



TECHNOLOGY MOVING AT THE SPEED OF THOUGHT®

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Be the CEO of your Career at TekSynap

As we finish the first month of the New Year, it feels great to celebrate another successful year. With 2023 in the rear-view mirror, it's a wonderful time to think about our future – more specifically, your future! Years ago, when TekSynap was only a twinkle in my eye, I placed a great deal of emphasis on my career. When I wore a younger man's clothes, I would spend every tuition dollar my employer offered and then was back in front of my manager begging for more. I have always placed a good deal of attention on my life and career. If you don't keep your feet on the road in front of you, you never know where you'll be swept off to. If you are not mindful, you might not like where you wind up. And this is why you should strive to ***Be the CEO of your Career at TekSynap.***

What exactly does that mean? Be deliberate about your steps and do something you truly love. If you absolutely love it – it won't feel like work. TekSynap offers careers, not just a job where you park for a few years. TekSynap is a company where you can chart the course of your professional journey. Being the CEO of your career means proactively taking control of the direction and progress of your path. Happiness in life is found when you are doing something you genuinely enjoy. The same is true with your career. If you are going to be at your job eight hours a day, it is important that you like it – better yet, love it. When you love what you do, it won't feel like work. It won't feel like a job. My point is simple – put yourself on course to work at something which gives you purpose, meaning, and joy. I started TekSynap because I love IT... I geek out on IT stuff all the time because it brings me happiness. It is incredibly rewarding to watch this company create technology solutions which solve mission problems for our customers. Find and gravitate to things you love, and you'll be a happier human.

TekSynap offers many resources for its employees to develop and cultivate career options. ***Our philosophy is to support our employee's professional development in order to promote from within.*** We want to see our employees grow, flourish, and succeed right here with us. Whether it's moving up, making a lateral move to a new role within the company, or moving from a technology track to a managerial one – ***there is a path for you with TekSynap!***

So how do you become the CEO of your career at TekSynap?

1. **Create a strategic plan.** CEOs lead the development of a strategic plan which is a set of goals to be attained within a certain timeline. As the CEO of your career, develop a plan to help you prepare for the next step in your career. The goals should outline specific steps on how to achieve them through the attainment of skills, education, certifications, and mentorship. You might be asking, “How do I know what these goals are?” That leads me to step 2...
2. **Tap into the TekSynap network of colleagues, your manager, and the recruiting team.** At TekSynap, management is encouraged to promote from within and your manager will support your TekSynap career path. We want you to move up in our company or even change focus or technology discipline. Reach out to your supervisor or fellow TekSynap employees who have a position that interests you. Speak with them and find out what the job entails, what they do day-to-day, or what recommendations they have for educational courses or certifications.
3. **Take advantage of TekSynap’s support of professional development programs:**
 - **Employee Learning Program** – TekSynap offers Tuition Reimbursement of \$5,000 (ELP) Use it for courses, certifications, professional development, or college. To be considered, submit the [ELP Application](#) to your manager before taking the course.
 - **529 Savings** – As a highly valued employee of TekSynap, you will receive a matching contribution, up to \$1,000 each year, towards your own contributions to a [529 Plan through SoFi](#).
 - **TekSynap FASTrack Certification Incentive Programs** – From time to time we have free certification offerings from our technology partners. Look for those emails and take advantage of earning a new certification to advance your career.
 - **TekU** – This benefit is located on the [employee portal](#) and is available for all employees who have a TekSynap.com domain email account. There are over 16,000 computer-based courses that can advance your career dramatically without spending a dollar. The only thing it costs is your time and a bit of energy.
 - **Get a Mentor & Be a Mentor** – We are one big team and I encourage you to support each other. Don't hesitate to reach out to your TekSynap network and remember, you may be the person someone contacts for advice. Share your knowledge and expertise with someone aspiring to be in your shoes one day.

Head into 2024 with a plan. Be deliberate about what you want with your career and **Go Get It!** The most successful people have an intense focus on what they need to do to achieve their dreams. I hope you will consider what makes you wake up each morning excited about what the day will bring, yes – even while working. When you figure it out, I promise you will be an ecstatic soul.

Put your shades on...the future is definitely bright!

Kamran Jinnah
CEO

Career Initiative Discussion

Interested in other roles in the company?

Want to grow your career?

Do you not know where to start?

Schedule a session with **Kearstin McGinnis** to speak further. She can help you navigate the roles and positions available at TekSynap and help create a path for the next steps.

Available timeslots are limited, [click here to schedule now!](#)



TekSynap 2024 Interactive Virtual Golf event

Begins February 23, 2024

Break out your VR Headsets to get your practice rounds in!
The TekStore also has Oculus Quests for purchase with TekDollars.

Check [here](#) for availability!

Registration and details coming soon to your TekSynap email!



Caught in the Act

Rico Blaylock received kudos for being an invaluable resource and always being available to help resolve any issues from the DLA customer.

Zach Gardner and **Dillyan Abarca** received kudos from Leonard Newman and the Quality team for stepping up during an external audit.

Mike Ireland, Otis Brown, and **Curtiss Lasserre** were thanked for their hard work and dedication in making a critical project a great success.

Kathy Lincoln was recognized for her consistent hard work and responsiveness at DTRA.

Jeremy Dean and **Rob Kennett** were thanked for identifying a network issue and going above and beyond to solve the issue.

Our DOI customer gave our **TIMS team** a nice shout-out acknowledging how well the team is performing technically.

Geraldine Bastien received kudos for being knowledgeable and pleasant to work with by different users at DTRA.

Daja Pattman was recognized for being exceptionally kind, patient, and professional by a user at DTRA.

The **Senate Team** was recognized for their great work so far on a new contract.

A CISA customer thanked **Barbara Nowak** and **Stephen Arthur** for their efforts and hard work resulting in a well-executed meeting.

Sara Thompson was recognized by the DOI office for a process she developed which improved records efficiency.

Aber Mitchell received kudos from a DTRA customer for providing professional and unwavering support.

Ben Chen was thanked for quickly restoring a downed server at NRC.

Rodger Edmonds demonstrated professionalism, flexibility and dedication in planning and executing a valuable meeting with our CISA customer.

Nick Smith stood out for being hands on, flexible, and professional at CISA.

Don't forget to let your Quality team know about all the good things going on at TekSynap by submitting your Kudos on the [Employee Portal](#).

Help us recognize our employee contributions in the monthly Newsletter.



Brian Villanueva and his wife, Cassidy, welcomed Hadleigh Mills to their family on January 18.



TekPets



Mariefred Evans has shared her beloved Winnie with us.

Winnie is a three-month old short-haired miniature dachshund. While she's currently only five pounds, she sure is a handful! Her hobbies including pulverizing— I mean, playing with— her toys, biting everything in sight, and cuddling up with her human parents.

Feature your pets in the next newsletter!
Send pictures of your companions on **TekSnaps** located on the employee portal page.
Learn how to use TekSynaps, [here](#).

TekSynap Travels



Wireless team members, **Kieren Tuff** and **Glynn Johnson** are making the most of their business trip to Kigali.



Team members from DLA EWAS that attended TekSynap's annual holiday party.
From left to right: **Matthew Goad, Charles Hill, Dondre Robinson, Daniel Strong, Marc Wills, Steven Platte and Steve Sandum**



CISA Cybersecurity Advisory Committee (CSAC) meeting in San Diego, CA. TekSynap employees, **Cedric Sharps** and **Mariefred Evans** attended the event and are pictured above.



Certification Corner

Isaiah Archer
CWDP

Anton Soloshenko
CWS

John Nguyen
Microsoft Certified - Azure Fundamentals

Sarah Keiper
Security+

Ahmed Ibrahim
CWS

Pierre Bowery
HDI Support Center Analyst

Nicholas Caldwell
ECSE Design

Jake Withers
Linux+
CWDP

Emmanuel Brefo
HDI Support Center Analyst

Lorenzo Torralva
CWS

Andrea Wood

ITIL Foundation in IT Service Management

Nicholas Casamento

CWS

Colton Phillips

CWT

CWS

Luigi Long

HDI Support Center Analyst

Logan Edens

JNCIA-Junos

Ahmed Ibrahim

CWNA

Lonny Legrand

CWNA

Steve Santacroce

SAFe6 Architect

Ryan Emery

CEH

Ashley Frederick

CSPO

PMP

Mitch Kruszewski

HDI Support Center Analyst

Chanel Springs

SAFe6 Scrum Master

Christina Myers

HDI Support Center Analyst



Employee Learning Program

Employees are encouraged to use the Employee Learning Program (ELP) Benefit. [Click Here](#) to access the form.

If you have earned a new certification, please add it to your ADP profile. Remember to include the effective date.

ADP > Myself > My Information > Profile

And email a copy to HR@teksynap.com

Open Positions

VA NSOC/NEDIIS – Cleveland, OH

WAN Systems Network Engineer

DOI BSEE – Remote

Senior System Architect

Senior Software Engineer Oracle Access Manager

NRC BPA MAS

Sr. Program Manager

Data and Business Analyst

USITC – Washington, DC

AV/VTC Administrator

CSfC – Honolulu, HI

Network Engineer Site Lead

DTRA

Operations Manager (Systems Administrator)

Network Engineer

Helpdesk Specialist

Helpdesk Specialist (Reston)

Helpdesk Specialist (Kirtland AFB)

Asset Management Specialist

Systems Admin (ABQ)

NOSC admin (Night)

ISSM

Cybersecurity Analyst (Night)

Cyber Policy Assurance Specialist

Information Assurance Specialist

Database Architect

Systems Administrator

Senior DevSecOps Engineer

Systems Engineer

Wireless

Site Manager 80-100% travel

Please email your referral resumes to careers@teksynap.com to receive up to \$5,000.



What is Preventative Care?

Examples of preventive health services and their frequency:



Health Check Up

- Annual check-up (1 per calendar year): This is when your Primary Care Provider (PCP) checks all areas of your health—physical, as well as emotional. This can help detect any health concerns early, before they become major medical problems.
- Flu shot (1 per year): This is typically covered 100% under most health plans and helps protect you from certain strains of the flu virus.
- Mammogram (1 per calendar year, usually after the age of 40): Routine X-rays of breast tissue to check for any signs of cancer or other abnormalities. Some health plans may also cover costs for 3D imaging.
- Colonoscopy (typically 1 per every 10 years, usually after the age of 50): Screening for colon cancer.
- Vaccinations (usually administered during childhood, includes boosters as needed): Vaccinations like measles, mumps, rubella, polio, etc. are covered 100%.

Cigna covers eligible preventative care at 100% with in-network providers, you can view providers near you on your [MyCigna account](#).

Cigna Diabetes Prevention Program in Collaboration with Omada

Cigna's Diabetes Prevention Program in Collaboration with Omada is a digital lifestyle change program designed to help individuals lose weight, gain energy, and reduce the risks of type 2 diabetes and heart disease. The program surrounds participants with the tools and support they need to make lasting, meaningful changes to the way they eat, move, sleep, and manage stress—one small step at a time.

The program is available at no additional cost for covered individuals over the age of 18 that are enrolled in the company medical plan offered through Cigna, are at risk for type 2 diabetes or heart disease, and are accepted into the program.

Complete the pre-screening application located on [myCigna.com](#) to see if you qualify for the program. Once you are pre-screened you will be able to start towards your healthy lifestyle goals. You can check your program eligibility by taking the 1-minute health questionnaire on [myCigna.com](#).

1. Hover over Wellness
2. Click Wellness Home
3. Scroll down to Health Topics section
4. Click on Pre-Diabetes and Diabetes
5. Click Let's Go in the Omada for Cigna: Diabetes Prevention box
6. Click Explore Omada
7. Click Am I covered?
8. Complete the risk screening to determine if you are eligible for the program.
9. You will receive an email from support@omadahealth.com within 2 business days letting you know if you're accepted.

If accepted, the email will provide instructions on setting up your online Omada account. You can email support@omadahealth.com or call 1 (888) 409-8687 to check the status of your



Omada for Cigna: Diabetes Prevention

Build long-term healthy habits to help reduce your risk for diabetes.

[Let's Go](#)



Happy Five Year Anniversary

Christopher Schuster

Your \$5,000 vacation is right around the corner!

Anniversaries

Nine Years

Julie Ennis

Eight Years

Pearl Prince

Seven Years

Robert Elmore

Sarah Keiper

Six Years

Dennise Shally

Five Years

Christopher Schuster

Four Years

Jean-Pierre Blouin

Zachery Gardner

Damien Gibson

Paul Humm

James Carnill

Joseph Nelson

Blair Bennett

Adam Craig

Rhett Richoux

Matthew Davies

Dana Martin

Welcome, New Employees!

Hinton Allred

Timothy Scanlon

Charles Brookhart

Markevis Upshur

Andrew Rose

Ava Kaye

Denise Davis

Deborah Durden

John Henry

Jasmine Britt

Joey Medarac

Carol-Ann Morabito

Marc Demelo

Derek Wagner

John Bartoli

Devin Radke

Georgina Marcano

Evgeny Levit

Mohammed Alian

William Porpora

Sienna Day

Matthew Sullivan

Steven Davis

Gregory Steiner

Felix-Colin Fonmedig

Devin Murray

Marlene Scott

Charles Johnson

Trung Uong

Three Years

Stephen Partin
Dominick Massino
Bret McQueen

Two Years

John Meadows
Thomas Morabito
Lawrence Goffney
Jami Fourcade
Galen Jones
Beresford MacAuley
Allison Solomon
Adam Cruea
Viat Gaidamakov
Marc Johnson
Crystal Greene
Kayla Duguid
Amy Doak
James Ten Eyck
William Kile
Douglas Lutz
William Minor
Joseph Herbert
Deborah Harkness

One Year

Margo Preskill
Destin Davis
Meranda Contreras
Jimal Williams
Alicia Farria
Isabelle Chahpoori
John Richards
Tiffany Lents
Christopher Yoder
Belisa Paulino
John Kirk
David Crismond
Michael Picanso
Koran Coffey
Amy LaBruyere
Michele Daigle
Jaimie Samuels
Christopher Mercado
Stephanie Martin
Sherrell Murphy
Wesley Brunson
Chamel Sewell
Alexander Schramm

Mateen Walizada

Dale Harmon
Carolyn Buonforte
Christian Quintero
Gentry Thompson
John Meredith
Brian Peck
Frank Quarcoo
Joshua Baker
Ethan Goldberg
Francis Mekeal
Abrar Zaki



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