



Russell Joseph Paternostro

JUL 21, 1941 - DEC 28, 2012



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Russell Joseph Paternostro

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Russell Joseph Paternostro passed away on Friday, December 28, 2012 at age 71. He leaves his beloved wife of 48 years, Mercedes Paternostro, his children Angela Paternostro, Robyn Ortego and spouse Tommy. He also leaves his adored grandsons Derek Paternostro, Brandon and Jonathon Ortego.

Russell dedicated his life to the pursuit of wellness and sports fitness. He was the Strength and Conditioning Coach for the New Orleans Saints from 1980-1996. Through numerous other ventures, he demonstrated his passion and devotion for helping people attain their health goals. He was the 2005 Award Recipient of the Emrich Riecke Jones Presidential Award for his exceptional accomplishments in the field of sports strength and conditioning. He was currently working with the St. Tammany Parish DA's Office.

A native of New Orleans, he was a resident of Covington, La for the past 26 years. A friend and mentor to so many, Russell will be remembered for his undying passion for people.

Relatives and friends of the family are invited to attend the funeral service at St. Peter Catholic Church, 125 19th Ave.(Corner of Jefferson Ave. and E.19th Ave.), Covington, LA 70433 on Wednesday, January 2, 2013. Visitation, AT THE CHURCH, will be at 10:00 AM. Church services will begin at 2:00 PM. Interment in Pinecrest Memorial Gardens.




Events


Russell Joseph Paternostro

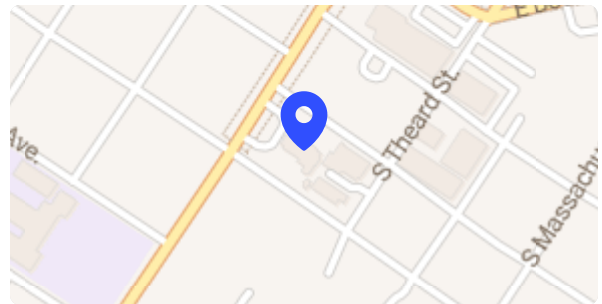
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Funeral Services


 **Wednesday**, January 2, 2013


 2:00 PM CT

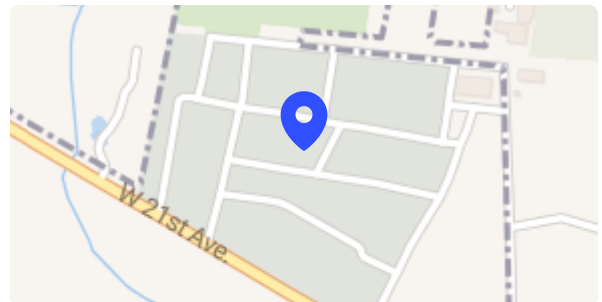
 **St. Peter Catholic Church**
125 E. 19th Street, Covington LA 70433



Cemetery Details

 **Pinecrest Memorial Gardens & Crematory**
2280 W 21st Ave, Covington LA 70433

 **(985) 892-5007**





Tribute Wall

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E.J. Fielding Funeral Home & Cremation Services shared a **Tribute Video**.



May 1 at 5:29 AM



Deborah Kaschner posted:

I just learned of your passing. I will always remember you and your devotion to family. God Bless.

June 17 at 10:19 AM



Greg Suit posted:

Mercy, we were so sorry to hear about Russell. Karen and I will keep you and the family in our thoughts and prayers. Russell was a good friend to me and I'll always remember everything he did to help me professionally and personally.

January 4 at 3:25 AM



Steven Crescioni posted:

Coach, For the few years that I've known you, you've been an absolute pleasure to watch walk into the court house and talk about sports. You were a delightful man who would do anything for anyone. Your words of wisdom for health and fitness will forever live with me. Thank you for all you've done for the community, people, and parish of St. Tammany. Until we meet again...RIP my friend! Steven Crescioni

January 3 at 8:34 AM



Brian Pertuit posted:

Although he was my Mother's first cousin, hence my 2nd cousin, I called him Uncle Russel and loved him dearly as he was raised with my Mother like a brother. My Great Grandmother Tassin called him Bo Boo. The Saints players called him stretch. Everyone he knew, he touched in a positive way. He will be missed, but we look forward to reuniting with him in our Lord's Kingdom. Love, Brian

January 2 at 6:04 PM



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CC

Chad Callais posted:

Mercy, I just found out today about Russ, and I wanted to send my deepest condolences. Russ was one of the best individuals I have ever met. I loved listening to his stories about his days with the Saints. I was inspired by the true love that you both shared for each other. I imagine you have 48 years of cherished memories, but I am so sorry you have to depart from him so soon. If you ever need anything, please don't hesitate to contact me.

January 2 at 4:38 PM

SP

Steve And Susan Pertuit posted:

Aunt Merci, Angela & Robin, We're so sorry for the loss of Uncle Russell. He was a wonderful man who was always so cheerful, loving and fun to be around. He'll truly be missed by family, friends, neighbors and coworkers alike. We pray that God will comfort you as you mourn such a difficult loss, and that He'll give you joy and peace knowing you'll be reunited in Heaven. Sincerely, Steve & Susan

January 2 at 8:58 AM

BB

Bill Boarder posted:

Mercy, Angela, Robin, and Family. I am sorry i will not be able to attend, as i am out of the country. Russell will be missed by family and friends alike. It was a great pleasure to work with and know him as a friend. He left wonderful memories for everyone he encountered. Best Wishes, Bill

January 2 at 6:35 AM

LO

Louis Ogle posted:

Dear Mercy, Angela, Robyn, and family: Our thoughts and prayers are with you as you grieve the death of Russell. We were truly blessed by his (and your) love and presence these past 26years. Russell's love of life and people will live on in each of you, and everyone who knew and loved him. You are in our thoughts and prayers. Love, Louis and Jean

January 2 at 3:41 AM

RE

Russell Erxleben posted:

My thoughts and prayers go out to Mercedes and family. What a wonderful human being Russell was. So many sayings of his I still say today. He made a difference in my life. May the Lord receive him and bless his family.

January 1 at 1:14 PM



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RR

Ronnie Rodriguez posted:

We grew up together on the playgrounds in Westwego....a dear friend and wonderful person now gone...however, will never be forgotten...God bless Russell..

December 31 at 12:29 PM

PF

Peggy Bob Fink posted:

Mercedes,Angela, Robin and grandsons, I am so sorry that we cannot make it,H as we will be travelling to N.O. on Jan. 2nd.! We love and will miss my brother Russell. I know what a wonderful family man he was and that this will be a very hard time for all of you. However, he left you wonderful memories to enjoy until the day that you all are joined together again with him in heaven. May God give you Peace and Comfort in this time of Mourning. With Love and Sympathy, Peggy & Bob

December 31 at 8:48 AM

SK

Steve Korte posted:

Russell...To my coach, and my friend..We have such great memories and great times. I so much admired you, and you always had a way making my thick skull understand. You were a great coach, and a better friend..rest in peace my friend, and whip those souls into shape..'Let em grow" ! Love you Steve

December 31 at 6:39 AM

BO

Bonnie posted:

Russell was a man who lived life to the fullest and loved his family above all else. Memories of road trips to Saints games, cruising on his party barge, bunco games at his home and many, many movies. Russell was a good man, a good friend and a wonderful role model for my grandson Darren. God blesses those who grieve. They will find comfort. Matthew 5:4

December 31 at 3:58 AM



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AB

Anne Baudier posted:

Dear Mercy and girls, Your Dad was so wonderful to me and my son Bobby when I worked at Saints Camp. I really appreciate all of you taking Bobby fishing in Flowers Estates. He loved Russell. He also put all the ladies in the camp on a workout program which I still use today. He also encouraged me to become a Registered Nurse too, Mercy and I finally did. All my prayers are with you and your family..
Anne Baudier RN

December 30 at 6:55 PM

JG

Julie Gatewood Rn posted:

It was a pleasure to have met Mr. Russell and to have been his nurse caring for him in ICU. My deepest condolences and prayers are sent to you all. He was truly blessed with a loving and caring family.

December 30 at 5:57 PM

RF

Reich Family posted:

All of our sympathy and love to the Paternostro Family. Russell was a wonderful man, and we will miss him on this Earth.

December 30 at 5:45 PM

WG

Wade & Georgia posted:

Mercy, We wish you the best in this time of sorrow. While we are sad to see Russell go, we are glad to have known him for so many years. He was such a good friend to Rod and I know Rod will miss him around the golf course. We will miss him, too. Wade & Georgia

December 30 at 2:12 PM

MR

Myra Busiere Richards posted:

Russell Pat, the Busiere family will always remember you and never forget you. You will be greatly missed by all. Merleen and Jo Jo, I am glad I was able to see all of you at the party this past summer. We are keeping all of you in our prayers during this difficult time. Mercedes, we know how hard it is for you and your family right now, but you have an angel looking down on all of you. Love, Myra Busiere Richards

December 30 at 9:35 AM



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CL

Carol Leblanc posted:

To the entire family of Russ, Russell will be in my heart forever. Knowing Russell for over 65 years has always been positive. With utmost sincerity, Carol LeBlanc

December 30 at 6:37 AM

LM

Larry Matson posted:

Stretch was one of my all time favorite coaches with the Saints....He was always a gentleman and handled his position with class and dignity. I have missed him over the years and now really feel a void. May God bless his family during this time. It was a blessing or me to have known him. Larry Matson

December 29 at 2:52 PM

LM

Louis & Debbie Morales posted:

We were so looking forward to Poppi being part of our family soon but know that Mimi, Angie, Robin and Derek will keep his spirit alive with all of the wonderful stories they will share with us, of this very special man. Praying for strength for Mimi and family through this difficult time.

December 29 at 1:14 PM

RR

Rod Rice posted:

Russell will be one of the brightest memories in the minds of many, many people. Absolutely one of a kind. His pain is gone, his joy has begun.

December 29 at 11:57 AM

DD

Danna Doucet posted:

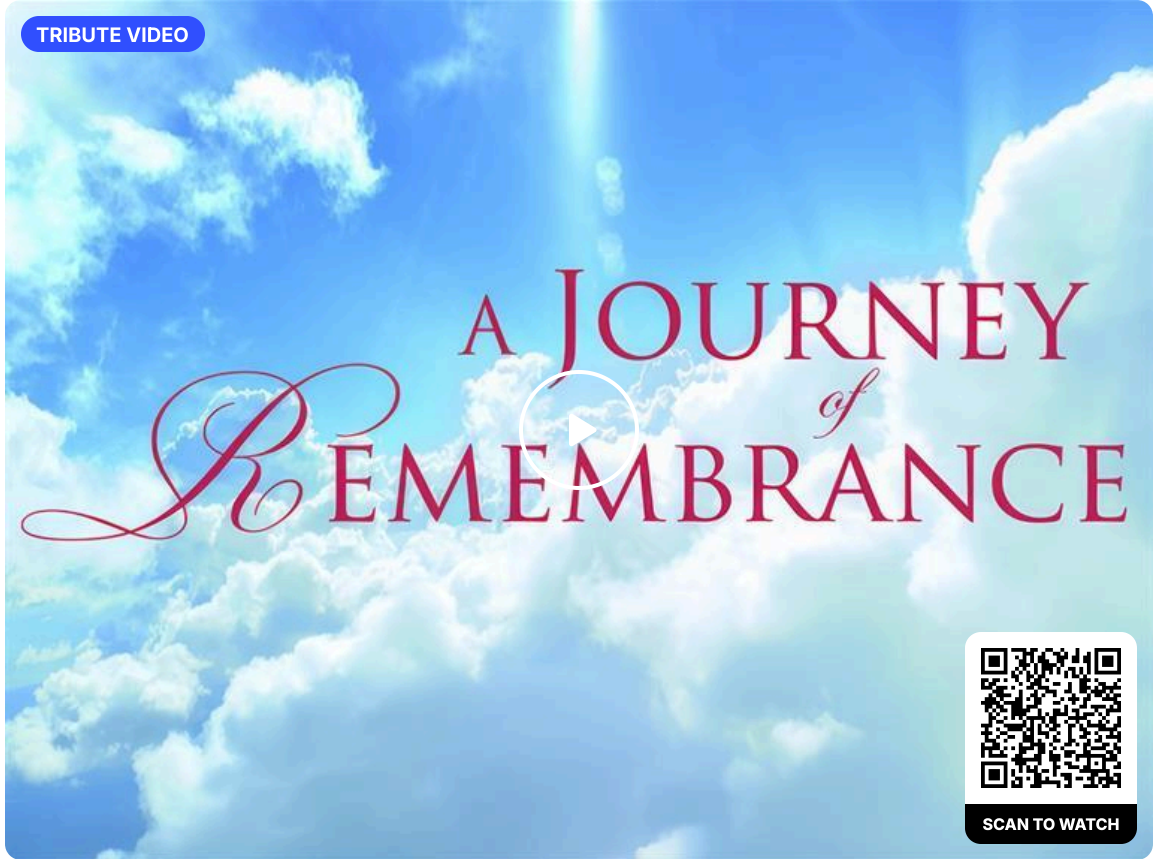
My thoughts and prayers are with the entire family, especially Mercy. Hopefully there is some comfort in knowing he was a great guy, a great friend and a loving husband & father. I feel blessed to have known Russell - he'll be missed.

December 29 at 9:20 AM



E.J. Fielding Funeral Home & Cremation Services shared a Tribute Video.

May 1 at 5:29 AM



Larry Ruybal November 4 at 3:44 PM

I was so sorry to hear about Dino as I knew him in the Navy, we were stationed together in Guam , and had lots of good times, and I have lots of good memories of him.. I have a few pictures of him and I still look at them all the time. A friend Larry Ruybal Pueblo, Co



Memories only last if you share them

Join us in honoring Russell by contributing to a collection of shared memories.



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