



# Regional Convention 2025 – Karlstad CCC

Nordic Light Region #32



**NORDIC LIGHT REGION**  
SWEET ADELINES INTERNATIONAL #32

# Welcome to Karlstad CCC Regional Convention 2025



Most Welcome and enjoy this weekend!

Nordic Light Region Management Team  
& Convention Committee

# Welcome to the 2025 Regional Convention Panel!

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

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

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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)

## 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



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



# GEIST

Vilja A Cappella -  
Nyköping

2025

GEIST - the quartet that sings with  
spirit and feeling.



# Smile Quartet

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

In harmony we thrive





# 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!



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

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!





# 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

CAL – Region 32

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!"  
:)





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

## 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 all choruses must empty the rooms )
17.00 - 19.00	Dinner	
19.00	Information desk closes	
19.00 - 21.10	Show of Champions	
21.30 - 00.30	Afterglow at KCCC	

## Region 32 Chorus Contest Order of Appearance 17 May

### *Inverted Risers:*

1. Stockholm Starlight - Stockholm    Director - Charlotte Pettersson
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 – Gunilla Jacobsson    (Open Division)
9. Copper Town Harmony - Falun    Director - Sara Hedström

## Region 32 Chorus Contest Order of Appearance 17 May

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### *Non-Inverted Risers (Continued)*

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





NORDIC LIGHT REGION

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# 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! "

# 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!





# 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!



# 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



Joint Regional Championships in Manchester 7- 9 May 2026



Thank you and see you all next near!

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Convention Committee & Regional Management Team