



Mr. Hendrik Jan de Hek

July 24, 1971 - January 15, 2021

For those people lucky enough to know Hendrik, they knew someone who was up for a laugh, easy going and friendly. He was always willing to help out a friend in need. He kept up with folks from his growing up years in St. Albert, AB, his time with Safe Walk and Ski Club and other post secondary pursuits, his city of St. Albert years on grass crew and landscaping and in other departments, his carpentry courses, and his work at Shred-It and Arn's in Calgary and Kenworth in Fort St. John, BC. He collected friends everywhere he went, even neighbors he met in his many moves.

He met and married Liz, the love of his life and spent 22 years sharing it with her through all of its ups and downs. Together they found particular joy in Christmas with its trees, lights, and cookies and gardening, most recently growing amazing sunflowers. He enjoyed birdwatching, keeping his bird feeder filled and watching the other wildlife that came and went. Anyone around Hendrik for any length of time knew he also loved his pets. He had one cat that grew up with him as his buddy and five more over the years that he and Liz rescued and loved to pieces.

Movies, shows, fish tanks, video games, building models, gardening, woodworking, and outdoor pursuits like camping, and sports like softball filled his time over the years. He was into Harry Potter, Dr. Who, Lord of the Rings, Game of Thrones and the like. His trip to Australia and owning his Mustang GT were cherished times in his life.

His family, supporting him from all across the country includes his sister Susan de Hek and her spouse Bruce, His sister Kathy Leachman and her husband Roger and their daughter Kristin, and his brother Adriaan de Hek and his wife Lani and their son Harrison and daughter Madelaine. His parents Lally and Hendrik de Hek have previously passed, his Dad when he was young.

As many of you may know Hendrik had a long battle with a rare leukemia and interventions associated with it including chemotherapy and a hematopoietic stem cell transplant (like a bone marrow transplant). He valiantly dealt with complications that limited his mobility and functioning but never his spirit. On January 15, 2021 he had an

acute event that caused his passing. He was 49 years old. Hendrik would wish people to know how much he appreciated the care and support that so many medical professionals and support professionals gave to him and Liz over the past 4 and a half years.

His most cherished things were the people and pets in his life.

Hendrik shared that people wishing to do something in memorial for him could donate to their favourite pet charity. If you do not have one, he was very fond of TinyKittens Society in British Columbia. He followed them and particularly loved their rescue cat Grandpa Mason.

He did not wish for a formal memorial but when things in the world settle down, he'd love to see his favourite people get together at a pub or restaurant and share their stories about him and have a few laughs together to remember his spirit.

Caring for the family is Lyle Reeves Funerals of High River (Craig Snodgrass)
403.652.4242.

Comments



“ My deepest and sincerest condolences to all of Hendrik's family.

Ward Brown - January 28 at 09:26 PM



“ My condolences to his wife, and brother and sisters. I still remember how proud his mother was as she came across the street to visit her best friend, my mother, and present the new baby to us, the youngest in the family.

Andy von Busse - January 27 at 10:14 PM



“ 1 file added to the album Memories of Hendrik



Tim Osborne - January 25 at 10:48 PM



“ To say Hendrik was a nice guy would be a gross understatement. I aspire to be as kind and thoughtful as I him. My sincerest condolences to all his family and friends.

Brian Rawson - January 25 at 09:18 AM



“ I came to know Hendrik as an adult in Calgary. He was warm, funny, positive and ever so knowledgeable about his medical challenges. He was most impressive! God has another angel in Hendrik. My sincere condolences to the de Hek family. May in God's time you walk together again.

Carmen Goss - January 21 at 11:07 PM



“ Hendrik and Liz were our next door neighbours for over a year in Calgary. This was pre-covid, and Hendrik had been wearing a mask for a number of years already at that time. I never heard him complain, and his comment “You can’t let it control your life, just be careful” has come to my mind often since we all joined him behind our masks. Hendrik and Liz moved on from our neighbourhood, but not from our hearts. They taught us much about facing life as it comes, gardening, bird watching and cats. We will always remember your friendship.
Our sincere condolences to you Liz and to all the family as you grieve. You are in our prayers.
Heather and Gordon Bodie

Gordon Bodie - January 21 at 09:02 PM



“ Although I never met Hendrik, I have heard several interesting stories related through his sister, (and my wonderful friend) Susan. She has shared many anecdotes over the years, which have given me insight to his gentle character and his jovial nature. I am sure he will be sorely missed by all who new him. Stu and I would like to extend our deepest sympathies to the entire family, and may your loving memories of Hendrik help you through this most difficult time.

Sincerely,
Holly and Stu Bridgeman

Holly Bridgeman - January 21 at 04:25 PM



“ Hendrix and I met at university through Safewalk and mutual friends. We shared many laughs while studying for finals in the early morning hours at SUB. Played many hours of Goldeneye on the N64. He will be missed.

My thoughts and prayers are with Liz and the rest of the family.

Marc Willacy - January 21 at 02:19 PM