

Managers Log

Monday, April the 13th 2020

Well, last week I talked about getting on a call with some other journalists from HuffPost. I was thinking that they're going to be talking about dealing with anxiety as media people. How do we help people with anxiety during this COVID-19 crisis? Wow. Actually, there was a group of journalists must have been about 40 of them on call on a zoom call. And the topic was anxiety as a journalist during this COVID-19. It was kind of a helping type of situation amongst peers, which was good, it was okay. It was nice. And of course, these people are talking from metropolitan areas where they have a large staff and every one of them was calling from home. Every one, no one was in their office, so all their work is being called in or done by computer. So that's one thing I noticed.

For those who you can see on the screen right? While I get on Zoom calls, you can't see my screen because I have no camera. Zoom doesn't work too well for us here at the radio station. But we can't call in and we can't hear and we can contribute. So that was that lesson. They don't talk about other things out there, that's applicable to anybody, like stay calm, have a routine. Get outside, do some exercise. air out the house.

If you have some anxieties about about working, if you're a person who deals with the public, like a grocery store clerk who happened to be on a call. Their advice was talk with your peers because if you feel that way, your peers also feel that way. So, talk it up, listen to one another and help one another. And that's exactly what they were doing on this call with the journalists. So they're saying, read a book. It's important to have a good sleep. So set aside your cell phone and your Netflix and before you go to bed, read a book that gets your mind in a better state of sleep. And if you do wake up, for whatever reason in the middle of the night, you can't get back to sleep. Get up and read a book or do some, some meditation to get your mind set back into a good rhythm of sleep again, because as I say, it's important to have good sleep and support, and to keep yourself hydrated as well. During the day, drink more H₂O, without anything in it. No caffeine, no sugars, no artificial flavors. Juices. Good old water has maintained life on this planet far longer than Coca Cola. There were some nice tips that they did share for the people.

And I also listened to a Commonwealth Club, radio broadcasts that we air on Sundays in the morning, 10 o'clock in the morning. The two guests that they had on there, usually that is recorded live in an auditorium, there's a whole crowd of people, I don't know, 80 people or so, and then on stage they have the host and the guests. Well, this one they did by phone.

Both of the guests were there on at home during the interview, and I think, wow, that's something that's something that's the first time I heard them do that. And wow, you know, that's the way we should be doing these things in COVID-19. If we want to keep safe distance? And it's good for the media people because well, there's only so many of us. So more and more people who are doing radio producing programs are doing it from home. And with the right technology you can do it on by telephone.

And now that's something we're trying to add is on the agenda. It's misworded on the agenda. It is a device that will allow us to add more phone lines to our live call-in programs. It's worded on the agenda as adding phone calls to General Meetings and Council Meetings, No. No it will not be able to do that, only our phone lines here in the radio station, adding more callers at one time to do a conference call type of thing or you can have people on hold just like Native America Calling. Right now we only have one line. We need the technology to add More lines and it now is what is on the agenda to get that technology to allow us to add more lines to our phone calls. So we can in this

COVID-19, we can do interviews with individual people and individual departments and offices locally and far away all at one time. That's the turn of events and that's what's happening. We'll find out on this upcoming agenda whether or not that purchase gets approved. So thanks for listening. Thanks for using KIDE. Stay healthy.

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