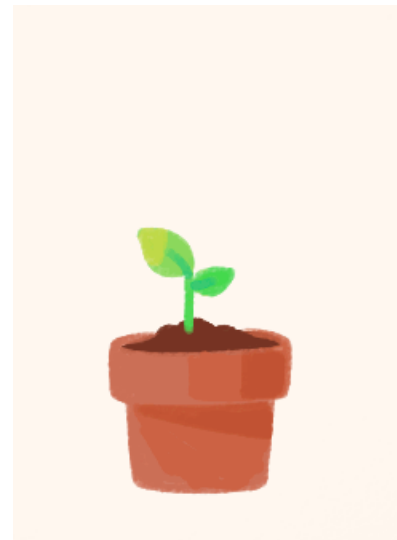




How Time Flies

As is the case with personal tragedy, many of us remember where we were or what we were doing when it happened. Having been at the Pentagon on 9/11, sitting outside on a bus waiting to go to Joint Base Anacostia Bolling and seeing a plane fly right in front of me just before hearing that loud boom - that moment – that experience – is something I will never forget.

This global pandemic, with shutdowns going into effect just about a year ago this month, has been so very different with slow, building fear and so much seems out of our control. The range of responses has been drastic, from conspiracy theorists to toilet paper hoarders and everything in between. I know people who do not know one single person affected and others who have lost multiple loved ones.



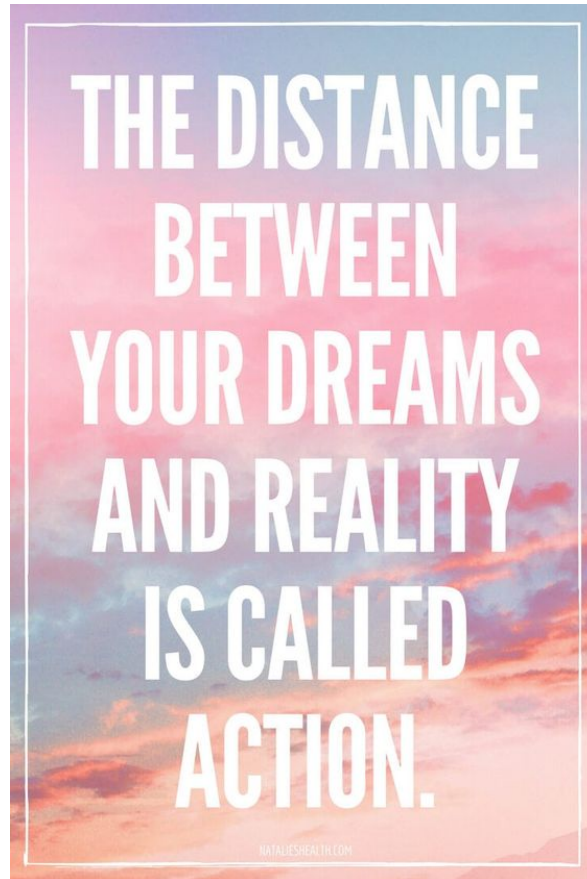
Now, we do not typically experience terrorist attacks or global pandemics, but we often deal with pain - personally and professionally – even as missed opportunities. In reflection on these difficult life experiences, I want to know 1) how to minimize the suffering and 2) how to maximize my growth as a result.

As many of you know, I am a fitness and nutrition enthusiast. I love to read and learn how best to fuel and motivate myself to achieve optimal results (for someone approaching 50 years old). One common thread I have found with people like me is that we are comfortable with discomfort. We recognize it as a necessary state to achieve better results. The same applies in my professional career, whether I am pursuing a new role, formal university degree, or professional certification. I am not discouraged by the discomfort of learning something new or taking a risk because I – again – see it as a necessary state to reach new goals.

There are times in our lives, however, when pain is thrust upon us. We do not always find ourselves in situations that we created as a potential for something positive. In that state, it is a challenge to stop to reflect then move forward with courage, hope, and gratitude for all that is enjoyable in our lives. Easy to say, but difficult in execution. Viktor Frankl, a neurologist, psychiatrist, philosopher, author, and Holocaust survivor wrote several books on the meaning of life. In one of his books, he said this: “Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.”

As we move forward into the next 12 months maybe, hopefully with less COVID concerns and more “normal” life struggles, I challenge you to pursue what has been uncomfortable for you. Set an intention to learn something new, to achieve something that has previously been out of reach. Set an intention to understand that we cannot control what life throws at us, but we own our response. I challenge you to embrace your power and freedom and see new experiences as opportunities for growth.

-Kayla Sailer, Director



Caught in the Act

The AFNCR customer would like to give kudos to **Morgan Williams** and his outstanding performance.

Douglas Gray received a shout-out from the DLA customer for his dedicated technical assistance.

Congratulations to DTRA February employee of the month: **Anthony Erwin**

Frank Amrhein would like to thank **Israel Negron** for his excellent work completed for the Wireless Project

The DLA customer would like to thank **Richard Conklin** for his attitude and commitment to achieving success with their project completion.

William Asiamah received kudos from the DTRA customer for his outstanding work performance.

The HR team would like to recognize **Alex Thrower** for his quick responsiveness and professionalism. He has been a great addition to the Accounting Team.

The DLA PM would like to give kudos to **Steven Doubler** for his excellent support.

The AFNCR customer would like to thank **Tom Wulff** for his outstanding support and efforts while solving his IT issue.

Josephine Fleming would like to commend **Elisha Meyers** for taking the initiative to study and pass the Microsoft Azure Administration Associate certification.

TekSynap Virtual Cooking Event

Hosted by Hershey Chef, Tom Moran
Featuring Kam Jinnah and David Gauldfeldt

Saturday, March 27th, 2:00pm-4:00pm

RSVP required to attend by 3/16/2021
Email events@teksynap.com if you would like to attend



10 Reasons Why Good Sleep is Important

- Poor sleep is linked to higher body weight
- Good sleepers tend to eat fewer calories
- Good sleep can improve concentration and productivity
- Good sleep can maximize athletic performance
- Poor sleepers have a greater risk of heart disease and stroke
- Sleep affects glucose metabolism and type 2 diabetes risk
- Poor sleep is linked to depression
- Sleep improves your immune function
- Poor sleep is linked to increased inflammation

- Sleep affects emotions and social interaction

To learn more, [click here](#).



Do you know the Name of Your Coworker's Pet?

Over the years, I have been lucky enough to be part of some very high-performing teams – teams that seem to reach, on command, another performance gear to successfully overcome and deliver in the most challenging of situations. It quite frankly produces a professional adrenaline rush that is hard to describe, but you know it when you experience it. On reflection, a

common ingredient of those teams had always been the extraordinary amount of faith and trust we had in each of our teammates – that trust ran so deep it often produced lifelong friendships extending beyond the life of that team. This kind of trust is earned, transcending roles, responsibilities, and authority. It is the glue that binds all members to work as one, unified, cohesive unit.



Another thing I learned is that trust transcends the work environment and encompasses the whole person. We are not teammates some of the time ... but every day, 7x24x365. Whether you are a team lead, team member, project manager, or executive at the corporate level, proactively learning about what makes your coworkers “tick” is essential to achieving the kind of trust high-performing teams require. A genuine interest in your coworker’s well-being, their aspirations, frustrations, and contributions to the team cannot be overemphasized. While we do not want to probe inappropriately, understanding your coworker beyond our work life creates a much deeper, richer, and stronger professional bond.

Quite simply, do you know what makes each one of your coworker’s tick? What do they care about outside of work? What is their favorite food, interests, hobbies, and ambitions? Do you know the name of your coworker’s pet? And because we care about the whole person, we are more apt to detect subtle, unusual levels of stress or unrest among our coworkers that can be proactively resolved early, sustaining that high levels of performance readiness. I can tell you from firsthand experience that once we became *full-time teammates*, we found those extraordinary gears of high performance naturally, without hesitation, and with enormous professional satisfaction in what we achieved.

And in case you were wondering ... my pet’s name was *Shellback* (2013 – 2020). Ask me about it sometime!

-Mark Sirkorski, Vice President

TekPets



Maggie was ready to party for Mardi Gras (shown left). She also likes naps with her pal, Marty (shown right). Marty is a hound/mutt rescue and Ms. Maggie is an English cream retriever.

We want to feature your pets in the next newsletter! Send pictures of your companions to

Tiny Team TekSynap!

Leonard Newman welcomed another daughter to his family. Say hello to Naomi Elizabeth who was born on March 12.



Certification Corner

Pete Ward

Elastic Certified Engineer

Robert Cooke

Unanet Accounts Receivable Certificate

Unanet Billing and Revenue Process Management

Elisha Meyers

Microsoft Azure Administrator Associate



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

Having your certifications on file with TekSynap allows us to keep you in mind for future opportunities with the company

LesMills Fitness

Get fit in time for Summer. Register now for the company-paid online fitness benefit!

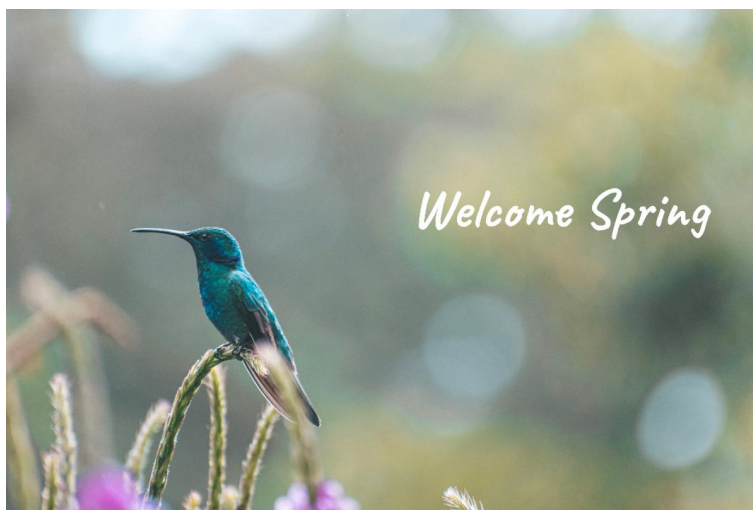
To sign up for LesMills, [click here](#).



DOJ PPAMs

With great excitement our team has secured a spot on the Department of Justice CIO Program, Project & Activity (PPA) Management Support (also known as DOJ PPAMs) winning team on January 29, 2021. We officially kicked off on the program on March 1st, supporting one of our two task areas for the OCIO's ISO 20000 and 27000 Certification Support. In addition to this work, we will be providing support for the Digital Government Services task area in the coming months. This win is another step in expanding our footprint in the Department of Justice. The program will be a five-year effort that will continue to expand each year.

First Day of Spring, March 20th



Our Transition from JPAS to DISS

DCSA is in the process of transitioning from Joint Personnel Adjudication System (**JPAS**) to the Defense Information System for Security (**DISS**), effective April 1, 2021.

What is DISS?

DISS is an enterprise adjudicative case management system for national security, suitability and credentialing eligibility mission areas. DISS will be a component of the National Background Investigation Services (NBIS) supporting adjudication and subject management services.



What does this mean for employees?

The transition to DISS should be seamless for employees and only affects the Security team. Clearances, visit requests and e-QIPS that have been maintained in JPAS, will now be maintained in DISS. As you may be aware, one of the changes includes the introduction of Continuous Evaluation. **Continuous Evaluation** (CE) is an ongoing screening process to review the background of an individual who is assigned to a sensitive position or has access to classified information or material. CE, as the name implies, ensures that an individual undergoes continuous evaluation (no longer at 6 or 10-year marks). CE ensures that an individual can still maintain a security clearance or the assignment to sensitive duties.



Book Recommendations

All Along You Were Blooming: Thoughts for Boundless Living, Morgan Harper Nichols

Before We Were Yours, Lisa Wingate

Sound of Gravel, Ruth Wariner

The Will to Meaning: Foundations and Applications of Logotherapy, Viktor Frankl

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

Open Positions

Please email your referral resumes to careers@teksynap.com

AFNCR - Arlington, VA

ACAS Systems Administrator
IT Auditor

Central LAN - Texarkana, TX

Network Engineer
Senior Network Engineer

NE LAN - New Cumberland, PA

Network Engineer

NETOPS - Remote

Senior Network Engineer

AV/VTC - Pearl Harbor, HI

VTC Administrator

DOT EITSS

Office 365/Exchange Engineer
Applications Integration Manager
Sr Deskside Engineer
Sr Network Engineer
RMF Analyst
Endpoint Engineer

FDA IT BPA



Deskside Tier II Technician (2)

NRC SNCC

Tier I-NOC Technician

Sr Windows System Administrator

Senate ITSC - Washington, DC

Help Desk Tier 3 Network Technician

Wireless

Site Manager (5)

Configuration Analyst

Jr Wireless Engineer (2)

Lead Wireless Engineer

Sr Wireless Engineer I

Sr Wireless Engineer II (3)

Wireless Engineer (11)

DTRA - Fort Belvoir

Azure Systems Administrator

Systems Administrator

ISSE

SharePoint Administrator

DTRA - Herndon, VA

Systems Administrator Herndon, VA

NGA - Springfield VA

Jr Helpdesk Specialist, Springfield VA

NGA - St Louis Missouri

Jr Helpdesk Specialist,

DTRA AEMSS - Fort Belvoir, VA

Cyber Analyst

Advanced Cyberspace Auditor

Red Cyber Operator

Cyber Transport Specialist

Senior Cyberspace Operator

Cyberspace Operator

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.



Add your Beneficiaries in ADP

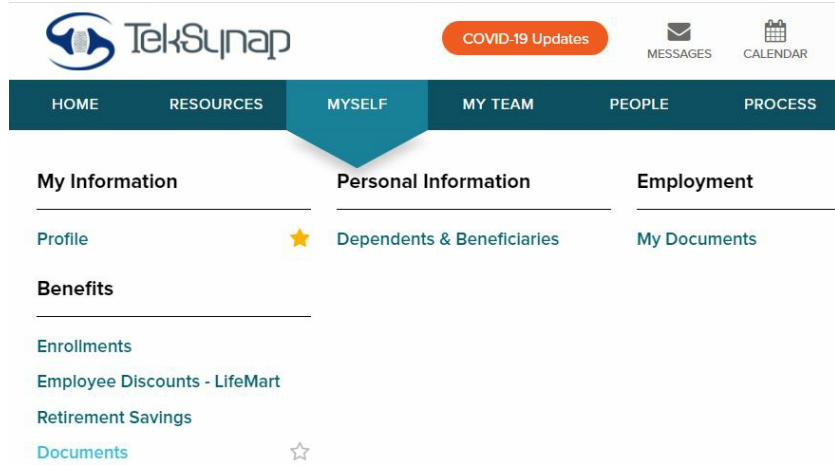
It is very important that you have **assigned beneficiaries** to your company paid or voluntary life insurance plan.

To add a beneficiary in ADP navigate to:

Myself > Personal Information > Dependents and Beneficiaries > ADD

Once they are added, proceed to your benefits in ADP:

Myself > Benefits > Benefits Enrollment > View Benefits > Employee Life



Military Spouses and Veterans

A selection in ADP is available to include your military affiliation.

To submit identification as a military spouse or Veteran complete the following in ADP:

Myself > My Information > Profile > personal info > view more > additional information

To learn more about Tek4Vets visit the website [click here](#)



TekSynap is proud to be a Bronze Sponsor of the Bayou Lacombe Cardinals Football Team.

The Cardinals Mission is to provide guidance and opportunities for adult athletes while providing quality entertainment and community outreach.

The Bayou Lacombe Cardinals Football Team is a non-profit organization, includes 20% veterans and every player gives a minimum of ten hours of community service per season.



The football team is an adult, full contact, minor league football organization which focuses on the community and being a family-oriented organization.

We are extremely excited to expand TekSynap's community involvement and footprint in the New Orleans area.

Are you ready for some BAYOU LACOMBE CARDINALS FOOTBALL?!?!? Go Cardinals!!!



Anniversaries

Seven Years

Deann James
Brandon Groenert

Five Years

Alex Peake

Three Years

Timothy Bailey
Danielle Sansone
Christopher Chall
David Mendoza
Derek Murphy
Jocelynn Arreola
Richard Krauss
Spencer Ellingsen
Dominic Politi
Robert Lesslie
Curtis Deemer
Don Stewart
Jordan Singmore
Marc Wills
Matthew Davis
Matthew Goad
Michael Noonan
Rolando Concepcion
Steve Sandum
Steven Platte

Two Years

Chul Suk
Daniel Mirkovic
Avneesh Arya
Jason Towns
Monique Evans
Julie Dean
Aaron Margerum
Addisu Meaza
Faithlyn Johnson-Dutch
Fraser Novaco
Jaime Marquez

Welcome, New Employees!

Clark Mcmorris
Lynda Martin
Hana Seo
Patrick Swearengin
Andrew Frame
Krishnan Santosh
Cristina Masterjohn
Michael Smith
Dalton Stouffer
Dalton Marcus
Benjamin Kessler
Daniel Natal
Tyler Lewis
Thaddeus McClain

One Year

Antonio Rivera-Thomas
Ryan Ramsammy
Daniel Boes
Colden Hylton
Shelva Hawkes
Michael Giambrone
John Newton
Thanh Le
Paul Cortez

James Greenland
James Shilling
John Kayastha
Jovan Dennis
Lorenzo Small
Michael Azmoudeh
Nicholas Soune
Noureddine Benahmed
Pierre Bowery
Robert Parker
Russell Adams
Sarah Law
Scott Morris
Thomas Drake
Thomas Mejia
Tina Kieffer
Willie McKoy

