



SOUTHEAST DISTRICT BAR ASSOCIATION

MEMBER BULLETIN

June 2015

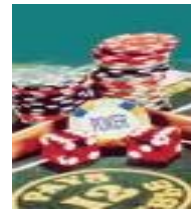
SOUTHEAST DISTRICT BAR ASSOCIATION

JULY EVENT



Join us for an evening of

Good times, great friends and friendly gambling



Bring your game face for the

Randy Kramer Annual Poker Tournament



Date: Wednesday, July 22, 2015

Time: 5:30 p.m.

Place: Hawaiian Gardens Casino
11871 Carson Street
Hawaiian Gardens, CA 90716

Cost: W/ RSVP \$40.00
NO RSVP \$45.00



R.S.V.P. REQUIRED by 12:00 noon the day before the event
Call (562) 868-6787 or (562) 864-4713 to reserve your space



President's Message

The First Step in Keeping Your Personal, Your Business and Your Clients' Information Secure: Creative Ways to Make Secure and Easy to Remember Passwords

Passwords. Passwords. Passwords. We all know how important passwords are in order to keep cyber criminals from wreaking havoc on our lives. We hear the media reports about hackers cracking passwords, posting passwords online, and gaining access to personal and financial information.

As attorneys, making sure the data we hold is secure not only impacts us personally, but also impacts our clients and perhaps the most important thing we hold of theirs— their trust.

Security professionals tell us that passwords should be difficult for hackers to crack, securely stored, and different for each website. In terms of composition, passwords should contain a mix of different character types, such as numbers, letters, capitalizations, and symbols. They should, also, not contain any personal information or dictionary words, and they should be at least eight characters long.

But how are we supposed to actually remember all these passwords?

Experts have come up with numerous creative methods to do just that! See what method works best for you.

- **Sentence or Phrase-** Create a memorable sentence or password, take the first few letters of each word, and then throw in numbers, capitalization and punctuation.

Check out these seemingly random passwords that were created by experts using a sentence or phrase.

- **"mFA1tkB!"**= My favorite animal is the koala bear,"([Carnegie Mellon's School of Computer Science](#))
 - **"tlpWENT2m"** "This little piggy went to market" ([Bruce Schneier](#))
 - **"WIw7,mstmsritt..."** = When I was seven, my sister threw my stuffed rabbit in the toilet. ([Bruce Schneier](#))
 - **"Wow...doestcst"**= Wow, does that couch smell terrible. ([Bruce Schneier](#))
 - **"Ltime@go-inag~faaa!"** = Long time ago in a galaxy not far away at all. ([Bruce Schneier](#))
 - **"MM4P.Iwb@!"** = Mickey Mouse for President. It would be awesome! ([Go Daddy](#))
- **Song Lyrics—Take lyrics from a song, use the initial letters of each word, and add in random capital letters, symbols or numbers.**
 - "ukuMAKEMEws" = "You know you make me wanna shout"
<http://www.entrepreneur.com/article/233214>
 - **Nonsense Words— Use a nonsense word made up of several words**

- SeApJuNo = first two letters of months of the year with 30 days
- BaLiMaMaHom= first two letters of family members names off the Simpsons (Bart, Lisa, Maggie, Marge and Homer).
<http://www.entrepreneur.com/article/233214>

➤ **The PAO (Person- Action- Object) Method**— Computer scientists at [Carnegie Mellon University](#), suggest using the PAO method to create random memorable passwords. This method is based on the premise that our brains remember unusual scenarios with visual ques. To use this method, following three steps:

1. Select an image of an interesting place (baseball field).
2. Select a photo of a familiar or famous person (Bill Gates).
3. Imagine some random action along with a random object (Bill Gates swallowing a bike on the baseball field.)

Then randomize your sentence by using the first few letters of each word and throwing in some capitalizations, numbers and symbols. For example, the above visuals created by Carnegie scientist could create “BGswa90bikbbf.”

Once you create a password, test its security using a password checker, such as those offered by [Microsoft](#) and [Online Dominion Tools](#). Password checkers can tell you everything from the password security rating to its variation in characters, if and how often it appears in dictionaries, and the time it would take for it to be cracked.

Instead of using the methods above to create and remember secure passwords yourself, you could buy a subscription to one of the many password manager products on the market. A password manager will save your password every time you log onto a different website or application so you don’t have to. However, password managers require you to pay a monthly or yearly subscription, which can really add up over the years. Another issue is that password managers by their nature create a centralized location of all your passwords, which raises a different set of security concerns. As a result, if you do decide to use a password manager make sure they offer a high level of encryption and other security features. You can find this out by looking at their ratings and searching for reviews from security experts.

For information on how to manage your password, check out <http://www.staysafeonline.org/blog/futurex-guest-blog-best-practices-for-password-management>.

Save the Date

Events and General Meetings are open to all members and non-members

February 25	General Meeting: State of the Courts – Judge Margaret Bernal
March 25	General Meeting: Substance Abuse – Greg Dorst – The Other Bar
April 22	Social Hour
May 27	General Meeting: Tony Rackucakas
June 13-19	D.C. Trip
July 22	Randy Kramer Annual Poker Tournament
August 26	Los Angeles Angels Game /Los Angeles Dodgers
September 23	General Meeting
October 28	General Meeting
November 25	Judges & Past President’s Night
December	Date TBA – Holiday Party

General Meetings

Rio Hondo Country Club

10627 Old River School Road

Downey, CA

5:30 p.m. Social Hour/ 6:30 p.m. Dinner & Program

LRS PANEL MEMBERS MUST ATTEND AT LEAST 5 GENERAL MEETINGS PER YEAR

SPECIAL RECOGNITION

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12749 Norwalk Blvd., Suite 107
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For more information email Irma@sedba.org

Or contact SEDBA office (562) 864-4713 or

(562) 868-6787

A night at the Game with SEDBA:

August 2015

**Save the Date for a fun-filled night of
Baseball!!!**



**Keep a look out for upcoming
details!**

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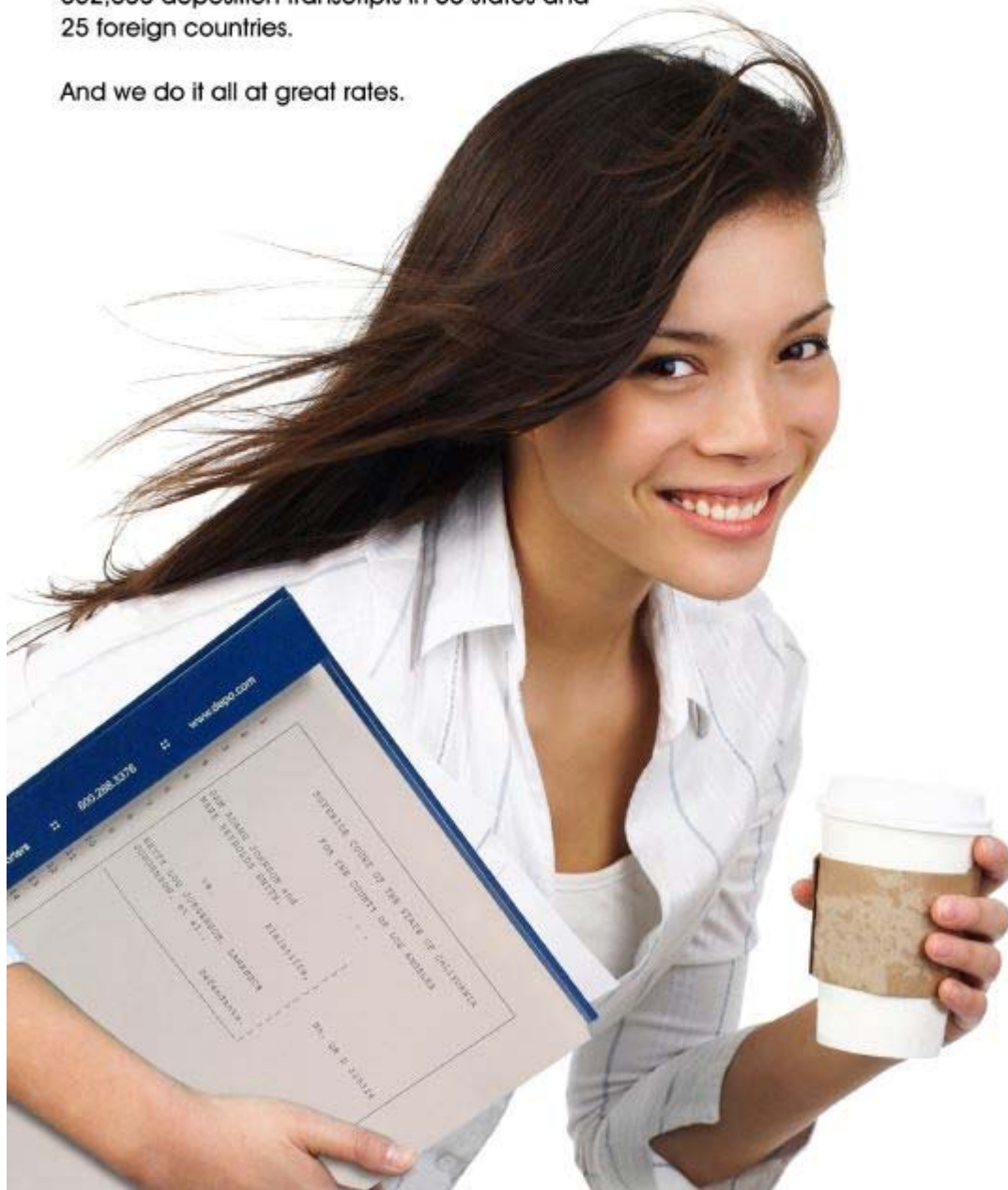
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The mission of the Southeast District Bar Association is to enhance and serve the educational and professional needs of its membership, to promote the integrity of the profession, to encourage collegiality and interaction with the judiciary, and to provide access to legal services and the judicial system.



We're on the web!
www.sedba.org

The SEBAMB is a joint publication of the Southeast District Bar Association and the Lawyer Referral Service.

The SEBAMB welcomes and encourages articles and letters from readers. Please send them to 12749 Norwalk Blvd., Suite 107, Norwalk, CA 90650.

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