

Bow Folk EPK



Jarred Albright, Rhonda Shippy, and Chelsea Sleep united in the Bow Valley over their love of instrumental folk music from around the world. While their individual focuses span a range of from Celtic to contemporary Canadian, Scandinavian, Canadian Old Time, Bluegrass, American Old Time and Appalachian styles, their singular focus of playing tunes that bring them joy respectfully ignores all musical borders and is unrestricted by the limitations of different folk styles. Like true Canadians, Bow Folk is a melting pot of fiddling traditions from around the globe.



Jarred Albright has played the violin since he was seven years old and music has been his focus ever since. He started off playing classical music but switched to the fiddle style learning Celtic, folk, old-tyme, and bluegrass before entering post-secondary to pursue jazz performance there. Since then he has endeavoured to teach himself to sing and play mandolin, guitar, and banjo. Music has taken him around the world including the United States, South Korea, Scotland, England, and Ireland. These days Jarred keeps himself busy performing with many diverse local acts around Alberta, as well as writing, recording, producing, filming, and of course sharing his love of music with his students.

Jarred Albright

[Jarred's Website](#)

[Jarred's Instagram](#)



Chelsea Sleep is a passionate fiddler, educator, session leader and musical community builder born and raised on the Sunshine Coast of British Columbia. Chelsea grew up playing traditional Scottish music and playing for Scottish country dances, and later studied closely with prolific contemporary Canadian fiddler and composer Oliver Schroer. She has taught at fiddle camps and workshops across Canada and is well-known as being exceptionally gifted working with new fiddlers of all ages, and for her arrangements for large group ensembles. She was the well-loved Musical Director for the Bad to the Bow Youth Ensemble for 15 years. In 2016 Chelsea moved into the Rocky Mountains to Canmore, Alberta, where she has grown a fantastic new community of enthusiastic fiddlers, and keeps busy performing at Square Dances and with the Bow Folk trio when she's not teaching.



Rhonda Shippy is a much in demand multi-instrumentalist whose journey as a musician started as a youngster playing alto saxophone, which eventually led to folk and Celtic music. For the past 20 or so years she has branched out into strings- mainly bluegrass and old time, most recently jazz and blues. Banjo and mandolin were the gateway drugs and she is currently obsessed with standup bass, returning to her jazz roots. Rhonda currently plays bass for the Kootenay-based group The Doggone Brothers Band, as well as Six by Four Blues in her hometown of Canmore. She loves to sit in with old time dance bands, heading up The Hip to Be Square Collective as well as Canmore based Celtic trio Bow Folk. Teacher by day and musician by night, she has extensive experience teaching and playing a variety of styles of music.

Website: [Doggone Brothers](#)

Rhonda Shippy

[Rhonda's Instagram](#)



