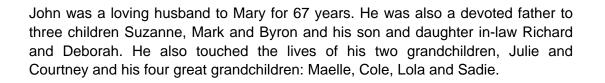


REMEMBERING John Fast

February 15, 1932 - April 17, 2023



John was born on February 15, 1932 in Alexanderfeld, Ukraine. Life was hard there and his family made a dramatic escape across the border to Germany, where they lived in a refugee camp for two years. They made their way to Canada, arriving by train in Mission BC and then settling on Arnold Road in Arnold, BC.

John loved to travel, to do sports and to make people laugh. He also gave up hundreds of hours to help others. John was the co-founder of Fraser Valley Gleaners—working tirelessly to feed the hungry. He even went as far as Colombia to represent Gleaners. He also gave his time at the MCC thrift store. John's desire to volunteer is one of his legacies. It has been passed on—and carried forward—by his children and grandchildren.

