

OBITUARIES

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BLACKBURN. Viola June – 82, Bible Hill, passed away peacefully, surrounded by her loving family, on Friday morning, October 17, 2014, at Colchester East Hants Health Centre, Truro. Born August 8, 1932, in Truro, she was a daughter of the late Lawrence and Muriel (Higgins) McCallum. Viola is survived by her husband of 58 years, Leslie “Les” Blackburn; children, Heather (David) Fisher, Masstown; Andrew (Jane) Blackburn, Clifton; grandchildren, Leigh Fisher, Gillian Blackburn; sister, Gwen Frankland, Petrolia, Ontario; brothers, Ron (Pat) MacCallum, Upper North River; Chris (Maria) McCallum, Valley, Colchester County; many nieces and nephews. Along with her parents, she was predeceased by her grandson, Mark Fisher. Honouring Viola’s wishes, a private family service and interment has been held. Arrangements have been entrusted to Mattatall – Varner Funeral Home, 55 Young Street, Truro. Full obituary and condolences at: www.mattatallvarnerfh.com

YORKE. Ethel J. – Age 75, of Parrsboro, and formerly of Truro. It is with great sadness that we announce the passing of Ethel J. Yorke at the South Cumberland Community Care Centre, Parrsboro on Thursday, October 30, 2014 following a courageous battle with pancreatic cancer. Born in Five Islands, she was a daughter of the late Frederick and Josephine (Canning) Aylward. Ethel is survived by her loving husband of 20 years, Darrell Yorke. She will be deeply missed by her children, Donald Crossman (Zelda), New Glasgow; Deb Crossman, Halifax; Heather Avery (Bram), Little Harbour; Sandi Crossman, Westville; Joe Crossman, Antigonish; step-daughters, Suzanne Hachey (Jim), West Chezzetcook; Mary Lynn Yorke, Greenhill; very special grandchildren, Melissa Hayden (Jeremy), Amanda and Mallory Crossman, all of Truro; Matthew Weatherby (Sarah), Edmonton; Anthony Weatherby, Fredericton; Ryan Noseworthy, Westville; Jacob Nelson, Scotsburn; 7 great grandchildren, Brianna, Faith, Tristan and Austin Hayden; Ryleigh Walker, all of Truro; Ella and Samuel Weatherby, Edmonton; special nieces and nephews; her sister, Beryl Johnson, Truro. Ethel was predeceased by her first husband, Donald H. Crossman; sisters, Marie Canning, Mabel Feltmate, Elva Dunphy, Hazel Manning; infant brother, Frederick Jr.; half-sister, Iona Soley. In keeping with Ethel’s wishes, there was no visitation. A graveside funeral service was held on November 3, 2014 at St. George’s Anglican Cemetery, Parrsboro, Rev. Tory Byrne officiating. Arrangements entrusted to Smith’s Funeral Home, Parrsboro. Online condolences at www.smithsfuneralhome.com

WALSH. Vernon George – 72, Great Village passed away peacefully on Thursday, October 30, 2014 at home with his wife by his side. Vernon was born in Truro and was the son of the late Frederick and Mildred (Campbell) Walsh. Vernon worked as a miner in Sudbury, Ont., Leaf Rapids, Manitoba and in the Yukon. He was employed as a truck driver for several years. He enjoyed trout and bass fishing and spending time fixing older cars. Vernon is survived by his loving wife, Carolin; daughter Susan (Mark), Glenholme; son, Terry (Susan), Victoria, B.C.; grandsons, Jeremy, Travis and Anthony; brothers, Frank (Inga), Carp, Ont., Leslie, Kingston, Ont.; several nieces and nephews. He was predeceased by sons, Kevin, Perry; sister, Margaret Miller; sister-in-law Hazel Walsh; brothers, Frederick, Ron. Cremation has taken place. A graveside service will be held at a later date. Arrangements entrusted to Colchester Community Funeral Home, Truro. On-line condolences may be made at www.ColchesterCommunity.com

YORKE. Leigh E. – 71, of Lower Five Islands passed away Friday, October 31, 2014 at home. Born in Springhill, he was a son of the late Hollis and Evelyn (MacDonald) Yorke. He is survived by his wife, the former Elizabeth McAloney; a daughter, Candace Bezanson (Craig), Beaver Bank; a son, Justin (Lana), Five Islands; 4 grandchildren, Aidan, Austin, Sadie, Chloe. He was predeceased by a son, Edward, and Leigh’s beloved dog, Mia. As per Leigh’s wishes, there will be no funeral service. Arrangements entrusted to Smith’s Funeral Home, Parrsboro. Private messages of condolence may be made at www.smithsfuneralhome.com

WEBSTER. John Walter – 71, Truro Heights, passed away November 1, 2014 in the Colchester East Hants Health Centre, Truro. Born in Truro he was the son of the late James Geddes and Jean Elizabeth (Casford) Webster. He attended Willow Street Elementary School and Colchester Academy. John studied civil engineering at Mount Allison University in Sackville, New Brunswick and science at the Nova Scotia Agricultural College. He worked for over twenty eight years with the Department of Transportation and Communications as a Survey Technician, working on over thirty of Nova Scotia’s bridge structures. He accepted early retirement from the Provincial Civil Service in 1994. He is survived by his daughter, Kimberly (David Pomeroy) Webster, Dartmouth; sons, James Terry, Pugwash and Steven (Cindy Kincaid), Onslow Mountain; grandsons, Daniel and Ian Cameron; granddaughter, MacKay “Kaydee” Kincaid/Webster; sister, Bertha Smith; brother, Raymond Priest; nephew, Darren Gray; niece, Kelly Bruce (Wade). Besides his parents he was predeceased by his wife of 47 years, Rose Marie (Terry). Cremation has taken place. There will be no visitation or service at his request. Arrangements entrusted to the Colchester Community Funeral Home, Truro where on-line condolences may be made at www.ColchesterCommunity.com

NELSON. Vernon Paul – 62, Londonderry passed away suddenly at home on November 2, 2014. Born in Springhill, he was the son of the late Vernon Nelson and Lauraine (Babineau)(Nelson) Miller. Cremation has taken place. A family graveside service will be held at a later date. Arrangements entrusted to Colchester Community Funeral Home where additional information in the obituary and on-line condolences may be seen at www.ColchesterCommunity.com

McCULLY. Robie B. “Sonny” – Age 75, of Port Greville passed away Sunday, November 2, 2014 at the Cumberland Regional Health Care Centre, Upper Nappan. Born in Fox River, he was a son of the late Brenton and Ella (Hatfield) McCully. He is survived by his wife, the former Sylvia Spicer; daughters, Debbie Morris, Amherst; Meghan Keith, Amherst; a son, Chris (Marjorie), Parrsboro; sisters, Grace Winter, Parrsboro; Fern Rafuse (Jack), Kentville; a brother, Gary, Two Islands; several grandchildren. Funeral service was held November 5, 2014 at the Port Greville Baptist Church, Pastor Douglas Lake officiating. Burial in Riverbank Cemetery, Port Greville. Arrangements entrusted to Smith’s Funeral Home, Parrsboro. Online condolences at www.smithsfuneralhome.com

HIMELMAN. William A. “Billy” – Age 65, of Diligent River passed away Monday, November 3rd, 2014 at the QEII Health Sciences Centre (VG Site), Halifax. He was a son of Gloria P. (Salter) Himelman, Dartmouth, and the late Everett F. Himelman. He lived most of his life in Wellington, Nova Scotia. He was a proud Constable of the Dartmouth Police Department and retired after 30 years of service as a senior accident reconstructive analyst. He is survived by his wife of 42 years, Barbara-Ann (Cormier) Himelman; a daughter, Sheryl Lynn Himelman; sons, Christopher Himelman (Jennifer); Michael Himelman (Ashley). He was a proud grandfather who enjoyed every moment with his six granddaughters and grandson. Also, survived by his mother, Gloria Himelman; brothers, Donald Himelman (Wendy); Eric Himelman (Louise); Paul Himelman (Sandra); and sister, Margaret Himelman-Doiron (Kenneth). Predeceased only by his beloved father, Everett Himelman who passed away October 6th, 2014 at the age of 93. A celebration of Billy’s life was held November 8, 2014 at Smith Funeral Home, Parrsboro, Rev. Tory Byrne officiating. Interment will take place at a later date. Private messages of condolence may be made at: www.smithsfuneralhome.com

RUTHERFORD. Leonard Gilbert passed away Tuesday, November 4, 2014 at Elk Court Nursing Home, Brookfield. Leonard was born in Bass River in 1923 and was a son of the late Arnie and Verna (Gilbert) Rutherford. Leonard enjoyed gardening, furniture making and outdoor activities. He worked at Dominion Chair Co. and construction work. He is survived by stepchildren, Wayne (Myrtle), Diane, Hughie (Chris), Dolly (Rex), Elizabeth, Heather (Deane), Madge (Lewis), James (Judy), Kathy (Shawn); son, Tom; sister, Irene Cooke; grandchildren and great-grandchildren. Leonard was predeceased by his first wife, Madge (Langille); second wife, Dorothy (Currie); brothers, Earl, Lloyd; stepson, Richard. There was no visitation. A memorial service was held November 9, 2014 in Riverside United Church, Bass River with Rev. Florence Antle-Brison officiating. Interment in Riverside Cemetery. Arrangements entrusted to Colchester Community Funeral Home, Truro. On-line condolences may be made at www.ColchesterCommunity.com

GRAHAMN. Dale C. – Age 74, of Halifax passed away on Sunday, November 9, 2014 at Melville Lodge, Halifax, due to complications resulting from a fall. Born in Amherst, he was predeceased by his lovely wife, Rose Marie Graham. He was the son of the late Clara Eleanor (Ogilvie) Graham and Colin Herbert Graham, and stepfather Almon “Bud” Newcombe. Dale’s 20-year career with the Canadian Armed Forces included a UN tour in Egypt, a posting to CFS Alert and finally CFB Lahr, Germany, where he and his wife raised their children and where he also retired from the military. He is survived by his son, Don (Rhonda) Graham and daughter Dana (Jimmy) Lai; grandchildren, Emmett Lai; Ronnie, Marcus, Matthew, Amanda and Michael Graham; brother, Douglas Graham and sister, Barbara Graham. Funeral service was held November 22, 2014 at Grace United Church, Port Greville, Keith Selwyn-Smith, D.L.M. officiating. Burial in the church cemetery. Arrangements entrusted to Smith’s Funeral Home, Parrsboro. Online condolences at www.smithsfuneralhome.com

GILCHRIST. Murray Milton – 86, Truro passed away peacefully on Monday, November 10, 2014 in Colchester East Hants Health Centre, Truro. Born in Truro, he was a son of the late Murray Sr. and Marjorie (Faulkner) Gilchrist. Murray joined the military serving with the RCASC from 1955-1967 and worked as a chef attached to the 2nd Battalion of Canadian Guards. In 1961 he served in the Far North, ALERT communication. Later he served with NATO in Cyprus with the Peacekeeping Force, 1964-65. In 1967 he moved back to Nova Scotia where he served as a chef in the Stonehouse Restaurant and then the Truro Jail until his retirement. He is survived by daughter, Edwina (Willard) Schwartz, Petawawa, Ont.; son, Wayne, Debert; brothers, Neil, Rod; grandchildren, Jeff (Robin), Jennifer (Brandon) Williams, Brad (Courtney) Kennedy, Amy (Mike) Emerson, Holly (Colby) Espinola; sisters-in-law, Betty (Lester) Strout, Joy Weatherbey; brother-in-law, Allen (Irene); several great-grandchildren. He will be sadly missed by Steve Porter. Besides his parents, he was predeceased by his wife Louise (Weatherbey); son, Ron; daughter-in-law, Margie; sisters, Shirley, Vivian; brother, Ron. Cremation has taken place. No visitation by request. A memorial service was held November 17 in Colchester Community Funeral Home, 512 Willow Street, Truro with Pastor Bill Martin officiating. Interment in Robie Street Cemetery. On-line condolences at www.ColchesterCommunity.com

PRIMEAU, Isabella Seivewright (nee Taylor) – May 6, 1924 – November 13, 2014, Upper Economy, Nova Scotia passed away peacefully in her sleep in her home in Upper Economy. Beloved wife of the late Austin Primeau, wartime RCAF, who fell madly in love with her when they met in Glasgow, Scotland. Arrived in Halifax at Pier 21 on the RMS Queen Mary on June 6, 1946. An amazing mother and mother-in-law to David Primeau (Sheila) of Ottawa, Mitchell Primeau (Alice) of Moncton, William Primeau (Rose) of Dartmouth, Robert Primeau from Upper Economy, and Jane Curley (Terry) of Ottawa. Grandmother of 10 and great-grandmother of seven. The family will be holding a private memorial at a later date. However, friends and neighbours were invited to join the family and bid farewell to Mum at the Central Economy Recreation Hall on November 16. Arrangements entrusted to Colchester Community Funeral Home, Truro. On-line condolences may be made at www.ColchesterCommunity.com

MCCARTNEY, Gladys M. – 94, of Parrsboro passed away Saturday, November 15, 2014 at Gables Lodge, Amherst. Born in Parrsboro, she was a daughter of the late James A. and Alfretha L. (Moore) Best. She is survived by a son, David Roberts (Brenda), New Prospect; a brother, William “Bill” (Henrietta) Best, Greenhill; grandchildren, James, Melissa and Marion Roberts, Eva Langille, all of Truro; 8 great grandchildren; several nieces and nephews. She was predeceased by her husband, Hilton Roberts; a son, Kenneth Roberts; sisters, Emma, Winnifred, Eva; brothers, Lloyd, Arthur, Fred, Claude. There will be no formal service by request. Arrangements entrusted to Smith’s Funeral Home, Parrsboro. Online condolences at: www.smithsfuneralhome.com

AUSTIN, Lucas Harrison – 29, passed away Saturday, November 15, 2014. Born October 7, 1985, in Lunenburg, and having grown up in Great Village, he was the son of Shelley (Schwartz) Austin and the late David Austin. Along with his mother, Lucas is survived by his girlfriend, Jill Ritchie; sisters, Genevieve (Kyle) Hoellrich, California; Miriah (Dave) Kearney, Truro; nephews, Jett and Jaxon Hoellrich, Manny and Jonah Kearney; grandmother, Margaret Austin, South Carolina; aunts, uncles and cousins in Canada and USA. Lucas was a bright light who impacted everyone he met. He was a creative soul who was looking forward to completing Dalhousie School of Architecture. He loved music, travel, designing new inventions and creating art. He was in the midst of developing a legacy project, “Lead With Your Heart”; sharing tango to improve mental health. A celebration of Lucas’ life was held November 21, 2014, at Holiday Inn, 437 Prince Street, Truro. Arrangements have been entrusted to Mattatall – Varner Funeral Home, 55 Young Street, Truro. Full obituary and condolences at: www.mattatallvarnerfh.com

RUSHTON, Ross C. – age 71, of Valley NS passed away comfortably on November 20th 2014 at the Colchester East Hants Health Center surrounded by his family after a brave 2 year battle with cancer. Born at Westchester Station on November 9, 1943 he was the son of the late Percy and Jean (Roblee) Rushton. Left to mourn are his wife of 48 years, Jane (Schurman) Rushton, son Chris (Angie), Wolfville, daughter Heidi Rushton of Chicago IL, and granddaughters Lauren and Emma Rushton of Wolfville. He is also survived by sisters Delia Herman and Sharon Broughton. Along with his parents he was predeceased by brothers Curry and Harry Rushton and step-father Harold Broughton. He grew up in Oxford where he attended school and later attended Success Business College in Truro. In 1980 he started his own business consisting of a Paint Company, Car Dealership and Machine Wholesale Company. He retired in 1998 to spend more time with his beloved wild blueberry fields. He had harvested his first blueberry crop when he was 15 years old and never looked back. He was a 42 year member of United Commercial Travelers and a member of Widow Son Lodge AM FM 48 River Philip for 30 years. Cremation has taken place. Visitation was held November 23. Funeral Service was held November 24 in Colchester Community Funeral Home, 512 Willow Street, Truro with Rev. Carolyn Rushton officiating. Interment in Crossroads Cemetery, Valley. On-line condolences at www.ColchesterCommunity.com

Hungry for a Better Way to Lose Weight?



By **Chris Urquhart**

Do you turn to food when you’re stressed? Emotional eating can sabotage your weight-loss efforts. Those hand full of chocolates or nuts are not part of what your body needs although nuts, when eaten wisely are good for you in small doses.

What about when you are in a hurry so need to grab a fast meal? Can fast food be part of a healthy-eating plan? Sure, if you order wisely and choose fast food only occasionally. Instead of settling for what comes with your sandwich or meal, ask for healthier options and substitutions.

For example, ask for reduced-fat mayonnaise or mustard on your sandwich.

When eating in a restaurant always check out the amount of fat and sugars in the items before ordering. The best way to lose weight whether or not you are eating out is still pushing away from the table before you are full!

Feel stressed out? Eating due to stress?

Try meditation and put the mind-body connection to work for you.

During meditation, focus your attention on a single thought or phrase and let go of the jumbled thoughts that are crowding your mind.

Spending even a few minutes in meditation can help you feel calmer and less frazzled. Just don’t be thinking of pizza or ice cream!

Home Business Entrepreneurs & Artisans Showcase

By **Maurice Rees**

Great Village School Gym will be a beehive of activity from 10 am to 2 pm on Saturday December 6 with the Home Business Entrepreneurs and local artisans displaying their products and services. Tea, coffee and sweets will be available at the canteen. Admission is Free and Door Prizes will be awarded.

By the time the doors open, organizers anticipate a minimum of 40 tables will be rented. As of mid-November the following have registered as vendors:

Crafts: Marion with her knitting; Bev with necklaces and earrings; Jeff Maluske

with leather work and hand crafted knife belts, guitar straps and more; Kathy Simpson-Giles with many unique Christmas crafts and Heather MacKay with “Oh Fudge” a creamy brown sugar fudge.

Direct Sales vendors will include: Anne Barkhouse, Jockey and Sunset Gourmet; Terry Francis, Steeped Tea Inc.; Marie Irving, Benoit Sentsy and Tupperware; Amanda Langille, Stella and Dot; Jessica Steele, Arbonne; Kerry Spicer, Epicure; Margarite Fortune, Natural Oils; Cindy Thompson, Jamberry Nails; Sue Sharpe, Santa’s Helper and Ester, Isagenix.

Spread the news of your Community

The Deadline for the January issue of **Shoreline** Journal is December 9

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