

TECHNOLOGY UPDATE

"Insider Tips To Make Your Business Run Faster, Easier And More Profitably"

One Cyber Attack and Code Spaces Was Gone !!!!!

WHAT'S NEW

Meet Our
New Team Member:

**Daniel
Macphee-Phillipson**

Marketing Assistant, Letter
Packaging Technician, Musician.

JUNE
2017



"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 finally and forever!"

Bryan
Lachapelle,
B4 Networks Inc.

B4 Networks Inc.
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Fonthill, Ontario, L0S 1E0
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Back in 2014, Code Spaces was murdered. The company offered tools for source code management, but they didn't have solid control over sensitive information — including their backups. One cyberattack later, and Code Spaces was out of business. Their killer had used some standard techniques, but the most effective was getting an unwitting Code Space employee to help — likely via a phishing attack.

When it comes to cybercrime that targets businesses, employees are the largest risks. Sure, your IT guys and gals are trained to recognize phishing attempts, funky websites, and other things that just don't seem right. But can you say the same thing about the people in reception, or the folks over in sales?

Sure, those employees might know that clicking on links or opening attachments in strange emails can cause issues. But things have become pretty sophisticated; cybercriminals can make it look like someone in your office is sending the email, even if the content looks funny. It only takes a click to compromise the system. It also only takes a click to Google a funny-looking link or ask IT about a weird download you don't recognize.

Just as you can't trust people to be email-savvy, you also can't trust them to come up with good passwords.

It may sound so 2002, but plenty of people still use birthdays, pet names, or even "password" as their passcodes — or they meet the bare-minimum standards for required passcode complexity. Randomly generated passcodes are always better, and requiring multiple levels of authentication for secure data access is a must-do.





I recently joined the B4Networks marketing team after finishing my first year in Seneca College's marketing program in Toronto. My goal this summer is to help B4Networks with its various marketing campaigns while also learning and applying new skills in the field before I go back to my studies in September. On my spare time I write electronic music while simultaneously studying and experimenting with unique ways to market it online.

Words of Wisdom: Rhythm is the most important aspect of the packaging and folding process.

Q: If you could choose anywhere in the world, where would you travel?

A: Los Angeles, California.

Q: What is your favorite pastime?

A: Creating and writing music, as well as studying and developing new ways to market said music.

One Cyber Attack and Code Spaces was Gone! (Continued)

Remember, that's just for the office. Once employees start working outside of your network, even more issues crop up. It's not always possible to keep them from working from home, or from a coffee shop on the road. But it is possible to invest in security tools, like email encryption, that keep data more secure if they have to work outside your network. And if people are working remotely, remind them that walking away from the computer is a no-no. Anybody could lean over and see what they're working on, download malware or spyware, or even swipe the entire device and walk out — all of which are cybersecurity disasters.

Last but not least, you need to consider the possibility of a deliberate security compromise. Whether they're setting themselves up for a future job or setting you up for a vengeful fall, this common occurrence is hard to prevent. It's possible that Code Space's demise was the result of malice, so let it be a warning to you as well! Whenever an employee leaves the company for any reason, remove their accounts and access to your data. And make it clear to employees that this behavior is considered stealing, or worse, and will be treated as such in criminal and civil court.

You really have your work cut out for you, huh? Fortunately, it's still possible to run a secure-enough company in today's world. Keep an eye on your data and on your employees. And foster an open communication that allows you to spot potential — or developing — compromises as soon as possible.

Contact us at right away at (905) 346-4966 or info@b4networks.ca for more information

Here is what a client is saying about us:

"We started a managed program with B4 a few months ago. While they were getting our systems in shape and clearing up old issues we were on the phone multiple times a week, sometimes many times in a day. They were always patient with our questions and issues. But they've fixed our issues and I'm happy to say I hardly ever talk to them now, nor does our team. That has to be the definition of a well-managed program!"

**Thank-you B4 Networks
and all your helpful team!**



Len Hume - PCS of Niagara



What Age Should You Buy a Child a Smartphone?

The right age to buy a smartphone is a tough decision for parents. Most experts suggest middle school age children are more likely to handle the responsibility of owning a mobile device.

There's little doubt over the appeal tech has for children. Each holiday, most kids are likely to fill their wish lists with the latest video games, tablets, and mobile devices. As more of their peers start showing off their own smartphones, your child may become insistent on having his or her own device. Experts warn though of buying smartphones for children who are not yet responsible enough.

Average Smartphone Ownership Stats

According to data compiled by Influence Central, the average age of children getting their first smartphone is on the decline. Back in 2012, the average age was 12. In 2016, the age is 10 with some children getting their own devices as young as 7. One reason cited for the decrease? More and more parents are tired of loaning their own devices to children eager to play the latest and greatest app.

Age Versus Maturity

Experts can't seem to agree whether age or maturity level should be the biggest factor when deciding on the appropriate age of ownership. According to a recent 2017 interview featuring Microsoft founder Bill Gates, he banned his own children from carrying smartphones until the age of 14. His children weren't permitted unrestricted use after this point either. Gates went on to say he doesn't allow cell phones at mealtimes and he sets limits on screen time.

Although many experts claim between the ages of 12 and 14 are fine for children to own a smartphone, many watchdog organizations like Common Sense Media stress the importance of judging a child's emotional readiness too. A few considerations:

- Would you describe your child as having a strong sense of personal responsibility?
- Does your child have a tendency to misplace important things often?
- Will the phone be required for safety concerns such as picking up from practice and going over a friend's house for a sleepover?
- Would your child be able to follow the rules regarding the smartphone like not texting during school?
- Is your child the type to retreat into games and apps and not engage with others?

The answers to these questions will help you make a calculated decision over whether your child is ready for a phone or not. Remind your child that the smartphone is a privilege and can be revoked due to misuse. Since you may only need a smartphone temporarily for your child, don't get locked into a long-term mobile contract. Purchase a prepaid or month to month phone plan.

When Not to Buy a Smartphone

Caving to peer pressure isn't a valid reason to buy your kid a smartphone. Just because all of his or her friends seem to own one, doesn't mean you have to purchase a device to help him or her "fit in." Don't buy a smartphone as a toy for your child either. If your child wishes to play mobile applications, there are kid-friendly tablets available with more restrictions in place.

The bottom line is later you can wait to buy your child a smartphone the better. Videos, apps and messaging can all become addictive. If you buy a smartphone too early, you will have a harder time controlling screen time limits.



Shiny New Gadget Of The Month:

Are you watching your health?

With Apple's new and improved watch series, monitoring your health and fitness during exercise will be easier and more efficient than ever before.

Apple's recent release of the "Apple Watch Series 2" introduces a more refined version of their Apple Watch product. With more focus being put on its health and fitness functionalities, Apple is looking to shift their product away from smart phones and closer to exercise equipment.

With this change in direction, Apple has decided to pair up with Nike to create the ultimate sports utility watch, the "Apple Watch Nike+ Series 2."

This watch stylishly gives its wearer a GPS tracker that measures their distance, location and pace while also having Nike+ Run Club compatibility.

Nike+ Run Club is Nike's very own portable device application that connects runners with their friends to share and compare their running stats.



Client Spotlight

Meet one of B4 Networks' many valued clients - Lifetime Vision Centre.



LIFETIME
VISION CENTRE
doctors of optometry
Vision is more than 20/20

Lifetime Vision Centre is a team of dedicated eye-care professionals, committed to providing the highest quality of eye health care and compassion for each patient.

Our practice values the importance of continuing education for ourselves and our patients. Our practice strives to maintain the highest standards through state of the art instrumentation and commitment to patient wellness and care.



(905) 892-5191
www.lifetimevisioncentre.ca

**1405 Pelham Street
P.O Box 1419
Fonthill, Ontario L0S 1E0**

What to do when you WannaCry

9 Steps to Fight Ransomware Now!

The WannaCry ransomware has swept the globe – affecting more than 200,000 computers in at least 150 countries. Nothing is certain, but it looks like it is the work of a rogue state trying to cause global instability and gather cash to prop up a doomed regime.

Whatever the source, you need to prepare!

The cyber-security professionals of B4 Networks have carefully put together these 9 Steps to help your company weather this cyber-tsunami.



Step #1 – Ensure that you have a good backup, a respected antivirus, and up to date security patches in place.

If you don't – you're in trouble from the very beginning. If you need some help getting these foundational pieces in place, give the B4 Networks team a call NOW at (905) 346-4966. We can't stress the importance of these essential security pieces enough. Okay. Assuming that you have backup, antivirus, and security patches in place, let's move on to Step #2.

Step #2 – Remove SMB1/CIFS In all systems except for XP and 2003, you likely don't need SMB1. Why? SMB2 and SMB3 are enough to get the task accomplished. To remove SMB1, you can use PowerShell commands as shown here: <https://www.rootusers.com/disable-smb-version-1-0-in-windows-server-2016/> Alternatively, you can go to your control panel, find "Turn Windows Features On or Off," and uncheck SMB1/CIFS. If you are dealing with a server this is done through this path: Server Manager > Add Roles and Features > Roles

Step #3 – Patch your computers

Steps 1 and 2 deal with the critical risk, now you can patch your computers. This can take some time. That's why we have suggested to deal with SMB1/CIFS and adding firewalls rules before tackling patch updates. See the following links for instructions: <https://technet.microsoft.com/en-us/library/security/ms17-010.aspx> The instructions in that link seem too complicated? Check out the instructions here: <http://www.yourwindows-guide.com/2017/05/microsoft-patches-windows-8-and-windows.html> Don't know what Operating System your computers are running? **Run ManageEngine's ADManager Plus**

Step #4 – Antivirus custom modifications Here you want to add rules for your antivirus to prevent the creation of .wnry file extensions. Do a search online for any possible file extensions and make sure all are blocked. For example, see: <https://kc.mcafee.com/corporate/index?page=content&id=KB89335>

Step #5 – Install this free Anti-Ransomware Tool <https://www.bitdefender.com/solutions/anti-ransomware-tool.html>

Step #6 – Deal with SMB1 on your file sharing devices Are you using NAS or other file sharing devices? Ensure they are on SMB 2.1 – assuming that you're not still using Win XP, 2003, or older operating systems. See this link: <https://www.qnap.com/en/how-to/tutorial/article/how-to-use-smb-3-0-in-qts-4-2>

Step #7 – Whitelist these specific domains NCSC [National Cyber Security Centre] has determined that you should whitelist the following domains: www.iugersfsodp9ifjaposdfjhgosurijfaewrwegwea.com www.iffersfsodp9ifjaposdfjhgosurijfaewrwegwea.com <https://www.ncsc.gov.uk/blog-post/finding-kill-switch-stop-spread-ransomware-0>

Step #8 – Block TCP port 139 and 445 from receiving inbound internet connections Here's the path: Windows Firewall with Advanced Security > Inbound > New Rule > Block > Public If these ports are used internally, there is no need to check "Domain and Private." If you are unsure, leave it unchecked. Complete this for all of your computers. Use a Group Policy or utilize the main firewall. We suggest doing this on all laptops PLUS the main firewall. This is likely helpful in stopping this version of ransomware, but it's a good practice.

Step #9 – Tell everyone – Employees, Managers, Ownership Send out a company-wide memo. Make sure it comes from someone who won't/can't be ignored. It should say something like... Attention All: This WannaCry ransomware is dangerous to your job and our company... (talk about ransomware's impact).

It is imperative that you follow these guidelines on ALL work computers and ANY personal devices used for work.

- If you get emails with suspicious attachments; even if it is from people you know do not click on the attachment. No harm in opening the email for reading. Forward any suspicious emails to IT department.
- Be very cautious of what you click on while browsing. Do not click on random pop-ups!
- If you accidentally click on a suspicious email or web link, immediately unplug the computer from the network and turn off the WIFI – even before calling IT support.

Follow these 9 Steps immediately and contact the B4 Networks cyber-security team to help your business weather this variant and the coming, next wave of WannaCry.

We're here to help you through this – but you have to take the first step! Call (905) 346-4966 now.

Goal Setting Doesn't Work (And Santa Claus May Not Exist)

By Darren Hardy

When we were kids, we thought we could write down a list of everything we wanted and mail it to the North Pole. When we grew up, we realized there wasn't really a big roly-poly guy who delivered presents.

A real person had to earn the money, march through shopping malls, wrestle the presents home, wrap them up, and place them under the tree. But I think many people still believe in Santa Claus. Why else would they write down a list of wants on New Year's Day, stick it in a drawer for the rest of the year, and wait around for their lives to change?

Sorry, but it's time to grow up. Most people know how to write down goals, but few ever achieve them. Want to stop chasing rainbows, wishing on stars, and rubbing lamps, and instead achieve real results? This article will help you start.

WARNING: Achievement requires work, discipline, commitment, and maybe some heartache and a stiffened spine. If any of that makes you queasy, I invite you to continue reading.

The Cause of All Your Problems— and the Solution

When I ask people what they want to improve in their lives, I hear things like, "I need to make more money," or "My marriage is unhappy," or "I need to lose weight."

But these are simply symptoms or outcomes of the problem. The cause of the problem is you — and this is probably one of the most sobering understandings you can reach as you work toward your stated goals. Whatever it is you want to change, whether it's your marriage, financial situation, or weight, you'll never achieve lasting change until you change. Once you improve, everything else around you will improve.

In life, you don't get what you want; you get in life what you are. The success you have in life correlates with your level of self-worth. But the human tendency is to engage in the study of effects, while giving little attention to causes. I see this travesty play out every day. People complain about their terrible marriage, so they leave it. Oddly enough, they end up with similar problems in the next relationship. Why? Because they didn't address the real problem. The same set of circumstances and patterns of behavior will create the same outcome. Some people go from diet plan to diet plan, losing weight and then gaining it all back. Why? Because the plan and the weight aren't the issues or the solutions; they are effects, and the weight will ultimately meet them back where they are.



Wherever you are in life right now is your own doing — good or bad.

Darren Hardy is the creator and visionary behind SUCCESS magazine as well as the New York Times best-selling book "The Compound Effect." His newest book is "The Entrepreneur Roller Coaster."

For more, visit: www.darrenhardy.com

NEWS BRIEFS

Should You Have A Mobile App For Your Business?

One of the great things about apps is that you don't need to be a big developer or company to build one. In fact, according to www.smallbusinesscomputing.com, 42 percent of small businesses in the United States have their own mobile app. By the end of the year, that figure is expected to hit 67 percent! Somewhat unsurprisingly, the most cited reason SMBs said they decided to build mobile apps is to increase sales (39 percent), followed by improving customers service (30 percent). Others turn to mobile apps as a competitive advantage in specific markets (22 percent) while for some organizations, their parent company suggested an app (10 percent). But with apps becoming more affordable than ever, there are lots of reasons to invest in your own app and lots of ways to recoup that investment. What would your ideal app do?

SmallBusinessComputing.com March 09, 2017



HIGHLIGHTS FOR THE MONTH



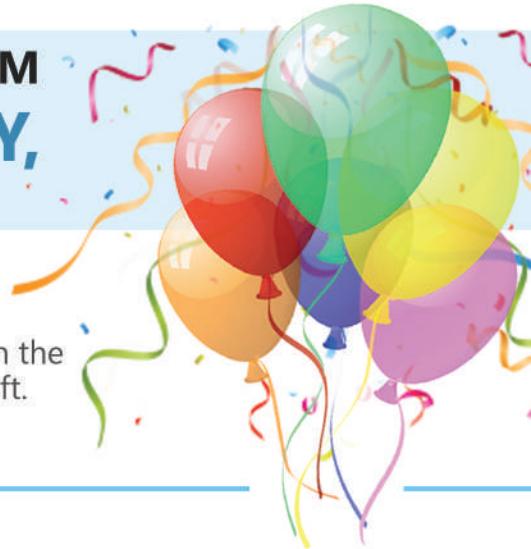
- Leave the office early day (June 2nd)
- **Duliban Golf Tournament (June 8th)**
- **Productivity day (June 20th)**
- Skateboard day (June 21st)
- Selfie day (June 21st)
- **24 Hour Charity Fundraiser Gaming Stream (23-24th)**

Big "Online" Celebration - June 20th at 11 AM PRODUCTIVITY & EFFICIENCY, Something to Celebrate.

B4 Networks Has Got A Very Special "Online Only" Event
And All You Need To Do Is Tune In.

Register at **b4networks.ca/celebration** and get your "virtual" seat in the room for this insiders look to some pretty cool stuff from Microsoft.

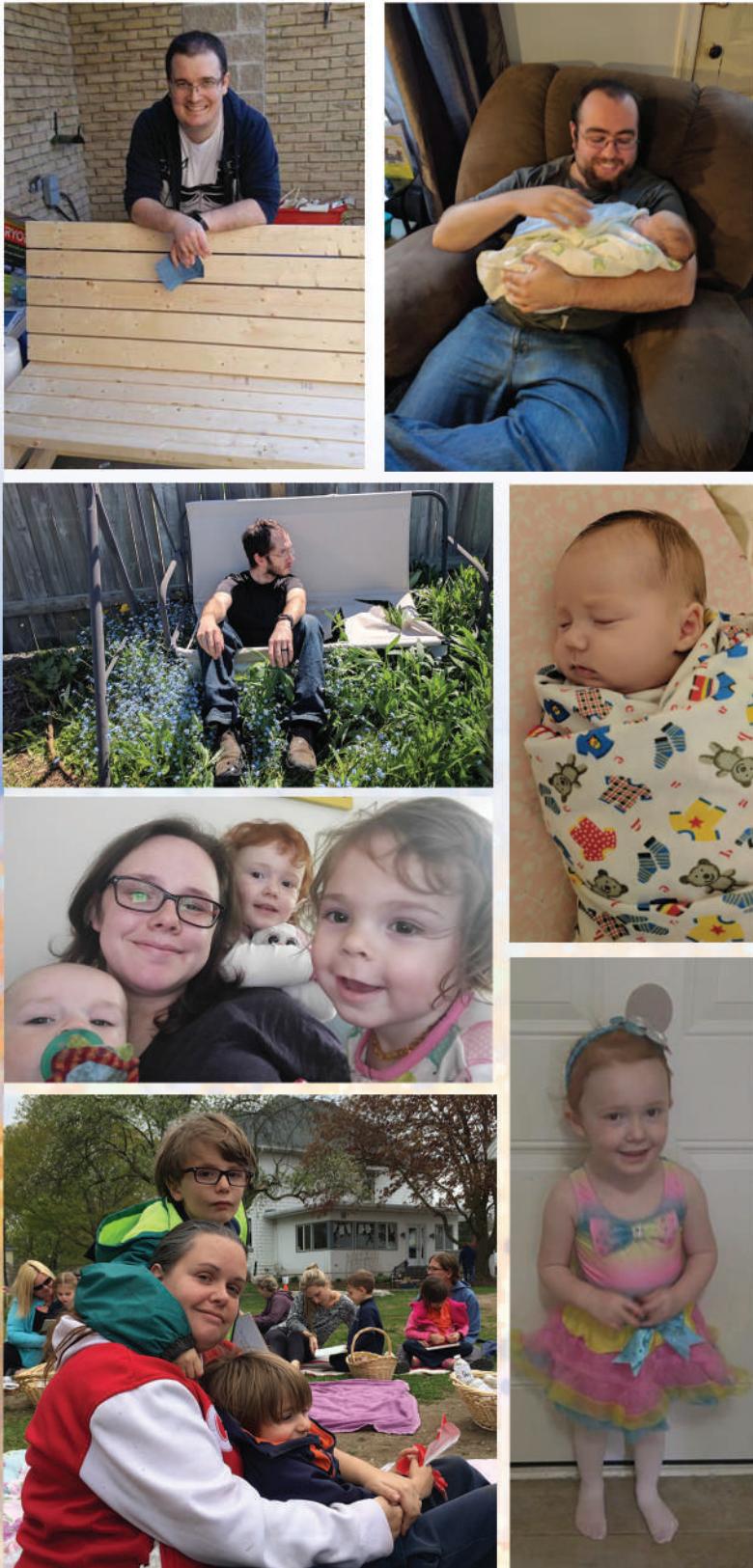
BRING A FRIEND AND YOU COULD WIN \$100.



**Do you want a quick and
easy way to earn \$100?
See our Referral Program**

Find out more: <http://www.b4networks.ca/referrals>

PHOTO ALBUM



TEKTIP

Master Snapchat In Your Business

When it comes to social media marketing, Facebook, Twitter and YouTube are no longer enough. Get an edge over your competition by mastering Snapchat now!

Easy to Use

Snapchat works by providing an interface through which users can easily send photos and videos, or "Snaps," to their followers. The media sent is only viewable for up to 10 seconds (the user gets to determine the length of the display). Afterward, it disappears forever. Multiple snaps can be strung together to create a "story" viewable for up to 24 hours.

Some other compelling Snapchat facts and stats include:

- Users are Highly Active.
- Ready to Buy.
- Get More Personal with Users.
- Builds Trust.

Growing Your Snapchat Network

Unlike Instagram and Twitter, hashtags aren't enough to entice new followers. On Snapchat, users must find and add you. To add users, you must know their Snapchat names. Snapchat does not have native discovery capabilities.

- Promote Actively.
- Use the "Add Me URL."
- Share Valuable, Compelling Content.
- Use Snapcodes.

Getting active on Snapchat now can vault your business ahead of the competition on this fast-moving platform.

If your company is ready to succeed on Snapchat, contact B4 Networks of St. Catharines, Welland, Niagara Falls, Grimsby and across the Niagara Peninsula at (905) 346-4966 or help@b4networks.ca.

We look forward to helping you succeed!

