



# THIRD EDITION - OCTOBER 2018 newsletter



FBCTV 2018



@fbctv\_fiji



www.fbc.com.fj



(+679) 331 4333



infocenter@fbc.com.fj



@FBC\_TV



## OUR VISION

To be the premier Broadcaster in Fiji and the region.

## OUR MISSION

To inform, educate and entertain through the highest standards of Radio and Television. To be the most responsible and dynamic broadcaster with the widest coverage providing free quality content to achieve complete audience and customer satisfaction.

## OUR VALUES

We understand our audience and put them at the core of everything we do.

We strive for excellence in the development and presentation of our programs

We are responsible, respectful, honest and accountable to one another and to all Fijians.

Our driving force and success factors are our professional and dedicated staff united by common values and a strong corporate culture.



# INTRODUCTION

Time sure does fly when you're busy and having fun while working. Christmas is just around the corner and one can say that it's been a great year so far. We always aim to bring you something new and fresh in every edition and we've got great news for all you soccer fans, with the FBC bringing you free to air selected live matches of the UEFA Champions league on our FBC Sports Channel. You'll be excited to know that we're also giving away a house and cash giveaways via our radio stations so stay reading to find out who how you can go into the draw to win these awesome prizes.



CREAMY CHICKEN  
GRAVY RECIPE



UPCOMING  
MOVIES



UPCOMING  
SHOWS

## inside



UPCOMING  
EVENTS



RADIO TOP  
5 SONGS





We are finally headed towards the last quarter of 2018 and so far this year has been a hit and miss for Hollywood and amazing for the Hindi cinema in my opinion. So the final quarter kicks off with Tom Hardy as the antihero Venom.

JOIN **SHRISTI & ALLEN** FOR YOUR LATEST MOVIE NEWS, PREVIEWS AND REVIEWS EVERY **SATURDAY @ 6.30PM ONLY ON FBC TV**



MovieTokFBCTV



@shristiclingz

@Ro2man\_Bruther

# MOVIE TOK



We have A Star is Born starring Lady Gaga and Bradley Cooper, which looks like an intense romantic musical, followed by a biographical drama based on the life of the lead singer of the British Rock Band Queen. Freddy Mercury, in Bohemian Rhapsody, which releases in November.



**ALITA**  
BATTLE ANGEL

Emma stone, Rachel Weisz and Olivia Colman team up for the Victorian Era drama- The Favourite. One of the biggest releases in December this year will be the much anticipated, Alita: Battle Angel. The film is based on a Japanese comic or manga, and with director Robert Rodriguez and Producer James Cameron, Alita, will surely be a visual treat for the audiences.



Movie lists will always be incomplete without remakes, sequels, and reboots, kicking off this list is the slasher horror Halloween, which is the 11th instalment in the franchise but is said to be a direct sequel to the first Halloween released in 1978. Then we have the 3rd film in the John English franchise, Johnny English Strikes Again, starring the hilarious Rowan Atkinson, which will surely be a great watch for the whole family.



The 6th instalment of the DC extended Cinematic universe, Aquaman, starring Jason Momoa also hits theatres late this year. Also look out for Bumblebee, Serenity, Robin Hood, Mary Poppins Returns, the Grinch to name a few to end the last quarter of 2018.



Looking at the Hindi Cinema, the last 3 months look very promising with big production companies, joining hands with talented filmmakers and actors. Kajol makes a comeback after 2 years in Helicopter Eela, as a single mom who is obsessed with her son. Megastar Amitabh Bachchan teams up with Mr. Perfectionist Aamir Khan in Thugs of Hindostan. While Zero is directed by Anand L. Rai and stars King Khan, Shah Rukh Khan alongside Anushka Sharma and Katrina Kaif. We also have a good mix of romantic films including Namaste England, Badhaai Ho and Kedarnath. Rohit Shetty ends the year with another action comedy teaming up with the brilliant Ranveer Singh.





# RADIO TOP 5 SONGS

LISTEN LIVE ON: [www.fbc.com.fj](http://www.fbc.com.fj)



1. Tum agar saath dene ka wadaa karo - Movie Humraaz
2. Karwate badalte rahe saari raat hum - Movie Aap ki kasam
3. O mere dil ke chain - Movie Mere jeevan saathi
4. Ae mere humsafar - Movie Qayamat se Qayamat tak
5. Pahela nasha - Jo jeeta wahi sikandar.



1. Aretha Franklin - I Say A Little Prayer
2. Bob Seger - Old Time Rock & Roll
3. Aswad - Shine
4. Natalie Imbruglia - Torn
5. George Benson - Give Me The Night



1. Dilbar - Satyameva Jayate
2. Halka Halka - Fannee Khan
3. Tareefan - Veere Di Wedding
4. Zingaat - Dhadak
5. Jani Tera Naa - Sukhe Jaani



1. Sulu Lineni - Malumu Ni Tobu O Naivakura
2. Mateci Kemuni - Savu Ni Deailomai
3. Noqu Cala - Sonidawa Ni Delaidokidoki
4. Na Voga - Mudre Ni Cagi Kei Nasiriva
5. Facebook - Salusalu Domoni Kei Nauluvatu



1. Maroon 5 ft. Cardi B - Girls Like You
2. Bazzi - Mine
3. DJ Khaled ft. Justin Bieber, Quavo & Chance The Rapper & Future - No Brainer
4. Martin Garrix ft. Khalid - Ocean
5. Drake - In My Feelings



1. Ciri Yawa Noqu Vakanananu - Moses Baledrokadroka
2. Vorovoro Malau - Simi Rova
3. Tekiteki Namudamu - Seru Serevi
4. Sa Karusa Malua - Waikoula kei Tavua
5. Isa Lei Diari - Lia Osbourne





When over-achieving medical resident Liv Moore attends a party that turns into a zombie feeding frenzy, she ends up joining the ranks of the living dead. Determined to pass as human despite her pale appearance and newly listless demeanor, Liv forms a plan to resist her drive to consume fresh human brains by taking a job at a coroner's office, where she can secretly snack on the brains of corpses delivered there. Soon discovering that she absorbs the memories of those she feeds on, she finds new purpose by posing as a psychic and working with a detective to help solve their murders.

TUESDAYS @ 7:45PM



# UPCOMING SHOWS ON FBC TV ★★★★★



**AMERICAN NINJA WARRIOR** (sometimes abbreviated as ANW) is an American sports entertainment competition that is a spin-off of the Japanese television series *Sasuke*. It features hundreds of competitors attempting to complete a series of obstacle courses of increasing difficulty in various cities across the United States, in hopes of advancing to the national finals on the Las Vegas Strip, in hopes of becoming an "American Ninja Warrior".

## the Mindyproject



"...one of the funniest ensembles on TV..."  
— *Entertainment Weekly*

### THE MINDY PROJECT

The series follows obstetrician/gynecologist Mindy Lahiri (Mindy Kaling) as she tries to balance her personal and professional life, surrounded by quirky co-workers in a small medical practice in New York City. Mindy explores life with the help of her co-workers: Danny Castellano, her best friend and love interest, whose religious sensibilities occasionally cause some tension; Jeremy Reed, an English physician who manages the practice; Peter Prentice, another physician who was a fraternity jock while attending Dartmouth; Morgan Tookers, a wacky, yet loveable registered nurse and an ex-con; Tamra Webb, a blunt nurse; and Beverley, the libidinous older office receptionist.



**THE LIBRARIANS** The series follows four people, Eve Baird, who is chosen by the Library to be the new Guardian, as well as Ezekiel, Cassandra and Jacob, who were asked to apply to the Library to become The Librarian, but for some reason didn't show up to the "auditions". In their place, the current Librarian Flynn Carsen is searching for the Library (which is lost in time and space during the pilot). The four become a new team of Librarians in order to solve impossible mysteries, recover powerful artifacts, and fight against supernatural threats, especially the forces of the Serpent Brotherhood, led by the mysterious immortal Dulaque.



**NCIS: New Orleans** follows a fictional team of Naval Criminal Investigative Service agents stationed out of New Orleans, Louisiana and led by Special Agent Dwayne Cassius Pride (Scott Bakula). The team focuses on crimes that involve personnel in the United States Navy and Marine Corps.

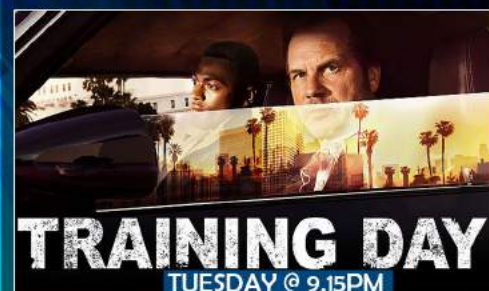
## NEW SHOWS



MONDAY @ 9.15PM



MONDAY @ 6PM



TUESDAY @ 9.15PM

## F.R.I.E.N.D.S



**FRIENDS** is an American television sitcom, created by David Crane and Marta Kauffman. With an ensemble cast starring Jennifer Aniston, Courteney Cox, Lisa Kudrow, Matt LeBlanc, Matthew Perry and David Schwimmer, the show revolves around six 20–30-something friends living in Manhattan, New York City.



# LIVE & EXCLUSIVE FOR THE FIRST TIME EVER ON FREE TO AIR TV



## UEFA CHAMPIONS LEAGUE®

For the first time in the Asia-Pacific region, the Fiji Broadcasting Corporation will show the UEFA Champions League live on free-to-air television on the FBC Sports channel.

Two selective live games will be shown on FBC Sports while a delayed match will be aired on FBC TV.

FBC Chief Executive Riyaz Sayed-Khaiyum says this has never been done in any other country because of the high price of covering the event and now it's free-to-air for Fijians.

"It's always broadcasted on a pay service and some countries have to play a large amount of money for it. But in Fiji we were able to negotiate and we managed to convince the content owner of UEFA to sell us the right for it for free-to-air television so that every Fijians in Fiji is able to watch the most top quality soccer in the world."

Thirty-two top teams will be featured in the tournament, like Real Madrid, Juventus Liverpool, Manchester United, Barcelona, Manchester City and Tottenham Hotspur.



Fiji Broadcasting Corporation Chief Executive Officer Riyaz Sayed-Khaiyum (left) and Manager TV Operations Vinal Raj during the signing



# 2DAY fm

*Rocks!*

95.4FM Suva, Nadi, Lautoka, Labasa  
95.2FM Sigatoka, Ba  
95.6FM Tavua  
95.8FM Rakiraki

## 2DAY FM FRIENDLY NORTH CARNIVAL

The team was present at the Biggest Carnival in the North, the Friendly North Carnival with Bob and the rest of the FBC Team.

## 2DAYFM STATION NIGHT

2dayFM had an awesome reception during our stage night at the Hibiscus festival that was held for the 1st time outside Suva, at the Valelevu Grounds. People turned up in numbers despite the rain to watch KKU perform live.

## WEST WALK-ABOUT

2dayFM's Program Director Mario Fasala joined 5 station PD's in the West at Ba and Lautoka for a Meet and Greet session that saw the team check out various retailers and outlets and get to touch base with them on their needs with regards to Radio Broadcast and Outside Broadcasts.



@2DayFM\_Fiji



2dayfm.fbc.com.fj



(+679) 3220 904/ 3220 905/773 2905



2dayfm@fbc.com.fj



# MIRCHI FM

*It's Hot!*

COMPETITION HAS STARTED, TUNE IN NOW!!



## BUM MEIN HAI DUM

*How long can you last?*

*Win this!!*

2 bedroom house  
worth \$60,000

SUVA, NADI,  
LAUTOKA, LABASA  
97.8FM

SIGATOKA,  
BA  
97.6FM

TAVUA  
98.0FM

RAKIRAKI  
98.2FM

### BUM MEIN HAI DUM

This is the first time ever in radio history MIRCHI FM is giving away a 2 bedroom Metframe house worth around 60 thousand dollars.

Our on air call in competition has started from the 6th of August which continues till 24th of December and we will have 20 people competing on the 3rd of January at Rups Mega 9 miles and the last BUM sitting wins the house.

Mirchi Bum Mein Hai Dum event has spread like fire and its talk of the town anywhere everywhere you go the excitement is there.

*Winners so far!*



@MirchiFM\_Fiji



mirchifm.fbc.com.fj



(+679) 3220 908/ 3220 909



mirchifmteam@fbc.com.fj



# BULAfm

Naba dua ena Sere



# 102 103

6FM Suva, Nadi, Lautoka, Labasa  
4FM Sigatoka, Ba  
8FM Tavua  
10FM Rakiraki

## BULAFM JULY ACHIEVEMENTS- 2018

### TEAM REWARDS:

Bula FM had delegated work with each team members as their weekdays & weekends duty and most importantly a part of their KPIs. Team members has to submit their daily form before deadline every week, together with air checks, and increasing in social media LIKE. In July, Breakfast Team have done really well and gets the highest points of 40 out of 50 and won the best performances. This reward is something to encourage and motivates each team members to work better and smart in future. This reward doesn't end in July but we're continuing as part of our goal plan for the next 5 months.

### ABOUT BUTUPALA

Butu Pala is the BulaFM Event that holds once or twice in a year featuring fun and entertainments from our Matakavou Hosts and Hits Songs from our Local Artists and bands whom are mostly heard on BulaFM. This is the only Butupala held this year for the listeners in the North with the support of the Fbc Roadshow Team and Sponsors. Peoples anticipations always increase when we have the roadshow in the North and at the end makes this Event a phenomenal success.

*Congratulations!*



@BulaFM\_Fiji



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(+679) 3220 910/ 3220 911



bulafm@fbc.com.fj



# GOLD 7m

Only The Classic Hits



# 100

2FM Suva, Nadi, Lautoka, Labasa  
 10FM Sigatoka, Ba  
 4FM Tavua  
 6FM Rakiraki

## THURSTON FOOD & MUSIC FESTIVAL – 14TH JULY 2018

Gold FM partnered with Knox Entertainment for the best Food & Music Festival in Suva in July. The event saw many music fanatics attend the only festival of its kind at Suva's Thurston Garden for 11 hours of endless live entertainment and great food. The entertainment line-up included prominent bands like Nem & Talei, Inside Out, Knox Brotherhood and dancers from VOU to name a few. Food vendors included Taste of Fiji, Kanalevu Kitchen & the Establishment plus various others.

## CELINE DION LIVE CONCERT

Gold FM handed over prizes to our Celine Dion live concert promotion winner, Sheba Smith. The 16 long week promotion saw hundreds of entries at the end of the competition. Sheba Smith won 2 concert tickets, 2 return air tickets thanks to our travelling partner Fiji Airways and \$1000 NZD cash as spending money. Sheba and her partner loved the trip and enjoyed the concert held at the Spark Arena, Auckland NZ on Saturday 8th August.

## ROC MARKET – EVERY MONTH

Our monthly ROC Market continues to grow. Gold FM together with the ROC Market organise an avenue for vendors to showcase their home inventions from food, confectionaries, jewellery, bric-a-brac and more! The event dubbed as Fiji's premier market is held on the second last Sunday of every month. Interested shoppers can expect to be updated by Gold FM before, during and after each ROC Market on Gold FM and on our social media pages.

## GOLD FM HIBISCUS STAGE NIGHT

As a tradition, Gold FM hosts a stage night at the Hibiscus as an annual event. Gold FM hosted their UNICEF sponsored night on Hibiscus week, Wednesday 15th August. This 3 hour event saw many Gold FM listeners attend with families and friends. The night featured the band One 2 Eight with various prizes from Anchor, TFL, BLK & FMF given to participants through on stage competitions.



@GoldFM\_Fiji



goldfm.fbc.com.fj



(+679) 3220 906/ 3220 907



goldfm@fbc.com.fj



@goldfm\_fiji



**LIVE.**

# Shania Twain

with **GOLD 7m**  
Only The Classic Hits

100.2FM  
SUVA, NADI  
LAUTOKA, LABASA

100.0FM  
SIGATOKA  
BA

100.4FM  
TAVUA

100.6FM  
RAKIRAKI

990kHz  
AM FREQUENCY

**Tue 18th Dec, 2018 @ 7.30pm**  
SPARK ARENA, AUCKLAND - NEW ZEALAND

Promotion Ends 1st November 2018

**WIN**  
TICKETS  
CONDITIONS APPLY

 @GOLDFM\_Fiji  
 @goldfmfiji  
 @goldfmfiji

WIN 2 Concert Tickets, 2 Return Air  
Tickets & \$NZ 1,000 Spending Money

Listen to **GOLD 7m** for more details.

TRAVELLING PARTNER:  **FIJI AIRWAYS**



Download your FREE  
Gold FM App NOW from



**€4<sup>TH</sup>**

**BIRTHDAY  
PROMOTION**

*Winners!!!*

**Prizes won:**

**\$1000 Cash & \$1000 worth of**  
**COURTS Shopping Vouchers**

**RADIO  
FIJI ONE**  
NA DOMOVITI

**Jowana  
Buisova**

**GOLD 7m**  
Only The Classic Hits

**Unaisi  
Naitoko**

**MIRCHI FM**  
It's Hot!

**Roselyn  
Vikashni Karan**

**2DAY fm**  
Rocks!

**Samuela Vakarorogo  
Gonewai**

**BULA fm**  
Naba, dua, era Sere

**Irena  
Nayacalevu**

**RADIO  
FIJI TWO**  
Desh ki Dhadkan

**Lila  
Wati**

*Congratulations*





# BUM MEIN HAI DUM

How long can you last?

Win This!!

2 bedroom Metframe  
house worth **\$60,000**

Listeners that will be competing for this 2 bedroom metframe house

**METFRAME**  
Designed &  
Made in Fiji

01  PRIYATAMA LAL AGE: 33 NAKAS	02  SHAINAL ASHNEEL RANI AGE: 38 8 MILES NAKAS	03  KOUSHU SUSHIL CHAND AGE: 18 WAKADU, NAKAS	04  PARVEMA VIKASHINI MANI AGE: 38 LOMOLOMO LAUTOKA	05  JANYANT PRASAD AGE: 19 LOT 24 NAKAS/ROAD NAKAS	06  ANSARI SALIM MOHAMMED AGE: 20 LOT 7 KAWAKAWA, NAKAS	07  ROHIT KUMAR AGE: 45 MELVETON ROAD, DAKA	08  ASHWEEN NANDINI MALA AGE: 44 YUCI SOUTH ROAD, NAKASORI	09  THIS COULD BE YOU ?????	10  THIS COULD BE YOU ?????
11  THIS COULD BE YOU ?????	12  THIS COULD BE YOU ?????	13  THIS COULD BE YOU ?????	14  THIS COULD BE YOU ?????	15  THIS COULD BE YOU ?????	16  THIS COULD BE YOU ?????	17  THIS COULD BE YOU ?????	18  THIS COULD BE YOU ?????	19  THIS COULD BE YOU ?????	20  THIS COULD BE YOU ?????

HOW LONG CAN YOU LAST? TUNE INTO MIRCHI FM AND CORRECTLY ANSWER A QUESTION TO REGISTER. \*Conditions Apply

**TUNE IN  
NOW!!**

SUVA, NADI,  
LAUTOKA, LABASA  
97.8FM

SIGATOKA,  
BA  
97.6FM

TAVUA  
98.0FM

RAKIRAKI  
98.2FM



95.4FM  
Suva, Nadi,  
Lautoka, Labasa

95.2FM  
Sigatoka, Ba

95.6FM  
Tavua

95.8FM  
Rakiraki

**CASH**

**JACKPOT**  
NOW AT A MASSIVE

TOTAL OF  
**\$13,500**  
HAS BEEN  
GIVEN AWAY

**\$1,000**  
AND IT COULD BE YOURS

**\$5,500**  
MORE TO GO

TUNE IN DAILY TO CATCH THE CASH JACKPOT BUZZER

THE WINNERS SO FAR



Daniel Raven Prasad  
Lautoka  
17-Sep-18 won \$500



Kelerani Seruvakula  
Nadi  
10-Sep-18 won \$2,500



Miliana Seruvakula  
Lautoka Beach, Nasinu  
6-Aug-18 won \$3,500



Shay Subran Sahafin  
Rifle Range, Lautoka  
16-June-18 won \$1,500



Robert Prasad  
Koroipita, Lautoka  
23-May-18 won \$3,000



Patrina Prasad  
Banares, Lautoka  
16-Apr-18 won \$500



Christopher Stelz  
Fasa Avenue, Nadi  
9-Apr-18 won \$1,500



Misapeli Vorebasaga  
Lautoka  
19-Mar-18 won \$500





happy  
*Diwali*  
WEDNESDAY 7<sup>TH</sup>, NOVEMBER



**RADIO  
FIJI TWO**  
*Desh ki Dhadkan*

&

**MIRCHI FM**  
*It's Hot!*

# Dandia Dhoom

*You will dance it's our promise*

SATURDAY 20<sup>TH</sup> OCTOBER,  
DAMODAR CITY CAR PARK  
FROM 6PM - 9PM

# Diwali Mela

*First time in Labasa*

SATURDAY 10<sup>TH</sup> NOVEMBER,  
SANGAM PRIMARY SCHOOL,  
DELAIR LABASA  
FROM 7PM - 10PM

**BULA fm**

**RADIO  
FIJI ONE**  
NA DOMOIVITI

**RADIO  
FIJI TWO**  
*Desh ki Dhadkan*

**MIRCHI FM**  
*It's Hot!*

## DIWALI THALI & TABE COMPETITION

FOR SUVA

JUDGING DURING DANDIA DHOOM  
FROM 4PM - 6PM @ DAMODAR  
CITY CAR PARK

FOR LABASA

JUDGING DURING DIWALI MELA  
FROM 3PM - 4PM @ SANGAM  
PRIMARY SCHOOL, DELAIR  
LABASA



# COURTS

*signing*



Courts Fiji Limited has extended their exclusive outdoor broadcast contract with Fiji Broadcasting Corporation for two more years.

While signing the contract, Courts Fiji Director Marketing Anil Senewiratne says choosing to renew the partnership was easy.

"Two years of experience and we are very happy and it also symbolizes private-public partnership by renewing this agreement and it is timely as well because FBC is celebrating its 64th birthday."

Senewiratne says the broadcaster has extensive coverage and listenership reaching a wider community.





UPCOMING  
**EVENTS**



**10<sup>th</sup>**  
OCTOBER

*Give back to Fiji Concert*  
3pm - 10pm @ Albert Park, Suva

**20<sup>th</sup>**  
OCTOBER

*Diwali Dandiya*  
6pm - 10pm @ Damodar City Carpark



**03<sup>rd</sup>**  
NOVEMBER

*2Day Fm stilettos race*  
From 8am @ Albert Park, Suva



**10<sup>th</sup>**  
NOVEMBER

*Diwali Mela, Labasa*  
6pm - 10pm, Sangam Primary School, Delai, Labasa

**31<sup>st</sup>**  
DECEMBER

*New Year's Eve 31/12 party*  
6pm - 1am, Albert Park, Suva





## How long have you worked at FBC?

I have worked for FBC for more than 20 years broken service. I started off hosting a school radio show back in 1988/89 on Radio Fiji 3, then moved on to the new station Radio Rock which is now 2 Day FM, joined Fiji TV in 1995 when TVNZ took over. I worked in the TV Programming and filled in for News presenting. I later moved to NZ and worked at Access Radio in Wellington and also did temp work as PA for the CEO of Centre Port Wellington. I returned to Fiji and FBC in 2000.

## What do you do at FBC and what are some of the challenges?

I am currently doing radio script writing and also help out with TV scripts as well. Challenges: trying to convince clients to understand your concept of advertising and the mediums (radio & TV) as some of them are used to their way of advertising and find it difficult to understand or make that change.

## How would describe working at FBC?

Never a dull moment lol. We have colourful personalities in the organisation that can make you smile, cry or burst out in laughter.

## What has been your most memorable moment whilst working at the FBC?

Meeting Prince Andrew & actually having a conversation with him when he visited FBC.

## Hobbies:

Well my hobbies have changed over the years lol I now enjoy cooking, baking and just being alone doing absolutely nothing - just chilling lol

## Favourite food:

Toasted cheesy sandwich with a hot cuppa will top it off any day.

## Music:

I love R&B/ Jazz and have my moments with Pop/Country

MEET  
*Viti* BROWNE





# Creamy Chicken gravy

## Ingredients

- Chicken thighs
- Carrots
- Celery
- Mushroom
- Garlic (crushed)
- Ginger (grated)
- Bacon bits
- Onions
- Flour
- Salt
- Cream
- Black pepper

## Preparation

In a bowl, mix flour and black pepper together. Rub in chicken and fry till golden brown. Place aside and fry onions, garlic, celery, carrots, mushrooms & bacon. Place chicken back in the same pot and add a bit of water to simmer for 10 mins then add cream and thicken with flour.

**All measurements/quantities will depend on how many people you are preparing this dish for.**

**THIS DISH GOES WELL WITH MASH POTATOES/DALO OR RICE**



## EASY Tips

TO ENHANCE YOUR WELL

Ditch your chair and sit on a Swiss ball instead - strengthen your core while you toil.

Drink lots of water throughout the day for clear skin and flushing the digestive system.

Switch from coffee to green tea - lots of antioxidants.

Give your eyes regular rests from the PC and do some shoulder rolls with closed eyes.

Do a few standing Pilates roll downs if your back feels stiff to improve mobility. Feet hip-distance apart, nod the chin to chest and slow roll down sequentially through the spine and roll up again.

Don't telephone your work colleague when he's in the next office, get up and go to see him instead - move instead of sit. Or if you do have to use the telephone, then stand up.

Exercise your brain by binning the calculator for simple sums.

Don't get involved in office gossip - wastes time and energy.

Open a window for fresh air instead of using the air-con.

During lunchtime, find a peaceful place to sit for 10 minutes to focus on your breathing to bring you into the present moment. Sit instead of move.

If anxious about an important meeting coming up, find a quiet space and spend a few moments to become centred and then count to 10 before going in.

Learn to say no if you are being put upon - become more aware of your own and other people's boundaries.

Turn off your email alert on your mobile when you leave work - remember the days when we left work and work was really left behind as we couldn't be contacted!

Get into the habit of only checking email twice a day - leave an automatic reply to say this is being done but they can call you if it's urgent - most things aren't.

Become involved in office games - the sporty variety. Join the football team, play netball or go bowling. Socialising with like-minded positive people immediately lifts your spirits.

Are you really doing the job you love? Know/feel the difference - if you are loving what you are doing it never feels like a hard slog. But if it does, ditch the excuses and work out an exit scheme now!





**Fiji  
Broadcasting  
Corporation**



**RADIO  
FIJI ONE**  
NA DOMOIVITI



*Feedback*  
THANK YOU FOR BEING  
PART OF THE FBC FAMILY

*Credits:*



**EDITOR**

Tagimoucia Fifta  
tagi@fbc.com.fj



**MOVIETOK**

Shristi Singh  
ssingh@fbc.com.fj



**DESIGN**

Priya Vandni  
priya.vandni@fbc.com.fj



FBCTV 2018



@fbctv\_fiji



www.fbc.com.fj



(+679) 331 4333



infocenter@fbc.com.fj



@FBC\_TV