REMEMBERING

John Fast

February 15, 1932 - April 17, 2023

John was a loving husband to Mary for 67 years. He was also a devoted father to three children Suzanne, Mark and Byron and his son and daughter in-law Richard and Deborah. He also touched the lives of his two grandchildren, Julie and Courtney and his four great grandchildren: Maelle, Cole, Lola and Sadie.

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.