



# The Cutting Edge

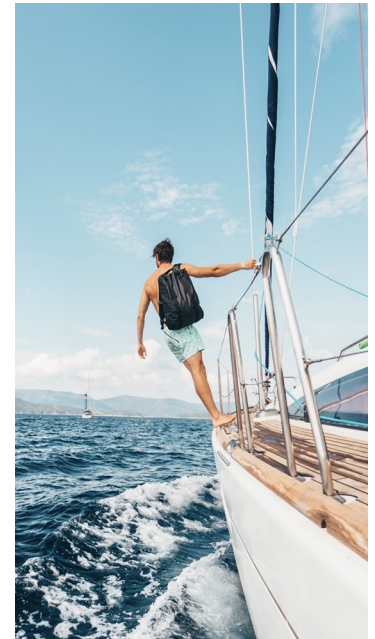
## Adventure Awaits



Veterans  
Enterprise  
Technology  
Solutions  
Inc.

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### Contributors

**Jennifer Boit**

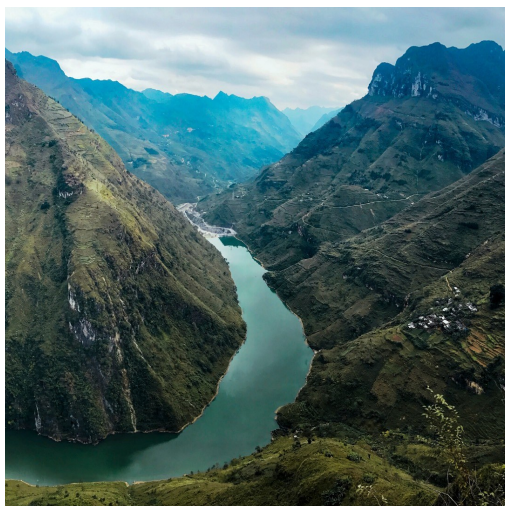
**Robin Hammond**

**Jim Moody**

**Greg Randall**

**Victoria Rowe**

**Larry Rudnick**



# Letter From CEO, Jim Moody

It's hard to believe that summer is already here. We all need to take some time this summer and go on an adventure. A get-away, no matter how long or how short, helps us to escape from our everyday lives and to refresh our minds and bodies. This issue of our newsletter provides a few stories about recent adventures that were experienced by some of our employees. Take some time to read them and start planning your own adventure(s).

Mona and I love to travel. This year, the safety concerns surrounding COVID-19 makes it a little more difficult. We are, therefore planning to take an RV trip across America. At the end of July we will head west on Interstate 40 from Southern Virginia to parts unknown. We are hoping to visit quite a few places along our journey. First we will stop near Asheville, NC and spend a day or two browsing around Black Mountain, enjoy a tour of the Vanderbilt's Biltmore estate, and perhaps visit a few of the local wineries. We will then move on to Gatlinburg, TN where we hope to enjoy the wilderness and wildlife of the Great Smoky Mountains. I can already feel the cool breezes and smell the fresh mountain air. Our next stop will be Oxford, MS where we will visit my alma mater – the University of Mississippi (Ole Miss), camp near Sardis Lake, and perhaps visit Beale Street and Graceland in Memphis. The rest of our journey is still in the planning stages. We will take it one day at a time and enjoy every moment of the trip. We plan to end up in Las Vegas where we will visit family and enjoy the sites around the great city where I grew up.

Our return adventure will follow the northern route through Utah, Montana, Wyoming, South Dakota, Ohio, Illinois, Indiana, West Virginia and back home to Clarksville, VA. On the way, we hope to see a few National Parks, including: Zion, Bryce, Yellowstone, and Mount Rushmore. We are also going to visit a few friends and family. We will take a lot of pictures, enjoy a variety of music and eat plenty of awesome food along the way. Like all adventures, we will have plenty of great memories to share and hold close to our hearts. Hopefully we will return well-rested and re-energized.

What will be your adventure for the Summer of 2020?

-Jim Moody





# Chaplain's Corner

There once was a family of 7 squirrels, consisting of Mama squirrel and her six children: Cashew, Almond, Hazel, Pecan, Brazil and Acorn. Mother squirrel wanted to teach her children about what was most important in a squirrel's life, and made sure they knew how to gather and hide food, build a nest and how to jump from tree to tree. Most importantly, Mother squirrel wanted her two children to be kind, compassionate, eager to learn, and to look out for one another.

This was especially important since Acorn was unable to move her left back leg. She was quick and eager to learn and Mother squirrel knew that should would be fine in the big world because of her inner strength and determination.

The last week before the 6 squirrels left the nest, Mother squirrel wanted to teach them an important lesson. She directed the siblings to go out in groups of two to forage for food and the group with the most food would be able to eat first that night. She let Cashew choose his partner first (since he was the oldest) and the next day Almond chose first, then Hazel, then Pecan in the order of their birth. Every day, Acorn was chosen last. And the team with Acorn never got to eat first.

When it was Brazil's day to choose (being the next to the youngest) he was very excited. Mother squirrel came to him that morning and said to him, "Brazil, it is very important that you choose Acorn." "But why? This is my chance to win. I want to choose one of my older siblings." "Trust me, Brazil. You've never disobeyed me before, and I need you to do this for me to help you all learn something important."

Brazil did as his mother asked, and when he said, "I choose Acorn." her face lit up. She danced. She squealed and laughed and hugged her brother. That day, Brazil and Acorn gathered more food than any group had done before and became the very best of friends.

The greatest of adventures begin when we show kindness and empower others to be their best. Wherever our adventures take us, take along someone who will truly appreciate the journey.



# Meet Our Staffing Pros Team

Staffing Pros continues to provide high-quality diversified recruiting solutions to our customers. Our team comes from locations throughout the U.S. and each member is adventurous in various ways!



Stephanie Clemons,  
VP, Staffing Pros

At Charlotte  
Checkers Hockey  
with their mascot  
Chubby!



Lauren English,  
Senior Technical  
Recruiter

Kayaking at Lake  
Norman in NC.



Dena Graham, Talent  
Acquisition, West  
Coast

Fishing at Lake Mead,  
NV and watching the  
big horned sheep!



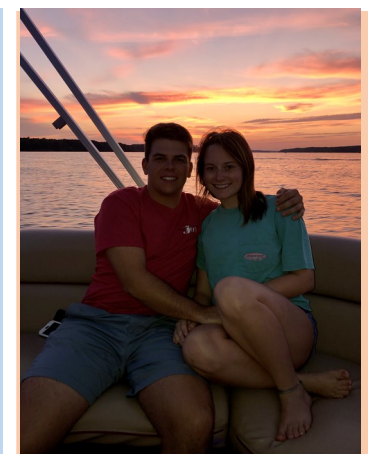
Billy Julian, Business  
Development– Tal-  
ent Acquisition, East  
Coast

Playing golf in Hilton  
Head, SC.



Stephanie McElhen-  
ny, Talent Acquisi-  
tion-Recruiting &  
Compliance

Strawberry picking  
with her two boys in  
Purcellville, VA



Tori Rowe, Sourcer  
and Social Media  
Specialist (Intern)

On a boat ride in  
Clarksville, VA



## Employee Spotlight

### Jennifer Boit, VP of Recruiting & Security



ACC Championship Game— Clemson →

← Dominican Republic-the night she got engaged!



Our first spotlight is Jennifer Boit, Vice President of Recruiting and Corporate Security. Jennifer has been working for VETS Inc., since the very beginning in 2005, therefore her loyalty and passion for the company is quite known. Jennifer attended Clemson University where she double majored in French and International Marketing. Her enthusiastic performance as vice president highlights her knowledge and experience with various cultures and activities.

Not only does Jennifer exhibit her enthusiasm to VETS Inc., but she is quite adventurous. She has a profuse amount of memories and years' worth of travel throughout the world. Her favorite place is the Dominican Republic because it is where she was recently proposed to! Most of her well-remembered adventures aren't planned, which leaves the greatest memories. On many given days Jennifer and her new husband have been known to jump in the car and just drive, to have the experience of new culture and visits. The two once drove four hours to have lunch at the "best fried chicken place in Virginia" and visited the "World's largest ball of twine."

We asked Jennifer what motivated her and her answer was simple, but profound "passion". "Passion for my family. Passion for life, Passion for adventure, Passion for growing. Passion for truly living life to its fullest and not missing out on an adventure." We also asked Jennifer why she likes to be adventurous and her response, "The world is huge, by limiting yourself to your immediate surrounding you are missing out. There are so many amazing places to go and see. So many different cultures to explore and people to meet. Travelling really builds empathy - you cannot fully appreciate what you have until you see what others do not have."

Jennifer's favorite part of working for VETS Inc. is the people. "The people who work for VETS are amazing - seeing how far the company has grown since 2005 is due 100% to the hard work of its employees." VETS Inc. prides itself on its employees, and Jennifer is one we are quite fond of.

Jennifer seeks out life to the fullest between her passion to travel, her love for family, her commitment to her alma mater Clemson University, and her dedication to her role at VETS Inc. She sees life as a world of adventure and no matter where she may visit her fascination with culture, foods, and activity shines.







## Employee Spotlight

Larry Rudnick, Director  
of Cloud Services/  
Chief Solution Architect



Larry Rudnick is our next employee spotlight who has been diligently working at VETS Inc. for about 2.5 years as Director of Cloud Services/Chief Solution Architect. Larry sets out to achieve his tasks in innovative and enthusiastic ways.

Larry has visited 50 countries throughout the Caribbean, South East Asia, Europe, and South America. He doesn't plan on slowing down any time soon! Larry's most memorable and extensive trip took place for 7 years, where he sailed with his wife. Starting in 2001, the pair sailed extensively throughout the Caribbean and decided to return home in 2007. They originated the adventure out of New York and returned to Norfolk, Virginia. "We met many great people, both locals and other cruisers, and had some great experiences, as well as some scary ones, like being at sea in storms and hurricanes (but no pirates)."

Larry still enjoys to travel for the experience and beauty of new cultures. He never fails to make pictures to remember the attractions in the cities, but also the beauty of nature. Larry named his boat Destiny after his favorite quote. "Destiny is not a matter of chance; it is a matter of choice. It is not a thing to be waited for, it is a thing to be achieved." -William Jennings Bryan

Throughout his years, Larry's sense of adventure has aided in his role at VETS Inc. and he always strives to complete the tasks at hand with a sense of creativity and problem solving skills. Larry is a vital asset to our VETS Inc. team and he shows his passion for adventure in and out of the office.





# WAIT BUSTERS DINING



Ford's Fish Shack –Ashburn, VA



Belga Café– Washington D.C. 313 Franklin– South Hill, VA



Tacky Jacks– Orange Beach, AL



Firenza Pizza– Raleigh, NC



The Buffalo Wing Factory– NOVA



Double Dogs– Nashville, TN



King Street Oyster Bar–  
Leesburg, VA



# VETS Inc.

Veterans Enterprise  
Technology Solutions

An adventure is an exciting experience that is typically a bold, sometimes risky, undertaking. Adventures may be activities with some potential for physical danger such as traveling, exploring, skydiving, or mountain climbing.

## Symptoms

Symptoms of COVID-19 include fever, chills, shortness of breath, fatigue, muscle or body aches, headache, loss of taste or smell, sore throat, congestion or runny nose, and more.

## Prevention

To help prevent the spread of COVID-19 everyone should clean your hands often, avoid close contact with those who are sick, cover your mouth and nose with a facemask and more.

## Treatments

If you have possible or confirmed COVID-19 stay home, monitor your symptoms, get rest and stay hydrated, and more. For more information on COVID-19 go to [cdc.gov](https://www.cdc.gov)

## VETS Inc. is Admiral Sponsor's of Lakefest

Lakefest may be delayed, but the sponsorship is not! Once again, VETS Inc. supports Clarksville's annual Lakefest which will be held September 18-20! Pictured left to right Jim Moody, Malcolm Clarke, Emily Toombs, Josh Glasscock, and Pamela Clay.





# Birthdays

## June Birthdays

Najaf Abbas  
Connor Bobzien  
James Clarke  
Lauren English  
Shiney Jacob  
Herbert Kaskoff  
Cheryl Shakur  
Lauren Tujague  
Dennis Walker

## July Birthdays

Stephanie Clemons  
William Connelly  
Vicki Leon  
Arthur McCann  
Penelope Reeder  
Todd Wilcox  
Eric Zittel

## August Birthdays

Arnold Benton  
April Bryant  
Michael Detwiler  
Shane Gau  
Robin Hammond  
Shaun Petterson



# HR's Top 10 Questions

## How do I change my address?

- Log into your EMS Home page at [www.cbizems.com](http://www.cbizems.com) and click on the drop down menu under Change Events. You can also make other changes as well, such as change your direct deposit, update your health savings account contribution, update your taxes, change your beneficiaries and more.

## Where can I get information on VETS

### Benefits?

- Log into your EMS Homepage, click on the hamburger or stack menu at the top left corner and select "Information". Then in the Documents box, click on "More" and you will find the VETS Library.

## Where can I get an ID card for my benefits, or contact the insurance carrier?

- We encourage you to register at the carriers' websites where you can find providers, see claims information, estimate costs and print ID cards.
- Medical and Dental: [www.anthem.com](http://www.anthem.com) (1-800-451-7527). For first time registration, if you don't have your Anthem ID, you may enter your SSN as the ID to locate your record.
- Vision: [www.eyemed.com](http://www.eyemed.com) (1-866-804-0982)

## How do I make changes to my 401k election or find my balance?

- Go to [www.massmutual.com/retirementaccess](http://www.massmutual.com/retirementaccess) and click *Login*. If you have not created your account, click on *Register for Online Access* and follow the prompts. VETS' 401k plan is self-directed, which means you may make changes to your election or investments anytime throughout the year.

## Where can I find my Paystub?

- Your current paystubs are on your EMS Homepage at [www.cbizems.com](http://www.cbizems.com).
- If you need to find older paystubs, click on the filter icon and change the date.

## Where can I find my PTO? Your PTO balance can be found in two places:

- Deltek Costpoint from your timesheet, click on *Leave*, then click on PTO for your current balance and to see your year-to date usage.
- Your Paystub

## How much PTO can I carryover from year to year?

- VETS allows you to carry over your PTO from year to year, however you can only be paid equivalent to one year's PTO accrual if you terminate. Be sure to use your PTO!

## I need a verification of employment, can you do that?

- Yes.** Have your lender or investigator send the request, along with your signed release to [hr@vets-inc.com](mailto:hr@vets-inc.com), or send the request to our dedicated HR Fax at 866-466-9173.

## Can you reset my VETS or Outlook Password?

- No**, but reach out to VETS Help Desk at [help@vets-inc.com](mailto:help@vets-inc.com) and they will be happy to assist you.

## How do I reset my Deltek Costpoint password?

- Go to the self – service portal. On the right, you will see Reset Password. Click on that link and follow the prompts to reset your password. The domain name is the same as your user name that is used when logging into CostPoint. \*CostPoint Self-service portal: <https://adss1.deltekenterprise.com/showLogin.cc>





# Recipes

## Triple Berry Protein Smoothie



### Ingredients

- 1.5 c frozen triple berry mix
- 1 medium frozen banana
- 1/2 tbsp. chia seeds
- 1/4 c vanilla protein powder
- 1 1/4 c unsweetened almond milk

### Instructions

1. place all ingredients in a high-speed blender and mix until smooth

Proteins are essential nutrients for the human body. They are one of the building blocks of body tissue and can also serve as a fuel source. As a fuel, proteins provide as much energy density as carbohydrates



## No Bake Energy Bites

Prep time: 20 min

Cook time: 0 min

Total time: 20 min

Yield: 20-25 energy bites

### Ingredients

- 1 c old-fashioned oats
- 2/3 c toasted shredded coconut
- 1/2 c creamy peanut butter
- 1/2 c ground flaxseed
- 1/2 c semisweet chocolate chips
- 1/3 c honey
- 1 tbsp. chia seeds
- 1 tsp vanilla extract

### Instructions

1. **Stir everything together.** Stir all ingredients together in a large mixing bowl.
2. **Chill.** Cover the mixing bowl and chill in the refrigerator for 1-2 hours, or until the mixture is cold.
3. **Roll into balls.** Roll into mixture into 1-inch balls.
4. **Serve.** Then enjoy immediately! Or refrigerate in a sealed container for up to 1 week, or freeze for up to 3 months.

# Company Contacts



Website: [staffingpros.us.com](http://staffingpros.us.com)  
Email: [staffingpros@vets-inc.com](mailto:staffingpros@vets-inc.com)

Social Platforms:  
Facebook: @StaffingprosUS  
Twitter: @ProsStaffing  
Instagram: @staffing.pros  
LinkedIn: @Staffing Pros



Website:  
[www.waitbustersdining.com](http://www.waitbustersdining.com)  
Email: [support@waitbusters.com](mailto:support@waitbusters.com)  
or [sales@waitbusters.com](mailto:sales@waitbusters.com)  
Phone: 877-691-9662  
Social Platforms:  
Facebook: @waitbusters dining  
Twitter: @WaitbustersDiner  
Instagram: @wait.busters.dining  
LinkedIn: Digital Diner  
Youtube: Shane Gau



## Corporate Headquarters

134 Commerce Drive  
Clarksville, VA 23927

**Toll-Free Phone Number:**  
(855)4VETS-INC

## Social Platforms:

Facebook: @vetsinc05  
Twitter: @IncVets  
LinkedIn: @Veterans Enterprise Technology Solutions

**Website:** [www.vets-inc.com](http://www.vets-inc.com)

## VETS Human Resources

[hr@vets-inc.com](mailto:hr@vets-inc.com) or 434-374-5899, ext. 113

**Payroll & Costpoint Timekeeping issues:** [payroll@vets-inc.com](mailto:payroll@vets-inc.com) or 434-374- 5899. ext. 104

**VETS Help Desk/IT Support:**  
[help@vets-inc.com](mailto:help@vets-inc.com)

**VETS Security:** [jboit@vets-inc.com](mailto:jboit@vets-inc.com)

**VETS Contracts:** [contracts@vets-inc.com](mailto:contracts@vets-inc.com)

**Expense report issues and questions:**  
[AP@vets-inc.com](mailto:AP@vets-inc.com)

