



Regional Measures

Winter 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

VICKI POWERS – WISCONSIN LIAISON

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

Upcoming Events



21 Dec – 4 Jan	Jingle & Mingle video available
6 March	Faculty Training
7 March	Director and Music Team Training – information included in this newsletter!
23-26 Apr	Region 6 Competition & Convention

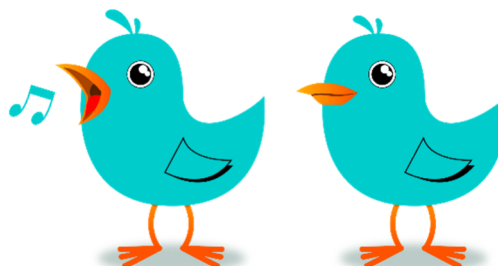
Vocal Tip

*Submitted by Judy Weipert
Region 6 Faculty*

Posture vs Body Alignment.

Often the way that we THINK about things affects the way we DO them. Therefore, it can be wise to choose your singing terminology carefully, particularly if the word you choose has a negative impact on your vocal technique. For example, the term “Posture” often ends up causing rigidity. “Posture” is defined as “a position of a person's body when standing or sitting”. Whereas “Body Alignment” has been defined as “optimal placement of the body parts”. This subtle difference may seem like semantics. However, remaining physically static, tense, or rigid can have negative effects on the larynx, breathing, and resonance systems. So, try choosing a more specific descriptor like “Optimal Alignment”, so that your body doesn’t get locked into one fixed position. In all of vocal technique, choose your words wisely and free your body, mind, and soul!

- Daily Vocal Tip from New York Vocal Coaching





Heart O' Wisconsin Chorus

Submitted by Ann Wegner

Heart O' Wisconsin (HOW) Chorus would like to **celebrate recent members** who have passed away. We were very happy to sing at their memorial services. HOW is a great place to sing with awesome ladies!

Betty Ziedler was a charter member (1977) and quit singing with HOW in approximately 2009. She died in 2024 in her 90s!

Gladys Fuller was a member for 41 years, leaving in 2021. She sure missed her HOW sisters! Gladys died in 2025.

Diana Thornton was a 30 year member, singing with HOW as long as she could get a ride to rehearsals. Diana died in 2025.

Fanfare Quartet

Submitted by FANFARE:

LeAnn, Jamie, Lorraine and Judy

Fanfare has been busy working on new music, putting a show package together and coaching with the amazing Joe Connelly. What a great experience!! We also had a couple of special performances. The first one was for Lorraine, our baritone's 60th wedding anniversary on October 12th. A great audience and a fun afternoon. Several family members and some COL friends were there and joined us for a song. In November, we were guest performers on the Red Cedar Sounds Chorus Show. What a delightful and hard-working group of women!! It was wonderful to sing for them and their fantastic audience. We're looking forward to the holidays with several performances with City of Lakes and Twin Cities Show Choruses and recording for Jingle Mingle. We wish the best to you and your families for the Holidays and the coming new year.





Spirit of Harmony Chorus

Submitted by Dianne Elton

What a fun and rewarding time our chorus has had this fall! A highlight was our Fall Show, "Miles of Music" which featured our chorus as a singing bicycle club embarking on a day long biking adventure to Lake Okoboji. The characters in the script had distinct personalities such as Sally Speedy, Tammy Too Tired, Hannah High Wheeler and our director Judy Weipert as Tracy Trail Boss. Our performance included songs that fit our biking theme such as, "I Will Survive." A former chorus member wrote a parody of "In My Room" called "On My Bike." We showcased our quartets, Affinity and the Peppers. Such great fun for the chorus and our appreciative audience. We tried a new venue at the Performing Arts Center at Iowa Lakes Community college in Estherville and welcomed a new audience along with our supporters from Spirit Lake.





We enjoyed performing at a nursing home where one of our members works. It was a joy for us and the residents alike.

We are rehearsing our 4th Annual "Jingle and Mingle." What a great opportunity to have singers perform with us who may not be able to join the chorus at this time. We also look forward to our tradition of singing carols and Christmas songs at a Senior Center, a nursing home, assisted living facilities, a Grand Meander celebration and even a private home. We have such fun celebrating with each other at our annual Christmas party. We wish you all a Merry Christmas and a Happy New Year.



**Fourth Annual
Jingle & Mingle**

Spirit of Harmony Chorus invites you to join us to learn two holiday songs,
"Have Yourself a Merry Christmas" and "We Need A Little Christmas".

A video performance to be recorded on November 24, 2025
Location: Immanuel Lutheran Church, Hwy 71, Spirit Lake, IA
When: November 3, 10, 17 and 24, 2025 at 6:30pm for 30 minutes.
The video will be streamed as a part of the
Northern Lights Region 6 Video Presentation
on December 21, 2025, 3:00pm.

**All female singers
welcome. Grab a Friend
and join us for some
holiday singing fun!!**

**For more information:
Contact - Lori Harms at:
lori.harms@hotmail.com**



Word Search

Submitted by Bonnie Rust

Note: Words can go in any direction.

Happy Holidays Region 6!

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

Northpole

Newyearsday

Merry

Yule

Fruitcake

Presents

Hanukkah

Stocking

Chimney

Reindeer

Lights

Santa

Happyholidays

Feast

Jingle

Kwanzaa

Garland

Ornament

Angel

Scrooge

Santaclaus

Christmas

Family

Holiday

Gingerbread

Sleigh

Cranberry

Noel

Candycane

December

Boxingday

Grinch

Mistletoe

Made With <https://webwordsearch.com>



Invitation to Training!

Director and Music Team Training!
March 7, 2026, 9am – 5pm
Embassy Suites, Brooklyn Center, MN

Who is invited? Region 6 Faculty, RMT, Chorus Directors, Assistant/Associate Directors, Music Teams members, and all chorus members who want to become Region 6 Faculty, RMT, Directors and/or Music Team or other Musical Leaders

Our guest faculty for the day is
Kathleen Hanson!

ABOUT KATHLEEN

I believe that music is a perfect blend of art and science - where emotion and communication meet reason and technique. There is great joy in making and sharing music.

I currently direct two groups in San Diego: [San Diego Chorus of Sweet Adelines International](#) and [San Diego Women's Chorus](#). Additionally, I serve as International Faculty for [Sweet Adelines, International](#), and am the 411 Artistic Advisor for [GALA Choruses](#).

I host a [YouTube Channel](#) for singers to improve their voices through guided vocal warmups and exercises. I started the channel when we could not sing together, and have been publishing weekly videos ever since!

You can find my vocal warmup app for singers, [Vocal Warmups with Kathleen](#) on the [App Store](#) or [Google Play Store](#) - [learn more here!](#)

Professionally, I have been working in the field of music education since 1998 with students of all ages. I have a Bachelor's of Music degree specializing in music education and trumpet, a single subject teaching credential, and a Master

of Music degree specializing in conducting. I am currently a doctoral candidate with Boston University, working on my Doctorate of Musical Arts.



As a performer, I have had the opportunity to play and sing on a diverse array of stages: from street courtyards and concert halls in Italy to prestigious halls such as Carnegie Hall and Walt Disney Concert Hall, to San Diego's own Symphony Hall, from a raucous crowd of thousands to small formal dinner parties -- and many venues in between. These experiences have helped shape my approach to making and teaching music. In schools, I have taught a variety of music courses, including band, choir, music technology, and conducting. I have been privileged to spend time teaching at Middle School, High School, and University Levels, as well as direct a variety of community groups.

When I'm not making music, you may find me enjoying nature, especially hiking on one of my favorite mountain trails. Or, I may be napping with my two overlords...er, studio cats, Sven and Olaf.

The cost for this training event is just \$55 per person. This includes the full day of training, lunch, and snacks. Watch for more information for registration. We hope to see you there!



Sounds of Superior Chorus

Submitted by Sharron Kershaw

As we bid farewell to Region 6, we would also like to say a big thank you for all the years of friendship, fun, support and encouragement. It all began in 1973 as we began our journey of working towards our charter. We chartered in 1974 and have built many long-standing friendships over the years.

One particular moment that stands out was when our A Cappella Angels performed at a competition. The first YWIH chorus in our region. There wasn't a dry eye in the house!

There have been many coaches who have shared their expertise and encouraged and supported our directors, our A Cappella Angels, our chorus and quartets.

We wish you all in Region 6 all the very best in the future and keep ringing those chords.





Acapella Express Chorus

Submitted by Maria Alfonseca

Our **70th Anniversary Show** is almost here! We have been hard at work rehearsing the songs, going through old albums for the slide show and photo displays, and planning the afterglow. It's going to be a wonderful anniversary!



Since September, we have been working concessions at the Fargodome during the Bison games. You will still find us at the Snack Shack during the remaining games of the season.



We were invited as guest singers during the Great Plains Harmony Men's Chorus Fall Show, on November 1 and 2. Acapella Express performed two songs and then joined the men to sing Lida Rose/Will I ever tell you.



We have also been happy to welcome two new members this fall, Brittany and Elaine. They were guests this summer when we sang the National Anthem at the Redhawks and NDSU soccer and decided to join us! We will be singing the anthem once more at the Fargo Force game on December 11.

We are planning to participate with two Christmas songs in the annual Jingle & Mingle, and look forward to listening to all your songs.

Acapella Express wishes all the Region 6 members a Merry Christmas and a Happy New Year 2026!



Fox Valley Chorus

Submitted by Vicki Krause

Well, the Fox Valley Chorus “rolled out the barrel” one more time at the Harmony Classic in Columbus, and we had such a ball with the entire package! We put everything we had out there on the International stage. Our “Laverne & Shirley” (Terrie Williams and Jill Kruger) were amazing, and the “big-hearted boss” (Nancy Beyer”) had the audience in stitches!

One highlight of the week in Columbus was our chorus dinner, where we honored Sue Schmid for her 50 (!) year anniversary as a Sweet Adeline. Chorus members shared memories old and new, from Sue’s years as a Foxy Lady....and then Sue surprised each and every chorus member with a very special “50 year” anniversary gift!



Now that all the excitement of Columbus is behind us, we are working hard on preparing for our Christmas performances, as well as beginning a new song for Regional Contest in April.



We will be performing at EAA Christmas in the Air at the EAA museum in Oshkosh on December 6, on December 9 at the Elks Club in Oshkosh, and at Lakeside Commons, a senior living facility, on December 16. In addition, we are presenting our Harmony Lane Christmas Market and Show on Saturday December 13. We’re looking forward to sharing the “songs of the season” with so many audiences!

After a short break to spend more time with family and friends, we will come back ready to dig into preparations for contest! We have a coaching weekend with Lynne Smith scheduled for the end of January, which is always so amazing and will really get us started in the right direction!

The Fox Valley Chorus wishes everyone in Region 6 a magical Christmas and a New Year filled with harmony!!

*“Without music, life would be a mistake” –
Friedrich Nietzsche*



River Rhapsody Chorus

Submitted by Pat Frohlich

This morning, we woke up to what looks and feels like the beginning of a North Dakota winter! But we are grateful for the beautiful fall we had.

River Rhapsody would like to congratulate Twin Cities Chorus, Fox Valley Chorus and Spice Quartet for proudly representing Region 6 on the international stage in Columbus. You were all amazing! We had a fun watch party here in Bismarck.

As our chorus prepares for Harmony Classic next fall, we are so excited for that new adventure, and we're busy fund raising! Several of our members had fun volunteering at Papa's Pumpkin Patch and the chorus got paid for those hours.



We also had a lot of apples donated to us, so we made, baked and sold over 120 apple pies! It was a LONG day of work, but also nice to spend the time with our sisters in harmony.



As we get ready for the busy Christmas season, we are happy to say we have 5 guests joining us for Jingle and Mingle and our annual Christmas Show.

Also performing at our Christmas show will be Northern Lights Men's Chorus, On the Brink Quartet and Leisure Time Quartet. The show is Sunday, December 7th at 2:00 at House of Prayer Lutheran Church, 1470 S. Washington St, Bismarck.



Throughout December we will also joyfully share our holiday music at KFJR AM Radio's



Open Your Heart Campaign at Kirkwood Mall. A local church is presenting an Interfaith Christmas Concert and River Rhapsody has been invited to perform, and as always, a few area Care Center/Assisted Living communities. Then we will take a few weeks off to celebrate Christmas with our families before getting into our new year's musical plans.

Wishing you and your families a Merry Christmas and a Happy New Year.



City of Lakes Chorus

Submitted by Laura Bordowitz

Happy Holidays from City of Lakes! Celebrating is certainly a full time job when you're a singer, and City of Lakes has been putting in the time! We had a fantastic weekend of coaching with Joe Connelly.



And we are more excited than ever for Columbus 2026.

But we've got a lot of activities before then, just this season we dressed up for a Halloween rehearsal.



This dress-up rehearsal was also the start of Jingle and Mingle for us- thankfully we didn't scare any guests off! They've been returning to learn their music and enjoy the camaraderie of the risers. We can't wait to see them onstage!



At the time of writing we've already done a third of our scheduled holiday performances, starting at the Minnesota Arboretum during their Winter Lights festival.



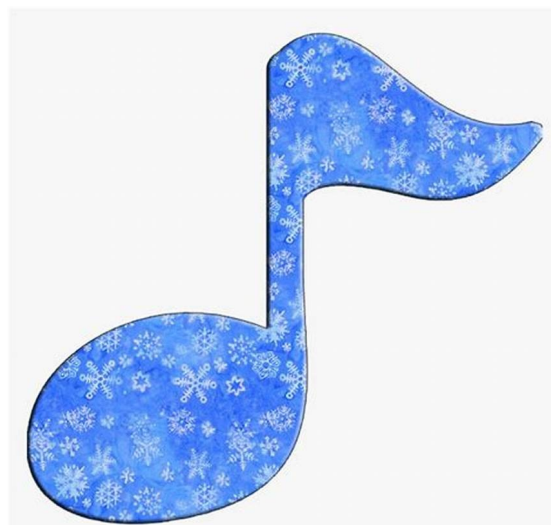
We have been lucky enough to sing at this event the past few years and afterwards we're able to wander the grounds and see the gorgeous light displays.

And if you can believe it- Natalie has been directing our chorus for 1 entire year! It feels like she just got here, but also like she's been a part of our family forever.

Happy Director's Anniversary Natalie!



We couldn't be more excited to continue this journey together. The year is looking bright for COL- and we hope that everyone has a healthy and happy holiday season. We send our love and light to everyone. Happy Halloween, Happy Thanksgiving, Happy Holidays and a Happy New Year!





RMT Team Coordinator

Submitted by Cheryl Helm

The THRIVE program is looking at many areas that International and the Region can work with choruses to work on the challenges that are facing everyone. One of those areas is aging voices and aging members. I don't have the answers for you "yet". However, I thought I would throw a little humor into this topic with the following article that a chorus member sent to me back in 2008. Yes, that was a topic even back then! The article is about Julie Andrews celebrating her 69th birthday and the issues she was facing with an aging voice and an aging body. She wrote this parody using the "Sound of Music" song. Sing with "gusto" and enjoy the humor!

Botox and nose drops and needles for knitting,
Walkers and handrails and new dental fittings,
Bundles of magazines tied up in string,
These are a few of my favorite things.

Cadillacs and cataracts, hearing aids and glasses.
Polident and Fixodent and false teeth in glasses,
Pacemakers, golf carts and porches with swings,
These are a few of my favorite things.

When the pipes leak, When the bones creak,
When the knees go bad,
I simply remember my favorite things,
And I don't feel so bad.

Hot tea and crumpets and corn pads for bunions,

No spicy hot food or food cooked with onions,

Bathrobes and heating pads and hot meals they bring,

These are a few of my favorite things.

Back pain, confused brains and no need for sinnin',

Thin bones and fractures and hair that is thinnin',

And we won't mention our short shrunken frames,

When we remember our favorite things.

When the joints ache, When the hips break,

When the eyes grow dim,

Then I remember the great life I've had,

And then I don't feel so bad.





Center Point Chorus

Submitted by Barb Garske

We had a great 50th anniversary celebration in September at the Portage County Historical Society in Stevens Point. They had a wonderful exhibit about our history. Our chorus members wore some of our older costumes and we provided beverages, snacks and beautiful anniversary cakes for our visitors. We also enjoyed some wonderful harmony by the Humdingers Quartet.



In September, our chorus invited Karen Leet to visit us. She has been willing to listen and give us tips on singing better together. She was a former member of our chorus. She is also a Master Director but has retired from directing. She has moved back to our area and belongs to District 3 where she is a member of The Melodeers Chorus and sings with The Sneakers Quartet. She belongs to a BHS chorus called Forward Harmony and with Forward Fusion Quartet there. She is a great asset for our chorus as there are always old and new techniques to learn and relearn.

This December we have scheduled three performances at various Assisted Living and Nursing Homes and also for the Veterans for King's Veteran's Home of Wisconsin. We will also have a Christmas Banquet for our members and their guests. It's so much fun celebrating in song.

Wishing everyone Happy Holidays.





Meet the New Faculty!

Submitted by Judy Weipert, Region 6 Faculty

Region 6 is thrilled to add several new members to our faculty! Here is what they have to share...

Lori Scott

- 1) Favorite barbershop artist? GQ Quartet
- 2) Most listened to song on your Spotify list or your phone? Bring Him Home (from Les Misérables), It's a Musical (from Something Rotten)
- 3) Favorite non-barbershop genre? Broadway tunes
- 4) Favorite non-barbershop artists? Writer: Lin-Manuel Miranda, Singers: Barbra Streisand and Josh Groban
- 5) What is the first barbershop song you learned? Thank You Dear Lord for Music
- 6) Why did you want to join the Region 6 faculty? To participate with Region 6 in a new way, hoping that what I have to share is of value to others.
- 7) What do you bring to the region as a faculty member? Eighteen years as a Sweet Adeline, singing baritone (and occasionally bass). I am learning to arrange music in the barbershop style. I can help with music theory, arranging, and the math behind overtones.
- 8) Name one thing people probably don't know about you. You can probably tell.... I'm a bit of a music geek.

Natalie Berdahl

- 1) Favorite barbershop artist? Keepsake - (Men's quartet) and Salt quartet!
- 2) Most listened to song on your Spotify list or your phone? Haliene - Saving Light (Acoustic)
- 3) Favorite non-barbershop genre? Trance music (Not the stuff you hear on the radio! The good stuff! Armin van Buuren!)
- 4) Favorite non-barbershop artists? Old school Mariah Carey, Christina Aguilera, Tony Bennett, Eminem
- 5) What is the first barbershop song you learned? When I was 6, I was backstage in the dressing room with my Mom's chorus. The words were "Happy feet... I got those happy feet..." That's all I remember!
- 6) Why did you want to join the Region 6 faculty? I have served on Regional faculty before, and I thrive on helping others. I would like to continue and help grow what has been established. There is a lot of talent here in Region 6, and I would like to help take us to the next level.
- 7) What do you bring to the region as a faculty member? I have lived and breathed Barbershop since I was 5. Being a 3rd-generation barbershopper, it's built in my DNA. I have different perspectives from singing in several different Regions. Region 24, 25, and 4. I have competed in many different levels and diverse backgrounds, such as 20 years in a small chorus, 6 years in a gold medal chorus, singing in a top 10 quartet, and creating my own YWIH chorus. With all of this experience, it helps put me in a position to contribute to the Region.
- 8) Name one thing people probably don't know about you. I have over 300 DVDs in my living room. I get tired of the 'Circle of Death' loading on streaming services. Or if the internet goes out or there is no cell service, how do you watch movies??



Scott Kvigne

- 1) Favorite barbershop artist? SAI – Ambiance, BHS – Vocal Spectrum
- 2) Most listened to song on your spotify list or your phone?
- 3) Favorite non-barbershop genre? Jazz, Swing
- 4 Favorite non-barbershop artists? Billy Joel, The Eagles, Ella Fitzgerald
- 5) What is the first barbershop song you learned? Officially, “At The Old Nickelodeon,” which was the theme song for my first chorus show. I had never heard it before and haven’t heard it since.
- 6) Why did you want to join the Region 6 faculty? As the director of City of Lakes chorus for 15 years, I feel very much a part of Region 6. When I stepped down from that position, I wanted a way to stay connected, and to be of service in some way to the Region.
- 7) What do you bring to the region as a faculty member? Since joining the BHS (then SPEBSQSA) in 1987, I have held many leadership positions, including board member, section leader, choreographer, coach, and director. That has given me a pretty broad view of how our organization functions, and how all these factors come together to make great music. Being given the opportunity to direct a high-level chorus and earn Master 700 Director status has taught me a lot about music, leadership, and people. I just want to keep sharing that knowledge.
- 8) Name one thing people probably don't know about you. I actually started out in music as an instrumentalist. I played trombone through middle school, high school, and college. That was great for ear training, and learning to read rhythms.

Derek Glenna

- 1) Favorite barbershop artist? 1995 BHS International quartet champion, Marquis
- 2) Most listened to song on your spotify list or your phone? What's spotify? I don't have it!
- 3) Favorite non-barbershop genre? Not really a genre, but a style- Crooner/big band style
- 4) Favorite non-barbershop artists? Frank Sinatra, Michael Buble'
- 5) What is the first barbershop song you learned? "My Wild Irish Rose"
- 6) Why did you want to join the Region 6 faculty? Joining the faculty gives me the opportunity to share what I've learned from my barbershop and leader mentors. I'm excited to work alongside other faculty and chorus leaders to help grow in knowledge and in numbers!
- 7) What do you bring to the region as a faculty member? My hope is to bring fresh and engaging techniques to get our chorus singers more involved, musically. Assisting chorus leaders on how to coach, engage, and create a fun, safe environment in every rehearsal. It truly matters!
- 8) Name one thing people probably don't know about you. I'm a pilot and love all things aviation!

Debbie Mason

- 1) Favorite barbershop artist? The Ladies and Newfangled Four
- 2) Most listened to song on your Spotify list or your phone? Crazy Train- Ozzy Osbourne (pretty much my personal walk up/theme song
- 3) Favorite non-barbershop genre? 80s New Age to Hair Bands and everything in between



4) Favorite non-barbershop artists? Beatles, Alecia Keys, James Taylor, Bon Jovi, Kendrick Lamar

5) What is the first barbershop song you learned? Oooo... Lida Rose/Goodnight My Someone

6) Why did you want to join the Region 6 faculty? I am an educator at heart and have a passion for all things singing. Collaboration and experiencing and providing learning opportunities is important to me.

7) What do you bring to the region as a faculty member? I'm new to the barbershop scene but have an extensive background in musical theater (singing/acting/directing/choreographing), vocal pedagogy and choral music conducting and am a music educator by "trade". I can't wait to collaborate with and learn from the amazing faculty and singers of Region 6 and share the knowledge and experience I bring to the world of Sweet Adelines!

8) Name one thing people probably don't know about you. I had a part time gig in high school singing vocal tracks for a recording company who provided ASCAP-compliant and BPM relevant recordings for the booming aerobics studio industry in the mid 80's.



Zumbro Valley Chorus

Submitted by April Horne

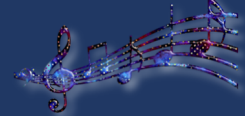
Happy Holidays from Zumbro Valley Chorus!

We, like all of you, have been having a blast - jingling and mingling with holiday guests and preparing for our holiday performances. We have several performances at area supportive living residences, plus a public performance at 125 Live in Rochester at 7 pm on 12/9. We hope to see you there! Admission is free but food shelf donations will be gratefully accepted. We will have six guests on the risers with us for some or all of these performances. I haven't seen the skit yet, but there's a lot of giggling going on, so I think it's going to be truly joyful! And the costume committee has something special "up their sleeves" – stay tuned!



Halloween brought a few extra "guests"...





The Lady Slippers have also been busy – 6 high school choir visits plus 5 other community performances in addition to singing with the chorus. They're planning for a couple more high school visits in January before taking a break.

constitutional amendment – the so called “Legacy” amendment - voted on by the citizens of Minnesota in 2008 to support arts, cultural heritage, clean water, outdoor heritage, and parks and trails. If you want to see if your chorus might be eligible for funding, go to



The big news for 2026 is going to be the celebration of our 60th anniversary. We were very pleased to learn that we had been selected for a grant from the SE MN Arts Council (more on that below). Our celebration will include several outreach performances in communities outside of Rochester. These performances will include music, a skit about the history of Sweet Adelines and Zumbro Valley Chorus, plus some audience sing-along opportunities. We will conclude our celebration with a performance at the historic [Chateau Theatre](#) in Rochester – complete with costume displays, slide shows, auctions, skits, and of course music! We will have 4 quartets (a quartet of quartets!) joining us in the show – The Lady Slippers, Med City Remedy, Elevator Music, and Hall Pass. Mark your calendars for September 26th, 2026. This really is a show you won't want to miss.

More about our grant: The SE MN Arts Council is one of eleven Regional Arts Councils in Minnesota that makes decisions about the distribution of funds from the [Arts & Cultural Heritage Fund | Minnesota's Legacy](#). If you live in Minnesota, one eighth of one percent of your sales tax goes into a fund set up by a

<https://www.legacy.mn.gov/arts-cultural-heritage-fund> . We'd be glad to share our experience with you. Email us at ZVCSweetAdelines@gmail.com

Best wishes for a Happy, Harmonious Holidays from your sisters in Zumbro Valley Chorus.





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.



What Would I Do Without You? (Tag)

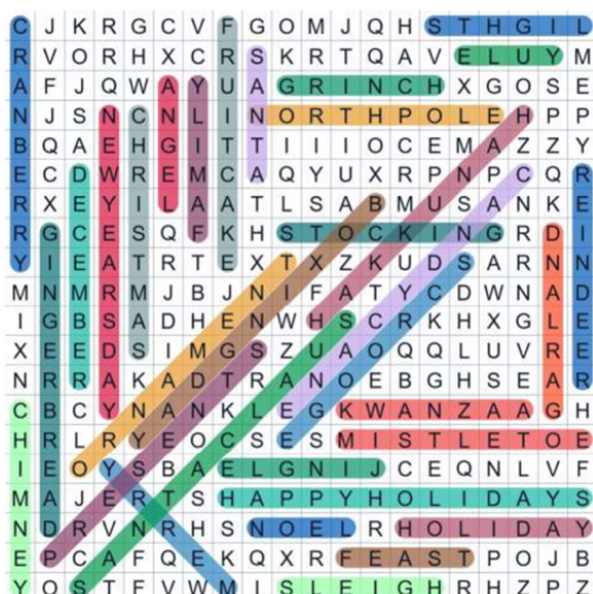
Joey Minshall

Joey Minshall
Arranged by Joey Minshall

Musical notation for "What Would I Do Without You?" (Tag). The score is for Tenor Lead and Bari Bass, in 3/4 time. The lyrics are: "What would I do with-out you? spe-cial friend so true." The notation includes numbered measures 1 through 6.

Word Search Answers

Completed Puzzle



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



Twin Cities Show Chorus

Submitted by Merrilee Spaeth

Happy holidays from the Twin Cities Show Chorus!

We would like to thank all of our Region 6 friends for the wonderful support you have given us - both before and after our fantastic experience at International.

We had an amazing time and came off the stage with feelings of both awe and relief – awe at having performed at such an exciting event, and relief that we remembered our plan and no one fell down (except Derek – ha!).



The weeks before International were a whirlwind of activity – extra coaching, fitting new members with costumes, hosting our International send-off show, etc.,



and finally, traveling to Columbus! Phew!

We really didn't have time to relax, though, after coming home because we had our annual Pancake Breakfast / Bake Sale to organize.

Once again it was a fun event, with delicious food, kids games, singing, and many cakes, cookies, bars, etc. for people to choose from.



Kids Turkey Trot



This month we performed for a Lions Club Christmas party, along with “Big Girls Don’t Cry” and “Fanfare” quartets, and our agenda included both our competition package and our Jingle & Mingle holiday songs.



It was fortunate that we did, because we were unable to record our J & M submission due to a snowstorm! Luckily, one of our newest members had arranged for a recording of the performance, so we will still be able to submit an entry! Thank you, Penny!

We're wishing all of you a wonderful holiday season and are looking forward to joining you at Regional in 2026!

Happy Holidays!
Twin Cities Show Chorus

