

CACHS Connection



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CACHS
with over
900
alumni!

10TH ANNUAL ALUMNI VOLLEYBALL TOURNAMENT



"I've loved playing sports and kept that up playing volleyball ever since high school. It was special to play against my daughter and beat her team! ;) And, so fun watching her play volleyball in high-school; especially their provincial gold medal!"

Val Ingwersen (Thalen), alumna 2000, with her daughter Kayla Ingwersen (Grade 10)



"The alumni tournament has become a Christmas tradition. It's great to reconnect with the different generations of athletes every year. None of us old guys can get down a flight of stairs for a week after, but it's worth it."

Paul Doef (middle), with Jason Siebenga (left), and Matt Keller (right)

On December 21-22, 2018 CACHS was host to the 10th Annual Alumni Volleyball Tournament. There were 10 teams of alumni and 1 team of current CACHS students. With players and spectators there were over 70 Alumni together that weekend! See page 8 for all the details on this year's upcoming tournament!



Riley VanderSchee, Nahani (DenOudsten) Schermers, Val (Thalen) Ingwersen, Cherilyn Stewart, Carlee (Mulder) Vande Kraats, Tashelle (VanderSchee) Loov



Matt Andersen, Darcy Froese, Scott Leshner, Trevor Gillis, Adam Bartell, Andrew Reed

STAFF SPOTLIGHT— Darrell Stang, Construction

Darrell Stang is the current Construction/Wood Shop teacher at CACHS. He was raised on a farm in the Morningside area and after he completed Gr. 6 the family moved to Red Deer where he attended Lindsay Thurber high school. He has been doing construction work since the age of 14, enrolling in every construction class offered in grade 10-11 and for his grade 12 year he was accepted in to the apprenticeship program at Red Deer College. He received his journeyman ticket at the age of 21 and has since partnered with numerous central Alberta home building companies and currently owns Eagle Ridge Homes with his wife Susan. Darrell and his wife have 5 children, 2 of which are CACHS graduates. Darrell and his family attend Crossroads church and his Christian values are evident here at CACHS as he works with the shop students. We are blessed as a school to have him teach our students but also the students of LCS and PCS who come in to utilize the shop.



20 YEAR REUNION—CLASS OF '99



The class of '99 held a reunion this summer at the Kraay Family Farm. Left to Right: Jeremy Hainsworth, Wayne Prins, Rick Wildeboer, Kevin Klooster, Josh Lubach, Reuben Kraay, Jozé Olvera (Meyer), Logan Roos, Lenni Van Aken, Darren Feitsma, KarieAnn Mantel (Dykstra), Mike Vande Glind, Kelsi Seefried (Meyer), Jordan Vreugdenhil, Amaris Wildeboer (Bruinsma), Christina Vreugdenhil (Taekema), Dennis Haan



10 YEAR REUNION—CLASS OF 2009

Back Row: Harm Oosterink, Niels VanAken, Paul VanVelsen, Randy Makkinga, Chris Klopstra, Evan Johnston, Josh Ingwersen, Steven Luymes, Tyler Tiemstra

Front Row: Sandra Grinde, Maria Makkinga, Jessica Velthove, Eric Attema, Nathan Zantingh, David Hoekstra, Wes VandenHoek

ALUMNI STORIES

SAMANTHA STEENBERGEN (EGGINK)

Alumnus 2008



When I look back at memories of CACHS, sports is the first detail I remember. I loved playing all the school sports which included volleyball, basketball, soccer, and a dabbling into track and field. I loved the work ethic required when committing to a sport, but also the awesome team bonding that happens which transcended grades allowing friendships to form between the different age groups. This love of sports was shared by a lot of students while I attended CACHS which was shown through many lunch hours spent playing King's Court volleyball or large games of bump (basketball). I loved how the games were competitive but inclusive.

Other than sports, I have a lot of other fond memories which include the many school dances, fashion shows, Friday assemblies, and the general shenanigans always taking place in the hallways. I found our class of 2008 to be inclusive and a ton of fun to experience High School with. It was great catching up with a lot of old classmates this past summer of 2018 at our 10 year reunion and seeing how they have grown since our shared time at CACHS.



So what have I been up to in the 10 years since high school? I followed my passion for science and nature by attending King's University for 4 years where I achieved my degree in Environmental Studies in 2012. From there I headed into the workforce and currently work for Stantec Consulting as an Environmental Consultant. Many big and small life events happened in between, including marrying an old classmate, Ben Steenbergen, in 2014, completing a few triathlons, running a half marathon with my mom, buying and continually renovating our home in Red Deer, and welcoming our daughter, Abby Marie, in February 2019. My life has been and continues to be enriched by all my experiences, which includes my time spent at CACHS.

MICHELLE DEREGT (HOEKSTRA), ALUMNUS 2011

Being asked to do this write up for the CACHS Connection has me reminiscing on the three years that I had the privilege of attending CACHS. Those were some great years and I have fond memories of my time spent at CACHS. I think back to meeting new classmates, going on the Europe trip, sports events and my dad pulling silly antics in front of my classmates and I. Dancing on tables and wearing the “traditional” swimsuit at the Banff Hot Springs on Grad trip are just a couple that come to mind, hey Dad? Also, CACHS was the place where I would meet my husband, Rob deRegt (alumna, 2010).



“We value the importance of Christian education and look forward to the day when, Lord willing, our children can attend CACHS.”

Immediately after graduating from CACHS, I started Psychiatric Nursing diploma program through MacEwan University on their satellite campus in Ponoka. While attending school, I had the privilege of working on site at the Centennial Centre as a psychiatric aide. Having this job was a nice introduction into the world of psychiatry. During my first year of university I became engaged to Rob, and just before heading back to school for my second year, we were married. I left the family nest in Lacombe and moved with Rob just down the highway to Blackfalds. In December of 2013, I graduated from MacEwan and immediately started my first permanent job as a psychiatric nurse, working at the Centennial Centre for Mental Health and Brain Injury, specifically in adult inpatient psychiatry. We spent just under two years living in Blackfalds before Rob and I decided that we wanted to make a more permanent home for ourselves, and future family, Lord willing. We were blessed to have been able to build our family home on a acreage east of Morningside. We moved into our new home in September of 2015. I continued my job at the Centennial Centre until October 2016. It was then that I would go on maternity leave as Rob and I were expecting our first babies, twins. Rob and I welcomed Mason Cole and Clara Renee on November 29, 2016. Despite their early arrival – we were happy and thankful to welcome two healthy babies to our family. The following months were busy juggling two babies but none the less wonderful, learning how to be parents and watching Mason and Clara grow. Once my maternity leave was up, I returned to work at the Centennial Centre, but with a slightly different job. This time I worked casually, wherever the hospital had vacancy. I did this for about one year, until we were ready to welcome our third child. Evan Caleb was born on March 9, 2019. Mason and Clara were thrilled to have a new sibling! Rob and I were excited and blessed to have a new son. We have enjoyed settling into life with this new addition. Rob and I thank the Lord for allowing us to be parents to these kiddies!

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During this all, Rob has been working along side his Dad at Wolf Creek Building Supplies in Lacombe. Rob has had the privilege of assisting and watching the businesses grow and thrive not only in Lacombe, but also in Sylvan Lake and Morinville where they have expanded over the last few years. Rob enjoys his work at Wolf Creek and embraces both the joys and challenges that it brings.

Living and making our home in the Lacombe area has been a blessing to us. We enjoy having many of our family members close by and are thankful for the support we receive from them, especially as we raise our children. We are also very thankful for our church community and friends that we have here. Both Rob and I look back on the time that we spent at CACHS and we are so thankful for the Christian education we received there. We value the importance of Christian education and look forward to the day, Lord willing, when our children can attend CACHS.



LORNE PRINS, *ALUMNUS 2000*



My name is Lorne Prins, I graduated from CACHS in 2000. Looking back, I have fond memories of my time at CACHS, and have kept in touch with a number of classmates and teachers over the years. One of my favourite memories was being part of the graduation committee. As a few may recall, in an attempt to raise money for graduation activities, the grad committee organized a “car smash” fundraiser. The idea was to allow people to take swings at a car with a sledge hammer after paying the \$5 fee (safety glasses and gloves were provided). Things got off to a quick start with people spending money to take out the windows and lights, however when there was nothing easy left to smash, the gathered crowd thought it might be more entertaining to roll the car on its roof. A concerned neighbour called the police to report an out of control mob of CACHS students vandalizing cars in the parking lot. In minutes we were surrounded by squad cars. No charges were laid, but we were required by the fire department (yes, they showed up too) to clean up the oil that had spilled out of the car. The event brought in \$50, but we ended up spending \$48.53 for the cleaning supplies to remove the oil spill from the parking lot, for a net of \$1.47. I don’t recall ever being asked to help with another CACHS fundraiser.

After graduating from CACHS, I spent a number of years in various positions on a wide range of construction projects across western Canada including pipeline construction in northern BC, a diamond mine in the North West Territories, a roofing company in Winnipeg, and as a carpenter in Surrey. In the fall of 2003, I decided to return to school and enrolled in the NAIT school of Business. Two years later I graduated with a diploma in business administration with a concentration in finance. I then went straight from the business department at NAIT to a welding apprenticeship and over the next 4 years obtained my Journeyman Welding certification while subcontracting on construction and maintenance projects in the Alberta oil sands.

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In 2009 I made the transition from Fort McMurray to Edmonton and started my career with Kiewit Energy Corp. I spent the majority of the next eight years as a superintendent, supervising various operations on industrial mega projects across North America. During this time I also had the opportunity to supervise fabrication work in China, a very eye opening experience.

A priority in my life has always been to experience first hand, cultures from around the world – both past and present. In the years since high school I have had the privilege of being able to explore the ruins of most of the world's great ancient civilizations, from the jungles of Cambodia and Indonesia, the steps of Mongolia, to the deserts of Syria and Egypt and the rainforests and high country of south and Central America. I managed to trek into some of the most isolated and 'hard to reach' locations on the planet.

In June of 2017 I was married to the love of my life Alida Uitvlugt (West Edmonton Christian High, '03). At this time I was in the process of moving from a LNG project in Maryland USA, to a grain export terminal project in Vancouver. After living and working in Vancouver, Alida and I decided that when an opportunity presented itself, we would move to the Lacombe area. It wasn't long before that opportunity came along – there was a portion of a commercial beekeeping operation for sale in the Lacombe area. We both walked away from our jobs and moved back to Lacombe. We are now entering our second year of living in Lacombe, beekeeping full time and are absolutely loving it.

I have been impressed by CACHS recent opening of their shop class facility and wish them all the best and continued success in this program and others. Still proud to call myself a CACHS grad!



I have fond memories of my time at CACHS, and have kept in touch with a number of classmates and teachers over the years.



Would you like to write an update for the CACHS Connection?

Please contact me:

developmentdirector@cachs.ca

~Candace Slomp

Justine Vandergrift gifted grant to turn single into music video

-excerpt written by Ashli Barrett and taken from The Lacombe Globe, Thursday November 29, 2018.

Lacombe and Calgary based country-roots musician Justine Vandergrift will soon be putting out her first high quality music video, thanks to a \$10,000 TELUS STORYHIVE grant.

Vandergrift, along with SixTwoSix Productions' Michael Janke, was one of 40 finalists selected from over 221 entries to receive grant funding. Now, she'll be able to add another dimension to her single "Hold your Head High:", which will act as a pre-release to her 2019 album.

"The song is about supporting your sister in life, moving forward and being optimistic," she said. "I'm working with a really awesome producer. Michael's got a really cool plan for it. We'll have a lot of live band shots...It's a really cool opportunity."

Written for her own sister, the song itself encourages people to stress a little less and "find the birds in every sky and sing the songs that make you cry." The plan is for the video to really delve into Vandergrift's own roots and display some of her own comforting memories and growing up with a Dutch-Canadian upbringing in Lacombe.

Fittingly, when filming begins in January, many scenes will be shot in and around the city, which she says is still a place where she comes to de-stress herself.

"I spend quite a bit of time there still," she said. "It's a really great place to get my head clear and I've written a lot of songs at my parents house in Lacombe."

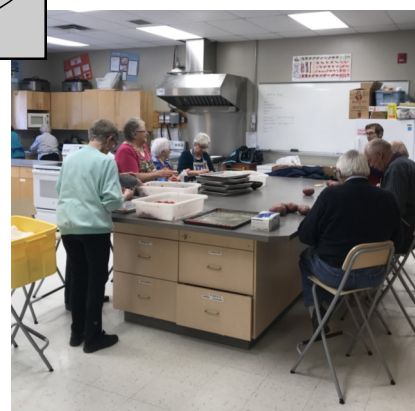


Justine Vandergrift will explore some of her Lacombe roots in the music video for "Hold your Head High," to be created using grant funding from TELUS STORYHIVE. Photo supplied by Justine Vandergrift.

CACHS *catering*

CACHS Catering is a group of dedicated volunteers who raise funds to purchase items for the school and has helped the school purchase computers, SMART boards, and sports team uniforms. Purchasing these necessary items helps keep the cost of tuition down.

CACHS Catering provides a catering service for many functions, please contact Emma at 403-782-2657 for your booking today!



Welcome to our new Alumni!



Back Row: Raiden Yoshida, Anthony Zuidhof, Thomas Nolan, Coltin Wildeboer, Reuben Wildeboer, Cole Wiersma, Theo Ollewagen, Cody Baker, Ruben Van De Velde

Middle Row: Bobbie Dykman Erica Van Gyssel, Floor Oosterink, Naomi Bell, Shayla Backman, Macy Meinema, Taylor Salomons, Sierra Macdonald, Hailey Wildeboer, Jessica Harrod, Alexis Kuipers

Front Row: Kaysey Bajema, Lanae Wierenga, Abby Dibbet, Raegyn Scheltus, Emma Lahucik

11th Annual CACHS Alumni Volleyball Tournament

Dec. 20-21, 2019 Teams must consist of no more than two non-alumni. Cost is \$125/team. Deadline to enter is Dec. 13, 2019. For more information or to enter please text Colleen @ 403-302-2659 or email lc.schee@gmail.com.



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