Sarah Elizabeth Louise Macdonald

Sarah's story began on July 28, 1978. She was born to Shelley (Osolin) Drake and Garry Drake at Nanaimo Regional General Hospital. Sarah was joined later by brother Trevor (nephew Levi), and her sister Tania (nephew Malcom).

She grew up and went to school in the Nanaimo/Parksville area. Sarah would joke that she was educated at PMS (Parksville Middle School)! She was a fun loving, bright child with a real personality right from the start.

Sarah met Jim through work in 1999 and although they lived in Nanaimo and Mill Bay respectively, their love story had already begun to write itself and the distance disappeared. Sarah and Jim married on January 17, 2001, on the island of Maui at a beautiful waterfall in the North Waiehu Valley. They soon settled in Shawnigan Lake and welcomed their son Denton in June 2001. Life began to revolve around many of the sports Denton joined. Sarah became involved in many different volunteer roles over the years through Denton's ongoing participation in hockey and lacrosse as Jim coached, and many treasured friendships formed during that time which have continued.

In 2016 they moved to Victoria where jobs and Dentons schooling had taken them. Most recently Sarah worked at Camosun College and formed close bonds with her coworkers, leaving behind fond memories and a lasting impact on those she encountered.

There were many trips over the years throughout the United States that involved Dentons sporting adventures but also some wonderful vacations including their most recent trip to Hawaii in January 2023 to celebrate their 22nd wedding anniversary.

Louisville, Kentucky became a place they enjoyed a few trips to after Denton began attending Bellarmine University there in 2020.

Sarah Loved Life! She loved music, humour and above all her family and friends. Many a conversation would have to pause for a minute as she played a line or lyric from a song that suited the moment! Sarah taught us all to see the good, the “glimmers”, that were everywhere no matter the kind of day or type of struggle we faced. She would not want us to be sad so in her honour we should live life as Sarah did – tell a joke; enjoy your favorite songs (out loud!); dance; spread kindness; joy; friendship; (and maybe even crash a wedding!). Sarah spent her life giving away small pieces of herself in the form of memories and moments to all who knew her. May those memories now be a comfort to those who are struggling with the absence of her in their lives. Let her be the glimmer you see as you remember a funny joke, hear a song, or watch one of her favourite sunrises.



The story of Sarah came to a peaceful close on April 12, 2024, with Jim at her side and Denton in her thoughts. Her body may have lost the courageous battle it had been fighting but her spirit remained undefeated. That spirit (and sharp sense of humour) lives on in Denton and everyone else who loved her.

It was always Sarah’s wish to be an organ donor but due to her Crohn’s disease she was not able to participate. She was eligible however to donate her corneas to the Eye Bank of BC which she enthusiastically agreed to, (“who wouldn’t want these…. eyes!”), so that others may benefit from her generous gift.

Sarah’s Story | (eyebankofbc.ca)

Confidential messages of condolence can be sent to the family thru the McCall’s site.

A Celebration of Sarah’s Life will be held on Saturday, July 27, 2024, at The Wardroom CFB Esquimalt from 11am to 1pm.

Address; 1586 Esquimalt Road, Victoria, BC.

Sarah’s requests:

No flowers please

Dress is casual but please try to include some black and white.

If anyone is wishing to donate to a charity in Sarah’s honour, please choose the charity that means the most to them.

Sarah’s family is extremely grateful for all the staff on the 8th floor at Royal Jubilee Hospital; the Victoria Cancer Clinic; Dr Vallieres; Dr Brooks; Dr Randhawa; the Bellarmine Knights and Victoria Shamrocks lacrosse families as well as the many other family and friends who supported Sarah during this journey.

Condolences may be offered to the family below.

McCall Gardens
www.mcccallgardens.com