**REMEMBERING**

# Michael Forrest

March 7, 1955 - February 22, 2017

Mike passed away peacefully on February 22nd in Duncan, BC, surrounded by his loving family, from complications brought on from a work place injury.

Mike is survived by his wife Debra Forrest and children Michelle Forrest (Derek) and Tyler Forrest (Anna) and his grandchildren Brooklynn, Ryder and Brenner. Mike leaves behind his siblings Ross Forrest, Grant Forrest, Lynn Harrison and their families, as well as many other friends and family. Mike was born to Peggy & Ted Forrest in Duncan, BC and made his home in Lake Cowichan. Mike was an athlete and loved hockey and baseball. Prior to his injury he owned his own construction company in Lake Cowichan and worked at the Lake Cowichan Arena. Mike was a warrior, with a sideways smile, a big heart , sparkling blue eyes and a fierce temper that echoed his passion for his family, friends, sports and community. Of all his accomplishments his greatest pride was being a Papa to his three beautiful grandchildren. The Forrest family would like to thank his dedicated medical team and caregivers, and most especially the wonderful staff at Cerwydden where he spent the last 8 months.

A Celebration of life will be held Saturday, February 25th at 2pm at the Centennial Hall in Lake Cowichan. In lieu of flowers please donate to the Heart and Stroke Foundation.