



Heather Ann Kroger (Nee Dunn)

July 20, 2025

Heather Ann Kroger (Nee Dunn) passed away peacefully on July 20 at age 68 after a heroic two-and-a-half-year battle with pancreatic cancer.

She is survived by her loving husband of 40 years Ivar Michael William Kroger, her daughter Kathleen Ellsworth (Liam), her son Ivar Kroger (Diandra) and her granddaughter Abigail Heather Ellsworth.

Heather is also survived by her parents Ronald and Muriel Dunn, her siblings Linda Hutt, Jim Dunn (Lorraine) and Maria Sampson (Jerome). She was predeceased by her older brother Steve Dunn (Colleen).

To know Heather was to love her. She was somebody who met every challenge life had to offer with grit and determination. Growing up in the Dunn family, she learned early on how to get along amongst a sometimes-unruly bunch. After high school, she left home and studied at Acadia University, where she met lifelong friends and graduated with a B.A. She later completed the human resources program and received a B.Ed at Saint Mary's University. Heather loved to read and inspired others by reading the classics. She enjoyed sailing, skiing and was an avid card and game player. Even if, like the rest of the Dunn family, she was a bit of a cheater (But always told you afterwards)

For many years, she worked at The Chronicle Herald, first as the paper's News and Education Representative, and later as its Human Resources Manager. From there, she was recruited to be the Maritime Director of Benefits for Great West Life. Her career moved in tandem with her life with Mike and her children Katie and Ivar for most of the 90s until a car accident on a business trip forced an early end to her professional career. The accident was one of the biggest tests of her life and one she met with characteristic gusto. After suffering a traumatic brain injury, she spent 18 weeks in the hospital and endured a lengthy period of rehabilitation afterwards. She had to relearn everything. How to speak. How to walk. Even how to hold a fork and knife. For many, this would have been hard to come back from. But for Heather, it was just another obstacle to overcome. It only strengthened her determination to see Katie and Ivar grow up, become adults, marry, and have children of their own — all things she lived long enough to see. She was so proud of the wonderful people they became. Heather's most recent love was Abbey, Katie's daughter. Her memory will live on in the stories Abbey will be told about her grandmother in the years to come.

Heather was someone you wanted in your corner. To her siblings (and her nieces and nephews) her voice was synonymous with the sound of the phone ringing. She was always calling, often multiple times a day, to see how Maria, Jimmy, Linda, and Steve were doing, to share some gossip, or if we're being honest, to complain about one of her other siblings. To her parents, she was close to a saint, and possibly their favorite of the entire Dunn brood. To her kids, she was a rock, always willing to help them out in any way needed, no questions asked. And to Mike, she was everything.

In the last few years, Heather was dealt a tough hand. Pancreatic cancer is a devastating diagnosis, but to nobody's surprise, she often seemed to be the one offering comfort to those around her, instead of the other way around. For the last few years, she helped lead a fundraising team of family and friends at

the Kicking Pancreas 5K walk in Dartmouth, N.S. She also joined a support group for those with the disease and was grateful to share stories and connect with others going through the same challenging time.

She had amazing people in her life. A special thanks to her great friend Gloria Sherman O'Brien who was always ready with assistance, food and a cheery remark, and her travel friends, the Florida gang, and of course, the Bonko Babes. They were a source of plenty of laughs even when times were hard.

A service will be held on Thursday, July 31 at 11:00 am at St. Stephens Church 6032 Normandy Drive Halifax. In lieu of flowers, donations may be made to Craig's Cause Pancreatic Cancer Society.

Tribute Wall

PC

“ *Only just heard of Heather's passing. Sincere condolences Mike. You were both often in my thoughts over the years. Namaste, Phill Cochrane*

Phillip Cochrane - January 13 at 04:33 PM

HK

“ *So sorry to hear the sad news on our vacation so I am sorry for not writing some words before today. Mike, Katie and Ivar and the rest of Heathers family I send you the best thoughts in your sorrow. Life is not fair to some and the loss of Heather we also can feel we who are fare away. But I hope you can feel that we are close to you in your sorrow. Take care - love from Norway family 🌹❤️*



Henning Krøger - August 05, 2025 at 09:58 AM

SK

“ *Mike,so sorry to hear of Heather's passing. My sincere sympathies and condolences, may fond memories provide comfort in this time of sorrow.*

Stephen King - July 31, 2025 at 07:43 AM

EM

“ Mike, Maria and families,

Heather's innate gift of kindness, her laughter, and her sense of fun will endure in our memories of her. Despite the challenges life presented, she faced them with an amazing strength of character and the determination to prevail. Sending our most sincere condolences to you during this very difficult time.

Eileen & Stephen Murphy

Eileen & Stephen Murphy - July 30, 2025 at 06:39 PM

VR

“ Mike, I am so sorry to hear of the passing of your soul mate. It has been many years since our paths crossed but you guys always seemed right together. My prayers are with you and your families'....Vince Reilly

VINCENT B. REILLY - July 30, 2025 at 06:32 PM



“ Mike, I am very sorry to hear about Heather. She was always such a kind and caring person. Big (((HUGS)))

Tannis Dobson - July 30, 2025 at 02:33 PM

EW

“ Mike, so sad to hear of Heather's passing. Our sincere condolence to you & family. Heather was such a warm & gentle person, it was a pleasure to have known her. R.I.P. Heather ♡
Steve & Erna Westhaver

Erna Westhaver - July 29, 2025 at 07:43 PM

LM

“ To Mike & family,

We are so very sorry to learn of Heather's passing. Our families were connected as our kids grew up in Bedford. Whether it was school, sporting or church activities, Heather always had a the biggest smile and an interest in knowing how our kids were doing. A sweeter person we have never met. We wish you all strength and peace during this difficult time. We are holding you in our hearts. Sincerely, Lorna & Stewart MacPherson

Lorna MacPherson - July 29, 2025 at 07:14 PM

NB

“ Dear Mike, I am so sad and sorry to hear about Heathers' passing. She was one great lady !! I am thinking about you and your family at this time. As always,Nancy Boyne

Nancy Boyne - July 29, 2025 at 05:50 PM

GO

“ Heather will forever live in our hearts Glo and Richard

Gloria Sherman- obrien - July 29, 2025 at 04:27 PM

DC

“ Mike, Katie, Ivar, and Family

Denise and I are deeply saddened to hear of Heathers passing. We shared many great moments together and will always remember her for her kind heart and bright smile. She cared deeply for others and brought great joy to anyone who was so fortunate to meet her.

Our hearts and thoughts are with you at this difficult time.

David and Denise Carrigan

David Carrigan - July 29, 2025 at 09:12 AM

PM

“ Dear Mike,

*We were saddened to hear of Heather's passing. We really collected a trunk full of fun happy memories from earlier days, from ski vacations to shoe shopping in Bangor. We were so fortunate to call her our friend. She will be missed and fondly remembered.
Paula and Chris.*

Paula Morrison - July 29, 2025 at 08:13 AM

PD

“ So sorry Mike. My condolences to you and your family.

Peters Donald - July 29, 2025 at 08:02 AM

PJ

“ Muriel and Ron,

*I never met your daughter Heather but I wanted to reach out to you and offer my most sincere condolences. Thinking of you both at this most difficult and sad time . My condolences to her whole family.
Pat Johnson, Former Dal Family Med RN*

Pat Johnson - July 29, 2025 at 06:05 AM

SM

“ Mike and family,
I was saddened to hear of Heather's passing and I want you to know that you are in my thoughts. Although it has been many years since we shared such wonderful times together, they are as vivid as yesterday. Heather's smile and humour will always shine in my mind. Sharon and I both send heartfelt condolences.
Shel Mitchell.

Shel Mitchell - July 28, 2025 at 08:36 PM

WJ

“ Dear Mike,
Stan and I will always remember Heather's laugh and big smile and genuine empathy for everyone she came in contact with. We never heard her complain about her illness, or about the challenges she faced after the accident. She was a fighter because she loved you, Katie and Ivar and her family and friends fiercely. She was determined to make the most of her life and the curves it threw you both. I know you will miss her desperately. But I know she loved you so much and would want you all to move forward positively, remembering all the good times and the special moments you had together, Please know we are thinking of you and wishing you strength through the difficult times, and peace, knowing that Heather passed feeling the love from you, family and friends.
Love Always
Wendy and Stan

Wendy Johnson - July 28, 2025 at 09:06 AM

BG

“Katie, Liam and all Kroger and Dunn family. Please accept our dearest condolences on Heather’s passing. She was a beautiful person and she will be missed. So glad she got to meet her precious granddaughter. Brigid & Gary Greco(Calgary AB)

Brigid Greco - July 27, 2025 at 08:27 PM

LW

I first met Heather at St.Pat’s in 1972. However, she became a special friend and partner in many crimes (ha!) at Acadia from 1975-78. Years later we didn’t see each other often, but those wonderful memories and that loving connection always remained. Heather, I miss you a lot already. Fly high on “kitty cat wings”, special lady!
OX Linny

Lin Whalen - July 28, 2025 at 10:43 AM

RS

So sorry Mike and family to hear of Heather’s passing. Although we didn’t know Heather, we can only imagine what a difficult time this must be for your family. Sincere condolences.

Rick and Gail Smith - July 29, 2025 at 06:47 PM

RB

“Reidun Berg lit a candle in memory of Heather Ann Kroger (Nee Dunn)



Reidun Berg - July 27, 2025 at 04:11 PM

OB

“ *Otto Berg lit a candle in memory of Heather Ann Kroger (Nee Dunn)*



Otto Berg - July 27, 2025 at 04:11 PM

CD

“ *Carol Deyoung lit a candle in memory of Heather Ann Kroger (Nee Dunn)*



Carol Deyoung - July 27, 2025 at 08:13 AM