

Valerie Jean West (nee Woods)

It is with heavy hearts that we announce the passing of Valerie West after a courageous battle with cancer on August 11th, 2017 at her home in Colwood. Valerie was born on November 20th, 1940 in Victoria.

Val is predeceased by her brothers, Bill (Sandy) and Jim. She is survived by her loving husband of 57 years, Russell; daughters, Jeannie (Randy), Kelley (Dean) and Kathie; sister, Heather; grandchildren, Michael and Jessie and great-granddaughter, Zella. She will be missed by them and by many other relatives and friends.

Born and raised in Esquimalt, she met Russell while they were both working at the Times Colonist in Victoria. Married in 1960, they began their life together in Edmonds, Washington, moving back to Victoria to raise their three girls at their home in Colwood. Val was a natural people person and worked in many aspects of personnel at Manpower, Dockyard, Labatt's and administrative areas of Victoria General Hospital. She was very involved in many activities, both with her children's hobbies and her own. She discovered curling with Russ when the Juan de Fuca rink opened in 1975 and quickly found she had an affinity for the game. She skipped her team to the Senior Ladies Provincials in 1994 and spent many happy hours at league curling and bonspiels. Her other passion was for dance and entertaining, teaching tap dancing at Juan de Fuca's Senior Centre until just months ago.

A Celebration of Valerie's Life will be held in the Sequoia Centre at McCall Gardens, 4665 Falaise Drive, on Friday, August 18th, 2017 at 2:00 pm.

Condolences may be offered to the family below.

McCall Gardens

www.mccallgardens.com