

**District 5340****11/22/2019****Chartered 1986****Opening Remarks and Announcements**

President Jeff got the ball rolling by having Max lead us in the pledge, and Laurel 4-way test. Our guests today, all Rotaractors from SDSU: Kevin (Biology), Paige (Political Science), Steven (Busn Management), Matthew (Graduating Sr, Microbiology); later Sneaked in: Rotaractor, Chris (business finance).

Wednesday was the East County Clubs Rotary mystery dinner, which ended up at a winery for dinner, mix with other clubs ideas. Attended by Lynn, JoAnn, Ivy, Elena, Edda, Ivan. Each club presented what their club's projects were. We think this will help clubs interact more with other clubs and meetings.



Fern did realize that the other clubs had more business owners, and we should remember to invite those type of people to our club.

Elena reminded us about RYLA (Rotary Youth Leadership Award) weekend conference. That we need a member to volunteer to be the lead person to see that the high

schools get us potential attendees, that we decide on attendees, and we send those students to the weekend event. Including, contact counselor at Helix HS, work with Lisa for Diego Hills. Club members who have been involved in the past commented: amazing kids. amazing speakers. Will also want volunteers to be counselors at the 2 night camp in Idyllwild.

**La Mesa Sunrise Rotary Leadership
2019-2020****Officers**

President: Jeff Hall
 Imd Past Pres: Elena Alba
 Pres Elect: Elly Dotseth
 Secretary: Lynn DeHaven
 Treasurer: Laurel Nishida
 RI Foundation: John Stremlau
 Membership: Christine Evans
 Youth: Joanne Bergquist
 Community Service: Peggy Davis

Directors

Int'l Service: TBA
 Pub Relations Megan O'Dowd
 Peace Chair: Clara Harris

Credits and Acknowledgements

- Pledge: Max Scrivens
- 4-way test: Laurel Nishida
- Greeter: Elena Alba
- Raffle: SDSU Rotaractor/Guest
- **Minutes: John Stremlau**





Solstice party. Ancient celebration for when the days stop being shorter and start being longer. (the great sigh of relief that we aren't all going to die in the ever-shortening sunlight cold and dark.) Many of the solstice celebration things have become part of current holiday celebrations, Christmas trees, yuletide log, holly. We will be looking for helpers to throw this party.



Still working on having a booth at the La Mesa Farmers Market, hoping to sell at the booth the "Unite for Light" solar lamp, now with phone charger. This weekend is the Native American genocide event at SDSU, put on by our Mark Wheeler. Free parking on 6th floor of the parking garage OR can watch on conference via website using zoom. "native-truth-and-healing".



The "Junk Lady" Speaks - Betty was brought up to tell us about her gathering aluminum cans etc, that she put a collection can at her home front stoop. She then posted on "NextDoor" app to her neighbors that better than putting into the Blue Recycle, drop off in her collection tub so Rotary can turn into cash.

Peggy will be getting us another date for feeding the homeless. even though she is a lazy dog rearing blonde who is sitting at home right now. - Because she just had knee surgery.

***** Board Meeting was hold last Monday: NEXT week, the 29th, will be dark, no meeting here, also dark, Dec 20th and 27th. Last meeting at Marie Callendar's will be Dec 13th.

***** MOVING LOCATION of our weekly meetings to Hooleys at Grossmont Center. First meeting there will be Jan 3rd, 2020.

Speaker Presentation on "Cyber Security Tips and Trends: from the Front Lines",



By Ryan Karcenny, Deputy District Attorney, CATCH Team on Cyber Crimes

Working in the "CATCH" group to deal with technology and computer crimes to keep our communities safe, Prosecute and Protect. interagency work, Sherriff, RCFL = Regional Computer Forensic Lab

Recommendations: mailbox that locks. send out mail by placing in a big blue mailbox, or at the actual post office. Credit Cards now should have the "chip". with the older magnetic strips, the vendor ends up having your credit card

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La Mesa Sunrise Rotary * Meetings each Friday 7:15 am * Marie Callender's 6950 Alvarado Rd., SD, CA 92120s

number. in much of the world, they use of the credit card right at your table, not carry your card away from you. We expect that to happen here sooner. Shred documents like credit card offer checks. Post-Its around your computer with password.

TOR = the onion router is how people access "the dark web", where cocaine etc is sold etc. which has things like the credit card marketplace, like an ebay for stolen credit card numbers. even with yelp like reviews of the sellers. Data Breaches. Be wary of public WiFi. Anything you are sending and receiving is visible to others. Don't do your banking on open WiFi. If you MUST, then use a VPN to send and receive encrypted.

Ransomware is where your data gets encrypted and held for payment. Often it is not really locked, it may just be a message. Threats that someone has had control of your computer. and that the "proof" is some data, that was stolen in the store loss of personal info. Blue Tooth is secure, but mouse and keyboard. 12 Billion reported losses to cyber crime. Anything you are posting or sharing online, you must believe that it will be out there FOREVER. (this is what he tells his children).

Always check to see if you are on a secure website: lock symbol, color of address bar, and an S in the "https" part of the web address. Use strong unique passwords. think of a passphrase, such as: the charges stink, to help you remember a series of letters: TC\$ or a password manager, lastpass, to store all passwords, now only need to remember the masterpassword. "Passwords are like underwear: don't let people see it, change it very often, and you shouldn't share it with strangers." Chris Pirillo.

To see more: catchteam.org.



Member's Highlights



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Guests/Visitors

SDSU-Rotaractors



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