



Arthur Ross Mitchell

April 15, 1946 - October 1, 2023

Arthur Ross Mitchell was born on Monday, April 15th, 1946 to Arthur Winford Mitchell and Mary Isabelle Mitchell (née, Grant). Raised in Milford, Nova Scotia with his sister Mary Alice Malally (née, Mitchell), Ross graduated from Hants East Rural High School in 1964 after serving as Student Council President. At Dalhousie University in Halifax, he acquired a Bachelor of Commerce in 1968, and, finished a Masters of Business Administration in 1972. During his time at university, he pledged Phi Kappa Pi. In 1972, Ross married Linda Margaret Mitchell (née, Caines). They had two children – Douglas Grant Mitchell (1973) and Kirsten Yvonne Mitchell (1976). Ross settled on a position with the Department of Labour Standards for the Province of Nova Scotia where he served as Director for 33 years until his retirement in 2003. During those years, Ross cultivated his interest in the outdoors as an avid hiker and marathon athlete. These pastimes afforded him many opportunities for travel, and, friendships through his association with the Gonzo and Greyhound Running Clubs. After his retirement, he hiked the Appalachian Trail from Georgia to Maine. In 2011, Ross greeted Hannah Claire McDonnell; the first of his grandchildren. In 2014, his second grandchild, Emma Lynn McDonnell was born. Both grandchildren were born to his daughter Kirsten Mitchell and her partner Sean McDonnell. Ross became a devoted grandfather. In addition, Ross dedicated much walking time to our beloved family pet Meeko. When Ross was formally diagnosed with Parkinson's Disease in 2016, he began another challenging journey. In August

of 2023, Ross was admitted to hospital with pneumonia. After a short stay in hospital, Ross found peace on Sunday, October 1st, 2023 in the company of his loving children.

Tribute Wall

TG

“ Having known Ross for many years as a fellow Greyhound runner, I have many fond memories of our times together. He was a great athlete, true sportsman, team player and most of all a gentleman. Be at peace my friend.

Tom Garland - October 26, 2023 at 06:18 PM

SH

“ Sincerest condolences to the family. I met Ross through the running community, and also enjoyed hiking with him, specifically in the Yukon. Such a nice man who always was kind and positive. I will remember him fondly.



Shari-Lynn Hiltz - October 22, 2023 at 02:27 PM

MS

“ Ross always had a smile on his face and was a real trooper when it came to all the Gonzo Adventure Club's New England hiking adventures, some of which I participated in as well. Ross was a great member of the Greyhounds' Cabot Trail Relay and Rum Runners' Relay teams as well as a consummate volunteer with those events. You no longer have 1K to go, Ross; you have crossed your finish line with honour. May you be in peace.

Mark Stein - October 22, 2023 at 09:37 AM

GW

“ Having slept with Ross for 6 months, we became pretty good friends, he was one of the best
It will be hard to continue without him
Great great memories
The Appalachian Trail
Cabot Trail Relay
Rum Runners Relay
Noon hour runs from Tech
Thursday night tough workouts
Always always a smile on his face
Sadly missed but never forgotten
Gordon

gordon warnica - October 20, 2023 at 08:34 AM

AM

“ Condolences to the family. Always enjoyed the Cabot Trail and Rum Runners relays. In later years it was always so nice to catch up with Ross in Shubie Park. A great guy.

Alex MacEachern - October 17, 2023 at 04:37 PM

NH

“ Superbowl parties, Gonzo adventures, so many relays! Thanks for your sly wit and generous heart, Ross. My condolences to the family.

Nancy Holland - October 16, 2023 at 08:14 AM

BG

“ Ross was a great person to work with and he shared a lot of wisdom with his colleagues. He was always fair and balanced in his dealings with workers and employers. He passed along his love of fitness and old books to many. Very sorry for your loss, Barb Jones Gordon

Barb Jones Gordon - October 16, 2023 at 07:19 AM

CH

“ We are better for knowing Ross, but poorer for losing him. We wish strength to his family. Chris and Betty Hollebhone

Chris and Betty Hollebhone - October 15, 2023 at 06:40 PM

AM

“ Rum Runners Relay, Cabot Trail Relay, Gonzo Hikes, Shubie Park walks, Super Bowl Chilli Party Host - he was a constant, the finest of friends and a gem of a guy. Our deepest condolences to his family.
Greg & Ann MacDonald

Ann MacDonald - October 15, 2023 at 01:57 PM



“ Deepest condolences to the Mitchell's and extended family and friends. G. Arnold.

Graham Arnold - October 14, 2023 at 04:38 PM

MM

“ Kirsten and Grant,
Thinking of you guys and your family.
Mel and Greg

Melanie Muzzerall - October 14, 2023 at 03:54 PM

DM

“ We have known Ross since university/Phi Kappa Pi days. A kind, gentle, caring person to all.
RIP friend.
Don and Donna MacDonald

Donna MacDonald - October 14, 2023 at 03:30 PM

RJ

“ Ross, no one will ever be able to hold the "1 k to go" sign at the Cabot Trail Relay with such authority.

Ron Jeppesen - October 14, 2023 at 03:29 PM

DB

“ I enjoyed associating , working with Ross very much. His experience was much appreciated when he joined the Ombudsman's office. He was kind, generous and thoughtful , and left all he met feeling better for the encounter. May the memories of his wonderful life help comfort the loss of his presence. Dwight Bishop

Dwight Bishop - October 14, 2023 at 01:06 PM

RK

“ Ross, a dear friend. A true "mench".
Hiking, biking, running,
The Superbowl ...
Lasting memories.
Sue & Robert

Robert Kaufman - October 14, 2023 at 01:02 PM

RW

“ Got to know Ross through the running community and then when sitting together on our morning commute to work. A good guy gone too soon. RIP ,Ross
Roger Whitman

Roger Whitman - October 14, 2023 at 12:25 PM

JB

“ Sad news indeed. Ross was a great guy and a good friend. We hiked, biked and ran races together. My condolences to the family.
Jerome Bruhm

Jerome Bruhm - October 14, 2023 at 12:07 PM

AF

“ Sorry to hear of Ross passing. I enjoyed many noon hour runs around Point Pleasant Park with Ross and the RNS events.

Alex Fraser - October 14, 2023 at 10:56 AM

BW

“ Got to know Ross when we were both in the MBA program at Dal. We worked on many team projects and I got to appreciate his intelligence and camaraderie in group settings. Wonderful personality. Often ran into Ross after our retirements in Shubie Park and enjoyed our chats. Sorry for your loss- a great guy. Bob Wornell

bob wornell - October 14, 2023 at 09:42 AM

BM

“ I knew Ross since the early 80's, so we did a lot of hiking, biking and running together. I walked with Ross most weeks since before the pandemic, and it was disheartening to watch the slow, but inevitable deterioration of my buddy.

One of the last times I visited him in the hospital, we were discussing how he got his various trail names and when I asked him what his Cabot Trail name was...he replied with the full name...no initials. If you know the name and know Ross, that was pretty funny. Cracked me up. Take care One Km To Go...

Bruce Murphy - October 14, 2023 at 09:08 AM

BM

“ 1 file added to the album *Tribute Wall*



Bruce Murphy - October 14, 2023 at 09:06 AM

SL



Shelly Luddington - October 14, 2023 at 10:55 AM

PG

“ My condolences to the family. I knew Ross from the running community and once he stopped running, always looked forward to talking to him in Shubie Park on his walks. *Paulette Goulden*

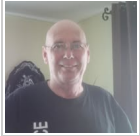
Paulette Goulden - October 14, 2023 at 07:56 AM

PW

“ *My condolences to Art's family. He and I were in the same class throughout our high school years. He was a great guy, well-liked by all.*

Pat (Leighton) Whidden

Patricia Whidden - October 14, 2023 at 07:34 AM



“ *I've raced many a race against Ross only beating a few times over 20 years.*

Mike Jessome

Mike Jessome - October 14, 2023 at 06:15 AM