal of the new year ended up on Zoom because of start the weather. What a way to 2023!



A former chorus tradition was brought back in January – a chorus retreat – and will hopefully become a ‘new’ tradition for TC.



We spent a Friday night and all day Saturday at a hotel, where we enjoyed coaching with Scott Kvigne, learning the choreography for our new uptune, having rotating sectional duets, eating pizza and spending time just ‘hanging out’ together! It was awesome!



At the end of Saturday’s coaching we even made a video of the new choreo Susan taught us!

Unfortunately, we ended up having to cancel our annual Spaghetti Dinner this year, but we currently have our annual Spring Flowers fundraiser that we are taking orders for – check out our Facebook listing if interested. ☺

In March our chorus will be the ‘demo chorus’ during the Saturday afternoon session of this year’s Regional Faculty Training, and we are really looking forward to another great coaching opportunity!

Speaking of coaching, TC welcomed back our beloved former director, Judy O, on Valentine’s Day. She shared her evening with us while

Denis was on vacation, and gave us her own special insights ,, and then some! Thank you, Judy! ☺



Our main focus for the next couple of months is, of course, Regional Contest, but we are also looking forward to some other performance opportunities in the months following that.

Good luck to everyone as you do the same! ☺

See you all at Contest!

Your **Twin Cities** friends





Wow! What a winter...

Submitted by Spice

How much snow?

How cold?!

We've decided there are two types of people (at least in this quartet): those that embrace winter, and those that prefer to escape to warm, tropical places! 😊 Either way, we are coming out on the other side of this season having enjoyed it in our own unique ways... and together...

- After our holiday gigs, it was time to turn our attention to competition! And the first question is always, what are we going to sing? We tried out a few options, made our selections, and started booking coaching sessions! As always, we are eager to work with our long-time favorites, Queen Mary Dick and Scott Kvigne. We're also very excited to have the opportunity to work with Joan Boutilier! We can't wait to see what these talented coaches will help us achieve!
- In January, we had the amazing experience of performing for the people at Amery Assisted Living and Memory Care in Amery, WI. We were blown away by the response of this audience! They were incredibly attentive, involved, and appreciative. They clapped and cheered loudly after every song, and happily sang along with familiar tunes. It was so much fun for all of us. We hope to be able to do it again next year!

We're excited about our upcoming events and hope to see you there!

- March 16: ForEver Friends Fellowship, Eden Prairie, MN (*private event*)
- April 15: Croix Chordsmen Chorus "The Magic Jukebox" and Cabaret Show, Stillwater, MN
 - "The Magic Jukebox" Show: 3:00p at Trinity Lutheran Church, 115 4th St N, Stillwater, MN
 - Cabaret Show: 5:00p (approx.) at Grand Banquet Hall, 301 2nd St S, Stillwater, MN
 - Tickets at <https://croixchordsmen.org/> or call (715) 441-9948
- April 20-23: Region 6 Convention and Competition, Rochester, MN

Until next time...

What is the best way to cool a hot soup?

Add a chilly pepper.

Live life with a little Spice!

Angela, Heidi, Liz, Jan

Email: QuartetSpice@gmail.com

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





Lake Country Chorus

Submitted by Helen Vulu

Whew!!!!

At Lake Country Chorus we finally feel that the world is back on its axis!

We are back to Christmas with the North Star fellows, back to planning for competition, back to Singing Valentines, and best of all, **BACK TO WELCOMING NEW MEMBERS!!**

Look closely and you will find two familiar faces. Barb Seemann was a TCSC member and has come out of retirement to join Lake Country. And our very own Shirley Peltier is back as well.



Our newest member, Julia Clark, is a Sweet Adeline neophyte and she's ready to jump in with both feet!



In all we have eight singers who have joined or rejoined us since 2019 that will be on the risers in Rochester soon - we are so excited!

Singing Valentines was great fun for Company's Coming quartet, even splashing through the rain puddles. We sang for friends who knew we would be coming, and for a few folks who got a complete surprise.





We're looking forward to coaching from Judy Olson and Mary Dick to get us all ready for competition, and to showing a preview of our performance at the Wildwood Artist Series on April 1st which will feature a cappella groups from all ages. Come to Mahtomedi and get a sneak peak. www.wildwoodartistseries.com.



Center Point Chorus

Submitted by Barbara Houle

Center Point has three new members. We welcomed Joy who is singing bass and doing a great job. The other two new members, Karen and Lisa, are singing baritone. Lisa is a dance instructor and has agreed to be our choreographer. Lisa taught us how to rhumba. We are having a ton of fun learning how to dance.

The chorus is getting back on track with our new director. We are working on new music and building our repertoire with Cindy. Recently we have been preparing to go visit and sing for a friend, past Sweet Adeline and former director, Judy Anklam. We are excited to sing for her and maybe she will sing has along.

The fun was performing for Christmas. One of our sing outs was at the Moose Lodge for the veterans. The Veterans cancelled so we sang for the customers.





River Rhapsody Chorus

Submitted by Pat Frohlich

Wow, we are almost 2 months into the “Happy New Year” of 2023!

Looking back, River Rhapsody Chorus had a busy December. We were very excited and energized to have fifteen community women join us as we practiced and recorded our Jingle and Mingle songs in early December. What a great event! Thank you, Region 6!

Then our guests performed with us at our annual Christmas concert on December 18th. We had a great audience and enjoyed fellowship and Christmas goodies after the show.



RRC Christmas concert

We had hoped to have several of those guests continue singing with our chorus, but are very pleased with one lovely lady, Carolyn, who has been rehearsing with us and is almost ready to audition! We will continue to work hard on enticing women who love to sing, to join our chorus.



Carolyn getting ready to audition

We started the new year with a chorus survey, review and goal setting evening. RRC has chosen not to participate in Regional Competition in 2023, but has decided to focus on presenting a Spring Show, “Grandma’s Attic”, which was postponed from last Fall, now scheduled for May 6th at Simle Middle School, Bismarck ND. Save the date!



Jingle and Mingle recording with guests



Vallee de Croix

Submitted by Ann Voth



Vallee de Croix have been enjoying the return to our regular repertoire post a busy holiday season. We had a lovely sing-out at a senior living condo complex in January. In February four of us (one being our director) formed a quartet and participated in the Twin Cities barbershop Singing Valentines. They delighted people in five different locations on the day. We are looking forward to spring and competition in April!

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