



Regional Measures

Fall 2024 Edition

REGIONAL MANAGEMENT TEAM

CHERYL HELM – TEAM LEADER

APRIL HORNE – EVENT COORDINATOR

JUDY WEIPERT – DIRECTOR COORDINATOR

MOLLY ROBERTSON – EDUCATION COORDINATOR

LINDA RUBIS – MEMBERSHIP COORDINATOR

AUDRA FREEMAN – FINANCE COORDINATOR

KATIE ROESSLER – COMMUNICATIONS COORDINATOR

LEAH SOVICK – MARKETING COORDINATOR

CAROL JEANS – CANADA LIAISON

For contact information, log into the Region 6 website.
Go to the Members Home section and select the
Regional MGMT (Management) Team button.



Upcoming Events

October 28- November 2	Sweet Adelines International Convention – Kansas City, MO
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I hope and pray we'll be together – next year at SASS!

Submitted by Zee Ortiz

This last weekend that I spent with so many wonderful ladies at 'chorus camp' (as I've been calling it) was one of the most valuable experiences that I have ever had with Sweet Adelines. As I approach my second year with this organization, I realize how lucky I am to have been to the regional events, coaching sessions and fun things that have happened this year.

This weekend, with so much music education, judging education, and togetherness that I received meant so much to me. Our wonderful faculty and Judges worked so hard to get this out there and to teach us about the scoring sheets and the way that judging works, what judges are looking for, and how to improve sound personally and as a chorus.

My chorus, Zumbro Valley Chorus, had 11 people show up for camp- the most of any group that came! This was such a special thing for me, I got to spend time with members I don't talk to much, and at the end of each day, the whole group sat together with our director and discussed the day. We talked about ways to enhance our rehearsals and how to come together as a chorus to improve and be ready for our next competition. SASS was a fantastic time and I'm so grateful to have been there to soak it all in!



SASS Recap

*Submitted by Susan Krisnik
Region 6 Faculty*

What a great weekend! SASS was a smashing success. Here is a brief summary:

Friday night there was a quartet round up led by Mary Dick and Scott Kvigne and a membership discussion led by Linda Rubis, Susan Krisnik, and Bonnie Rust. The whole group then met for some singing and fun skits by a few quartets and the RMT.

About the quartet round-up:

Mary Johnson said, "It was fun and very educational." She shared that a few quartets were looking a space filler – a certain needed voice part. She also said that she enjoyed that Mary Dick talked about the blend of voices ('velvet' and 'spike')."

Scott Kvigne said there was good participation. "Everybody got up and took their turn to sing. There were good matches made and people really enjoyed it."

Mary Dick said that the quartet round-up session was "very comfortable and safe for the singers. Everyone participated well. Several established quartets were looking to fill a voice part. It was good for those groups to get to hear different voices to choose from. It was a good experience for all."

Saturday was filled with tons of education, singing, and fun. The morning started with Cheryl Helm leading a fun physical warm-up to the Swim Song - she even wore her swimsuit! Mary Dick and Mary Jo Zgonc then led a great vocal warm up. We sang some tags and camp songs then moved into our Troop sessions.

The sessions were about the 4 judging categories. Music was led by Judy Weipert and Carol Kurtz. A highlight was that they used a game show format, putting music components into a game. Sound was led by Mary Dick and Mary Jo Zgonc. A highlight was using 2 singers to demonstrate vocal skills. Expression was led by Connie Miller. A highlight was learning about "Singlish" that focuses on singing word sounds and not just words. Visual Communication was led by Susan Krisnik. She talked about the judging process and components. With Judy Olson, a highlight was that she gave advice about the 10 minutes before a performance.

After dinner, the Troops presented crazy skits that had to incorporate random items given to them in a bag. Then more songs were sung. On Sunday morning, the Troops had breakfast then a feedback chat and ended the weekend with more singing.

When asked about their favorite thing about SASS, members said:

"It was humbling to be asked to present. Working with Judy W was wonderful. People had fun with it." – Carol Kurtz, River Rhapsody Chorus

"Listening to faculty talk about the 4 judging categories." – Miriam Kenning, Twin Cities Show Chorus

"The membership session was super helpful, great ideas and comments." – Bev Williams, Vallee de Croix Chorus

"The skits!" – Linda Harmsen & Bonita Stromme, River Rhapsody Chorus, Eileen Holicky, Zumbro Valley Chorus, Nani McPherson, Zumbro Valley Chorus

"The education of the judging categories. Good to hear from a judge's perspective" – Ava Howenstein, City of Lakes Chorus



"The quartet round-up." – Dawn Volkman,
Zumbro Valley Chorus

"The education of the judging categories. All
members need to learn this." – Helen Vulu, Lake
Country Chorus

"The swimming warm-up with Cheryl." – Lori
Scott, MN Valley Chorus

"The education part – all the learning." –
Shanshan Sateren, Acapella Express Chorus

"The 4 sessions, smaller groups, and the variety
of approaches." – Tina Fleck, City of Lakes
Chorus/River Rhapsody Chorus

"It's a tie between the education classes and
skits." – Patti Dykema, MN Valley Chorus

During my session on Visual Communication
Judging, a question came up. Question: If a
chorus takes a pitch and starts a song and
decides to stop and start over, does the time
start over or do they just keep timing? And if
they go over time by a few seconds, because of
this, will they be penalized?

I later asked Paula Davis, SAI Judge Specialist &
Past President and she responded:

"I've never seen a chorus do this, but I've
certainly seen quartets do this. Either way, if
they take the pitch and are unhappy with
something, they can go again (even more than
once if needed) without being timed. If they
actually start the song, the timing begins then
and will continue even if they stop and start
again. As always, they time the first and second
song separately. If the two add up to overtime,
they would receive a penalty, at the decision of
the panel. Times are pretty cut and dry, so they
probably would get a penalty; however, for just
a very few seconds over, the judges may not
penalize. It clearly wasn't planned or ignored -
they may let it pass."

*SASS was recorded and is available for viewing
by all on the Region 6 website.

From your Regional Management Team:

Team Leader – Cheryl Helm

What is the definition of "teamwork?" "It is
the work done by a group acting together so
that each member does a part that
contributes to the efficiency of the whole".
That is what I saw in the planning of SASS!
First of all, the RMT put together a program
that involved all members to suggest, plan
and make this event happen. Second, the
faculty was asked to participate, offer
suggestions and volunteer their expertise
where it was needed. Third, chorus members
volunteered to spend a weekend in an
educational learning experience. It was a very
exciting weekend that really was a camping
experience. To me, this was "teamwork" at its
finest! If you were not able to attend this
event, you can go to the region website and
watch it. We hope you can attend our next
event! You won't want to miss it!

Just an FYI: Reminder to send your Standing
Rules with any updates to me. My job as
Team Leader is to review them and send my
ok. I will try to look at them within a week
and two weeks at the most. You can review
information on what should be included in
them by checking out our regional website or
going to the international website. They are
great resources for you to look at. Remember
your standing rules reflect your chorus and
what you are doing.



A summary of the SASS survey results:

Overall Event Rating:

- The event received mostly positive ratings, with attendees describing it as either "Excellent" or "Very Good."

Positive Aspects:

- **Location and Food:** Both were frequently praised by attendees.
- **Organization:** The event was seen as well-organized.

Negative Aspects:

- **Audio Issues:** Some attendees had difficulty hearing during the event.
- **Cost:** The expense of the hotel was a concern for a few participants.
- **Communication:** A few attendees felt overwhelmed by the amount of email communication and noted some confusion about event details.

Event Organization:

- Most respondents felt the event was very well organized, with ratings of "Extremely Organized" or "Very Organized."

Pre-Event Information:

- Information provided before the event was generally rated positively, though some suggested that communication could be streamlined.

Session Length:

- The majority of respondents felt that the sessions were the right length, though a few thought they were too short.

Suggestions:

- Attendees recommended more time for lunch breaks, keeping the same location, and reducing the number of emails sent prior to the event.

Thank you to all who completed the survey!
The results will be used to plan the next event.

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.



Finance Coordinator News & Notes

Finance Coordinator – Audra Freeman

Hello Region 6! I hope you all had a great summer! It's really hard to believe that it is almost over. Truthfully, I'm always looking forward to fall, it's my favorite time of the year.

Now that we are well under way into the 2024/25 fiscal year, I wanted to share some financial information with all of you. We held our RAMM (Regional Annual Membership Meeting) recently and shared our RMT annual reports with everyone. Included in the [RAMM report](#) is the FY 2023/24 financial statement. This report can be found on the Regional website. Please take a look at it and let me know if you have any questions about the financial state of the region.

Looking forward, the RMT has been discussing the regional budget and how to support our regional education plans and future conventions. The costs to provide these opportunities have consistently been on the rise over the past several years. Appropriate venues that can provide the space, staff and amenities that we need are getting harder to find at affordable pricing. As a result, the RMT has been considering different options for covering the rising costs.

One option that many regions are going with is to increase regional dues to cover the costs for all events. The RMT is discussing what that would look like for our region and how much we would need to increase regional dues to cover these costs.

Other ways to increase revenue that we are exploring are securing grants for regional educational events and adding outside vendors

to the Regional Boutique at our spring convention.

To help with these decisions, I am very interested in putting together a Fundraising Team for the region. This team would help explore grant and sponsorship opportunities, assist with the Regional Boutique and come up with other fundraising ideas on the regional level. If you are interested in being on a Fundraising Team for the region, even if just to help consider options, please reach out to me.

Speaking of the boutique, I am always looking for ideas for merchandise that we should stock and merchandise vendors that I can reach out to for purchasing those items. Specifically, I am looking for vendors with "sparkly" items like rhinestone logo shirts, musical themed jewelry, etc. If you or your chorus have any vendors you work with that have merchandise we should consider, please let me know.

On a fun note, did you know that the region will give financial support for coaching of groups of two (choruses, quartets or a mix of both) if you share a coach? The region will grant a scholarship of \$200 for sharing a coach, you just need to fill out a scholarship form which can be found in the [NLR6 Policies & Procedures](#) document on the regional website.

WHEW! That was a lot to share with you. Please reach out to me any time you have any financial questions. I'm always here to do what I can.





Directors Corner

*Submitted by Judy Weipert
Region 6 Director Coordinator*

I sat down recently with Patti Dykema, the director of the Minnesota Valley Chorus, to find out a little bit about one of our wonderful Region 6 directors. Here's what she had to say:

How long have you been directing Minnesota Valley Chorus?

I've been directing for about 7 years full time and about 2 years when Carol Grimmer was sick.

What is your music background?

I'm a music major and taught in North Dakota and also in the Mankato area public schools as an overload music teacher.

What is your favorite aspect of directing?

I love preparing for our annual show and competition.

Show or Competition? Which one is your favorite and why?

I really like both, but I think I like competition and working on the barbershop craft.

Ballad or uptune?

I love both! I like the emotional aspect of ballads, but it is fun to be playful in uptunes!

Do you think a director's personality and chorus brand are linked?

Yes! We are not the chorus we were when Carol was our director. I have different skills from Carol, and we took chances that are different. We competed in the Open Division. It was fun to perform in this division and a delightful experience for our chorus!

Do you have any advice for aspiring directors?

Take chances! Whatever comes from the experience can be a learning opportunity to grow and learn from.

Do you have a favorite rehearsal memory?

We had a member in our chorus who was a quilter. So as a special treat she made everyone in the chorus a quilted music bag. These are now extra special memories because she's passed on.





Director Certification Program – who, me?

*Submitted by April Horne
Region 6 Events Coordinator*

I have been working my way through the Director Certification Program (DCP) - not because I want to be a front-line director, but because I want to be able to help with sectionals, warm-ups, our youth program, and other aspects of chorus leadership. I have found it valuable, enjoyable, and want to share my experience with others in case they, too, might benefit.

First, my background: I have no formal music training beyond high school choir. I had not sung in a choir for more than 30 years when I joined Zumbro Valley Chorus a little over 10 years ago. But I fell in love with Sweet Adelines – the harmonies, the sisterhood, and the focus on education and growth. (Oh, and I’m a baritone!)

I first considered DCP when our chorus was in the middle of a long on-again/off-again director search – made worse because of COVID. Our fabulous assistant director, Nancy Hayden, stepped up to the plate, as she has many times in the past. However, it’s a big job and as the search dragged on, I wanted to do what I could to help. I helped with warm-ups by watching a LOT of YouTube videos. With Nancy’s guidance, I even directed a few tried-and-true songs.

Even though the members of my chorus were so supportive, I was frustrated because I couldn’t do a better job for them. I borrowed a copy of the old DCP materials, stored in their nice 3-ring binders along with the CDs. There was a lot of material there that was helpful. However, one thing I wanted that I could not get from a binder was some feedback from a Master director. And

the only way to get that was to register for the certification. So, with the support of our board (who by now had knighted me “assistant director”) I took the plunge. All I can say is “jump in, the water’s fine!”

Definitely, there have been areas where I’m not as strong as I want to be – my “ear” will never be as good as a well-trained director – but there’s so much in the DCP that can help me (and you) not only to be ready to contribute more to the chorus, but also in other aspects of life. (And I do believe my “ear” is getting better!)

So, what are the benefits? Here’s just a partial list.

As a singer:

- DCP can help us identify those “special” chords that produce that barbershop sound, and how, as a singer, we can help produce the best blend.
- You’ll learn about the physiology of your “instrument” and how you can keep it healthy and how to make adjustments to produce a better sound (Oh! So that’s why the director told us to do that!)
- For me, many of the “ah ha” moments related to realizing I was doing things that were not only unnatural, but also inhibited my best sound.

As a music leader,

- I really appreciated the sections that talked about planning rehearsals and performances,



- There are also a lot of tools and techniques for teaching new music.
- Plus, now I don't have to rely (completely!) on YouTube videos for warm-up techniques. And I can tie the warm-ups back to areas we're trying to improve in rehearsal.

For anyone in a leadership role, within or outside of Sweet Adelines:

- The modules on communications and management skills are helpful within the context of the chorus and also out in the "real" world. We spend a lot of time in our life with groups of diverse people with different strengths (and different needs). It's always helpful to learn some new tips on how to make sure we are leveraging all of that beautiful diversity to build the strongest team possible – and meet our goals for whatever environment we're in.

While we can all get a lot out of the modules in the DCP (which are online now – no more 3-ring binders and CDs), if you want to complete the actual certification, you do need the support of your director and board. Our wonderful new director, Debbie Mason, is supportive of my goal and has allowed me to continue to direct a few songs. I'm still an assistant director, so that allows me to complete the certification. It's not all online - there are a few things that require interactions with "the pros," but I'm looking forward to those interactions to help me build my skills. And make sure to reach out to Linda Wetterlin, the Region 6 Director Certification Program Coordinator. She was very helpful in explaining how the whole process works, including registration, and how to make sure I get as much benefit as possible.

I slowed down my progress when we got our new director, but I'm continuing to plug along as time allows. I appreciate anew the materials when I have the time to tackle the next module. I'll let you know when I get my certificate! In the meantime, keep singing and loving and growing!





Fox Valley Chorus

Submitted by Vicki Krause

Doesn't it seem like the summer has simply flown by?? Certainly that's the case for the Fox Valley Chorus...though it's been a busy one for us!

In June, the chorus sang the National Anthem for a Green Bay Packers baseball game – always a great way to represent our chorus. Then, after a few weeks off for well-deserved vacations, many chorus members worked at our local Paperfest, which is a major fund-raiser for the chorus. Many, many thanks to all the members who worked hard, and especially to Vicki Powers for spearheading all of this.

On July 30, we were thrilled to recognize Heather's signing of her renewal contract to continue leading our chorus for another term! For the past 20 years Heather has been the heart and soul of Fox Valley Chorus, building us with her extraordinary talent, dedication, and passion for music. And we are very grateful and realize how lucky we are to have her!



On August 11 we had a Church Sing-Around, singing two songs at four separate churches in Neenah and Menasha, with transportation donated by Kobussen buses and driven by Brenda Krueger's husband, Joel – thanks Joel! Many of us had a lovely breakfast/brunch following our singing!



We are planning a Guest Night for September 10 – hope to see at work pulling it all together! Watch our Facebook page for more information!

As always, keep on singing!

Music gives a soul to the universe, wings to the mind, flight to the imagination, and life to everything.

Plato



Sounds of Superior Chorus

Submitted by Sharron Kershaw

We wrapped up our 50th Anniversary year with “The Magic of Harmony” show, and it truly was magical. It’s so exhilarating to sing for a large audience and share our love of four-part harmony. Many in the audience were singing along and toes were tapping. At the end of the evening, we held draws for beautiful raffles baskets. This show was a fund raiser with all



proceeds being donated to the Superior High School Music & Drama Program in thanks of their valued support of us over many years, providing practice space as well as storage for our risers.

Even though the summer is a little quieter for us, still so much goes on behind the scenes. We continue to work bingos raising funds to finance our chorus activities.



We held our annual Christmas in July at one of our gracious member’s camp again. The weather cooperated enough that we were able to enjoy our potluck supper outside by the lake but no swimming this year. This is where we begin to practice our repertoire for the upcoming holiday season. We have a performance scheduled in September for a local Organization celebrating their 40th Anniversary.

I hope everyone is enjoying a wonderful summer!





Lake Country Chorus

Submitted by Helen Vulu

At Lake Country our summer was filled with church and park performances and selling tickets at the Washington County Fair, plus polishing familiar music for our newest members and starting on a new lovely piece for our Christmas concert.

Time is flying and our fall fundraiser is right around the corner as we wrap up the summer. Put the date on your calendar and contact your favorite Lake Country Chorus member to purchase tickets - or purchase them at the event on Sunday September 22nd.

- We will serve two kinds of soup, two kinds of slider sandwiches, bars and beverages.
- There will be a silent auction, baked goods, crafts, and gently used jewelry looking for a new home, plus a 50/50 raffle and a short Lake Country performance squeezed in with all the food and fun!

Following that we can catch our collective breaths just in time to welcome guests to sing with us for Christmas. If you have friends in the White Bear Lake area who would like a short term opportunity to sing a Christmas concert, send them our way, we would love to have them join us. Men friends are welcome too, to sing with North Star Chorus in the concert, it could be a family event! Our concert dates are Sunday December 1st in Roseville and Tuesday December 3rd in Anoka, guests would not need to commit to both dates. Contact us at info@lakecountrychorus.org for rehearsal information.

See you soon!

Harmonize the World!



Soup's On! And Beyond

**Be our guest for soups, sliders, bars
and coffee -\$15 per ticket**



Silent Auction, baked goods and crafts

*Music by Lake Country Chorus, Company's
Coming and Splash Quartets*

*Sunday September 22, 2024
1:00 - 4:00 pm
Redeemer Lutheran Church
3770 Bellaire, Ave
White Bear Lake, Mn 55110*

Six and Under Free – Tickets can be purchased at the door





Spice Quartet

Submitted by Spice: Angela, Heidi, Liz, Jan

Summer is a season of love, laughter, and joy.

This summer has been absolutely spectacular! We hope you've been enjoying it as much as we have... quality time with family and friends, vacations, stay-cations, gardening, baseball and of course singing together as much as possible!

We are learning a couple new songs, coaching, and preparing for a few upcoming performances. We'd love to see you at any of these events!

September 21: Indianhead Barbershop Chorus "Barbershop Back to Barron"

- 7:00p at Barron Area Community Center, 800 Memorial Dr, Barron, WI 54812
- Tickets: \$10; Call: (715) 234-4309

October 5: City of Lakes "On to Fame Show"

- 4:00p at St. Louis Park Middle School Performing Arts Center, 2025 Texas Ave. S, St. Louis Park, MN
- Free Will Offering

October 28 – November 2: SAI International Convention and Competition!

- Kansas City, MO or Webcast

As you can see, we have plenty of fun and exciting things to look forward to, but we're still a little disappointed to bid adieu to summer. And do you know what you call a spice that's feeling blue? A sad-ffron.

Live life with a little Spice!

Angela, Heidi, Liz, Jan

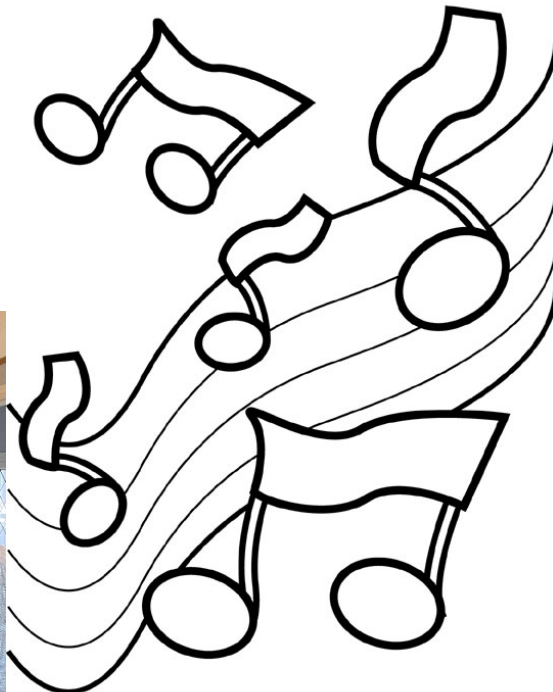
Email: QuartetSpice@gmail.com

Facebook:

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

YouTube:

<https://www.youtube.com/@spicequartet>



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Vallee de Croix Chorus

Submitted by Linda Thueson

Summer is a most enjoyable time for the Vallee de Croix Chorus, even with the cancellation of our favorite event (Stillwater Lumberjack Days) due to massive flooding, we set out to share our gift of song in different venues. We performed for a local senior residence, Zvago, where the residents enjoyed every song. In fact, we saw them singing with us at times.



We joined our friends 'Side by Side' in Minnehaha pavilion for an enjoyable Friday evening concert.



Twin Cities Show Chorus invited us to join them in a wonderful concert at Comp Park Pavilion on a Sunday afternoon.

We also celebrated a very special event in our Chorus: a baby shower for our director Brandon and his wife Becky who are expecting a baby girl very shortly. Wow, do we have great bakers in our Chorus! Lots of wonderful food and special moments shared. An update: baby girl Sophie Dee Galbraith was born on her due date, August 26th, at 4:14 pm. Both mom and baby are doing well and are home. The chorus is thrilled and anxiously waiting for the chance to meet the newest barbershopper! Welcome baby Sophie!



We look forward to an awesome fall and winter with a number of singing events in the works. Watch our website for updates to the calendar as dates are finalized!





Minnesota Valley Chorus

Submitted by Melissa Sailor

After competition, we had conversations about our scores and how well we did considering the size. We may be small, but our voices are large!



Our summer has been busy with events, singing at churches on Sunday mornings, we were asked again to sing the National Anthem at 2 MoonDogs games so we did that, all while working hard at rehearsals learning a few new church songs for next summer.



We are always looking for new members and will be having a guest night in the near future. If you know anyone in the Mankato area who loves to sing, please send them our way! Have you considered dual membership? Our chorus would love to grow to 20+ active members again. Specifically tenors and basses!

The chorus will be 50 years young next year, so we are not having a fall show this fall. Rather a large celebration next year! We are all excited to accomplish this feat, and have found a bunch of treasures from our chorus's past to share with all of you.

Until next time singing sisters!





Spirit of Harmony Chorus

Submitted by Sally Bohmer

What ELSE do you do for fun?

Barbershop singing is a great hobby that is fulfilling and fun, but it is not our whole life. Many of us have other hobbies and interests. The two singers in the middle of the chorus picture have taken one of their other interests to a new level. Marcia Klingbeil and Sally Bohmer competed in table tennis at the 2024 Iowa Senior Games in West Des Moines this summer. They entered all three table tennis events-- women's singles, women's doubles, and mixed doubles. The competition is set up in 5-year age increments starting with age 50 and older. The medal winners in each event qualify for the National Senior Games, which were previously called the Senior Olympics. This was the 10th year they have competed at the state level. Marcia and Sally qualified in all three events for the 2025 National Games, which will be held in Des Moines, IA. This is their 3rd time to qualify and 2nd time to go to the National Games. The first time was in Albuquerque, NM, in 2019.

The experience of competing is similar in some ways to singing on the international stage with Sweet Adelines—challenging, educational, competitive and fun. Members of the Spirit of Harmony Chorus are great encouragers and supporters of each other. Hopefully the same can be said of your chorus members regarding the interests that you pursue.





River Rhapsody Chorus

Submitted by Pat Frohlich

What a pleasant summer we have been having! River Rhapsody Chorus began the summer by welcoming our new board members and having installation of officers.



It was a beautiful evening in June as River Rhapsody Chorus entertained for a great audience at the Mandan Band Shell. We also sang for a church convention and at a senior care center family picnic.



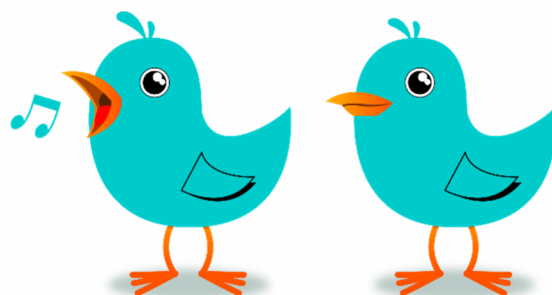
RRC congratulates our quartet, On the Brink as they had the opportunity to compete in the Diamond Division in Tulsa, in July! We love and are so proud of our quartet!

Six chorus members attended SASS, Camp Fundamentals in August. It was reported to be a fun and informative event!

Our chorus members are gathering their items for RRC's fund raising rummage sale to be held on Saturday, September 7th at 1050 E Interstate Ave, Bismarck. We always enjoy visiting with

shoppers as they rummage, and we also love to sing a song to two throughout the day.

As we wind down our summer and head into fall, RRC is planning a new and exciting format for our annual Christmas Show, on Sunday, December 15. We are working on our Christmas music and we will be inviting community women to join us at rehearsals and participate in the show.



Twin Cities Show Chorus

Submitted by Merrilee Spaeth

My goodness, where has the summer gone already? TC has certainly had a busy one!

We would first of all like to give heartfelt thanks to Fox Valley for so generously allowing us to join them in representing Region 6 at the International Convention in 2025! We are SO excited for the opportunity, but at the same time we know that we have a lot of work to do!





Since Regional in May we have held our second chorus 'summer camp' where guests are invited to join us for rehearsals during the summer and then perform with us.



This year we all learned two new songs and sang them as part of our repertoire at both the Egan Bandshell (July) and Como Park Pavilion (August).



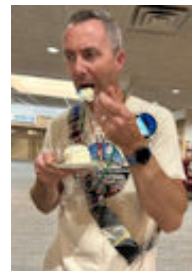
We also enjoyed sharing the stage at Como with Vallee de Croix Chorus, Side By Side and Fanfare - what an awesome time and a beautiful day!!



In July TC held its second annual reunion picnic on a VERY hot day, but everyone enjoyed both the food and the chance to 'catch up' with former (and current) members.



We also enjoyed a surprise 40th birthday party for Derek at rehearsal this week that included his family, lots of age-related gifts and a special cake! Happy 'over-the-hill' birthday, Derek!



Have a wonderful end of summer and start of fall!





Zumbro Valley Chorus

Submitted by April Horne

The members of Zumbro Valley Chorus had a wonderful experience at the Regional Convention. It was fun to hang out and sing with our old, and new, friends in Region Six. Congratulations to all participants – you're all winners. Of course, it's exciting to win a medal, and ZVC is happy to have reached the "most improved" status under the direction of our amazing (novice) director, Debbie Mason, and thanks to the hard work of our experienced members and the 8 members who joined us on the competition stage for the first time in 2024.



Director Debbie thanks Julie (bass) for our new mascot, ZumbRosie! (Yes, it's a pink dragon wearing rhinestone earrings!)

We've kept the momentum going with a busy summer season. We just finished our "Summer of Harmony" capstone performance for our Young Women in Harmony program. This annual program has been led by The Lady Slippers quartet since 2013.



Thirteen young women overall participated in "Summer of Harmony" and 9 were able to be at the concert.

The young women learned 3 songs ("Consider Yourself," "Thank You for the Music," and "Walkin on Sunshine") over the course of 6 one-hour rehearsals. They prepared a skit to perform as an integral part of the full chorus program. They loved their Summer of Harmony t-shirts!

Additionally, 4 of the young women decided to sing along with the "seasoned" singers for the summer and, along with 3 other adult guests, learned an additional 6 songs! We had a "sell out" crowd at 125 Live in Rochester and had to ask the janitor to add more seats.



The Young Women in Harmony and "seasoned" guests join Zumbro Valley Chorus in "Walkin on Sunshine."



This was also the first public performance of our newest quartet, Med City Remedy! They were so amazing, and you know you'll always have plenty of caregivers in the room at a concert in Rochester!



Katherine (tenor), Jodi (lead), Kiya (bass) and Sara (baritone) make up the Med City Remedy

Now we are working on a new set to be performed at our annual fall program, to be presented Saturday, September 21, 1:30 at Trinity Lutheran Church. We will be joined by the quartet "Elevator Music", an ensemble which includes our own Debbie Mason. We're excited to hear them!

We'll follow our fall program with a few community sing-outs to medical hospitality houses and senior living centers, plus a performance at Assisi Heights for the Sisters' annual birthdays celebration. These community performances are one of our favorite parts of our performance season. They are all very appreciative audiences.

In the middle of all that, ten members of Zumbro Valley Chorus are looking forward to a

great experience at SASS 2024, Camp Fundamentals.

Then – on to "Harmony for the Holidays," our version of Jingle and Mingle!

Best wishes to all for a summer full of family, friends, and harmony!



Music doesn't lie. If there is something to be changed in this world, then it can only happen through music.

Jimi Hendrix

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