

**Spring – A Time to Renewal**

Spring is about rejuvenation and cleaning up after a long winter. This time of year is perfect to look at your IT systems. What data you are keeping, what data to purge and to ensure all key data is being backed up properly. To double check your security stance against cyber-criminals and review of your IT policies (you DO have policies covering things like security, Mobile Devices, Data Retention, Acceptable Use Policy, etc – right?) If you're not a client and need a hand with these reviews, let me know.

Speaking of clients, BeckTek was honoured to welcome **Food Depot Alimentaire** to our roster of business partners. They are a Non-Profit that services more than 30 agencies including food banks, community soup kitchens and school lunch/after-school programs in South Eastern NB. If you want to participate in their worthy mission, visit [www.fooddepot.ca](http://www.fooddepot.ca) to learn more.

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This monthly publication provided courtesy of Scott Beck, President

“As a business owner, I know you don't have time to waste on technical and operational issues. That's where we *shine!* Call us and put an end to your IT problems once and for all!”



**7 Ways To Dodge A Data Disaster**

**Y**ou stride into the office early one Monday morning. You grab a cup of coffee, flip on your computer and start checking e-mail... A note pops up that rivets your attention: *“Your files have been encrypted. Send \$5,000 within five days or they will all be destroyed.”* You start sweating as your throat constricts and your chest tightens. Sure enough, every time you try to open a document, the same message appears. Your phone rings. It's Bob in accounting, and he's having the same problem. All files across your entire network have been encrypted. You contact the local police.

What do you do next?

a) You pay the five grand, desperately hoping you'll get your data back, or...

b) You calmly call your IT pro, who says, “No problem, your backups are all current. No files were lost. Everything will be restored by noon, if not sooner.”

If your answer is “b,” you breathe a sigh of relief and get back to work as your backup plan kicks in... Ransomware attacks are more common than ever, especially at smaller companies. That's because small companies make easy marks for hackers. The average small business is much easier to hack than high-value, heavily fortified targets like banks and big corporations. According to Time magazine, cybersecurity experts estimate that several million attacks occur in the North America every year. And that figure is climbing. So how can you make sure you never have to sweat a ransomware attack or other data disaster?

One sure solution is having a solid

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backup plan in place. When all your data and applications can be duplicated, you have plenty of options in the event of an attack. Here then are seven ways to make sure you're in good shape, no matter what happens to your current data:

### **Insist on regular, remote and Redundant processes.**

A good rule of thumb is to ensure your onsite backup process runs at least hourly and backed up off-site to a secured location at least once per day.

### **Don't cheap out on disk drives.**

Less expensive arrays that save money can leave your data at risk. Get features like a redundant power supply and hot spare disks.

### **Guard against human error.**

Take people out of the loop and automate wherever possible. And watch for situations where backups aren't a part of someone's regular duties.

### **Check backup software settings**

### **routinely.**

When new software or updates are put into service, a change in the way the settings are configured can cause incomplete backups, or backups that fail. Do

the people who maintain your backups include this on their regular to-do list?

### *Data Recovery Review Reveals Backup System Vulnerabilities*

### **Make sure critical files aren't getting left out.**

As resources are added and priorities shift, documents and folders

can get misplaced or accidentally left off the backup list. Insist on a quarterly or annual meeting with your backup management team to make sure all mission-critical files are included in your organization's data recovery systems.

### **Address network issues immediately.**

Any component in your network that isn't working properly can introduce another point of failure in your backup process. Every juncture in your network, from a misconfig-

ured switch to a flaky host bus adapter can hurt your backups.

### **Ask for help with your data backup and recovery system**

You cannot be expected to be an expert in all things. Yet data is the backbone of your business – its protection and recovery should not be left to chance. Leverage the knowledge, skill and experience of an expert who stays current with all the latest IT issues.

### **Data Recovery Review Reveals Backup System Vulnerabilities**

Don't let *your* company become yet another statistic. Just one ransomware attack can result in a serious financial blow if you're not prepared. **Call 383-2895 by April 30 for a FREE Data Recovery Review**, ordinarily a \$497 service. We'll provide you with a complete on-site assessment of your current backup system to check for and safeguard against any gaps that could prove financially lethal to your business.

## Free Report Download: If You Are Considering Cloud



If you are considering cloud computing or Office 365 to save money and simplify IT, it is extremely important that you get and read this special report, "5 Critical Facts Every Business Owner Must Know Before Moving Their Network To The Cloud."

This report discusses in simple, non-technical terms the pros and cons of cloud computing, data security, how to choose a cloud provider, as well as three little-known facts that most IT consultants don't know or won't tell you about cloud computing that could end up causing you MORE problems and costing you more money than you anticipated. Even if you aren't ready to move to the cloud yet, this report will give you the right information and questions to ask when the time comes.

**Get Your Free Copy Today:** <http://www.becktek.ca/introcloud/>

## Shiny New Gadget Of The Month



### Thought Oculus Was King? Think Again

Once upon a time, Oculus Rift ruled the world...

The virtual reality (VR) world, anyway. Not so much anymore. Now that VR heavyweights Sony, HTC and Samsung have entered the ring, there's a whole new reality in, well...VR.

Sony's PlayStation VR was recently crowned "Editor's Choice" by PC Mag. And, if you happen to own a compatible Samsung Galaxy smartphone, such as the S7 or S7 Edge, you can get "untethered" VR for just \$100. You'll pay four times that for the Rift, HTC's Vive or Sony's PlayStation VR – all tethered sets, requiring a clunky cable from headset to hardware.

Vive has the most advanced technology, but Rift is nearly as sophisticated and sells for \$200 less. You could shell out that much for the Rift's hand controllers, but, according to PC Mag, they're well worth it. So while Oculus may not be king, it's still a serious contender.

## The Power Of Our Thoughts

It's a paradox. Success requires a clear vision. The more you can see it, the more likely you are to achieve it.

I get it. In fact, I believe in it so much that I repeat a "success mantra" every morning and every night. I have a clear vision for what I have defined as success in my business, in my health, in my spirituality and in my family life.

But I also noticed that sometimes I get way fixated on the vision. Take softball, for example. I play in a pickup game about five to ten times during the summer months. I decided that I wanted to be a regular home-run hitter and set the vision. No mantras needed for this one. Just envisioned myself hitting the ball out of the park every time.

Sure enough, I did. With my newly found hitting skills, I earned the coveted batter's position – fourth spot in the order.

Then I expanded the vision. I decided I wanted to hit the home runs so far that they went sailing into the distant woods. Something that I believe no other batter has done. This vision was so clear that I played it over and over again in my mind.

As I approached the batter's box, I walked through each step necessary to hit the ball that far. I overthought it. As the pitch came my way, my mind was going crazy with all the things I

needed to do perfectly to hit it that far. I needed to have a slight down to upswing. I had to snap my wrists a little bit earlier. I had to put more muscle into it, for sure. I had to take a slightly bigger step. As I thought, the ball sailed by. Strike! I thought so much that I forgot to swing.

Next pitch. My mind was going more crazy. All the same steps, but had to remember to swing this time. With all the thoughts rushing through my head, I swung too early. Strike two! The third pitch was worse. I swung so late and so hard that I nearly threw my shoulder out. Strike three!

Subsequent up-at-bats, I went through the same mind-talk nonsense. My fluid swing became a mechanical choppy-chop-chop. The more I screwed up, the more I overthought it. And the worse I got. That Sunday was my worst outing ever, even though I envisioned it would be my best. The mistake? Overthinking.

Vision is power. Preparation is necessary. But when you are up at the plate, it is time to stop thinking. It is time to let your natural instincts take over. It is time to sit back and observe yourself. I have found this to be the only way to hit home runs.

In fact, next year I envision myself hitting "into-the-woods" homers.

I'm just not thinking about it.



MIKE MICHALOWICZ (pronounced mi-KAL- o-wits) started his first business at the age of 24, moving his young family to the only safe place he could afford—a retirement building. With no experience, no contacts and no savings, he systematically bootstrapped a multimillion-dollar business. Then he did it again. And again. Now he is doing it for other entrepreneurs. Mike is the CEO of Provendus Group, a consulting firm that ignites explosive growth in companies that have plateaued; a former small-business columnist for The Wall Street Journal; MSNBC's business makeover expert; a keynote speaker on entrepreneurship; and the author of the cult classic book *The Toilet Paper Entrepreneur*. His newest book, *The Pumpkin Plan*, has already been called "the next E-Myth!" For more information, visit [www.mikemichalowicz.com/](http://www.mikemichalowicz.com/).

## The Lighter Side... Spring Is In The Air



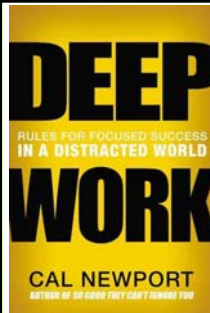
- If you stand at the equator on the first day of spring, you will see the sun pass directly overhead. This only happens two times a year: the first day of spring and the first day of autumn.
- Baby birds are born with the ability to sing, but they must learn the specific songs of their species. They are thought to acquire these songs between 10 to 60 days of age and begin to sing them the next spring, when they have matured at about 300 days old.
- Spring fever is real! It commonly occurs when a sudden warm spell follows a long cold period. When the temperature rises, there's a dilation or expansion of the blood vessels so that blood can be carried to the body surface where heat can be lost quickly. This makes some people experience an energetic feeling.
- Spring cleaning often accompanies spring fever. And with the warmer weather, windows and doors can be open, which allows ventilation for dusting and the fumes of cleaning products. It has been suggested that spring cleaning dates back to the Persian New Year, when they practice "Khoneh Tekouni," which means "Shaking the house." Another possible origin can be traced to the ancient Jewish custom of cleansing the home in anticipation of Passover.
- Children tend to grow a bit faster in the spring than during any other time of year.

## Quote of the Month:

"Plant seeds of happiness, hope, success, and love; it will all come back to you in abundance. This is the law of nature."

~ Steve Maraboli

**Do What You Do So Well  
That People Can't Help Telling Others About You**



## What We Are Reading

It was obvious Cal is a University Professor based on his writing style and choice of wording. In some areas of the book it was fairly dry and I had to force my way through and am I glad I did!

He makes the valid argument that business executives and knowledge workers struggle to get things done in this always connected always on world we live in. Emails, social media, texting, smartphones—we've basically taught ourselves to allow such distractions to control our time instead of the other way around. It's a battle for attention and most are losing to this type of "shallow" work as Cal refers to it. Our ability to get valuable work done (Deep Work) is suffering.

He presents several strategies to help combat this phenomenon and to assist in re-wiring our brain away from getting a quick "fix" of the online world we've allowed our brains to become accustomed to.

I've started adopting some of the strategies and can already see improvement in the amount and quality of work that I can perform during the "regular" work day of 8:30—5pm, requiring less after hours to get "caught up" allowing for more family time and personal interests.

If you find yourself struggling to get things done—this book is a for you.

**Be the first to email me the title of the book at [scott@becktek.ca](mailto:scott@becktek.ca) and I will send you a free copy of the book**

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"After analyzing all your data, I think we can safely say that none of it is useful."