

To Click Or Not to Click?



Ginny Ollis
Editor

Celebrating “Boy Scouts of America Day” **President Bob** called the meeting to order, introducing **Glenn Rossman** to deliver our Inspirational Moment. Glenn, he reported, was a member of the championship team of the first 5’9” and Under Basketball League, of

which Glenn was proud to be the tallest! Glenn shared with us of one of his greatest inspirations, a courageous paraplegic from the Viet Nam War who believed in giving forward, and moved on to train medical students and encourage the people of our country to also give forward. **The Club 33 Singers** then lead us in the Pledge of Allegiance and the *Star Spangled Banner* accompanied by Bryan Verhoye.

Mark Burgess presented the News of the Day, sponsored by **Buddy Thomas** of Superior Planning, Inc. Mark played into the day’s program topic of cyber security by closing with a password joke.

President Bob resumed the podium by welcoming the SDSU Rotaracts. Then, turning to his administrative practice of highlighting excellence from past Club 33 presidents, he told the story of Fred W. Simpson, President in 1944-45 with the classification of automobile/electronic wholesale. Simpson was known for his heavy fines, as this 34th president made his meetings about fun, frolic and finagling. He really plucked a live bird from the petticoats of his executive director!

Andrea da Rosa graciously accepted a fine of \$350 for plugging her travel agency and the “new breed” of travel agents. Fellow member and regular client of Balboa Travel, **Michelle Candland**, advised the Club about the special concierge-type services provided by Balboa Travel (need pajamas while in Nairobi? Or an emergency medical bill taken care of when you are in China?). Andrea’s travel agents have re-cast themselves as full-service experts!

Mia Harenski provided a fascinating and lively report about the online SAT/ACT prep program offered by Winward Academy. Recognizing that finances often play an outsized role in reaching one’s potential, Winward is designed to level the

field and give the possibility of greater success to more youth. Ninety-four percent of the students using the program have improved their ACT score. Mia announced that Winward has granted 25 free program registrations to students in Hoover Interact, though it was not free for Mia to advertise this amazing program; President Bob levied her a \$500 fine.

Chair of the Day **Alison Fleming** was introduced as a Certified Financial Planner, President of the Women of Financial Strategies, mother of 2 children, a 3 times Paul Harris Fellow, and animal whisperer (who has rescued many dogs and cats who respond to her call with trust.) Alison gave a welcome to the Rotarian from the greatest distance, Mr. Eli Ueno from Japan. She then introduced speaker Jeff Lanza, a retired FBI agent who specialized in cybercrime, fraud, organized crime, human trafficking and terrorism. He is now an author and a regular speaker on cyber security.

Addressing the genuine issues and concerns of how to stay safe, Lanza pointed out that many cybercrime threats are from Russia and China, countries with no extradition and little vulnerability to our efforts at protection and punishment. Criminals too often focus on using the victim’s emotions, not the brain. A primary protection step, therefore, is to keep yourself averted from emotional responses online and to try to avoid malware and malicious software. How?

- Be careful where you click! If you weren’t looking for it, don’t download it. Don’t click on links in emails from unknown senders. Be cautious when clicking on links in emails from known senders as *their* account may have been hijacked.
- Keep your software current with latest updates. Keep your PC protected with Windows Defender or antivirus software from a third party.
- Use CLT+ALT+DEL to exit a popup safely in Windows. Use CMD+Option+Escape to exit a popup on a Mac.

Next Meeting

February 15, 2018

**Dr. Tiffany Chow,
Medical Director,
USC Alzheimer’s
Therapeutic Research
Institute**

In this interactive session, Dr. Chow will describe the exciting work going on at the USC Alzheimer’s Therapeutic Research Institute (ATRI). She will answer your questions about dementia and how to provide the best care possible for those affected by it.

ATRI is an academic institute comprised of an unmatched group of expert scientific collaborators committed to advancing the development of new treatments for Alzheimer’s Disease through innovation in clinical trials.



Greg Sterner
Chair of the Day



**Save the date!
It’s Picture Day
Thursday, March 29**

If you will need a headshot for our 2018-19 member directory, don’t miss this one and only opportunity to have a professional photo taken either before or after our meeting.

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QUICK BITS



Attention, Rotary Anglers! The next Club 33 Fishing Trip is scheduled for September 18th with a 4pm departure time. We will be fishing all day on September 19, and returning on September 20 at 7am. We will be fishing on the Searcher out of Fisherman's Landing. Please email or call [Bob Fletcher](#) with questions or on how to register. Space is limited so it isn't too early to sign up!



Club 33 Golf Tournament—3rd and Final Round

March 23 at 9am—San Diego Country Club

Join us for the final round of our annual tournament. Contact Golf Chair Rich Donnelly to sign up! rdonnelly@DWA-SD.com

The **Small Club Joint Venture Committee** wants to remind you to consider doing your meeting makeups with the **Southeast San Diego Rotary Club**. They now meet on Wednesdays at noon at the Jackie Robinson YMCA. Please contact Dianne Crawford at sesdrotary@yahoo.com the day before you plan to attend.

BIRTHDAYS

February

A.J. Antun	13
Don Tartre	14
Greg Pyke	14
Tom Hom	15
Nick Bernal	16
Steve Treadgold	16
Sid Tobiason	18
Nick Westendorf	18

To Click Or Not To Click? *Continued from page 1*

- To verify the righteousness of an email, *hover* over the address, don't click, to preview. The "s" in https stands for secure.
- Apps are more secure than internet sites.
- Never go to a login through a link in an email or a popup. Always go to the login page directly by typing the site name or, preferably, through a stored bookmark you created.
- Fake Notification emails are prolific. Absolutely check the authenticity of them first!
- Avoid scammers who pose as friends asking you to send them emergency money. Identify people with questions only they would know the answer to.
- Use two factor authentication: a password and a PIN code (most often sent to your phone) to log into online accounts. You can set this up in the "settings" section of your account.
- Use different strong passwords (prefer 12 or more characters) for all your accounts, email, social networking, financial and employer sites. Password management accounts are good: Keeper, LastPass, Dashlane, recommended. Change passwords periodically. Hackers will choose the weakest.
- Zelle is the *most secure* means of transferring money!
- Never provide personal information in response to an unsolicited request, or open their attachments or links.
- Sign out of your account after you use any public computer.

In closing, President Bob announced that President Elect **Suzy Spafford** would be presiding over next week's meeting, as he was going to take time off to cruise the Mexican Riviera. He then did a drawing for those members who wished to risk \$50 for the opportunity to win a \$660 day trip to the heavenly spa Rancho La Puerta. In three short minutes, we raised \$2000 for our club Foundation and **Christy White** was the lucky winner of the trip. Before ringing the bell, Bob reminded everyone "what happens in Mexico, stays in Mexico." Vaya con dios!

[Click here](#) to view Jeff Lanza's handouts on cyber security and on identity theft prevention.

CALENDAR

ALL MEETINGS ARE HELD AT LIBERTY STATION CONFERENCE CENTER UNLESS OTHERWISE NOTED

February

15 Dr. Tiffany Chow-USC Alzheimer's Study

22 Kimberly Becker, CEO-San Diego Intl. Airport

March

1 Camille Newbern-San Diego Rotary in Africa

GROTARIAN EVENTS

Women's Museum of California
2730 Historic Decatur Road
Suite 103, 92106
March 13 5:30-7:30 pm
Cost: \$25 per person

Please join the Grotarians as we tour the Women's Museum of California located in Liberty Station. The museum is one of only three stand-alone museums of women's history in the country. It was founded in 1983 as the Women's History Reclamation Project. A docent will give us a tour of the permanent exhibits at the museum, as well as the current exhibit entitled, "March to Empowerment." After the tour, we'll enjoy adult beverages and heavy appetizers.

[Click here](#) for more event details and to register.

Meetings: Every Thursday at Noon, Liberty Station Conference Center, 2600 Laning Road, San Diego, 92106

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MEMBERSHIP

Prospective Member Reception February 22, 11:30 am-noon Liberty Station Conference Center-Lobby L

Bring a prospective member (or two) to a pre-lunch reception on February 22 for an opportunity to meet with fellow Rotarians and Board members, and to learn more about Rotary. They can then enjoy a complimentary lunch and hear our guest speaker, Kimberly Becker, President and CEO of the San Diego International Airport, talk about their current and future infrastructure plans. [Click here to register for the reception.](#)

ROTARIANS AT WORK DAY 2018



**Save that Date
Saturday, April 28, 2018**

Rotarians at Work Day is a Rotary International program where Rotarians all over the world go into the community on a single day to provide service. Our club has supported this program since its inception. This is a great day to bring your kids, grandkids and prospective rotary members to see our club in action.

Besides planning to attend, if you know of a community project that you and your fellow Rotarians can complete typically in four hours or so on Saturday April 28th, please contact committee chairs Chris Christopher at 619 777-3427 or at cchristopher@dardenbrothers.com, or Emily Rex at 619 607-1001 or at emily.rex@dpnr.com.

If you would like to serve on the committee to help find and manage one of our projects, please contact Chris or Emily as well.



Rotarians At Work April 2017 - at
Balboa Park Nursery

FACES IN OUR CROWD



(Left) President Bob with guest speaker Jeff Lanza and Chair of the Day Alison Fleming; (right) Alison recognized Eli Ueno, a visiting Rotarian from Fukuoka City, Japan.



(Left) Glenn Rossman delivered our Inspirational Moment; (right) Andrea da Rosa got a little help from Michelle Candland in promoting Balboa Travel.



(Left) Mia Harenski and Jennifer Winward talked about the Winward Academy and how they are helping the Hoover Interacts; (right) the Club 33 Singers led us in the day's patriotic song.



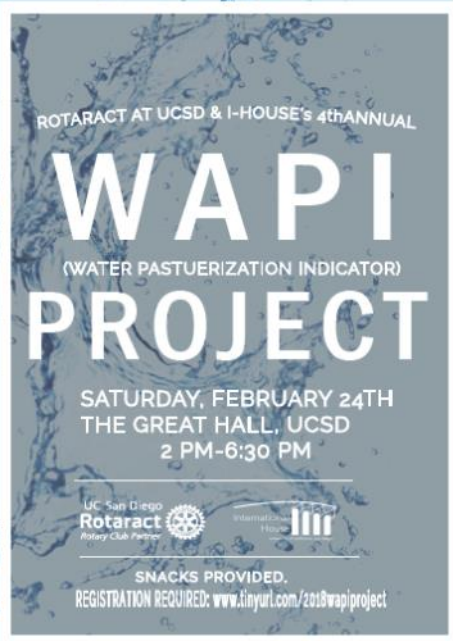
(Left) Perhaps even our sheriff had some security questions for our guest speaker; (right) **Tom Cohen** and **Laura Ochoa** hosted guests for lunch.



4th Annual WAPI Project

Join the RI Foundation and Microcredit Committee and the UCSD Rotaract on Saturday, February 24, where they will again be making WAPIs (Water Pasteurization Indicators) for distribution with solar cookers. The Committee is hoping they can distribute some of these during their upcoming trip to Kenya and Uganda. Each year, our RI Foundation and Microcredit Committee provides a small grant for this project.

For complete details on the project and for registration information, [click here](http://www.tinyurl.com/2018wapiproject).



GROTARIAN EVENT AT THE CYGNET THEATRE

Christy White organized a great event for us on Feb. 7 at the Cygnet Theatre. She had the event catered by Berta's Old Town so there were delicious empanadas and desserts. The Last Wife director Rob Lufty spoke to our group before the show and about the history of Katherine Parr and Henry VIII, as well as of the writing of the play. There was plenty of socializing while everyone ate and drank before going in to the theatre to enjoy the play. Thank you, Christy!

