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Cyber Security is headline news these days as we combat threats to our national security and personal identities. Major General Dale Meyerrose, USAF (Ret) was our guest speaker in Oct 2016 to speak to us on that subject. During his 30 year Air Force career he became the first President-Appointed, Senate-Confirmed, Associate Director of National Intelligence and the Intelligence Community Chief Information Officer and the Information Sharing Executive for the Director of National Intelligence. That is quite a lengthy, triple-hat job title but what it boiled down to is that he became the internationally respected subject matter expert on cyber security, strategic planning, intelligence leadership, telemedicine technology and military intelligence matters.

And, it all started at the USAF Academy as a classmate of our Flight Captain, LtCol, Ret, Greg "Yumper" Black, in the graduating class of 1975. They were both on the parachute demonstration team and both became Master Parachutists. Greg went on to pilot training and became a fighter pilot and instructor pilot in the



Maj Gen Dale Meyerrose

F-15 Eagle and after retirement became a commercial airline captain flying international routes. Dale went into the intelligence career field in many important jobs and after retirement earned a PhD in information management. He founded the MeyerRose Group, LLC, consulting world-wide on cyber security, strategy, business planning, and executive development. He is frequently quoted in international news and trade publications and often appears on Fox News, CNN, MSNBC, and other programs like Bloomberg International.

General Meyerrose spoke to us and emphasized cyber security myths vs. the reality. For example the myth that the biggest threat is from outside sources; the reality is inside sources. The myth that high tech hacking is the biggest threat; in reality it is simply credential theft whether it be government agencies or personal data. The myth that China or some other nation is the biggest threat; in reality it is ourselves. We allow malicious software in to take command over other software. The initial infiltration slips through undetected and often starts with phishing on social media channels or e-mail.

The bottom line is that cyber security is not something you have; it is something you constantly work on. You must focus on any deviation. You must only do something you are comfortable doing. If there is any doubt, don't do it. Be responsible for your identity. It is your real value. Nothing is perfectly secure; not your house, your car, your bank account, or your cell phone. Simply be vigilant and conscious of your actions. Carry your credit cards in a wallet that shields them from being read. Buy gas for your car if possible from a pump well lighted and visible to the attendant. Thieves are less likely to put card readers on such pumps. Use passwords with at least 6 numbers and capital and lower case letters. There are sources like Google which can suggest random passwords of any length you want. By cutting and pasting passwords you can foil programs that record keystrokes. Do all your banking from one dedicated computer identified to the bank. Shred any documents that contain your personal information. In our aviation careers we learned the importance of situational awareness. It is most important to apply that same principle to our daily lives in the world we live in today.