

```
VBoxManage clonehd Ubuntu10.04_4-0.vmdk Ubuntu10.04_4-0.vdi -format VDI
```

```
## initrd
extract init
mkdir /tmp/test
cd /tmp/test
gunzip -dc /boot/initrd.img-2.6.32-46-generic-pae | cpio -i
....
look at init:
cat init
...
create new init:
find .|cpio --create --format 'newc'>/tmp/myinit
sudo gzip /tmp/myinit && cp -fr /tmp/myinit /boot/

use at grub.cfg ----> initrd myinit.gz

## date time
sudo ntpdate -s ntp.ubuntu.com
...

@clamav update
http://database.clamav.net/main.cvd
http://database.clamav.net/daily.cvd
or
sudo freshclam
...
```

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