



Regional Measures

Fall 2025 Edition

REGIONAL MANAGEMENT TEAM

CHERYL HELM – TEAM LEADER

APRIL HORNE – EVENT COORDINATOR

HEATHER JOHNSTON – DIRECTOR COORDINATOR

MOLLY ROBERTSON – EDUCATION COORDINATOR

BECKY BRACHT – MEMBERSHIP COORDINATOR

AUDRA FREEMAN – FINANCE COORDINATOR

KATIE ROESSLER – COMMUNICATIONS COORDINATOR

LEAH SOVICK – MARKETING COORDINATOR

CAROL JEANS – CANADA LIAISON

VICKI POWERS – WISCONSIN LIAISON

For contact information, see the Region 6 website
Members-only section> Documents> Regional Directory

SAI Birthday

*Submitted by Cheryl Helm
RMT Team Coordinator*

WOW! 80 years old! Who would have thought Sweet Adelines would still be around after this many years? Wouldn't it be fun to go back and listen to that conversation about organizing? Do you suppose their questions are the ones we still ask today in our own choruses? Do you think they disagreed about which songs to sing? Costumes? Lipstick color? Nail polish color? Did they have trouble finding board and committee members to serve? Would they be a "normal" chorus if they had disagreed?

I think they did have all the same issues our choruses face today, and like us, they figured it out with the help of "ALL" of our fellow members. Because it's the "MUSIC THAT BRINGS US TOGETHER!"

HAPPY BIRTHDAY TO ALL OF YOU!

Upcoming Events



10 Sept	RAMM Meeting
20-25 Oct	Sweet Adelines International Convention and Competition





*Submitted by Judy Olson on behalf of
the Region 6 faculty*

We just gotta keep singing together!

The "I Know 6" regional songs list has been revised. Music and tracks are available on our Region 6 web site (Blue Skies will be soon). Let's ring some chords together next spring at Regional Contest!

Blue Skies

Come On and Sing

Let's Sing Again

One Fine Day

One Song at a Time

Send Your Love



Acapella Express Chorus

Submitted by Mae Murphy

Acapella Express Chorus is now preparing for our **70th Anniversary Show**.

You don't want to miss our special celebration, filled with beautiful music and memories. We will welcome former members and directors, display photos and memorabilia, and of course sing!



We are working this summer on our repertoire for the show and planning fun sing-alongs for the audience too! Come celebrate with us on **December 6th, at Trinity Lutheran Church in Moorhead, MN**. Save the date and watch for more information coming this fall on Facebook.



We are also excited to welcome Ashley Flemmer as our new Associate Director.

Ashley grew up in Beulah, ND and was singing since she could talk. She received her BS in Music Education from Minot State University in 2005. Ashley has taught vocal and instrumental music in K-12 public schools for 16 years, and private voice lessons for 20 years. She joined Acapella Express in 2018 and has always sung lead.

During summer, we are keeping ourselves engaged in our community. We have been working admissions at the ND Horse Park during the month of July, and participating in area sing-alongs and karaoke, where we can connect with potential new members.

We are inviting guests to join us in singing the US and Canadian National Anthems during the FM-Redhawks vs Winnipeg Goldeyes game on August 28.

Starting in September, we will be working at the Fargodome concessions during all the NDSU Bison home games. And on November 1-2 we have been invited to sing in the Great Plains Harmony Men's Chorus Fall Show. It's going to be an exciting fall!





Word Search

Submitted by Bonnie Rust

Northern Lights Region Fall Fun

T	J	G	E	T	J	W	O	H	S	O	I	W	C	N	L
N	H	N	I	Z	P	U	M	P	K	I	N	I	A	O	A
E	I	I	R	E	H	E	A	R	S	A	L	S	G	I	N
M	K	L	Y	E	W	O	H	S	L	L	A	F	C	T	O
E	I	T	O	X	S	K	V	N	N	Q	T	R	O	N	I
G	N	S	W	P	T	Y	P	Y	M	E	W	X	A	E	T
A	G	U	F	E	H	R	F	S	G	U	P	F	T	V	A
N	D	R	O	R	V	S	A	D	I	V	T	Q	T	N	N
A	L	L	O	I	M	T	U	V	E	R	K	U	U	O	R
M	E	A	T	E	V	B	M	Y	E	H	C	A	A	C	E
T	A	N	B	N	N	M	E	C	Q	L	P	E	F	U	T
E	V	O	A	C	X	W	U	B	O	N	F	I	R	E	N
A	E	I	L	E	J	X	E	L	U	D	E	H	C	S	I
M	S	G	L	S	A	E	O	L	O	O	H	C	S	Z	N
K	C	E	H	A	L	L	O	W	E	E	N	N	M	B	V
X	Y	R	X	S	L	A	T	N	E	M	A	D	N	U	F

School

Halloween

Leaves

Rehearsals

Bonfire

Football

Fallshow

Schedule

Budget

Autumn

Show

Rustling

International

Travel

Hiking

Pumpkin

Experiences

Fundamentals

Management

Regional

Team

Convention

Crisp

FALL
breeze
AUTUMN
LEAVES





On an Upbeat Note 🎵

Submitted by Val Salley, Upbeat Quartet

Hey Region 6 friends!

Karla, Val, Bonnie & JoAnn have been staying upbeat by doing a lot of rehearsing this summer!! Nothing makes you feel more upbeat than singing with friends, right?! We look forward to coaching with Mary Dick the end of August and are working on new contest music!

We were grateful for some sing outs in St Cloud (Karla's hometown) in early August where we entertained at several senior communities - 3 in one day! (Karla keeps us busy when we travel there). We found a Region 6 friend and 50 year member, Sue White, at one stop and brought Karla's sister, Carol, along as our 'overtone' (as we affectionately call her) and number 1 fan!



At another stop we spotted Jim Foy, a member of the Happiness Emporium Quartet - BHS champions from 1975!



In July, 3/4's of our quartet cruised and sang on the City of Lakes Alaskan cruise along with a replacement Bass - Natalie Berdahl (City of Lakes new director)! We called ourselves the 'Cruise Beats' and entertained along with the chorus on our last sea day onboard! We were featured on the ship's morning show along with an interview with the cruise director! We had some stars in our eyes for sure! It was a blast to be part of!! (JoAnn stayed home to welcome a healthy new grandson!!)



Keep a song in your heart until we meet again!!

Your friends, Upbeat



Center Point Chorus

Submitted by Barb Garske

The Center Point Chorus had our annual chorus banquet on May 20 in Wausau at Oliva's Gulliver's Landing. We enjoyed a fabulous meal, then installed our board members. Bobbie Bohen presented the well-deserved Sweet Adeline Leading Lady of the Year award (S.A.L.L.Y.) to our long-time heart of the chorus member, Laurel Hoeth.



We were invited to sing at Dimensions Assisted Living in Stevens Point on July 29th. We entertained a wonderful audience of residents that filled the room. Their appreciation made our evening so satisfying!

On August 16th some of our members were at the Jeremiah's Crossing Family Fun Fest and Car Show in Dexterville, WI, selling our famous cream puffs. This event, supporting a nonprofit mission ministry that



provides therapeutic horseback riding lessons to special need individuals, is run by Kathleen and Roger Harris, our former directors. We are honored to support their fund-raising endeavors with our yummy food. Two artistic singers from our chorus will also be in a vendor's booth selling beautiful jewelry they have created to assist this cause.



Our singing schedule includes a performance on August 26 at the North Central Health Care Center in Wausau for all residents but mainly for our former director, Judy Anklam. She was a joyous, fun-loving, wonderful director who loved singing baritone with us and her former quartet, Sounde'Fex, 1990-93. When we visit, she still loves to sing along with us.

On September 13th the Portage County Historical Society will be helping us celebrate our 50th anniversary as Center Point Chorus. We are part of the "Rhythms of the River" music history exhibit at Heritage Park in Plover, and we will have a canopy outside where we can offer some songs, sweets and beverages to those attending.





Vallee de Croix Chorus

Submitted by Ann Voth

Vallee de Croix chorus has been enjoying the summer! Several of us attended the excellent SASS workshop.

We are learning new repertoire and polishing up some of the older songs in preparation for our fall show! Those in the area, **please come** to enjoy a wonderful evening of harmony.

"Falling for Harmony"

Saturday September 27, 2025 @ 7:00 pm

Hamline United Methodist Church

1514 Englewood Avenue

St Paul, MN 55104

We will be in concert with Great Northern Union Chorus and special guest quartet Spice!

Cheers to Sweet Adelines International's birthday and cheers to a great summer!



Great Northern Union and Vallee de Croix Chorus
proudly present

Falling For Harmony

Featuring 2024 LOL District Champions
Spice



Saturday September 27th | 7:00pm | \$15
Hamline Church United Methodist
1514 Englewood Ave. St. Paul, MN





Sounds of Superior Chorus

Submitted by Sharron Kershaw

Here's hoping everyone is having a great summer! It seems like only a few weeks ago we had our spring concert which was full of "firsts"! Our first show with new Director Diane, first show with new Assistant Directors Pat and Melissa and the first singout for our Spring Fling and Sing guests. We are happy to say that some have joined our chorus. The show was very well attended and we all enjoyed our very special guest singer Barb! Her voice resonated throughout the hall with such power and emotion, it felt as though she was singing directly to you.



We broke for the summer with a pot luck party which included games and performances. July brought a Lake party, again with a multitude for great food, swimming, sauna and of course topped off with singing. Thanks to our wonderful hosts Carol and Pat for these get-togethers.



Thanks to Melissa for directing us through a great lead/bass sectional practice with a few baritones and tenors helping us out. Soon we will be back on the risers and summer will be a distant memory... but there is still time to have lots of summer fun and make great memories.





Fox Valley Chorus

Submitted by Vicki Krause

Where has the summer gone?? Seems like we just started enjoying summer fun and summer heat (!), and we're already looking toward fall, and competing in the Harmony Classic in Columbus!

In addition to working hard on our competition package for Columbus, the Fox Valley Chorus has had a busy and fun summer. On July 11, the chorus sang the National Anthem at the Timber Rattlers game in Appleton, always a fun and rewarding outing! Then, most of the chorus participated in helping out at the local Paperfest, which is an amazing opportunity for fundraising.



Our annual church "sing-around" was on August 3rd, where the chorus sang two songs at four different churches in the Oshkosh area, followed by brunch afterward!



This past weekend, August 15-16, we had an amazing coaching session with Lynne Smith, who worked her magic on our competition package – we were tired at the end of the weekend, but so much was accomplished! Now, what remains for the entire chorus is to keep our energy high and our focus positive so we can carry our "Fox Valley spirit" all the way to that contest stage!

But there is life after competition, and the chorus has a number of other upcoming events. We will be performing at EAA Holiday in the Skies at the EAA museum in Oshkosh on December 6. Then we have our Holiday Show the next Saturday, December 12, at our rehearsal hall in Neenah, with the theme of "Harmony Lane Christmas Market". In addition, we again plan to do our annual "Sweetie Pie Social" in the spring.

The Fox Valley Chorus is looking forward to seeing many of you in Columbus in October!

"The only thing better than singing is more singing." Ella Fitzgerald



Faculty Retirements

Submitted by Judy Olson, Region 6 faculty, & Molly Robertson, Education Coordinator

Region 6, please join us in thanking two of our faculty members for their many contributions throughout the years as they retire from the Region 6 faculty:

Dottie Allen and Anne Stickler



DOTTIE ALLEN:

I got my 50 years as a Sweet Adeline in ST LOUIS in 2018 which makes me a 57 year member. I have served on the faculty the past several years and have enjoyed it. In my career as a Sweet Adeline, I have served as a director of 3 different choruses and associate director of a 4th chorus. I was a founder of a chorus and assisted another chorus through chartering. I served as DMA, Regent, and IER and worked hard through each job I took on.



I feel it is time for me to step down from the faculty. I have learned a lot through not only the education provided but the coaching of choruses and quartets. I will definitely miss the interaction with other faculty members and choruses and quartets, but I will attend chorus shows, Regional competition and International competition when possible. Thank you for a rewarding faculty experience! I will treasure the memories always.

ANNE STICKLER:

Anne joined the Wakota Chapter of Sweet Adelines in 1972 and it wasn't long before they saw her talent and she became their director. Wakota Chapter then merged with the Richfield Chorus and – you guessed it – soon Anne was directing the Crosstown Chorus. The merged chorus eventually became the Twin Cities Chorus with a new director. Anne was an active and amazing Associate Director of that chorus until she transferred to the City of Lakes Chorus in 1995 ... and became their Associate Director. Anne just could not stop singing! She has sung bass in 8 quartets competing several times on the international stage – Jam Session, Second Session (14th Intl), MN Fever (Intl many times), No Boundaries, Star Struck, Tomorrows News, Sound Tradition, and Masterpiece (14th Intl). While doing all of that, Anne was a member of the Region 6 Music Faculty and coached many choruses and quartets throughout the region. Always willing and able to share her vast knowledge and the love she has for Sweet Adelines. Her smile and enthusiasm are truly contagious. Anne is currently an Associate Member of City of Lakes Chorus.



We are truly grateful for all that these wonderful women have given and shared with all of us in Region 6!





Zumbro Valley Chorus

Submitted by April Horne

Wow! Where has the summer gone?

Zumbro Valley Chorus has had a busy summer. We hosted a six-week “Summer of Harmony” for youth and guests. Our guests learned 3 songs to sing with us, and one ambitious guest learned the full repertoire! (Audition date TBD!) Our capstone performance, including a youth-written and -performed skit, was on 8/19. It was a ... very moving ... performance, full of grumpy faces, dramatic sighs, and finally *“the people of Harmony were all abuzz! Once again, the flowers blossomed, the sequins sparkled, and JOY swept through the land like a standing ovation!”* In addition to the capstone concert for family and friends, we will be performing at the American Cancer Association medical hospitality house and two senior living centers. This is our favorite part – sharing our music with those who need it most!



Assistant director Nancy Hayden leads chorus and guests (in pink) in “Consider Yourself.”

At the same time, we’re preparing for our annual tea to be held Saturday, September 13th at 2 pm, at Trinity Lutheran Church in Rochester. Zumbro Valley Chorus will be joined at the tea by quartets The Lady Slippers and Med City Remedy. These women are so much fun! Please pay us a visit on the 13th and join the fun!

We made time for more fun including a birthday party celebration for Sweet Adelines International, chorus member interviews, and “manning” the beer tent at RochesterFest! (Note: We did not drink up our profits!)



Best of all, a third of the chorus was able to attend SASS and had a fabulous time – and learned a lot! One of our members, Zee, prepared and presented a very informative talk on accessibility considerations for chorus members and leaders. It was very well received!



We’ve started making plans to celebrate the 60th anniversary of our chorus charter which was issued in 1966. Stay tuned for more information - we’re pulling out all the stops for this one!

Best wishes for a happy and safe end-of-summer and a joyful fall. We hope to see you soon!



Spirit of Harmony Chorus

Submitted by Jeanne Burns

Summer in the Iowa Great Lakes provides Spirit of Harmony with so many opportunities to relax, unwind, share our love of singing, participate in community events, and just enjoy each other's company.

One of the ways that we helped our community was by volunteering at Fresh Start Market & Boutique, a thrift store in Spencer. We made sure that games and puzzles had all of their



pieces and we washed toys so that they were ready for kids to play with. Of course, we also sang to the workers. They really appreciated our help and we felt really good about volunteering our time to help others.

As a small chorus, we have the opportunity to really know each other on a personal level. We enjoy our time together; whether we are rehearsing, performing, or just having fun. We truly are Sisters in Harmony.



One of the many summer activities at Okoboji that are enjoyed by vacationers and locals alike is the Okoboji Summer Theater. They invite our chorus to perform before one of the plays each summer. We enjoy doing this and the crowd always seems to appreciate having a mini concert before the show begins.



It seems like every community in our area has a town celebration each summer. As part of Pioneer Days in Milford this summer we were asked to supervise kids playing on the inflatables. The kids had a great time and we were paid for our time so it truly was a Win for everyone.

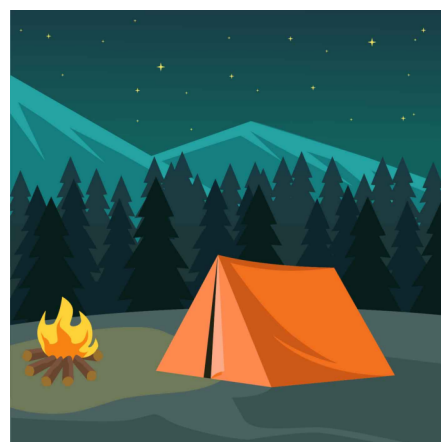




Although we didn't have a large number of chorus members who were able to attend SASS this summer, we had 4 enthusiastic campers who had a great time. They had fun, learned a lot and have been sharing what they learned at Camp FUNdamentals with our chorus. They are already making plans to attend next summer.



Summer is coming to an end and we are busy finalizing the details and preparing for our Fall Show titled *Miles of Music*. We'll tell you about the show in our next Regional Measures.





Spice Quartet

Submitted by Spice: Angela, Heidi, Liz & Jan

"In summer, the song sings itself."

– William Carlos Williams

It's been a busy summer for Spice, and we wouldn't have it any other way! Between camping trips and road trips, work life and



family life, we still found time to rehearse... and even learn a new song! We sang at private events, outdoor events, and even up in the north woods!! And just recently for many of YOU at Camp FUNDamentals in River Falls, WI. We have loved sharing music and laughs with so many of you these past few months.

Now that the summer sun is starting to fade, Spice is heating things up with more shows and, of course, a couple of competitions on the horizon:

- September 13, 3:00 p.m.: Windom Chordhustlers Show
 - American Lutheran Church, 906 Prospect Avenue, Windom, MN 56101
- September 21, 3:00 p.m.: We're joining Twin Cities Show Chorus on their Send off to International Show
 - Augustana Lutheran Church, 1400 S Robert St, West St Paul, MN 55118
- September 27, 6:00 p.m.: Great Northern Union and Vallee de Croix, Falling for Harmony Show
 - Hamline United Methodist Church, 1514 Englewood Ave, St Paul, MN 55104

- October 10-11: Land O' Lakes District Convention
 - Hilton Hotel, 3900 American Blvd W
Bloomington, Minnesota 55437
- October 20-25: Sweet Adelines International Convention and Competition
 - Columbus, Ohio! We're contestant #19 on October 22

Speaking of International... to help fuel our journey to Columbus, we're running a 50/50 raffle! Tickets are available now through October 14 when we'll draw the winner online (no need to be present). See our flyer for all the details.

We're so grateful for ALL the ways you support us, cheer us on, and inspire us to 'bring the heat'.



And here's a little heat for you...Why couldn't the jalapeño practice archery?

Because it didn't habanero

Live life with a little Spice!



Twin Cities Show Chorus

Submitted by Pat Frohlich

What a whirlwind the last several months have been for TC! We are so excited and appreciative to Fox Valley for the wonderful opportunity they gave us and look forward to joining them in representing Region 6 at International Competition in Columbus! How great is that to have two same-region choruses there at the same time?

Between all the rehearsing, coaching, guests and new members, performances, fundraising, our International send-off performance planning and ordering some new costume items we have certainly been keeping busy!

Our Summer 'marathon' started off the week after Regional with our annual Installation/Potluck Dinner, and Connie Miller brought us her own special installation program – it was wonderful!



After that we had our annual flower fundraiser, a guest night, and sectional coaching with Mary Dick.

We followed that with a Friday night/Saturday coaching weekend with Joan Boutelier. What a totally awesome experience she brought to us!



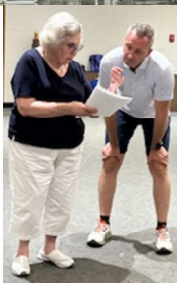
A big 'thank you' to Scott Kvigne, who brought us more wonderful coaching in June.

July was busy with an Excelsior Commons performance, an annual TC picnic (where we celebrated the SAI 80th birthday on a Sunday and again in rehearsal the next Tuesday), and some more awesome coaching with Pete Benson!



So far, August is looking to be our busiest month yet!

We have performed at Como Pavilion, had additional coaching with Mary Dick, were privileged to sing at SASS and performed with the Richfield Symphonic Band



Coming up tomorrow (August 22nd) we are celebrating Derek's birthday with another coaching weekend with Joan Boutilier! What a fun way to party!



Happy birthday, Derek!!

Looking forward, we have the following events:

- Another coaching with Pete next month
- Some of us will be joining other groups to sing the National Anthem at a Saints Game
- Our International Send-Off show on 9/21
- International Competition – Columbus, OH (#2 onstage on 10/23), along with Fox Valley (Harmony Classic on 8/21)

Our chorus is incredibly grateful for all the wonderful support we have received in the last few months! It means so much to us, and we will be enormously proud to represent Region 6 onstage in Columbus on October 23rd!

Your friends in song,
Twin Cities Show Chorus

**Reminder that RAMM is
scheduled for September
10th at 7pm on Zoom.**



Directors Corner

*Submitted by Heather Johnston
Region 6 Director Coordinator*

Greetings! I'm excited to be back on the Regional Management Team, this time in the Director Coordinator role. We have an incredible group of directors leading the choruses of Region 6 and I will strive to provide continued support to each and every one of you! We are planning some great educational opportunities so be sure to save the date for the first weekend in March. The location and guest faculty is still to be determined but make sure you get it on your calendars now! In addition to the educational opportunity, it's a great way to get to know your fellow directors! If you need anything please feel free to reach out to me! If I don't have the answer, I can help you find who does!

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.

TAG CORNER!

Submitted by Region 6 Faculty

Here is this quarter's tag! If you would like your favorite tag included, please send to Katie (communications@regionsix.org) for inclusion in a future newsletter.



23. Foolish Over You (Each Time I Fall In Love)

Fall-ing in love o-ver a-gain with you, fool-ish o-ver you.

with you. you.

S. K. Grundy
Sung by the Sundowners, 1967



City of Lakes Chorus

Submitted by Prez Bordowitz

Hello Region 6!

The City of Lakes Chorus has had a great summer getting out and about. Along with family and friends there were 68 of us representing COL and Region 6 all the way in Alaska! Our director, Natalie, was interviewed by the Cruise Director and we even got to perform in the 3 story Piazza!



We sure looked snazzy in our cruise shirts!

We had an amazing performance at Legacy of St. Michael at the invitation of our City of Lakes sister Jackie. Thanks for the invitation Jackie!



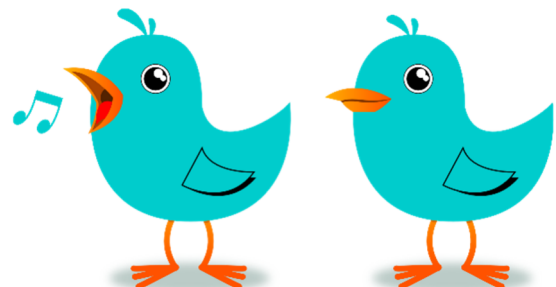
We also got to sing at the August 16th Minnesota Lynx basketball game! Not only did we get to start the game by singing the National Anthem, it was the mascot: Prowl's birthday and we all got hats!

After a tense 4th quarter the Lynx won 86 to 80. Go Lynx!



Looking forward, on September 8th we'll be having an official Guest Night, so we'll get to sing with some new faces!

And we're so excited to be cheering on our very own Spice in the Quartet Competition and Fox Valley Chorus and Twin Cities Show Chorus in the Chorus Competition in October. Break a lash ladies!



River Rhapsody Chorus

Submitted by Pat Frohlich

Time Flies When You're Having Fun—That Sums Up Our Summer!

River Rhapsody Chorus kicked off the season by welcoming our newly elected board members and installing our officers. With fresh leadership in place, and thanks to our director Carol and section leaders, we've been busy, having learned 2 new songs and working on another. We're excited and preparing for our upcoming fall coaching session.



In July, we celebrated the 80th anniversary of Sweet Adelines International with a performance at the Mandan Bandshell, where we shared cupcakes with the audience—sweet harmony and sweet treats all around!

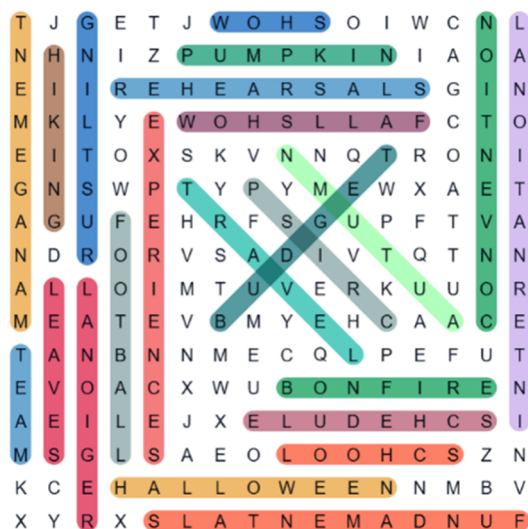


Later this month, we'll be entertaining at a class reunion, bringing music and memories to the celebration.

Looking ahead to fall, River Rhapsody members will be volunteering at Papa's Pumpkin Patch as part of our fundraising efforts. We're also rehearsing our holiday repertoire for the Christmas season, including our annual Christmas Show, scheduled for December 7th.

Word Search Answers

Northern Lights Region Fall Fun



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