

OUR MISSION

To be an impartial, credible, proactive broadcast medium in the forefront of Nigeria's national development, unity and progress.

OUR VISION

To create and maintain a broadcast outfit that will serve as a model in Nigeria and Africa in terms of standards, professionalism and character



e-newsletter of the **FEDERAL RADIO CORPORATION OF NIGERIA (FRCN)**

You are heartily welcome to the FRCN e-newsletter. Please send us your feedback and contributions at e-newsletter@radionigeria.net . Enjoy your reading !

PROMOTION: THE NEW WAY

Promotion exercise in FRCN has been a yearly event. In the past eligible staff were issued promotion letters without having to pass through promotion interviews. Better still, some were made to pass through few minutes oral interviews which only served as mere rituals.

All that has changed now. It is no longer business as usual. In its resolve to promote efficiency and reward excellence, the Management of the Corporation, under the leadership of Barrister Yusuf Nuhu, *mni* has Introduced both written and oral interviews as a way of separating the wheat from the chaff.

Interviewees were drilled through practical questions bordering on understanding of their jobs and work environments. This is devoid of witch hunting and malice.

An Organisation such as FRCN which is involved in info-entertainment, application of knowledge in the discharge of tasks occupy a prime place in meeting the ever changing needs of our listeners and indeed the general public.

All Staff, particularly those who are eligible for promotion should brace up as it is now a case of survival of the fittest. If you desire to be promoted, you must worth your onions; the Management is saying in clear terms

Quotable Quote

The true leader serves. Serves people, serves their best interests, and in doing so will not always be popular, may not always impress. But because true leaders are motivated more by loving concern than a desire for personal glory, they are willing to pay the price.

- Eugene B. Habecker

Inside this issue:

- Promotion: The New Way **1**
in a Grand Style
- New FRCN Employee Orientation Handbook **2**
- Echo From Staff Exchange Programme **2**
- Things you should Know about Heart burn

NEW FRCN EMPLOYEE ORIENTATION HANDBOOK

On the approval of the Director-General, Barrister Yusuf Nuhu, a new Employee Orientation Handbook Committee was inaugurated on May 17, 2011.

The Committee under the Chairmanship of Mr Ike Okere has members drawn from Headquarters, all the National Stations and Lagos Operations office.

The Committee is charged with the responsibility of fashioning out a handbook to orientate new employees into the services of the Corporation.

The Employee Orientation Handbook would

contain relevant information from all FRCN documents. It would also establish policies, procedures, benefits and working conditions that would be followed by all employees of the Corporation.

It should be noted that the Corporation complies with the rules guiding the Federal Civil Service.

So far, the Committee had held two meetings.

ECHO FROM STAFF EXCHANGE PROGRAMME

Radio Connect on the Web

Radio Connect is also on the FRCN Website: www.radionigeria.net

Enjoy your reading!

The number of poisoned websites is increasing. 1 in 1000 web pages are infected with malicious drive-by downloads.

Source: IDG News

“The Staff Exchange Programme is intended to facilitate the enhancement of individual skills, provide options for service delivery and encourage broader interaction among various departments within the Corporation.

The programme makes staff to better understand the relationship of their specific duties with those of others, thereby generating greater understanding.

It provides opportunities for departments and staff to increase their knowledge, develop and strengthen communication within the Corporation. It enables the Corporation to develop a more flexible and knowledgeable staff, increasing his/her capacity to successfully meet the

mission, goals and objectives.

Exchange programme provides many benefits for participants while the host station gains new skills, motivation, new perspectives and an expanded work”.

Nkechi Udumgba served at Lagos Operation’s office.



SOME THINGS YOU SHOULD KNOW ABOUT HEARTBURN

Heartburn is a serious condition, and living with it takes a toll on you. But staying informed about what causes it, how to treat it and when it may be more than just indigestion can be helpful when it comes to managing discomfort.

1. Heartburn isn’t the only symptom. That uncomfortable burning sensation in your chest is the most common sign of acid reflux, but some people don’t experience it. Instead, they may have trouble swallowing or even cough up blood. Acid reflux happens when your sphincter muscle (which connects the esophagus to the stomach) relaxes at the wrong time and stays open too long (it normally only opens for a few seconds when you swallow), allowing stomach acid to flow back up into the esophagus. associate

professor of medicine and gastroenterology at Stanford University. explains Lauren Gerson, MD, , associate professor of medicine and gastroenterology at Stanford University.

2. Antacids may not be enough. For occasional heartburn, antacids like Maalox or Tums work well. But if you’re experiencing symptoms at least twice a week, or if it’s so bad that it’s interfering with your daily life (it’s keeping you up at night, for example), see your doctor. You might be one of the 10 percent of Americans who have chronic acid reflux, which is known as GERD (gastroesophageal reflux disease). This condition needs to be treated by cutting off acid at the source, and drugs like Prilosec and Nexium can help by turning off the acid pumps in the stomach. Many of these meds are now available over the counter, but talk to your doctor first to confirm your diagnosis. She may also

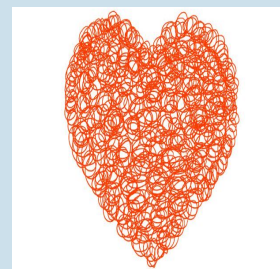
suggest a higher, prescription-only dose.

3. Ignoring it is dangerous. Left untreated, chronic acid reflux can increase your risk of developing an esophageal infection, ulcers, scarring of the esophagus, and even a precancerous condition called Barrett’s esophagus, says Julia LeBlanc, MD, associate professor of medicine and gastroenterology at Indiana University.

4. Women are just as likely as men to have it. Women are especially prone during pregnancy, and some experience more symptoms right before their period. Obesity is a risk factor as well. “Extra weight puts pressure on the sphincter muscle, triggering reflux,” says Dr. Gerson.

5. You may not have to give up your favorite foods. Your doctor may advise you to avoid spicy foods and citrus because they relax the sphincter muscle in some people, but the

truth is these foods don’t bother everyone. In fact, a study led by Dr. Gerson found that abandoning spicy foods, citrus and chocolate didn’t reduce symptoms in participants with GERD. Keep a food diary to track symptoms; there’s no reason to cut out foods you enjoy if they’re not causing problems.



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To be continued



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