



Newsletter Issue No. 59

February 2021

## Carpe Diem

Life, as in business, is about what you make of it; seizing the moment, and from my humble perspective that is what these past 11 months have taught us. While no one can dismiss the devastating effects that the Pandemic has had on our private and professional lives I think there are things that we should be aware of and use this situation to our benefit. Remote work, less travel, and limited access to our client base have all changed the way we look at how we can support our clients. How do we grow in a market where intimacy on new growth is difficult? Seeing someone through Teams or WebEx is not the same as the in person connection. So how do we overcome all that? The answers are many, but one is to look at the problem differently and leverage systems that normally we don't think about like social media, direct and indirect marketing and reaching out to people or companies we may not know, and creating a new virtual relationship. You need tough skin and a high tolerance for rejection but some things may help: know TekSynap at a macro and micro level. Be able in 60 seconds to hit on the high points to a partner or client that may create an interest in us. As an example, "TekSynap is a well-managed company of 800+ people (TekSynap and our subcontractors), supporting over 40 prime contracts, with a boatload of cleared personnel working in over 40 States as well as OCONUS locations. That sentence alone speaks to the success and power of this company and makes the case that we are a rising star in the Federal marketplace. The best news is we have not reached our full potential! The bottom line is people like to be around great people and in my short time here I am so impressed by this team at every level.....*continue reading here.*



**- Peter Brady**  
**Chief Growth Officer**

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A SMOOTH SEA  
NEVER MADE A  
SKILLED SAILOR.

FRANKLIN D. ROOSEVELT



## Caught in the Act

Shout out to **John Kornovich** and **David Bourgeois** from the BOEM customer for your efforts supporting their Oracle APEX applications.

Alex Boston would like to give **Leslie Franck** a shout out for going above and beyond for the Wireless Doc Team.

**Jeffrey McQuate** was voted to be the employee of the month for DTRA, congrats!

Josephine Fleming would like to recognize **Chris Damato** for all his support every pay period.

The customer would like to thank **Brock Lichtenfels** and **Zoe Carnes-Douglas** for their exceptional performance.

Leonard Newman would like to give kudos to **Emily Smid** for passing the AWS technical and Business Professional assessment. She is the first person to pass this under the company account.

**Martha Wadsworth** was acknowledged by a DTRA user, "Thank you for taking care of this ticket in an efficient manner. We appreciate all the hard work your office provides to HR."

**Dwayne Foreman** was acknowledged by a DTRA user, "I appreciate the knowledge and information given by Mr. Foreman. Thank you for excellent service as always!"

**Charles Nesbitt** was acknowledged by a DTRA user, "Charles was very professional and was very helpful and friendly."

**Marty Smith** was acknowledged by a DTRA customer for his excellent service.

The DTRA customer would like to pass along a kudos to **Kay Stephens** for her outstanding IT support.

DLA has a new campus in Huntsville. TekSynap employee, Keith Hicks, was featured on the website!



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Keith Hicks, a senior computer operator with Defense Logistics Agency Information Technology, stands in the new information technology work area Jan. 5, 2021 within DLA Aviation's consolidated campus. Hicks provides information technology support to DLA Aviation, Disposition, and Logistics Operations' document services employees working on Redstone Arsenal, Alabama. (Courtesy Photo)

## Happy Mardi Gras!

Tuesday, February 16 was Mardi Gras. Our New Orleans team has missed the parades and the beads this year, but made sure they still got to eat king cakes! Rachel Holliday is part of our BOEM team in New Orleans and she joined many others who decorated their homes to celebrate in 2021.



## Capitals Newsletter

Caps Ice Chips is the Capitals Hockey e-newsletter. If you are interested in signing up, [click here](#).

## Certification Corner

### Emily Smid

AWS Technical and Business Professional assessments

### LaTieya Richard

ITIL 4 Foundations

### David Bourgeois

ITIL 4 Foundations

**Nicholas Feldman**

Sec+ CE

**Ryan Hinkle**

AWS Cloud Practitioner



We encourage you to use your Employee Learning Program (ELP) Benefit.

**Click Here** to access the form. Please send the filled out form to your manager for approval.

**If you have received a new certification or certificate please add it to ADP**

**and include an effective date**

Myself > My Information > Profile

Also, send the certification to [HR@teksynap.com](mailto:HR@teksynap.com)

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## Health and Nutrition Tips

- If your glucose levels are too high - you can become prediabetic or end up with chronic diabetes. Fasting blood sugar levels less than 100mg/dL is normal, but if it is between 100 to 125 mg/dL then you are considered prediabetic and need to make some life changes if you do not wish to become diabetic. If you are interested in more information, [click here](#).
  - Being overweight and inactivity can increase your chance of becoming Type 2 Diabetic
  - COVID-19 may have caused people to be less active and to eat more since we have been home more often. Be sure to complete annual checkups with your doctor about your health.
- Moderate your intake of sugary drinks (fruit juices and soda) and processed food. Most lack nutrients and are stacked with empty calories and a lot more sugar than your body needs
- Get enough quality sleep - the keyword here is "quality"
  - Poor sleep can lead to weight gain and reduction of physical and mental performance
- Drink enough water
  - Being dehydrated can lead to a lack of energy, headaches, and constipation
- Get some sunlight or take Vitamin D3
  - Most people in America do not get enough sunlight
  - Sunlight can help reduce depression
  - Vitamin D3 helps build your immune system

A human is similar to a plant; you need to nurture yourself with water, sunlight, and fresh air in order to grow and thrive. If a plant is deprived of water and/or light then it withers.

For more information on healthy tips and research, [click here](#).

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**Tiny Team TekSynap!**

**Brock Lichtenfels** and his family just welcomed a new daughter, Lydia Grace

Lichtenfels.



**Thomas Dyke** and his wife welcomed Elaina Nicole into the world. The mom and baby are both healthy and doing well.



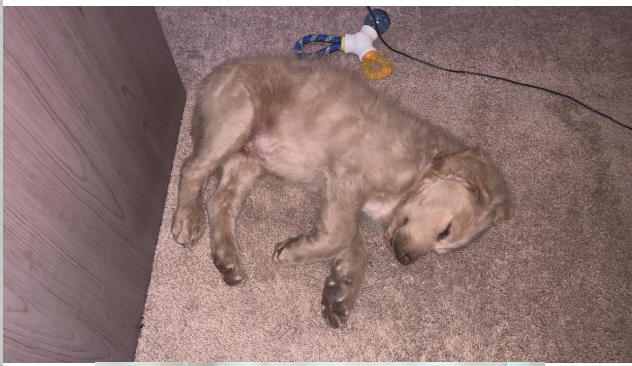
**Jike-Ere Opirijitei** has given birth to a beautiful new baby, AnneMarie Allen.



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**TekPets**





**Ryan Fitzgerald** has adopted an adorable labradoodle puppy, Leo. He loves to sleep under his and his wife's desk.



Introducing Lily, 4-month-old Maltese. Weighing in at 2.5 lbs., she is small but fierce. Her sister, 2-year-old 17 lb. Cavapoo, Stella, loves playing with her until she gets rough. Lily spends her days in Mom's home office hanging out and playing while Mom (**Karen Billingsley**) works.

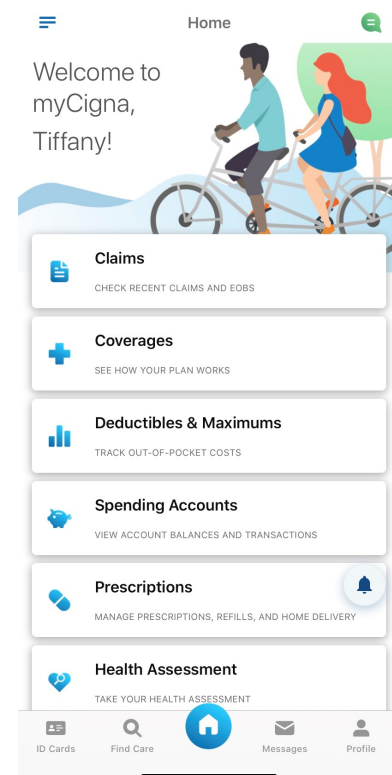
We want to feature your pets in the next newsletter! Send pictures of your companions to [news@teksynap.com](mailto:news@teksynap.com)

## MyCigna App (Medical and Dental)

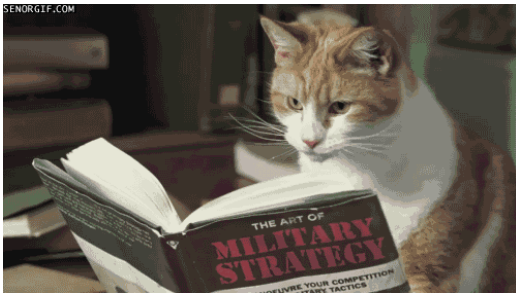
With the Cigna Health Benefits app\*, you can:

- download or send an electronic version of your membership card for you or a family member
- review past claims and track the status of pending claims
- search for a doctor, hospital, or facility and save the search results
- use the cost comparison feature to find the lowest price
- check your in and out of network procedure costs
- consult your benefit coverage
- check your remaining HRA balances
- check your deductible & maximums
- update your personal information
- contact us with the tap of a finger 24/7
- easily manage home delivery for medications

Download the MyCigna app in the apple store for iPhone or google play store for Android.



To learn more about lowering your health care costs, [click here](#).



## Read any good books lately?

Please share your book recommendations with us so that we can feature them the next newsletter. Email your suggestions to [news@teksynap.com](mailto:news@teksynap.com).

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## Open Positions

Please email your referral resumes to [careers@teksynap.com](mailto:careers@teksynap.com)

### DC - AFNCR

Systems Administrator  
Desktop Support

### Washington, DC - DOJ PPAMS

Analyst  
Sr Analyst  
Web/SharePoint/Digital Developer  
Web/SharePoint/Digital Subject Matter Expert  
Subject Matter Expert

### Washington, DC - Senate ITSC

Business Continuity Tech Project Manager  
Help Desk Tier 3 Network Technician

### Remote - Wireless

Site Manager  
Configuration Analyst

### Fort Belvoir, VA - DTRA

Senior Systems Engineer  
Cybersecurity Detect and Respond Lead  
Systems Administrator  
ISSE  
SharePoint Administrator

### Springfield VA - NGA

Jr Helpdesk Specialist, Springfield VA

### St Louis Missouri - NGA

Jr Helpdesk Specialist

### Texarkana, TX - Central LAN

Network Engineer

### NE LAN - New Cumberland, PA

Network Engineer

### JETS - Columbus, OH

Cybersecurity Engineer



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## Referral Program

TekSynap offers \$3,000 for candidates that fill a cleared position and \$1,000 for non-cleared positions.

Please visit the employee portal [here](#) to learn more.



## Q4 2020 Quality Objective Results

If you would like to review the Q4 objective results, please [click here](#).



All DOD personnel are required to report to their security management team any suspicious activity. If you hold a security clearance it is your duty to report any of the following activity to your FSO or on-site Security Manager:

- Deliberate disregard of security requirements
- Gross negligence in the handling of classified material
- A pattern of questionable judgment, irresponsibility, negligence, or carelessness
- Destruction of property, criminal activity
- Unlawful protesting

Especially in today's virtual workplace, we rely on employees to report questionable activity and concerning behavior. Please contact [security@teksynap.com](mailto:security@teksynap.com) or Kaitlyn Eber, FSO with reports.

### Tips on Self Improvement

1. Read every day - even if it is only 5 pages
2. Learn a new language - 1 new word a day adds up (try Duolingo on your phone)
3. Every year get out of your comfort zone at least once
4. Identify your blind spots - how do you slow yourself down?
5. Quit a bad habit - this could be oversleeping, smoking, procrastination, etc



For more ideas and tips, [click here](#).



### Anniversaries

#### Six Years

Fred Taylor  
Toni Fisher

#### Five Years

### Welcome, New Employees!

Leonard Brown  
Dominick Massino  
Roger Lindstrom  
Mysha Rouzard  
Stephen Partin



Kaitlyn Eber

### **Three Years**

Eric Emrich

Jonathan Naeve

Nicholas Mastrangeli

Justin Faciane

Katina Stephens

Jeremy Jones

Robert Bennett

Ryan Duff

### **Two Years**

LeTonya Love

Mamo Gerba

Jonathan Barradas

### **One Year**

Aaron Ashbaugh

Kalon Satathite

Johnny Donato

Jimmy Stephenson

Marcus Alexander

Grace Jinnah

Keith Hicks

Gerard Jones

Robert Journeigan

Yunbin Chen

Cassandra Malone

James Turner

Paul Batchelor

Robert Schreiner

Abdlla Elhassan

Cory Broughton

David Pemberton

Jay Ko

Jeffery Bent

Johnathan Sutherland

Kelvin Brown

Kierstan Dearborn

Nicholas Manilli

Williams Asiamah

Sailender Maramreddy

Damien Snyder

Sherry Russell

Christopher Seigel

Sara Nelson

Brian Cherry

Adrienne Tisler

Michael Toong

Babaly Anne

Steven Bigcraft

Brent Powell

Daniel Strong

### **One Year Cont...**

Max Reis

Miquel Taylor

Nathan Heinz

Patrick Fernandez

Richard Balanetsky

Scott Gearhart

Shaun Stroble

Thao Trinh

Thomas White

William Vaughn

Bismark Sanchez

Jesus Aguilar

Kwadwo Kenin

Michael Warren

