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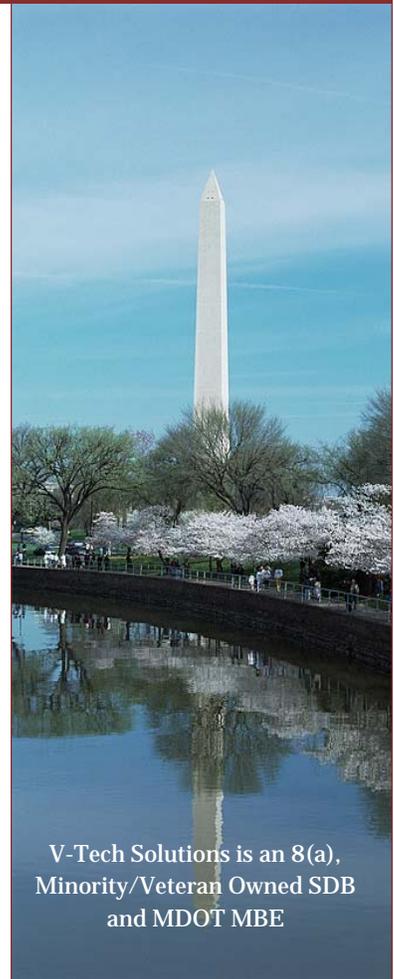
V-TECH PARTICIPATES IN THE DEPARTMENT OF DEFENSE (DoD) 2010 MENTOR PROTÉGÉ CONFERENCE



V-Tech participated in the 2010 DOD Mentor Protégé Conference held at the prestigious Gaylord Hotel in National Harbor, Maryland. This year's weeklong conference featured distinguished guest speakers and sessions focusing on building company infrastructure, small business opportunities, company growth, strategic partnerships and the importance of return on investment, just to name a few. It was culminated by the presentation of the prestigious Nunn-Perry Awards at an awards ceremony named in honor of former Senator Sam Nunn and former Secretary of Defense William Perry. These awards honor the outstanding Mentor-Protégé teams that are working toward becoming successful contributors in the defense of our great Nation.

V-Tech is a protégé to HP Enterprise Services (HP), formerly EDS, and the National Geospatial-Intelligence Agency (NGA). The DoD Mentor-Protégé (MP) Program was enacted in 1990. This program was established to provide incentives for (major) DoD prime contractors (Mentors) to help small disadvantaged businesses (SDBs), qualified organizations that employ the severely disabled, women-owned (WO), and amended to include service-disabled veteran owned (SDVO) and historically underutilized business zone (HUBZone) small businesses (Protégés) develop technical and business capabilities. The goal of the program is to assist protégés to successfully compete for prime contract and sub-contract awards. Successful Mentor-Protégé agreements provide a winning relationship for the protégé, the mentor and NGA/DoD.

Conference presentations included: Small Business Reporting—Following Your Opportunities Overseas; The Importance of Return on Investment; Creating and Growing Your "Brand"; U.S DoD Mentor-Protégé Program and the U.S. SBA Mentor-Protégé Program; and Defense Contract Management Agency (DCMA) - Cradle to Grave," to name a few.



V-Tech Solutions is an 8(a),
Minority/Veteran Owned SDB
and MDOT MBE

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V-TECH NEWS

V-TECH'S IA TEAM AT NAVAL RESEARCH LAB RECEIVE INDUSTRY SECURITY CERTIFICATIONS

V-Tech congratulates members of our Information Assurance team at Naval Research Laboratory on achieving CompTIA Security+ certification:

Daelena Pruitt

Anthony S. Washington

Mossi T. Hamilton



CompTIA Security+ is a vendor-neutral certification for IT staff. With 37,000 CompTIA Security+ certified professionals around the world, CompTIA Security+ is the most popular foundation-level certification in the world with widespread use by U.S. government agencies, as well as private-sector companies. CompTIA Security+ fulfills the U.S. Department of Defense's Directive 8570.1 Technical II and Management Level I requirements.

The US Department of Defense (DoD) established Directive 8570.1 for Information Assurance Training, Certification and Workforce Management. It requires that all DoD Information Assurance technicians and managers are trained and certified to effectively defend DoD information, information systems and information infrastructures. DoD Directive 8570.1 involves Information Assurance Training, Certification, and Workforce Management and provides guidance and procedures for the training, certification, and management of the DoD workforce conducting Information Assurance (IA) functions in assigned duty positions. It also provides information and guidance on reporting metrics and the implementation schedule for DoD Directive 8570.1

One hundred percent of V-Tech's IA professionals hold industry security certifications. Our commitment to our employees is to invest in their careers by providing them with the latest trainings, technology and certifications. Our commitment to our customers is to provide program support with highly trained, competent professionals who consistently meet client needs and expectations. V-Tech commends Daelena, Anthony and Mossi for their hard work and study to attain Security+ certification!

FLEMING ACHIEVES ITIL®v3 CERTIFICATION



In March 2010, Jean D. Fleming became the latest member of V-Tech's senior management team to achieve ITIL®v3 foundation certification. Jean was formerly the Project Manager for the HUD Disaster Housing Assistance Program (DHAP)-Ike contract and is currently a member of V-Tech's business development team.

ITIL®, which stands for Information Technology Infrastructure Library, is an international framework for IT service delivery. ITIL® is the most widely accepted approach to IT service management in the world. The core ITIL® services include Service Strategy, Service Design, Service Transition, Service Operations and Continual Service Improvement. ITIL® provides a cohesive set of best practices drawn internationally from the public, private and academic sectors.

While ITIL® is a personal certification, ISO 20000-1 is a corporate certification. In December 2008, V-Tech embarked on the process of achieving ISO 20000-1 certification. ISO 20000-1 and ITIL® certification are very closely interrelated. For corporate/organizational certification, the relevant emerging standard is ISO 20000-1. This is a central driver for IT service management, and is conceptually the framework within which ITIL®, itself operates. ISO 20000-1 is the international standard for IT Service management. However, ISO 20000-1 itself is part of a much bigger picture, in that it aligns with ITIL®. V-Tech anticipates achieving ISO 20000-1 certification in June/July 2010.

Jean joins Beverly Burgess, Charlene Deaver-Vazquez, Fred Hammond and Sandra Yates, who are also ITIL® v3 certified members of V-Tech's senior management team.

FIVE STEPS TO A HEALTHIER YOU BY SUMMER



V-Tech is embarking on a path to better health and wellness. As we take off the layers of clothing from the long, cold and snowy winter months, let's aim for a healthier you by summer! Many of us have all eaten too much and taken comfort food to another level. We've sat down too long and watched too many DVD's and movies. Well, it's time to get moving, shed those extra pounds and start thinking about sun and fun! Here at V-Tech, we want to issue a wellness challenge to encourage you to eat healthier, exercise more and feel better. This will subsequently help you to lose those extra winter pounds.

Five steps to a healthier you by summer:

V - Value what you eat. Unfortunately, we have become accustomed to eating for pleasure when we should be eating to sustain and maintain our bodies. When you think about eating it should be about what makes you look and feel good physically at the end of the day. Eating should not be about what makes you feel better emotionally or depriving yourself.

T - Tall Glass of Water. Water is an essential element for maintaining your overall hydration. If you replace a 12 oz. soda or fruit juice a day with a bottle of water, you can eliminate 50,000 stored calories over the course of a year.

E - Energy. Energy is important and is determined by the types of food you eat. Eating foods that are high in protein (meat, chicken, turkey and fish) and foods that are high in fiber (fruits, vegetables and whole grains) will help improve your energy and elimination.

C - Change. Change works in concert with discipline in any area of life. It is important to accept and acknowledge this before beginning any wellness or lifestyle adjustment.

H - Healthy. Healthy is a word that is not defined by your size. Health is measured by things like how your skin, hair and body look, or your ability to run up a flight of steps without feeling like you are having heart palpitations. To increase your overall health, remember to get off the couch and move. Walking, jogging, swimming and biking are all great activities to boost your heart health and elevate your metabolism (the rate at which you burn calories). If you've only got a few minutes, try jumping rope for an excellent cardio workout.

For the next 30 days we encourage you to eat healthier using the "VTECH" method. Start with eating a healthy breakfast, eliminating junk food and adding an 8 oz glass of water (spring or filtered) to your everyday meal plan (gradually increasing water intake by 1-8 oz. glass each week). PS - coffee, tea and carbonated water do not count!

Let's get healthy together and remember... you won't lose nothin' but the weight!

RAISING A GREEN GENERATION

Sure, we can buy organic foods and install solar panels, but what can kids do to help out the environment? Quite a bit, actually. Getting kids into eco-friendly habits is not only simple, but will pay off in the long run: you'll save money now and it's likely they'll grow up to be more environmentally conscious adults. Whether they start by just turning off a few more lights or helping you plant a vegetable garden, it's a win-win situation. Here are some other good places to begin:

- ◆ **Have your kids walk, bike or carpool to school.** Burning less fuel means less carbon emissions and less smog. If the route to school is safe and the weather permits, encourage your kids to walk or ride their bikes; not only will you use less fuel driving back and forth, but they'll burn off some energy before sitting in class the whole day. For longer trips to school, consider asking around to see if any parents would be interested in carpooling. You can take turns driving once or twice a week – a routine that will not only help planet Earth, but also save you time and money in the long run!



- ◆ **Back away from the computer!** It's not a secret that kids, especially teens, spend countless hours playing video games, typing up term papers and chatting on the Internet. Not only is it bad in terms of physical fitness, but Mother Nature isn't fond of using all that energy either. Explain how much electricity is spent using these systems, and point out how hot a laptop or computer system gets after just an hour of use. Encourage your kids to limit their video game time and have them shut the computer off when doing something else. Want to *really* help the environment and save yourself some cash? Show them how to be eco-friendly students by printing on both sides of the paper – it's easy and cuts consumption in half!

- ◆ **Show them a super-easy way to save water.** While your kids are busy brushing their teeth, put a bowl under the faucet and let it fill up with water. After showing them how much water goes down the drain while they're brushing, set the right example by shutting off the water in between scrub-sessions. You may need to follow-up with a few gentle reminders, but once they get into the habit, your household will be conserving buckets of water in no time. To save even more, you can also show your little ones how to take shorter showers and avoid filling the bathtub up all the way.

- ◆ **Sort, sort, sort.** Kids won't do something if they don't know how. Teach younger kids, as well as teens, how to recycle, following the symbols and setting up separate waste bins in your kitchen or garage. Using pictures or a color-coded system is especially effective for younger family members. If they don't already have a system like this set up at school, suggest that they bring in an empty box for depositing scrap paper or bottles. Looking for an outdoor project? Set up a compost pile – kids as young as four will quickly understand that it's a good place to throw out their banana peel or apple core.

While starting "green" habits may be a matter of repetition, the absolute best way to teach your kids is by setting an example yourself. Be conscious of your own water use when doing dishes or washing your car, and don't let them catch you holding the refrigerator door open for too long! Small changes go a long way, and the ultimate parent – Mother Nature – will thank you.

10 THINGS YOU SHOULD NEVER DO AT WORK



There are a number of things that you should never do at a work place. This would of course include things that have been detailed on your contract and would be a legal agreement. Employees are also generally expected to follow the code of conduct and the contract and almost all of us do follow them - like being in the office at agreed working hours, turning up for a meeting in time, calling up the manager if sick etc. etc. These are all common stuff that everyone is generally aware of and would be happy to follow. But there are a few untold things that may not be expected out of an employee but if followed could help you in a number of ways later...

1. Don't forget your values

Most companies have a document detailing the code of conduct and the code of ethics. These explain the ethics involved in doing business from a company's point of view and not from a person's point of view. I am strong buyer of having a defined ethics for yourself. This could mean turning off the PC when you leave work, buying fair trade coffee for the office, running fundraisers and participating in events, to name a few. You would probably do these things in your personal life - then why not incorporate them in work life? Remember....everyone respects people with values.

2. Never over commit

Only commit what you can do. Trying to over commit to impress managers is a very common phenomenon at work. There are two problems associated with this -

- * You over commit and do not deliver and the project goes out of schedule potentially leading to a failure
- * You over commit then stress yourself and deliver and your manager is going to assume that is what you are generally capable of delivering.

3. Don't seclude yourself

Don't seclude yourself by having lunch at your own desk and not being at a work gathering unless you have a very good reason for doing so. You may be seen to be an outsider within the team and that is something you would not want to be bothered with. Once you start moving with people, it makes it much easier for you to voice your opinion during meetings and people will be more likely to accept your point of view and will be happy to discuss ideas further.

4. Never lose your self-respect

Do not engage yourself in doing things that would tarnish your self-respect. Sometimes being too down-to-earth can be damaging and one needs to balance his personal preferences with his job role. Cleaning up the mess you created is no problem - but do not offer to clean up the mess someone else created - that is not your job! This doesn't mean you should not help others when they are in need of some help; but it is not a good idea to keep offering help and letting others take advantage of your good attitude.

5. Say 'No' to personal work

This is one of the most important of all "never do this at work" topics. It is better not to confuse the work place with your home. Most of us will not work during personal time, then why do personal work during work time? This would include checking personal emails, logging to social networking websites, reading news etc. etc. That said, it doesn't mean you should always push personal work after office hours. There may be certain personal things that might need immediate attention and you might not have a choice not to do it. In that case, do keep your manager informed.

6. Never poke into others business.

Understand what your job role is and act accordingly. Companies have various levels of engineers and managers to split the job to be done and get that done effectively. Trying to impress the management by over doing things and by doing that, stepping into your colleagues domain/ job role is an absolute NO. If you have potential showcase it in what you are asked to do and not by doing some one's job.

7. Never lie

Although companies do not use lie detectors to find out whether someone is lying about something they did - it is one of the most important aspects to build a good reputation within the company. If you have done something wrong, it is better to put forward the case with all the facts and then say you would take care the next time. Doing something wrong and being genuine about it is much appreciated than lying about it or pointing someone else for your mistakes.

8. Don't get into personal relationships

Never ever think of misbehaving with co-workers and avoid entering into any sort of relationships at work. These relationships will invariably lead to messy situations when you have to be decisive with a person with whom you are on a personal relationship. And, the moment this story leaks within the office, it is for sure going to affect your personality and esteem.

9. No backbiting...please.

Talking about others behind their back is completely unprofessional and something that you should avoid. If there is a problem, better call the relevant people - manager, supervisor or even the colleague with whom you have a problem - and sort it out right in front of their face. The moment someone realizes that you are talking behind their back, they are going to make you the last person on their 'much respected' list.

10. Don't steal

Well...this sounds straight forward. Most companies have CCTV in their premises and although this is not to monitor what employees do - they can indeed see what you are up to. Most of us would say stealing property like cables, stationary etc. are an obvious 'NO'. But how about technology? Making a copy of the unreleased software that you are currently testing is of course a cause for concern.

Article Source: http://EzineArticles.com/?expert=Karthik_Raj_Guruchandran



CURRENT JOB OPPORTUNITIES

If you have an interest in a job opening at V-Tech or a have a referral, please contact the HR Department at 301.495.2693 for more information.

Information Security Analyst, Washington, DC

Provide certification and accreditation (C&A) support in designing, developing, engineering and implementing solutions to security requirements. Monitor the health, status, and availability of security devices. Plan, coordinate, and implement security measures for information systems to regulate access to computer data files and prevent unauthorized modification, destruction, or disclosure of information. This is a junior level position with 1-2 years experience and requires a current certification (i.e. CISSP, Security +)

Applications Systems Analyst, Silver Spring, MD

Provide In-House Systems support applicable to the Enterprise Performance Life Cycle Framework (EPLC) framework. Provide ongoing operation and maintenance of IT systems applications software upgrades. Support of maintenance releases through planning, requirements analysis, design, development, testing and implementation of maintenance releases composed of small to medium level-of-effort changes. Also provide technical support services including technical advice, maintaining IT connections and customer service and support.

APRIL MILESTONES

WELCOME NEW EMPLOYEES!

Chad N. Artis	US Census Bureau
Andrew J. DeMeulenaere	US Census Bureau
Johanna L. Duong	US Census Bureau
Vernell Hawkins	US Census Bureau
Carol H. Huntley	USPTO
Sonia N. Jeato	US Census Bureau
Alex R. Miller	US Census Bureau
Babian Uwakolam	FDA
Kimberly M. Yarborough	US Census Bureau

HAPPY BIRTHDAY!

Sandra A. Yates, HQ—04/04

HAPPY CORPORATE ANNIVERSARY!

Michael Baumgart, USPTO—04/13/2009

Anthony Washington, NRL—04/20/2009

Mossi Hamilton, NRL—04/23/2009

CEO's Corner

GOAL SETTING: THE POWER OF PROCESS



Goal setting is a powerful process for thinking about your ideal future, and for motivating yourself to turn this vision of the future into reality.

The process of setting goals helps you choose where you want to go in life. By knowing pre-

cisely what you want to achieve, you know where you have to concentrate your efforts. You'll also quickly spot the distractions that would otherwise lure you from your course.

More than this, properly-set goals can be incredibly motivating, and as you get into the habit of setting and achieving goals, you'll find that your self-confidence builds fast.

Achieving More With Focus

Goal setting techniques are used by top-level athletes, successful business-people and achievers in all fields. They give you long-term vision and short-term motivation. They focus your acquisition of knowledge and help you to organize your time and your resources so that you can make the very most of your life.

By setting sharp, clearly defined goals, you can measure and take pride in the achievement of those goals. You can see forward progress in what might previously have seemed a long pointless grind. By setting goals, you will also raise your self-confidence, as you recognize your ability and competence in achieving the goals that you have set.

Achieving Goals

When you have achieved a goal, take the time to enjoy the satisfaction of having done so. Absorb the implications of the goal achievement, and observe

the progress you have made towards other goals. If the goal was a significant one, reward yourself appropriately.

With the experience of having achieved this goal, review the rest of your goal plans:

- If you achieved the goal too easily, make your next goals harder.
- If the goal took a dispiriting length of time to achieve, make the next goals a little easier.
- If you learned something that would lead you to change other goals, do so.

If you noticed a deficit in your skills despite achieving the goal, decide whether to set goals to fix this.

Failure to meet goals does not matter much, as long as you learn from it. Feed lessons learned back into your goal setting program.

Remember too that your goals will change as time goes on. Adjust them regularly to reflect growth in your knowledge and experience, and if goals do not hold any attraction any longer, then let them go.



How to Reach Us!

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ABOUT V-TECH

At V-Tech Solutions, Inc. , "*Excellence at Work*" is the state or quality of excelling. It is at the core of all we do. This equates to delivering our best everyday to our clients-being better tomorrow than we were yesterday. "*Excellence at Work*" matches our practices with our potential.

V-Tech is an emerging Information Technology and Professional Services company. We focus on Call Centers, Information Assurance and IT Security, and Technical and Management Services. Our clients include Federal Civilian & Defense Agencies, State and Local governments and commercial businesses. Our business service management is devoted to customer service and innovation. We focus on new trends, markets and technologies. V-Tech has cultivated this spirit by creating an organization comprised of dedicated professionals who believe that their success and the success of V-Tech and of our clients is a team effort.



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