



Regional Measures

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



Upcoming Events

7-8 Mar	Faculty Training & Spring Training with Kim Newcomb
24-27 Apr	Region 6 Convention 2024
8-10 Aug	Sweet Adelines Summer School (SASS)

Why Compete?

*Submitted by Mary Dick & Connie Miller
Region 6 Faculty*

Competition —a noun.

Webster states: “a contest between rivals; a match.”

Wikipedia states: “a rivalry where two or more parties strive for a common goal which cannot be shared.”

Whether you like competition or not, it makes you better and stronger. If you try to keep up with others someone will always be better. Why not try to outdo yourself?

Study the last contest score sheets. Ask “what can I do better this time?”

Competition serves as a catalyst for improvement. The chorus can develop teams to come up with ideas to change things up. Personally, focus on things you can control to be at your best and show your best side on stage. You have no control over others.

Work for continuity in your breath management, resonance, articulation and energy.

We sing to share our story and engage our audience. Achieving our goal of improvement can only be realized if we work as a team and support each other.

WHY COMPETE? To enjoy the ride and share the joy!



Center Point Chorus

Submitted by Barb Garske

In 2025, Center Point Chorus is proud to have been a member of Sweet Adelines for 50 years. We have many great memories of harmonizing with so many wonderful women through the years. There is nothing more rewarding than singing and ringing chords and making long-lasting friendships.

This winter we had to cancel a few of our rehearsals because of sub-zero weather. It's too risky driving a distance in that kind of weather! But we are back together practicing our competition songs for the Region 6 Convention in April. We are a small chorus without a director but are thankful we can perform for Evaluation Only at competition. It will be exciting for us to be with all the other chorus members from our region.

We were excited to sing with the Jingle and Mingle for the first time. Recording the video was so much fun, and we enjoyed adding our holiday wishes to the Region 6 entertainment program along with our sister choruses.

We had a wonderful Sleigh Full of Harmony Christmas show on December 15, 2024. It was a musical variety show with delightful entertainment, including the Sweet Addiction Quartet, the Alternative Medicine Quartet, and the Central Wisconsin Ukelele orchestra. A chorus of elementary students from the Tomorrow River Charter School stole the show with their performance.



We also had forty raffle baskets, a 50/50 ticket drawing, and a wonderful audience to support us in spite of the wet, foggy weather.

Christmas performances at Whispering Pines Assisted Living, Dimensions Living, and the Sons of Norway banquet were other enjoyable events. We ended our busy season with Christmas dinner and a serenade for the other patrons at a local restaurant.





Minnesota Valley Chorus

Submitted by Melissa Sailor

Happy New Year from MN Valley Chorus.

We have jumped into competition mode since the beginning of the year and have had Judy Weipert coach us 1 time already with plans to come back in March to help polish our competition package in April! We are so grateful for her patience and tips to enhance our sound and moves.

Last night we got to sing for Old Main Village in Mankato. The 6 children of one of the residence who lives there decided their mother needed a concert. So we put together about 30 minutes of singing and information about SAI and barbershop and what a typical year looks like for our chapter. It was great, we all wore reds and pinks to share our love around Valentine's Day!



Moving forward we are looking forward to celebrating our 50th Anniversary show this fall. Details are coming together nicely. We have a script, location, and a featured group planned already. More details to follow. We hope some of you are able to attend and help us celebrate. There will be an Afterglow as well!

"Break a Lip" at competition everyone in April, see you all there!

Vocal Tip

*Submitted by Judy Weipert
Region 6 Faculty*

Another good "Daily Vocal Tips" to share:

Are your vocal folds AGILE? To increase agility, try practicing STACCATO exercises. Staccato refers to short notes sharply detached from one another (like "ha / ha / ha"). Regular practice of staccato exercises can help your vocal folds achieve greater flexibility as well as more speed. Remember to keep the neck muscles free and to watch out for extrinsic tension. Once you have worked a lot on staccato, try practicing scales that combine staccato and legato (longer, smoother notes) in variation for some real vocal acrobatics! This kind of practice will translate over to your songs in terms of better precision, accuracy, riffs, and control. So, try some staccato exercises... QUICK!

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.



Spirit of Harmony Chorus

Submitted by Pat Young

For many years, the Spirit of Harmony Chorus has participated in a lakes area winter games event -- the Chili Cook off. Several area vendors provide samples of their chili to the public in hopes of winning first place in the chili tasting contest. Our chorus decided long ago that when people ate chili they need to cool their palates with ice cream! Thus, our fundraiser began selling hot fudge brownie sundaes, and has now blossomed into a full-on dessert menu complete with homemade pies, cheesecake, and brownies made by our members. Picture sour cream raisin, cherry, blueberry, pecan, key lime, french silk, lemon meringue, banana cream, along with better-than-sex cake and many varieties of cheesecake!



These desserts were sold by the piece and we even sold some whole pies. This past January, the venue was full to overflowing with dessert lovers and we sold everything in just a short time. The chorus makes enough money with this fundraiser to pay our all-events fees to competition, but it was successful in more ways than one this year, because we found two potential members. Hooray!





Sounds of Superior Chorus

Submitted by Sharon Kershaw

Our third Jingle and Mingle event was a great success with seven women joining us on the risers for our Singing for Sharing Christmas show. Here we joined up with the Voices for Harmony, a local mixed barbershop chorus, to raise funds for our regional food distribution association. We raised \$3165.00 as well as 300 pounds of food.

to them for sharing their music expertise, keeping us on track and making our practices so fun as well. We miss Jason and pray that he is able to return very soon.

We wish all choruses and quartets the best of luck at competition this year. We will miss seeing our “southern” friends and look forward to seeing you in the spring of 2026!



Just before Christmas we were pleased to present a cheque to Superior High School for their continued support of our chorus. All proceeds from a show earlier in the year were donated to the school’s music and drama arts program in thanks for their valued support of us over many years, providing a practice space as well as storing of our risers.

This year our focus has been renewing and expanding our repertoire and singing out in our community more. We still continue to raise funds volunteering at our local bingo hall. Last month the proceeds we earned from volunteering were used to buy a much needed keyboard that is used at all of our rehearsals. With our Director Jason still unable to be with us, Pat & Diane have stepped in to lead our chorus. A huge thank you goes out





Word Search

Submitted by Bonnie Rust

CONVENTION TERMS

Find the word in the puzzle.

Words can go in any direction.

Words can share letters as they cross over each other.



ADVERTISING
 COMPETITION
 ENTRY
 JUDGING
 QUARTET
 RESERVATION
 STAGE

BOUTIQUE
 CURTAIN
 HANDBOOK
 NORTHERN
 REGIONAL
 ROSES
 TRANSPORTATION

CHORUS
 DEADLINE
 HOTEL
 PROGRAM
 REGISTRATION
 SINGING



From your Regional Management Team:

*Submitted by Cherly Helm
Team Leader*

Leadership is the ability of an individual or a group of individuals to influence and guide followers or other members of an organization.

- Effective Leaders promote a compelling vision
- They treat others the way they want to be treated
- They admit their mistakes
- They make themselves part of the action
- They are great communicators
- They know how to delegate
- They make others feel important

5 Proactive Leadership Practices: “Proactive Leadership-Build a Stronger Sisterhood”

- Evaluate the current status of your chorus
- Envision what possibilities can be accomplished
- Build and motivate a team
- Lead the team as it plans, sets goals and launches procedures
- Track successes (and failures) and provide feedback

Everyday Leaders All Around Us: Herbert Blomstedt, age 94, Symphony Conductor

- Wealth of knowledge, humility and great joy
- Inspires others to do the best they can do

*Resource: P.E.O. Leadership Development: “Proactive Leadership: Build a Stronger Sisterhood

Soon it will be time to elect new leaders to our boards and management teams, and those new team members will start May 1. Also, the RMT is looking for new members for our team. We all have varying degrees of leadership. Some are quiet leaders who don’t want any attention showered on them, some like to be out front and center and involved with “leading the team” to whatever needs to be accomplished. We need all those leaders and we need to work together to achieve the success we are aiming for. Remember it is a “team effort” to lead your chorus. There is no “I” in team!

“Leadership is the art of getting someone else to do something you want done because he wants to do it.”

–Dwight D. Eisenhower



On The Brink Quartet

Submitted by Jennifer Romsaas

On the Brink has had another busy month. One of our highlights was getting together with our coach, Mark McLaurin and his wife Nancy. We meet in Valley City for coaching and Subway sandwiches.

We had a fun day singing Valentines on February 14th. We sang at our tenor's grandson's school. The kindergarten class was thrilled! We also sang in a local nursing home, which is always heartwarming. Our first Valentine of the day was at United tribes Technical College where we sang to a very appreciative audience. Love was definitely in the air, although the air outside was a little chilly.



The next day we were off to Valley City in snow, wind and bitter cold to entertain at a fund raiser for Trinity Lutheran Church, to help them purchase a new boiler. Trinity Lutheran has been so gracious in letting us use their sanctuary for coaching with Mark and Nancy. The Church ladies served "klub" (pronounced KLOOB) which is a Norwegian staple the size of a baseball made with grated potatoes, flour and ham. It was dense and flavorful. It had the power to stay with you all day!



We will finish out the month with another coaching session with Mark when he and Nancy come to Bismarck to coach River Rhapsody. On the Brink is really getting excited about competition in April. Best of luck to everyone.





Directors Corner

*Submitted by Judy Weipert
Region 6 Director Coordinator*

I sat down recently with Sandy Bergersen, the director of Lake Country Chorus, to find out a little bit about another one of our wonderful Region 6 directors. Here's what she had to say:

How long have you been directing Lake Country Chorus?

I have been directing Lake Country for several years...enjoying all the experiences my chorus and I share.

What is your music background?

I was directing my church Choir for almost 30 years and in that time I was drawn to barbershop harmony. Sweet Adelines has given me an education I will always be thankful for. Being on the Regional Faculty for over 25 years was a blessing.



What is your favorite aspect of directing?

I love this four part harmony that we share and also enjoy a little light jazz and classical music as well. My favorite part of being a director is hearing the voices in my chorus making those barbershop chords ring. I have the "best seat in the house!"

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

I love preparing for our annual show and competition. We are so fortunate as directors to learn new things at the schools that we can attend and the contests that we are in....never stop learning.

Ballad or uptune?

All our songs be it a ballad or an up tune give us an opportunity to give our audiences the best we can give. Music touches people in many ways and that's the gift we can give our audiences every time we perform.

Do you have a favorite rehearsal memory?

I remember a performance at the Pavilion at Como Park one time when a member of the "audience" joined us. It was a beautiful big Goose! He stole the show! He wasn't always in tune but he was loud!

Christmas concerts with the North Star Barbershop chorus have been a highlight for me for over 23 years. Every performance is a highlight when we can share our music!

Do you have any advice for aspiring directors?

For wanna be and new directors...

Be kind to yourself...lots to learn it just takes a little time. Go to those classes that are offered...do it because you love doing it! Love those members on the risers; they are your second family!

I'm so honored to be the director of LCC. Remember IT'S THE JOURNEY...NOT THE DESTINATION!



TESTING 1-2-3-!!

*Submitted by Judy Olson
Region 6 Faculty*

Your chorus and/or quartet has been contacted to do a performance singing in a large room with about 75-100 people present and “yes” there will be a microphone.

Hmmmm ... Does that mean that your group will be able to use the microphone for speaking AND singing? Rule number one is to arrive early and test it so that your performance can be exciting and fun.

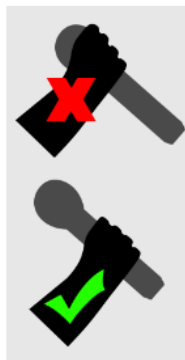
Almost all microphones used in venues other than professional theatres are designed to pick up sound from directly on top of the microphone versus around the sides of it. This means from a single sound source – one voice or instrument.



The proper technique using this type of microphone is to keep it close to the sound source, but not too close. Hold it vertically so that so that it only blocks your chin and your whole face is clearly visible. If you move your head, remember to move the microphone as well to keep your sound consistent. Your voice



Hold the mic about 5cm/2” from your mouth...



and don't cup it!
(unless you're rapping)

will fade away if you move your voice away from the microphone.

Unfortunately, this type of microphone will not be able to pick up the sound of a quartet or chorus. For that you would need to have an omnidirectional mic – one that will pick up sound from all sides of the microphone. Be sure to test the mic before your performance.

A microphone mounted on a podium should be adjusted so that you don't have to slouch or lean into it. Move it up or down so that it's not blocking your face. This is especially important for short people. Unlike handheld mics (even ones on a mic stand), a podium mic should be sensitive enough to pick up your voice even when you are standing up straight and a little further away. It is best to test it before your performance.



The volume and sound quality will change depending on how close or far away from the microphone you are from any microphone. As a general rule, your mouth should be a few inches away from the microphone. If you are too far away, you will not be heard or understood by your audience. It's very important to test the microphone with someone listening.

The MC for your performance should speak with a strong, clear voice. As a general rule, it's better for your voice to be on the louder side than the quieter side. The microphone amplifies the voice itself. It allows you to use your energy and enthusiasm to communicate with your audience.



Fox Valley Chorus

Submitted by Vicki Krause

So....most of us are dealing with Arctic weather right now!! The Fox Valley Chorus is staying warm by (what else) – singing!

The chorus had a busy first half of December! We had performances at two Senior residences – Touchmark on December 3, and The Heritage on December 10. It's always wonderful to sing for these very appreciative audiences! On Saturday, December 7, the Fox Valley Chorus once again sang at Christmas in the Air at the EAA Aviation Museum in Oshkosh, followed by our chorus Christmas party at the Mineshaft restaurant. Fun Christmas games were organized by Amy Cattelino, our Events Coordinator – thanks, Amy!

The chorus took a few weeks off over Christmas to enjoy the holidays, but we are now back at it full force! Up next is our famous Pie Social. This year, because our Social is on February 22,

George Washington's birthday, it is called "A Slice of American Pie". Guests will join us on Washington's birthday for a fun time with singing, pie, and some history emceed by George Washington himself! There will be performances by the Fox Valley Chorus, Fox Sounds, and chorus quartets – It's About Time, Sweet Addiction, Bari-tones, and the Miss-fits (a quartet of newer members!)

On March 8, the chorus will be serving as the demo chorus for riser placement training at the Faculty Training/Director Workshop with Kim Newcomb.

Then, of course, we are looking forward to Regional Convention and Competition in Rochester! We wish our very best to ALL the competitors on stage!

So, stay warm, keep singing, and The Fox Valley Chorus looks forward to seeing you all soon!





Zumbro Valley Chorus

Submitted by April Horne

Greetings from Zumbro Valley Chorus!

As I'm writing this, the sun is shining bright on very white snow, and... the pipes have frozen! Luckily (?) no one in the neighborhood has water, so it should be fixed quickly (and the bill won't be ours!) Ah, the joys of Minnesota winters!

One warm spot, however, is the church basement on Tuesday nights. Add in some coaching from the lovely and talented Connie Miller, and things can get hot! We love you, Connie!



We wrapped up the holiday season with a party ("say cheese" says director Debbie Mason) and moved right into preparing for contest and our summer performance season.



We filled up our repertoire with some songs from the "way back" files and also some new ones. It's exciting to see our new skills, honed on our competition music, transferring to the rest of our songs.

We've selected the music for our youth "Summer of Harmony" program. This will be our tenth year with this program. One of the young singers who has participated for several years has agreed to help plan it this year, so it should be the best year yet! Last year we included a six-week adult guest program as part of the "Summer of Harmony." We picked up some great singers as part of that program.

Our quartets have been busy, too. Med City Remedy is expanding their repertoire and took advantage of Connie Miller's trip to town to get some coaching. They thought she was amazing, of course. The Lady Slippers are following up on a number of gig requests that resulted from a successful "History of Sweet Adelines" presentation

at the local history center and an article in the Rochester Post Bulletin. The arts editor is going to run a follow-up article about the competition at Mayo Civic Center, and we got a request to appear on the local TV station. It's time for a barbershop resurgence! My favorite part of the interview was when he asked "why do you like singing 4-part harmony?" and I said "it's not just 4-part harmony, it's barbershop!" and proceeded to explain to him about those magic chords and the goosebumps you get when you hear that "ring".

(continued on next page)



SUBSCRIBERS ONLY LIFESTYLE ARTS AND ENTERTAINMENT

Nothing so sweet as this Southeast Minnesota barbershop quartet

The female-focused singing group brings 135 years of experience to the musical genre.



I hope all our Region Six Sisters in Harmony are keeping warm. We look forward to seeing you in our hometown, Rochester, at the end of April.

Let's bust a chord!



Music should strike fire
from the heart of man,
and bring tears from
the eyes of woman.

Ludwig van Beethoven

River Rhapsody Chorus

Submitted by Pat Frohlich

River Rhapsody Chorus had a wonderful holiday season. We were able to share our Christmas music in several places throughout the community and we had a fun, successful Christmas show. We had five guests who participated in our Jingle and Mingle rehearsals and recording. They also performed with the chorus for our Christmas show.



We were so happy to welcome Marge back to sing with us for Mingle and Jingle and even more excited that she has decided to rejoin the chorus after taking a few years hiatus.



Welcome back Marge!

The chorus took a few weeks off after the Christmas show and returned refreshed and ready to refine our repertoire for our spring and summer performances.

RRC has been invited to join the Bismarck/Mandan Men's barbershop chorus as they celebrate their 50th Anniversary with a show on April 5th. Congratulations to Northern Lights Men's Chorus! We also have a private event performance scheduled in April.

River Rhapsody is working hard, preparing for this year's contest and we are excitedly looking forward to our upcoming coaching session with Mark McLaurin on March 1st.





Acapella Express Chorus

Submitted by Mae Murphy

In December 2024 there was much holiday cheer as Acapella Express Chorus performed Christmas concerts in Fargo and Pelican Rapids, MN.



Acapella Express Chorus has had a busy and meaningful start to the new year! We have enjoyed performing at Eventide, Fargo, at the Chinese New Year Festival



and participating in the 2025 NDSCS Junior High Honor Choir Festival as the " Life-Long Musicians" feature.



Several chorus members worked a shift at Feed My Starving Children. That experience was incredibly rewarding as our shift packed 239 boxes of food. The addition of a new lead in February brings fresh energy as we work our competition song set. On March 4th we will be performing at St. Anthony's Catholic Church's Mardi Gras event.

Besides performing and participating in community events the chorus is planning its 70th Anniversary Celebration to be held on December 6th. We are looking forward to seeing you all in Rochester in April!





Vallee de Croix Chorus

Submitted by Lauren Dwyer

Vallee de Croix Wraps Up a Harmonious Holiday Season

Vallee de Croix had a holiday season filled with festive harmonies, warm camaraderie, and plenty of song! December was month of joyful performances, including a special appearance at Oak Parks Senior Living Center where 50-60 residents gathered to enjoy a heartwarming holiday show. The chorus' and the residents' voices carried the spirit of the season during a rousing carol singalong, bringing smiles and festive cheer to all in attendance.



The highlight of the season was undoubtedly our annual holiday concert, this year entitled *Once Upon a December*. This year's performance was extra special as it marked the first-ever collaboration between Vallee de Croix, Great Northern Union, and Mixed Meter quartet. The combined talent of these groups created an unforgettable afternoon of barbershop magic.

One of the standout moments of the show was the breathtaking performance of *What Are You Doing New Year's Eve*, arranged specifically for a Twin Cities barbershop chorus. The piece showcased the high tenors of Vallee de Croix, the resonant basses of Great Northern Union, and every rich note in between. It was a true

show-stopper, proving that, we really know how to ring in the new year! Speaking of *Mixed Meter*, the award-winning quartet added another special touch to the evening as it features none other than Vallee de Croix's own director, Brandon Galbraith.



Audience members had only praise for the *Once Upon a December*, sharing enthusiastic feedback about the blend of voices, the variety of pieces, and the sheer joy that radiated from the stage. The concert was a rousing success, and it set a high bar for future performances.

Of course, what makes Vallee de Croix truly special isn't just the music—it's the fellowship. Rehearsals are as much about connection as they are about singing, and this was something our guest chorus noticed right away. During concert rehearsals, members of Great Northern Union couldn't help but comment on how much they loved our tradition of tea, cookies, and warm conversation during rehearsal breaks. There's nothing like good company and a hot cup of tea to keep spirits high and voices strong!

(continued on next page)



Caroling at the Historic Stillwater Courthouse annual Maker's Market

With such a fulfilling holiday season behind us, Vallee de Croix is looking ahead to competition and more moments of musical magic. Until then, we'll keep singing (of course, enjoying plenty of tea and cookies along the way!) because every note brings us closer together.

Word Search Answers

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

“Talent wins games, but teamwork and intelligence wins championships.”

–Michael Jordan





Spice Quartet

Submitted by Spice: Angela, Heidi, Liz & Jan

Patricia Hampl once wrote, "Winter is the time of promise because there is so little to do - or because you can now and then permit yourself the luxury of thinking so." While we might occasionally indulge in the fantasy of a quiet winter season, we've actually been busy discovering just how much promise these winter months truly hold!

In this "quiet" time after holiday performances and meaningful time with family and before regional competition, we've been filling our rehearsals with the sounds of new music. There's something magical about that promise-filled moment when the chords first start clicking into place, and we can start putting the paper down and really bring the music to life... Wouldn't you agree?

These winter days may be FRIGID, but we've been warming them up not only with new music, but also with the ever-exciting quest for our next spicy competition outfit! Anyone who's been through 'The Great Costume Adventure' knows exactly what we mean. We're pretty sure we've tried on enough sparkles to rival the shimmer of fresh snow in sunlight!

And speaking of promise, there's something that has us even more excited than sequins! (Say what?!) The word on the barbershop street is there are several new quartets in Region 6! Wahoo!! We cannot express how thrilled we are about this! CONGRATULATIONS!!! Whether you're planning to compete or

not, we truly hope you come to Rochester in April. We absolutely cannot wait to meet you and hear you sing! Please find us and say hello, sing your favorite song for us, and perhaps we could sing a tag together too!

While winter may be full of promise, some projects around the house keep getting delayed... I want to organize my spice cabinet, but I just can't find the thyme.

(We know, we know... but we can't help ourselves!)

Live life with a little Spice!

Email: QuartetSpice@gmail.com

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

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





City of Lakes Chorus

Submitted by Laura Bordowitz

City of Lakes has been buzzing with excitement as we work with our new director Natalie on our next chapter! We can't wait for Regionals in April to show off the results. But then we started thinking, what should we wear?

To get some ideas, we invited everyone to bring in costumes for a Costume Parade! Showing off some beloved (and not so loved) costumes of the past.



There were lots of laughs remembering the different shows and getting ideas for what we should wear in the future. A special gown was worn by our very own Mary Dick when she became a Queen of Harmony! And she even brought the crown!



Outside rehearsal, some members have gathered for Board Game nights.



Safe to say that despite the weather here in Minnesota, we've made sure to get together to warm our bodies and our hearts.

We can't wait to see what everyone has been working on! See you at Regionals!



Twin Cities Show Chorus

Submitted by Merrilee Spaeth

My goodness – the last three months have flown by for our chorus with all the preparations we’ve been making for Regional and International this year! Between new music, new costumes, new members and new coaching we’re working hard, but also having a lot of fun!

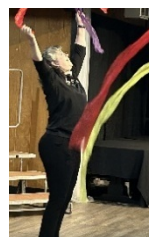
This year we once again enjoyed dual directors – Derek and Judy - for our Jingle & Mingle night, along with several quartets and a brand-new member on the risers with us! It was awesome!



Our holiday party returned to our favorite place – Mancini’s in St. Paul – again this year, and we had some special games to go along with the great food. ‘Name that holiday tune’ was a special hit!



TC’s 3rd annual retreat at the end of January didn’t go as planned – our coach wasn’t able to join us because of illness – but we were SO lucky to have two awesome replacement coaches. Becky Perkins worked with us on Friday night, and Mary Dick joined us on Saturday. We came away from the retreat with many special tools to add to our chorus repertoire. Thank you, Becky and Mary! 😊 (continued on next page)





Besides the wonderful coaching, we enjoyed special 'scarf' warm-ups with Susan, yummy food and a great after-party on Friday night! All in all it was a really successful retreat!

We are looking forward to our Mardi Gras themed Spaghetti Dinner fundraiser on February 28th (see our website for details) and would love to have you join us for a fun evening of great food, music, raffle baskets, a wine raffle and a money jar drawing. Come and celebrate the holiday with us! 😊

See you in April at Regional Competition! ☺



TAG CORNER!

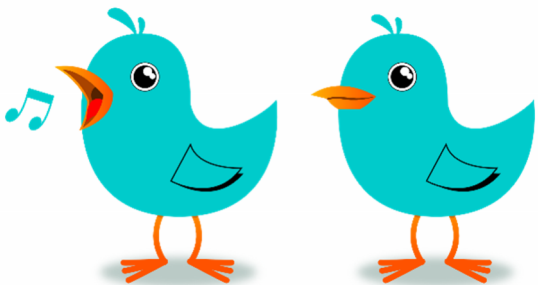
Submitted by Region 6 Faculty

We thought it would be fun to start including tags in the newsletter so here is our first Tag Corner! If you would like your favorite tag included, please send to Katie (communications@regionsix.org) for inclusion in a future newsletter.

Here is our first tag, submitted by Judy Weipert!

Smile

*Bobby Gray, Jr.
Sung by the New Tradition, 1986*



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