



Fraser Rory Lake

July 9, 2009 - September 27, 2025

Fraser Rory Lake

9th July 2009 – 27th September 2025

Our hearts are broken as we share this devastating news. Our sweet boy, with his beautiful smile and gentle spirit, has left us far too soon. With unimaginable pain and heavy hearts, we share the sudden passing of Fraser Rory Lake on 27th September in Williamswood.

Fraser was the adored son of Tracy Kinch and Rory Lake, and the deeply loved little brother of Rachel and Sophie, who treasured him beyond measure. He was a caring grandson, nephew, cousin, boyfriend, and friend — cherished dearly by everyone blessed to know him.

He is survived by his paternal grandmothers, Gail MacNeil (Whycocomagh) and Gayle Lake (Sydney), and maternal grandparents, Kathleen and Brian Kinch (Williamswood). He will be forever remembered by his aunts and uncles: Melissa Lake-Spencer (Tom), Alicia Lake (Douglas), Julie (Matthew) MacNeil, Amanda Lake-Cormier (Dennis), Justine Lake (Tristan), Tara Kinch (Justin), Jay Kinch (Ken), and Kevin Kinch (Tyf), as well as countless great-aunts, great-uncles, cousins, and friends. He was predeceased by his paternal grandfather, Stephen Lake.

Fraser was the light of our family, whose sparkle touched everyone who had the privilege to know him. He was a gentle giant, with the biggest heart and the sweetest smile. His dimples, just like his momma's and grandma's, lit up every room. He carried a tenderness and generosity that touched everyone

lucky enough to know him.

He shared a bond of deep love with his mom and dad, never missing a chance to kiss his mom goodnight. Though he was an ever-present younger brother, Rachel and Sophie loved him fiercely and were always protective of him. His grandparents, Kathleen and Brian, treasured every moment with him — whether watching for him to arrive after school or spending quiet afternoons together. He loved challenging his uncles to marathon Mario Kart games, and playing driveway basketball.

Fraser shared a love story beyond his years with his beloved Gracie, who together with her family became a part of ours. His first and only love, and our wonderful Singh family, became his loving third home.

A grade 11 student at JL Ilsley High School, Fraser excelled both in academics and athletics. He was a proud member of the school volleyball team and the West End Steelers Basketball Club, where he was admired not only for his skill and drive but for his compassion toward teammates on and off the court. Just days after his passing, the Steelers brought together teammates, coaches, and families to honor Fraser with a heartfelt game — a beautiful tribute to the impact he made in their lives.

Fraser carried himself with a quiet confidence and excelled at everything he tried. He loved the outdoors, sports, and most of all, time spent with his family and friends. He had a strong sense of community and spent the past two years volunteering alongside our Singh family at Square Roots, helping to support those facing food insecurity.

Fraser had a kind and loving soul. He treasured his many friends and the adventures they shared. From mowing lawns, to fishing, to sleepovers, outdoor basketball, lunchtime walks to the wharf, Fortnite, and stealing fries. In the days since his passing, his close friends have surrounded our family with love, bringing comfort and stories that remind us of the joy he gave to all who knew him.

We will forever remember Fraser's infectious smile, his generous spirit, his love for others, and his compassion for all.

Our family is deeply grateful for the love and support of extended family, friends, and community as we grieve this heartbreaking loss together. We hope you can join us as we celebrate Fraser's life together on Friday, October 10th, 2025 from 1-3pm at Spryfield Lions Rink, 111 Drysdale Road, Halifax.

May his memory be a blessing.

To honour the pure essence of our Fraser, in lieu of flowers, please consider a donation to Square Roots in Fairview-Clayton Park (squarerootsfairviewclaytonpark@gmail.com).

To carry on Fraser's light and love please be kind to one another.

We need more Fraser's in our world.

Tribute Wall

KC

“ *Kathy and Brian, we just recently learned of the passing of your grandson. Please accept our sincere condolences to you both and to Tracey and family. Such a tragic loss. Our hearts reach out to you all at this time.*

Kathy Clare - November 04, 2025 at 01:59 PM

KM

“ *Tim & I send our sincere condolences to your family.*

Kathy Martin - October 20, 2025 at 12:32 PM

DL

“ *I had the honour of meeting Fraser, through the community at square roots, he was such a light and positive role model - my young son, who rarely talks to anyone, was smitten with Fraser and would often talk to him on market days. Sending sincere condolences to all who loved him. May his legacy of love, live on through all who knew him and the positive impacts he made ❤️*

Danielle L. - October 17, 2025 at 09:06 AM

NB

“ *My deepest condolences to Fraser's grandparents, Kathy and Brian and their entire family. This is an unimaginable loss that I don't even have words to describe. My thoughts and prayers are with all of you as you grieve for your beautiful boy.*

Noreen (Davidson) Berrette - October 15, 2025 at 11:53 AM

LG

“ *so sad to hear about your loss may he rest in peace*

Lisa gouthro - October 13, 2025 at 08:59 AM

GE

“ I've only known this guy because of class and sports, but during that time he was the only kid I've ever looked up to, his smile was vibrant, he was nice, he wanted to get a new bike and him and I were talking, about buying the bike for my cousin, who was majorly into bike, and he said that money would've been enough to get the bike, maybe if I had of bought it things could've been different. I am sorry to his parents maybe I could've saved him, he was a really good friend.and I am so sorry.

Gerard - October 10, 2025 at 07:53 PM

AH

“ My heart is genuinely broken and it doesn't feel real that your gone so soon...

-Austin H



Austin Hartnett - October 10, 2025 at 12:44 PM

AL

“ My heart breaks for your family. I wish you all strength and courage as you process this unimaginable loss. I only knew your cherished son for a short while, but will forever hold memories of Fraser with me, like when he joined us sailing and we had the privilege of knowing his sweet smile and kindness.



Annie L - October 10, 2025 at 12:14 PM



“ Tracy and Rory, my heart breaks for you and your family during this time and I hold you close in my thoughts and prayers. The tribute to Fraser speaks of such a kind and caring young man. Sending much love and my deepest condolences ☐

Barbie Leggett - October 10, 2025 at 08:57 AM



“ Tracy and Rory, loss of a child is a pain that words cannot heal. I offer my heartfelt condolences and hope that the cherished moments you shared with Fraser will bring you some comfort and peace. He will live on in your hearts.



Carol Baker - October 10, 2025 at 08:06 AM



“ Tracy and Rory, my heart breaks for you during this unimaginable grief. I didn't know Fraser but reading his obituary reveals a wonderful young man who was so loved and cherished 💕💕💕. Thinking of you both.
Denise MacIntyre



Denise MacIntyre - October 09, 2025 at 12:27 PM



“ Condolences to family and grandparents Brian and Kathleen Kinch. My thoughts and prayers are with you.



Nancy Wesson - October 09, 2025 at 09:35 AM

JF

“ *Judy And Jessica Flemming lit a candle in memory of Fraser Rory Lake*



Judy and Jessica Flemming - October 08, 2025 at 10:56 PM

JF

“ *We are so heartbroken to hear of Fraser's passing. I was a lunch monitor, along side Fraser's grandad, Brian at Harrietsfield Elementary School. Fraser was always such a well behaved, polite and sweet boy with that precious little smile of his. I'm not one bit surprised that he turned out to be such a lovely young man. We would like to express our condolences to Fraser's family and friends, we will never forget that precious little boy* ❤️❤️

Judy and Jessica Flemming - October 08, 2025 at 10:27 PM

RW

“ *When I had the privilege of teaching Fraser in grade Primary, his permanent smile was an immediate comfort to his nervous classmates. He was calm, confident, and happy to be wherever he was. I thought he might be overshadowed by his delightful and boisterous sisters, but he arrived in our classroom with his own well established personality of kindness and acceptance. I am heartbroken at the premature loss of such an exceptional human being, and honoured that I got to know him, even if just a little bit, along his journey.*

Sending all my strength and love to his friends and family,

Rebecca Wickwire (aka Mrs.King)

Rebecca Wickwire - October 08, 2025 at 06:47 PM

DK

“ Donna Kinch lit a candle in memory of Fraser
Rory Lake



Donna Kinch - October 08, 2025 at 05:45 PM

JT

“ Tracy we are so deeply sorry for the loss of your precious child. The love you all have for Fraser jumps out of the beautifully written obituary, we are thinking of you and your family.
Jennifer and Christian Turcot

Jennifer Turcot - October 08, 2025 at 05:39 PM

DH

“ Rick Sutcliffe & Donna Hughes ❤️👍



Donna Hughes - October 08, 2025 at 04:46 PM

FK

“ Frank Kinch lit a candle in memory of Fraser
Rory Lake



Frank Kinch - October 08, 2025 at 03:30 PM

CM

“ Tracy and Rory, I am so sorry you have to experience the deepest kind of grief, the loss of a child. By all accounts he was a wonderful young man. May God Bless your entire family with strength as you wade your way through this heartbreak. Sending you much love at this time.

Caroline McGarry-Ross - October 08, 2025 at 03:02 PM

KM

“ Rory and Tracey...I am heartbroken to hear of your son's death. I wish you only strength and courage as you move forward bearing the weight of what no parent should have to. Hugs to you both. I am thinking of you at this difficult time. Please know how much I care.
Kate Mahon

Kate Mahon - October 08, 2025 at 01:39 PM

PM

“ My sincere condolences to Rory, Tracy, and family on your heartbreaking loss. Our thoughts and prayers are with you at this difficult time. RIP Fraser 🙏💕💕



Peggy MacIntyre - October 08, 2025 at 01:01 PM

SM

“ Our deepest condolences for your tragic loss. Thinking of all of Fraser's family and friends at this time. Sheldon and Sarah MacNeil

Sarah MacNeil - October 08, 2025 at 10:54 AM

HO

“ *Holly lit a candle in memory of Fraser Rory Lake*



Holly - October 08, 2025 at 09:57 AM

CO

“ *Colby lit a candle in memory of Fraser Rory Lake*



Colby - October 08, 2025 at 09:10 AM

R?

“ *Fraser was a great friend of mine and I'll always miss the times we went golfing together and played basketball on the Steelers. Nice guy I've ever met, cheerful, reliable, total package. Love ya bud.*



- Ryan W

RW 🌐 🗣️ - October 07, 2025 at 09:19 PM

FA

“ *Faith lit a candle in memory of Fraser Rory Lake*



Faith - October 07, 2025 at 07:07 PM

DB

“ *Denise Bannister lit a candle in memory of Fraser Rory Lake*



Denise Bannister - October 07, 2025 at 06:46 PM

BM

“ *Bill & Nora McInnis lit a candle in memory of Fraser Rory Lake*



Bill & Nora McInnis - October 07, 2025 at 03:22 PM