

# Vicki Pompea

**Hometown:** Fort Collins, Colorado

**Musical Idiom:** Contemporary Folksinger & Songwriter

**Instrumentation:** Guitar and Vocal

**Description:** Contemporary folk originals & favorites for fun and thoughtful people. Vicki and her acoustic guitar deftly weave a basket of delights for a variety of musical tastes—an articulate assortment that will touch your heart in fresh and comfortable ways.

**Latest Album:** Real Woman

**Record Label:** Gray Fox Music

**Key Performances:** Vicki has been featured at:  
**Avogradro's Number**  
**Windsor Summer Concert Series**  
**New West Fest (Fort Collins)**  
**Holistic Arts Festival (Fort Collins)**  
**Berthoud Wildfire Arts Center**  
and the coffeehouses in Fort Collins & Loveland

**Sounds Like:** An alto voice reminiscent of Joan Baez, with a soft and gentle delivery, clear tones, and just a smidgen of vibrato to mellow her notes.

**Influences:** Steve Seskin, John Prine, Nanci Griffith, Bill Staines, Dar Williams, John Denver, John Gorka

**Memberships:**

Colorado Music Association

BMI

Rockin' Moms

Just Plain Folks

Taxi

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photo by: Robert Corwin

## Real Woman

### Reviews of *Real Woman*

“Lyrically and musically, it’s a bowl of chicken soup, a kiss on the cheek, a discussion with a friend over coffee and your favorite pair of jeans, all rolled into one.”

- Amanda R.

“Unique and interesting lyrics... truly a fresh and original lyric writer.”

- TAXI: The Independent A&R Leader

“[T]his CD is for ALL *Real Women* as well as their husbands, lovers, brothers and sons! Strong and gentle at the same time, Vicki can make you smile with recognition, laugh, and cry, all while listening to the tracks of the same CD.”

- Melissa Shay

“...magical, wonderful, and lovely.”

- Rosann Winn, Singer-songwriter

“...like a collection of favorite poetry.... As honest, organic and refreshing as the woman herself, this album will take you on a very gentle rollercoaster of emotion, and bring you safely back home, still smiling at an amazing ride.”

- Dru Van Doren

## Press Reviews

### Rocky Mountain Bullhorn

“Northern Colorado is certainly not lacking in singer-songwriters. Seems every bar has an open mic night where locals croon with an acoustic guitar strapped around their neck, for better or worse, and every coffee shop hosts someone on a stool singing of lost loves, moonbeams and politics...

Luckily with such a large pool, a few worth seeing -- and maybe even paying to see -- percolate to the top. Tonight Avogadro's Number hosts Jennifer Friedman, Vicki Pompea, and Rosann Winn, mainstays in Northern Colorado's acoustic music scene...

Vicki Pompea, a Colorado native, has been called the **female John Denver** for her songs with humor and heart.”



“Vicki Pompea delights the crowd...” —*The Windsor Beacon*

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### Vicki Pompea keeps it real on new CD

By ANNA MARIA BASQUEZ

Vicki Pompea's title track on her first CD is dedicated to the Sports Illustrated swim-suit edition.

“When will they ever learn that it's not the size or shape of your body that's important, it's how you use it,” Pompea says in the jacket of her new CD.”

‘Real Woman’ comes from a couple of places,” said Pompea in a telephone interview from New Jersey. “One is that we forget what real women look like. We see things in the paper or in magazines or TV images that are one percentile of the real women out there. The scary thing is the women -- even the ones in magazines that are already five inches taller or 50 pounds lighter than most of us -- when they get their pictures taken they get retouched.

“Part of it came from the idea of the Velveteen Rabbit. It's a kid's story about stuffed animals. New stuffed animals are pretty and fluffy, but when it becomes real is when it becomes loved.”

Pompea is celebrating the release of her first folk CD, “Real Woman,” on Saturday,

performing tracks from it at Avogadro's Number. “I think folk music is like what Harlan Howard said about country music, that it's three chords of the truth. I think folk music can steal that. It's the realness that's within us. We all have our own truths. Then there's a universal unconscious truth.”

Among some of her songwriting themes, Pompea sings about turning 40, about the death of a true friend and about Hawaii. Pompea underwent a big project making the record by setting up a studio with her husband, who is an engineer. She is marketing her self-produced CD online and at local venues where she has played. She is a native of Colorado and lives in Fort Collins. She has performed at concert venues, coffeehouses, farmers markets and private parties. During the making of the record she became pregnant with her first child.

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Having Vicki Pompea as a featured monthly performer was a wonderful addition to my coffee and ice cream shop here in Fort Collins. With her warm and welcoming style, and variety of music, she attracted a wide range of customers to stay and listen - and of course come back the next time she was on the schedule. She made everyone who listened feel they that they are part of her family for that evening, and she would remember the next month if they had requested a song and play it for them again.

—Jim Beikler, Owner - *Mocha Bay Company*, Ft Collins, CO

She plans to perform locally and eventually take her act to other Colorado cities.

Pompea's CD includes 13 original folk songs. She also incorporates covers into her live act, including songs by John Prine, Crosby, Stills & Nash and several 1960s folk singers.

She said she hopes families will consider her CD release party a family outing. “I don't want people to feel like, ‘I can't bring my kids.’ Most of us have families.” She will, too. She's expecting her first baby in June.

Tracks to listen for: “Take a Breath,” “Sisters of the Smiling Eyes” and “Aloha.”

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