Shayna: Hey, I'm Shayna. Paige: And I'm Paige. Shayna: And this is BCC. Paige: Where we copy you in. Shayna: On internet stories-Paige: From around the world. Shayna: Oh, hey, what's up Paige? Paige: Hey, Shayna. Shayna: How you doing? Paige: I am good. How are you? Shayna: I'm doing well. I'm doing well. I'm excited that 2022 is coming to a close very soon. I'm not going to lie. It's been a lot. Paige: It's been seven years in one. It's felt like forever. Shayna:

It really has. But we're going to be stronger because of it. This is resiliency in action.

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Resiliency in action, a word.

Paige:

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Shayna:	a:
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Anyway, we have a great show today. Some really interesting interviews with some grantees that a new member of our team has taken part in. So excited.

Paige:

Yes. We're trying to incorporate all the members of our team in here so you guys can hear different voices.

Shayna:

Wonderful. But as always, before we get into that, let's get into some hot topics. And what is our hot topic today?

Paige:

Blue lights. What is it? What does it do? Is it harmful? Do you need the glasses?

Shayna:

Okay, so can you tell us how we got to this topic of blue light?

Paige:

I actually don't remember. I'm being really honest. How did we get here?

Shayna:

Okay, all I know is that during height, height of pandemic, when everyone was in their house looking at computers, whatever, there was this whole movement that I saw sweeping across social media that was talking about how light from your computer, there was some mysterious blue light that was emanating from your computer, and it was harmful to your eyes. So then people were selling glasses that were blue light reflecting or something. And I was, "I'm not really sure." I did not get that. I was not really sure. It kind of felt like a scam. And then I feel I read an article that was, "Yeah, actually that is a scam because that's not real." So what do you know about it, Paige?

Paige:

So in my very scholarly research of several YouTube videos and articles, blue light is just one of several light that exists. So let's go back to grade school, ROYGBIV.

Shayna:

ROYGBIV.

Paige:

We love acronyms. Blue light is just, it's further on the spectrum. It's on the spectrum of light. Indigo is after blue and so is violet. Blue light is everywhere.

Shayna:

All the time.

Paige:
Everywhere.
Shayna:
It's just a part of normal light.
Paige:
It is just a part of normal light. Blue light is at the end of the spectrum, so it's a bit unstable. It is dancing, the molecules are dancing, they're scattered. And that's why the sky is blue.
Shayna:
Why?
Paige:
Because of the blue lights.
Shayna:
Because of the frequency that these light waves are on.
Paige:
Yeah. So they are on a certain end of the They're on a frequency, the molecules are moving, they're scattered. And according to the research that I did A YouTube video.
Shayna:
Yeah.
Paige:
That's why the sky is blue. So blue light is actually everywhere. It's all around you. The thing is LED devices like computers and laptops have high intensity blue light. You can imagine they're packing the blue light in there. One video said it's cheaper and more efficient on energy, which is why blue light is in LED devices. So things like a screen protector and glasses do reduce it probably anywhere from 40 to 60%.
Shayna:
Reduce what though? What do they reduce?
Paige:
Reduce the amount of blue light coming at you by about 40 to 60%.
Shayna:
Okay.
Paige:

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So then I thought, "Does it matter if the blue light is coming at me?" Shayna: Does it matter, Paige? I want to know. Paige: Yes and no. It depends on how you look at it. So there was a doctor on YouTube... Shayna: Shout out. Paige: ... To people who make YouTube videos, I promise. Shayna: Shout out. Shout out. Paige: And it does damage your retina if it's absorbed. But the jury's out on whether it's blue light alone or blue light in combination with eye strain and just looking at a device for that long of a time in general. Shayna: Which is okay, ultimately what I think. Because, yes, anyone can say having, I mean, I would think that just focused looking at a thing, whether that's my phone, a computer, a magazine, a book, any type of focused eye activity that I'm doing for hours and hours at a time are going to make my eyes tired. That's just a normal thing. Paige: Exactly. Shayna: I do not suspect that there is a particular thing related to some blue light coming from a screen. Paige: The one thing I did see was that blue light in some studies have been attributed to sleep disruption. So what blue light does is tell your body that we need to be awake. You go outside, you see the sun, it's bright. So that light... Your body's absorbing light and thinking, "Okay, we need to be awake. We need to be awake." It reduces the amount of melatonin. So I think that's the one specific thing that I can say. Shayna: Okay. Paige:

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Blue light does disrupt your sleep. So using that filter on iPhone that changes the color of the phone, that helps to reduce the amount of blue light, and your melatonin isn't decreased so you can get better sleep. But in terms of wearing the glasses and all the hoopla, I feel like we just debunked it.
Shayna: Myth debunked. But I do appreciate that, so moving forward, be sure to set your phones or your devices so that they can be changing into night mode or whatever.
Paige: Yes.
Shayna: So that it's helping you and helping your body to adjust and prepare for evening and sleepy time.
Paige: Exactly. And take eye breaks. So you shouldn't be staring at a computer for too long. Even if it's something as simple as looking away for 30 seconds and staring at your office, desk, or whatever. Just looking at something else is extremely helpful. But I don't think you need to buy the glasses.
Shayna: So to anyone who bought some glasses, Paige, I'm going to ask you right now, I'm going to ask you very honestly, and I want you to respond very honestly. These new glasses that you have, do they have blue light protection built into them?
Paige: Absolutely. Because capitalism got me. Capitalism got me. They got me. They got me.
Shayna: Did you have to pay extra?
Paige: I did. They got me. It has blue light and anti-glare. It has all the fixings. I just clicked.
Shayna: Oh, Paige.
Paige: I just clicked all the buttons. They were like, "Do you want anti-glare?" "Yeah." "Blue light?" "Yes."

Shayna: Oh man.

Paige:

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Transition lenses? Absolutely. Anything to protect my already damaged eyes. Shayna: Well, your sacrifice will really help someone else out there who listens and who will be forewarned before paying more money for something that they really don't need. Paige: Exactly, the tip is... Shayna: We appreciate your sacrifice. Paige: ... Don't use your phone before you go to sleep. It's that simple. And blue light won't affect you that badly. That UV light, that's what you have to look out for. Shayna: The UV. Okay. But wait, UV, ultraviolet? Paige: Yes, wear sunscreen please everyone. Shayna: All right, we'll see you soon on the next segment. Remy: All right. Well, hello, it's really nice to see you. I'm Remy Hellstern and today I'm with Diane and Armando from Telecom, some frontiers. And we're going to be talking a little bit about their most recent project that they've taken on with the ISOC Foundation. Do you two want to introduce yourself and your titles? Diane: Hi Remy. Thank you. I'm Diane, I'm the Project Coordinator for the project. I will be talking a little bit further and I'm very happy to be here. Armando: Hi Remy my name is Armando Samayoa. I am a TSF representative for Latin America and the Caribbean and also very happy to be here. Shayna:

Wonderful. So as we get started, do you mind telling us a little bit more about TSF and the project that

Diane:

you've been working on with the ISOC Foundation?

Okay, about TSF. So this is a nonprofit organization that has already been working for 20 years on emergency response for natural disaster complex crisis and also conflicts. I don't know if Amando... If you want to add a bit about TSF since you've been there for 10 years?

Armando:

Yes. Well, it's just that we do have two regional representations, one for Latin American, the Caribbean, and the other one for Asia Pacific. Well, the third one is located at our headquarters and it's for Middle East, Africa and Eastern Europe. And in this region we do work with the regional entities as in the Caribbean, which is what we're doing with this project.

Shayna:

Perfect. So why don't you talk a little bit more about this project that you're taking on in the Caribbean?

Diane:

Yeah, so I think it was about a year and a half ago that we presented this project to the ISOC Foundation. So it's mainly... The objective is to diminish the impact of natural disasters on effected communities when a disaster strikes and to put in the hands of the original responders emergency telecommunications. Why? It's because when a disaster strikes, the telecommunications are affected in different ways. They can be either disrupted and available or they can be over saturated. So in that case, it has many consequences on the humanitarian response, on the emergency services or on the ability of the government to communicate.

So that is the reason why we wanted to do this project, to make sure the regional agencies have the capacity to actually give back this ability to communicate with the telecommunication equipment kits and to support the faster and more effective humanitarian action and response.

Shayna:

Wonderful. So it looks like you did a training and some equipment handover. Do you mind talking a little bit about the beneficiaries of this program and who some of the regional actors are that you've been working with?

Diane:

Yes. So we have two main beneficiaries for this program. We are implementing it in both the Southeast Asia region and also in the Caribbean. So in Asia our partner is the Coordinated Center for the Humanitarian Assistance on Disaster Management, also called the AHA Center or AA Center more easily. It's part of the association of Southeast Asia nations, the ASEAN, and this beneficiaries intergovernmental organization, it's based in Jakarta and it's been established in 2011.

So the main mission is to work on disaster management and coordinate original response within the 10 member states for both emergency response training and the emergency deployments. As an example, TSF and the AA Center, they deployed jointly in Indonesia in 2018 after the strong earthquake that took place in the Soula Wei Islands. And so there already been some partnership and collaboration before this project with AA Center. And the second beneficiary, that you know Remi, because you've been there with us, is the Caribbean Disaster Emergency Management Agency or CDEMA.

So it is our original intergovernmental agency in the Caribbean community, the CARICOM. And it's based in Bridgetown, Barbados where we were just last week. So they've been here for a while, but since 29

they changed from CDERA to CDEMA to extend their mandates and to actually work more on the notion of comprehensive disaster management.

They also coordinate the original response mechanism, which is a network of national, international, and the regional stakeholders. And they coordinate their response and relief preparation in support of the impacted state or states, because it can affect different islands at the same time. What one more can I say? So yeah, basically for this projects, TSF is in close relation and contact with both organizations and we are working on organizing the different activities. The two training for each organization and the equipment transfer.

Shayna:

Wonderful. And it was so nice meeting you in person in such a beautiful location as well. So you've talked a little bit kind of broadly about the work, but I was wondering if you could touch on a bit more how this is related to the ISOC Foundation's resiliency grant programming.

Armando:

Well, it is true that we've been trying to do this type of project in the Caribbean because we know that it's a region that needs resources and capacity to respond to any humanitarian crisis that can emerge, mainly due to natural hazards such as hurricanes, earthquakes, volcano eruptions, flash floods, et cetera. And these program, these society foundations resiliency program has helped us to have the capacity to support, as Dan said, one of regional responders.

Then we are able to capitalize on previous work that we've had with the partners involved in this project and also based on more than 20 years of field experience that PSF has. And then when we got to know about the program, when we were invited, we knew that it was going to be a very good match because we already had this in mind. We already had also the partners in mind with work with them in the past. So it was just a matter of putting everything together and also to make the most of this project. It is not just about implementing what's planned on the project and then just leave, but it's also on the building up on TSF strategy of becoming more and more relevant as a regional responder and to be considered as part of the regional capacity.

Shayna:

Thank you so much. And so my last question is when we think about some of the challenges that this region in particular faces, maybe you can touch on some of those challenges and why this work is important to building long-term resiliency efforts within the wider Caribbean region.

Armando:

Well, the Caribbean, it's one of the world's most prone to disaster [inaudible 00:16:00]. Just for example, said by the United Nations, the United Nations Office for the Coordination of Humanitarian. First in the last 10 years, we've had more than 1200 emergencies in the region of all kinds. And the Caribbean, it's quite complex as a territory because it's composed of many, many small islands. Even a country might be composed of more than a hundred islands. So it's very hard to reach some localities. And by having the capacity more close to the affected towns, to increase the possibility of being able to respond very fast. Then for example, the CDEMA has several focal points within the region and we are aiming, and they're aiming also, to have a capacity in more than one country. So for example, if a country having the capacities it's affected, then the capacity can come from other place.

Or if something's affecting logistics in one part of the Caribbean, so for example, it's not possible to travel by sea or by air from one from the closer locality, then it could be done from another one. So this is also one of the challenges that we've encountered ourselves when we've deployed our mission. And another one, it's about political considerations and strategical considerations within the country. So at some times some countries might decide not to ask for international assistance and in many cases because it's not needed, but they do need some capacity reinforcement to respond to a given crisis. And since they already have agreements with the CDEMA, then it's easier to move resources going through this regional response mechanism. And they may have the means to move to the affected locations because their national armies are part of the response. So when you do it as an outsider, then it might be very, very hard to move resources to the affected [inaudible 00:18:25]. Because as I said, it might be very complicated to move that point. Airports might be closed, you need to use an helicopter. Traveling by sea might the dangerous at that time due to an increase on sea levels, et cetera. So yeah, it's a region that needs preparedness and the key actors such as CDEMA, it should be taken in consideration, and are taken in consideration.

Shayna:

Wonderful. Well thank you so much for your time. TSF is one of our 2021 resiliency grantees and they've worked alongside the ISOC Foundation and other organizations to help build resiliency across different contexts. Really appreciate meeting with you and thank you so much again.

contexts. Really appreciate meeting with you and thank you so much again.	
Paige:	
Hey Remy.	
Remy:	
Hey Paige.	

Paige:

Thank you so much for that amazing, amazing interview that you did with TSF. I really enjoyed learning so much about their project in Barbados and what they're doing there with resiliency. Can you talk to me about your experience because you got the opportunity to actually go to Barbados and be involved in their training?

Remy:

Yeah, absolutely. And TSF is a wonderful group. I feel really honored that I got to work alongside them and CDEMA, which is the Caribbean Disaster Emergency Management Agency. We love our acronyms in this field. So yeah, it was really great. We went down there for a two day training, fairly intensive. It was from around eight in the morning until four in the afternoon, and it was a really targeted training. I thought that that was a very good strength of TSF, that they go into communities and really focus on the needs of the people on the ground. So in this case in particular, CDEMA didn't have access to certain satellite terminals, which are really effective in addressing resiliency after emergencies that happen. So for example, we were working with a few different satellite terminals and the speeds and setup vary on those terminals quite a bit.

And we were able to actually connect the group with a Starlink terminal, one of the first days that coverage expanded over the region, and the speeds from that terminal were significantly faster than some of the other VSAT systems that have been used in the past. And so that was a really interesting

experience. But I would say generally there was a really good sense of community. CDEMA was incredibly prepared for the meeting and very knowledgeable about the topics, generally. They brought in experts from telecommunications, logistics program planning, so it's a really comprehensive group. And simultaneously they also had plans in place for the longevity of this program. So another strength of TSF is what they call training trainers. So really coming in and training a group of highly educated individuals who can then take that knowledge and share it with wider departments. And they'll also be going in a little bit later next year and providing a refresher course that's more focused on an actual scenario that happens.

So it's a unique program in that way because it actually follows up with individuals afterwards, which is something that I think more grants could look at and focus on, which is ensuring the longevity of that. But I was kind of interested given your experience living in the Caribbean region, and I also grew up in an area that was prone to a lot of natural disasters as well. When we think about this wider strategy within the Caribbean region when it comes to resiliency and emergency response, when you hear about programs like this, what do you think about its ability to be replicated across different contexts in countries within this fairly diverse region?

Paige:

No. Yeah, I think that when I first started at the foundation, the program was just in a planning phase and I was really excited about it because I think having... Living in the Caribbean and experiencing natural disasters, disaster relief is a part of, I guess nonprofit philanthropy work. Like disaster relief is one sect of that kind of work. And disaster relief happens after the disaster has already happened and it's done with, and it's more of a cleanup, get you back on your feet afoot. Our resiliency program is unique in that it's pre-disaster preparedness, it's essentially preparedness, not relief. So before the disaster even strikes, the aim is to secure the... Train, the trainers, secure the connections.

Making sure the hardware is where it should be, the software is what it should be, in order to be able to connect people after the disaster happens. And this is probably one of the few programs that I've seen that address that, in combination with internet connectivity. I think a lot of people, rightfully so, disaster relief tends to include food and water which is obviously really, really important. But in the digital age, access to the internet is also something that's extremely important for people to get help and to contact family members and all of these things. And I think the trainers method where the expertise is still within the country and these people live in Barbados or in Jamaica or whatever, hypothetical Caribbean country, it is something that can definitely be replicated because I'm not sure the viability of having foreigners constantly present to be able to deploy that. So obviously taking the method of training people who already have local knowledge already have local interest to be able to deploy.

This is something that I hope will be replicated not just throughout the Caribbean, but through other small island developing states that feel the significant impact of climate change is a lot of the islands in Asia Pacific and other various parts of the world to make sure that people are able to be connected to the internet throughout all of this.

Remy:

Yeah, absolutely. And I think that's why housing the equipment with CDEMA was such an effective choice on TSF's [inaudible 00:25:17] as well because you have a group of people with that local contextual knowledge of the region, coming from all different areas who are able to deploy when needed, and it's a lot quicker. They can share equipment across islands, which was another part of the strategy that I thought was really valuable, is they already have that network in place. No one is having to come in and pre-established that because CDEMA has responded to so many natural disasters.

They're already pre-positioned within that context to be deployed and to help. So I think TSF made a really strategic choice in contacting them to be the ones to provide that training and help continue that relationship because TSF will also supply supplemental aid as well, but with the idea obviously that CDEMA is the project lead.

And so it just makes those relationships a lot quicker. It makes response a lot faster and to the point you made, that's why this pre-positioning and planning before disasters is so important because you don't want the disaster to happen and then realize that you're missing certain pieces of equipment. And that goes into some of the things they also touched on, which was the testing and maintenance and storage of a lot of this equipment. It had to be with people who were experts and trained to use it, which again, well placed with the CDEMA office.

Paige:

No, yeah, I think of... We have several grantees in our resiliency program, and this is one project that I was particularly really excited about because I read the application and they had that regional element. So they're doing work not just in the Caribbean, but in other regions of the world. And they had that element of partnering with a regional body, and I thought that was an extremely great way to ensure the sustainability of the project. So I was really excited to hear from them and hear about the work that they're doing.

Remy:

Absolutely. And I think to the point that you made earlier, which is this strategy is important for a lot of other island nations around the world. That's an interesting kind of pairing of this project where the first part of it is specifically focused on the Caribbean region, but they're also going to have supplementary projects in Southeast Asia as well, which is really interesting.

This conversation came up at lunch, but CDEMA actually has a lot of employees from Japan because some of the natural disasters that they face in Japan are quite similar to the natural disasters that they face in the Caribbean region. And they were saying that having Japanese people who are bringing that knowledge of how to build more sustainable buildings, how to do a lot of this pre-positioning that we're talking about has been incredibly helpful. And I thought that was really interesting.

But then kind of reflecting on it and thinking about the history of Japan, they have had some very, very unique natural disasters that have happened that really we haven't seen in other places of the world. But yeah, a lot of it had to do with building infrastructure and kind of certain awareness of how to build stronger buildings, more from an architectural standpoint. But yeah, again, not the crossover that I initially expected, but after hearing that made me thought that that was a perfect mirror, a perfect complimentary project that TSF took on as well in also deploying this training in the Southeast Asian region. Obviously Japan doesn't fall within that, but it is an island nation that's facing natural disaster and climate change.

Paige:

No, yeah, I think it's something that... That link is something that's always been shared within the small island developing states as the majority of them are in the Caribbean and in the Asian region. I want to know about your experience in Barbados. How was that?

Remy:

Oh, it was amazing. When I was not training, I was Rihanna hunting, so that was great.

This transcript was exported on Dec 13, 2022 - view latest version here. Paige: Did we confirm a Rihanna sighting or no, Rihanna sighting? Remy: I mean, did I hallucinate a Rihanna sighting? Maybe I see her. No, I don't think, but it was beautiful. It was really wonderful. I got to just enjoy going for nice long walks and chatting with people. I mean, that was my major takeaway is how welcoming everyone was, both the TSF and CDEMA kind of family that we grew together during the training, but also just the people that you come across when you're going for a walk in the morning and want to grab a juice. And we also got to work a little bit with the ISOC chapter that was in Barbados. That was really insightful as well. And learning about their priorities and a lot of the amazing work that they're doing, trying to do... Trying to work with internet resiliency within schools in Barbados was really inspiring to hear as well. And on the last night, I got a really beautiful sunset and I got to write in my journal on the beach. It felt very full circle. So yes, it was amazing. I would love to go back anytime, bring my binoculars so I can try to find Rihanna for real this time. Paige: Exactly. And most importantly, bring me next time. Remy: Yes, yes. Bring Paige. Paige: Fantastic. Remy: Comment below if you want Paige to come to Barbados. Paige: Hashtag get page to Barbados. Can we really make that a thing? Remy: Get Paige to Barbados. Paige: I'd really love. That was actually a thing.

Thank you so much for the interview and chatting with me, it's been great.

Remy:

Paige:

Thank you so much.

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Speaker 4:

Hello. This next segment is our staff answers segment where we ask a few of our teammates to answer the question, what is your earliest memory of the internet?

Speaker 5:

My earliest memory of the internet would be when I was in university. I was a sophomore, so I'm dating myself and my friend Dan invited me to the boys dorm to show me how to email. And so he showed me how to create a new email to send it to someone. And at the time, I definitely didn't know that email was the internet. But yeah, that's my earliest memory. I still remember it.

Jen:

This is Jen and I'm a program officer with ISOC Foundation. My earliest memory of the internet was probably getting online and having my parents be very worried about strangers contacting my brother and I through chat rooms. And I thought it was really interesting to think about the world being at my fingertips.

Mariana:

Hi, all my name's Mariana. I am a grant specialist here at the Internet Society Foundation. And I don't know about you, but my earliest memory of the internet is this. For me, this sound was Austin, accompanied by the sound of my mom yelling that she was trying to make a phone call and then I needed to get off right away. I'm really glad I don't have that issue anymore. Anyway, I hope this brought up some memories for you. Thanks for listening.

Paige:

Hi everyone. I'm Paige and I am the program coordinator at the Foundation, and I am also a co-host here on BCC. My earliest memory of the internet is Limewire. I mean, if you know, you know. And I would use Limewire to burn Destiny's Child CDs.

Speaker 7:

PCC is supported by the Internet Society Foundation.