



April 12, 2023 – In-person & zoom Meeting, 12:15

President Megan welcomed all to the greatest Rotary Club and thanked President-elect Kathy F. for filling in while she was away for work.

Thanks to **Harry & Marion C.** for picking up lunch.

Program: **Chris Brackett: Cyber Security**

Cyber Security expert Chris Brackett founded Greater Nashua Technology Consulting in 2007 after working with a variety of small businesses and larger companies such as Fidelity, HP and Citizens Bank.

Using a large golden egg as a prop during his presentation, Chris suggested everyone focus on their own golden egg priorities entrusted to numerous passwords – bank accounts, tax returns, credit cards, and social media. He also compared passwords to keys; 20 years ago, we all had physical keys to open important places and we kept keys on a keyring to prevent loss. The keys had name tags and we kept everything in one place. Today, passwords are our keys and password managers help monitor the names and keep everything in one place. He sighted Bitwarden ([Bitwarden Open Source Password Manager | Bitwarden](#)) and Keeper ([Password & Secrets Management | Keeper Security](#)) as good examples of password managers, although there are many.

Good hygiene is important in life and in cyber security. Chris suggested reviewing security settings every few months to keep ahead of cyber criminals. VPNs are also a good idea especially if traveling to other countries. In fact, he said, don't bring your phone to other countries, buy a phone when you get there. VPN stands for "virtual private network" — a service that protects your internet connection and privacy online for a small monthly charge.

Nick P. said he had experience with Apple private relay, a technology which enables users to browse the web without revealing their real Ip address. Similar to a VPN. Malcolm M. asked about the reliability of Kaspersky VPN and its potential connection to Russia. Chris suggested there are better VPN services.

Upcoming Meetings & Events

Meetings:

Apr. 19: *Seacoast Outright*
Hersey Hirschkop

Apr. 26: *A Rotary Story*
Mark Lampman

Events:

Apr. 22: Don't Trash Dover

June 24: Gundalow Trip

Guest: David Barnes

Pledge: Harry C.

4-Way Test: Norm H.

Today's newsletter authored by Noreen B.

Malcolm also asked when buying a computer what packages should you include. Chris said the basic is an anti-virus software and a higher and better level would be **Extended Detection Response (XDR, EDR)** which looks at online behaviors. Kathy F. asked about Norton Security/LifeLock – Chris noted they are helpful for monitoring activity. Gregg D. asked how easy it is to tap into the new credit cards standing in line at a check out. Chris said a person would have to be very close but it is possible. There are credit card wallets designed to protect cards.

There were several questions about email requests for gift cards or urgent replies. Chris said it is best to call the individual asking for this – do not text or respond to the email. This is a very common occurrence. Also do not use public access sites and do not plug into a public USB port.

Related to small businesses, Nick P. asked about how they assess risks. Chris said his company goes into a business to look at their policies, compliance issues, cloud services, etc. In his handout, *8 Essential Measures for Business Owners to Combat Cyber Attacks*, he listed:
Develop Guidelines, Use Strong Passwords, Encrypt Business Data, Plan Cyber Response, Train Employees Well, Limit Services Access, Backup Regularly and Review Security Often.

For more information contact Chris at [IT Support For Greater Nashua Businesses | GTNC \(greaternashuatc.com\)](https://www.greaternashuatc.com) or call 603-392-7968.

Announcements:

April 15: District 7780 Training Assembly at Westbrook (ME) High School from 9-2:30. Gregg will be driving the CAP bus again, leaving at 7 am from the upper parking lot at 121 Broadway. Please consider attending this valuable conference with 32 breakout sessions. Let Marion know if you'd like to go. Our club is paying for our registrations. Breakfast and lunch will be served. You can view the entire schedule and all of the sessions here: <https://rotary7780.org/event/district-training-assembly-4/>

April 22: The Rotary Club of Biddeford-Saco is hosting a **Welcome Gala** "A MISSION of HOPE" for our Ukrainian Guests, Sat., April 22nd at 7pm in the Auditorium at Thornton Academy
Admission: \$5 *All proceeds will be donated to the Ukrainian Delegation.* Highlights include:
For more information on the Ukrainian Program, visit: www.Biddeford-sacorotary.org

April 22: Don't Trash Dover - Henry Law Park at 9:30am for a one-hour litter pick-up there. Beth Fischer is coordinating.

RYLA: Phil R. announced that RYLA applications will be accepted until the end of April. Please encourage sophomores to apply to this Leadership Camp in Maine. Cost is free to the student.

Committee Reports:

Bingo – Megan presented a check for the month of March (5 weeks) for \$30,000! There were 123 players last week. Gregg D. noted the committee has concerns about the new hall management's focus on creating a smaller space for a high stakes bingo game – not sure allowed by the State. The committee is exploring other options for locations but Bingo may be shut down if that happens until a new place is found. The good news is the club has a healthy financial cushion to fund projects for some time to come. Frank B. mentioned his concern that the club has become a Bingo Club and not a Rotary Club.

Student of the Month

Asst. Gov. Melissa L. noted the Hampton Rotary club has followed the lead of our club and are creating their own Student of the Month award program with Hampton Academy.

Scholarships

Norm H. reported scholarship applications are due in by May 1. Please let high school seniors know. The Committee will meet shortly after that date to determine winners.

Happy Bucks:

Kathy F. \$2 for (1) celebrating Passover at a Seder with her 91 yr. old mom and 94 yr. old aunt – all played crossword puzzles and (2) to promote the musical *Song for a New World* at the Hennessey Theater at UNH, Apr. 19 and 22 at 7 pm and April 23 at 2 pm.

Jim M. for checking off one of his bucket list items – a trip to Iceland. He said it was like being present at the site of creation – hot springs, glaciers, amazing vistas. He highly recommends a visit.

Nancy B. for a journalism presentation at UNH by a young woman she has grown to love as her daughter. She first met her brother, who was 8 at the time, in 2000, at a hockey game. Nancy had an extra ticket after he husband Johnny had passed away and gave it to the young man. They've stayed in touch all these years.

Tom D. gave some dollars, took them back and then gave them back again to cover a LONG story about his recent Aruba trip filled with tribulations and triumphs. Seems he was hospitalized with pneumonia for a week, had to delay his trip home, was warned he could not fly back without a nurse on the trip and thanks to his perspicacious wife Barbara (who purchased a special insurance policy for \$130) – the entire trip was covered including a limo driver. He and the nurse sat in first class and had ham sandwiches while Barbara was relegated to coach seating. He noticed she was eating peanuts when he looked back at her. Glad you and Barbara made it home Tom!

Doug L. for checking off one of his bucket list items too! He and his wife went on a 10-day cruise/trip through the Panama Canal, traveled to Aruba, Costa Rico, the Antilles and Columbia.

Melissa L. for becoming a McDonald's App user – to the glee of her little sister Lana.

Malcolm M. for his trip to Jamaica and for the Locys taking great care of his dog – better care than he gets at home.

50/50 Drawing: \$310 in the pot. The winning ticket was Nick P.'s but not the winner. Pot grows!

April Birthdays:

Harry C. April 3

Jay S. April 4

Kim F. April 15

April Anniversaries:

Ken P. 15 years