



Regional Measures

Spring 2024 Edition

REGIONAL MANAGEMENT TEAM

SUSAN KRISNIK – TEAM LEADER

LYLA LARSON – EVENT COORDINATOR

JUDY WEIPERT – DIRECTOR COORDINATOR

TERRI CALVERT – EDUCATION COORDINATOR

LINDA RUBIS – MEMBERSHIP COORDINATOR

AUDRA FREEMAN – FINANCE COORDINATOR

DAWN ADAMS – COMMUNICATIONS COORDINATOR

MOLLY ROBERTSON - MARKETING COORDINATOR

CAROL JEANS – CANADA LIAISON

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

Contest/Convention is Coming!



The Convention Committee is busily preparing for our annual regional convention, including the chorus and quartet contests, on the first weekend in May in Rochester, MN. This years' theme is Making Musical Magic. Everything you need to know to make your own preparations is posted on the [Region 6 website](#). We will all have the chance to enjoy activities together and, of course, listen to each other sing. It is certainly one of the highlights of the Sweet Adeline year. Good luck with all your preparations.

Dates to remember:

Feb 29 – Shining Star nominations due

Mar 4 – Quartet Registrations due

Mar 5 – Chorus Entries due

Mar 10 – Hotel room reservations due

Mar 15 – Woman of Note nominations due



Upcoming Events

1-2 Mar	Faculty & Director Training
2-5 May	Region 6 Convention 2024



Directors Corner

*Submitted by Judy Weipert
Region 6 Director Coordinator*



Hello! My name is Carol Kurtz. First and foremost I am a wife, mother of two sons, Tyler (36), & Matthew (33), mother-in-law, & grandmother to 9 grandchildren.

My musical journey began with learning to play the piano, saxophone, dabbling in flute & bassoon a bit, and singing in junior high school, high school, & college.

I joined the Bismarck-Mandan Sweet Adelines (now River Rhapsody Chorus) in the spring of 1993. The director had me sing lead in a quartet for our fall show that year and I was hooked! I took over directing the chorus in 1997, directing for 13 years, through 2010. After taking some time off I returned in 2017-2019 singing lead in the chorus. I began directing the chorus again in 2021. Along with taking on director duties in 1997, I also began quartetting with Classic Formula and continue today with On the Brink.

I love that River Rhapsody Chorus members work so hard. I get shivers and get giddy when they create overtones!! I love performing and competing. There's no better feeling than bringing smiles and joy to our audiences; it's so rewarding!

My professional life includes 23 years as a third grade elementary teacher with music class duties

as well and 14 years at an insurance company as a supervisor for the rating team. Currently "retired", I work with my husband Duane running our lawn care company in Bismarck. I love being outdoors and although it's physical work, it keeps me in shape! During the school year, it is a joy to be teaching 6 of my grandchildren piano lessons. Piano playing can be lifelong and it's a blessing to be exposing them to something I've loved to do.

With music being a part of my life since a very early age, I am blessed to be a part of the Sweet Adelines family. Being with the River Rhapsody Chorus members and my quartet friends, allows me to leave everything at the door, forget for a while, and enjoy an evening of creating music together. I am grateful.

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.



Region 6 Faculty Looking Forward to Your Contest Performance

*Submitted by Bonnie Rust
Region 6 Faculty*

A big part of a Region 6 Convention is the Quartet and Chorus Competition. You've worked hard in preparing your performance and the audience is ready to applaud your efforts.



A successful competition is going on stage and putting your 100 percent into whatever you're doing. It's all about gaining confidence, having a good time and having fun together.

We've enjoyed visiting many choruses this year and we look forward to watching your performances in Rochester!

Region 6 Faculty members

VISUALIZATION

IMAGINING and ACHIEVING YOUR GOALS

*Submitted by Mary Dick
Region 6 Faculty*

Visualization is a simple technique that you can use to create a strong mental image of a future event – i.e. – Region 6 Convention in Rochester on May 3 and 4.

Visualization will greatly improve your chance of achieving whatever it is you want to achieve on that stage. An example: One study found that participants who visualized workouts were able to increase their muscle mass by 13.5% over the course of 12 weeks – even though they never stepped foot inside a gym!

Visualize the goal you want to achieve in your chorus or quartet. Both pre-competition and the performance itself are visualized in vivid detail.

You can visualize the entire day – from a pre-contest breakfast, to applying your make up, putting on your costume, going into the backstage traffic pattern and, finally, every moment of performing the competition package on stage. Also visualize the applause of the crowd. It's like daydreaming but in a more focused and intentional way.



How long should I visualize? Every day for 3-4 minutes or however long your competition set times out. It will help clear your mind, give you a sense of calm to keep those stage fright ducks from quacking!

Start now – you won't regret it!



AMPL Harmony Quartet

Submitted by Lori Scott



Hello! We are a new quartet from Minnesota Valley Chorus in Mankato, MN. We named ourselves after...ourselves! A is for Alyssa (our tenor), M is for Melissa (our bass), P is for Patti (our lead), and L is for Lori (our baritone). We toyed with other permutations of these letters, but we liked AMPL better than MALP, PLAM, PALM, or LAMP. Once we settled on AMPL, we knew that what we have and want in ample supply is harmony. So AMPL Harmony we are!

We have only been together for a few months, but already we have received our first coaching... from Liz Miller of Spice Quartet and a very helpful coach she is!

We performed on our first chapter show, the Mankato area Holiday Harmony show, and a Veterans Day fundraising event. We wish we were planning to compete this spring, but we will have to practice another year, because one of us is planning to spend that weekend elsewhere as 'stepmother of the bride'.

Meanwhile, we endeavor to implement a rule that we must learn a new song for every new piece of quartet apparel we acquire. We will have a chance to wear some of our new finery when we sing a double quartet with one of the Riverblenders men's quartets at their 50th anniversary Barbershop show, the week before the Region 6 contest. That we'll do despite 'stepmother of the bride' being 'prom mom' for another daughter the day of the show. Isn't life full of fun?





Sounds of Superior

Submitted by Sharron Kershaw

Happy 2024 to everyone from Sounds of Superior Chorus. December was a particularly busy month for us with Jingle & Mingle, Christmas sing outs, our Christmas party as well as a coaching session.

We were pleased to welcome new singers for Jingle and Mingle again. We are also very pleased to have been voted “Best Choral Group” in our community again.

Our Christmas party was great fun, we enjoyed a delicious meal, played Family Feud and “guess who’s in the picture”. Thanks Heather for putting together such a great evening.

Even with all the Christmas excitement the real highlight in December was our coaching session with Erin Howden. We worked on vocal

production and on expressing the emotion of the song. Now to incorporate all these tips and techniques into our repertoire.

Later this month we have a Quartet night. These are always so much fun and you just never know who will form a new quartet. Preparations are also under way for a spring show in early June.



Our main focus now is preparing for competition and we look forward to seeing all of our “Sisters in Harmony” in May!





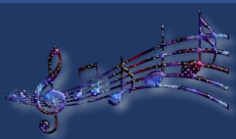
Minnesota Valley

Submitted by Melissa Sailor

November and December we continued our year of catch up! We had our Holiday concert with the River Blenders at Mankato in the afternoon and in St. Peter in the evening. Our chorus and quartets, along with the River Blenders and quartets, had a 2nd performance in Waseca. We went caroling early in December finishing out our year singing at the Kiwanis Lights at Sibley

Park in Mankato along with AMPL Harmony quartet. To start our 2024 calendar year, we took some well-deserved weeks off to recuperate from all we accomplished in 2023. Then we started to get serious about the competition season in 2024. We had a coaching session with Judy and Susan early in February to help us with our up-tune. Now our weeks are filled with perfecting the 2 songs we will perform in May! - Best of luck to every chorus and quartet competing in May. It's going to be a great year!





Spirit of Harmony

Submitted by Erika Wachholz

We were absolutely thrilled to represent region six in Louisville, KY at the 75th Annual International Convention and Competition back in November. For some of us, including me, it was the first time we stepped onto the international stage. It was an impressive operation! I learned so much from being with so many long term Sweet Adelines and I witnessed so many amazing performances! It was an honor to share the experience with my sisters in harmony.



After Louisville, we got busy preparing for Jingle and Mingle. We had six guests join us for the recording. It was wonderful to get into the holiday spirit and have extra voices with us. We had many performances and gatherings over the holidays, sharing our voices around our home area. We are excited that the requests for us to sing continue to come from new and exciting places. Our network in the Lakes area of northwestern Iowa is growing!

Sadly, as we moved through December, we had to deal with the loss of one of our sisters. Marilyn Reno passed away on December 6th.

She had been a member of Spirit of Harmony for over 32 years. We continue to remember our friend in song and her void on the risers will never be replaced. We also had five long term members retire after the Louisville trip and one member move to the east coast. We are actively recruiting new members but will miss each and every one of our friends that we no longer get to see regularly at chorus.



After the holidays, we transitioned into learning our new selections for the regional convention coming up in May. We had a coaching session with Scott Kvigne and are working to implement all that we learned from him. We hope all is well around the region and we look forward to sharing Musical Magic with you in Rochester!





Fox Valley Chorus

Submitted by Vicki Krause

After a well-deserved Holiday break, and two cancelled rehearsals due to “Wisconsin weather”(!), the Fox Valley Chorus is back to our regular schedule and working hard on preparing for contest. We are delighted to welcome back several of our Holiday Chorus guests and a few new guests besides! We’re so happy to see new faces on the risers 😊

We were delighted to have a coaching session with Joan Boutilier on February 13th, which was amazing as always. Joan provided us with a ton of tips and techniques to use in our competition package, as well as some new warm-ups. We also had our annual Valentine exchange – with each member bringing valentines for all the other members. We each went home with our

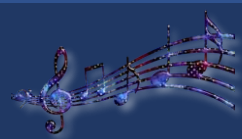
own Valentine goody bag! So much fun to see what little treasures were inside!

We are looking forward to coaching scheduled for us with both Lynne Smith and Joan for a retreat weekend in April. Of course, plans are in full swing for the upcoming contest in Rochester. We will hopefully have some new members with us at that time, and we know they, along with the rest of us, will be excited to show off what we’ve been working on!

Looking beyond Regional Contest, we are planning to do a Church Sing-Around again this summer, singing the National Anthem at a Green Bay Packers game, and hopefully a few other summer performance opportunities.

The Fox Valley Chorus wishes everyone in Region 6 warm breezes, soft rains, and budding trees – spring isn’t far away! We’ll see you all in Rochester!





Twin Cities Show Chorus

Submitted by Merrilee Spaeth

TC has had a lot happening in the last few months, but the biggest news is that we have a new director, **Derek Glenna**, who (along with Judy O) was one of our guest directors for Jingle & Mingle this year.



Derek officially became our director at the close of our J&M performance, with his two sons joining in the festivities! Welcome, Derek, Emily and family, to TC! ☺



Our first performance with Derek as our director was at Grace Church of the Nazarene in Inver Grove Heights, and several church members joined us in singing “Let There Be Peace on Earth”. What a special event!



Derek and Emily

We also had a fabulous holiday party at the Bloomington Event Center, with great food, fun games and special music by Side-By-Side



Sadly, TC recently lost two of our former members – **Wendy Hamilton** and **Eileen Stoffels**. They are greatly missed, and will always be remembered for their wonderful contributions to our chorus!

Over our holiday break TC began working on two new songs for competition, and had a fabulous (2nd annual) retreat at the end of January to polish them! We were SO lucky to have Becky Perkins work with us Friday night,



and Scott Kvigne coach us all day on Saturday.



'Thank you', Becky and Scott, for all of your expert and very helpful coaching!!

We are looking forward to additional coaching with Mary Dick, Connie Miller and Judy O in the near future! How lucky can we get?

Looking forward to seeing all of you at competition! ☺

Twin Cities Show Chorus

Zumbro Valley

Submitted by April Horne

After a very busy holiday performance season, Zumbro Valley Chorus leaped right into the new year (get it?? Leap – ha!). The excitement for the regional convention is building as we are learning some fun songs under the direction of our (still new) director, Debbie Mason. We're grateful for coaching sessions with Bonnie Rust, Connie Miller, Judy Olson, Mary Dick, and Susan Krisnik (and soon, Scott Kvigne). And best of all, we will have 10 people on the stage with us this year that were not on the stage with us last year! Please look for our new members at the convention and welcome them to our wonderful Sweet Adeline family. (Rumor has it that we will soon have a new quartet, too - watch this space!)



New members - Back row: Lead Sarah, Bari Dawn, Tenor Katherine, Lead Jodi. Front Row: Lead Ella, Director Debbie, Bass Nani. Not pictured: Lead Amy, Bari Mary, Tenor Michaela.





River Rhapsody Chorus

Submitted by Pat Frohlich

River Rhapsody Chorus had a wonderful holiday season. We had two guests who participated in our Jingle and Minge rehearsals and recording, and also performed with the chorus for our Christmas show. We had a great audience and enjoyed fellowship and Christmas goodies after the show.



The chorus planned our Christmas party on December 17th so we could have a Jingle & Mingle watch party at the same time! Our party was at Touchmark, a senior living facility in

Bismarck. We had our own private room which was ideal to be able to watch Jingle & Mingle while eating lots of yummy food! We had a white elephant gift exchange which was tons of fun! So many crazy gifts!! We also had a Christmas caroling time with the residents. It was so much fun seeing the joy in their faces as we sang Christmas carols together.



After the holidays, we are back to rehearsing, but in a new rehearsal space! If anyone finds themselves in Bismarck-Mandan on a Monday

evening, you're welcome to join us at 3500 E Rosser Ave, Bismarck, ND.

We are working on keeping our repertoire finely tuned for spring and summer performances. The chorus had a performance in February and has one on the schedule for March.



We are all so thrilled to be preparing for



competition, as this year will be the first time RRC is competing since covid! The chorus has welcomed two new members, Tracy and Jen, and we have several RRC members who

will be experiencing their very first competition this spring. So exciting! We are eagerly looking forward to a coaching session with Mark McLaurin, on February 24th.





Winter Chill to A Cappella Thrill!

Submitted by Spice

Wow! These last few months have absolutely flown by!! March is just around the corner, and it's feeling positively spring-like out there, isn't it?



Speaking of seasons, we had a blast singing on City of Lake's Winter Show, "Snowed In"! Did we sing "Blue Bayou" on a winter/holiday show? Yes. Yes, we did. If you were there, you know that it made perfect sense. 😊

During the holiday season, we chose to slow down, spend time with our families, and recharge our Spicy batteries. We came back together in January ready to learn new music and coach our contest songs. A special shout-out to our two favorite coaches... Queen Mary Dick and Scott Kvigne!! There's a special kind of joy that accompanies the roughness of a new song coming together and equally so in the very specific detail work of polishing a contest set. We love it all!!

Next up for us is Flyover Fest 2024! We are so grateful to be a part of this premier a cappella festival and have the opportunity to coach with the legendary Deke Sharon! With an array of talented speakers and presenters, there's so much to look forward to, and you can join us! Check it out: www.flyoverfest.org.

Word on the street is we've got some pretty amazing new quartets in the region! Wahoo!! We are beyond excited!! Let us know if and how we can support you in your quartet journey! And if you've formed a new quartet of your own, drop a line! We'd love to celebrate with you!!

Here's to a spring filled with harmony... and maybe a pun or two to spice things up...

Our friends roll their eyes every time we make an herb pun. We don't know what their dill is.

Live life with a little Spice!

Angela, Heidi, Liz, Jan

Email: QuartetSpice@gmail.com

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



Daylight Saving Time begins on March 10!



Lake Country Chorus

Submitted by Helen Vulu

Lake Country Chorus has been really busy welcoming eight new members, five of whom will be on the risers with us at the convention! Friends invite friends, the very best way to grow a chorus. It is so exciting to wrap them into our chorus life, starting with coaching sessions with Scott Kvigne!



Some of these new singers started as guests on the risers with us at our traditional Holiday concerts in Anoka and Roseville. We partner with North Star Chorus and this year had a mixed quartet, a husband and wife duo and our own VLQ as part of the entertainment.



Lake Country Chorus and guest singers are relaxing before our Christmas concert in Anoka.



Mixed Nuts quartet. Becky, Larry, Ron and Karen

Lake Country is one of the five choruses that combine to make up Twin Cities Singing Valentines. www.sing4me.net. We provided the two Sweet Adelines quartets that performed in addition to the Barbershop Harmony Society quartets.



Our newest quartet - Splash - Karen, Rebecca, Becky and Sharon G - delivering a Singing Valentine.

It is great fun and there is room for more choruses and quartets to participate (and earn money for your chorus while entertaining and promoting barbershop).



Company's Coming quartet did just that! Helen, Marla, Sharon H and Sandy dropped in unexpectedly with a Singing Valentine!

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