



Rotary Club of Martinsburg

Grapevine

Sep 28, 2023

District 7360 | Club 5296

Cyber Security – Mike McAndrew



Mike McAndrew spoke about cyber security at our meeting today. He shared cyber tips and tricks with our club. He is a Service Delivery Manager for Innovative Incorporated. President Michelle Sadat gave him a huge shout out after his presentation and let us know that it was due to him and his team at Innovative that kept her business moving without a hitch during Covid.

One of the most significant hacks in American history was the Colonial Pipeline attack 2021

Hackers locked up significant system files with ransomware

To avoid it spreading further, they had to shut down their gas pipeline along the entire Eastern seaboard
Causing panicked gas buying and a 20% increase in demand.

All because someone was using their work VPN account with an insecure password and no 2FA.

<https://abc7ny.com/gas-prices-pipeline-shutdown-demand-for-stations/10616440/>



Now, people not using 2fa is just one cybersecurity issue we face but it highlights a big problem with people behaving more securely with technology, and it's partly because of something called "The Convenience Trade-Off" People often resist proper security measures because of the perceived inconvenience. "It's so annoying", "I don't need one more step", "It's going to reduce my productivity".

Preventative Security is a MUST! Start with using a secure password. Your password should be 12+ characters at a minimum. Below is the example Mike showed us during his presentation:

Tr0ub4dor&3 (Example of a typical password)

3 days to crack at 1000 guesses/sec. Easy to crack, hard to remember.

Correct.horse.battery.staple (Example of a Phrase password)

550 years to crack at 1000 guesses/sec. Hard to crack, easy to remember.

Next, be suspicious of emails. Attachments are suspect, hover on links, senders are spoofed, consider the tone/spelling and grammar, and question odd requests. Do Not Ignore Your Gut Instinct!

In addition, Lock down your accounts and PC when not in use. Setup 2FA (Two Factor Authentication) for EVERY account you use. Most sites and services have the option under Account Settings. Mike says to "Immediately go home and set up 2FA on your banking website". Mike also says to never use a Thumb Drive you did not procure yourself. In summary, when it comes to PC security, you can never be too suspicious.

- If a deal seems too good to be true, it probably is.
- If a website is asking for your personal information, think twice before giving it out.
- If you are getting a second Facebook invite from the same person, it is likely a scammer impersonating them to ask you for money or get information from you that can hack you.
- Do not post responses to those silly survey posts on social media: "What was the first pet you ever loved as a kid? What is your favorite book?" These are questions used to reset passwords for online accounts. You post answers and the responses from the posts are harvested and accumulated in a database that hackers use to break into your accounts.

"Suspicious behavior should be a red flag, so trust your gut, and stay safe out there."

Member October Birthdays	
Starliper, Kevin	3-Oct
Moxley, Gail	5-Oct
Phelps, Denise	6-Oct
Smith, Jennifer	6-Oct
Shull, Darrell	7-Oct
Webster, Elizabeth	10-Oct
Elliott, Vickie	11-Oct
Pill, Richard	12-Oct
Vogan, Keith	15-Oct
Greenbeck Hess, Denise	17-Oct
Parsons, Fred	17-Oct
Elliott, Jon	23-Oct
Washington, Manuel	26-Oct
Kelley, Gary	29-Oct

Member Anniversaries		Total
Brackens, Kevin	10/5/2022	1
Hassing, Michael	10/5/2022	1
Miller, John	10/25/2020	3
Stover, Bill	10/25/2020	3
Knowles, Kevin	10/17/2019	4
Sadat, Michelle	10/25/2018	5
Fausey, Lisa	10/19/2017	6
Starliper, Kevin	10/23/2014	9
Wagoner, Pam	10/23/2008	15
Moxley, Gail	10/12/2006	17
Sowell, Robert L. Sr.	10/20/2020	18
Rodgers, Jim	10/29/1998	25
Roach, Steve	10/15/1988	35
Preston, Charles	10/5/2006	47
McCune, Wm. Richard Jr.	10/10/1974	49!!!!!!!

Rotary Club of Martinsburg Calendar & President notes:

- Oct 11 – Eastern Panhandle Rotary Mixer, Great American Brewing Co, 6–8PM
- Oct 20–22 – Foundation Dinner & District Conference, Wyndham, PA
- Oct 21–22 – Apple Harvest Pancake Breakfast – Volunteer Opportunity
- Nov 12 – RLI Graduate Course
- Dec 12 – Holiday Party @ McFarland House

October Wedding Anniversaries

Carpenter, Jim & Diana	19-Oct
Hollida, Fred & Denise	20-Oct
Jolliff, Brian & Debbie	16-Oct
Phelps, Denise & Mark	7-Oct
Whalton, Michael & Susan	6-Oct



Upcoming Programs:

- Oct 05 – Paul Baublitz, Clorox Plant updates
- Oct 12 – Club Assembly
- Oct 19 – Joe Perehenic, Glo Fiber
- Oct 26 – Karen Newell, Good Samaritan Free Clinic
- Nov 02 – John Shaver, Proctor & Gamble
- Nov 09 – Veterans Day Program
- Nov 16 – Pam Wagoner, RYLA/Exchange Students
- Nov 23 – Thanksgiving – NO MEETING

DIVERSITY HOLIDAYS October 2023

National Disability Employment Awareness Month. This observance was launched in 1945 when Congress declared the first week in October as "National Employ the Physically Handicapped Week." In 1998, the week was extended to a month and renamed. The annual event draws attention to employment barriers that still need to be addressed.

LGBTQ+ History Month, a US observance started in 1994 to recognize lesbian, gay, bisexual, transgender, and queer history and the history of the gay rights movement.

Global Diversity Awareness Month, a month to celebrate and increase awareness about the diversity of cultures and ethnicities and the positive impact diversity can have on society.

Black History Month in the United Kingdom, Ireland, and The Netherlands.

Polish American Heritage Month, celebrated to commemorate the first Polish settlers, and celebrate the history and culture of the Polish community in America.



Student Guests:

- Andrea Osorno–Castillo
- Dakotah Huffman
- Koby Bailey
- Eduardo Merino





Rotary

FAMILY PICNIC MIXER



Rotary



Clubs of Eastern Panhandle

Berkeley Springs, Charles Town, Martinsburg
Clubs, Shepherdstown, & Spring Mills



Eastern Panhandle Rotary Mixer

Join us for a happy hour
and get to know
members in our area!

10.11.23
6pm-8pm

16609 Shepherdstown Pike, Sharpsburg, MD 21782



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JASON STEDMAN
CRIMINAL DEFENSE ATTORNEY



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Bowles Rice
ATTORNEYS AT LAW



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