

Gavin Medeiros

About Me

I'm Gavin Medeiros — a technician, lifelong learner, runner, and dad. With over 15 years of experience in automation and electrical systems, I'm passionate about building things—whether it's a control network, a garage, or a personal website. Outside of work, you'll find me chasing mountain trails, tinkering with code, and trying to keep up with my kids. I believe in practical problem-solving, clear communication, and continuous improvement.

Skills

- Technical
 - Automation & Electrical Systems
 - PLC Programming & Troubleshooting
 - Building Automation Interfaces (Schneider EBO, Tridium)
 - HTML, CSS, JavaScript
 - Control Network Infrastructure
- Lifestyle
 - Physical Fitness & Endurance Training
 - Personal Budgeting & Financial Planning
 - Project Planning & Time Management
 - Family & Community Leadership
 - Public Speaking (Toastmasters)

Projects

- Technical Projects
 - Fort Hills: Front end graphics, alarm notifications, trends, logic, database management.
 - Personal Website: HTML, CSS, JavaScript, GitHub Pages, email, domain management.
- Hands-On Builds
 - Basement Development: Full renovation including framing, drywall, and finish.
 - Garage Construction: Permits, framing, and full electrical setup.
 - Other: A/C, garage heaters, decks, and fences.
- Organizational Projects
 - Budget Planner: Automated budget tracker.
 - Maintenance Planner: Vehicle and home maintenance tracker.
 - Race Reports: Mileage, elevation, and training tracker.

Community & Volunteering

- Toastmasters: Treasurer and active member.
- Running: Volunteer and participant.

Physical Fitness

Running is a core part of my life. I've maintained a running streak for over a year and completed many races. Fitness keeps me sharp and grounded.

- Notable Races: Banff Half Marathon, Moose Mountain 42K, Vancouver Marathon, Whitefish 50K.
- Training: Zone-based pacing, strength, recovery.
- Hockey: Annual tournaments and recreational play with the same team for over 15 years.

Family Life

I'm a husband and proud father of two amazing kids. Family is at the center of everything I do—it keeps me grounded, motivated, and focused on what really matters. Whether it's building a better space at home, planning weekend hikes, or just being present during bedtime stories, I'm all in. That sense of balance shapes how I approach life, work, and every project I take on.

References available upon request.

Reach out at gavin@gvnmdrs.c