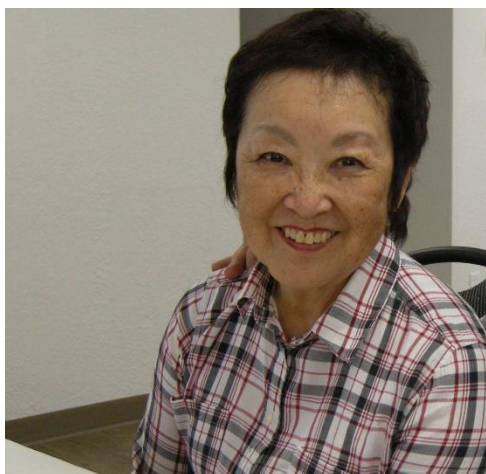


Volunteer Appreciation – Masaye Tanaka, HT Simulator Question Review Committee



Q: Tell us about yourself and where you work.

A: I retired in 2019 after 50 years as a medical laboratory technologist; 40 years as a histotechnologist, 7 years as a cytotechnologist and 2 years as a general MLT working in Biochemistry in and near Calgary, Alberta, Canada.

Q: What have been your challenges and highlights over the past few years?

A: The last 9 years I was employed primarily as preceptor, training and teaching MLT students in their Histotechnology practicum. I also prepared continuing education courses in Histotechnology for the Canadian Society for Medical Laboratory Science for about 20 years and am a participant in the national exam panel.

Q: How has volunteering helped you build upon your successes and/or addressed your challenges?

A: Volunteering for me is like a hobby, providing a great deal of pleasure and satisfaction. It is something I feel passion for and participate in willingly. Through volunteering I have travelled, met many new acquaintances, learned and shared new ideas. Volunteer participation and activities have enriched my world. I also volunteer with Special Olympics and Para-Olympics and other sporting organizations.

Q: What advice do you have for others who would like to volunteer?

A: To volunteer is about giving your time willingly, freely and unconditionally to help an organization, cause or individual you support. Volunteering can increase self-confidence, self-esteem, satisfaction and identity. Assisting others provides a sense of accomplishment and pride.

Volunteering provides opportunities for:

- Growth: practice and expand important skills such as communication, problem solving, project planning, task management, and organization
- Learning intricacies of teamwork; developing strategies for effective teamwork
- Providing expertise and sharing knowledge
- Becoming resourceful and innovative, providing renewed creativity, motivation, and vision
- Making positive changes that can carry over into your personal and professional life
- Developing strong work ethic, positive attitude, compassion
- Exploring meaningful interests and passions, goal setting

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