

Barbara Jo Kammer

Music Therapist, Band Leader, & Singer/Songwriter

About

Barbara Jo Kammer has become a popular fixture on the acoustic music scene in and around Colorado. She is the band leader of *Barbara Jo & The Hippie Buckaroos*, performing at local community events, charities and fundraisers, and for elders in retirement communities as part of their music therapy work. In addition to her work as a band leader and music therapist, she recently released her sophomore album, *Big Blue Sky In The Morning*, which peaked at #13 on the Folk DJ Top Albums chart (July) and was nominated by IndieShark for Album of the Year.

Barbara Jo & The Hippie Buckaroos is composed of seasoned musicians who grew up in the 60's, 70's and 80's. Their passion and love for music is proclaimed through an exceptional mix of tunes from Classic Country and Bluegrass, to Folk, Western Swing, Gospel and Blues. *The Hippie Buckaroos* were named one of the Best 10 Cover Bands in Colorado by *Westword Magazine* in 2016.

Barbara Jo has released two solo albums as an independent artist, produced by accomplished instrumentalist, vocalist, and songwriter *KC Groves* (Uncle Earl). Barbara Jo's message of hope on the album is personal, having been inspired by her own journey in sobriety. At the age of 62, Barbara Jo released her solo debut album, *One Song at a Time*. She was named one of the Top Folk Artists of 2017 and her debut album peaked at #2 on the Folk DJ charts.

On June 1, 2020, she released her second album, *Big Blue Sky In The Morning*: "Since age three, singing has carried me through the rollercoaster of life that includes a 15-year eating disorder and 40-year struggle with alcohol and drugs. I am 12 years clean and sober, and thrilled to be releasing my sophomore album. This album features songs representing different stages of my journey. I remain incredibly thankful for my precious life and my ability—one day at a time—to stay in the present with heartfelt gratitude."

Recently, being unable to perform with the full band, Barbara Jo has been of service by providing solo *music therapy performances*, singing to residents of retirement communities, with the full continuum of care, from patios, courtyards, and through open windows. Current events have been challenging, especially for elders who may have limited visits from friends and family, and it is her hope that her music uplifts those in need.

Click on the promotional videos below to hear more about Barbara Jo's music and her newest album:

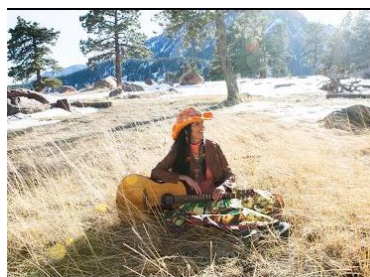


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Big Blue Sky In The Morning

1. Come From The Heart...2:55
2. Free Again...4:27
3. Shine On...4:58
4. Big Blue Sky In The Morning...1:36
5. Revival...4:47
6. You Gotta Walk That Lonesome Valley...3:14
7. Springfield Mountain Coal Miner...4:55
8. Cattle Call...3:31
9. Cheap Whiskey...3:10
10. Sister's Coming Home...2:26
11. A Perfect World ft. Greg Blake...3:58
12. That'll Be The Day...2:21
13. Carnival...4:10



Barbara Jo, from her backyard, performs "Shine On" (Track #3) with Tyler Grant

Watch the music video for Barbara Jo's original song, "Big Blue Sky In The Morning", (Track #4) featuring Mollie O'Brien, KC Groves, & Damon Smith



Listen to the full album [here](#).

Reviews

"What I really love about Barbara Jo Kammer is that every note she sings is honest and from the heart."
— Sally Van Meter

"Barbara Jo has made a strong second album: more sure footed, great song selection, great sound and production—and Barbara Jo is sitting perfectly at home in the center of it all. It's great to hear her growth."
— Darrell Scott

"A stunning blend of Rocky Mountain-style bluegrass, folk, conservative country harmonies and a uniquely western moxie behind the microphone in general, Barbara Jo Kammer's *Big Blue Sky in the Morning* is a must-listen LP for Americana fans around the world this September, and absolutely one of the smartest records of its kind to have come across my desk in the last couple of months."
— Mindy McCall, *Indie Pulse Music*

"Whether it be the whisper of the wind on an early morning in the mountains or the retracing of memories back to a forlorn coal mine lost to the sands of time, the imagery that Barbara Jo Kammer is dealing with in her new album *Big Blue Sky in the Morning* is perhaps as diverse as the American backdrop she takes so much inspiration from."
— Garth Thomas, *Hollywood Digest*

Media Links

[Website](#)

[Music Therapy Videos](#)

[Interviews & Press](#)

[Facebook](#)

[SoundCloud](#)

[Spotify](#)

[iTunes](#)

Barbara Jo's mission is to offer her service through music to all who suffer with addiction or have a loved one in need. Please reach out if you are interested in sharing her story.

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What the Songs on *Big Blue Sky In The Morning* Mean To Me

Come From The Heart: Last summer, KC was asked to play this song at a wedding and said she thought of me when she was learning it. I try to live the words of this great song, co-written by Susanna Clark and Richard Leigh.

Free Again: This beautiful Tim O'Brien song could easily be my "recovery anthem." I hope my version provides comfort to all who hear it.

Shine On: When I first heard this wonderful Daisy May song, its universal message of healing really spoke to me.



Big Blue Sky In The Morning: This song was inspired while walking my beloved dogs around Waneka Lake on a beautiful Colorado Fall day. As if by Grace, the words and music started filling my heart and head! A big shout out to Damon Smith for choreographing the body percussion.

Revival: I had a "revival" with my recovery starting on July 1, 2007. Thank you to Darrell Scott, my Rocky Mountain Song School teacher, for adding his incredible vocal harmony to this powerful song.

You Gotta Walk That Lonesome Valley: One thing I know is that when I made my decision to get clean and sober, it came from inside of me and my connection to a higher power. That's why I added my own verse and chorus at the end, "There's a Grace and Love inside me, it will carry me home."

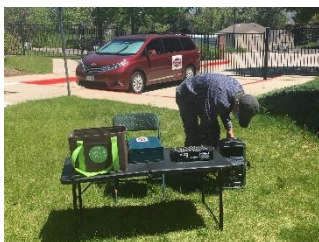
Springfield Mountain Coal Miner: I have been singing this song since the early '80s. I am grateful to lend my voice to this moving and epic Cyrus Clarke ballad that Kate Wolf recorded back in the '70s.

Cattle Call: When my mom, now in her 90's, first heard I was doing a second album, she said, "Honey, can you sing some songs in your higher voice?" Thank you Lois—it's because of you that this album is more vocally diverse!

Cheap Whiskey: This song describes the life of an active addict / alcoholic. "Cheap Whiskey" resonates with my life's journey, and reminds me of how thankful I am to be in recovery.

Sister's Coming Home: There were many discussions in the studio about what this Willie Nelson song is about. For me, it is a fun song that reminds me of my sister and our mom. They both gave their approval for me to record it!

A Perfect World ft. Greg Blake: When I told KC I wanted to sing a love song for my husband, she conferred with Sally Van Meter who introduced us to this beautiful Kate Campbell song.



That'll Be The Day: I recorded this Buddy Holly song as a nod to Linda Ronstadt (who covered this tune in the '70s), as she has long been a vocal inspiration to me.

Carnival: KC Groves, an incredible musician and songwriter in her own right, always finds great songs for me to interpret. Her friend and colleague, Brian Lillie, wrote this beautiful song. I have definitely "been to the carnival . . . and survived." This goes out to anyone struggling with addiction or life's challenges.

(Above photos taken of Barbara Jo, and her husband Kent, during her solo music therapy sessions on patios, in courtyards, and outside the windows of retirement communities this past Spring and Summer 2020.)