



**Monash University**  
**Medical Undergraduate Society**  
**Class of 74**

# **Monash Medicine 74**

# **Newsletter**



February 2026

## Monash Med 74 committee



Peter Dwyer, President



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## Editorial

John Mackenzie, Committee IT

Welcome to the February 2026 edition of the newsletter.

In this issue, we pay tribute to George Liomba who graduated with us in 1974. George recently passed away in Malawi, and his obituary is a reminder of those international students who came to do medicine at Monash, then returned to their home countries where they became leaders and made outstanding contributions. Other colleagues who are no longer with us are remembered on the website here:

<https://monash-med74.dyndns.org/vale.html>

Next, an article on *Computer Backup* adds to the *Cybersecurity* report in the January newsletter. These articles are essential for digital safety and survival - full versions are on the website at:

<https://monash-med74.dyndns.org/blog/index.php>

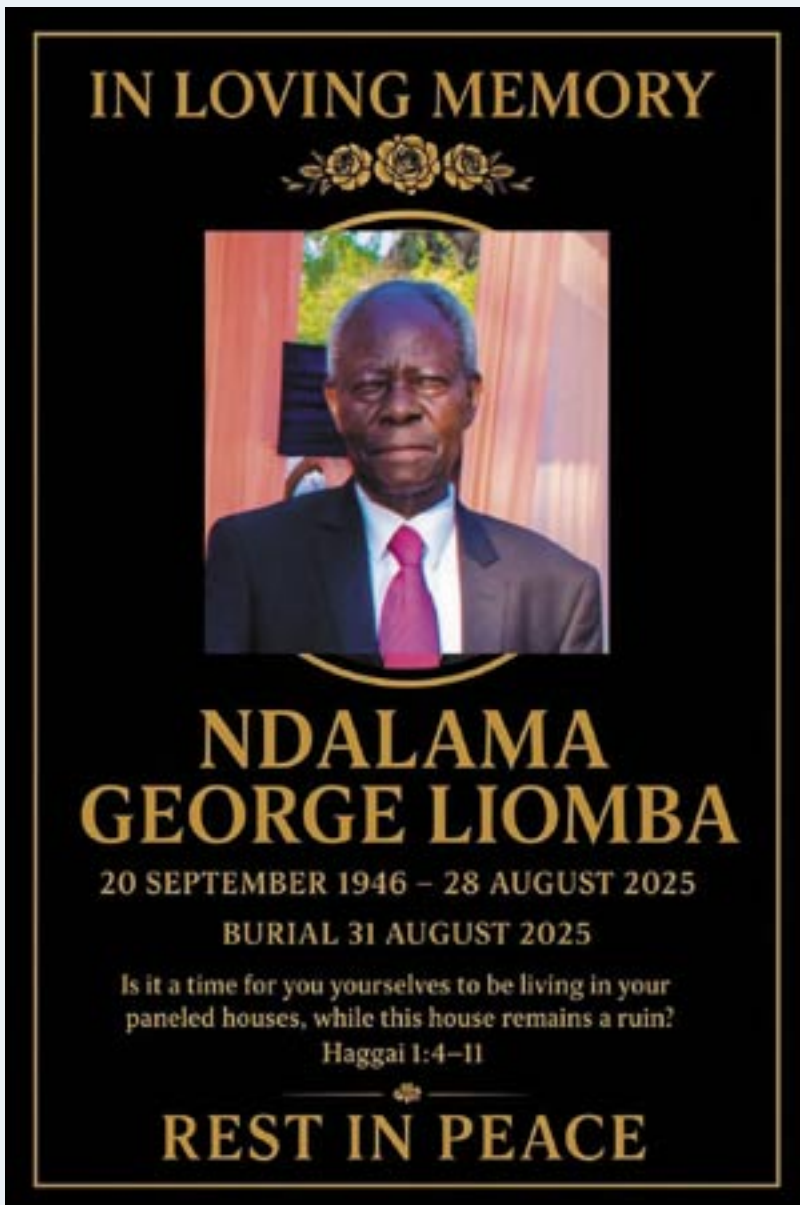
Finally, there was an unprecedented response to the "Message from the President" emailed last month. Many thanks for the positive feedback, and best wishes to all.



## Laughter best medicine



## Vale George Liomba (20.09.1946 to 28.08.2025)



George went to Malosa Secondary School, Malawi, Africa before coming to Australia to do medicine with us at Monash, graduating in 1974.

On his return to Malawi, there were no pathologists in his country, and it would take 6 weeks to 3 months to get pathology results back from London. He therefore trained in the speciality at St Thomas's Hospital, London, and in 1983, he returned to Malawi as the first specialist pathologist in country.

Adding to his clinical workload for a population of 10 million people, George became Professor of pathology at the University of Malawi College of Medicine, helping to train more local pathologists.

The following was a tribute to George from Malmed Healthcare Services, Malawi:

### IN LOVING MEMORY OF PROFESSOR GEORGE LIOMBA

It is with deep sorrow and heavy hearts that we announce the passing of our esteemed Director, Professor Ndalama George Liomba, on 28th August 2025.

Professor Liomba was not only a pillar of strength at Malmed Healthcare Services but also a trailblazer in the field of pathology and a beloved teacher to countless members of the medical fraternity. His unwavering commitment to excellence, integrity, and mentorship has left an indelible mark on the medical community in Malawi and beyond.

As a dedicated professional and an exceptional educator, Professor Liomba's legacy will live on through the many lives he touched, the students he mentored, and the high standards he set in medical practice.

We extend our deepest condolences to his family, friends, colleagues, and all who had the privilege of knowing him. His absence will be deeply felt, but his legacy will continue to inspire us.

Rest in eternal peace, Professor Liomba.

Your wisdom, compassion, and leadership will never be forgotten.

# Computer Backup

**What to Back Up**

<p><b>System</b></p> <p>Operating system, installed applications, and system settings</p> <ul style="list-style-type: none"> <li>• Monthly</li> <li>• Always before major system updates or configuration changes</li> </ul>	<p><b>Data</b></p> <p>Documents, photos, spreadsheets, and projects</p> <ul style="list-style-type: none"> <li>• Daily for work files or frequently updated files</li> <li>• Weekly for personal files or less frequently changed files</li> </ul>
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**Where to Back Up**

<p><b>External drive</b></p> <ul style="list-style-type: none"> <li>• Fast, durable, and portable</li> <li>• Can be taken off-site</li> </ul>	<p><b>Network</b></p> <ul style="list-style-type: none"> <li>• Convenient but can't be stored off-site</li> </ul>	<p><b>Cloud</b></p> <ul style="list-style-type: none"> <li>• Convenient and off-site</li> <li>• Depend on account security</li> </ul>
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**Choosing Backup Tools by Operating System**

<p><b>Windows</b></p> <p>System Image Backup (Backup and Restore) or third-party tools</p>	<p><b>macOS</b></p> <ul style="list-style-type: none"> <li>• Time Machine full system and file backups</li> <li>• iCloud</li> </ul>	<p><b>Linux</b></p> <p>System snapshots for system protection Separate backups of personal files to an external drive.</p>
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Regular backups are essential to protect your computer's system and data from hardware failure, accidental deletion, malware, or a failed system update.

**What to Back Up: System vs Data**

**System backups** include your operating system, installed application programs, and system settings. They allow you to restore your computer to a fully working state without laboriously reinstalling all software one piece at a time. Recommended system backup frequency:

- Monthly, and
- Always before major system updates or configuration changes.

**Data backups** include personal and work files such as documents, photos, spreadsheets, and projects. These files change more frequently and are often the most valuable. Recommended data backup frequency:

- Daily for work files or frequently updated files.
- Weekly for personal files or less frequently changed files.

## Where to Back Up: External USB Drive vs Network vs Cloud

- External USB Drives (HDD, SSD, NVMe): Solid state drives (SSDs) are now preferred to older HDDs. They are fast, durable, work very well with modern USB connections, and can be taken off-site for added protection against fire, theft or hardware failure.
- Network Drives: Backing up to another computer or drive across a local network is quick and convenient, but doesn't provide off-site protection.
- Cloud Services: OneDrive, Google Drive, and iCloud offer off-site backup and convenience, but work by synchronising files rather than creating a single independent timestamped backup, so should be a supplement and not a replacement for local backups. Also, whilst cloud backups are generally secure, they depend on your account remaining safe, and not compromised by hackers or loss of account access.

## Choosing Backup Tools by Operating System

Different computers have different available tools, but the overall principles are the same: system backups protect your operating system and applications, while data backups protect your personal and work files.

- Windows: *System Image Backup* is a control panel utility program which can create a full backup of system and data to external SSD or network drive. Other control panel programs can backup just the data to external or network drive, or to OneDrive.
- macOS: Apple's built-in *Time Machine* provides full system and data backups, while data files can be sync'd to iCloud to provide supplementary protection.
- Linux: Free tools such as *Timeshift* and *rsync* can backup and restore Linux system files and personal data.

**Key point:** Use a tool that works with your system, back up your files regularly, and store backups in a safe location. Regular backups are the simplest way to protect your computer.