# SUNSHINE REVIEW

Vol. 1 Issue 2 July '83


# HOLLYWOOD HERE WE COME



**ROLL UP! ROLL UP! for the greatest stage show to hit Dublin. Calling on all actors, actresses, mime artists, dancers, street performers and virtually anybody connected with entertainment. SUNSHINE REVIEW is proud to present you with an exclusive interview with super dream-maker RA RA and his plans for a gigantic stage show which opens in the Stadium on September 28th. *Supersam and the Last Frontier* will have a cast of 60 and will rely heavily on young emerging talent. This is just the beginning. According to *RA RA*, they have enough material to keep shows going for the next 5 years. In all he hopes to audition 2,000 people and guarantees to bring the entertainment bosses along so that all potential talent will be considered. Who knows if you are not successful for this show, you may end up in another!**

**RA RA is a soft spoken man with tight curly brown hair and a tanned complexion that's indicative of a comfortable life, mostly spent in hot climates around the world. His youthful looks are somewhat deceiving, for he has been a major force in the entertainment business for over twenty years. Past achievements don't interest him too much. He speaks a language of the future — he could be Caffola, Lucas or Spielberg — a dream-maker. Underneath his shy exterior is a mind actively working out a complex set of ideas that are more easily understandable visually rather than verbally. For 20 years RA RA has worked on major film and stage productions. He involved himself in every aspect of entertainment from acting, to scriptwriting to special effects. The latter medium particularly interested him and immediately he was caught up in the world of computers, sound and lighting — with this knowledge he could clothe and create entertainment in the future.**

His dream about a huge show, incorporating special lighting and sound techniques began 9 years ago. *"I was making a 'timemachine', a stage invention that would actually create the illusion of going through time. This can be achieved by using very specialised multi-phonic sound equipment. With modern technology we can make the sound travel all around a theatre. The audience feel it under them and all around them.*

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## WIN A SUNSHINE/HICKSON HOLIDAY!


There is Sunshine in the air at Miss B.T.

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# NEW AS NEW

## Pleasant Street, Dublin.

**It's not too often that you see a punk rocker with pink glass earrings, shopping for clothes alongside a granny with her silvery hair neatly arranged in a bun. But the two might have had completely different ideas for the 50 pence ties they were rooting through.**

That's what's exciting about *"New As New"*, the nearly new clothes store that's opened up in Pleasant Street, just off Camden Street. With a bit of imagination, you could look a unique million dollars, for just a few quid!

And thrifty people here are beginning to realise this in a big way. The owner of *New As New*, Sam Devine, had a similar shop in Bishop Street for a year, but was doing so well that he decided to move to his present, very large premises in Pleasant Street (it's just opposite the Olympic Ballroom).

**The store is warehouse style, airy and bright, and you can root through all the goodies, without being tormented by over-zealous assistants, trying to convince you that everything suits you.**



**And part of the fun is in the rooting. The granny spent a good half hour rooting through a rack of white blouses, that were all priced at around *£2.50*. She told her friend, *"Yes but the quality in this one is much better. And look at the embroidery on this one"*.**

The punk rocker was, meanwhile, busy in the *Nostalgia* section. No doubt she'd all sorts of plans for the pink, petrol blue, and black Mary Quant style lace dresses of the 60's. They cost *£6.50*. Also in the *Nostalgia* section, a favourite of mine, the Thirties, little black dress, that for about *£7* could make you the darling of any *Uptown Manhattan jazz club*.

**But if you're more of a realist, and are concerned with inclement matters, a really good buy is one of the beige raincoats. They're in excellent condition and run between *£10* and *£12*.**

Probably one of the best buys in the whole store at the moment, is the pure down continental quilts, that are in mint condition and are only an unbelievable *£10*. Maybe they're not what you'd think of buying right now, but remember the winter, you might be glad you were wise. The covers cost *£2.50*.




*Opening Hours:*
*Mon-Sat. 10-6. Sun. 2-6.*
**Phone 757303**



The men's overcoats really grabbed my attention. Good wool overcoats that would handsomely bedeck anything from a country squire to a *Mod* sell for *£15*. They come in all shapes and sizes, and most of them have the good old thick silk lining.

**Families are also apparently a regular sight in the store. One of the families I saw seemed to be filling the family wardrobe.**

### CLEANING

*"Nearly all the clothes come in from the continent, and a certificate of proof of chemical cleaning has to be shown for customs clearance".*

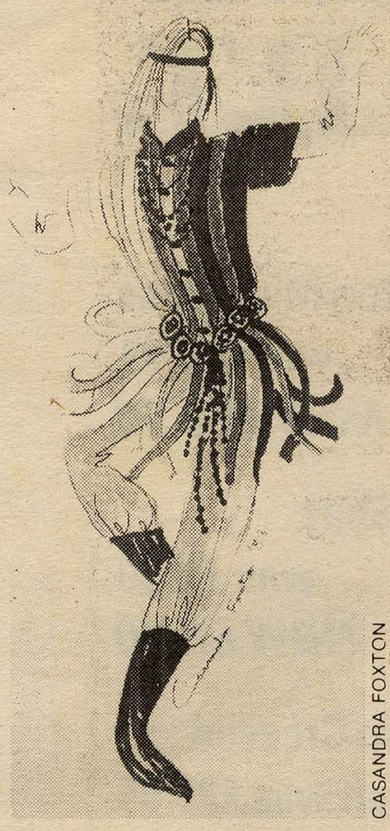
**The children's section is well stocked and dresses, dungarees, etc. are all about *£2*.**

I love a bit of *panache*, and if I had to pick one item, I'd make off with a plush astracan coat with a little fur collar *(£25)*, slip a conservative Dublin beau into one of those wide shouldered overcoats, and we'd still have enough pennies left for at least one *Harvey Wallbanger!*

NEW AS NEW,
Pleasant Street, Dublin.
Opening hours — Mon-Sat: 10-6
Sun: 2-6.
Phone 757303.

FROM PAGE 1

# SUPERSAM



CASANDRA FOXTON

*The central character in the show is Supersam, a 60's hero caught up in the hippie era of love and rock and roll. The show will open in the 60's where love and peace reigns. The audience are immediately made to identify with this era through the skilful use of music, sound and visual effects. Sean O'Connor of the Lookalikes is Supersam, the cool blonde boy in the lead. The audience survey the period through his eyes. Suddenly Supersam and his side-kick are brought forward in time and arrive in the 80's. All that he stands for, love and peace seem to be missing in our time sphere. Commercialism and big money has taken over and he becomes the wandering soul confused and a little upset.*

So RA RA the dream-maker is in town. He is looking for all talent no matter how amateur and you don't have to be in *Equity* to join the show.

For further information contact, in writing, SUNSHINE REVIEW, 8-11 Lower Baggot Street, Dublin 2. Please enclose your name, address, telephone number, age, and a photo if possible.





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SUNSHINE RADIO

# SUNSHINE/HICKSON HOLIDAY COMPETITION

## SUNSHINE/HICKSON HOLIDAY £300 COMPETITION

PRIZE: **The winner will receive a £300 holiday in the sun.**

THE ANSWERS ARE IN SUNSHINE

1. Name any 3 *Sunshine* D.J.'s
2. Who presents the *Sunshine* Breakfast Show?
3. Who is the *Sunshine* Country presenter on Sunday evenings?
4. Why do you listen to *Sunshine?*
5. Name any 2 *Sunshine* newsreaders
6. On which day of the week can you hear the *Sunshine* **Survey** Dublin's Top 40?

ANSWERS ON A POSTCARD PLEASE TO:
**SUNSHINE/HICKSON HOLIDAY COMPETITION**
**J.W.T. House, 8/11 Lr. Baggot St., Dublin.**

RULES OF ENTRY: 1. **Closing date for entries is 21st July 1983. 2. The Judges decision is final and binding. 3. No correspondence will be entered into.**

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# ROGER MOORE talks to Paul Allan

**LIKE it or not, the rapidly ageing super agent *James Bond* is back, with more wrinkles than ever before! Like its predecessors *Octopussy* contains all the action and excitement you'd expect to find, plus of course the romantic interest.**

While in London recently, I was lucky enough to meet up with the real life Bond, *Roger Moore*. As we relaxed in a plush London Hotel *Roger Moore* told me about some of his adventures. He looked astoundingly well, and why wouldn't he? being one of the world's great travellers. I asked him how he manages to make time for holidays with such a busy schedule!

*Me: Does that make life at all difficult?*

R.M.: Well, it keeps me around the house when the family would like me off working somewhere, but I started skiing late in life and I'm completely enamoured with it. It's a most wonderful sport!

*Me: How do the insurance people feel about your new hobby?*

R.M.: Well, I don't do it when I'm doing a film and with today's equipment you don't break ankles or legs, not unless some idiot comes along and bumps into you.

*Me: Well, that just happens in Bond movies! This is number six for you – do you think that the market is still expanding for these movies?*

R.M.: It would appear to be that way. The last Bond movie *"For Your Eyes Only"* took more money than any Bond film previously. I'm always asked what is the secret of the success of Bond, and the only answer I can come up with is that *I'm in it!* No! I'm not supposed to say that. The fact is that I don't think *Cubbi Broccoli* has ever cheated the audience — he puts the money up there on the screen for everybody to enjoy, and that's entertainment!

*Me: I believe that "Octopussy" cost something like 20 million dollars to make?*

R.M.: A little more.

*Me: Do you ever feel you've had enough and want to get off?*

R.M.: Half way through the film I start feeling that way, because they go on for six months and they're very hard work. But maybe I don't know, I always say *"am I going to do another one?"*.

*Me: What are you planning to do next in terms of movie making?*

R.M.: My next project is *Sydney Sheldon's* **"Naked Face"**. It should be starting next September in Chicago. I play the part of a psychiatrist. One of my patients is killed because he happened to be wearing my raincoat and being a psychiatrist I am able to put two and two together and make five. Someone is after me, my secretary is then eliminated, and the police hold me as the prime suspect and then a lot of people connected with me get killed.

*Me: Sounds good to me – looks like you're on to another winner with this one!*



*ROGER MOORE in the latest James Bond film "OCTOPUSSY". Produced by Albert R Broccoli and directed by John Glen. Distributed by United International Pictures (UK).*


## PORTMARNOCK SPORTS & LEISURE CLUB

Blackwood Lane, Carrickhill. Tel: 462122

### Emphasis on Youth in Sports Centre Programme for July and August

Physical education and re-creation for schoolchildren between the ages of 4 and 14 was the priority in planning the Sports Centre courses for July and August. Each course is of two weeks duration — Monday to Friday inclusive — and the children will have the benefit of ten lesson sessions with qualified instructors. The courses which cost £7 for members and £10 for visitors include:

- Summer Camp
- Badminton • Gymnastics
- Lifesaving • Snorkelling
- Table Tennis.

Numbers for each course will be limited to ensure comfort, enjoyment and where required, individual tuition.

**SUMMER CAMP**

The summer camp is a mixture of outdoor and indoor activities. Starting each morning at 10 a.m. and finishing at 5 p.m. the children will enjoy:

- Hockey • Volleyball
- Football • Tennis
- Athletics • General Games • Rounders • Film Shows • Squash • Special Swim periods.

Commencement dates and times of the other courses are:

**GYMNASTICS COACHING**

Weekday afternoons for two weeks commencing 4 July, 18 July, 1 August, 15 August.
**Times:** 2.00-3.00 p.m.; 3.00-4.00 p.m.; 4.00-5.00 p.m

**BADMINTON COACHING**

Weekday mornings for two weeks commencing 4 July, 18 July, 1 August, 15 August.
**Times:** 10.00-11.00 a.m.; 11.00-12.00 noon; 12.00-1.00 p.m.

**LIFESAVING**

During August from 6.00-7.00 p.m. in fortnightly courses.

**SNORKELLING**

During August on Saturdays from 6.00-7.00 p.m.

**TABLE TENNIS**

Details of the Table Tennis coaching will be available at Reception.

**INTENSIVE SWIMMING COURSES**

Intensive swimming courses have also been arranged to cater for beginners, improvers and confident swimmers who want to improve their technique. Details of the courses are:

Weekday mornings for two weeks commencing 4 July, 18 July, 1 August, 15 August.

**Times:** 10.00-10.45 a.m.; 10.45-11.30 a.m.; 11.30-12.15 p.m.; 12.15-1.00 p.m.

**Cost:** Members £10; Visitors £15.

If you want your children to take part in these courses complete the application form and hand it in to Reception.

**APPLICATION FORM**

**Name:** _____

**Age:** _____

**Course Required:** _____

**Commencing:** _____

**Amount Payable:** _____

**Address:** _____

**Membership No.:** _____

Bookings will only be accepted on receipt of completed application form and cheque or postal order for full amount payable. By post or in person.

I hearby give permission for the above named to attend the courses specified.

Signed: .....

Parent/Guardian.

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# DUBLIN BANDS

## AUTO DA FE

**AUTO DA FE have been on the music circuit for over a year and during that period they've cut three singles with great success. Gay Woods, lead vocalist with the band is no stranger to music buffs and you will recall her early years with Terry Woods when the couple were big on the gig scene. Gay called into *SUNSHINE REVIEW* recently to chat about the band and its plans for the future.**



The band plan to make an album and already two English companies have expressed great interest.

This appeals to AUTO DA FE as their main aim is to be successful internationally. To date they have appeared on Janis Long's 'In Concert' on the BBC and on Andy Pebles 'Oxford Road Show.'

**The band has four members — Gay Woods, vocals; Robbie Brennan, drums; Mark Megaret, bass and Trevor Knight, synths...**

**Lots more Irish gigs are planned and if you want to catch a glimpse of the group on a regular basis call to the Rathfarnham Inn on Thursdays or Rocalls in Bray on Sundays...**



## BLUE RUSSIA

By JARLATH O'KELLY

**BLUE Russia is not the code name for a brothel in Red Square, but a Dublin band that is going to take the music scene by storm. After just 12 months together they are known nationally and internationally.**

Musically, the band produce a very professional sound and Frank Washington's splendid guitar work is complemented by Noel McMurray on drums and Tony St. Ledger on bass. Frank tells us that he is self-taught and was much influenced by *"Dan Morgan's Guide to Guitar Book"*.

Visually, the band up to now have had a clean cut image but according to their promoter *Martin Raymond* we can expect a totally new one, which at present is remaining a secret but during this month all shall be revealed — so keep an eye out! I saw Blue Russia at the Belvedere Hotel where they now play every Sunday at 9 o'clock.

For further information about the group, contact manager *Tommy Delaney* at 391108 or their Promotions Manager *Martin Raymond* at 787477 / 787636 / 979643.



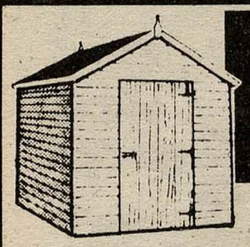
## MIRAGE

**MIRAGE is a five-piece Dublin-based rock band and has been together since last September. On the gig scene they haven't done very much, due to financial problems and other commitments. This, however is now changing and they anticipate adding a number of gigs to their first one which was held in the Hotel Cill Dara last March. So far the band has recorded two demo tapes consisting of four tracks in all. The tracks are:**

*ALL BLOWN AWAY (Rooney/Walshe).*
*KEEPER OF THE FLAME (Wilson).*
*IN A QUIET MOOD (Rooney/Walshe).*
*NEVER SAY DIE (Mirage).*

The MIRAGE line-up consists of: Clem Walshe — lead vocals, Neil Wison — lead guitar/keyboards, Neil Rooney — bass/backing vocals, Paul Herbert — guitars and Alan Nolan — drums.



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## HELLO DUBLIN

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***8-11 Baggot Street, Dublin 2.***

**THANK YOU!**

***Sunshine Review* would like to say thanks to all the readers of our 1st edition, for your kind letters and encouragement.**

**We love to hear from you, so if you have anything to tell us do write and let us know.**


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# Stella's Hot Gossip



## Linda Evans — Baby

**Magnum could become a Daddy soon and perhaps, the offspring if she's pretty enough, could replace Mummy in yet another extended series of *"Dynasty"*. Linda Evans who plays the part of Krystle in the TV blockbuster is having a secret romance with Magnum man Tom Selleck and now wants him to be the father of her next child. Linda, who was married to producer John Seneck, said that Seneck treated her like a slave and that's why she is so afraid of getting married again.**

## QUINCY

**Jack Klugman was very upset when one of his race horses died. The shooting of his T.V. series *"Quincy"* was stopped for two days because he locked himself in his house and wouldn't see anyone. The very grieved actors said: "My horses were my children".**

## DYNASTY

**Dynasty is really in the news this month. Only recently the producers decided that Gordon Thompson's (Adam) front teeth were not pretty enough when he smiled, so they gave him 10 new caps at a cost of only £7,000. There's great money in teeth.**

## SEX IDOL

**Carol Baker, now fifty-one years, is stil living with a sexbomb image. She says "I should have never made 'Baby Doll', that was a big mistake". Now twenty years after the legendary film 'Baby Doll' she still can't get real work because nobody thinks of her as a serious actress. "It is unbelievable how a sexual reputation sticks to you, it is alright when you want to be a sex idol, but it was never my intention and now that I am over fifty I feel ridiculous when people ask me to play a naked scene".**

## ROBERT REDFORD

**"Nope, politics is not for me — just yet", says screen idol Robert Redford. To make his point he has moved house from Utah to Hollywood in search of a good script for a new movie.**

## M★A★S★H

**Jamie Farr who plays Klinger in the fast moving MASH comedy series, is really a fussy person. Kilinger, "the transvestite soldier" is really happy just hoovering the house. His wife Joy, is really into his neat ways, however it gets to be a bit of a problem when she has her friends around. Jamie is prone to fits of hoovering and doesn't care who's around when he's doing it. He even checks the cleaning lady's work and at 5 in the morning he is up cleaning the bathroom. He blames his eccentricities on a very poor background when things were not so neat before he became a star.**

## ROBBIE DALE — DUTCH TELEVISION

Veronica, the Dutch television station, has invited Sunshine Radio's **Robbie Dale** to present a T.V. show in London. The programme is to be about the history of independent radio in Europe.

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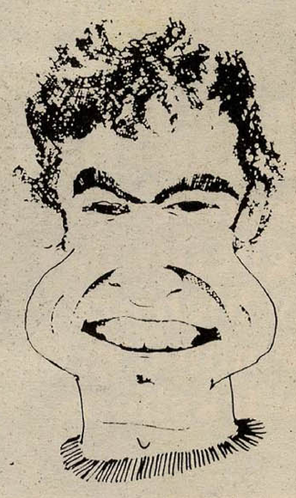
## PEGGY LEE

**A PEGGY LEE revival is planned by Liz Taylor's Broadway producer Zev Bufman. It's going to be a stage musical about the life of Peggy Lee, and he plans to have the star herself in the lead role.**

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## D.J. OF THE YEAR

**Sunshine Radio's *Tony Gareth,*** 4pm-8pm Drive-time presenter, has been voted **"Disc Jockey of the Year 82/83".** The trophy award was presented by *Star Music* and *Live Sounds Promotion.*






*Cathy Creegan, Robbie Dale, Sunshine the goat, Tony Gareth.*

## MASCOT

AT this year's C.R.C. Radio Auction, Sunshine Radio purchased a beautiful Swiss kid goat and christened her 'Sunshine'. Since **Dave Malone's** departure to Radio Nova 'Sunshine' has filled a very important gap — that of station mascot.

# Poor Sue Ellen!

*POOR SUE ELLEN (Linda Gray) is not happy with her boyfriends of late. "They're not interesting enough for a second date," she says. Since the Dallas star left her husband Ed Thrasher her friends say she moans all the time and is not very happy*



# THE CONSPIRACY TO GET YOU OUT OF THE SUN AND INTO THE DARK

**IT'S THE BEGINNING of yet another haphazard Irish summer. Will it rain? Should I bring an umbrella to the beach? You can bet your guess will be as good as the weather mans. Practically the only place you can honestly plan an outing to — and be quite sure that the weather is always the same — is your local cinema.**

For some unknown reason the trend worldwide is for big-box-office during the summer, particularly in countries where rain falls one day in the month between three and four in the afternoon. So what's the big attraction? Quite simply it's the *Family Film*. A cinematic experience written, produced and directed to steal the money from your very pocket and send you on your way with SUNSHINE in your heart. That's what the big boys in *Hollywood* would have you believe anyway. It's almost sacriligious to suggest that you have ever been short changed.

In the mid Seventies the standard of family films fell through the floor. Pathetic plots about children in log cabins being terrorised by grissly bears and mountain lions were all the rage. But it wasn't enough. That sort of rubbish could be seen any night in the comfort of your own home while all the television channels conspired to chase you out into the fresh air, by airing endless repeats. With the average price of admission passing the £3.00 ceiling it didn't take long for the rabble to revolt. Home video took off overnight and those genial usherettes we all know and love were left alone playing with their torches in the dark!

***THEN CAME JAWS.*** **Millions flocked to see women, children and family pets being devoured by a giant mechanical goldfish. In *Chinese* restaurants, shark fin soup took on a whole new meaning. *Zanuck and Brown* two bespectacled respectable businessmen had accidentally stumbled on the formula to get, and I quote, *''BUMS ON SEATS'' George Lucas* arrived hot on their tails with *STAR WARS* and the race was on to turn mid summer madness into hard cash. A new breed of film maker, not afraid to have their films dismissed by the intellectuals as *"entertaining"* worked a little bit of magic, and saved many movie houses from inevitable closure. *Stephen Speilberg* in *"CLOSE ENCOUNTERS OF THE THIRD KIND''*, and *"E.T."*, introduced us to friendly little men from outer space and moved the sceptics to tears. *Indiana Jones* and *Superman* brought heroics back out of the closet and onto the screen. An official acknowledgement of the child within us all. Thank goodness, it's a continuing trend.**



*Luke (Mark Hamill), Han (Harrison Ford) and Chewbacca (Peter Mayhew) are held prisoner aboard a desert skiff.*

*RETURN OF THE JEDI*, the third segment of the star wars trilogy is at present packing eager punters into cinemas around the world. *George Lucas* the creator and financial backer of the whole operation oversees all aspects of the production. The director *Richard Marquand* said recently *"Having George Lucas as an executive producer is like directing "King Lear", with Shakespeare in the next room"*. Personally I was greatly disappointed when *Star Wars* first arrived as the biggest grossing film in history.

*"Return of the Jedi"*, is immediately accessable, much more fun and with over nine hundred special effects, the sort of film that just wouldn't work on the small T.V. screen. Full stereophonic sound bombarding the audience with *John Williams* stirring theme and the stinging sound of *Laser* guns drag you out of the seat and into the action. So real are the nasty monsters we can almost smell them and it's not a pleasant experience. *"YODA"*, and *"OBI-WAN"*, make guest appearances amid the introduction of a race of sharp-toothed but cuddly teddybears, *EWOKS*, who will rival *"E.T."*, for a place in every toy collection. At the major press premier, *Anthony Daniels* (C-3P0) began an on-stage countdown to welcome the film to Ireland and I'm sure I shouted louder then the row of children in front of me. It was worth the effort.



*Luke (Mark Hamill) and Leia (Carrie Fisher) prepare to swing to safety from the top deck of Jabba the Hutt's sail barge.*

# *Footlights to Bright Lights*



*Isovel Mahon, winner of the Harveys of Bristol Award for Best Performance by a New Player.*

**FAR from the bright lights of Hollywood with all its commercialism, is a small group of actors and actresses struggling to survive in Dublin's theatres. One actress in particular, Isobel Mahon, 22, from Glasnevin, is steadily making a name in the theatrical world. Isobel has recently won the Harveys of Bristol Award for best performance by a new player '82/'83 for her part in 'Semi-Private' at the Gate Theatre.**

**At six years of age, Isobel began speech and drama classes including two years voice training from the eminent actor Alan Stanford. "Because the profession is so competitive, an actress has to master many disciplines," she says. "I have studied ballet with Anne Courtney, as well as dance with The Dublin Contemporary Dance Company. Mime is also important for movement control and in the summer of 1980 I studied under Danielle Doyen at the Atelier D'Alain Illel in Paris."**

A graduate of Trinity College in Philosophy and English, Isobel has been acting for many years, particularly with the famous Trinity Players Theatre. "I found Players provided me with the best training, we were continually striving for a higher level of performance," she told *SUNSHINE REVIEW*.

"Acting for me has now become a way of life. One must be totally dedicated to the art." Indeed, the diversity of her roles and her experience in theatre, radio, T.V., and film work, mark her out as a very serious actress, continually broadening her talents.





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SLOOPY'S

# SUNSHINE RADIO TEAM

*Left to right (first row):* Liz Byrne, Anne Fairman, Antoinette Nolen, Kathryn O'Kelly, Caroline Callaghan, Christine Ryan, Stella Robinson. *(Second row):* Padraigh McGarry, Hélène Dowd, David Dennehy, Gary Miley, Dara O'Beirne, Peter Gibney, Nancy Previs, Simon Draper, Bill McLoughlin. *(Third row):* Paul Allen, Tony Dixon, Jim Edwards, Greg Merriman, David Lyons, Tony Gareth, Declan King, Dermot Rooney, Francois Schelbaum, Robbie Dale, Shellagh O'Donnell. *(Back Row):* Des Butler, Jarlath O'Kelly, Robin Ross.

## WHO LISTENS TO SUNSHINE?

**DURING THE COURSE of the May 1983 Sunshine Radio Easter Auction in aid of the Central Remedial Clinic which raised in excess of £24,000 in 24 hours we felt it would be interesting to extract information about our listeners by monitoring the calls.**

There were literally thousands of bids during the auction, which all had to be received and correlated by the volunteers manning the phones at the C.R.C. The information was then passed by computer link to the studios.

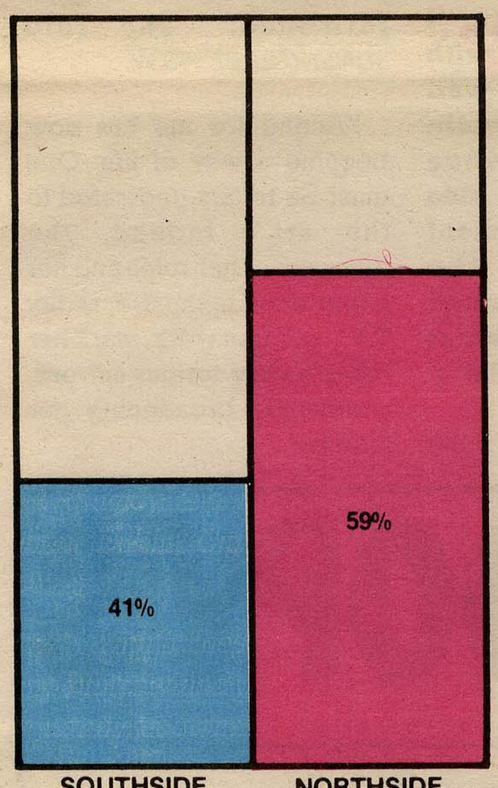
After the auction the C.R.C. were kind enough to extract 500 names and addresses at random which have been used as the sample base for this piece of research.

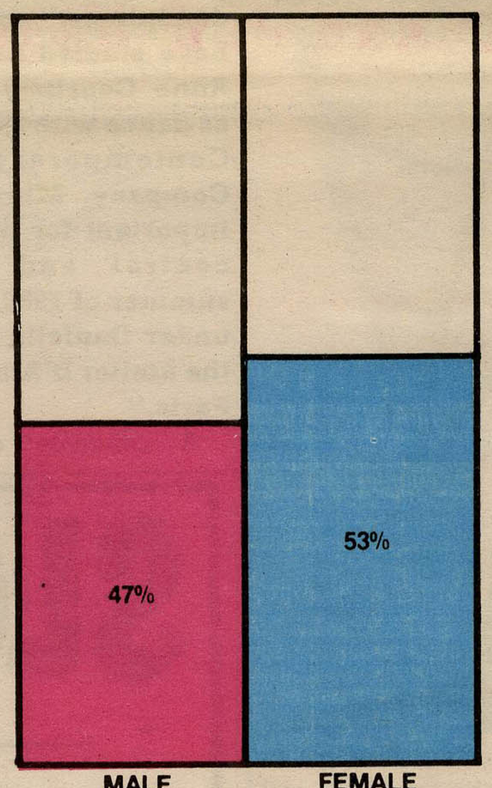
The following information was extracted from this sample:

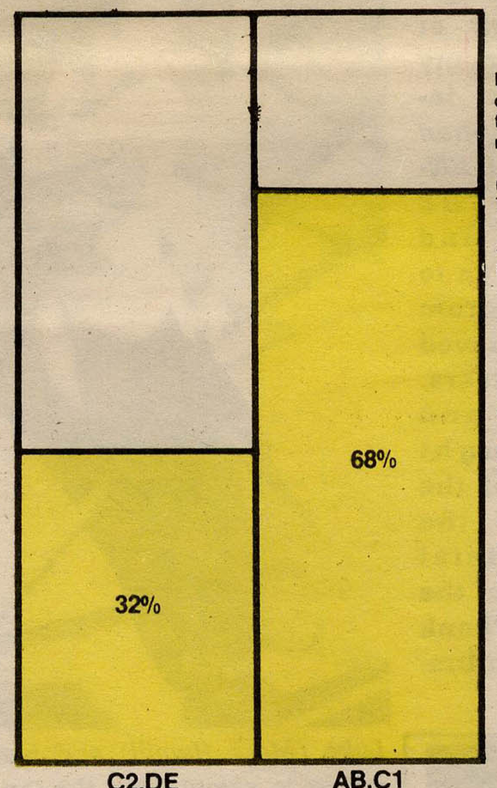
**59% of calls were from the Northside of Dublin.**
**41% of calls were from the Southside of Dublin.**
**47% of the callers were male.**
**53% of the callers were female.**

By making a breakdown of the postal addresses given by the callers, an approximate figure of **68% ABC1** and **32% C2DE** was calculated.

These particular figures are of course speculative, but if the total sum of **£24,000** over 24 hours is taken into account if should indicate the type of listener and also the expendable income.



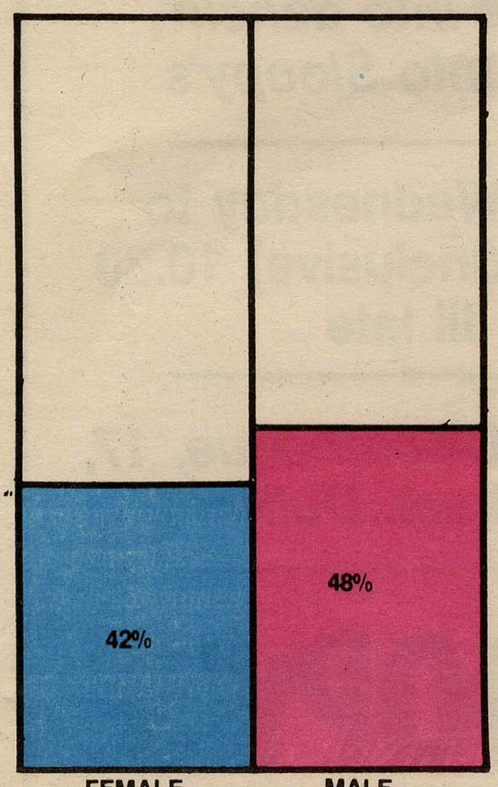

**The second piece of research was carried out by monitoring calls to the studio during the third week of June 1983.**

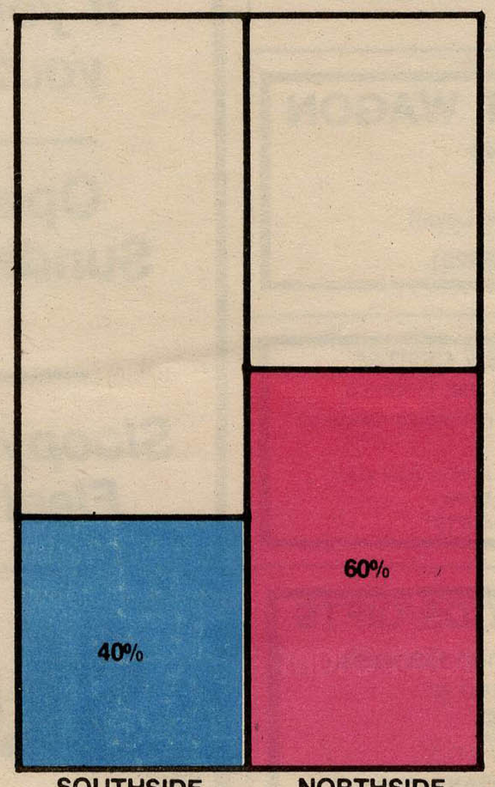
50 calls per day were randomly logged between 8AM and 8PM over a seven day period, giving a total sample size of 350. Of these:

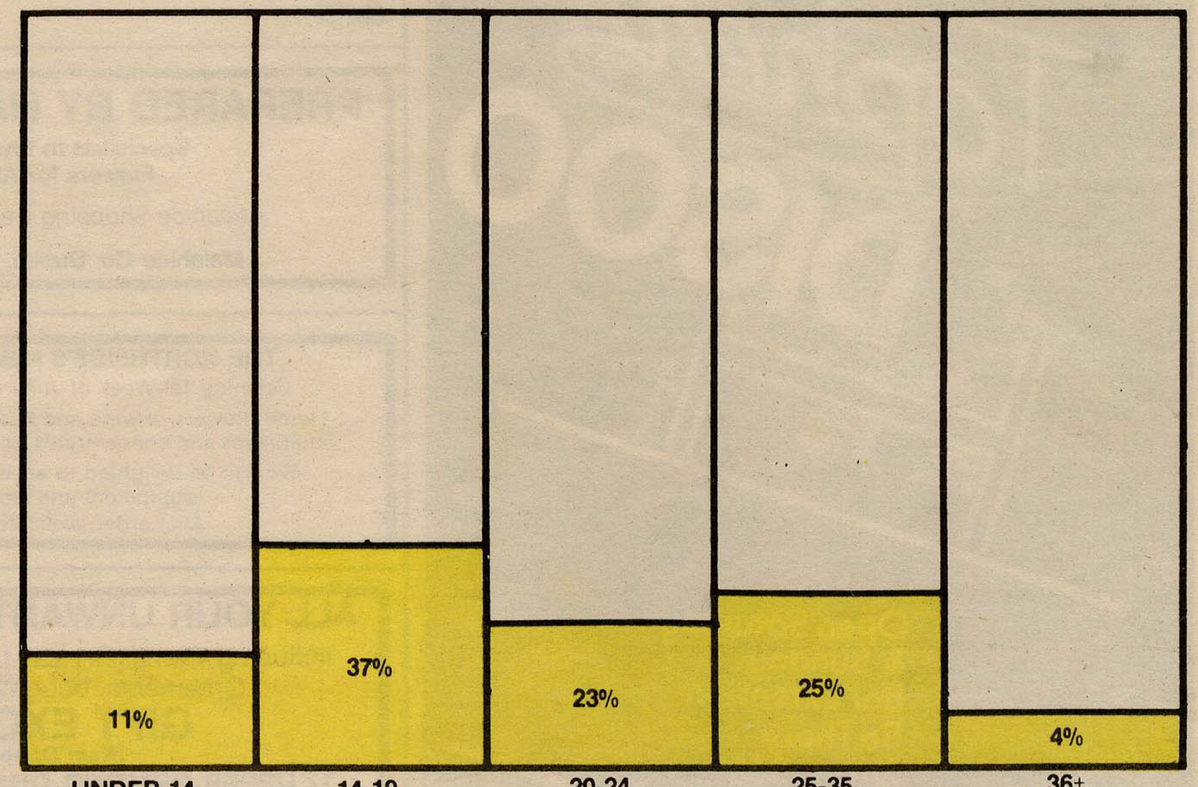
**42% were Female.** **40% were from the Southside.**
**48% were Male.** **60% were from the Northside.**

**Age Groups:**
**Under 14 years — 11%**
**14-19 years — 37%**
**20-24 years — 23%**
**25-35 years — 25%**
**36+ years — 4%**

**As you can see there is a contrast between the male/female figures in both pieces of research but as we all know, radio research always seems to be conflicting these days. I know here at SUNSHINE it certainly gives us food for thought.**



# Local Trader Package Plans

Total Audience/All Segments/0700-2200
Monday to Sunday

## 15 SECONDS R.O.D.

28 Days 4 spots-15 secs-112 spots £840
21 Days-4 spots-15 secs- 84 spots £680
14 Days-4 spots-15 secs- 56 spots £490
7 Days-4 spots-15 secs- 28 spots £290

## 30 SECONDS R.O.D.

28 Days-4 spots-30 secs-112 spots £1330
21 Days-4 spots-30 secs- 84 spots £1010
14 Days-4 spots-30 secs- 56 spots £ 720
7 Days-4 spots-30 secs- 28 spots £ 420

**SPOTS IN LOCAL TRADER PACKAGES *CANNOT* BE BOOKED AT SPECIFIC TIMES.**

## LATE SHOW PACKAGE PLANS

Monday to Sunday 2200-0700

| SECS | 1 WEEK 28 SPOTS | 4 WEEKS 112 SPOTS |
|---|---|---|
| 60 | £150 | £575 |
| 45 | £120 | £460 |
| 30 | £92 | £345 |
| 15 | £63 | £230 |

*Sunshine Radio was established in Dublin in 1980 and became Ireland's first major independent Radio Station. It's popularity grew quickly and Sunshine is now listened to widely throughout Dublin City and County, Leinster and neighbouring areas.*

*Sunshine's growth within these areas is due to both it's service to the community and it's creative programming. It has achieved a truly regional identity endorsed by the continuous support of listeners which has enabled the station to raise £300,000 for local charities, among them the Central Remedial Clinic and the Bone Marrow for Leukaemia Trust.*

*Sunshine Radio aims to please more of the listeners all of the time with creative music programming, national and international news, sports, current affairs, topical chat-shows, phone-ins and community information bulletins.*

*Ireland's only 24 Hourly News Service, plus Specialist Country Music, Irish Music, Rock and Roll and daily mainstream music programmes hosted by professional and entertaining presenters combine to make Sunshine a remarkable success.*

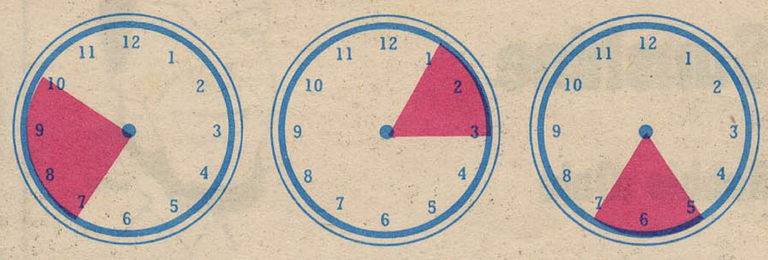
*Sunshine Radio is a wholly Irish owned Registered Company which pays all State taxes, VAT, PRSI and PAYE, and provides Copyright Royalties and publishes it's accounts annually.*

***"TUNE INTO SUNSHINE"***

*It's so much better*

## RATE CARD EFFECTIVE 1st MAY 1983.

# PEAK TIME

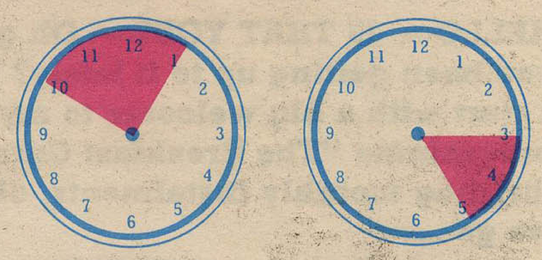


**MORNING** **AFTERNOON** **EVENING**

Monday to Friday 0700-1000; 1300-1500; 1700-1900.
Saturday and Sunday 0900-1500.

**60 SECS. £50**
**45 SECS. £40**
**30 SECS. £29**
**15 SECS. £16**

# PRIME TIME



**MORNING** **EVENING**

Monday to Friday 1000-1300; 1500-1700.
Saturday and Sunday 0800-0900; 1500-1900.

**60 SECS. £30**
**45 SECS. £27**
**30 SECS. £21**
**15 SECS. £13**

## A.

Monday to Friday 1900-2200.
Saturday and Sunday 0700-0800; 1900-2200.

**60 SECS. £18**
**45 SECS. £16**
**30 SECS. £13**
**15 SECS. £ 8**

## B.

Monday to Friday 2200-0700.
Saturday and Sunday 2200-0700.

**60 SECS. £ 8**
**45 SECS. £ 6**
**30 SECS. £ 5**
**15 SECS. £ 3**

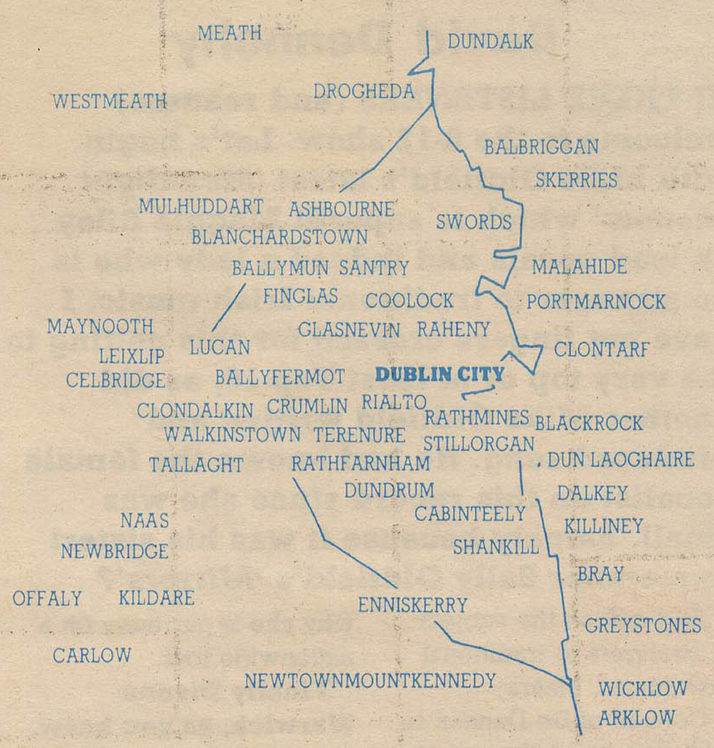
# Run of Day

Total Audience/All Segments/0700-2200.

**60 SECS. £27** **30 SECS. £18**
**45 SECS. £24** **15 SECS. £12**

***All rates exclude VAT, which will be charged on invoice/statement at the rate prevailing at tax point.***

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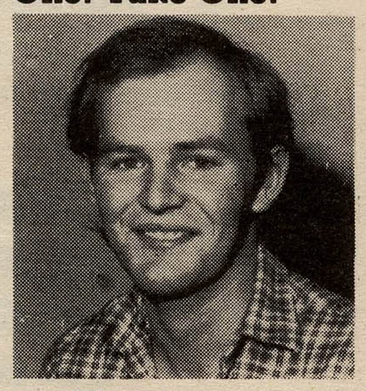
# 24 HOUR SUNSHINE

## SUNSHINE BREAKFAST

*What everybody's getting up to!*

**HELLO — IS THAT YOU? — Oh good! Have you been getting up to it lately? Well, may I start with a big welcome to my new programme "The Breakfast Cereal" in thrilling monthly instalments, okay here we go ...**

**Episode One. Scene One. Take One.**



**ACTION** — Me cruising to Sunshine at 5.45 a.m. in the *'Jock Mobile'* — birds tweeting, sun rising, pull into car park, park car, unlock safety belt. Saunter up to studio, Paul Vincent is rapping on air finished in five mins. Enter Studio.

Me: *Morning, Paul.*
P: Grunt!
Me: *Morning, Paul.*
P: Mumble! Moan!

*Scene Two. 9 a.m. same morning.*

Take One. Action.

Robbie enters studio.

Me: *Morning, Robbie.*
R: Grunt.

Cut/Take Two.

Me: *Morning, Robbie.*
R: Grunt! Grunt!

Cut/Splice/Edit/**Forget It!**

Okay everybody, take a break. Back on set 11.30 a.m.

**11.30 a.m. 'Okay everybody, places. We'll go back on Scene Two later.'**

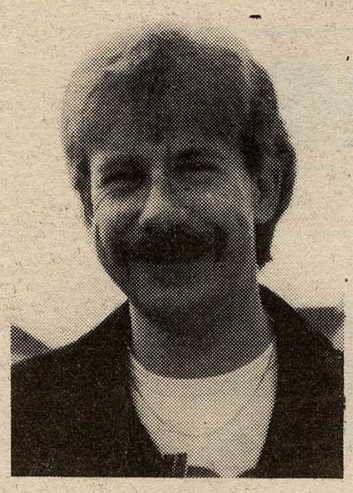
Lets move on with Scene Three.

Scene Three. Take One. Action.

Me: *Morning, Andy.*
A: How are ya Dave?
Why are you here so late?.
Me: *We've been shooting the new film, Andy. Can you act?*
A: No.
Me: *Okay, you're hired. Just what we've been looking for. Go down now Andy and get some make-up on, you're on camera at twelve midday.*
A: *What? A drag.*
Me: *No! You're being filmed in normal clothes, give your sister back her mini skirt.*

**Oh, by the way, you can turn breakfast T.V. off now! We're back! Yours, Snack, Crackle and Poppingly, *David Lyons*.**

## NICE TO BE HERE DEPT.



*Robin Ross, the newest member of the SUNSHINE staff with a background as varied as the new Radio Caroline and ABC radio in Tramore. "SUNSHINE Radio was the station that gave me the introduction to independent radio in Ireland, and an ambition fulfilled is to be joining the people who continue to broadcast "SO MUCH BETTER".*

## THE IRISH PIRATES

### *By Leon Tipler*

Recorded on Archive Tapes Alfasound:

***This 2xC120 cassette 2½ hour documentary on Irish Radio includes The Radio Stations, The D.J.s, Presenters, The Management and a host of fascinating information professionally produced. A must for the collector of radio memorabilia.***

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***8-11 Lower Baggot Street, Dublin 2.***

## Good Morning Sunshine

### Robbie Dale



**IT'S 9 O'CLOCK and the effervescent *Cathy Creegan* is now soaking up the sun and no doubt a little vino in Normandy. She'll be back next week with many an adventurous tale to tell.**

***Padraig McGarry*, our most recent addition to the news presentation team is filling in for *Cathy*, and although he's not as pretty, that faint touch of *"country accent"* has charm all of its own!**

I've been playing a lot more of *Auto Da Fe* and *Stocktons Wing* music recently. The SUNSHINE RADIO concert at the *Malahide Festival* was a great success and I had the great pleasure of presenting the show. The first band, Portmarnock's own *Talkamatter* (vocals aggressively delivered by *Eamonn Andrews, Jr.*) had a couple of interesting and original self-penned songs. *Rocky De Valera* and *The Rhythm Kings* put on a lively performance tho' I thought they weren't as together, as when I saw them last year at the same venue.

**Pure magic started when *Auto Da Fe* took the stage. Confetti bombs exploded in unison with the thousand strong audience. Visually and musically, their performance was excellent and as it built to a climax I couldn't help thinking that perhaps *Stocktons Wing* would find it difficult to top.**

However, within minutes of announcing the band, *Stocktons Wing* were providing a very exciting top of the bill — truly establishing the *'tiddle-de-dum'* in the 80's. It was marvellous to hear these truly professional musicians displaying the versatility of traditional, acoustic instruments while at the same time applying modern electronics in such a way as not to detract from the great songs and tight vocals. If *Stocktons Wing* are presented with the opportunity of international concerts and worldwide record releases, they could very quickly rank amongst the greatest that Ireland has produced.

**There's a lot of talent in these green hills!**

## SOLAR ENERGY

### David Dennehy

**HI THERE LISTENERS (and readers) welcome to the 8-12 show. Let's begin with Mike Oldfield's latest *'Moonlight Shadow'* which is superb! Maggie Riley on lead vocals and indeed a lady who is no stranger to traditional Irish music. I have my fingers crossed for this getting to the very top or at least Top 10, as did another Mike Oldfield written and produced song. He had known the female vocalist on this record since she was small, namely because it was his sister! Remember Sally Oldfield's *'Mirrors'*?**

And still on the subject of strangers to traditional Irish Music, Maura O'Connell of De Dannan is next with her follow up to *'Living In These Troubled Times'* which is the midnight well song *'Saw You Running'*. Along with Mary Black she is another female who is becoming a national star and that is why she is currently on a nationwide tour.

**Finally Dionne Warwick, as you know, is making a comeback recently, but she seems to have stopped working with The Bee Gees because she has re-released her '79 song *'I Know I'll Never Love This Way Again'*.**

## Sunshine Lunchtime

### Andy RUE

**NEWS OUT, jingle-red, light on, Andy Rue jingle, first record and we're on the air again.**

**Hi guess who? No, why does everybody always mix me up with Robbie Dale? (must be the way I walk). Anyway, how are ya since we last had a little rap? Getto blasting no doubt *(I think this is going to be another over the top column)*. Well! the last time you red me I was rueing you at night but I must say I'm enjoying my new prog!**

So what's new? Well! I've been hearing about a new film called 'Elephant Parts' starring M. Wesmiths. So judging by the title it should be interesting (if you're into elephant parts)! .....

**ROD STEWART IS FAT!** Rod tried to tell me that he was so skinny before, now that he's put on a few pounds people consider him to be fat. So I said: *"Look here Rod, this is Andy you're talking to!!!!!*

## SUNSHINE DRIVE

### Tony Gareth

***BEEP! BEEP! VRRROOOOOOMMM!***
**IT'S THE SUNSHINE DRIVE! We're off to a good start with many features in the show, I'll explain more about that later.**



Firstly, just let me pull over to the kerb and apply the hand brake and say what a pleasure it is to be working with the SUNSHINE team, and I'm really looking forward to the years ahead!

Now, just start the old car up again, check rear mirror, seat belt o.k., clutch, first gear, indicator, check mirror — all clear — let off the hand brake, and we're cruising!

*The first set of traffic lights sees us into the 4-5 selection where I select a listener's top 10 all time favourites and give them a spin. Around the corner and up to the next junction, and it's a straight road ahead with the birthday file, traffic reports and the gig guide, with what happened this day so many years ago thrown in the odd traffic jam. So I hope you'll tune in and join me for some of that.*

**Until I write to you next time may the car start and the traffic jams be few.**



***David Dennehy***

## SURESHOTS

**Tony Dixon Sureshot** — *Jam Hot*Johnny Dynell & New York 88
**Paul Vincent Sureshot** — *Without You* ...Chaz Jankell.
**Andy Rue Sureshot** — *Transfer A Section*Flock of Seagulls.
**David Dennehy Sureshot** — *Between the Sheets* ..... The Isley Brothers.
**Robbie Dale Sureshot** — *Forever and Ever* ..... Julio Iglesias.
**David Lyons** — *Threw It Away* ..... Joe Cocker.
**Tony Gareth** — *Human Touch*Rick Springfield.

# 24-HOUR SUNSHINE

## SUNSHINE SURVEY DUBLIN'S TOP 40

| | | |
|---|---|---|
| 1 | *Every Breath You Take* | Police. |
| 2 | *Baby Jane* | Rod Stewart. |
| 3 | *China Girl* | David Bowie. |
| 4 | *Flashdance* | Irene Cara. |
| 5 | *I Guess Thats Why* | Elton John. |
| 6 | *Waiting on a Train* | Flash and The Pan. |
| 7 | *I Wanna be Starting Something* | Michael Jackson. |
| 8 | *Dead Giveaway* | Shalamar. |
| 9 | *Bad Boys* | Wham. |
| 10 | *When We Were Young* | Bucks Fizz. |
| 11 | *1 2 3* | Streetalk. |
| 12 | *Lady Love Me* | George Benson. |
| 13 | *I Dream to Sleep* | H2O. |
| 14 | *Moonlight Shadows* | Mike Oldfield. |
| 15 | *Dark is the Night* | Shakatak. |
| 16 | *Take That Situation* | Nick Hayward. |
| 17 | *Confusion* | The Truth. |
| 18 | *Nobodys Diary* | Yazoo. |
| 19 | *Tantalize* | Jimmy the Hoover. |
| 20 | *Never Going to Let You Go* | Sergio Mendes. |
| 21 | *Come Live With Me* | Heaven 17. |
| 22 | *Lovetown* | Brooker Newbury 111. |
| 23 | *Looking At Midnight* | Imagination. |
| 24 | *I Won't Hold You Back* | Toto. |
| 25 | *Buffalo Soldiers* | Bob Marley and The Wailers. |
| 26 | *I.O.U* | Freeze. |
| 27 | *Hang On Now* | Kajagoogoo. |
| 28 | *It Might Be You* | Stephen Bishop. |
| 29 | *Transfer A Section* | Flock of Seagulls. |
| 30 | *Just Got Lucky* | Joe Boxers. |
| 31 | *In A Big Country* | Big Country. |
| 32 | *We Came To Dance* | Ultravox. |
| 33 | *Wherever I Lay My Hat* | Paul Young and Family. |
| 34 | *Rock & Roll is King* | E.L.O. |
| 35 | *Have You Ever Seen The Rain* | Bonny Tyler. |
| 36 | *I See Red* | Clannad. |
| 37 | *Dancing Tight* | Galaxy. |
| 38 | *All Time High* | Rita Coolidge. |
| 39 | *Candy Girl* | New Edition. |
| 40 | *Money Go Round* | Style Council. |



**Tony Fenton**

## SUNSHINE ALBUMS TOP 30

1 *Let's Dance* — **David Bowie** (EMI)
2 *Mary Black* — **Mary Black** (DARA)
3 *True* — **Spandau Ballet** (Chrysalis)
4 *The Magical Ring* — **Clannad** (Tara)
5 *Thriller* — **Michael Jackson** (EPIC)
6 *The Luxury Gap* — **Heaven 17** (Virgin)
7 *They Key* — **Joan Armatrading** (A&M)
8 *White Feathers* — **Kajagoogoo** (EMI)
9 *Power, Corruption Lies* — **New Order** (Factory)
10 *Confrontation* — **Bob Marley** (Island)
11 *War* — **U2** (CBS)
12 *Synchronicity* — **The Police** (A&M)
13 *Twice as Kool* — **Kool & Gang** (Mercury)
15 *Chart Stars* — **Various** (K-Tel)
16 *Toto IV* — **TOTO** (CBS)
17 *In Your Eyes* — **George Benson** (WB)
18 *Songs From Fame* — **The Kids From Fame** (RCA)
19 *Hunky Dory* — **David Bowie** (RCA)
20 *Quick Step, Sidekick* — **Thompson Twins** (Artista)
21 *Dressed for the Occasion* — **Cliff Richard** (EMI)
22 *Midnight at the Lost and Found* — **Meatloaf** (EPIC)
23 *Faster Than the Speed of Night* — **Bonnie Tyler** (CBS)
24 *The Final Cut* — **Pink Floyd** (Harvest)
25 *White Side of Night* — **Scullion** (WEA)
26 *Jarreau* — **Al Jarreau** (WB)
27 *Kilroy was Here* — **STYX** (A&M)
28 *They Nightfly* — **Donald Fagan** (WEA)
29 *Jailhouse Rock* — **Elvis Presely** (RCA)
30 *Sweet Dreams...* — **Eurythmics** (RCA)

## SUNSHINE RADIO SCHEDULE

MONDAY TO FRIDAY

**12 Midnight-6 a.m.** *Paul Vincent.*
Music, chat, competitions, special features. All Night Sunshine.
**6 a.m.-9 a.m.** *David Lyons. Sunshine Breakfast.*
*"What everybody's getting up to". Sports, music, merriment and plenty of Timechecks.*
**9 a.m.-12 Midday.** *Good Morning Sunshine with Robbie Dale.*
Includes Swap and Sell at 11.15.
**12 Midday-4 p.m.** *Good Day Sunshine with Andy Rue.*
Includes Three O'Clock Thrill.
**4 p.m.-8 p.m.** *Sunshine Drive with Tony Garreth.*
Includes 4-5 Selection, Traffic Reports, Gig Guide, Birthday File.
**8 p.m.-12 Midnight.** *Solar Energy with David Dennehy.* Includes Album Chart (Top 30), Bars of Gold.

**SUNSHINE WEEKEND**

**Saturday**

**12 Midnight-6 a.m.** *Jim Edwards.*
**6 a.m.-9 a.m.** *Robin Ross.*
**9 a.m.-12 Midday.** *David Lyons.*
**12 Midday-3 p.m.** *Sunshine Survey, Dublin's Top 40, Tony Fenton.*
**3 p.m.-6 p.m.** *Sunshine Sport, Tony King, Declan King.*
**6 p.m.-9 p.m.** *Sunshine Soul – Tony Dixon.*
**9 p.m.-12 Midnight.** *Paul Allen.*

**SUNDAY**

**12 Midnight-6 a.m.** *Bill Hughes.*
*6 a.m.-9 a.m. Robin Ross.*
*9 a.m.-12 Midday. Eugene Higgins.*
**12 Midday-3 p.m.** *Tony Gareth.*
**3 p.m.-6 p.m.** *David Dennehy.*
**6 p.m.-7 p.m.** *Sunshine Rock 'n' Roll.*
**7 p.m.-9 p.m.** *Greg Merriman.*
**9 p.m.-12 Midnight.** *Sunshine Country – Bill McLoughlin.*

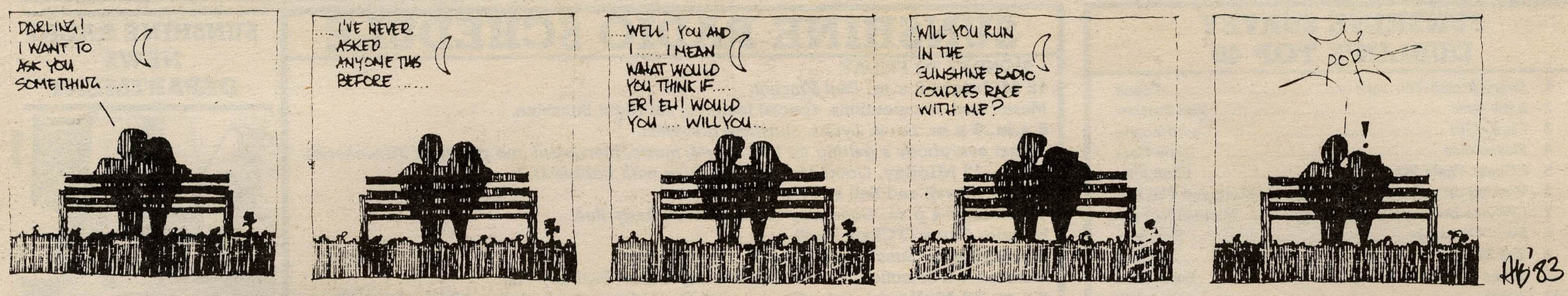
## SUNSHINE RADIO NEWS DEPARTMENT



*Padraig McGarry*
*Caoline Callaghan*
*Gary Miley*
*Emer Dolan*
*Jarlath O'Kelly*




# OUT AND ABOUT




## IRISH RACING FIXTURES

**JULY**

| | | |
|---|---|---|
| **Sat.** | **2nd** | *Phoenix Park* |
| **Mon.** | **4th** | *Waterford & Tramore* |
| **Mon.** | **4th** | *Roscommon (E)* |
| **Tues.** | **5th** | *Wexford (E)* |
| **Tues.** | **5th** | *Bellewstown (E)* |
| **Wed.** | **6th** | *Bellewstown (E)* |
| **Thurs.** | **7th** | *Bellewstown* |
| **Thurs.** | **7th** | *Thurles (E)* |
| **Sat.** | **9th** | *Leopardstown* |
| **Mon.** | **11th** | *Killarney (E)* |
| **Mon.** | **11th** | *Dundalk* |
| **Tues.** | **12th** | *Killarney (E)* |
| **Tues.** | **12th** | *Dundalk* |
| **Wed.** | **13th** | *Killarney* |
| **Wed.** | **13th** | *Down Royal* |
| **Thurs.** | **14th** | *Down Royal* |
| **Thurs.** | **14th** | *Killarney* |
| **Sat.** | **16th** | *Curragh* |
| **Mon.** | **18th** | *Limerick (E)* |
| **Tues.** | **19th** | *Roscommon (E)* |
| **Wed.** | **20th** | *Naas (E)* |
| **Thurs.** | **21st** | *Gowran Park (E)* |
| **Sat.** | **23rd** | *Phoenix Park* |
| **Mon.** | **25th** | *Galway (E)* |
| **Tues.** | **26th** | *Galway (E)* |
| **Wed.** | **27th** | *Galway* |
| **Thurs.** | **28th** | *Galway* |
| **Fri.** | **29th** | *Galway* |
| **Sat.** | **30th** | *Galway* |

### GREYHOUND RACING CLASSICS, JULY

**Carrolls Irish Derby:** Shelbourne Park, July 9-30.

**Sealink Grand Prize and W.K. Stamp Memorial** at Enniscorthy, July 28-August 25.

**Guinness 525** — Galway, July 12-25.

**Guinness Blackwater Trophy** — Youghal, July 8-August 5.

**Paddy Byrnes Memorial Stakes** — Tralee, June 28-July 12.

## *INTERESTING WALKS*

HOWTH CASTLE, *especially the Rhododendrons.*

DUBLIN CASTLE, *where the State Apartments are contained.*

TRINITY COLLEGE, *especially the old Library where the Book of Kells is contained.*

*CHRIST CHURCH CATHEDRAL, visit the tomb of Strongbow.*

SAINT PATRICK'S CATHEDRAL and MARSHS LIBRARY, *once frequented by Dean "Gulliver' Swift.*

RUSSBOROUGH HOUSE, BLESSINGTON, *see the famous art collection of Sir Alfred Beit.*

THE JAPANESE GARDENS, *attached to the National Stud. The gardens tell the story of mans life from birth to eternity. Of special interest is the Japanese Garden Centre, where one can see dwarf potted trees from Japan.*

BOTANIC GARDENS, GLASNEVIN, *open weekdays 9 a.m. to 6 p.m. and Sundays from 11 a.m. to 6 p.m. 50 acres to see in all.*

MOUNT USHER GARDENS, ASHFORD, CO. WICKLOW. *Here you will find a rare collection of plants and shrubs from all over the world. Open Monday to Saturday 10.30 a.m. to 6 p.m. Sunday 2 p.m. to 6 p.m.*

THE PHOENIX PARK, *where you can see Austin Finn and other picture-hungry photographers relaxing in the sunshine. Notable sights include the Zoo, the Irish President's residence, the American President's residence and the Wellington Monument. This is one of the largest enclosed public parks in the world, with 1,760 acres in all.*

POWERSCOURT GARDENS, ENNISKERRY, CO. WICKLOW. *The highest waterfall in Ireland. Open 10.30 a.m. to 8 p.m.*

THE CASINO, MARINO, *a notable example of 18th century architecture, built by the First Earl of Charlemont. Worth looking at are the beautifully executed decorations in the Roman and Greek style.*

THE CUSTOMS HOUSE AND FOUR COURTS, *a masterpiece of Georgian Architecture by James Gandon. Look up your history books for more information surrounding these historic landmarks.*

MALAHIDE CASTLE, *particularly interesting for its collection of Irish furniture. It is also famous for housing the Irish National Portrait Collection.*

MARLEY PARK, *extensive grounds. Craft centre in old stables.*

DUNSINK OBSERVATORY, *admission on the first and third Saturday of month free. Phone 307911.*

## SKATING

**ROLLER DISCOS:**

The TV Roller Drome, Harcourt Street, Dublin 2. Tel: (01) 758891. Open Thursday 7.00 p.m.-10.30 p.m.; Sunday 2.00 p.m.-5.00 p.m. Admission IR£2 includes hire of skates.

Star Roller Rink, Crumlin Road, Dublin 12. Tel: (01) 501438. Open: Monday to Friday 8.00 p.m.-11.00 p.m.; Saturday 8.00 p.m.-12 midnight; Sunday 8.00 p.m.-11.00 p.m. Saturday and Sundays: 10.00 a.m.-12.30 p.m. and 2.30 p.m.-5.30 p.m. Admission: morning IR£1.50; afternoon IR£2.00 and evenings IR£2.50.

Roller Disco, Laurel Park, Woodbrook, Bray. Tel: (01) 821552. Open: July to September 7 nights; afternoon session 2 p.m.-6 p.m. Admission: IR£1.50. Evening Session Monday to Thursday 7.30 p.m.-11.30 p.m.; Friday to Sunday 7.30 p.m.-12 midnight; Admission includes hire of skates. Rest of year: open Friday, Saturday, Sunday and Wednesday times as above with the addition of 2 p.m.-6 p.m. on Saturdays and Sundays.

**Dublin Ice Rink** (Ireland's only ice rink). Dolphin's Barn, Dublin 8. Tel: (01) 752170. Two skating sessions each day. Monday to Friday 2.30 p.m.-5.00 p.m.: IR£1.50; 8.00 p.m.-11.00 p.m.: IR£2.00. Saturday an Sunday 10.00 a.m.-1.00 p.m.: IR£1.50; 2.30 p.m.-5.00 p.m.: IR£2.00; 8.00 p.m.-11.00 p.m.: IR£2.50.

If you do not have your own ice skates you may rent a pair at a charge of 50p. Special rates for group bookings. Resident professional instructors are constantly available for private or group lessons in figure skating, free skating or ice dancing. Buses: 17, 19, 20, 22, 50, 77.




*John Murphy and Yaman Lynch out and about in Grafton Street.*

**NEXT**
For the Casual Man this year he must Shop at
**NEXT**
The New Casual Shop for Men.
*10 DUKE LANE, DUBLIN 2.*

"THE "NEW
**easicare Polycore®**
MATTRESS
Specially designed to prevent Decubitus Ulcers . . .
(Pressure Sores)
in long term and incontinent patients, intensive care patients and the physically handicapped.
This new Polycore mattress pad is manufactured from cylindrical 'hollow core' polyester fibres. Polycore fibre is a very resilient and durable material which does not matte, it retains its soft springy quality through successive washes. It also prevents the penetration of moisture e.g. urine and washing chemicals.
The unique design of the Easicare Polycore mattress pad provides for optimum patient comfort combined with ease of management. Mattress cases and tubes can be removed separately for washing and spin drying. Mattress Cases have a PVC waterproof incontinent sheet on one side and a cool blue polyester sheet on the other side. A zip fastener runs the full length allowing for easy insertion of tubes.
All materials used conform to the highest standards of quality and comply with strict standards of flame retardency, details of which are available on request.
PRODUCT PRICE £93.00 (INC. VAT)
FANNIN HOUSE, Bishop Street, FANNIN Dublin 8. Tel: 782211. Telex 30580.

## FISHING IN JULY

**ATHLONE**

Matches 4/5/7/8 July (12.00-17.00).

Draw 9.30 hrs. each morning. IR£2,750 prize money, optional pools, trophies.

Fishing "The Meadows" bream stretch of the River Shannon and Hannigan's field area.

Entry fee: IR£10 per day or IR£30 per 4 day package. Pools optional.

Contact: Mr. Sean Egan, Connaught St., Athlone, Co. Westmeath. Tel: (0902) 4773.

**BELTURBET**

Matches 24/26/28 July (11.00-16.00) Draw 9.00 hrs. IR£1,000 prize money and Irish holiday vouchers. Optional pools. Entry fee: IR£5 per match. Bream and rudd fishing on the River Erne.

Contact: Mr. Anthony Vesey, Belturbet, Co. Cavan. Tel: (049) 22104.

**SUNSHINE RADIO-ADIDAS 10km Couples Road Run organised by Dublin City Harriers under BLE/IAAF Rules on Saturday September 3, 1983 starting at 12.00 noon at Conyngham Road, Islandbridge.**

## Rules of the Competition

1. There will be individual and couples award categories.
2. Individuals Prizes will be awarded based on finishing place.
3. Couples Prizes will be awarded based on the aggregate finishing times of both partners.
4. Individual entries will be accepted.
5. Couples may enter in the appropriate category — categories are listed below.
6. Couples must comprise of one male and female athlete.
7. Couples may not enter in more than one category.
8. The decision of the committee will be binding in case of dispute.

## Awards

Each finisher will receive an **Adidas** T-Shirt.

Prizes to: **1st six men; 1st six women; 1st six veterans over 40.**

**A special bumper prize of a continental holiday for 2 will be drawn for on the day — courtesy of SUNSHINE RADIO.**

**Entry Fee: £3.00 per person.**

**Cheques and Postal Orders payable to: Race Director.**

**Entries to:** ***Race Director, SUNSHINE RADIO/ADIDAS Couples 10km, 195 Blackhorse Avenue, Dublin 7.***

Please send a 9"x4" envelope for race numbers and information sheet.

ADIDAS

# WIN A SUNSHINE HOLIDAY

SUNSHINE

## ENTER THE 10K RACE

## SHAKE A LEG

### EMER DOLAN

**MAYBE I AM A SEXIST. Everyone says that if I ever do crash, God forbid, it'll be a result of looking at men's legs and bodies. But then I'm not exactly an ace runner, and will need a vaguely decent partner in the SUNSHINE RADIO ADIDAS COUPLES 10k race that we're holding in the *Phoenix Park* on the 3rd of September.**

**The race will basically be a fun event, and will cater for all sorts of weird and wonderful couples combinations.**

**How it works is, you find a partner, enter in a suitable category, and we'll add your two *times* together to see how you performed as a couple.**

**The categories are:**

**PLAYMATES**
**MOST NOVEL PAIR**
**WORKMATES**
**SCHOOLMATES (14-18)**
**COLLEGEMATES (18+)**
**GRANDPARENTS**
**HUSBAND & WIFE**
**BROTHER & SISTER**
**MOTHER & SON**
**FATHER & DAUGHTER**
**INDIVIDUAL**

*So start thinking about who you'll take to the line!*

And if you're positively allergic to people, you can be anti-social and enter in the Individual category *(We thought about all you weirdos!)*

It costs £3 to enter. Everyone who enters will get a FREE T-SHIRT. The race will be organised by Dublin City Harriers under B.L.E. rules.

There'll be all sorts of well known personalities and athletes in the race, and you'll also have a chance to see the *legs behind the voices of the D.J.'s!*.

The SUNSHINE Roadshow will help you along the six mile course. Well it's a *fraction* over six miles, in fact, but even if you're totally unfit and pot bellied at this stage, like our chief bottle washer *Robbie Dale*, you've plenty of time to get in shape.

While we're on the subject of that man, rumour has it that *HE* may run off with *Anne Doyle* ... We'll keep you posted!

We also promise to meet you at the finish line with refreshments, and will even carry you, if necessary, to the big party that we're holding afterwards.

## CONTINENTAL HOLIDAY

But there's more. Your running number will double as a raffle ticket in a draw for a *CONTINENTAL HOLIDAY* for two. So be careful who you choose as a partner, because you may end up having to look at them for two weeks on a desert island! But then, if you can tempt some lush into running with you, *splitting coconuts could be heaven.*

**Enough ... Entry forms will be available in sports shops from July 1st, or from us here at SUNSHINE RADIO.**

**Fill in the entry form, complete with cheque or postal order (£3 per person), and send it back to us with a 12 x 10 stamped addressed envelope. We'll send you your running number, and tee shirt. Happy training.**

**P.S. If you belong to a sports group, and would like to talk to us on the SUNSHINE RADIO sports slot that's on each evening, or if you would like any forthcoming events mentioned on air, phone me at the studio (460400), or drop me a line to:**
**Emer Dolan,**
**SUNSHINE RADIO,**
**Portmarnock.**

---

**SCHEDULE A: Is made out for those athletes who have been running and who may have competed in some of the recent 4-6 mile races available around the country. These people may now wish to progress from running to racing and may wish to compete against the clock and set a target for themselves. This schedule is based on 5 days a week training. It is based on a 9-week schedule.**
**SCHEDULE B: Is made out for the beginner. Those who wish to start now or those whose training may not have gone well, or whose training has been interrupted by injury. This schedule is based on 4 days a week training and is based on 9 weeks to Sept. 2nd. However, if the earlier weeks are too easy for some people who have been doing some running, then they should skip the earlier weeks and repeat weeks 3-6.**

In general remember the Sunshine running motto:

**Training Helps**
**Straining Hinders**

or as the old athletic adage said: *"Too much of a good thing can be bad for you".*

Training can be boring if one uses the same pace and distance each night. In this schedule watch out for the pace instructions. To define the various paces the modern coach will use heart beats: easy running being around 120 beats a minute, steady running around 135/145 beats a minute and hard running at above 165 beats a minute.

However, much simpler form of pace judgement is how you feel. Easy running is when a full conversation to a companion is quite comfortable. It is a comfortable pace with no signs of stress or heavy breathing.

Steady running is when conversation is limited to the odd sentence now and again — the question and brisk answer.

Hard and fast running is when conversation is very difficult.

**However, at all stages an effort must be made to feel relaxed and strong.**

As training progresses we will discuss other forms of training that may be introduced to vary your training namely fartlek running, extensive interval running and the use of hill running. We will also explain how to organise recovery weeks in order to help your body to adapt to the stress of extra training loads. We shall also encourage you to keep a training diary. Later on we will examine the signs of over-training. This important aspect will be dealt with in some detail.

The mistake made by most people is to include too many hard runs on their schedule. There must be a balance in your training. The combination of stress and recovery, of hard or steady running and easy running is important. If a certain amount of training is good for you and you notice improvement in your running then it does not necessarily follow that more training will be better for you. There comes a time when the *LAW OF DIMINISHING RETURNS* applies. However, when your body has fully adapted to that particular stress loading, further increases in training may be possible which could lead to further progression in running. The threshold is dependent on many factors, the most important of which is your present fitness.

### Schedule (a) For the Complete Beginner (4 days a week)

**STAGE ONE: Getting Fit**

**9 Weeks:**

*Week 1*
1) 8-10 minutes easy running
2) 15 minutes walk
3) 8-10 minutes easy running
4) 10-12 minutes easy running

*Week 2*
1) 12-15 minutes easy running
2) 20 minutes walk
3) 12-15 minutes easy running
4) 12-15 minutes easy running

*Week 3*
1) 2 miles easy running
2) 1 mile easy running
3) 2 miles easy running
4) 1 mile easy running

*Week 4*
1) 2½ miles easy running
2) 1½ miles steady running
3) 2 miles easy running
4) 2 miles easy running

**STAGE TWO: Main Conditioning Period**

*Week 5*
1) 3 miles easy running
2) 2 miles steady running
3) 3 miles easy running
4) 2 miles easy running

*Week 6*
1) 4 miles easy running
2) 3 miles steady running
3) 3 miles easy running
4) 2 miles steady running

*Week 7*
1) 5 miles easy running
2) 3 miles steady running
3) 4 miles easy running
4) 3 miles steady running

*Week 8*
1) 6 miles easy running
2) 3 miles steady running
3) 4 miles easy running
4) 4 miles easy running

**STAGE THREE: Easing Down Week**

*Week 9*
1) 4 miles easy running
2) 3 miles steady running
3) 3 miles easy running
4) RACE.

**COMPETITION RULES SEE PAGE 12**

### SCHEDULE (B) FOR THOSE WHO ARE ALREADY TRAINING OR WHO MAY HAVE RUN IN ANY OF THE MANY RECENT ROAD RACS (5 Days a week)

**STAGE ONE: Maintaining Fitness**

*Week 1*
1) 4 miles easy running
2) 3 miles steady running
3) 3 miles easy running
4) 2 miles easy running
5) 2 miles easy running

*Week 2*
1) 4 miles easy running
2) 3 miles steady running
3) 3 miles easy running
4) 3 miles easy running
5) 2 miles easy running

**STAGE TWO: Main Conditioning Phase**

*Week 3*
1) 4 miles easy running
2) 3 miles steady running
3) 4 miles easy running
4) 3 miles steady running
5) 2 miles easy running

*Week 4*
1) 5 miles easy running
2) 3 miles steady running
3) 4 miles easy running
4) 3 miles changing pace
5) 3 miles easy

*Week 5*
1) 5 miles easy
2) 3 miles steady
3) 4 miles easy
4) 3 miles changing pace
5) 3 miles easy

*Week 6*
1) 6 miles easy
2) 3 miles steady
3) 4 miles easy
4) 3 miles changing pace
5) 3 miles easy

*Week 7*
1) 6 miles easy
2) 3 miles steady
3) 4/5 miles easy
4) 3 miles changing pace
5) 3 miles easy

*Week 8*
1) 7 miles easy
2) 3 miles steady
3) 4 miles easy
4) 3 miles changing pace
5) 3 miles easy

**STAGE THREE: Easing Down Week**

*Week 9*
1) 5 miles easy
2) 3 miles steady
3) 3 miles easy
4) RACE

**NOTES:**
**FAST RUNNING** is near to racing pace.
EASY RUNNING is a conversation pace.
**STEADY RUNNING** is a comfortable pace in between the other two.
**CHANGING PACE** is where the pace of the run incorporates all three at different stages.

## Sunshine Radio/Adidas 10K Race

### • *Entry Form* •

| Male | Female |
|---|---|
| Name: ..... | Name: ..... |
| Address: ..... | Address: ..... |
| ..... | ..... |
| Age: ..... | Age: ..... |

Please enter me for the Sunshine Radio/Adidas 10k on 3/9/83. I understand that I enter at my own risk and neither *Sunshine Radio, Dublin City Harriers* or *Adidas* will be held responsible for any accident suffered or injury sustained by myself from any cause whatsoevr or any property lost, mislaid or stolen on the course or at the changing rooms.

Signed: Male .....

Female: .....

*Don't forget stamped addressed envelope.*

*Couples' Categories*
*– please tick as appropriate*

| | | | |
|---|---|---|---|
| Husband & Wife | ☐ | Sister & brother | ☐ |
| Mother & son | ☐ | Father & daughter | ☐ |
| Grandparents | ☐ | Boss & secretary | ☐ |
| Teacher & pupil | ☐ | Workmates | ☐ |
| Schoolmates 14-18 years | ☐ | Collegemates 18+ | ☐ |
| Playmates | ☐ | Individuals | ☐ |

Most novel idea ☐ please state idea

Funniest couple ☐ please state category

# ★ POP QUIZ ★

*Below are listed 12 questions. The first person with all correct answers will win a* ***"Phillips D2000 Radio".***

1. Wings scored a double-sided top 10 hit in 1972, one side was called "Hi Hi Hi". What was the title of the other song?
2. The comedian Benny Hill had a No. 1 hit at Christmas 1971. What was the title of the song?
3. *"No Regrets"* was a Top 10 song for Midge Ure in 1982, who had the original hit version of that song?
4. What is the title of Dan Fogelberg's one and only U.K. Top 75 hit to date?
5. *"The Hucklebuck"* by Brendan Bowyer was a hit second time around in 1976. What year did it originally reach No. 1 in Ireland?
6. Who had a hit with *"On My Radio"* in the late 70's?
7. Who was the lead singer with the group *"Herd"*?
8. *Hot Chocolate* has had many hits since 1970. Can you name the title of their only No. 1 success?
9. What was the title of *Cilla Black's* first ever chart entry in the U.K. Top 50?
10. *"It seems a long time ago, you were the only one don't come crying' to me when you're the lonely one"*. From what song, by which artist, are these lyrics taken?
11. An Irishman scored a minor hit with a vocal version of *"The Floral Dance"*. Who is he?
12. In which year did *Elvis Presley's "Don't be Cruel"* make its debut on the U.K. chart?

**Send answers to: Pop Quiz No. 2, Sunshine Review, 8-11 Lr. Baggot Street, Dublin 2.**

# SUNSHINE WORD FIND

| | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| P | N | S | O | B | Y | T | R | H | H | P | E | Y | C | R | N | X | M | D | E |
| E | O | A | E | C | V | O | K | A | E | R | I | A | L | T | H | S | P | O | Z |
| A | I | T | N | W | T | E | K | U | L | K | G | B | O | C | T | P | C | H | B |
| C | O | C | O | M | M | E | R | C | I | A | L | L | S | C | J | Y | K | Q | V |
| N | X | H | O | P | H | N | K | S | T | Y | T | P | U | M | S | E | P | O | H |
| K | N | W | S | I | F | K | I | U | P | K | I | O | N | O | O | K | R | B | T |
| A | X | M | I | C | R | O | P | H | O | N | E | S | S | S | N | C | A | I | I |
| T | L | O | Y | C | A | N | R | H | T | N | O | L | H | N | H | O | G | P | N |
| J | I | M | S | K | S | B | R | T | N | G | U | B | I | O | P | J | F | S | Y |
| T | S | H | A | P | E | X | I | S | Y | M | P | H | N | I | G | C | F | A | O |
| U | T | O | N | E | D | E | H | P | M | I | D | O | E | T | G | S | E | P | U |
| O | E | X | T | R | A | N | S | M | I | T | T | E | R | I | T | I | C | F | A |
| Q | N | I | U | L | E | X | T | S | F | A | N | R | C | T | D | D | F | M | Q |
| C | E | O | B | O | I | D | U | T | S | K | B | D | X | E | Z | I | E | U | P |
| R | R | N | K | N | M | I | L | J | Y | K | A | X | R | P | I | Q | J | B | D |
| P | S | T | N | E | W | S | R | E | A | D | E | R | P | M | C | H | D | L | R |
| K | S | H | Q | N | E | X | U | W | S | I | R | E | D | O | C | D | N | A | O |
| E | V | N | S | U | N | S | H | I | X | B | A | R | W | C | E | E | O | S | C |
| U | W | T | P | H | O | N | E | I | N | S | S | S | S | S | E | X | R | H | E |
| A | H | P | C | O | M | P | X | P | O | N | W | X | D | Y | X | Z | X | N | R |

***SUNSHINE***
***TOP FORTY***
***STUDIO***
***AERIAL***
***LISTENERS***
***PHONE-INS***
***DISC JOCKEY***
***TRANSMITTER***
***NEWSREADER***
***MICROPHONE***
***COMMERCIAL***
***ALBUM***
***COMPETITIONS***
***RECORD***

**Submitted by ELLIOT JOHN Age: 13 yrs.**

**13 words to find as fast as you can. The words are read horizontally, vertically or diagonally either forward or backwards but always in a straight line.**

# St. Michael's Hospital Fundraising

**ST. MICHAEL's Hospital, Dun Laoghaire, Co. Dublin is looking for £100,000 to buy much needed equipment in order to continue their marvellous service to thousands of sick people. The breakdown is as follows:**

(a) Ultra Sound Equipment: £40,000; (b) Intensive Care Units: £10,000; (c) Child Urology Equipment: £5,000; (d) Theatre Equipment: £24,000; (e) Pathology Department: £21,000. **Total: £100,000.**

**St. Michael's has been run by the Sisters of Mercy for over 100 years and last year cared for 75,109 people.** *Sunshine Radio* **has already asked people to contribute and now the "REVIEW" asks you to send your donations to** *"St. Michael's Thanks a £100,000 Fundraising Project"*. St. Michael's Hospital Fundraising Account at the Bank of Ireland, 101 Upper Georges St., Dun Laoghaire, a/c no. 60935720. Thank you!

# SUNSHINE DINE

**With FRANCOIS SCHELBAUM**

**STROLLING along the Quays, it's nice to see a restaurant with a difference — a Continental flair perhaps? Cosy and welcoming, open where the character of a city lies, Columbia Mills Restraunt is located at 14 Sir John Rogersons Quay, Dublin 2 and car parking is widely available.**

The first impression of Columbia Mills is bright and refreshing, theatrically designed with a stage and large red and yellow sails covering the ceiling, giving a rather artistic if not chic impression.

**Service is most efficient and fast and the food is very tasty. The Mousse de Camembert is good to start with, full of body but yet at the same time very light. The main course Taghiatilli Mare was rather small for a main course but very well presented with no 'trichiere'. Also served was fresh sea food with a crisp side salad. For dessert, the usual apple pie and cream — with very little difference!**

In general Columbia Mills is professional, unusual and extremely pleasant in many ways. It comes strongly recommended.

ISSUE 1 POP QUIZ WINNERS

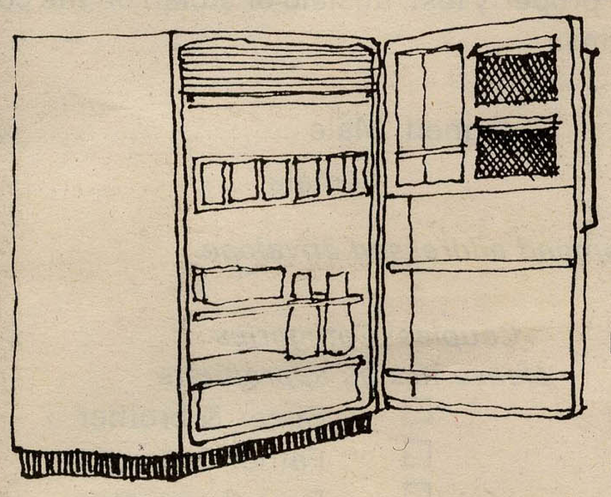
**Michael Mullaney, 15 Upr. Hollybank Ave., Ranelagh.**
**Eamon Lynch, 42 Glenview Road, Whitehall, Dublin 9.**


**Costa del Sol**
**Limited Availability July, Aug., Sept.**
**From £279 per person or £959 2 Adults and 2 Children Bonded**
**AERFAIR TRAVEL LTD.**
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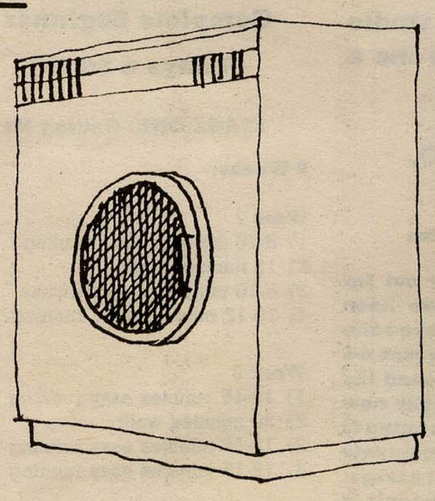
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# *MANDY*



*2½ year old Mandy Dunne sharing her lunch with the ducks in St. Stephen's Green.*

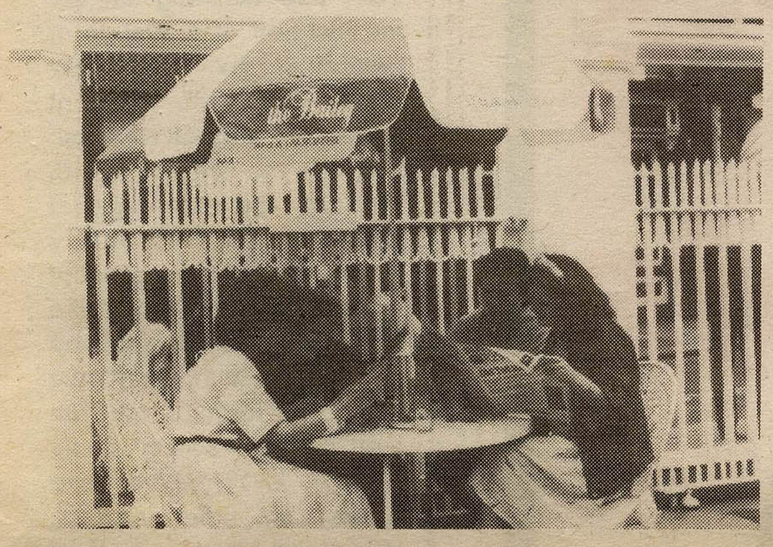
# DUBLIN ROUND UP




*Jimmy Tobin of Bray enjoying a good read of SUNSHINE REVIEW.*



*Pictured at the Carrolls reception, Malahide Festival Queen, contestants Paula McNally, Maura McMahon and Valerie Kelly with Sunshine's Robbie Dale and local T.D. Nora Owen.*

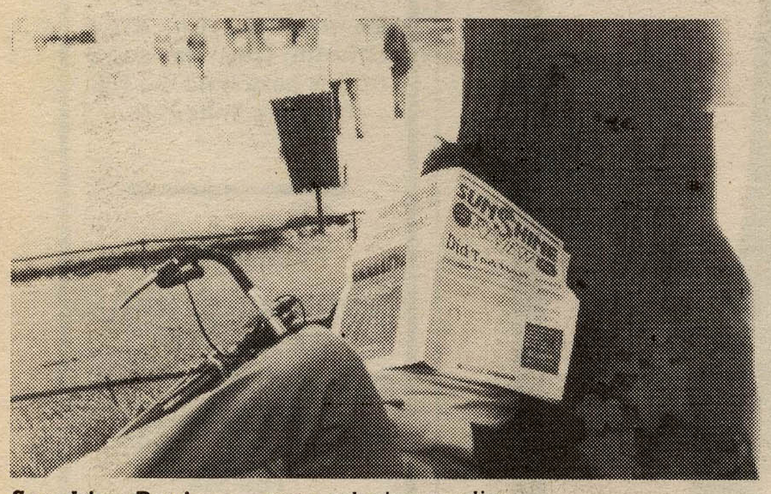


*Fiona Browne, Terenure, Niamh Kenny from Rathmines, Billy Burstrom of Ranelagh and Caroline Bale of Castleknock basking in the "Sunshine" outside The Bailey.*

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*Yuri Jennings from Sandycove and Neil Ennis from Santry are glad to hear SUNSHINE RADIO again.*



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**Venetian Hall, Howth Road**
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PHONE: 390799.

Portmarnock Soccer Club requires players, managers and helpers for the 83/84 season, particularly under the age of 13 years. Contact: **Chairman: Jack Irwin 461701; Secretary: Jimmy Fay 461000; Treasurer: Sean Bolton 460187; Vice-Chairman: Pat McKeon 462721.**

**Female Student**
from
**Rathgar**
seeks summer job—anything considered.
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Irish Life Mall, Talbot Street,
Dublin 1.


## IRISH TAXPAYERS PARTY

A NEW POLITICAL pressure group has been formed to highlight the problems of the present system of taxation. The Irish Taxpayer's Party are insisting on the introduction of a system of equity in tax. The Party claims that the present machinery is open to abuse and that the self-employed, farmers and professional people are not fairly assessed under the present system. In a statement the party said: *"We deplore any suggestions which may give rise to the opinion that the Irish Taxpayer's Party is only for the PAYE sector and against all other sectors. What we ask, in fact demand, from the government is the machinery and the will to collect taxes from all instead of just burdening one sector solely with taxes, thereby trying to create a division between the different sectors".*

Basically the party wants an indirect system of taxation which they claim could increase the take home pay by between 30 and 50 per cent.


**Thanks to Jim Kilty (Dublin City Harriers) for his help with the 10K training schedule.**

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