

### Regional Convention 2025 – Karlstad CCC **NORDIC LIGHT REGION**

SWEET ADELINES INTERNATIONAL #32

Nordic Light Region #32

### Welcome to Karlstad CCC Regional Convention 2025





### Most Welcome and enjoy this weekend!

Nordic Light Region Management Team & Convention Committee



IN ASSOCIATION WITH

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### Welcome to the 2025 Regional Convention Panel!

We are looking forward to the high musical standard of this region and lots of spectacular performances.

2025

First to third place Quartets and Choruses in this year's regional competition will be offered a spot on Show of Champions.

#### **Regional Convention 2025 Panel**

Mary Rhea - Sound Judge and Panel Chair Carolyn Smith - Music Judge Lea Beverly - Expression Judge Lisa Greenough - Visual Communication Judge Therese Antonini- Panel Secretary



### **Program Friday 16 May**

Rooms available for competing quartets according to traffic pattern.

10.00 – (20:15)	The information desk for registration and ticket sales opens.
10.00	Entrance square and exhibition open
11.30 -13.00	Restaurant open for lunch
12.00 -13.00	Official inspection and soundcheck choir on stage, all are welcome.
13.00 -14.00	Quartet briefing
17.00-19:20	Quartet competition
19.20 - 20.00	Award ceremony
19.00 -20.30	Restaurant open for dinner
21.00	KCCC closes
21.30	After Glow at Scandic Winn (Head Quarter Hotel)

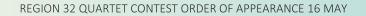


2025

### Region 32 Quartet Contest Order of Appearance 16 May

1. Starlet, Stockholm Starlight - Stockholm

- 2. GEIST, Vilja A Cappella Nyköping
- 3. Smile, CAL Region 32, Copper Town Harmony Falun
- 4. Of Chords, Snowflake Singers Umeå
- 5. Maverick, CAL Region 32, Pearls of the Sound Helsingborg
- 6. Flow, CAL Region 32, Sunlight Chorus Stockholm
- 7. Gimmick, Alba Show Chorus Stockholm
- 8. Stella, CAL Region 32
- 9. Avalanche, Snowflake Singers Umeå
- 10. CODA, CAL Region 32, Rönninge Show Chorus Rönninge



## Starlet



### Stockholm Starlight -Stockholm

2025

"Something you haven't heard or seen - the Starlet Quartet!"

## GEIST

GEIST - the quartet that sings with spirit and feeling.

### Vilja A Cappella -Nyköping



2025

## Smile Quartet

Meet Smile from Dalarna – Inger singing bass, Maria "Marre": bari, Jennie: lead and Lena: tenor.

In harmony we thrive



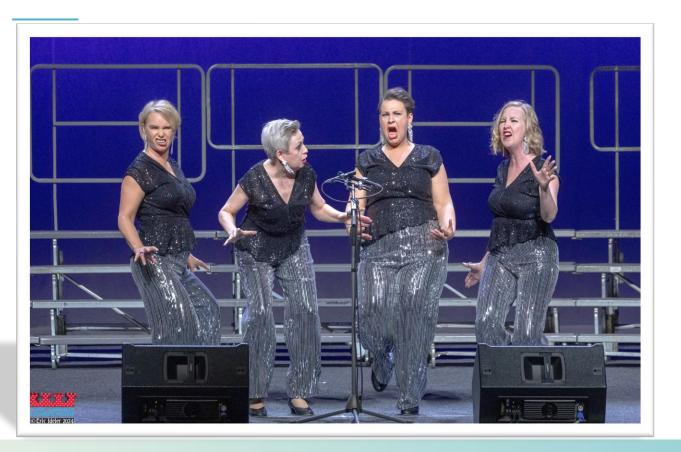
2025



## Of Chords Quartet

### Snowflake Singers - Umeå

2025



Of Chords knows that life is too short not to sing - loud, happy and with lots of glitter!

### CAL Region 32 , Pearls of the Sound - Helsingborg

Maverick



Maverick - the quartet different. No matter the distance, always close together

MAVERICK - CAL REGION 32 - PEARLS OF THE SOUND - HELSINGBORG

2025

### CAL Region 32, Sunlight Chorus - Stockholm

### Flow

We are Kvartetten Flow, a group that was formed in 2019 with roots in the Sunlight Chorus.

Our quartet consists of Jessica Blomgren (tenor), Cecilia Sandstedt (lead), Cecilia Bengtsson (baritone) and Sara Beck (bass).

We are a spontaneous quartet with close to laughter and have the highest energy when things go away!



### Alba Show Chorus - Stockholm

#### 2025

Gimmick Quartet



Gimmick has been singing together since January 2022. We are all members of Alba Show Chorus (SA, Region 32). This year we will compete for the fourth time, and we are as always longing for the most improved medal and the candlestick. This year we qualify as a "senior quartet".

Every year we ask ourselves – why are we doing this? And the answer is that we have so much fun together on the way to the competition. Our goal is to have fun and to continuously improve. We also want to encourage everyone to sing in a quartet independent of level or age. Quartet singing should be for everyone!

Lead: Karin Naeslund Bas: Eva Forsgren Bari: Gun Hagberg Tenor: Åsa Damne

## Stella Quartet



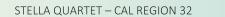
2025



The quartet Stella consists of Madelaine Lindgren (lead), Åsa Hedebratt (bass), Lena Kring (tenor) and Malin Isaksson (bari).

We have been singing together since just before the pandemic, and this will be our third competition together in this constellation. Last year we were delighted to win "Most improved quartet". This year we are focusing on completely new songs for us and we will see how far it takes us.

We'd be lying if we said we didn't care about the result, but the fact is that the most important thing for us is to get together regularly and share both the joys and sorrows of everyday life and life in general. In the Stella Quartet, we are always there for each other



## Avalanche

"Let the Avalanche sweep you off your feet and take your breath away!" :)

### Snowflake Singers - Umeå



2025

### CODA

### CAL Region 32, Rönninge Show Chorus - Rönninge

2025



Newly formed quartet that talks more than we sing. Our rehearsals often include soup for dinner and a baby or two.

CODA - CAL REGION 32 - RÖNNINGE SHOW CHORUS - RÖNNINGE



2025

### Program Saturday 17 May

08.00	KCCC opens	
08.15	Rooms available for competing choruses	
09.00 - 09.45	Chorus briefing	
09.45 -10.30	Stage test for directors	
10.00	Information desk for issuing badges and	ticket sales opens
11.00 -13.00	Restaurant open for lunch	
13.05	Chorus competition	
14.32 -15.01	Intermission	
15.01	Chorus competition continued	
16.20-17.00	Award ceremony	(30 min after competition
17.00 - 19.00	Dinner	
19.00	Information desk closes	
19.00 - 21.10	Show of Champions	
21.30 - 00.30	Afterglow at KCCC	

0 min after competition all choruses must empty the rooms )



### Region 32 Chorus Contest Order of Appearance 17 May

#### Inverted Risers:

1 . Stockholm Starlight - Stockholm	Director - Charlotte Pettersson
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2. Rönninge Show Chorus - Rönninge Director - Anna Alvring

Intermission

#### Non-Inverted Risers:

3. Harmony Bells - Stockholm	Director - Viveka Boettge	
4. SeaSide Singers – Åland	Directors – Anette Karlsson, Jenni Nurmi	
5. Västerås Show Chorus - Västerås	Directors – Rosie Westerholm	
6. Harmony Heights – Uppsala	Director – Mari Pettersson	
7. Key Town Eskilstuna - Eskilstuna	Directors - Annika Christensen, Sara Johansson Selander	
8. Coffee Bean Show Chorus – Gävle	Director – <b>Gunilla Jacobsson</b>	(Open Division)
9. Copper Town Harmony - Falun	Director - Sara Hedström	



### **Region 32 Chorus Contest Order of Appearance 17 May**

Non-Inverted Risers (Continued)

10. Lady Shave Porvoo – Porvoo , Finland	Director- Emelie Adolfsson	
<b>11. Sunlight Chorus -</b> Stockholm	Director - Veronica Johansson	
<b>12. Snowflake Singers –</b> Umeå	Director - Kristina Lejon	
13. Vilja A Cappella - Nyköping	Director - Hanna-Märtha Bergström	(Open Division)





## Stockholm Starlight

"Stockholm Starlight is an energetic and passionate show- and barbershop choir from southern Stockholm.

Under the leadership of our inspiring director, with our heart in the singing and community, we want to spread joy through music.

We are eager to return to the long escalators in Karlstad and all the wonderful choirs we will compete with - here we come!"





## **Rönninge Show Chorus**



"After a year where we have been on a wonderful development journey, we feel ready to finally enter the competition scene again.

We are also looking forward to meeting all our great singing friends! "



2025

## Harmony Bells

We in Harmony Bells want to spread barbershop, love and singing joy - from Stockholm to the world.

Follow us on our journey and cheer us on in Karlstad!







2025

## SeaSide Singers



SeaSide Singers is a female barbershop choir from Mariehamn, Åland. The choir was started in the fall of 2013 with Jenni Nurmi as conductor. Today the choir is led by Anette Karlsson and Jenni Nurmi.



## Västerås Show Chorus

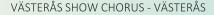




Join us on our journey from the inside out, from feeling rejected and heartbroken, to realizing your true worth. From having the dream in your heart to living it fully.

We'll take you on a beautiful and energizing journey where dreams become reality - as long as we stand up for ourselves and reinforce each other's strengths.

So pack some extra glitter and an open mind and let's lift off together!



2025

# Harmony Heights

The show and barbershop choir Harmony Heights has been active in Uppsala for 36 years and consists of about 45 women aged 25-70 who have fun and develop together. Our repertoire consists of pop, jazz, and folk songs in addition to barbershop.

We regularly have concerts on our own, but are happy to collaborate with other choirs and groups.

Our latest show, Toner och trams, we played in eight sold-out performances this March together with our guest artists Jacke Sjödin and Elin Jakobsson.

Our keywords are: Joy, Energy and Artistry!





## Key Town Eskilstuna

Joy. Responsibility. Drive. Quality. *It's not just how we sing - it's who we are.* 





## **Coffee Bean Show Chorus**



With our performance, we in the Coffee Bean Show Chorus want to convey the strength we all have within us and which can sometimes need a little help on the way.

We can, we want and we dare!



## Copper Town Harmony



Copper Town Harmony is a choir with joy, community and ambition. We are over 40 singing women from Falun and the surrounding area.

Our goal is to spread musical joy, offer ourselves and give our audience an unforgettable experience.

2026 we celebrate 40 years together as a choir.



# Lady Shave Porvoo



Lady Shave is an energetic barbershop choir from Porvoo, Finland. The choir of about 35 singers is known for lively performances, a cappella harmonies and surprises and is led by Emilie Adolfsson



# Sunlight Chorus

Let the sunshine in with Sunlight Chorus! In 2024 we went back to the 80s in style to celebrate our 40 years of dedication to barbershop and A Capella singing!

At the convention in Karlstad this year, we want to share our happiness package filled with love, harmony, the wonders of nature and gratitude for the simple joys in life.





## Snowflake Singers



"Snowflake Singers -Sweden's northern-most barbershop choir!

Since the start in 2005, the choir has developed with great determination and at a fast pace.

Our long-term goal has always been to compete in the World Championships in the USA, which became a reality in 2025 when we competed in the Internationals in Kansas City and came in 17th place out of 32 competing choirs."



# Vilja A Cappella

Vilja A Cappella is a show, barbershop and a cappella choir that strives for a high musical level and a dynamic scenic language.

We work actively to develop both as individuals and as a group, with great passion, joy and playfulness in a warm and safe community.



Photo: Klarabilden





### Thank you and see you all next near!

**Convention Committee & Regional Management Team** 

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