

ARTS & ENTERTAINMENT

Q&A: Singer/songwriter Kaya Sleep



Singer/songwriter Kaya Sleep
Photo: Submitted

🕒 Published 1 day ago

◀ Back to more stories [f](#) [t](#) [✉](#)

Telegraph-Journal

Kaya Sleep is a singer/songwriter based in Saint John. She writes songs that she hopes listeners can relate to and feel a little less alone in what they might be going through. She will celebrate the release of her first EP, *Arm's Length*, on Saturday, April 16 at Uncorked Tours in the Saint John City

TELEGRAPH-JOURNAL

◀ N.B. & Canada Moncton Saint J ▶

during the pandemic?

The pandemic was a major shift in my life as it was for many people. I very suddenly had to leave the job I had worked for about three years and was left with far too much time on my hands. In some ways, it was the push I needed to focus more on the things I

was passionate about, like my music.

What are you working on right now?

I've been preparing for the upcoming release show happening at Uncorked in the City Market on April 16. Additionally, myself and the team at Industrial Parks have been planning for some more projects down the line.

TELEGRAPH-JOURNAL

◀ N.B. & Canada Moncton Saint J ▶

My biggest hero when I was a little kid was Stuart McLean, the late host of the Vinyl Cafe on CBC radio. I used to listen every Sunday. I was so captivated by his storytelling. I remember wanting to be just as good at telling stories and entertaining people when I grew up.

Which living New Brunswicker do you admire most and why?

Every New Brunswicker who has been living through COVID for the past two years and who have just been trying to do their best.

Which deceased New Brunswicker do you admire most and why?

Leonard Olive Keith and Joseph (Cub) Austin Coates.

TELEGRAPH-JOURNAL

◀ N.B. & Canada Moncton Saint J ▶

My very first job was working as "Poley Bear" the [then] mascot of Poley Mountain ski resort. It was an extremely fun job, dancing to music and greeting skiers on Saturday mornings, but the costume was very hot, and was very difficult to see out of. Combine that with the ice and snow and I found myself having issues staying upright at times.

If you could go back in time, when would you go?

I said recently that I'd like to go back in time and tell my younger self that her dream of being a singer came true. That would be pretty neat.

Is there one particular place on Earth you enjoy the most?

I'm usually happiest when I'm
anywhere near the ocean, but

TELEGRAPH-JOURNAL

◀ N.B. & Canada Moncton Saint J ▶

What's the thing you made that you're proudest of?

It may seem a little corny but I'm very proud of the hard work that we put into the *Arms Length* EP. It was a dream come true to record and release my own music, and I'm so grateful to get to share it.

How do you relax?

Reading by myself with a hot coffee and a snack, or watching a movie with friends (during which I will fall asleep and miss the whole thing almost every time).

What is your biggest disappointment?

I had a parent pass when I was a teenager and I would have loved the opportunity to perform for them.

TELEGRAPH-JOURNAL

◀ N.B. & Canada Moncton Saint J ▶

That's a difficult question. I suppose try to be empathetic and patient with others.

What trait do you despise most in others?

'Despise' is an awfully strong word, but I would have to say that intentional cruelty is the hardest for me to stomach.

What do you treasure most about New Brunswick?

Our landscape, without a doubt. We live in an exceptionally beautiful province and I'm grateful for it every time I'm out walking around or on an outdoor adventure with friends.

What bothers you most about New Brunswick?

TELEGRAPH-JOURNAL

◀ N.B. & Canada Moncton Saint J ▶

What is your favourite food?

That's a tough one, for me! I love food so it changes all the time. I'm usually a very happy person if I'm having some sushi or anything from Kim's Korean in the City Market.

What is your favourite New Brunswick community?

The arts community in Saint John is really supportive and I know that I wouldn't be where I am today if it weren't for the collective help and support from fellow members of our local art and music scene.

What is the greatest misconception that people have about you?

TELEGRAPH-JOURNAL

◀ N.B. & Canada Moncton Saint J ▶

what I'm doing. I have no clue most of the time; I flounder my way through life like most people and just hoping that it all works out.

What was your most embarrassing moment?

There are far too many for me to name just one.

What was your happiest moment?

When I saw my daughter ride her bike for the very first time.

When is it OK to tell a lie?

In my opinion, honesty is key. But if pressed ... maybe only when planning a surprise for someone you care about.



◀ N.B. & Canada Moncton Saint J ▶

... person who you could rely on if you needed support.

Please share a secret with us.

But then it wouldn't be a secret

...

🕒 Published 1 day ago

◀ Back to more stories



Comments

My profile

Post a comment

1500 characters remaining

Post

All Comments 0

There are no comments yet. Why don't you write one?

Telegraph Journal

OBITUARIES

CAREERS

TELEGRAPH-JOURNAL

◀ N.B. & Canada Moncton Saint J ▶