



Newsletter Issue No. 107

January 2025

Health is Wealth

As we approach the end of January, it's important to reflect on any health-related goals you set forward for the year. In a selfish attempt to add to your list, I want to highlight the importance of attending your annual medical physical. I know we can sound like a broken record talking about why it's important to attend your check-ups, but it truly makes a difference. Preventative health services are one of the best ways to get ahead of potential health issues. These can include:

- Annual check-up: This is when your Primary Care Provider (PCP) checks all areas of your health including physical and emotional.
- Mammogram (Typically after the age of 40): Routine X-rays of breast tissue to check for any signs of cancer or other abnormalities.
- Colonoscopy (Typically 1 per every 10 years, usually after the age of 45): Screening for colon cancer.

I can understand the hesitancy of attending these appointments. They can often be uncomfortable and take time out of your day. I encourage you to look at it from a different perspective. Wouldn't you rather attend a scheduled appointment compared to an impromptu ER visit? Of course, not all medical issues are preventable, but you can control this aspect of your life.

Your ability to manage your health goes beyond these annual visits. It's a constant process whether it's exercise or managing your diet. For those of you on our Cigna Medical Plan, I encourage you to look into some other programs that can help you manage your health:

- Omada: Cigna's diabetes prevention program that is designed to help individuals lose weight and reduce their risk for heart disease and type 2 diabetes. Eligible employees can enroll via their MyCigna account.
- Cigna Health Advisor Program: Cigna's team of health advisors work with individuals who may be at risk for significant health issues. Employees can self-enroll in this program by calling the number on the back of their Cigna ID card.

At the end of the day, your health is one of the most important aspects of your life. So let's get those check-ups scheduled!



Cycling for a Cure

I want to take a moment to express my heartfelt thanks to Teksynap for supporting me in my fundraising goal during the Amelia Island Breakthrough Type 1 Diabetes (T1D) ride last month. As many of you may or may not know, my second job (and much of my spare time) is spent volunteering and fundraising for Breakthrough T1D (formerly known as JDRF). I serve as a Board Member and the Advocacy Team Co-Chair for the NJ Metro and Rockland County Chapter.

Breakthrough T1D is the largest global non-profit organization funding research for type 1 diabetes. For those unfamiliar, type 1 diabetes, sometimes called juvenile diabetes, is a chronic condition where the body's immune system gets a little confused, attacks, and ultimately destroys the insulin-producing beta cells. This means glucose cannot reach the parts of the body that need it, and ends up stuck in the bloodstream—leading to life-threatening complications, or even a diabetic coma. Over 1.6 million people in the U.S. have type 1 diabetes, including my son, Jack, who was diagnosed at age 7.



As a second grader, Jack had to test his blood sugar levels multiple times a day and inject himself with insulin (you know, like a little science experiment on the go). As you can imagine, this leads to a significant impact on daily life of a little guy just trying to navigate friendships, schoolwork and kid fun. We call these little ones T1D heroes, as it truly is heroic measures on the part of the type 1 diabetic, their loved ones, the school nurse, and others that keep them alive. We are close, but sadly, there is still no cure!

I have participated in many Breakthrough T1D events, but this was my first time at a ride event. And let me tell you—it was a blast! There was so much excitement and camaraderie throughout the weekend. I even managed to drag my brother along, who is an experienced cyclist and triathlete. Clearly, he's one of those people who enjoys suffering, but in a very athletic way. There were 372 riders from 33 different states and three different countries, all united by a commitment to the mission: improving lives and accelerating breakthroughs to cure, prevent, and treat type 1 diabetes.

This year's ride raised over 2 million dollars!
Across all five rides throughout the year, over 8



million dollars have been raised to help cure this chronic, burdensome disease.

Now, for the good stuff. I am proud to say this was not a race—it was a ride, and a darn fun one at that. I met so many new friends along the route, had great conversations at the rest stops, and a big hug fest at the finish line. Speaking of the route, we were treated to mostly flat roads (thankfully!), beautiful Spanish moss, a historic downtown Fernandina Beach, and scenic ocean views. Cyclists could choose from multiple

distances between 25 miles and 100 miles. My brother and I opted for the 70-mile route, which, let me tell you, was the furthest I have ever ridden—and my first time on a road bike like that. Usually, my cycling is confined to a trusty beach cruiser (hey, I live only two miles from the ocean, so why complicate things?).

Once again, I want to sincerely thank Teksynap for their generous matching donation to my ride. It truly made a difference, and your support is helping accelerate us toward finding a cure for type 1 diabetes. Thank you again for being part of this journey and for your continued support.

-Cathleen Callinan



Caught in the Act

Curtis Handley and **Kristin Fink** were thanked for their hard work and dedication.

Alan Parker was praised for being extremely thorough and professional.

Denise Davis was thanked for her ability to quickly resolve complex issues.

A customer sent their appreciation for **Alexandra Pepen's** commitment to providing exceptional customer service.

PJ Perez was praised for his tireless efforts on resolving a problem.

Edward Ewusi was recognized for his reliability, responsiveness, and dedication.

Harry Akinyemi was commended for his exceptional efforts.

Malik Seals was given kudos for his outstanding work.

Ana Beatriz Moura was the MVP in Security Alerts for December.

Jacqueline Bosco was applauded for her professionalism and can-do attitude.

A customer sent kudos to **Patricia Min** for her hard work.

Will Clough and **Louise Blanc** were congratulated on their exemplary performance and efforts.

Spencer Lloyd was recognized for going above and beyond.

John Lolli, Timothy Lawson, and **Darryl Alexander** were celebrated for their hard work and dedication.

Etu Das was applauded for all of his hard work and timeliness.

Caleb Russian was thanked for being very diligent and attentive.

A customer expressed their gratitude for **Chris Grant's** and **the VTC team's** expertise and patience.

Arturo Granillo was praised for his relentless efforts and great client support.

Warren McQueen would like to thank **Leonard Newman** for expeditiously responding to and supporting a critical request over a weekend.

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.

TekTots



Ethan Agnello was blessed with a lovely baby boy, Franco.



TekPets

Please meet Cuddle Bug and Leo. 10 week old Balinese Kittens that **Chris** and **Katie Schuster** have adopted!



A snowstorm in Alabama means a fun snow day for **William Tucker's** beloved Corgi's Tilly and Teddy!



Feature your pets in the next newsletter!
Send pictures of your companions to news@teksynap.com.

TekSynap Travels



New Orleans Snowmageddon 2025

Employees in Louisiana were surprised this month with up to 10" of snow in some cities.



Snowman sculpted by **Michele Daigle**



Certification Corner

Wayne Wisneski

ITIL4 Foundation in IT Service Management

Russell Withers

ECSE Troubleshooting

Randall Lee

Check Point Certified Security Expert

Larry Richardson

CWS

CWT

Jacob McCarty

Cisco Certified Technician Collaboration

Gregg Moseley

CMMI v3.0 Certified Practitioner

Elasia Rodgers

Security+

Danny Honegger

CNSP

PenTest+

CNVP

Connie DeYoung

ISO 9001:2015 Lead Auditor



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 ***TekWorkforce profile.***

Updating your certifications in TekWorkforce will help us identify you for career advancement opportunities.

Open Positions

JSP ETM - Arlington, VA

Operations Voice Manager
Infrastructure Operations Manager
Inside/OSP Manager
Primary Technical Control Facility Lead
Requirements Evaluation & Design (RED) Team Lead
RCDD
Project Execution Manager

DLA ESD II

Inventory Specialist (Fort Belvoir, VA)
Inventory Specialist (Travel)

NOAA NMFS OHC

Power Platform Developer – Part time/Temporary (Silver Spring, MD)

DIA CIO CIS

ISSE
ISSO
Tech Refresh Data Analyst
Senior Installation Technician
Program Manager
Technical Writer

AFNCR

NMCC - Information Systems Security Officer

USITC

Sr. Network Engineer
Sr. Windows Engineer

Kirtland C4

Client Support Technician

ADCNOMS

Senior Program Manager
Senior IT Operations Lead
Project & Engineering Lead



IA Policy & Compliance/RMF Lead
Senior QA Manager

CSfC

Senior Network Engineer

USSPACECOM PICRD

Current Operations (COPS) Manager

Defense Threat Reduction Agency - Fort Belvoir, VA

Senior HBSS Administrator
Senior Systems Administrator
Information Assurance Security Engineer
Systems Administrator

DLA EDISS

Systems Engineer Oracle (Hybrid, Multiple Locations)

DLA VPM

Virtual Platform Administrator (Hybrid, Richmond, VA)

DLA DPAS

Business Analyst I, (Hybrid, Mechanicsburg, PA)

DLA FDIS

Systems Integration Specialist / Deployment Technician Telework (Travel)

DLA IOEE/IOSEE

Corporate Enterprise Network Engineer - Senior (on site, Pearl Harbor, HI)

DLA NetOps

Network Engineer – Basic, Multiple (Travel)

DISA JSP ETM - Arlington, VA

Senior Circuit Engineer
Voice Technician
Rapid Response Team Lead
Operations Voice Manager
Tier 2 Help Desk Lead CAB Manager for Tech Control

Please email your referral resumes to careers@teksynap.com to receive up to \$2,000.

W-2s are Ready!

W-2s have been released and are available in the ADP portal and have been mailed out.
Employees can download a digital copy of their W-2 in ADP under

Myself > Pay > Pay & Tax Statements

My Information

Profile

Talent

Performance Dashboard
 Performance Goals
 Compensation Notices
 Career Center

Personal Information

Dependents & Beneficiaries

Benefits

Enrollments
 Employee Discounts - LifeMart
 Retirement Account
 Documents

Employment

Organizational Chart
 My Documents
 Surveys

Time Off

My Time Off

Pay

Calculators
 Payment Options
 Tax Withholdings
 Total Rewards
 Pay & Tax Statements



**Happy Ten Year Anniversary
 Julie Ennis**

Happy 5 Year Anniversary to 11 employees this month!

Your travel ward is right around the corner! Be sure to check your TekSynap email at the end of the month.

Anniversaries

Ten Years
 Julie Ennis

Nine Years
 Pearl Prince

Eight Years
 Robert Elmore

Seven Years
 Dennise Shally

Six Years
 Christopher Schuster

Five Years
 Jean-Pierre Blouin
 Zachery Gardner
 Damien Gibson
 Wes Humm

Welcome, New Employees!

DeAndre Kimbrough
 Fiona Earle
 Ethan Bowker
 Qurrat Zafar
 John Akeya
 Harmeet Grewal
 Timothy Turner
 Reginald Wheeler
 Richard Medina
 Brady Carriveau
 Alexander Howard
 Troy Roundtree
 Craig Giordano
 Shawn Celia
 Tommy Milam
 Shemone Williams
 Gregory Culf
 Billy Rochelle
 Carson Babbitt
 Steven Shaddrix

James Carnill
Joseph Nelson
Adam Craig
Rhett Richoux
Matthew Davies
Dana Martin
Trung Uong

Four Years

Stephen Partin
Dominick Massino
Bret McQueen

Three Years

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

Two Years

Alicia Farria
Tiffany Lents
John Richards
David Crismond
Belisa Paulino
John Kirk
Michael Picanso
Koran Coffey
Michele Daigle
Amy LaBruyere
Jaimie Samuels
Wesley Brunson
Stephanie Martin
Sherrell Murphy
Avrin McGinnis
Alexander Schramm

One Year

Chinedu Diru
Rennie Sakyi
Francis Mekeal

Parker Hoppens
Michael Faine
Christopher Webb
Cardis Fridge
Julian Torres
Iqbal Piracha
Jeffrey Bierenga
Rolando Concepcion
Jansen Danganan
Hannah Jefferson
Ronald Malloy
Dustin Hubert
Kimeu Scott
Faisal Rehman
Brittany Bates
Larae Thomas



Brian Peck
Joshua Baker
Gentry Thompson
Ethan Goldberg
Marlene Scott
Devin Murray
Charles Johnson
Steven Davis
Carolyn Buonforte
Dale Harmon
Mohammed Alian
Evgeny Levit
Sienna Day
Marc Demelo
Christian Quintero
William Porpora
Carol-Ann Morabito
John Henry
Denise Davis
Ava Kaye
Timothy Scanlon
Markevis Upshur
Charles Brookhart
Andrew Rose
Joey Medarac

FOLLOW US



TekSynap | 1900 Oracle Way Suite 800 | Reston, VA 20190 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!