

# One Song at a Time - New Release September 1, 2017



## Barbara Jo Kammer

*“Celebrating my journey in recovery through music, hoping to provide inspiration to all.”*

“**One Song at a Time.**” That’s how Colorado’s **Barbara Jo Kammer** approaches her passion as a music therapist, her life as a performer, and it’s how she’s navigated the challenging journey to recovery after decades of alcohol and drug addiction.

**One Song at a Time** also happens to be the fitting title of Kammer’s debut album, an engaging collection of American Roots music, masterfully produced by **KC Groves**, award winner and founder of the group Uncle Earl; and Swingfingers Studio engineer **Aaron Youngberg**. Groves assembled a stellar group of players from the Colorado bluegrass and Americana scene to support Kammer on her debut project, with Greg Blake, Andy Dunnigan, Tyler Grant, Mollie O’Brien, Charlie Rose, Jake Simpson, Damon Smith, Sally Van Meter and Erin Youngberg contributing their talents.

**One Song at a Time** takes us on a journey with a thoughtfully chosen selection of songs that deftly weave in Kammer’s own personal story of struggle and redemption. The album kicks off powerfully with her joyous, bluegrass infused version of the classic "I Can See Clearly Now," speaking to the clarity of mind and spirit that has sprung from her sobriety. Her rendering of the George Jones hit, "Choices" is nothing short of inspired, reflecting her years of struggle. Her original song, "The Winning Side" is an honest and personal glimpse at the artist’s journey through addiction. Traditional favorites and popular classics show Kammer’s versatility with a powerful voice reminiscent of greats like Linda Ronstadt, Joan Baez, or Mary Chapin Carpenter.

### One Song at a Time - Barbara Jo Kammer

I Can See Clearly Now (3:19)  
Choices (3:53)  
So Good (3:05)  
Hard Promises To Keep (4:43)  
In a Cabin on the Mountain by the Pine (2:36)  
Medicine Wheel (4:52)  
New Shoes (3:12)  
Bluegrass Melodies (4:07)  
Mule Skinner Blues (2:22)  
The Winning Side (2:55)

The singer/songwriter began harmonizing to commercial jingles at the tender age of 2, according to her mom. Dad was a Barbershop singer who harmonized with his young daughter, and introduced Barbara Jo to her first bluegrass music with the song, "Mountain Dew." Kammer is something of a poster child for the mantra, "it’s never too late." With the help of an Indiegogo crowd-funding campaign, Barbara Jo set her sights on her lifelong goal of recording an album. She proudly notes that her dream has come to fruition at age 62, a blessing that she credits to being in recovery since July 1, 2007. "I hope to inspire and bring joy to those who suffer from addiction." Barbara Jo has become a popular fixture on the acoustic music scene in and around Colorado. Her regular touring group The Hippie Buckaroos was named among the **Best 10 Cover Bands in Colorado** by *Westword Magazine* in 2016. In addition to her role as performer, Kammer is an active music therapist working with elders in retirement communities. She also offers experience, strength and hope to those suffering from alcoholism and addiction.

*I used to create lots of chaos for me, my family and friends;  
had to give up the fight, admit I wasn’t right.  
There’s healing in living amends*

~ from "The Winning Side" by Barbara Jo Kammer

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*Barbara Jo applies her formidable vocal chops to an interesting variety of songs and pours her heart into them. The musical support and production are top-notch.*

~ Pete Wernick, creator of the Wernick Method and member of Hot Rize

*If you want to be transported to the comfort of distance and better times, listen to Barbara Jo Kammer. A mixture of Joan Baez, Mary Chapin Carpenter meets Kate Wolf. Out of a rich spacious Americana bed of sound, her voice rises up like a clear torch of hope and wisdom.*

~ Rebecca Folsom, Grammy nominated singer/songwriter and visual artist

*Barbara Jo is a shining light to all those who seek to create great art through clarity and honesty.*

*This is a special album made possible by a seriously notable cast of characters.*

~ Annie Savage, PhD Candidate (University of Iowa) and creator of the Savage Fiddler Method

### Media Contact:

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- 1. I Can See Clearly Now:** 3:19 (Johnny Nash) uptempo - I begin my album with a song that makes me happy each time I hear it. I sing this classic reggae song in a bluegrass style with heartfelt enthusiasm. It is my Mom's favorite song on the album and the perfect opener. Greg Blake and Mollie O'Brien join me with beautiful harmonies.
- 2. Choices:** 3:53 (Billy Yates and Mike Curtis) mid-tempo/classic country - I can't think of a more descriptive song about the heart-break of active alcoholism. I know what it was like then, and I know what it is like now, **clean and sober**. Thank you Tyler Grant for truth-telling Telecaster solos; and Damon Smith for expert and steady drums so essential to this song.
- 3. So Good:** 3:05 (Peter Rowan) - uptempo/americana - This song has a beautiful melody, positive and inspiring lyrics, and spells out how I feel about my life today! It is SO GOOD. Thank you to "one-take Jake" Simpson for his fabulous fiddling.
- 4. Hard Promises To Keep:** 4:43 (Kimmie Rhodes) A slow/classic country duet, featuring the smooth vocal tones of Greg Blake, that speaks to the delicate balance of strong emotions that couples can experience in long-term relationship. Progress not perfection!
- 5. In a Cabin on the Mountain by the Pine:** 2:36 (Robert Backlund) Uptempo/bluegrass - My good friend and bandmate, Bob, wrote this song in 1968, as a tribute to our beautiful Colorado Rocky Mountains and his life experience during that time. Thank you Andy Dunnigan for his incredible dobro licks and Jake Simpson, fiddle.
- 6. Medicine Wheel:** 4:52 (Kate Wolf) This incredibly beautiful, slow tempo folk song helps me understand the connectedness of all things and the healing power of nature. I sang this song for my Dad when he was in ICU, hospice, and his memorial service. Medicine Wheel reminds me of the preciousness of Mother Earth and the gratitude I feel for my life. Thank you Charlie Rose for the hauntingly beautiful pedal steel and Damon Smith on percussion.
- 7. New Shoes:** 3:12 (Caleb Klauder) Uptempo/cajun-style tongue-in-cheek song about someone who is wondering if their partner is on the up & up! Kind of makes me want to don my new boots and dance all night long! Thanks to Sally Van Meter for her dobro prowess.
- 8. Bluegrass Melodies:** 4:07 (Darrell Statler) Slower waltz-tempo ballad about growing up in the mountains with a close-knit family that played and sang about life, love, and loss - our universal human experiences. Thanks to Mollie O'Brien and Greg Blake on harmonies.
- 9. Mule Skinner Blues:** 2:22 (Jimmie Rodgers) uptempo/bluegrass. I see this song as very empowering because the woman is singing about doing her job as good as any man! This is a very fun song - I had a blast recording it and want to especially thank Charlie Rose on banjo and Jake Simpson on fiddle.
- 10. The Winning Side:** 2:56 (Barbara Jo Kammer) Mid-tempo waltz/Americana. KC Groves encouraged me to write a song about my recovery early this year. This is one of the first songs I've written and the first to be recorded. I'm passionate about my recovery and while my journey to recovery took over 40 years, I wrote this song two weeks before going into the recording studio. I celebrated my 10 year anniversary in sobriety this past July 1, 2017. My inspiration for writing this song came through loud and clear as I walked my dogs around Waneka Lake near my home in Lafayette, CO.

## THE BAND:

**Greg Blake** - (Jeff Scroggins & Colorado) bluegrass guitar and harmony vocals

**Andy Dunnigan** (Lil Smokies Band) - dobro

**Tyler Grant** (Grant Farm) - guitar

**Mollie O'Brien** - harmony vocals

**Charlie Rose** (Elephant Revival) - banjo and pedal steel

**Jake Simpson** (Lil Smokies Band) - fiddle and mandolin

**Damon Smith** (Haldon Walford and the High Beams Band) - percussion and harmony vocals

**Sally Van Meter** - dobro

**Erin Youngberg** - (FY5) upright bass

Produced by **KC Groves** and **Aaron Youngberg**

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