

*IN LOVING MEMORY OF
KATHERINE MARY GARLAND*

1933 ~~ 2026

Kay Garland (nee MacFadyen) of Middle River and Baddeck, passed away peacefully in Palliative Care at The Cape Breton Regional Hospital, on Thursday July 23, 2026, surrounded by her adoring family.

Known affectionately as Nan, she has left us with broken hearts and a large void in our lives, as we valued our family time and traditions together. Surviving are daughters Rachel (Terry) Kelly and Roberta MacLennan, son Donald (Dianne) Garland and daughter-in-law Brenda Garland; grandchildren: Michelle (Richard), John (Jennifer), Lori (Ray), Jennifer (Anson), Christopher (Jolene), and Jeffrey (Darlin); great grandchildren: Damien, Logan and Knox; siblings: Duncan (Gloria) MacFadyen, Douglas (Kenenna) MacFadyen, Florence (John) Daley and Carrie (Wayne) MacMillan; also many nieces and nephews.

She was predeceased by her husband Robert Garland, son Wilson Garland and son-in-law Sandy MacLennan.

Nan led an active life by raising four children, helping Dad on the Yankee Line farm, and working as a cook at Inverary Inn and then The Red Barn. She loved to knit, and we have warm socks, sweaters and throws. Her years of involvement with the knitting program at Alderwood Rest Home gave her great satisfaction. Nan enjoyed weaving and did this craft at the Gaelic College until she got her own loom. Then, there was her love of quilting, and she enjoyed being a member of the Lakeside Quilters. We all have the most beautiful quilts and table - top pieces. She also played a serious game of auction 120, enjoyed jigsaw puzzles and scrabble. But, by far, Nan loved to cook. Oh, those delicious turkey dinners.

Nan found time to contribute to her community by being a member of the Middle River Alderwood Auxiliary; Middle River United Church treasurer and member of Church Session; Member and past president of Alderwood Working Council; Board of Directors, member-at-large for Alderwood. Earlier contributions were member of the Board of Directors Baddeck Valley Wood Producers and Board of Directors Victoria Farmers Co-Op Ltd. In 2020, Victoria County recognized Nan as Volunteer of the Year.

Her life also included a trip as a school guide to Expo 67, and trips to visit family in New Brunswick, Ontario, Massachusetts, and Whitehorse, Yukon Territories. A highlight of Whitehorse was the train trip to Skagway, Alaska.

Unfortunately, Nan's health failed her this passed year. However, she did manage to keep knitting. maintain her independence and have a good life at MacLeod House for

the year. Thank you to the staff and to her friends at MacLeod House for all their help. Nan was very well taken care of by Dr. Tribo; The Palliative Care team of Dr. Ritter and nurses Paulette and Sharon; Continuing Care; Home Support and the Palliative Care staff at the Regional. A great big “Thank You” goes out to all of you.

A family committal service under the direction of Sunset Funeral Co-Operative Ltd with Rev. John Tapscott officiating, will be held September 19, 2026, at 2pm in St. Andrews Cemetery, Baddeck Forks. Family tea to follow in the Baddeck Valley Community Hall.

Memorial donations in Nan’s memory to the Hospice Society of Victoria County would be much appreciated.

“Laugh as we have always laughed at the little jokes we enjoyed together.

Play, smile, think of me. Let my name be ever the household word that it always was.”

Excerpt from poem by Henry Scott Holland