

## Cover Artwork

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# Sea to Sky

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### About the Artist



My name is Laura Kennedy. I am a PhD in Health Candidate at Dalhousie University and a Registered Nurse by profession. I grew up in rural Nova Scotia. One of my favourite things about this province is the proximity to the ocean. The rolling waves, sandy shores and coastal trails make me feel at home. This cross-stitch piece, *Sea to Sky*, was a project I completed throughout the COVID-19 pandemic as I stayed at home and felt the world's uncertainty around me. I picked up this craft, that I had not attempted in years, and found comfort in the repetitive movements of threading the floss back and forth between corners. The waves in the piece reminded me of the various places I could still visit while staying close to home. This helped me to appreciate the landscapes nearby. However, the

mountains in the piece brought anticipation for future travel and adventures. For generations, a fondness for this craft has been in my family of Scottish origins. Through word-of-mouth stories, I've been told that art often brought my family together, with smaller children writing and acting plays and the adults taking it all in. By reintroducing this craft back into my day-to-day life, I couldn't help but feel connected to my family, both current and past, at a time when I needed it the most.

The author has modified this pattern. The original pattern and name of the pattern is *Sea to Sky* by DianaWattersHandmade (Etsy account).

