



Regional Measures

Summer 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

July 24	RAMM Meeting
August 16-17	Sweet Adelines Summer School (SASS)
October 28- November 2	Sweet Adelines International Convention – Kansas City, MO



What a Magical Convention!

Thank you to everyone who participated! We had 330 participants this year!

We have enjoyed seeing all of your pictures with our Photo Booth! Please feel free to share to our [Facebook Page](#)!

We welcome your comments on the Convention. Please watch for a survey to be sent to all those who attended the convention this year on June 1st.

- Your Convention Committee



Region 6 Membership Updates

Membership Coordinator – Linda Rubis

Membership Awards and Recognition

It was a pleasure to attend the Region 6 Convention and to recognize our members. We were able to present our 50+ Year Certificates to three members on stage.

They are:

Nancy Hayden – 50 Years

Susan O'Brien – 50 Years

Cathy Mc Cready – 55 Years

We also mentioned the other 50+ who were unable to attend.

50 Years -

Heather Buldoc

Mary Jo Zgonc

Suzanne White

Joan Grootwassink

60 Years

Sharon Beaver

Patricia Teorey

Carolyn Ward

65 Years

Shirley Christi

All Longevity Certificates were put in the registration packets for presentation by each chorus or sent in the mail.

In August during the SASS Music School, we will have a presentation highlighting the 25+ members to recognize their years of membership.

WOMAN OF NOTE AWARD

Another special recognition is of the Women of Note members submitted by each chorus to honor members who have made a difference during the past year. 14 Choruses submitted the name of a person, and they received a Certificate, are included on a poster and in the Contest program. Those special members are:

Jenny Trautment – Acapella Express

Barb Garske – Center Point

Judy Langer – City of Lakes

Amy Cattelino – Fox Valley

Ann Wegner – Heart O' Wisconsin

Judy Wicklander – Lake Country

Lissa Meyer – Minnesota Valley

Vikki Jenson – Red Cedar Sounds

River Rhapsody – Carol Kurtz

Kathleen Milks – Sounds of Superior

Sally Bohmer – Spirit of Harmony

Judy Olson – Twin City Show

Lois Barrett – Vallee de Croix

Maureen O'Brien-Potts – Zumbro Valley

(See photos on next page)



CONGRATULATIONS TO
NORTHERN LIGHTS REGION 6
WOMEN OF NOTE 2024

Women like you make our choruses and the region strong.
"Thank you for your spirit, dedication, and service!"



Jenny Trautman
Acapella Express



Barb Garske
Center Point



Judy Langer
City of Lakes



Amy Cattelino
Fox Valley



Ann Wegner
Heart O' Wisconsin



Judy Wicklander
Lake Country



Lissa Meyer
Minnesota Valley



Vikki Jenson
Red Cedar Sound



Carol Kurtz
River Rhapsody



Kathleen Milks
Sounds of Superior



Sally Bohmer
Spirit of Harmony



Judy Olson
Twin Cities Show



Lois Barrett
Vallee de Croix



Maureen O'Brien Potts
Zumbro Valley



SHINING STAR AWARD

I also want to congratulate Cheryl Helm for being selected as our 2024 Shining Star. Her nomination and selection were based on her contributions to Region 6 and to her chorus. She is a worthy recipient of this award, and it was an honor to present the award during the Showcase at the Region 6 Convention.

Congratulations, Cheryl



Membership has been a challenge for every chorus, but we have been slowly gaining members within choruses and that is an important initiative within SAI Ignite the Sound. Region 6 initiated the Jingle and Mingle holiday video program to help grow our membership which was recognized by SAI and presented to other regions. It was also adopted by other regions.

SOUND CASCADE CHORUS

On a sad note, I want to announce that after 50 Years, **Sound Cascade Chorus** located in Sioux Falls, SD, is in the process of dissolving their chorus due to lack of membership and being unable to re-charter. They were chartered in 1974 and their members made the difficult decision to discontinue as an SAI chorus. If you know the members of this chorus it would be great to reach out and let them know they will be missed.

If you have any questions about Membership and need support, you can reach out to me or any Region 6 RMT member.

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.



From your Regional Management Team:

You may have noticed some new names in the Regional Management Team on the cover page. On May 1st we said goodbye to Susan Krisnik, Terri Calvert, Lyla Larson, and Dawn Adams. Susan served as Team Leader, Terri as Team Leader and most recently Education Coordinator, Lyla as Marketing Coordinator and most recently Events Coordinator, and Dawn as Communications Coordinator. They were all valuable members and the contributions that they made to Region 6 has made us a strong region! We thank them all for their time and hard work!

We would also like to welcome our new team members and share with you a little about them.

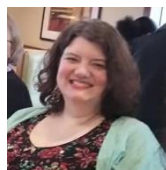


Team Leader - Cheryl Helm

Cheryl resides in Mandan, North Dakota, and sings with River Rhapsody Chorus. She is a retired classroom teacher (K-8).

She is our new recipient of the Northern Lights Region 6 Shining Star award. Cheryl has held many previous positions in Region 6 as Education Coordinator, Chapter Visit Coordinator, and Faculty Coordinator and is currently a member of the Region 6 Faculty. She also is or has been Chorus President as well as Show and Membership chair. Cheryl is also involved in church, education, and music organizations in her area.

Cheryl has great leadership skills that will be valuable in this new role!



Communications Coordinator - Katie Roessler

Katie resides in Maplewood, Minnesota, and sings with Vallee de Croix Chorus. She is a mechanical engineer (20 years). Katie holds many positions within her chorus as Tenor Section Leader, Music Team Chair, Make-up Chair, Costume Co-Chair, and previously held the positions of Education Board member and Board Secretary. She currently is the Chapter Visit Coordinator for Region 6 Faculty. Katie is also a lifetime member of the Girl Scouts.

Katie has exceptional skills in organization, time management, written communication, and computer skills.



Events Coordinator - April Horne

April resides in Adams, Minnesota, and sings with Zumbro Valley Chorus and City of Lakes Chorus. She is a retired Director of Project

Management and is a certified project manager. April holds or has held many positions within her chorus as a Board Member, music committee, YIH committee, ways and means committee, web page committee, and publicity committee. April is currently the assistant Director of Zumbro Valley Chorus and is currently in the DCP program to obtain director certification. April started the SE MN a Cappella Festival prior to COVID that included: 19 ensembles, 35 workshops, and 4 public concerts at the Mayo Civic Center. She is a Master Gardener and is involved with many musical organizations and other volunteer activities in her community.

April has exceptional skills that include written communication, technology, management, creative problem solving, and organizational skills.



**Marketing Coordinator –
Leah Sovick**

Leah resides in Eden Prairie, Minnesota, and sings with City of Lakes Chorus. She is a computer analyst/programmer and holds a BA in Computer Engineering. Leah just recently held the position of marketing coordinator for the Convention. Leah also sings with VocalEssence and is director of the kids/youth choir at her church.

Leah has strong technology skills, interpersonal skills, organizational skills, and a passion to keep learning more each day!



**Education Coordinator –
Molly Robertson**

Molly resides in Rosemount, Minnesota, and sings with City of Lakes Chorus. She is an HRIS Systems and Data Specialist.

Molly has held many positions including RMT Marketing Coordinator, Chair of Regional Convention, Convention Coordinator, and is one of our webmasters. She also serves or has served her chorus in many roles including Music Team Coordinator and Tenor Section Leader, Webmaster, makeup chair, board member, and show chair.

Molly has exceptional skills in organization, technology, problem solving, interpersonal communication, management, marketing, and training.

Continuing their terms on the RMT are:

Membership Coordinator – Linda Rubis
Finance Coordinator – Audra Freeman
Director Coordinator – Judy Weipert
Canadian Liaison – Carol Jeans

We are so excited to have these wonderful women on the RMT and look forward to what they will bring to our Region!

Contest is Over! Now What?

*Submitted by Mary Dick
Region 6 Faculty*

By now you have read the scoresheets and may have analyzed your personal



performance! Did your “visualized” performance match the real live one? Most scoresheets, no doubt, had some form of: “keep up the work on your vocal skills / increase energy further/ match vowels and resonance space / be in sync. / expand your audience connection”, and so on.

What do I do now? Take the summer off? Perhaps, but why not set a new goal? Make a timeline as you prepare for those summer performances and future holiday shows. Why not “hum” your favorite tune as you drive to the cabin or while gardening or meditating! Put your lips together lightly, teeth apart, tongue flat on the bed of the mouth and relaxed. Feel the vibrations in the area around the mouth. Humming is loaded with health benefits including breath management.

Scoresheets are a way to fix something and help us grow in other areas but they are just a learning tool not a depressant. Give yourself a pat on the back and applaud your accomplishments. Hum your way through the summer with a “smirk”. Make people wonder what you are up to! “C-mon and SING out loud with joy and love,-- together we will fly!”



Directors Corner

*Submitted by Judy Weipert
Region 6 Director Coordinator*

Defying the Odds

Hi Region 6!
Thank you
for such a
wonderful
convention
and contest!
My family
and I
thoroughly
enjoyed
ourselves!



We live, work, and play right here in the Twin Cities. Emily (wife) and I own a funeral home business and have the honor of serving our local communities.

At the age of 39 I'm a 31-year member of the Barbershop Harmony Society. I grew up around barbershop...My paternal grandfather had a big influence on me as toddler along with a women's chorus my mom and grandma sang in. At the age of three I had my directing debut! Over the years, I've had the pleasure of coaching several quartets and choruses. I've had the privilege of singing in an award-winning barbershop quartet, Grand Design, (district champion & international competitor) and winning two international silver medals with the mighty Great Northern Union Chorus.

There are some "Sweet Adelines" who made a significant impact on me at a young age, particularly 4-Star Collection Quartet and Judy Olson. I've always admired Judy's stage presence and command she brought while standing in front of her chorus. She could get them to do anything! Remember that 50's package!?

Here's the deal...In just four months, the Twin Cities Show Chorus hired a new director and learned two new contest songs all while committing to bringing JOY and musical artistry back to the chorus! TC has always had a culture that provides its singers with fun and a sense of belonging- a true sisterhood. They needed a director who could open doors with new ideas, possibilities, and music while staying true to the "TC way." This couldn't have happened without every member of the chorus BELIEVING we could do it, powering through the change and defying the odds.

We as directors have the responsibility to ensure every rehearsal is fun, educational, energetic, and provides a safe environment for our members to grow as musicians. When we started together in January, I promised the chorus that every decision I made was intentional and was always for the good of the group. We have trust in one another. We have challenged ourselves to grow as a team through cooperation, communication, empowerment, and having a positive impact on our audiences.

I'm blessed to work with my mentor and friend Judy Olson and we truly "share our love" and admiration for the Twin Cities Show Chorus. For that I'm grateful. TC chose me and I chose them.

Keep Singin'!





Sounds of Superior Chorus

Submitted by Sharron Kershaw

Congratulations to all the quartets and choruses who participated in our recent competition. A huge thank you to our fans who traveled with us to cheer us on.



The bus ride was long but it was a great time filled with games, movies and lots of magic. The atmosphere was a little hushed though when they made Jason disappear. Thankfully they were able to bring him back from the abyss. That eleven hour bus ride is always much quieter on the way home.

We were so fortunate to share this amazing experience with “newbies” again. This past year I have been part of the “Big Sister, Little Sister” program. Sharing all the experiences of that first competition really brought back the memories and excitement of my first time.

This has been a very busy exciting year for us! 50 years of sharing the magic of harmony in our community. Where did the time go?

To wrap up our 50th Anniversary year we are putting on “The Magic of Harmony” concert on June 10, 2024. All proceeds from this concert

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

We would like to thank Region 6 for all their hard work organizing this year's Convention and Competition, a huge undertaking! Thank you

also to Juliet, our Chorus Competition Coordinator. She did a fantastic job! Juliet also organized the transportation for the Convention over the weekend. No small task! Congratulations, Juliet on a job well done!



Wishing everyone a wonderful summer.





River Rhapsody Chorus

Submitted by Pat Frohlich

Greetings from River Rhapsody Chorus. We had such a great time at regional contest this year. We had 19 singers on the risers with 4 of them being first timers! With the expertise and encouragement from our great coaches and director, we all worked very hard to improve our barbershop skills. And needless to say we were very excited with the results, earning 2 medals, third place small chorus and fourth place overall!! We also congratulate our quartet, On the Brink for placing 5th at contest!

Awards presented to several of our members include longevity awards to Mary Ellen Erickson (10 years) and Tracy Wolf (20 years). The Woman of Note award goes to our wonderful and talented director Carol Kurtz.

Congratulations and thank you Carol for all your dedication and hard work! We're proud to announce the Northern Lights Region 6 Shining Star was awarded to Cheryl Helm! Cheryl has been a Shining Star for River Rhapsody chorus for many years and we're so happy for her.



Congratulations are also in order for Cheryl as she takes on her new position on the RMT as Team Leader!

This time of year is always exciting and busy as we work on our summer repertoire. River Rhapsody will be performing for Mandan's Summer Concert Series, at the Dykshoorn Park Bandshell on June 11th. On June 15th we will be entertaining for a private event. We are also scheduled to sing the National Anthem at the Bismarck Lark's baseball game in July.

Have a happy summer!





City of Lakes Chorus

Submitted by Laura "Prez" P.L. Bordowitz

City of Lakes has had a busy Spring Season! It was a joy to host Regionals in Rochester this



year. And just 2 short weeks later we had our spring show "A Red Mystery", featuring the chorus in a rainbow of colors!



Both of these performances debuted our newest members.

Many of our Jingle & Mingle guests have become full members and we even have a few



more potential members well on their way to joining us on the risers. We may be running out of guest books for music, but that's a great problem to have!



We also have the privilege of having multiple longevity awards! 50 Years: Suzanne White, Mary Jo Zgonc, Judy Carlson, Susan O'Brien, and Joanie Grootwassnick. 55 Years: Cathy McCready. And 60 Years: Sharon Beaver. City of Lakes would not be what it is today without them!

With May rolling around, we inducted our new Board of Directors and recognized the amazing talents of Judy Langer- City of Lake's 2024 "Woman of Note". Judy has been heading the costuming for City of Lakes, ensuring that we always look our best on stage. She is also part of both the Music Team and our Director Search Committee, found us our current rehearsal space, and is an incredible resource for her talents and eye for details. We are so proud to count this amazing woman as part of our chorus.





These were also our last Regionals and Spring Show with our beloved director Scott Kvigne.



Scott has been directing City of Lakes since 2009 and has taken us to winning many Northern Lights Region Six competitions, top 10 finalist placements at SAI International competitions, and achieving Master 700-level scores for the first time in chorus history! We are excited for him as he embarks on this new chapter and are grateful for the lasting impact he has made on our chorus. Scott will be leading us through International Competition in

October/November, so thankfully we have time to audition new director candidates.

We are still trying to get the word out, so if you or anyone you know would be a good candidate to direct City of Lakes, please send us your resume. This paid position requires an experienced director with a passion for excellence and barbershop music! Apply immediately, begin duties in mid to late 2024.

Resumes may be sent to information@cityoflakes.org

City of Lakes has even more events to look forward to! In June we have coaching with Erin Howden and we'll be singing the National Anthem at the Lynx WNBA game. In July we have a sing-out in Como Park and coaching with Joan Boutilier. And of course in October we have the International Send-Off Show and Internationals themselves in KC!

We'll see you there!





Minnesota Valley Chorus

Submitted by Melissa Sailor



MN Valley Chorus has been working hard on our 2 songs for competition at the beginning of the month. We were coached by Judy Weipert again this year and she does a wonderful job working with the ladies of our chorus. We had our Friends and Family Night before we went to perform on the big stage in front of Region 6! In our audience were the Mankato Riverblenders (the men's barbershop chorus in Mankato). They were impressed with our mighty sounds and harmonious notes. Competition was great! We had 6 new members of our 12 member chorus, so we were happy with our results and are already looking forward to next year!

Now we are in full swing going over our summer church songs and we are working hard on memorizing the songs for our Fall Show in October.





Spirit of Harmony Chorus

Submitted by Jeanne Burns

Congratulations to all of the choruses and quartets for ***Making Magical Music*** at the Regional Competition. Spirit of Harmony is especially proud of our own Affinity quartet who placed second and were the most improved quartet!



After Regionals we had our Spring Banquet and Installation of Officers. This year's theme was *Birds of a Feather, Sing Together.*



We enjoyed great food, bird trivia, socializing and of course, **Singing**. The social committee had a lot of fun with our chorus's favorite bird, the flamingo!



Judy joined in the fun as she handed out SOH awards and installed the officers.



We were extremely excited to award Judy for 25 Years of Directing Spirit of Harmony. We are so very thankful for her leadership!



Be Flamazing!



FANFARE Quartet

LeAnn, Jamie, Lorraine, Judy

Submitted by Judy Olson

FANFARE is “over the moon” thrilled to be wearing our Region 6 fourth place medals! What a great time we had getting ready to perform on the contest stage. We learned a lot about each other and had the opportunity to be coached by some amazing and talented people. Jay Althof gave us interpretation, Joan Boutiller gave us heart and sound, Scott Kvigne gave us rhythm and sync, and Mary gave us sound and polish. We are so grateful to all of them for their motivation and encouragement. During one of our rehearsals, we decided that getting out of Jamie’s living room and performing for live people instead of lamps was what we really needed. So, we contacted BHS and Sweet Adeline choruses in the area and sang for Lake Country Chorus, The Croix Valley Chords Men Chorus, Vallee de Croix Chorus, Minneapolis Commodores, and the City of Lakes and Twin Cities Show Chorus Friends and Family nights. It was really exciting to perform for singers of barbershop harmony. We also



received an invitation from the RCC to sing on two Rochester television stations the week of contest to promote the quartet and chorus contests. We drove to Rochester on Monday night and appeared on KAAL, and then on Thursday night on KTTC. The reaction at both stations was one of surprise and lots of fun. We want to thank all of the talented performers in both contests for sharing their love of singing and for their winning performances. The weekend was like a great family reunion.

We look forward to many more times together with all of you sharing love, laughter, and music.





Acapella Express Chorus

Submitted by Maria Alfonseca

We started the new year excited to prepare our competition songs, with three new members! We learned lots of great tips during our amazing coaching sessions with Connie Miller in January and Heather Johnston in March, and we have been working hard to implement all we learned from them.

In early February, we held a “Warm up with Soup and Song” guest night. There is nothing better than soup and songs with friends to make you cozy on a winter night!

April was very busy for Acapella Express! Besides all the preparations for competition, we held our Friends and Family Night on April 18. The chorus and the quartet Fourté sang our competition packages to our guests, as well as repertoire songs for additional entertainment. During that night we announced our 2024 Woman of Note, Jenny Trautman!

Then, two days later, we sang in Colfax at Richland 44 High School before their performance of “Mamma Mia!”

In May we headed to Rochester for the Convention. We had a wonderful time together and it was great to listen to all the choruses and quartets from the Region! We are now looking forward to learning new songs during the summer.





AMPL Harmony Quartet

Submitted by Lori Scott

We recently were invited to sing on the 50th anniversary show of our brothers-in-harmony, the Riverblenders men's chorus. We sang in a double quartet with Magic Quartet singing *Lida Rose* and us singing *Will I Ever Tell You...* a classic combination from *The Music Man*.



Backstage, we had the pleasure of hobnobbing with their featured guest quartet, The Newfangled Four. What a treat to listen to this world-class quartet perform in the show as well as the two afterglows!

Now, we are preparing to be the demonstration quartet for "Connecting through Song", a presentation about the benefits of singing for our minds and bodies, including a segment on the history of Barbershop music. The presentation is offered in the end of May by Sweet Adelines Molly Reinemann and Mary Lou Kudela at Vine Faith in Action, an adult community center in Mankato, MN.

We enjoyed watching the quartet competition (three of us in person, and one tuning in online from her daughter's wedding rehearsal dinner). Next year, we plan to compete with you all.





Fox Valley Chorus

Submitted by Vicki Krause

Well, wasn't that contest just a "barrel of fun"!? Fox Valley Chorus is proud and honored to be able to look forward to representing the Northern Lights Region at the 2025 International Competition. It was so exciting to be take the stage to such an enthusiastic and welcoming audience – we could truly feel the love! Our congratulations go out to all the choruses and quartets who competed in the contest. We are very proud of the fact that out of the 28 singers on stage with us, 9 of them were first-timers – great job ladies!! It was truly a most amazing weekend!



summer, singing the National Anthem at a Green Bay Packers game, and hopefully a few other summer performance opportunities.



On the Tuesday following contest, we had our Installation and Recognition Dinner. Our incredible Management Team was installed into their new, and renewing roles, and acknowledged for their hard work and dedication to come. The highlight of the evening came when our new members took the floor to entertain us with a skit that had everyone in stitches. They showcased their creativity and humor, making us laugh until our faces hurt! And of course, Sue Schind, alias "Sister" made her appearance to give out "awards" to various chorus members to commemorate special moments throughout the year!

Looking beyond Regional Contest, we are planning to do a Church Sing-Around again this



Plans are underway for our Fall Show, which is scheduled for October 28. This should be a really fun show, with a Halloween theme – watch for more information!

Again, congratulations to all who competed – we are all winners! And keep on singing!



Center Point Chorus News!

Submitted by Allison Faulks

In early January, seven of our chorus members sailed and sang with the Richtones Cruise out of Galveston. How exciting! The five day cruise's highlight was the final day when over 200 Sweet Adelines from all over the country and Canada took over the main stage theatre to perform for the entire ship. It was truly inspiring.



Then, later in the month, we were offered an opportunity to be the benefit of a fundraiser at our local Cousin Subs! The community was invited to attend, have a sub, and hear us sing! It was a wonderful night to entertain AND eat delicious subs!

The chorus has entertained in three local nursing homes this month! First we sang at NCHCC in Wausau where we sang for our former director, Judy Anklan, who currently resides there. It was most satisfying for all of us to see Judy so happy.



The next stop on our tour, we sang at Dimensions Living in Stevens Point as they reached out to one of our youngest members who works there. It was a beautiful time to see their smiling faces on such a rainy night.



Last but not least, we sang at Whispering Pines in Plover where we were warmly received after being delayed multiple times due to weather.

In the ongoing process of perfecting our skills, we hosted Dottie Allen who graciously visited us and gave some valuable tips which we have taken to heart moving forward. Thank you Dottie!

In other news, we are actively searching for a new director. If you know anyone in our area of the state who might be interested, please send them our way! In the meantime, our assistant director Kay Preller has stepped up and is doing a great job. We are continuing to improve our chorus professionally using everyone's skills and we couldn't be more proud! Sing with you next month!



It's About Time Quartet

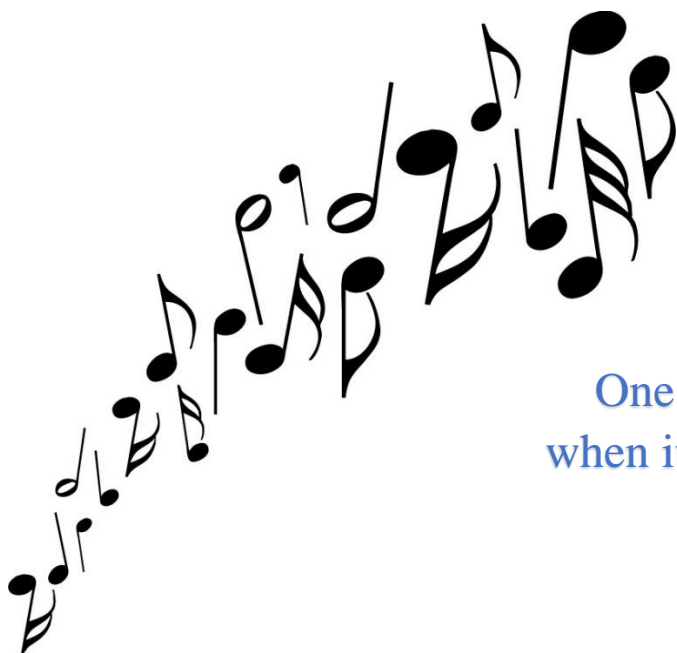
Submitted by Vicki Powers

It's About Time Quartet has been busy - as usual! We continue to perform frequently at senior living facilities, and really, for anyone who will listen to us. Combining this with contest prep - coaching, costume, chorus and vacations made for a spring that was hopping!



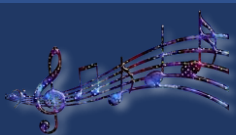
What's next? We are attending the school in Stevens Point on June 1 (Back to Basics) and competing at Harmony Inc's Area 4 contest the following weekend. We are working a major fundraiser in July that helps support both us and Fox Valley Chorus. And of course we are always working on new music!

It was wonderful to see everyone at contest a few weeks ago, and we look forward to seeing you all again soon!



One good thing about music,
when it hits you, you feel no pain.

- Bob Marley



Lake Country Chorus

Submitted by Helen Vulu

It was really fun to be back at Rochester, greeting old friends and introducing our new members to the fun and excitement. We did our plan on stage, improved our scores from last year and are already looking ahead to the improvements we will continue to make, singing together.

At our end of year banquet, Director Sandy installed our Board of Directors for the coming year and our Woman of Note, Judy Wicklander, was recognized.



Seven of our eight new members are pictured also, what a great addition they all are to our group!

Now we are busy planning our Holiday concert with North Star Chorus (watch for details of our December 1st and 3rd concert dates), preparing for summer performances at Como Park Pavilion in Saint Paul and Lions Park in Lindstrom, and polishing music for several church services. Never a dull moment!





Spice Quartet

Submitted by Spice: Angela, Heidi, Liz, Jan

Kansas City, Here We Come!

We are absolutely thrilled to be your Northern Lights Region 6 quartet champions! And we're beyond excited to join our beloved City of Lakes chorus in Kansas City in the fall! Our success would not be possible without the guidance and wisdom of our incredible coaches. We owe a great deal of thanks to Queen Joan Boutilier, the wonderful Scott Kvigne, and the always fabulous Queen Mother, Mary Dick. Their expertise, encouragement, and unwavering support have been instrumental in our journey and we are eternally grateful.



We also want to express our immense appreciation to everyone who played a role in making the convention such a resounding success! From planning to execution... every single detail that was considered and implemented... THANK YOU!!! The energy and



enthusiasm of the organizers and participants made for an unforgettable event.

A huge congratulations to the Fox Valley Chorus on their outstanding win! Your performance was truly inspiring. We know you'll represent us well in Columbus, Ohio! And a massive shout-out to every single competitor. You did it! You

put in the work, and you poured yourselves into your performances. You truly made *Musical Magic!!*

The support and camaraderie we have experienced from all of you in Region 6 has been truly amazing. Your eager applause, generous gifts, enthusiastic hugs, heartfelt cards and gifts, and invitations to sing, to be sung with, and to be sung to... it's all so special and we are so

grateful for every single moment. Knowing that we have such a wonderful, supportive community behind us is incredibly uplifting. We are deeply grateful for each and every one of you. We are proud to be part of such an amazing region and look forward to representing you on the international stage.



As we dive into the summer months, we've got a few performance opportunities in the works (stay tuned to our Facebook page for details on where you can catch us!) And just like many of you, we understand the fleeting nature of summer, so we'll also be soaking up the sun and enjoying time with our family and friends. Here's to a season filled with music, laughter, and cherished memories!

Live life with a little Spice!

Email: QuartetSpice@gmail.com

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

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



Twin Cities Show Chorus

Submitted by Merrilee Spaeth

What a whirlwind TC has been on these last few months! Since the first of the year, we have:
Welcomed a new director, **Derek Glenna**



Learned two new competition songs

Had lots of wonderful coaching,

Held a Friends & Family night before contest



Competed in the contest





Distributed our annual Wagner's flower fundraiser



and ...

Held our Installation potluck dinner (thank you, Judy O, for a wonderful program!) Whew!!



The best part of all that hard work is our contest placement – we are thrilled with our second-place small chorus and second place overall results. 😊

Now we are reviewing 'old' (previously sung) music, finding some 'new' music to enhance our repertoire, and are looking forward to sharing it with our guests at our second 'summer camp' where guests are invited to rehearse and then sing with us for two performances this summer.



The Twin Cities Show Chorus
SUMMER CAMP
Join us for 8 rehearsals,
learn a few songs, and perform
with us in Egan and Como Park



Rehearsals:
Tuesdays 6:30-8:30 pm
June 18, June 25, July 2,
July 9, July 16, July 23,
August 6, August 13
Church Of Peace,
6345 Xerxes Ave S,
Richfield, MN 55423

Performances:
July 30, 2024
Egan Community Center
August 18, 2024
Como Park Pavilion

For more information,
call Susan Krissnik
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We will also hold our second annual chorus picnic in July and hope to see many former members again!

Have a wonderful summer!

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