

## **Alberta man spotlighted for years of volunteering: 'We think it's a big deal'**

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A Lamont resident was recognized by his association for contributing the highest number of volunteer hours in the history of the organization.

As part of National Volunteer Week, which ran from April 16 to 22, the Association of Science and Engineering Technology Professionals of Alberta (ASET) spotlighted 72-year-old Edward Medynski for his volunteer contributions over the years.

Medynski has been a member of ASET since 1975, "We think it's a big deal, we have several hundred active volunteers and Ed just stands out among them, " said Barry Cavanaugh, CEO of ASET.

ASET is a regulatory organization for engineering technologists and technicians in the province. It represents around 17,000 members across multiple disciplines and industries.

"To get anything out of an association, personal individual value has to be put in ... volunteering pays back tenfold to that of a wage," Medynski said.

Medynski, who is now a retired architectural technologist, had worked for architects as a project manager, a contract administrator and a specification writer.

"As a youth, I was always intrigued by how things were made and worked and structures and buildings were always in my thoughts," said Medynski.

Over the years Medynski has volunteered for multiple steering committees, as a file reviewer, and application adviser, worked on competency exam development exercises, as well as on the ASET board of examiners. All of that accumulated to almost 500 volunteer hours.

"It surprised me, but looking at how long I've been with ASET, it didn't overwhelm me, but it makes sense," Medynski said.

This isn't the first time Medynski has been acknowledged for his volunteer efforts with ASET - in 2012 he won the Volunteer of the Year award.

"Well, it was a natural thing for me to do, I just simply was doing what I naturally felt that needed to be done," said Medynski.

Cavanaugh says that the work that volunteers like Medynski do is tremendous to the organization.

"If we didn't have the volunteer base that we do, we would probably need four times the staff that we have."

Medynski doesn't just volunteer for ASET, either. He also contributed his time to Construction Specifications Canada and the Knights of Columbus, and he's served as chairman for the Lamont Parks and Recreation Committee and many other local organizations in his community.

"By volunteering one grows personally and socially. It provides a model for others to emulate, to think about," said Medynski.

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