



RUSSELL, Ruth Janet (1954)
(nee Frampton)
February 06, 1936 -
March 03, 2024

Daughter of Percy and Florence Frampton (nee Blackwell), Mom grew up in James Bay at 112 Montreal Street precisely, across the street from MacDonald Park and a short walk to the Breakwater. She had many happy memories of her youth at the Frampton home with her siblings Lorraine, Fred, Betty and Don. She loved family events, visits from her aunts, uncles and cousins and trips to the Kamloops area, where her Mom was born and raised on the Blackwell Dairy Farm, riding her bike on Sundays along Dallas Road and playing with the many neighbourhood kids. She attended South Park Elementary and graduated from Victoria High School in 1954.

Her aspiration was to first become a dietitian, then a Registered Nurse caring for the elderly. She enrolled in the nursing program at the Royal Jubilee Hospital (RJH) School of Nursing and went into residence at Begbie Hall, graduating in 1957. During her time there she met Dad (George) at a dance held at the nursing residence. They married and had us kids, Wayne, Kathy and Paul. After many years of Nursing at RJH and at the age of 42 she enrolled at the University of Victoria and received her Bachelor's Degree in Nursing while still working part-time on evening shifts at RJH.

Upon graduation, she became Head Nurse of 3 Centre (surgical) and then Assistant Director of Memorial Pavilion at RJH where she oversaw health services to Veterans in Residential Care. She finished her career in 1992 as Head Nurse of Kenning 2 and Watson 2 Veterans Units. Her services continued when she volunteered for many years for the Alumni Association of The Royal Jubilee Hospital School of Nursing, Archives and Museum. Her goal was fulfilled.

Non sibi, sed toti
(not for ourselves, but others)

She and Dad built a home up island in Cedar in 1996 where they enjoyed their retirement until the loss of Kathy in 2003 and then Dad in 2004. She moved back to Victoria to be near family and her lifelong best friend and sister Lorraine. She had two wonderful daughters-in-law, Sonya and Kerry; eight grandchildren, Marianne, Shaun, Matthew, Andrew, Jessica, Connor, Rayna and Leigha, two great-grandchildren as well as her many nieces and nephews, all of whom she loved very much.

Mom was an extremely shy young girl by her own admission but she became a strong intelligent leader, a trait that no doubt came from her father Percy. She walked to work everyday. She loved to read and was always seeking knowledge. She was an independent career women and provider. She always spoke her mind and had a humorous wit that often caught us off guard. She never asked for anything from anyone, she was forever over thanking or apologizing for things that weren't of her doing. She was a great Mom and Grandmom, we will miss her.