



Pascale-Sara Frenette

(1975 -)

When Pascale-Sara was born in the mid-70s, she was the fifth living generation on her mother's side, all firstborn girls. She is of French heritage, the eldest of 3 daughters who grew up playing dress-up, writing plays, and making her family laugh. Today, she remains an avid reader, writer and storyteller. She was raised in Montréal and attended Catholic boarding school and secular high school where she established a committee bringing awareness to her peers about homelessness and food insecurities to her peers as well as volunteered at a homeless shelter until moving to BC in the mid-90s.

A lifelong learner Pascale-Sara has continued to acquire new skills and abilities past her formal education years. She perfected her English at Vancouver Community College and obtained certificates in Hotel and Event Management and Child Development. She has had an event planning business since the early 2000s, where she uses her organization and networking skills.

Pascale-Sara lives with the autoimmune diseases Crohn's and Colitis. Having undergone numerous bowel resection surgeries her disability limits what she can do at times, however, her brain is always buzzing with ideas.

She is the proud mother of a daughter, Béatrice, and a son, Maddock, who are thirteen years apart. Twice, she was awarded Volunteer of the Year during her decade-long service on parent advisory councils, where she managed an after-school care program, a clothing exchange boutique, food drives, and planned intercultural events.

Moving to Mission in the early 2010s, Pascale-Sara learned to can rhubarb marmalade and pickle pears as well as plant thorn less blackberries and dahlias. A community-minded leader, she went door-to-door with flyers, organizing street-wide garage sales so people in the area could meet. She also started a banana bread project, baking and distributing them to Mission's homeless community with the Union Gospel Mission.

Pascale-Sara joined the staff at Mission's only Francophone School, École des Deux-rives, where she has assisted with linking the French-speaking community to Mission services.

In early 2021, her neighbourhood opposed a development proposal application. After educating herself about local politics and bylaws, Pascale-Sara hosted walkabouts showing the natural character of the area. As a result, neighbours began reaching out to her, voicing their concerns and seeking her advice. After gathering everyone's opinions, she spoke before Council on behalf of 180 people and succeeded in getting the developer's application rejected, setting a precedent.

Lead by Pascale-Sara, the Dunsmuir Neighbourhood Association was established in 2022 and the following year, it was incorporated as a non-profit society. Today, she continues to play an integral role in the group, spearheading block parties and speaking at Council meetings. Most recently, she requested and got approval from Council for the creation of a "Neighborhood Association Support Policy." Looking to the future, Pascale-Sara sees great possibilities for Mission and plans to continue to bring positive energy to all her community endeavors.

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