



Rotary 
Club of Tamworth First Light
MEETING 1665, ISSUE 10
WEDNESDAY 23rd August 2023



Rotary Year 2023 - 2024

District Governor	VG, PDG Lorraine Coffey
President:	Brian Logan
Secretary:	Liz Gill
Treasurer:	Dennis Maunder

The Life of Brian

Quote of the week

'It is a strange paradox, that many of the clearest, most comforting life lessons are learned while we are at our lowest.' — Matt Haig

Joke of the week

"Today on a drive, I decided to go visit my childhood home. I asked the people living there if I could come inside because I was feeling nostalgic, but they refused and slammed the door in my face. My parents are the worst."

Notices:

Notes From Combined Presidents Meeting

- Public Speaking – Area 6 Final at Quirindi 27th August 2023
- Ken Hall Treasurer Report \$11989.88
- District 9660 has an updated Face book page- search facebook for "District 9660 Members page"
- Graffiti Removal day. Clubs to set their own agenda
- Around the watering hole – clubs to send in articles- Email Glenda Kos
- District Conference –Mudgee 15-17 March at Parklands Conference Centre
- The next International Rotary Conference is in Singapore then Canada following on.
- Tamworth 'New Residents' event Sunday 15th Oct from 1pm – 5pm at Viaduct Park- a great event, if you have never been
- ROMAC (Rotary Oceanic Medical Aid for Children) Zoom meeting 4 Sept 2023 at 7.10 pm. Guest Grace Maano (chair)

Today's guest speakers Mark Booth and Tom Gayford gave us an insightful and interesting update on Cyber Security. The increasing rate of change within the Tech Industry is just mind blowing. We gained very useful information on how and who to contact to keep us up to date on all things relating to computer/phone security.

Announcements:



A word from Naomi on the Tamworth Community Garden

Calling all gardeners, with the warmer weather the garden is after some seedlings to plants.

If your preparing any seedlings for your own garden please also prepare a few extra for the community garden.

We are after anything coming into season :)

The garden now has a fence and we are ready to plant in the near future.

Save the date!

Victoria Park Open Day - Sunday the 17th of September.

Come and join the Community Garden in a few fun activities. More details to come.

Thanks,

Naomi

Rotary News:

Liz has communicated an event that may be of interest-



Rotary
Club of Raymond Terrace

YOU'RE INVITED TO
70
ANNIVERSARY

Celebration
Reflection, Recognition and Resolving to service the
Raymond Terrace Community

• **FRIDAY 8TH SEPTEMBER, 2023** •
6pm for 6:30pm
Raymond Terrace Bowling Club
2 Jacaranda Ave, Raymond Terrace NSW 2324
Tickets \$50 pp
<https://www.trybooking.com/cjqmf>



Click or Scan
IF you need help booking please call
Adam Nicholas 0432 187 010
RSVP by 25th August 2023

New RDU magazine is out- click picture to read, or check your emails from 1/8/23!



Rotary Your guide to doing good.
DOWN UNDER Australia | New Zealand | Oceania

AUG 2023

Rotary Adelaide celebrates centenary milestone
THIS MONTH MARKS 100 YEARS OF COMMUNITY IMPACT IN SOUTH AUSTRALIA

+ SPECIAL EDITION: FLIP OVER FOR YOUR GUIDE TO EVERYTHING MEMBERSHIP

Rotary



MUSCLES MACIEJ

Our mate Maciej from Poland spent some time on the tennis courts last week. Peter Bell writes:

“Maciej has been playing tennis on Monday nights with the ‘Old Farts’ at Moore Creek. I think he has been enjoying it, but we all think that he hits the ball too hard, and it travels too fast for our eyes to see...

All of us have broken a string from time to time... but never has it gone straight through the racquet!”

Rotarians in question should be reminded that we have members in the fields of Exercise physiology and optometry, should they wish to gain a competitive edge by brushing up on some strength training, or reviewing their optical needs... - Editor ^_^.



GUEST SPEAKER

Our guest speaker Mark and Allen from TOIM spoke to us about the importance of cyber security. Since the war in Ukraine, an increase in the intensity and severity of cyber-attack has been felt worldwide. Major companies, such as Telstra and Medibank are under threat and may not be able to protect the personal information of their clients. New “data breach” regulations are protecting individuals, by imposing fines on companies that fail to notify, declare and prevent future cyber-attack. Fines of up to 30% of the company revenue might be issued.

Since last financial year, an increase of 13% in the number of reports has been recorded by Australian Cyber Security Council (ACSC). A cyber crime is being reported every 7 minutes and 69 calls a day are being made for assistance. Companies are not the only target, individuals are also at risks. Hackers can access personal information via a person modem.

What can you do? Increase the protection of remote workers that are particularly at risks, update all software and devices with the latest updates, become a partner of the ACSC and contact an independent business, such as TOIM, that can audit your organisation for potential threats.

Make sure you also verify the name of the person and/or organisation that is contacting you and do not click on a link until you are certain of its origin or click on link directly from the website. You may also store important information on an external drive and/or use a password manager.

Article by Aurelie



Editor's note on cybersecurity

In today's digital world, complacency on matters of cybersecurity is not a viable option. Large, automated attacks can reach thousands, and in those instances, the attackers are working on a game of probabilities to see a financial gain from unsuspecting victims. The best way to protect against risk is knowledge. The below information forms part of my own workplace's training on the matter, which may also be a benefit for understanding how you can avoid becoming a victim.

What is phishing?

Phishing is one of the easiest forms of cyberattack for criminals to carry out, and one of the easiest to fall for. It's also one that can provide everything hackers need to ransack their targets' personal and work accounts.

Phishing is usually carried out over email - sending you a tempting message and inviting you to open a file or click a link. If you do so, it can enable the attacker to get a foothold in your environment – on your phone, your PC, or making them able to use your information for other illegitimate activities (eg identity fraud/theft).



The 'scam' has spread beyond suspicious emails to phone calls (called 'vishing'), social media, messaging services (aka 'smishing') and apps. These scams don't always have links or attachments either; sometimes it's plain, old-fashioned fraud, a confidence trick ('social engineering' - playing on your good nature as a human, using pure psychology)

The basic aim of any phishing attack is to trick the target into doing what the scammer wants.

Why does phishing matter?

Phishing can have real life impacts, often financial.

In the case of ransomware, the scammer may encrypt your valuable data and demand a ransom payment to get it back. Another type of phishing known as Business Email Compromise, the fraudster impersonates a real person in an organisation, or known acquaintance, and attempts to convince employees and individuals to redirect funds from a legitimate to a criminal bank account - they can be very convincing type of scam. Phishing really matters!



How to avoid being a victim

Just following a few simple tips will help you:

- Is it external? Treat all external emails from unknown senders with suspicion.
- Watch for emotions. Phishing emails usually use greed, curiosity, urgency or fear to tempt you to react.
- Check for inconsistencies:
 - Does the email address look right? Is it exactly the same as you've seen before?
 - When you hover over links, do they look suspicious? (Look for the link address in the bottom LHS of your browser)
 - If you know the contact, is the language they use typical or unusual? Spelling mistakes, phrasing that is 'just not right'.
 - If you don't know the contact, were you expecting the email? Consider reaching out to them directly via your own contact info (not via their weblink or reply email) to confirm the matter.

If any of the above raise your suspicions, proceed with caution. If you think it's phishing, don't act!

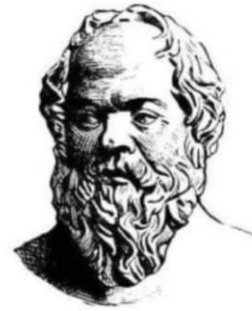
FUNNY CORNER



Looking to sell my Delorean.
Good shape, low mileage.
Only driven from time to time.



"ehh, good enough"



- Mediocrates



Rotary Events Calendar	Date
▪ Photo shoot with our Tree planting project	▪ TBA – See Alice or Peter R
▪ Victoria park / Community Garden open day	▪ 17 th September
▪ Public Speaking – Area 6 Final at Quirindi	▪ 27th August 2023

Social Calendar	Date
• Post Office Raffles Social Night	• 3 rd Friday of the Month (15.09.2023)

Tamworth First Light Website - <https://www.tamworthfirstlight.org.au/>

Our Club Facebook - <https://www.facebook.com/tamworthfirstlightrotary>

Member Portal Link: <https://www.dacdb.com/> (This one lets you find phone numbers for other members!!!)

Board Members 2023-24	
President – Brian Logan	Secretary – Liz Gill
Treasurer – Dennis Maunder	Executive Secretary – Brodie Shields
Club Admin – Courtney Priestley	Membership – Bev Fletcher
Public Relations – Alice Elsley	Community Service – Peter Johnston
Youth – Hannah Woods	Rotary Foundation – Bruce Hemmett
Youth Protection – Bruce Hemmett	President Elect – Sue O’Connor
Board Meeting 2nd Tuesday of the Month- Tuesday 12.09.2023, 5.30pm, Wests.	

	23 rd August	30 th August	6 th September	13 th September
Topic	*Australian Women's Youth Futsal Team	Youth Insearch	National Landcare Week	Site Visit-Community Gardens
Location	Tamworth City Bowling Club	Tamworth City Bowling Club	Tamworth City Bowling Club	Victoria St
Guest speaker	*Lily Parsons	Leigh Foord	Ninna Douglas	Naomi Blakey
Sergeant	Mitch Soree	Mitch Soree	Mitch Soree	
Corporals	Courtney Priestley Hugh Raadgever	Peter Ryan Dimity Betts	Malcolm Turnbull Glenn McIntosh	
Meeter & Greeter	Sue O'Connor	Hugh Raadgever	Aurelie Quade	
Door Team	Peter Bell Hannah Woods	Alice Elsley Aurelie Quade	Courtney Priestley Peter Ryan	Richard Hardwick Bev Fletcher
President Assist	Charlotte Moore	Hannah Woods	Hugh Raadgever	Malcolm Turnbull
Visitor Assist	Richard Walker	Brian Thompson	Michael Smith	
Welcome	Paul Stevenson	Courtney Priestley	Marina Hearne	
Bulletin Notes & Introduction	Stephen Hawkins	Peter Leonard	Peter Bell	Hannah Woods
Vote of Thanks	Naomi Blakey	Sue O'Connor	Brian Thompson	Helen Tickle

*Denotes a change. Roster roles are randomly assigned. If you cannot commit to a rostered duty for your club, please speak to your fellow Rotarians to arrange a replacement and let Mitch know for the next bulletin instalment.

POST OFFICE RAFFLE – FRIDAYS - 6:00 – 7:00PM				
25 th August	1 st September	8 th September	15 th September	22 nd September
Helen Tickle Peter Johnston	Peter Johnston Steve Martin	Steve Martin Peter Bell	Peter Bell Terry Robinson	Terry Robinson Louise Matthews

BIRTHDAYS, ANNIVERSARIES, AND INDUCTIONS	
Members Birthdays	Nil
Partners Birthdays	Nil
Anniversaries	Nil
Club Induction	Nil



Attendance	74%	Lolly Jar Raffle	Peter Bell
Make-Ups	Nil	Heads and Tails	Richard Hardwick
Visiting Rotarians	Peter Bailly (Armidale)		
Visitors	Maciej Wolanski (Youth Exchange Student), Anne Michie, Chelsea Barnes		