

# Regis Tremblay Lefrancois

Capitale-Nationale, Quebec, Canada



regg00@gmail.com



4185735218



[linkedin.com/in/registremblay](https://www.linkedin.com/in/registremblay)

## Summary

When Bill Gates said, "I will always choose a lazy person to do a difficult job because a lazy person will find an easy way to do it.", he was talking about me. I WILL find the ultimate easiest way to do pretty much anything. It's kind of my superpower.

I got my first taste of IT when I built my first PC at 12 solely to play Counter-Strike 1.3 a mild 7 hours a day. The next project was to annoy my mother enough so that she finally upgraded our internet connection to lower my ping and download faster on Napster. I was a good project manager back then, and it's still the case today.

If you are wondering why I do not have a ton of certifications attached to my profile, it's because I'm a self-learner, and, to me, the certification industry looks more like a scam than anything else. I don't need the 7 days of training taught by someone with no reel world experience in a windowless room surrounded by guys/girls 2 times my age that keep asking dumb questions. Just give me a good internet connection and some time, and I can teach myself anything you need.

## Experience



### System Architect

Agri-Marché Inc.

Mar 2020 - Present (2 years 4 months +)

Tools I use every day:

- Docker;
- VSCode;
- Azure;
- Terraform;
- ManageEngine DesktopCentral;
- vCenter;
- Microsoft 365;
- Jira and Confluence;
- PRTG;
- Teams;
- Palo Alto Network Firewall;
- Meraki stack;
- Ubiquiti UniFi controller;

What I do:

- Systems architecture and documentation;
- Automated deployment and orchestration;
- Monitoring;
- Project management;
- Systems automation using PowerShell, Bash, and Python;

- IT budget planning;
- Service contracts negotiation;
- Recommend and deploy new technologies;
- Various R&D projects;
- Azure architecture and development.



## **System Administrator**

Agri-Marché Inc.

Mar 2015 - Mar 2020 (5 years 1 month)

Tools I used every day:

- vCenter;
- MDT;
- ManageEngine DesktopCentral;
- Jira;
- RoyalTS;
- Proofpoint PSAT;
- Proofpoint Email Security;
- Palo Alto Networks Firewall;
- Powershell;
- Windows Server;
- Ubuntu Server;
- Windows 10;

What I did:

- Ensure the performance, availability and security of environments;
- Analyze, recommend and implement new solutions;
- Management of telecommunications systems (VoIP, MPLS, Internet);
- Actively participate in decisions concerning the technological orientations of the company as well as their establishment;
- Analyze and make recommendations on the infrastructure in place;
- Support production environments;
- End-user technical support;
- Management of the IT support team.



## **Senior Information Technology Technician**

Agri-Marché Inc.

Mar 2014 - Mar 2015 (1 year 1 month)

Tools I used every day;

- Veeam;
- vCenter;
- Jira;
- Sharepoint;
- MDT;
- MVLS;
- Office;
- Windows Server and Desktop;
- RDP;
- Teamviewer;

What I did:

- Level 1 and level 2 and level 3 tech support;
- Systems maintenance;
- Powershell, bash and batch scripting;
- Backup operations and maintenance;
- Hardware and software troubleshooting.



## **IT Consultant**

Ministère des Transports

Jul 2013 - Apr 2014 (10 months)

Configuration and maintenance of Windows/Linux/Unix servers;

Systems update;

Backup management;

Server room management;

Inventory and order management;

Weather stations installation and maintenance;

Shell scripts programming;

Documentation writing;

Projects management;

Accounting;

Process optimization.



## **Network Technician**

Multiver Ltee

Nov 2011 - Jul 2013 (1 year 9 months)

Configuration and maintenance of Windows/Linux servers and mobile devices;

Systems and applications updates;

Backup management;

Server room management;

Customer support;

Virtual VMware servers configuration and management;

Projects management;

Shell scripts programming;

Inventory and order management;

MSSQL and MySQL databases management.



## **Web Developer (Internship)**

Wanted Technologies

Feb 2011 - Aug 2011 (7 months)

PHP web spiders management system programming;

Programs validation;

Web spiders programming in WantedScripts;

Code review.



## **Web Developer (Internship)**

Polycor

May 2010 - Sep 2010 (5 months)

PHP web pages programming;

MSSQL stored procedures development.



### **Programmeur Web (Internship)**

Groupe Magik-Pay Inc.

May 2009 - Sep 2009 (5 months)

VB.NET tools development;

MSSQL databases management.



### **Programmer (Internship)**

Ministère de l'Éducation du Québec (MEQ)

May 2008 - Sep 2008 (5 months)

MSAccess databases creation and management;

VBA tools development;

Customer support and formation.



### **IT Support Specialist (Internship)**

Ministère de la santé et des services sociaux

May 2007 - Sep 2007 (5 months)

Level 1 tech support.

That pretty much describes what I did.

## **Education**



### **Université Laval**

Computer Science

2013 - 2014



### **OSCP**

Penetration Testing with Kali Linux

2016 - 2016



### **Université TÉLUQ**

Computer Science

2014 - 2016



### **Cégep Limoilou**

DEC Computer Science, System, Networking, and LAN/WAN Management/Manager

2006 - 2010



## École Secondaire du plateau

Diplôme d'études secondaire, Général

2001 - 2006

## Licenses & Certifications



### Proofpoint Protection Server: Basics - Level 1 - Proofpoint Inc.

Issued May 2020 - Expires May 2021

ibubna8o44xd



### Proofpoint Email Protection - Level 1 - Proofpoint Inc.

Issued May 2020 - Expires May 2021

c6urjbpi7dog



### Targeted Attack Protection (TAP) for Administrators - Level 1 - Proofpoint Inc.

Issued May 2020 - Expires May 2021

i6xdqic96k6m



### Email Fraud Defense - Level 1 - Proofpoint Inc.

Issued May 2020 - Expires May 2021

9gt8ffj773mv

## Skills

System Administration • Python • Terraform • Web Services • Programming • Shell Scripting •  
Software Installation • MySQL • SQL • OS X