

Heidi Megan Clow

Passed away suddenly on October 4, 2009. She was born in Victoria on October 19, 1986. Predeceased by her father, Christopher Pocha and her grandfather, Robert Clow. Survived by her mother, Patricia Clow; grandmother, Beverley Clow (Ken Lackey) and many extended family and friends. Heidi was a Steward aboard HMCS Winnipeg. She was into athletics and drawing. Heidi loved to spend time with family and friends. She will be dearly missed by all who loved and knew her.

Memorial Service will be held on Thursday, October 15, 2009 at 13:00 at St. Peter's Naval Chapel, 307 Virago Crescent, Belmont Park, Victoria, BC with a reception to follow at Colwood Pacific Activity Centre, 2610 Rosebank Road. In lieu of flowers, donations may be made to the S.P.C.A., 3150 Napier Lane, Victoria BC, V8T 4V5.