



Regional Measures

Winter 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

Nov-Dec	Winter Shows – see calendar
7-8 Mar	Faculty & Director Training
24-27 Apr	Region 6 Convention 2025

From your Regional Management Team:

*Submitted by Cherly Helm
Team Leader*

As I thought about writing my article for the Regional Measures, one word kept popping into my head: “Connections.” I’m not sure why, but after attending International Competition, I’ve thought about that word a lot! I’m thinking it was because of all the people from Region 6 that I bumped into, my chorus members that went with me, and all of the new people I met while I was there. What is the one thing that keeps all of us connected and close? Our music, friendships, and other common interests. Plus with what is happening in our world today, how fortunate that we have these connections to keep us grounded in what is real and important to us! This really hit home as I listened to the music at International and the messages in the music. As we move into the holiday season, think about your connections and what they mean to you. How can you use those connections to make a difference or to make change? I am thankful for all of you that I have met and worked with in the Region. You have made a difference in my life. So think about your connections and decide how you are going to use your connections in your chorus, region or your everyday life! Happy Holidays!



Dale Syverson Memorial

*Submitted by Katie Roessler
Communications & Faculty Coordinator*

The Rich-Tone Chorus shared the sad news of Dale's passing recently. Dale Syverson was their director and had been a part of Sweet Adelines for 61 years, advancing our organization as she went. She had been to our region several times as a judge. She had also been here many times to provide education

including at SASS 2023. She was a wonderful person and anyone who had a chance to take one of her classes has stories to share and warm thoughts of Dale. She made me want to be a strong momma bear for my chorus as well as for Region 6. Thank you, Dale!

Bonnie Rust shared the below information with me so I am sharing it here for anyone who would like to make a donation in memory of Dale. (Thank you, Bonnie!) Dale's family has requested that all memorial donations be made to either The Rich-Tone Chorus or to Sweet Adelines International.



*in
loving
memory*



To Donate to The Rich-Tone Chorus:

- Zelle to treasurer@richtones.org
- Mail a check to:
Rich-Tone Chorus
PO Box 832978
Richardson, TX 75083
- Email treasurer@richtones.org to include a message to the chorus, and we can send you a tax donation letter as well.
- Please note your donation is in Memory of Dale Syverson

To Donate to Sweet Adelines International:

- Go here - <https://members.sweetadelines.com/donate-now>
- Click Yes! I would like to donate to this cause under Education Fund - Life on a High Note
- Choose your donation amount
- Click Dedicate this Gift to add Dale Syverson's name (In Memory of)



Northern Lights Region 6 “Spring Training” Saturday, March 8, 2025

We will be holding our “Spring Training” at Embassy Suites by Hilton Minneapolis N in Brooklyn Center, MN for directors and music team members.

Our featured presenter is Kim Newcomb. Kim Newcomb is an active voice teacher, coach, and learning track producer based out of Baltimore, Maryland. She has always had a love for music and an interest in helping others find their voice. Kim attended the University of North Texas and holds a bachelor’s degree in Vocal Music Education. She has a wide array of experience singing and teaching all genres of music, but her most favorite to perform is barbershop. Kim has sung in both barbershop quartets and choruses at an internationally competitive level and serves as a clinician at harmony camps and educational events all over the world. She currently sings Baritone in the 2023 Sweet Adelines International champion quartet, The Ladies.



- Registration will be opening soon. Only \$55 per person. Lunch and snacks provided. 9am - 4:00pm Visit regionsix.org for more information.
- Hotel is offering rooms at \$118/night which includes breakfast. Booking link will be coming soon.



SASS – Camp Fundamentals 2024

*Submitted by Molly Robertson
Education Coordinator*

We held Camp Fundamentals on August 16 & 17th. We had wonderful sessions conducted by our Faculty. I would like to recognize the following faculty for the time preparing and presenting fabulous training for our region.

- Sound - Mary Jo Zgonc and Mary Dick
- Expression - Connie Miller
- Visual Communication - Judy Olson and Susan Krisnik
- Music - Judy Weipert and Carol Kurtz
- Membership Retention – Bonnie Rust, Susan Krisnik, and Linda Rubis
- Quartet Roundup – Scott Kvigne and Mary Dick



Special thanks to our RMT for assisting and coordinating this successful event.

I would like to share the feedback that we received from this event.

1. Event Rating:

- **Very Good:** Multiple respondents rated the event as "Very Good."
- **Excellent:** Several respondents rated the event as "Excellent."



2. Positive Feedback (What did you like about the event?):

- **Location:** The location was frequently mentioned positively.
- **Food:** Several respondents appreciated the food provided.
- **Education:** Attendees enjoyed the educational aspects of the event.
- **Organization:** Some respondents highlighted the good organization and the structure of the event.

4. Event Organization:

- **Extremely Organized:** Many respondents felt the event was extremely organized.
- **Very Organized:** Others felt the event was very organized, reflecting an overall positive view of the organization.





5. Information Prior to Event:

- **Excellent:** Some respondents rated the information received before the event as excellent.
- **Very Good/Good:** Others felt the information was adequate, rating it as very good or good.



6. Session Length:

- **About Right:** The majority of respondents felt that the length of the sessions was appropriate.
- **Too Short:** A few respondents felt that the sessions were too short.



7. Suggestions for Future Events:

- **Timing:** Some suggested more time for lunch or adjustments to the event's schedule.
- **Location and Communication:** Others suggested keeping the same location and improving communication regarding event activities.



We also received feedback about using the same theme for next year. So, stay tuned on what to expect next summer.





Directors Corner

*Submitted by Judy Weipert
Region 6 Director Coordinator*

Natalie Berdahl is City of Lakes Chorus newly hired director and I am excited to share her answers to my questions so we can all get to know her a bit better!

Tell us about your family and what brings you to Minnesota and City of Lakes Chorus.

Born and raised in Montana, I spent summers at my family lake cabin near Fergus Falls, Minnesota.

After 30 years in Montana, life took me to Texas, then Ohio, and now it's time to return home up North. I have always wanted to live in Minnesota and I have family here.

Since I was 19, my dream was to be a Top 10 chorus director and give back to the organization that built me into who I am today. But I never had the opportunity. Watching the Region 6 2024 competition, I saw the City of Lakes director ad. With my path of moving to Minnesota already started, I applied. In my first audition with the chorus, our energies combined, we blew the roof off the rehearsal hall! It was a GREAT fit. We are so excited to get to know each other and start our new journey together.

What is your music background?

Outside of having 3 music directors in the family, my Mom is also a piano teacher. I played the saxophone in the high school band and sang in the choir. All my education comes from Sweet Adelines and the Barbershop Harmony Society. It is the best education you could ever have, and I am always learning.

Other than barbershop, what is your favorite kind of music?

I have a wide variety of music tastes. It all depends on what I feel like. It can range from Mariah Carey to Armin Van Buuren (trance dance music), to Metallica to Hans Zimmer film scores. I grew up loving 50's music from cruising around the lake with my Uncle in his pontoon. Country music? Hmm... I love to two-step to it? Hilariously, I am not a fan of musicals. Huh?? I know... But I enjoy hearing the songs in barbershop arrangements. Except The Phantom of the Opera is my all-time favorite. I always wanted to be cast as Christine Daae.

If you were marooned on a desert island and could only listen to one song, which one would it be?

"Elysium" Gladiator soundtrack. Composer Hans Zimmer.

What are you most looking forward to with the City of Lakes Chorus?

Our new direction. Who do we want to be? What do we want to do? The opportunity of: How can we help continue to move the organization in the right direction? What can we do for Region 6? All of it. A big transition of change can be scary and cause some nervousness, but we are doing it TOGETHER. Deciding what we want and goal-setting together. I am excited about the sisterhood, the laughs, and my new "family." I am anxious to see where our new path leads us!

Show or Competition? Which is your favorite and why?

Both? 12 years of my barbershop history stem from a small chorus life. There is something about the joy of shows, cabarets, and sing-outs, where you share your music with the public in different settings. It exposes you to so many



different audiences and shares your love of barbershop with your community. The interaction with people can be heartwarming and provide opportunities to attract new members. You get to shake someone's hand and hear them tell you how much they LOVED your performance! And their day is better because they heard you sing.

Also the fun annual shows, spring shows, writing scripts, and finding costumes for the theme. And don't forget the memorable chaos of switching costumes in 10 minutes, while hoping the emcee talks slow enough for you to change! The panic of helping another member who can't find her earring or get the zipper up and hurrying to the stage half-dressed because you're about to go on! The curtain opens and you are panting heavily but smiling as big as you can like nothing happened! To the afterglow, opportunities to hear chorus quartets get up and sing.

Now competition... I do have a very competitive side. Outside of loving to compete, there is a side of me that is constantly improving myself. In competition, you are exposed to new choreography, new songs, and costumes. Competition always motivates you to work harder and you receive feedback on what you need to improve on!

Ballads or uptunes? Which ones do you prefer?

I am a ballad junkie to the core! I could listen to an entire contest of ballads! The raw emotion, grabbing the audience's heartstrings, big dramatic chords, and the epic barbershop swipes! Those big dramatic 2-second pauses before starting the next phrase... creating that beautiful silence in the entire arena / performance hall before you continue on in your storytelling. Leaving the audience at the edge of their seat staring and wanting more... To laying them out with those crushing tags! If you made them cry, you did your job!

Do you have a favorite quote?

Rocky Balboa – Speech to his son who doesn't believe in himself. "You, me or nobody, is going to hit as hard as life. But it ain't about how hard you hit... It's about how hard you can GET hit and keep moving forward... How much you can TAKE... and keep moving forward... That's how WINNING is done."

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.



Vocal Tip

*Submitted by Judy Weipert
Region 6 Faculty*

I subscribe to “Daily Vocal Tips” from New York Vocal Coaching, and thought this was a pretty good one to share with you all:

“Get TALLER as you exhale!” This is a classic Vocal Tip given to singers to improve posture, breathing, and technique. But what does it mean? Well, when we exhale to sing, there is a tendency to let the air escape too fast and too aggressively. We tend to squeeze the upper abdominals and thrust the chest downwards. These habits lead to pitch problems, register imbalances, lack of stamina, and even vocal strain. Luckily, it can all be fixed by getting TALLER! As you sing a phrase (particularly a long phrase), imagine your sternum, the back of your neck, and the crown of your head all growing taller and taller. You’ll notice an immediate difference to your vocal freedom, control, and stamina. In short, good singing can be as easy as getting TALL!



Upbeat Quartet

Upbeat: Karla, Val, Bonnie & JoAnn

This fall we planned some Upbeat togetherness time over the MEA weekend at Karla’s house in St. Cloud. We spent time rehearsing, performing at a local senior community, playing cards – and still had time for a margarita on Karla’s deck!



As we look ahead to Thanksgiving, we feel so grateful for our friendship! And so grateful for our region of friends! We wish you a festive and happy holiday season!!





Center Point Chorus

Submitted by Karen George & Barb Garske

We are looking forward to a busy Christmas season this year! We have been invited to perform at assisted living and senior centers facilities and for the Sons of Norway. We love to perform and include a sing-a-long for our wonderful audiences. The chorus is rehearsing for the Region 6 Jingle and Mingle, and we are also planning a Christmas variety show on December 15th at the Jensen Center in Amherst, Wisconsin! Our program for "Sleigh Full of Harmony" will feature two entertaining Wisconsin barbershop quartets, Sweet Addiction and Alternative Medicine, a local ukelele orchestra, and The Neighbors duo, in addition to the festive holiday music of the Center Point Chorus.



We are continuing to search for a permanent musical director. We are also seeking and hoping for new fund-raising activities by partnering with businesses in our community. Because of a lack of members to continue our cream puff and caramel apple preparation and sales, we made the sad decision to sell our concession trailer this past summer. We had

the trailer since 1993 and we had so much fun and so many profitable years at fairs and other events in our area. We'll certainly miss those marvelous times working together. Such great memories.



Wishing holiday greetings to all our Region 6 friends!

Center Point Chorus
Sweet Adelines presents

A Sleigh Full of Harmony

Escape the cold winter with the sounds of a Christmas show like you've never seen before with an appearance from Santa!

Free show!
Donations appreciated!

12/15/2024
200-430 PM

Featuring incredible quartets including Sweet Addiction!

Jensen Center
487 N Main St
Amherst WI

Acapella Express Chorus

Submitted by Maria Alfonseca

Acapella Express has been keeping very busy this summer and fall!

We started the summer off with a new member, Teena, and with a successful rummage sale. We have been participating in many community events: We sold tickets at the Horse Park, then football season started and we have been working concessions at the Fargodome during all the Bison games.



We have sung the National Anthem at the Horse Park, Redhawks, NDSU soccer and basketball. Watch for us during coming games!





Our director Megan with her mixed quartet Double Dutch participated in the Barbershop Harmony Society Land O' Lakes District Convention in Bloomington, October 11-13. They made it to the Finals on Saturday and came in 5th out of 29 quartets (4 women's, 6 mixed and 19 men's quartets).

Way to go, Double Dutch!



In October and November we have been practicing carols, but still had time to party on Halloween while watching the SAI International Competition.



We are getting ready for our two Christmas Concert, together with Heart O'Lakes men's chorus.

Come listen to us on December 7 at First Presbyterian Church in Fargo, and on December 8 at Trinity Lutheran Church, Pelican Rapids, at 3:00 pm both days.

We will be recording a video for this year's Jingle and Mingle, and we are looking forward to watching all the Region 6 choruses during our Christmas party!

After such a busy season, we will enjoy a well deserved Christmas break, and start January energized to work on our competition songs for April.

Merry Christmas and a Happy New Year 2025 from Acapella Express!





Zumbro Valley Chorus

Submitted by April Horne

Greetings from Zumbro Valley Chorus!

We hope that all our Region Six sisters are enjoying the season, learning lots of holiday music to share with their communities. We have had 10 guests stop in for our holiday guest program, and most of them will be joining us for at least one of our five performances at various places in the community in December. We look forward to seeing all of you on the Jingle and Mingle videos!

As I'm sure most choruses did, Zumbro Valley Chorus had a watch party for international. We combined ours with a Halloween costume party, the theme for which was "Pun-o-ween" with all the costumes required to be musical puns. People are so clever! Can you guess this one?



We got an early start on our winter performances by supporting the Family Promise Fundraiser (below).



Our quartets, The Lady Slipper and Med City Remedy, are also having a lot of fun. Here's a picture of The Lady Slippers singing at a birthday party at a senior living center.



Best wishes to all of Region Six singers for a holiday season full of harmony!



Fox Valley Chorus

Submitted by Vicki Krause

And... before we know it, it's time to get ready for the Holidays!! After a busy Fall, highlighted by our show on October 26, the Fox Valley Chorus is ready to embrace the Holiday season with, of course, working on and performing our Christmas repertoire.

Our Fall show, Unfinished Business, was a great success and lots of fun! Based on the TV show, Ghosts, our own Megan Ehlert wrote a very creative script, even including some audience participation. Who knew Sue Schmid could take a fall so well?! We also had several wonderful guests who sang with us for two songs on this show.



Sue Schmid falls and becomes a ghost

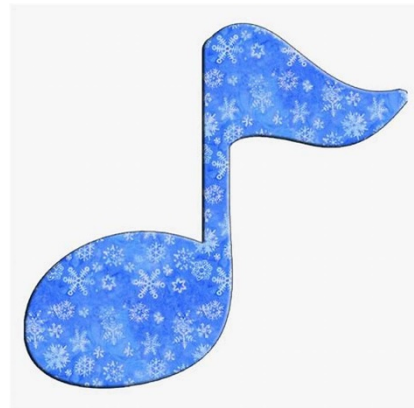


Two Wonderful Quartets!

We are looking at a busy first half of December, with two performances at Senior residences, and a performance on December 7 for Christmas in the Air at the EAA Museum in Oshkosh, with our Christmas party to follow. In addition, we're doing a day of coaching with Lynne Smith on November 22 - working on building skills to support being fully engaged and performing our best on each and every song!

Looking further ahead, we'll once again be presenting our famous Sweetie Pie Social on February 22.

The Fox Valley Chorus wishes everyone a wonderful Holiday Season and we look forward to a New Year full of song!!





Spicing Things Up: Our Latest Adventures

It's been a whirlwind season to be sure!!

We kicked things off in September with an amazing coaching session with the incredibly energetic and brilliant Erin Howden. Talk about rocking our world! Two hours of focused fun work left us exhausted in the best possible way. We thoroughly enjoy her approach to the Visual Communication category. She is full of insights and inspiration. Those of you who've worked with her, or participated in her virtual event with our region, know what I mean!!

The excitement continued as we headed to Barron, WI, to headline the Indianhead Chorus "bonus" show. They are on a mission to bring barbershop back to that area where there is a rich history, but not currently a chapter. Being part of this show was special for all of us, but it held extra meaning for Liz and Angela, who have family connections to the area. A great show, a wonderful audience, an appreciative chorus, and an afterglow filled with more singing that was brought to a close with tags, tags, and more tags... it doesn't get much better than that!

As International excitement built, we had the joy of performing on the City of Lakes "On to Fame Show". It was a wonderful afternoon of harmony and anticipation! Thank you to all who came out to support Spice and City of Lakes. We know there was a lot vying for your attention that weekend, and we're honored you chose us.

Then... holy buckets!!! What started as a "crazy" idea - an offhand "what if" conversation - somehow turned into one of our most exciting adventures yet! We stepped into new territory as we competed in (and WON!) the BHS Land O' Lakes District competition! WHAT?!?!



And before that even had a chance to fully sink in, we were packing our bags for Sweet Adelines International competition – and this one was extra special. For the first time ever, we got to share the International experience with our City of Lakes chorus! Yep, in all the times we've each competed at International, this is the first time we were there the same year! It was so wonderful to have that extra support and to hear those familiar cheers in the audience. We love you so much and are so grateful for you!! And seeing so many other familiar Region 6 faces in Kansas City as well was so much fun!! Your enthusiastic greetings and hugs after our performance meant the world to us!! For those of you who weren't able to be there in person, we hope you caught the webcast and enjoyed all the incredible talent and entertainment that week.





Speaking of City of Lakes, we recently had the honor of performing at a very special send-off celebration. After 15 incredible years, Scott is stepping down as the chorus director. We wish him all the best with whatever he decides to do with his Monday nights – and beyond, because we all know it’s not “just one night a week”! And while we won’t see him in front of the chorus, we’re not letting him get away that easily! We’re absolutely going to continue working with him as one of our coaches. We love you, Scott!

As we head into the holiday season, we’re looking forward to festive events. We’ll be spreading some cheer at a private Christmas Tea on December 1st, and we can't wait to join all of you for the Region's Jingle and Mingle virtual event. Between performances, we're busy learning new music and tackling that most challenging of quartet tasks – the search for new competition outfits. Wish us luck! 😊

All in all, it’s been a pretty zesty fall. You could say we're basil-cally living our best lives right now!

Live life with a little Spice!
Angela, Heidi, Liz, Jan



Email: QuartetSpice@gmail.com
Facebook: <https://www.facebook.com/QuartetSpice>
YouTube: <https://www.youtube.com/@spicequartet>

Affinity Quartet

Affinity: Judy, Marcia, Gaylene & Mindy

First we want to send huge congratulations to Spice and to City of Lakes for their wonderful performances at the 2024 International Competition. You made us proud.

In October, we were invited to sing the Star-Spangled Banner for a Relay for Life Event, as well as entertaining the participants during the supper.



In November we were busy with the Spirit of Harmony Chorus’s Annual Show “The Great Harmony Bakeoff” November 16. That was so much fun! We were a guest quartet along with The Peppers.

Now we are dusting off our Christmas songs for several performances in December.

Wishing everyone a harmonious holiday season and a spectacular 2025!



Minnesota Valley Chorus

Submitted by Melissa Sailor

Q3 we have been working on our songs for next fall's show...OUR 50TH ANNIVERSARY SHOW!

We have been fundraising and thinking about what our new costumes will look like for competition this spring.

A few of us watched the International Competition in October and congrats to all the choruses and quartets who attended and performed! You all did fantastic!

Our annual DIVA class began last week and there are 4 Diva's in attendance. They will be singing with us during our recording of Jingle N Mingle.

We plan to finish the year off strong with caroling around the town on Dec 10th and a watch party on Dec 15th.



The picture is from this summer's picnic where we welcome the new management team and thank the previous year's team. We played some fun games with our "mandatory fun time" crew and sang a few answers as well.





Vallee de Croix Chorus

Submitted by Linda Thueson

Vallee de Croix has had a wonderful fall! We were introduced to our assistant director Sophie Galbraith who directed with her feet. She captured everyone's attention!



We have 8 prospective members rehearsing with us who then can join us singing at three of our favorite venues: the Stillwater Historic Courthouse, Oak Park senior living facility, and joining our friends the Great Northern Union Chorus for our annual holiday concert.



Happy Holidays to Region 6!
Come see VdC, GNU & Mixed Meter Quartet on Dec 15!

We sang at Mancini's for a benefit for a cancer patient. (Warmups pictured above.)

We did some fundraising and spent time hanging out together at our International Watch Party and our annual bonfire.



Great Northern Union and Vallee de Croix Chorus proudly present

Once Upon A December

With featured quartet Mixed Meter

Sunday December 15th | 6:30pm | \$12
Hamline Church United Methodist
1514 Englewood Ave. St. Paul, MN



River Rhapsody Chorus

Submitted by Pat Frohlich

As I write this article, we are getting our first snow of the season! We are so thankful for the beautiful Fall we have had.

River Rhapsody would like to congratulate our Region 6 representees, City of Lakes Chorus and Spice Quartet, for their awesome performances on the international stage in Kansas City! Several members of RRC attended in person and some who stayed home, had a watch party!



RRC has been working on getting to know each other a little better. Each member will get a "Show and Tell" time during rehearsal. This Fall we learned that Cheryl Helm collects clothes sprinklers, Linda Harmsen was Bismarck's first female firefighter, and Pat Frohlich works on glass projects while in Arizona for a few



months. It's so cool to learn new things about our sisters in harmony!

FIRST IN NORTH DAKOTA



By MIKE MCCLARY of the Tribune
Linda Harmsen trained at the YMCA to pass the agility test. Other firefighters profiled, Page 2B.

Firefighter a woman

By JANELL COLE, Tribune Staff Writer

Now little girls in Bismarck can dream of growing up to be firefighters, too. That's because Bismarck has made history by hiring the first female professional firefighter in the state.

"I didn't set out to make history, but I'm not afraid of it," said Linda Harmsen. She's one of seven new hires the department made as it gets ready to staff a new northwest station on Tyler Parkway. The group began two months of training this week.

While North Dakota women have been volunteer firefighters in some of the state's small towns since at least the 1970s, none of the four paid fire departments have had women until now.

"As a department, we feel pretty proud," said Fire and Inspections Chief Jack Hegedus. "We've been working towards it."

The holdup has been the right combination of a woman who could meet the requirements and women who were interested, Hegedus said.

He said the city has an affirmative action policy, but Harmsen took and passed the same agility test as the others.

"The test is the same given by the National Guard, he said, which has plenty of female members. He said Harmsen's performance there settled a lot of doubts among the guys.

"There was a big question mark until she went through her agility test and she did as well or better than some of the younger men," he said. Harmsen is 43 years old.

(More on FIRE, Page 10A)



We are happy to have six community women joining us for Jingle and Mingle this year. They will also participate in our Christmas Show on Sunday December 15. The show will be at House of Prayer Lutheran Church, Bismarck, at 2:00. Also joining us will be the Northern Lights Men's Chorus, On the Brink Quartet, and a special appearance by Julie Schwab as Dolly Parton.



Throughout December we will also joyfully share our Holiday music at KFYZ AM Radio's Open Your Heart Campaign at Kirkwood Mall as well as a few area Care Center/Assisted Living communities. Then we will take a few weeks off to celebrate Christmas with our families.

Wishing you and yours a Merry Christmas and Happy New Year!

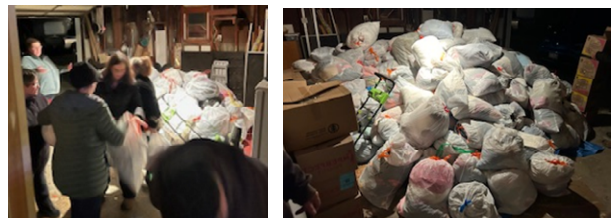
Twin Cities Show Chorus

Submitted by Merrilee Spaeth

Happy holidays to everyone from TC! We hope you have special celebrations with family and friends!

We have had a busy fall between fundraisers, coaching, rehearsing for Jingle & Mingle and planning ahead for International 2025.

Our fundraisers included Pampered Chef orders, poinsettia/wreath sales, Epilepsy Foundation donations (about 430 bags/boxes) – that we moved by a 'rescue' line from house to garage after chorus -



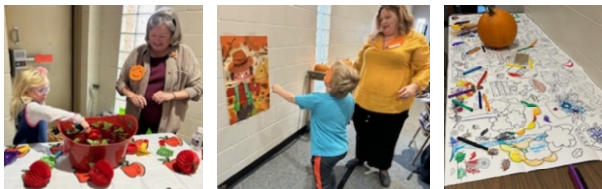
and of course, our annual Pancake Breakfast/Bake Sale.

We enjoyed great food, special music, fun kids' activities, and many choices of baked goods





We have also made a variety of donations as part of our community outreach initiatives: school supplies, non-perishable food items, and children’s toys for Christmas.



In October we welcomed guests to join us for this year’s Jingle & Mingle event, and we have been having so much fun introducing them to some warm-up choreography and holiday music, BBS style!



We also welcomed Connie Miller for a Regional visit this past Tuesday and really appreciate all the helpful suggestions she gave us – thank you, Connie! We also had Judy Weipert scheduled in

October, but chorus illnesses, etc. changed those plans! We look forward to a future visit!



In addition to all this activity, we have been learning several great new songs to enhance our repertoire!

Finally, we are SO happy to have Judy O back as our assistant director, and she is also adding her voice to our Bass section! 😊

Have a wonderful Thanksgiving and a very Merry Christmas!





Lake Country Chorus

Submitted by Helen Vulu

The risers are crowded at the rehearsals for "Ring in the Season". Lake Country Chorus has ten guests with us and North Star Chorus has guests as well. The photographer couldn't even get everyone into the picture! Our directors, Sandy Bergersen and Brandon Galbraith, can be seen in the center of the crowd.

Lake Country (White Bear Lake) and North Star (Falcon Heights) might have the longest series of joint concerts in the Metro area. We have been singing together at holiday time for over 20 years, it is a strong friendship!

We have developed a tradition of presenting the first concerts of the season, this year we will be at Roseville Lutheran Church on December 1st at 3:00 p.m. and at Anoka Zion Lutheran Church on December 3rd at 7:00 p.m.

Come and Join us!



The Lake Country and North Star Choruses Proudly Present

RINGING IN THE SEASON

Sunday
DECEMBER 1, 2024
3:00 PM

Roseville Lutheran Church
1215 W. Roselawn Avenue
Roseville, MN 55113



Tuesday
DECEMBER 3, 2024
7:00 PM

Zion Lutheran Church
1601 S. 4th Avenue
Anoka, MN 55303



All Tickets General Admission \$15. Children 6 years and under are free.
Tickets available through your favorite chorus member, at the door, by contacting JoAnn Baldwin 612-904-3686
Info@lakecountrychorus.org or Steve Zorn 612-399-6761 northstarchorus@gmail.com, or online by scanning the QR code.



Sounds of Superior Chorus

Submitted by Sharron Kershaw

Here we are preparing to ring in the holiday season again. Where does the time go? This past summer we enjoyed performing for a local organization that supports families and individuals in our community. The energy and excitement in the room was electric and it was amazing to be a part of their celebration.

Jingle & Mingle is still a very popular event for us and we are happy to be welcoming new singers each week. Our guests are invited to sing in our upcoming holiday concert "Harmony for Sharing" in conjunction with the Voices of Harmony. Proceeds from this concert are in support of a local food distribution association. We will also be singing in our local Rotary Carol Sing and in long term care homes before the holidays. We are happy to welcome two new members this fall. Welcome to Shelby and Mary.

We want to thank our assistant directors Pat & Diane for stepping in this fall. Our dear Maestro Jason has been struggling with some health issues. Please, let us all keep him in our thoughts and send healing vibes his way. We miss you Jason!



Wishing everyone a safe and happy holiday season!





Spirit of Harmony Chorus

Submitted by Dianne Elton

Spirit of Harmony lives up to its name as our chorus has shown spirit and harmony throughout the summer and fall. We are smaller in number due to members' health issues or moving out of the area. However, we have surged in the commitment of our members to the ideals of our chorus. One indicator of this commitment is the almost perfect attendance. Several members have an hour's drive and two members travel over 100 miles to attend our Monday night rehearsals and performing events.

A highlight has been our fall show, "The Great Harmony Bake-Off," inspired by the UK's Vocal Dimension Chorus performance in the Harmony Classic seen by our chorus when we competed at Sweet Adelines International in Louisville in 2023. In mid-summer our director, Judy Weipert, chose 12 songs for our Fall Show. The script was subsequently created from her fitting selections, and we were finally ready for our Nov. 16 performance at the Pearson Lakes Art Center in Okoboji where we welcomed a full house at their theater. Chorus members baked cookies, scones, and pies for a successful bake sale before the performance and during intermission.



For a second year, Spirit of Harmony is participating in "Jingle and Mingle." We were happy to welcome six ladies to join us to learn two selections for our video performance. Our chorus will also be busy this Christmas season singing for nursing homes, a senior center, a holiday parade and a private home party.

Spirit of Harmony has a great commitment to fully participate in SAI's Mission Possible.



Starting in August, we reviewed and defined our vision statement, incorporating members' descriptive characteristics: spirited, caring, talented, supportive and hard working. In September members created a satisfaction survey, reviewed our results, and found areas that were working and those areas which needed improvement.

October found us gathered together at a member's home for a webcast party to view the Sweet Adelines International Competition in Kansas City. Since the viewing party took place on October 31, members wore costumes and enjoyed food and beverages.



Most of all we enjoyed being together to cheer on City of Lakes Chorus and our dual member Marcia who was performing with them. In November we are working on our Compliment Tree. Everyone has something to offer to our wonderful chorus and the messages on the tree let each member know how she is appreciated and valued.

We are proud of our 2024 Woman of Note, Sally Bohmer. We also have great admiration for our two members, Judy Weipert and Linda Rubis, who have continuing terms on the Regional Management Team.



City of Lakes Chorus

Submitted by Laura Bordowitz

What a whirlwind this season has been! After our "On to Fame" show in October we refined our set and headed off to Kansas City for the International Competition. We hope we did you proud Region 6- we landed 12th place!

And this performance was truly special for us. City of Lakes hasn't been on the International stage since 2018. We were itching to get back to the big stage with our fellow Sweet Adelines. In all, we had 72 performers onstage. Out of those, 23 were first timers to perform at Internationals with us! We're so proud of them!



Additionally, we had 6 Mother/Daughter pairs and a Sister Pair onstage. Not only is Barbershop a team sport- it's a family affair!





And of course, it was a bittersweet moment to perform for the last time with Scott Kvigne- our beloved director of 15 years. He's officially off to new things- but I'm sure we'll be seeing him around the Region. Thank you Scott for all your hard work over the years and sharing your incredible talents with us! Because of you we have been changed for good.



And things didn't stop when we returned from Kansas City- we've started rehearsals with our brand new director: the one and only, Natalie Berdahl! If you want to learn more about her- she did a Q+A for this newsletter! So be sure to check that out.



We are so excited to get to work with Natalie and see where this new chapter of City of Lakes will go.

It's onwards and upwards for the City of Lakes Chorus! Though we must confess, we're very excited to take it a little easier for December- and then hit the ground running in 2025. Wishing all of you a happy and healthy holiday season and a joyous new year!



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