



Monash University
Medical Undergraduate Society
Class of 74

Monash Medicine 74

Newsletter



January 2026

Monash Med 74 committee



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Editorial

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Welcome to the New Year, January 2026 newsletter.

Unfortunately, 2025 has turned into somewhat of an *"annus horribilis"* caused by events occurring overseas in the Ukraine and Middle East, and more recently by the tragic events at home in Bondi.

The Committee wishes to express their sorrow for the victims of these events, and extend sympathy and support to our much loved colleagues and all who have been affected.

On a more positive note, the good news is that Jane Fyfield, who has participated on all Mumus 74 reunion committees since inception, has agreed to provide advice to the new Committee from her extensive experience. Many thanks, Jane.

An increasing threat of a different kind is to our digital security. The article on the next page summarises some important steps that can be taken to improve our safety online.

More detailed articles on Cybersecurity and computer Back Up can be found in the *Tech Talk* section of the website Blog at:

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

... These articles are written for a non-technical audience, and invite your comments and questions.

Finally, thank you to those who have provided their feedback and preferences for the mini-reunion being planned for 2027, and also to those who have updated their contact details, including their date-of-birth and next-of-kin. For those who are yet to do so, this can still be done quickly and easily via the secure website at:

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

To conclude, the Committee extends its very best wishes to everyone for a safe and enjoyable festive season and a happy, healthy 2026.

Mini-Reunion Survey Feedback Results

These are preliminary results from the mini-reunion survey:

Date: 100% of responders found 19-20th March 2027 suitable.
Attend Friday: 100% of responders would attend Friday.
Attend Friday lunch banquet: 100% would attend Friday lunch.
Attend Saturday: 25% of responders would not attend Saturday.

This feedback is a very helpful guide for planning the mini-reunion, and may also help you plan your own future holidays and trips. Further feedback responses are welcome via the secure website.



Cybersecurity - an overview



A few simple habits can dramatically reduce the chances of being caught in a scam or attacked by malware. An overview is below, but a more detailed article is on the IT Blog at: <https://monash-med74.dyndns.org/blog/>

Start With the Basics

- Use strong, unique passwords

Programs such as *Proton Pass* or *Bitwarden* are free and easy for non-technical users to install and configure.

- Turn on two-factor authentication (2FA)

- Be cautious with phone calls, emails and links

Scams often arrive as urgent, unsolicited phone calls or emails pretending to be from banks, delivery companies, or government offices. If it feels suspicious, it probably is.

- Keep your devices updated

Updates aren't just for new features — more importantly, they repair security holes.

Additional Layers of Protection

- Antivirus Software isn't the be-all and end-all of cybersecurity, but it does give added protection from viruses, ransomware, and unsafe downloads — especially on Windows computers.

- Use a Non-Administrative Account for everyday tasks like email and web browsing. It is much safer to be logged in to a standard user account without admin privileges, which greatly increases security by limiting what malware can do, even if you click the wrong thing.

- Consider Using Linux

Linux is a free operating system that is far less targeted by viruses and scams than Windows, and for a typical home user, running Linux without antivirus software is generally safer than running Windows with antivirus.

Think of Cybersecurity as Layered Protection

No single step makes you 100% safe — but each layer adds protection, just like having both a lock and a security screen on your front door.

A Few Final Tips

- Back up your important files so you don't lose them if something goes wrong.
- Be careful on public Wi-Fi - don't use for banking or shopping.
- Trust your instincts — if something looks odd, stop and double-check.

Cybersecurity doesn't have to be complicated. A handful of simple measures can dramatically improve your safety online. If you take things one step at a time, you'll be ahead of most cyber-criminals and well on your way to a safer digital life.