



# Regional Measures

Summer 2025 Edition

## REGIONAL MANAGEMENT TEAM

CHERYL HELM – TEAM LEADER

APRIL HORNE – EVENT COORDINATOR

JUDY WEIPERT (OUTGOING) – 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

## Director Certification Program News!

*Submitted by Linda Wetterlin  
Director Certification Program Coordinator*

Congratulations on achieving **Certified Director!**

**Carol Kurtz**, Director of River Rhapsody Chorus

Congratulations on achieving **Harmony 500** at  
the 2025 Region 6 Chorus Contest!

**Megan Argall** directing Acapella Express Chorus

**Carol Kurtz** directing River Rhapsody Chorus

## Upcoming Events



8-10 Aug	Sweet Adelines Summer School (SASS) 2025
20-25 Oct	Sweet Adelines International Convention and Competition





## Serving Region 6 as Membership Coordinator

*Submitted by Linda Rubis  
Outgoing Membership Coordinator*

I want to thank Region 6 for allowing me to serve as the Membership Coordinator for the past five years. I decided it was time to let another member take on the duties to share and learn new experiences with our members. I hope I have been helpful when you had questions.

During my time serving, we went through Covid, learned how to Zoom and attended many meetings looking at each other in little windows. We learned new video and presentation techniques to prepare information that you need to make your membership valuable. We recognized members for their Longevity and presented certificates which are greatly appreciated by each member.

I am also excited for the selection of this year's **Shining Star**. **Audra Freeman**, our current Region 6 Financial Coordinator, was selected by the previous Shining Star recipients. She has done so much for her chorus and the region with regards to the financial health and making sure we are budgeting and help choruses with their financial health. She is always willing to help when asked. The process of selection will be handled by the Shining Star members in the coming years.



**Northern Lights Region 6**

**Shining Star – 2025**

**Audra Freeman**

We also recognized our Woman of Note who are chosen by each chorus for their value and support through the past year.



**Our Women of Note who were  
selected by their chorus are:**

**Audra Freeman – Acappella Express**

**Laurel Hoeth – Center Point**

**Maria Kalin – City of Lakes**



**Heather Johnston – Fox Valley**

**Gail Hartl – Heart O' Wisconsin**

**Bev Esala – Lake Country**

**Melissa Sailor – Minnesota Valley**

**Cindy Traynor – Red Cedar Sounds**

**Bonnie Stromme – River Rhapsody**

**Pat Towell and Diane Wolframe –**

**Sounds of Superior**

**Linda Rubis – Spirit of Harmony**

**Meghan Wood – Twins Cities Show**

**Katie Roessler – Vallee de Croix**

**Suzanne Ortiz – Zumbro Valley**

(see photos on next page)

I attended RMT networking meetings at the International Convention in Louisville and Kansas City, meeting other Membership Coordinators and hearing what is going on in their region, getting ideas that are brought back to Region 6. They all experience similar issues and share ideas and remedies. I also attended many SAI quarterly Zoom meetings covering various Membership topics and discussing the membership growth programs such as Ignite the Sound and the current Member Retention initiatives. Each was created to add new members or to retain current members. It's good to know why members leave before they get to the stage where it is too late to retain them. Choruses need to be aware of each member and what is causing them to rethink their membership. It is personal, the chorus environment, other members that create

negativity; be aware and see the problem before it is too late.

SAI has a section on their website that is for membership. Many tools and ideas are already available for your chorus to use for retention, recruitment and promotion of your chorus in your local area. The materials are located in the Members areas, so you must sign in as a member to access. It's worth the time to go check it out. You may find something that is an idea you have not tried.

The one thing that I am sad about is the number of choruses that we lost during my time. We had dissolution of four choruses: River City Harmony, Yankton SD; Prairie Rose Chorus, Dickinson, ND; Sound Cascade, Sioux Falls, SD; and most recently Minnesota Valley, Mankato, MN. A chorus may have lost their director and are unable to find a replacement. Loss of members due to individuals ageing out or moving to other regions plus other reasons not always disclosed or their numbers were too low to recharter. This is a sad situation but a reality for many small choruses within our region and throughout the organization.

Also, please welcome Becky Bracht as the new Membership Coordinator, she will be learning all the ins and outs of the position. It will take time, but she is enthusiastic and eager to learn and share her ideas with you.

It has been a pleasure to serve you these past years. I will still be around and may run into you at our contest or regional music schools. Keep singing and sharing with potential members, they won't regret being part of an amazing singing and learning experience, just ask the longtime members - you may be one.



CONGRATULATIONS TO  
NORTHERN LIGHTS REGION 6  
**WOMEN OF NOTE 2025**

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



Audra Freeman  
Acapella Express



Laurel Hoeth  
Center Point



Maria Kalin  
City of Lakes



Heather Johnston  
Fox Valley



Gail Hartl  
Heart O' Wisconsin



Bev Esala  
Lake Country



Melissa Sailor  
Minnesota Valley



Cindy Traynor  
Red Cedar Sound



Bonnie Stromme  
River Rhapsody



Pat Towell and Diane Wolframe  
Sounds of Superior



Linda Rubis  
Spirit of Harmony



Megan Wood  
Twin Cities Show



Katie Roessler  
Vallee de Croix



Suzanne Ortiz  
Zumbro Valley





**Shining Star Award Recipients**  
**2025 Region 6 Convention – Rochester MN**  
**April 26, 2025**



**From left to right:**

**Connie Miller (2020), Mary Lou Kudela (2019), Judy Olson (2018),  
Audra Freeman (2025), Mary Dick (2017), Sandy Bergersen (2023),  
Cheryl Helm (2024), Judy Weipert (2021), Bonnie Rust (2016)**

**Not Pictured: Carol Grimmer (2015) (deceased), Terri Calvert (2022)**

*Photo submitted by Bonnie Rust, R6 Faculty*



## **From your Regional Management Team:**

*Submitted by Cherly Helm  
RMT Team Leader*

Goals. What are they? Goals are defined as the intention of an activity or a plan. It is the aim or desired result of your said goal. It is the mission of your group.

As we start a new fiscal year, have you had a chorus meeting to set your course for a successful year? Start your meeting with what worked for you last year? What didn't work?

Do you want to have more performances, more fundraisers, work toward new members, everyone in the chorus attend SASS (yes!!!) or purchase new costumes? So many ideas for goals, but what works for your chorus? Remember, setting 3 or 4 goals makes them achievable, versus setting 10 and feeling defeated when you can't achieve them! Good luck on setting those goals!

A big congratulations to all the choruses and quartets that attended contest this year! Your participation made for a fantastic weekend.

Just a reminder: All choruses were sent the Annual Regional Evaluation Survey (ARE) from SAI. It is an online survey that guides the RMT in our goals for the coming year. Please discuss with your chorus members to get their input. One person from your chorus will fill this out. The deadline to complete is July 31. The RMT will review responses after the survey deadline.

## **On the Brink Quartet**

*Submitted by Jennifer Romsaas*

On the Brink had the pleasure and stress of being the first on the quartet competition stage this year. We were able to watch every competing quartet with awe and trepidation. It was encouraging to hear Bonnie Rust, in the front row, saying, "That's the way to start a competition!"

Of course, we got the usual, "You bet!" from our coach, Mark McLaurin, and lots of cheering from the audience and our chorus, River Rhapsody.

There were amazing quartets on that stage, and we are truly honored and humbled to have achieved third place. We were also thrilled to receive the honor of most improved quartet. We owe those honors to our coach, Mark McLaurin and his wife - our best cheerleader - Nancy McLaurin. Their dedication to On the Brink is so appreciated.

Mark hammered us on vowel matching and phrase lifting until he was blue in the face (maybe even red). We trusted him enough to agree to his last-minute recommendation to change the key of our songs. It was a good decision.

We are looking forward to 2026 and the work it will take for continued improvement. Thank you to each quartet, quartet member and Region 6 for your friendship and support.



## Word Search

Submitted by Bonnie Rust

Note: Words can go in any direction.

### NORTHERN LIGHTS SUMMER FUN

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

Chorus	Memorial
Rehearsal	Diamonddivision
Harmony	Summer
Quartet	Performance
Independence	Swimming
Lemonade	Retreat
Beachball	Columbus
Vacation	Travel
Picnic	Singing
Sass	Risingstar



## Minnesota Valley Chorus

*Submitted by Melissa Sailor*

Hello Region 6 and congratulations to all the ladies who competed in Rochester in April! Everyone sounded wonderful! Our chorus worked really hard on getting our comments from last year ironed out and the judges agreed we did better with those things. We enjoyed our time together as a chorus. After the festivities were over we went to Victoria's for dinner and enjoyed wonderful food and great company and conversations. We sang a few songs together and it was well received by the other guests in the restaurant.

After competition was all over our chorus met to celebrate again and had a meeting of the minds, discussing the future of MN Valley Chorus. With much discussion we voted to disband our chorus. After 50 years of Harmonizing the Valley, we wanted to end on a positive note. We are forever grateful for everything SAI and Northern Lights Region 6 has done for our chorus and all the support during this time from all of the choruses, directors, faculty, staff, and members of this wonderful association! We also want to thank our wonderful director Patti Dykema for her years of dedication to us and making us sound as good as we did!

Watch for official party details for our celebration - soon, it will be over the summer. Help us remember the 50 years and celebrate MN Valley Chorus!

Thanks again for all your support to our chorus during the past 50 years. We appreciate all of you so much.







## Spirit of Harmony Chorus

*Submitted by Judy Weipert*

Top Five Things that the members of Spirit of Harmony Chorus loved about regional contest this year:

Number 5: Wearing sparkly clothing

Number 4: Dining together as a chorus after the showcase

Number 3: Education class

Number 2: Being on stage and doing our very best even when we were missing some singers

And the Number 1 thing that the members of Spirit of Harmony Chorus loved about contest this year: **Making our director cry!!**

Really, there were so many things mentioned by our members, including loving the camaraderie between our members and also meeting and getting to know other chorus members! We also appreciated the hard work the competition committee did to make it a successful event and loved the intimacy of the venue. Let's do it again next year!



## Vocal Tip

*Submitted by Judy Weipert  
Region 6 Faculty*

"Sing from your DIAPHRAGM!" That's something every singer must do! Right? Hmmm. **WRONG** actually. In fact, it's impossible to sing from your Diaphragm! The Diaphragm is a muscle that mainly inhales. It's active during inhales and passive during most exhales. Singing happens when we exhale. So, instead of singing from the Diaphragm, we instead need to **ISOLATE** our Diaphragm when we inhale. How do we do this? It's as simple as making sure our inhalations are deep, calm, effortless, and free of upper-body tension. It may come as a surprise to you that "singing from the Diaphragm" is a myth. Yet, even though you cannot sing from your Diaphragm - nobody can stop you from singing from your Soul!

From New York Vocal Coaching, Daily Vocal Tips





## Just Give Me a Minute... or Five

*Submitted by Connie Miller  
Region 6 Faculty*

In this crazy, run-as-fast-as-you-can world, we often get lost in the 'not enough time' mindset. It is so amazing that we run out of time for the things we want to do or need to get done. The world just keeps spinning faster than we can imagine!

A suggestion a few years ago from a Regional Visit Program is more relevant now than it was even then. The title of the Visit that year was TAKE FIVE! Imagine what we can do in 5 minutes and what positive effects 5 minutes can actually have on our lives and our peace of mind. So, rather than just focus on our musical improvement, I suggest that we focus on what we can get done in 5 minutes (which in turn frees our minds to improve our musical skills as well).

Try some of these ideas.

1. **Breathe:** There are several ideas for calming breaths. Here are a few of them:

- Take a slow, deep breath through your nose and release it gently and slowly.
- Slowly breathe in for 4 counts, hold for 4 counts and breathe out through your mouth for 4 counts.
- Deeply breathe in for 4 counts, hold for 7 counts and exhale for 8 counts.

Each of these patterns should give you a sense of relaxation and calm.

2. Here are some other ideas of things we can do in 5 minutes:

- Have a cup of tea or coffee
- Read a poem
- Put your feet up
- Listen to music
- Color a page in a coloring book
- Floss your teeth
- Write a note to a friend
- Pray for someone
- Review your calendar
- Stretch
- Close your eyes and visualize yourself singing on the risers
- Work a puzzle
- Make a to-do list
- Mentally or physically list what you are thankful for
- Turn off your electronics and go outside to breathe
- Pay someone a compliment
- Sing to your grandchild
- Take cookies to your neighbor.

And the list goes on and on. Often the things that benefit you the most are the things that you do for others. Keep that in mind when you have 5 minutes to spare. Blessings to yourself or others happen in a flash. Sometimes it doesn't even take 5 minutes!!!!

Enjoy this summer and don't let life's small minutes slip by.



## Center Point Chorus

*Submitted by Barb Garske*



The Portage County Historical Society is presenting a history of area music groups in an exhibit, "Rhythms of the River: The History of Music in Portage County" beginning on May 30<sup>th</sup>, and they have asked our chorus to provide some memorabilia about the history of Center Point Chorus. There will be a presentation about music groups over the years at the exhibit. Our member, Allison Faulks, has gathered information from chorus members to be displayed there. Our chorus also sang at their March 24<sup>th</sup> "Once in a Lifetime: A Portage County All-Star Reunion Concert", where we joined many amazing performers for a musical review. The Historical Society also had their Annual Awards and Anniversary Reception where they honored organizations having anniversaries. They presented Allison and chorus secretary Laurel Hoeth a certificate for our 50-year charter with Sweet Adelines International in Portage County. We were very excited to participate in these wonderful events!



In February we sang at Whispering Pines Assisted Living to a small group of residents, but they enjoyed our harmony so much they were singing along and asked us to sing more. It's very rewarding to see how our music makes folks so appreciative.



Because we were getting ready for Region 6 Competition and Convention, we invited Fox Valley director Heather Johnston to coach us. She is such a wonderful director and coach, and she taught many new techniques to improve our performance.

We sang at competition but for evaluation only this year. It was a great learning experience, and we appreciated the comments and suggestions from the judges to become a better chorus. We are still a small chorus but have decided we want to remain with SAI and try to recruit more singers. We love to sing and continue to search for a director.





## Directors Corner

*Submitted by Judy Weipert  
Outgoing Region 6 Director Coordinator*

After Regional Convention and Contest, I asked all the competing directors for an Outstanding Memory or Favorite Moment from their perspective as chorus director. Here are a few of their responses:

**Carol Kurtz, River Rhapsody Chorus:** The 2025 Regional Competition was the first time in our chorus history that we took 1st place! River Rhapsody scoring 566 points, being 1st Place Division A winners, and 2nd Place overall was exhilarating! (and with only 15 singers!) We are proud to have a part in the traveling trophy. To feel the cohesiveness of the chorus, witnessing their determination throughout our preparation was heartwarming. And to feel the adrenaline during the performance was something I will never forget! I just love being their director!

**Megan Argall, Acapella Express:** To say Acapella Express had an amazing contest this year is an understatement! We were quite disappointed with where we placed last year and dug our heels in to change that. In doing so, we improved our score by 88 points, becoming most improved chorus, 2nd in our division and 4th overall. I am proud of the commitment my singers had to improve and glad our hard work paid off. On top of all of it to become a Harmony 500 director was just the icing on the cake! My favorite moment is when they announced we had been named most improved, because it meant the hard work we did all year had paid off. We are still riding on the wave of excitement!

**Kay Preller, Assistant Director of Center Point Chorus:** My Joy was to bring our small chorus on stage for an evaluation only. As a long standing member in SA, my joy was to be able to be a director on stage, with my dedicated, hard-working chorus members, and dear friends. Also, we were thrilled to see our youngest member so excited about the whole competition. It went so fast, but happy to be greeted, as we walked down the ramp, to have Fox Valley there to greet us after our performance.

### 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.





## Spice Quartet

*Submitted by Spice: Angela, Heidi, Liz & Jan*

**"Spring adds new life and new harmony to all that is." ~ Jessica Harrelson**

*Submitted by Spice*

Wow! What a spring! Our hearts are absolutely bursting with gratitude and excitement. We are beyond thrilled to be your 2025 Northern Lights Region 6 Quartet Champions and honored to represent this awesome region as Contestant #20 in Columbus, OH, this October!



A huge thank-you to every single person who made the *Sing for the Roses* convention weekend such a *bouquet* of awesomeness!! Our heads spin just thinking about the countless details that go into planning and running such a seamless event. And a special thank-you to our amazing coaches, Scott Kvigne and Queen Mother Mary Dick, for their insight, encouragement, and wisdom they so generously share. We are incredibly grateful!

CONGRATULATIONS to everyone who competed... we celebrate every single one of you! And a very special shoutout to Natalie

Berdahl and City of Lakes!!! Your winning performance was phenomenal!



So... what's next for Spice? We're keeping busy, of course! We're finding new music, revisiting some old favorites, and getting ready for these upcoming gigs!

June 5: Private Event in Edina, MN

June 23: Joining City of Lakes at Como Park – 7:00 p.m.

Como Park Pavilion, 1360 Lexington Pkwy N, St. Paul, MN 55103

July 26: Northwoods Show with some BHS friends – 7:00 p.m.

Lakeside Community Lutheran Church, 28626 Cty Rd H, Webster, WI 54893

Thank you, Region 6, for being the best barbershop family a quartet could ask for. Your encouragement, cheers, and warmth mean more to us than words can say.

We're soaking it all in... and loving every spicy second. Live life with a little Spice!

[QuartetSpice@gmail.com](mailto:QuartetSpice@gmail.com)

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

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



## Acapella Express Chorus

*Submitted by Mae Murphy*

Acapella Express Chorus Shines at "Sing for the Roses" Region 6 competition.



Acapella Express Chorus had a fantastic experience at the recent Region 6 competition in Rochester, MN with 16 dedicated singers on the risers- including two first-timers. We are proud to share our achievements and the dedication of our talented members.

Thanks to the incredible guidance from our director and the invaluable musical expertise of our coaches, we've been working hard to improve our sound and performance. We were thrilled to be recognized with the Most Improved Chorus ribbon along with medals for third place in small chorus and fourth place overall. And congratulations to our director, Megan Argall, who successfully attained the status of Harmony 500 Director. In addition to our competition successes, we were honored to present longevity awards to three members this



year: Mary Rolf - 20 yrs, Audra Freeman- 25 yrs and Diane Wicklund- 35 yrs. Our 2025 Woman of Note was awarded to Audra Freeman in recognition of her many contributions of time and talent to our chorus.

We are excited to announce several upcoming events where we'll be spreading joy through song and supporting our community.

June 26th: We'll be performing at Bethany Retirement Living, sharing our music with the residents

July: Our chorus will be staying busy by working admissions for the ND Horse Park season

August: We're thrilled to again have the opportunity to sing the National Anthem and the Canadian Anthem at the Red Hawks Baseball game! It's a great way to showcase our talent and connect with local fans.

In addition to these performances, we have some fundraising events planned to help support the chorus and ensure that we can continue to grow and thrive. Also, Acapella Express Chorus will be celebrating our 70th anniversary with a show on December 6th. Stay tuned for more details!

We're excited for what's ahead and so grateful to be part of such an inspiring musical journey.







## Sounds of Superior Chorus

*Submitted by Sharron Kershaw*

We were honored to be included in the 100th Anniversary Celebration of women's curling at a local curling club. It was a pleasure to sing O Canada for the huge crowd of curlers dressed in denim and diamonds. So proud to be part of this amazing event.



In April we hosted Erin Howden from [North Metro Chorus](#) at our Spring Weekend Retreat 2025 at a local hotel! It was a fantastic weekend filled with laughter, harmony, learning and

camaraderie, with Erin sharing her techniques and tools improving the sound of our chorus.

In early May we performed at the Mental Health Awareness Week Performing Arts Show at the Thunder Bay Regional Health Science Centre. The sold out event was in support of Mental Health Awareness Week and was deemed a "huge success" in raising awareness of mental health and substance use.

This spring we are holding a "Spring Fling & Sing" recruitment event. Much like our Jingle & Mingle, quests are invited to come and learn two songs to perform in our upcoming spring show. Our "Life in Song" concert is a musical reflection of home, heritage and heart. The concert is Mon Jun 9<sup>th</sup> and all proceeds from this concert are in support of Faye Peterson House, a local organization offering women a safe, secure environment while transitioning from an abusive situation.

We will be performing in a senior's facility in June and then we wind down for the summer with a party. Wishing everyone a relaxing summer break!





## Singing for Kathy and Lisa...

*Submitted by Judy Beckman  
Chapter at Large*

Over my years in regional and international competitions, I don't think I ever thought of singing for anyone but the judges. Oh sure, I knew my sisters-in-harmony from other choruses would be out there, depending on when they were scheduled to be on stage. And one could always expect the relatives of some chorus members. Just the fact that it IS competition would ensure that most of us would have focused on singing for the judges.

I bring this up now because at the recent Northern Lights Region 6 competition, I met two women who traveled to Rochester from Cloquet, MN, just to hear all of the quartets and choruses. Without knowing a single person on stage. Without being current members of the region or Sweet Adelines International. They came just to hear barbershop music. They came on Thursday and stayed through the weekend and enjoyed it all. It was my pleasure to sit with them and provide some background on the competitors.

Lisa and her mom, Kathy, were on a mother-daughter trip, with Grandmother Peggy on their minds. All three were former members of choruses. Peggy, who passed away a few years ago, had been in both a chorus and a quartet. She inspired her daughter and granddaughter (and their country cousins) to sing four-part acapella harmony from the time Kathy was 12-13 years old.

Kathy and Lisa had also been members of choruses, Kathy in Harbor Chords Chorus, and Lisa in Twin Forks Chorus and as the tenor in Golden Rhapsody Quartet. Peggy had been a

member of the Harbor Chords Chorus and the St. Paul Chorus.

Meeting these unexpected audience members led me to think about my individual performance in all those competitions. I wondered how my performance might have been enhanced had I thought about singing for Kathy and Lisa, rather than the judges. Certainly, one chorus coach after another urged us to not sing the "technique", but sing the story of the song. Had I done that – sung the story of the song to Kathy and Lisa – and had others in my chorus done the same, each of us might have increased our score by just one point. Imagine the cumulative effect! After all, it takes only ONE more point on the thermometer to take 211-degree water to boiling.

I love what David Craig has to say in "*On Performing*": "When you know what you are supposed to do and more, how to achieve it, there is nothing as soul-stirring as standing in the center of a song and, as you create its vocal life, making the power of your performance irresistible to an audience." Don't you just love those words "standing in the center of a song"?

Once you own the song, it does no good if we don't give it away to our audience – an audience not made up of judges, but rather all the Kathys and Lisas wherever we sing.







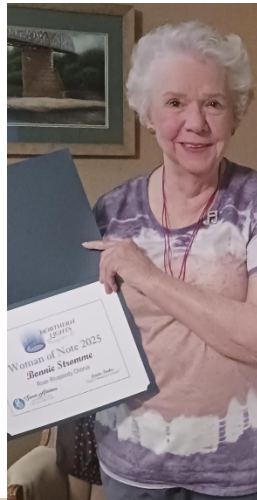
## River Rhapsody Chorus

*Submitted by Pat Frohlich*

Greetings from River Rhapsody Chorus. Congratulations to all the choruses and quartets who participated in regional contest this spring! We are so honored, excited and proud to have placed first in Division A and second place overall! We also applaud our quartet, On the Brink, for placing third! We will proudly wear our medals throughout the year!



We gathered for a social celebration after contest and presented longevity awards to members; Glenna Berdahl – 35 years, Tina Fleck and Pat Frohlich – 30 years, and Bonnie Stromme – 20 years. We congratulate our



Woman of Note recipient; Bonnie Stromme! She has been involved in many aspects of RRC throughout her membership including choreography, costume committee, script writing, board member, and president. Thank you, Bonnie, for your hard work and dedication to River Rhapsody Chorus!

Congratulations were also in order for our director, Carol Kurtz for earning her Certified Director Certificate! She also received her Harmony 500 Director Certificate! Thank you, Carol, for being so dedicated and working so hard to help us improve our craft!



Our chorus has had a busy spring. We had two fabulous coaching sessions with Mark McLaurin! We want to thank Mark for helping us reach our goals, as well as his continued encouragement and support.

RRC was invited to perform with the Bismarck men's barbershop chorus as they celebrated their 50<sup>th</sup> Anniversary with a great show on April 5<sup>th</sup>. Congratulations to Northern Lights Men's Chorus! (photo on next page)





We also entertained for a great audience at the Oliver County Soil Conservation District, 2025 Ladies Ag Night in April.

As June approaches, we continue working on our summer repertoire. On June 16 we will appear on Studio 701, a local morning TV show, promoting River Rhapsody chorus as the first place Division A chorus!

On July 17<sup>th</sup> we will once again perform at the Dykshoorn Park Bandshell as a part of Mandan's Summer Concert Series.

## Word Search Answers

### NORTHERN LIGHTS SUMMER FUN

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



## 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](mailto:communications@regionsix.org)) for inclusion in a future newsletter.

Cry Cry, I made you cry

Brian Beck  
Sung by Side Street Ramblers, 1983





## Fox Valley Chorus

*Submitted by Vicki Krause*

How much fun did we all have in Rochester last month!? The Fox Valley Chorus was so impressed with all the performances and hats off to all the amazing contestants! It was such a fun and great privilege to be able to hostess all the quartets and choruses and help out with the “backstage” stuff. And I don’t think the chorus has ever had so much fun as when we presented our outgoing champion package! We “rolled out the barrel” once again, and Sweet Caroline certainly had our audience singing along – what a “barrel of fun” that was!!



Getting right back into it, we had our coaching retreat at Mt. Morris Camp and Retreat Center on May 16-18, with two terrific coaches, Lynne Smith and Joan Boutilier. From the bunkhouses to the lodge, all of us enjoyed the camaraderie with each other and our coaches, and also enjoyed the good food provided by the lodge. In addition, we got to soak up all the knowledge and creativity provided by our coaches and the amazing Heather. Our contest package for

International is falling into place and will be so fun and entertaining!



We are planning some more coaching sessions over the summer, plus we will be singing the National Anthem at a Timber Rattlers game in July. Also upcoming will be a church sing-around the first Sunday in August. So, as usual we anticipate lots of music through the summer months!

The Fox Valley Chorus would like to wish everyone in Region 6 a fun, safe, and music-filled 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](#).