



Janet Elizabeth Forrest

January 17, 2026

Janet Elizabeth Forrest passed away peacefully with her family at her side, on 17 January 2026, just a month shy of her 85th birthday. Although she was born in England, she grew up in Wales and was proud of her Welsh heritage. She is leaving behind a legacy of unwavering family devotion, cultural passion and intellectual curiosity.

Who knew that when hosting a party in London she would meet the true love of her life, Tom. It was the start of a long and loving relationship. She moved to Canada in 1964 to marry Tom, and they spent the rest of her life together.

Janet's academic achievements included a BSc and MSc in Chemistry from Swansea University, a Diploma in Interior Design, an MBA and PhD in Business. Professionally, she served as a researcher at the National Research Council, a passion she shared with her granddaughter Megan, who also works in healthcare research. She also taught Business at Dalhousie, Acadia, Mount Allison, and Saint Mary's.

Janet was extremely well rounded and loved the arts, including her support of her granddaughter Chloe's enthusiasm for the theatre. She spent years volunteering as a docent at the NS Art Gallery and would always visit an art gallery when she traveled and go to the ballet or opera.

Janet prided herself in her Welsh heritage, so she and Tom started the Welsh Society of Nova Scotia. She enjoyed frequent visits back to Wales and visiting her cousin Rob, who is like a brother to her, and had an annual tradition of reading “A Child’s Christmas in Wales” and watching “Hedd Wyn”.

Although she loved her Welsh heritage, she was a true Francophile at heart. She loved her annual stays at her favorite spot, Beaulieu-Sur-Mer, enjoying the Riviera ambience and everything it entailed; the scenery, wine, food, weather, and culture. While living there she and Tom made some great friends.

She and Tom certainly loved travelling, having visited 57 countries, as well as living in Canada, Great Britain, Australia, and France. Her travels enriched her life and those around her with her stories of diverse cultures and experiences.

She loved cooking and hosting dinner parties for friends. She created amazing culinary dishes and was not afraid to experiment with exotic dishes. To her disappointment, her kids did not always love her experiments and grew up to be “picky eaters”. She also enjoyed tennis at the Waeg, her French Club, Book Club and sitting down on the Arm for a sunset cocktail.

She is survived by her husband Tom; her daughter, Laura (Otis Wien); her son, Jonathan (Michelle Benoit); her sister Anne; her cousin Rob, and her two cherished granddaughters, Chloe and Megan. Not long before she passed, she said how wonderful and talented her granddaughters are.

Janet had immense pride and love for her family and her warmth, intellect, and zest for life will be profoundly missed by family, friends, and all who knew her.

To celebrate Janet, take a moment to toast her with a nice glass of rosé, some

fine cheese, and enjoy life.

You are cordially invited to attend Janet's Celebration of Life on 06 July 2026
from 5:30 pm to 7:00 pm

St. Mary's Boat Club, 1641 Fairfield Road, Halifax, NS

Accessibility assistance will be available.

Speeches will start shortly after 5:30 pm, with a reception to follow. A chance to share stories and happy memories with each other. As this is a celebration of life for Janet, attire will be light and colourful.

In lieu of flowers, donations can be made to the Art Gallery of Nova Scotia.
([AgnS.ca/donate](https://www.agns.ca/donate))

Tribute Wall



“ *Fay Lee lit a candle in memory of Janet Elizabeth Forrest*



Fay Lee - January 29 at 06:03 PM

“ As a neighbour of Janet Forrest whose parents, Betty and Walter Chute, were good friends of Janet and Tom and their children, my first good memory of Janet was as a beautiful woman strolling in wintertime in 1969 along Kensington High Street, London, England, dressed in a magnificent red fox fur coat. Tom was on sabbatical in England that year, as was my father, and Janet and Tom's place in Hampstead Heath was a prime destination for my family. Jonathan was born then. Laura was not.

Fast forward past Janet's and Tom's many trips abroad, Janet's French interests - especially with respect to French food and literature - , Janet's relationship with the Waegwoltic Club, tennis, the Welsh Society and the Nova Scotia Art Gallery, and her earning business degrees in Wales - to the time I babysat Truffles, their Abyssinian cat, while they were away. Janet and Tom had come home a day early to find me trying to dislodge Truffles from underneath a neighbour's bed with a mop handle. Like Janet, Truffles liked to travel and explore her surroundings. Janet thought the whole thing hilarious.

I was delighted when Janet and Tom moved into a house on the Northwest Arm, close enough that Janet and I could go bike riding in the park together, drink wine and eat cookies on a nearby dock on the Arm's shore, and cross paths to share a laugh while chatting about friends, gardens and academics. She invited me to the Waeg and I returned the favour by taking her to the Squadron. Then she did me a far greater compliment by editing parts of a book I was in the process of publishing. She was always intellectually and culturally astute, but never flaunted her intellectual acumen. She was gracious and kind, and, incidentally, had the best telephone presence of any person I have ever met. I would have shooed away many a pesky salesperson, and even myself at times for my long rambling phone dialogues, but she listened respectfully and replied with candour, before gently putting the phone receiver down.

I have a number of beautiful William Morris design napkins she

gave me for a Christmas present the year before last. At least two are going in a special album of remembrance.

My deepest sympathies go with Tom, Jonathan and Michele, Megan and Chloe, Laura and Otis, Rob, and all of Janet's dear friends who, like myself, miss her terribly.

Janet E. Chute, Dr.

Janet Chute - January 26 at 01:28 PM

ET

Dear Tom, I'm sorry for your loss of such a wonderful woman, wife, mother and a friend. Janet was always so kind to Paul and I even before we joined the Waegwoltic. Love to you and your family.
Ethel Toman

Ethel Toman - April 23 at 09:00 AM

DA

Janet was a dear friend to me. I first met her while I was a French teacher for the Canadian government in Halifax in the early 70's. We bonded then and although I eventually moved back to Montreal she remained very dear to me. We visited and had long conversations over the phone regularly. My heart is very heavy at the moment...She will be terribly missed. Janet what is your number in heaven? Tom and family you have all my sympathy...

Diane Ashby - May 01 at 08:40 AM

KA

Janet has left her mark on this world and will be missed. A wise man's statement, "Mourning is love with nowhere to go", takes away some of our sadness.

Janet and Ken Adams.

Ken and Janet Adams - May 05 at 07:04 PM

MG

“ Dear Jonnie,

I'm so sorry to hear about your mom. Please accept my heartfelt condolences to you, your dad, Laura, and your family.

Mothers hold a singular place in our lives, often the steady centre of the family, shaping who we become through a lifetime of love, example, and quiet strength. Losing a mother can leave an ache that is hard to put into words.

I've been thinking of you, and I've always appreciated the way our paths have crossed over the years. From everything shared about Janet, it's clear she was an extraordinary woman, devoted to family, deeply curious, and full of warmth, culture, and zest for life. I hope the memories you hold close bring you comfort in the days ahead.

*With deepest sympathy,
Mark*

Mark Gosine - January 23 at 08:50 PM

JF

“ 3 files added to the album Janet Through the Years



Jonathan Forrest - January 21 at 07:53 AM

JF

“ 32 files added to the album Janet Through the Years



Jonathan Forrest - January 20 at 05:34 PM