



Rotary Club of Martinsburg Grapevine

Aug 11, 2022

District 7360 | Club 5296

Cyber Security



Jason Ledney

Cybersecurity Tips for Individuals

1- Keep Your Software Up to Date

Software companies release updates for a variety of reasons, but most often to fix a security issue. Hackers use vulnerabilities in software to gain access to an entire system. Updating your software is one of the best ways to protect yourself from hackers.

2- Use Strong Passwords

The best passwords are long, meaning at least seven characters in length, contain numbers and symbols, and are not based on personal information like birthdays or pet names. It is better that you change your password regularly, especially if you use the same password for multiple accounts.

3- Use Two-Factor Authentication

Two-factor authentication is an extra layer of security for your all accounts that contain sensitive information. It also requires you to enter a password and an additional piece of information.

You can also set up two-factor authentication by logging into your bank account or any other account that supports this feature. You can also use an app like Google Authenticator to generate codes for two-factor authentication.

4- Learn about Phishing Scams

Phishing scams are also the most common type of cyber scam. They occur when you receive an email that appears to be from a legitimate source. The email may contain a link for you to click on, or it may ask you to enter your sensitive information. So, never click on an email link or open an attachment in an email from someone you do not know. You can usually find out more about a website by doing a quick Google search.

5- Install Antivirus Software and Use it Regularly

Antivirus software scans your computer for any viruses and removes them. This software is also essential if you have a computer, as it will protect your computer from harmful viruses and malware that steal your information and slow down your computer.

6- Use Strong Password Manager Software

Password manager software will remember all of your passwords, and will also generate secure passwords for you. Password managers can also be installed on your computer, or they can be accessed via the cloud. If you create strong passwords with the help of a password manager, you will be less likely to use weak or duplicate passwords on multiple websites.

7- Backup your data

If your computer is stolen or destroyed, you will need to be able to replace all of the data that was on the computer. The best way to protect yourself from this is by backing up all of your data to an external hard drive, or an online service like Google Drive or Dropbox.

If you do not back up your data, you may lose it all if something happens to your computer.

Upcoming Rotary Club Calendar & President notes:

- The exchange student committee is looking for a host family for the second half of the year. Our exchange students name is name is Josefina Magdalena Pospisilova or "Pepi" from the Czech Republic.
- Xavier Hersom was approved as member, proposed by Darrell. Thanks Darrell.
- Mark Kradel has been proposed as a new member. Proposed by Michelle. Forward any comments on his nomination to Doug or Pete.
- RLI: check <https://rlimainline.org> for new program schedules. Carol and Keri now taking the RLI part I course. Our club membership goal is to have 5 members complete the 3 courses, each of which has 3 evening zoom classes.
- Rotary Minute: Pete reviewed the August Rotary Magazine article on the RI Foundation's "Bang for the Buck". Find it on page 20. Let us know what you read in "our" magazine that inspires your participation in Rotary. Lots to choose from!!
- Incoming Exchange Student, "Pepi", will arrive Friday evening. Her host family and a small club 'delegation' will welcome her at Dulles Airport.
- Thought for the Day: " Service to others is the rent you (we) pay for your (our) room here on earth." Muhammad Ali. Sounds like Rotary!!
- Oct 15-16 – Apple Harvest Pancake Breakfast, Volunteers needed – See Steve Truax to volunteer
- Oct 27 – Combined Morning and Noon Rotary Club dinner* to welcome DG Vicki back for her official club visit.
- Nov 18 – Rotary Foundation Dinner, State College, PA
- Nov 19-20 – District Conference, State College, PA



August Birthdays	
Mason, Charles	1-Aug
Zanotti, Robin	5-Aug
Hamilton, Sandy	8-Aug
Arndt, Jeffrey S.	9-Aug
Andrewas, Isabella	10-Aug
Klein, Jim	10-Aug
McCune, Wm. Rich Jr.	10-Aug
Bartoldson, Elaine	11-Aug
Sowell, Robert L. Sr.	12-Aug
Stedman, Jason	18-Aug
Knowles, Kevin	25-Aug
Sadat, Michelle	29-Aug
Simms, Megan	29-Aug
Bowen, Bill	30-Aug
Regalia, Tracy	31-Aug

Wedding Anniversaries		
Bartoldson, Elaine & Craig	17-Aug	37
Printz, Charles & Donna	6-Aug	45
McCune, Wm. Rich & Judy	16-Aug	19
Sowell, Robert & Melissa	27-Aug	34

Member Anniversaries		
Overington, John	8/1/1985	37
Zanotti, Robin	8/24/2006	16
Frye, Douglas	8/6/2009	13
Hite, Pamla Ann	8/27/2015	7
Phelps, Denise	8/29/2017	5
Branner, Dustin	8/9/2018	4
Mason, Charles	8/12/2021	1
Goodwin, Keri	8/19/2021	1



Community Events:

- Aug 17 – Chamber of Commerce Mixer, Martinsburg Library, 5PM
- Aug 19 – Give Back to the Future, Amani Brewing, 4–8PM
- Sep 5 – Labor Day Breakfast at War Memorial Park, 7:30–10:30AM
- Sep 15 – Puttin' for Panhandle Home Health, 10AM or 1PM
- Sep 18 – Bavarian Inn Oktoberfest, 11–6PM
- Sep 24 – CHS Blue Jean Ball at the CT Racetrack
- Oct 8 – Hedgesville Heritage Day, 8–4PM
- Oct 12 – Women of Distinction Luncheon
- Oct 21 – Clorox tentative ribbon cutting for new Martinsburg facility
- Oct 22 – 4–State Food Truck Fest, Main Street Martinsburg, Noon



Future Programs:

- Aug 18 – Irvin Wright, Rotary DEI program
- Aug 25 – HS Football Coaches
- Sep 1 – Mike Hessing, CEO Shenandoah Community Health
- Sep 6 – Board Meeting
- Sep 8 – Tina Hammel, Miss All-American Lady
- Sep 15 – Moises Mendoza, Social Connection Marketing & Videography

This is your Membership Committee, chaired by Denise Phelps, planning for the future of our club.

