



Timothy Guiou Trask

August 29, 1952 - October 4, 2025

Timothy Guiou Trask, 73, died October 4th 2025 at the new Halifax Infirmary. Born in Montreal August 29th 1952 to parents F. Stuart and Gwen Guiou Trask, he received his BSc from Acadia University, where he also met Patti Healey from Canton MA. Patti and Tim were married in 1974 before getting their BEds and heading to teaching jobs in Chetwynd BC (the Chainsaw Carving Capital of the World) where they met many lifelong friends. In 1980 they returned to Nova Scotia and settled in Halifax where Tim started at Maritime Life. After 25 years there, he returned to teaching at Cole Harbour High until his retirement.

He and Patti had a strong bond throughout their marriage, and he quickly became a part of her large family in Massachusetts. Tim and Patti travelled extensively in New England, camping and hiking often with Patti's siblings. They loved their summertime in Florida and the cottage in Little Harbour near Melmerby Beach. Patti was diagnosed with cancer and died in 2017 which was very difficult, but he found ways to be helpful to others even after being diagnosed with cancer himself, such as participating in a drug trial for kidney cancer.

Tim was first and last a family man. He said having children was the best thing he ever did. As much as he loved Sarah and Ben, his three grandchildren gave Papa/Grandpa triple the joy for 15 years. He never missed Sunday dinner at Ben's as that was where the whole family would gather, but the real draw was his grandchildren. Active in badminton, running and cycling

throughout his life, he switched to Pickle ball and e-cycling later in life. In his later years he found love with Fran. Their happiness was shared by his family and friends.

He was a gentle giant of a man, strong, caring and active. He lived to help others and supported everyone in his circle in any way he could.

He is survived by daughter Sarah H. Trask [Sean Waite], son Benjamin H. [Sarah Burgwin] Trask and grandchildren Maya Michele Cluett, Frances Emma Trask and Augustus Henry Trask, dear friend Fran Chisholm, “adopted” sister Brenda, all of Halifax, brother Anthony S. Trask [David Pointon] of Toronto, sister Deborah Trask, Chester Basin, and mother, Gwen G. Trask, Yarmouth as well as his sisters and brother in law from the Healey family in Massachusetts. He was predeceased by his wife Patricia Healey in 2017.

There will be a celebration of Tim’s life at the St. Mary’s boat club, November 9th, 1-4pm. Please join us to remember him.

Donations in Tim’s memory can be made to Canadian Cancer Society or the Canadian Heart and Stroke foundation.

Tribute Wall

JJ

“ I'm sad to hear of Tim's passing. His mother and mine were very old friends. We would visit the family when we came to Nova Scotia. Fond memories. My condolences to the whole family. Jane Jacobs (Ripley)

Jane Jacobs - October 20, 2025 at 12:26 PM

DE

“ I had the honour of working with Tim many years ago for a few years. Tim was so thoughtful, kind, & funny. I enjoyed chats over the years thereafter as well when we ran into each other. My sincere condolences, such a wonderful individual gone too soon.
-Deb Kempton

Debbie - October 17, 2025 at 05:37 PM

SB

“ To Tim's Mom, Deb, Tony, Sarah, Ben, grandchildren extended families and friends our sincere condolences. You will be missed Tim. May you rest in peace God bless
Stephen & Sally Belding Yarmouth.
Stephen & Sally Belding Yarmouth N.S



Sally & Stephen Belding - October 15, 2025 at 04:52 PM

CP

“ Deepest condolences on Tim's passing. Tim was a great coworker and a nice person. May your memories sustain you at this difficult time.
Cheryl Purcell-Cotnam & Barry Cotnam

Cheryl Purcell-Cotnam - October 15, 2025 at 12:49 PM

GF

“ 1 file added to the tribute wall



Gail Fournier - October 15, 2025 at 12:18 AM

GF

Longtime Chetwynd Friends in Vegas 2012 (Matt Offer & Judy Chang, David and Gail Fournier, Patti & Tim, Margaret & Conn Brown)

Gail Fournier - October 15, 2025 at 12:20 AM

KV

“ 1 file added to the album YMCA Camp Wapomeo



Kevin Vickery - October 14, 2025 at 05:47 PM

ST

That's a great picture Kevin! I haven't seen that before. Thank you for sharing ❤️

Sarah Trask - October 14, 2025 at 06:05 PM

KV

“ 1 file added to the tribute wall



Kevin Vickery - October 14, 2025 at 05:34 PM

ST

“ ❤️



Sarah Trask - October 14, 2025 at 05:15 PM

ST

“ 2 files added to the tribute wall



Sarah Trask - October 14, 2025 at 05:13 PM



“ As Ben's and Sarah's brother-in-law, I didn't know Tim well, only meeting him on a handful of occasions. However, in each of those encounters, he was an absolute pleasure to be around and he will be greatly missed, leaving a noticeable space in the life of all who knew him. Rest well, sir.

Ryan Aspinall - October 14, 2025 at 04:50 PM

BM

“ Love you my brother. Say hi to Patti.
Your sister of the heart, Brenda.

Brenda McGilvray - October 14, 2025 at 11:07 AM

BM

Very well written. He was truly an honorable man. He will be missed!!!

Brian Milburn - October 14, 2025 at 11:30 AM

DP

I worked with Tim on the annual Tax changes for several years at Maritime Life. Always a pleasure.

Diane Plumridge-Reid - October 15, 2025 at 11:52 AM

FC

I am so thankful for the short time we had together. Godspeed gentle man. Fran

Fran Chisholm - October 15, 2025 at 12:05 PM

GB

*Mike and I met Tim and Patti in 1980 and our families became close friends, sharing many adventures like cottage visits in Pictou County, New Year's Eve, birthday and American Thanksgiving parties, some very unconventional bridge games, golf and swimming at Parker's Cove, and later visits to Vancouver Island after we moved to Victoria. We'll miss him.
Gail Boylan*

Gail Boylan - November 03, 2025 at 11:47 AM