

FREE

Tel: 021 477 4313 :: Email: info@kinsaleadvertiser.com :: Fax: 021 477 4339

Max's

48 Main St., Kinsale

Restaurant



& Wine Bar

Tel: 021 477 2443 www.maxs.ie

Now Open for the season!
with exciting new recipes, and some old classics...

~ Open 5 Nights ~
Closed Sunday & Mondays

~ Midweek Lunch ~
12.30pm to 2pm

~ Early Bird Menu ~
(Last orders 7.30pm)



Good Luck to everyone in The Pink Ribbon Walk/Run, from all at Max's!!!

Coming Soon

Koko

handmade artisan chocolate



Pier Road, Kinsale, Co Cork, Ireland

087 6110209





The Farm Store

• Belgooly •

Tel: 021-4770360 Email: belgooly@thefarmstore.ie

Multipurpose Compost

75lt Bags, 2 for €10.00

Certified Seed Potatoes

Now In Stock: Golden Wonder · Kerr's Pink · British Queen

Onion Sets Also Available

Suppliers Of:

Seeds, Feed, Chemicals, Cement, Dairy Hygiene Products,
Animal Remedies, Horse Feed, Pet Food & General Hardware

The Spaniard

Scilly, Kinsale

~Live Music~

Fri 2nd March: **Martin & Friends**

Sat 3rd March: **For Folk Sake**

Coming Soon:

Sun 11th March: **Jim Carroll, 5-7pm**

Saturday 24th March

Grapevine Promotions presents:

Andy Irvine

Doors 8pm. Tickets €20 available
now from bar or www.tickets.ie



~Bar & Restaurant~

Open Daily, All Menus Available

Lunch 12pm-3pm, Monday-Friday
Food All Day, Saturday & Sunday

Private Functions Catered For

Tel: 477 2436
www.thespaniard.ie

The Pamper Room[®]

Massage & Beauty Therapy

at Walton Court, Oysterhaven Bay

Pamper your Mum for

Mother's Day

with a luxurious



FLOURISH Facial &

ORGANICS

Mini Manicure

or Pedicure (60 mins)

only €42.00

Cleanse, tone, exfoliation and mask using products to suit your Mum's skin type. While the mask gets to work she will receive a relaxing head massage, followed by an intense moisturising treatment. Nails will be filed, buffed and polished, and the hands or feet will be moisturised, leaving them looking conditioned and elegant.

Gift Vouchers Available

contact Josie on: 4770595 or 087 6926187

email: josie.hodgson@yahoo.ie

www.thepamperroom.ie

YOUTH OF WEST CORK HAVE YOUR SAY



If you're living in West Cork and aged between 16 and 24, West Cork Development Partnership wants you to have your say on a range of issues including the quality and availability of youth services, volunteering, and what it's like to be young in your community.

As part of a project to develop a youth development strategy for the region, West Cork Development Partnership wants to hear your thoughts on the issues that matter to you to help us shape and deliver youth powered services that meet your needs and enhance your community.

The survey takes just 10 minutes to complete, and if we reach 500 responses, we'll give away an *iPad2* to **one lucky entrant**.

You can take the survey at www.wcdp.ie/youthsurvey



West Cork
DEVELOPMENT PARTNERSHIP

T: 023 8834035 or 027 52266
E: info@wcdp.ie W: www.wcdp.ie



Comhairle, Poblán agus Rialtas Ádhúil
Environment, Community and Local Government





Mother's Day

Sunday 18th March



Mother's Day is a special occasion and a time of the year when every mum should be pampered and treated, the Trident Hotel is beautifully located which makes it a perfect setting for that special Mother's Day celebration!

**Enjoy our delicious
Mother's Day Lunch Menu
& spoil your mum this year!**

Two sittings available: 1pm & 3pm



Tel: 021 4779300

www.tridenthotel.com

Back Care Course

For a strong, supple, healthy back...

Wed 6.30pm-7.30pm,
6 week course.

Starts 7th March
at Kinsale Yoga Centre.



Easy to learn exercises drawn from Yoga Therapy and Pilates to strengthen the supporting muscles of the spine and abdomen, ease away tension and discomfort, increase mobility, and encourage good posture.

Libby: 087 9906187

Libby holds a Yoga Teachers Diploma from Sivananda Yoga Vedanta and a Post Graduate Diploma from Yoga Therapy Ireland with whom she has also completed the Muscular-Skeletal specialisation as part of their Advanced Yoga Therapy Diploma.

Cake Sale

+

book sale

Fri 9th March

Temperance Hall @10am



Adm €3
includes tea/coffee,
scone & raffle



KINSALE
Pink Ribbon Walk
to benefit
action breast cancer



Best of luck to
everyone in the
Walk/Run!!!

Sunday 4th March

Come and join the



Roadshow

Pink in the Park Party,
before and after the
Pink Ribbon Walk!!!
Plus our legendary
Noodle Bar!!!

Followed by the

Big Pink Party

afterwards in the White Lady
to soak up all the action of
the Ireland V France Rugby
match on our 3 Big Screens
with our famous **BBQ!**

No Cover Charge!
All Families Welcome!

THIS SATURDAY 3rd March!!! Doors 9pm

The Rubber -Bandits

As Seen on RTE's
Republic of Telly
&
Coming soon to
Channel 4

Tickets €18.50
Available on door

Followed By
Nightclub
til Late!!!

PLUS SUPPORT BY
KARMA PARKING
AND SINK
**DO NOT
MISS THIS!!!**



+NEW on

::Sundays::

11.30pm 'til late

Sample the atmosphere of our new cosy
Late Lounge - Sunday Nights
with The Good Groove Circle
playing the best in alternative music.
NO COVER CHARGE!!!

www.whiteladyhotelkinsale.ie
Telephone: 021 477 2737

44 Main Street
Kinsale

Alto Holistics

Opening Evening
by appointment
- please call

Check out our Aromatherapy Packages:

DE-STRESS PACKAGE: Relax with an essential oil footbath (choose from lavender, roman chamomile & geranium), Aromatherapy massage, and lavender hand and feet moisturising treat and take home oil mix, €60

DETOX PACKAGE: Relax with an essential oil footbath (choose from ginger, lemon & grapefruit), Aromatherapy massage, and eucalyptus hand and feet moisturising treat and take home oil mix, €60

INSOMNIA PACKAGE: Relax with an essential oil footbath (choose from frankincense, lavender & sandalwood), Aromatherapy massage, and lavender hand and feet moisturising treat and take home oil mix, €60

~ GIFT VOUCHERS AVAILABLE ~

Various other
packages
available,
ask for detail
or see our window

Sarah Tubridy on 087 9127271
Looking forward to meeting you!

Kinsale Pottery Spring 2012

- WEEKLY CLASSES ONGOING -

- **Childrens Art** Tues 3.30pm-5pm,
10 weeks €150, **Sibling discounts**
- **Pottery** Weds 6.45pm-9.45pm,
Weds & Thurs 9.30am-12.30pm
10 weeks €250, **Bring a friend** for €225

- CREATIVE DAYS 10am-4.30pm -

- **Pottery €50pp**
March 13/25, April 2/15/22, May 6/20, June 2/8/17
- **Batik €60pp** March 25
- **Glass Fusing €60pp** March 25
- **Weaving/Rag weaving €60pp** April 22
- **Millinery €60pp** May 20
- **Costume Jewellery-making €60pp** June 17
- **Sculpting in precious metal clay €80pp** May 20

For details on courses, or to book online
www.kinsaleceramics.com
or call Adrian on 087 9696901

Gill's Hair Salon LADIES & GENTS

Unit 22 Riverside Grove, Riverstick, Co. Cork

opening hours

Monday:	Closed
Tuesday:	9am-6pm
Wednesday:	9am-7.30pm*
Thursday:	9am-7.30pm*
Friday:	9am-6pm
Saturday:	9am-4pm
*by appointment only	

New to Salon:
Botanic Herbal Colour & Balayage Hair Color
Specialising in mesh hi-lites

please ring for appointment on

021 4771987

FREE PARKING AVAILABLE

The Folk House

Music Venue
www.folkhousevenue.com



Guardwell, Kinsale
T: 021 4772382



ALL SPORTS SHOWN
On Our 2 Big Screens
**Six Nations Rugby,
Premiership, etc.**

**ALL PARTIES CATERED FOR
FROM 3 TO 300**
Check Out The Green Room

WORLD BEER MENU
Unrivalled selection including:

Fuller's Honey Dew Lager, O' Hara's IPA,
Old Speckled Hen, Tom Crean's Lager
PLUS, NOW ON TAP:
Metal Man Cask Ale & 8° Howling Gale



**LIVE
~MUSIC~**

**FRI 2nd MARCH
THE FRETS**

Lively 2 Piece playing Trad to Jazz

**SAT 3rd MARCH
SOUP
SYMPHONY**

Brilliant 4 Piece - Not to be missed!

**SUN 4th MARCH
THE BIG
ORDEAL**

3 Piece Rockin Covers

**THURS 8th MARCH
THE BLUEJAYS**

5 Piece Funk, Soul & Jazz

**FRI 9th MARCH
RUBICON**

5 Piece Trad Rock Band

Bacchus Nightclub

Guardwell Kinsale

FRIDAY Doors 11:30pm

DJ Sean - all the old & new classics
Free Entry b4 12:00am

SATURDAY Doors 11:30pm

DJ Garian - 90s Club classics & chart
Free Entry b4 12:00am

THURSDAY Doors 11:30pm

DJ Mark - all the old & new classics
Free Entry all Night



TRIDENT
HOTEL / KINSALE



*Celebrate... your
Communion or Confirmation
Party with us*

...& the guest of honour dines Free!

Reservations now being taken. Call 021 4779300



Tel: 021 4779300

www.tridenthotel.com

Fasttrack Broadband

Providing High speed
broadband in your area!

No Phone line needed - No line rental
Local Company with a local support team
Packages starting from €23.50 per month

Contact Tristan on:

087 1211809

Ballinadee, Bandon, Co. Cork

email: info@fasttrackbroadband.ie

web: www.fasttrackbroadband.ie

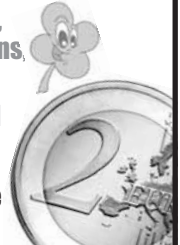
- Bandon
- Ballinadee
- Ballinspittle
- Old Head
- Dunderrow
- Kinsale
- Belgooly
- Riverstick
- Ballygarvan

Kinsale €2 Store

• St. Patrick's Day Rosettes,
Hats, Balloons, Decorations,
Bunting etc.

• Plus everything you need
for Mother's Day

Long Quay, Kinsale
(formerly Surf Shop)



Padraig Fitzgerald

of PJ Fitzgerald Insurance, official insurer
for the Pink Ribbon Walk

*wishes all participants the
best of luck on Sunday!*



FIT FOR FUN

EXERCISE & WELLNESS CLINIC



We design and develop specific exercise 'prescriptions' or exercise guidelines to complement, support and assist in the recovery, care and rehabilitation of

- General wellness & physical well-being
- Post cancer physical activity
- Post-natal exercise
- Neuro-muscular weaknesses
- Arthritis/osteo-arthritis
- Rheumatism
- Immunological disorders/weaknesses
- Cognitive & physiological child development
- Sports Specific Training
- Injury Recovery
- Preventative Care

GET FIT – BE FIT
STAY FIT & ENHANCE YOUR WELLNESS

For further enquiries or appointment
Contact us:

FIT FOR FUN

Sabine Graef

Sports Science & PE, Physical Coach
14 Bradfield, Dunderrow,
Kinsale, Co. Cork

mob: 087 9872783

email: sabine@fitforfun.ie

www.fitforfun.ie

Bulman Bar & Toddies Restaurant

SUMMERCOVE, KINSALE

Saturday 3rd March

Crazy Chester, 10.15pm

Sunday 4th March

Boozy Schmoozers, 6.15pm

Catch The Rugby Action This Weekend:

France v Ireland

Sunday 4th March @ 3pm

Saturday 10th March

The Phillers, 10.15pm

Sunday 11th March

Boozy Schmoozers, 6.15pm

-Food Served Daily-
12.30pm to 9pm



-Bulman Bites Menu-
Served Daily 6pm to 9pm

~ Samples ~

Deep fried Haddock & Chips, €10.50
with homemade tartare sauce

Deep Fried Calamari Salad, €11.50
with garlic mayo

Fresh Tuna & Trout Sushi Rolls, €9.50

Chicken Satay Skewers, €8.50
with peanut sauce

Prawn Tempura, €12.50
with caesar salad

Spicy Jamaican Style Lamb Curry, €12.50

Sticky BBQ Spare Ribs, €9.50

with maple syrup & orange sauce

Hot Oysterhaven Oysters, €12.50

with leek & smoked gubeen

Thai Green Chicken Curry, €10.50

T: 021 477 2131
www.thebulman.ie





Aperitif

WINE & SEAFOOD BAR



PINK PARTY

Sunday 4th March from 7pm

Supporting Kinsale Pink Ribbon Walk

The world's favourite
DJ Dennis
with great, fun music

Fancy Dress
in your
pink outfit

Enjoy some
Pink Cocktails
(€1 per cocktail is being donated to
Action Breast Cancer)

Prizes & giveaways
Prize for best pink outfit
(Raffle tickets sold and money
goes to Action Breast Cancer)



So come and have a fun night and help us support this cause at

Aperitif Wine & Seafood Bar

Main St., Kinsale

Tel: 021-4772209



DAISYCHAIN

FLORISTS

Pearse Street, Kinsale
www.daisychain-kinsale.com
021 4774643

MOTHER'S DAY 2012
is on Sunday 18th March

**Now taking orders for deliveries on:
Friday 16th & Saturday 17th March
or collections on Sunday 18th March.**

MARCH OPENING HOURS:
Monday to Saturday 9.30am to 6pm
(St. Patrick's Day inclusive)

Closed Sundays
(except for Mother's Day, 18th March, 9am-4pm)

fishy fishy

Serious about Seafood

Seafood Restaurant on The Pier

- Open 7 Days -

Mon	12pm-3.30pm	Lunch Only
Tues	12pm-3.30pm	Lunch Only
Wed	12pm-3.30pm	Lunch Only
Thurs	12pm-9pm	Lunch & Dinner
Fri	12pm-9pm	Lunch & Dinner
Sat	12pm-9pm	Lunch & Dinner
Sun	12pm-8pm	Lunch & Dinner

For Dinner Reservations:

Call 021 4700 415

www.fishyfishy.ie credit cards accepted

★ ★ ★ **COMEDY NIGHT** ★ ★ ★

Don't miss this fantastic, fun, hilarious night!

***Award winning comedian! ***
***A highly acclaimed stand up. ***
*** Sell out audience internationally. ***



Ardal O'Hanlon

(Dougal from Father Ted)

**Thursday March 8th
@ 8.30pm**

**LIMITED
TICKETS
LEFT!**

The hilarious Ardal O'Hanlon brings his unique brand of standup comedy to The Blue Haven Hotel.

**Tickets €30. To purchase your ticket visit
www.bluehavenstore.com or call 021-4772209**



Anika & Sandra

Massage, Beauty, Hair & Nail

Pearse Street, Kinsale (above Londis - entrance is between Londis & Armada Bar)

Tel: 087 783 9626

Treatments offered by highly Qualified therapists at reasonable prices.

~ Our Services ~

- **Massages** (Swedish - Sport - Back, Neck & Shoulder - Deep Tissue)
- **Facials • Waxing**
- **Manicures & Pedicures • Gel/Acrylic Nails**
- **Full Hair Service** *with Erica*

Gift Vouchers Available, The Ideal Mother's Day Gift ~ Open Mondays to Saturdays

Hip-Hip-Hurray!

Daisy Chain bagged the top prize!
FLORAL DESIGNER OF THE YEAR 2012
in the Weddings Online Awards
www.weddingsonline.ie



Thank you Kinsale for voting us through to the shortlist round
and for all your wonderful support and encouragement.



Pearse Street, Kinsale
T: 021 4774643

See our wedding work on our Facebook pages Daisy Chain Kinsale & Wedding Flowers Kinsale
& on our website www.daisychain-kinsale.com

Joy's Relaxation & Therapy Centre

BALINESE, THAI, MALAY
AND SWEDISH MASSAGE

IDEAL FOR STRESS RELIEF

Specialising in:

Slimming Thai Style
Facial Firming • Back Massage
Head Massage • Foot Reflexology
Hot Stone Massage

**FEELING THE
WINTER BLUES?**

*Why not try a
relaxing massage!*

7 Pearse Street, Kinsale

**Tel: 021 470 0985
Mob: 086 368 3968**

Also: Church Yard Lane, Well Road, Douglas
T: 021 493 6732 / M: 086 041 6338



**Kinsale Deep Sea
Angling & Scenic Tours**

38FT AQUASTAR, OPERATING ALL YEAR!

**CHECK OUT OUR SPECIAL WINTER
DISCOUNTED RATES (UNTIL APRIL)
IT'S A GREAT TIME TO FISH!!!**

ALL TRIPS SUBJECT TO WEATHER. CONTACT BUTCH:
M: 086 103 6905 T: 021 477 8054
www.anglingkinsale.com email: info@anglingkinsale.com

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- | Premier Cover | Premier Plus Cover | Platinum Cover |
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| • Cover up to 5 gadgets | • Cover up to 5 gadgets | • Cover up to 5 gadgets |
| • Insure up to €500 per policy | • Insure up to €1,000 per policy | • Insure up to €2,000 per policy |
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| • Water Damage | • Water Damage | • Water Damage |
| • Theft Cover | • Theft Cover | • Theft Cover |
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www.pjfitzgeraldinsurance.com

Subject to Terms and Conditions.



**NEW
PURPOSE
BUILT
CLASSROOM
@ SAILE,
CAPPAGH**

**BOOKINGS NOW
BEING TAKEN FOR
SEPTEMBER 2012**

SESSION 1: 9am-12pm
SESSION 2: 12.30pm-3.30pm

**ONLY LIMITED
AVAILABILITY
BOOK NOW:
FREE ECCE
PRESCHOOL YEAR**

Fully Qualified Staff

Further Information From:
Nuala McCarthy @

087 7637266



The
**White
House**

FULLY LICENCED GUESTHOUSE & BAR

BREAKFAST SERVED
8am - 12NOON

FOOD SERVED DAILY
FROM 12NOON - 10pm

~ *Six Nations Rugby* ~

Sunday 4th March

France v Ireland, 3pm

~ *Live Music* ~

Saturday 3rd March

Liam & Ger, 10.30pm

Sunday 4th March

Mike O'Riordan, 9pm



Catch all the excitement of

Cheltenham

(March 13th - 16th)

with Fantastic Promotions

*The Freddy Kent Cheltenham Memorial Buster -
Book your space now! ...Please ask staff for details!*

**All Races Live, Including:
Last 2 Races on Racing UK**

Your hosts The Frauley Family & Staff

Tel 021 477 2125

www.whitehousekinsale.ie

Très Chic Beauty Kinsale

JUDY DONEGAN. CIBTAC trained, AIT insured

TEL: 087 2709410

MARCH MADNESS!!!

- ~ Gatineau Radiant Facial
- ~ Eyelash Tint
- ~ Eyebrow Wax
- ~ Scalp Massage
- ~ Hand Hydration Treatment

ONLY €30!!!

Add a Manicure for only €10 extra

*A Perfect Gift for
Mother's Day*



EMAIL: TRESCHICBEAUTYKINSALE@YAHOO.IE
WWW.TRESCHICBEAUTYKINSALE.COM
WWW.WEDDINGSBYKINSALE.COM



MONDAYS



Find us on Facebook
SET DANCING
8.30-10.30 PM
TEMPERANCE HALL

TIME 2 GET



CÉILÍ FIT™!

FIONAN 087 818 5111

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KINSALE

THE SHACK



ON MAIN STREET, KINSALE

Now Open for 2012!!!

Serving Homemade Burgers,
Juicy Steaks, Fresh Fish,
Authentic Pasta &
Tasty Vegetarian Dishes!

Thursday to Monday Evenings

All our produce is locally sourced!

We support local, We buy local, We are local!

Tel: 021 4774480

Come along... and tell a friend!

THE ARMADA

BAR & GUESTHOUSE
Pearse Street, Kinsale Tel: 477 2255

Friday 2nd March

 **Melody
Mystique** 

Join Yvonne and Breda playing songs old and new,
a night to remember with this musical twosome!!!

Saturday 3rd March

Bobby & Eileen

*plus a fantastic Raffle
for the Pink Ribbon Walk*

- Best of luck to all involved!!! -

Plus our Darts, Rings & Pool!!!

Proudly
supporting
The Pink
Ribbon Walk



Check out
www.
TheBigApple.ie
our NEW website
specialising
in NEW YORK!

TO CELEBRATE OUR
4th BIRTHDAY

are delighted to announce the opening of our

NEW TRAVEL LOUNGE

Specialising in:

World-Wide Flights • Cruises • Sun & Ski Holidays
Last Minute Travel Deals • Keycamp Holidays
...and so much more!

Call us on 021-4700568

and let us get you a great travel deal

or call into us over Moloneys Chemist on the 1st floor
(opposite the Bank of Ireland)
for Holiday brochures and expert travel advice.

Got a travel/flight quote already? Let us beat it!

Just email us:

experts@magicvacations.ie

Magic Vacations - Your LOCAL Kinsale Travel Agent
Proudly supporting the "Keep it in Kinsale" campaign.

Magic Vacations, Emmet Place Kinsale | www.magicvacations.ie

Mum & Dad

Thanks so much, we had a fab time.

But you must do something about
your HEARING!!

Please book a hearing test soon
&

It's FREE at Egans.

Just call them on 427 6414 now

 **egans**
OPTICIANS AND HEARING CENTRE

@

 **Connor's**
Pharmacy
7 Pearse St., Kinsale

**HEARING CLINIC
NOW in KINSALE**

For your free hearing test

Call 021 427 6414

EGANS - A FAMILY RUN BUSINESS IN CORK FOR 85 YEARS

KINSALE
Pink Ribbon Walk.ie
to benefit
action breast cancer



Jane

Boutique & Accessories
Shearwater, Pier Road. T:021 477 4910

PINK RIBBON PROMOTION DAY SATURDAY 3rd MARCH!!!

10% OF ALL SALES THIS SATURDAY
WILL GO TO THE PINK RIBBON!!!

&

ALL PURCHASES ON THE DAY WILL
BE IN WITH A CHANCE OF WINNING A

€100 VOUCHER!!!

SPRING STOCK NOW IN STORE ...STOCK ARRIVING WEEKLY!!!

~ GIFT VOUCHERS AVAILABLE ~
OPENING HOURS:

Tuesday - Saturday: 10.30am - 5.30pm
Sundays & Bank Hols: 2pm - 5.30pm

Good luck to everybody involved in the walk/run
...You go GIRLS ...& Boys!!!

ROSS OIL 
COMPANY

"your local oil company"



Beat the Winter conditions - now is a good time to order.

Bandon, Co. Cork

Call us now, we would be delighted to hear from you

Kinsale: 021 477 7015

Bandon: 023 883 9383

Huge value on blinds

ENORMOUS VALUE ON PLANTATION SHUTTERS

This Month @ The Blind-Maker



The Blind-Maker

Visit our Showrooms @:
- Southside Industrial Estate
(near EZ Living), Togher.

021 4320111

www.theblindmaker.ie

SHOWROOMS OPEN MONDAY TO SATURDAY

FREE HOME CONSULTATION, MEASURING & FITTING

The Market Garden

PEARSE ST., KINSALE. Tel: 021 477 4574

GENERAL GROCERY

Specialising in Fresh Fruit & Vegetables,

Dried Fruit, Nuts, Spices and Herbs...

Fruit Baskets Prepared Potatoes & Vegetables.

Open
Mon - Sat
9am to 6pm



CIONN TSÁILE



**Kinsale GAA
Easter Camp**

Kinsale GAA grounds

**Tuesday 10th to Thursday 12th April
10am to 1pm**

**Age: Boys & Girls 6yrs-12yrs
Cost: €30**

To register contact
Micheál O' Connor: 086 8151967
or collect a form from
Maurice Murphy's Hardware

Daltons Bar

Market St, Kinsale. Tel: 021 477 7957

**Traditional Irish
Music & Ballads
Every Monday**

CARLTON
HOTEL & C SPA
KINSALE
★★★★



Sunday Lunch
12:30pm - 2:30pm

Adults 4 Course Menu
€24.95

Childrens Menu
€10.00

Pre Booking advisable

Book Now. Call (021) 470 6000

Email: reservations.kinsale@carlton.ie
www.carlton.ie/kinsale



Subject to availability
T&C's Apply

PART OF THE
CARLTON
HOTEL GROUP
★★★★

COMPLIMENTARY SHUTTLE BUS FROM THE CARLTON HOTEL TO KINSALE FOR ALL PARTICIPANTS OF PINK RIBBON WALK ON SUNDAY 4th MARCH.

Bus Departs Hotel at 11am sharp and returns to the hotel at 3pm.

Pre Booking is essential. Call 021 470 6000

10% DISCOUNT ON BAR FOOD FOR ALL PARTICIPANTS.

Ena's Hair Salon

Ballinspittle, Co. Cork. 021-4778776

FREE CONDITIONING TREATMENT

worth €12 with every Colour & Cut Tues, Weds & Thurs In March

12 WEEK BLOWDRY STARTING AT €150



COLOUR HERBE

Permanent Hair Colour

No Ammonia Colour Herbe contains no ammonia. It represents the sensitive structure of the hair and skin, instead by using extracts of the herbs Rosemary, Cinchona and Walnut Husk, it gently deposits colour whilst achieving healthy natural results.

The Herbe Range features herbal hair colour gels, shampoos and conditioners. Pure biodegradable ingredients include rosemary, bran, malo, coconut and walnut husk. Cleansers contain none of the harsh petro chemical agents that may be found in many other product ranges! Now you too can discover the herbe secret and make the natural choice for beautiful hair...

Soft - No Ammonia. Not Tested On Animals ...Just Great Colour

Open Tuesday - Thursday: 9am - 6pm & Saturday: 9am - 5pm

Late Opening Friday: 9am - 7pm



JIM EDWARDS
BAR & RESTAURANT

Available All Day from 12pm

- ~ Bar & Restaurant Menus
- ~ Lite Bite Menu
- ~ Special Value Dinner Menu
2 Course: €20 - 3 Course: €25
- ~ Lunch Menu & Daily Specials
- ~ Sunday Lunch (4 Course) €23.90

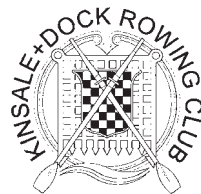


Gift Vouchers Available

Excellent Ensuite Accommodation

Tel: 021 477 2541

www.jimedwardskinsale.com



**Kinsale+Dock
Rowing Club**

are having their

A.G.M.

Tuesday 13th March

**@ The Trident Hotel,
7.30pm**

New members welcome.



KINSALE **Job Seekers** **Resource Centre**

Helping direct you back to employment

**WE ARE PLEASED TO
ANNOUNCE THE FOLLOWING
GUEST SPEAKERS:**

1. Monday 12th March, 2pm:

Mary O'Leary of Citizens Information
Question & Answer Session on
Rights & Entitlements for the over 60s

2. Monday 26th March, 2pm:

**Joe Harris, brother of Eoghan Harris
of the Sindy and Founder of MADS, a
debt advice service that is not MABS**
The Psychology of Debt
dealing with financial insecurity

3. Tuesday 10th April, 2pm:

**Tony Lane, Manager of Kinsale
Welfare Office, DoSP**
Question & Answer Session on
Welfare & Welfare to Work Entitlements

4. Monday 23rd April, 2pm:

**Riana Vermaak,
HSE Clinical Psychologist**
Stress Management Talk +
Stress Reduction Techniques

5. Monday 21st May, 2pm:

**John O'Keefe,
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Sunday March 18, 2012

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Creamy Mushroom on a toasted Ciabatta Bread.
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Home-made Soup of the Day.

~ **Main Courses** ~

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Roast Rib of Irish Beef served with a selection of
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Supreme of Irish Chicken
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~ **Desserts** ~

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I'M WALKING FOR...



THIS SUNDAY 4th MARCH @ 12 NOON

Final preparations are underway for Kinsale's first Pink Ribbon Walk to benefit Action Breast Cancer. We hope that you all enjoy the day and **THANK YOU** to everyone for your tremendous support on this project.

LAST MINUTE CHECK LIST:

Check in early - ideally on Saturday 3rd March from 12-7pm at the Temperance Hall, to pick up your number and t-shirt and hand in your sponsorship card and money. Every euro counts and goes directly to Action Breast Cancer. You can also check-in on Sunday 4th March 9am-11.30am.

Please note that we **cannot allow buggies or dogs** (unless guide dogs). Terms & Conditions state that **Under 16s are not insured** to participate in the Pink Ribbon Walk.

Parking is in the Fire Station / Glen Car Park as well as main Car Park in front of Super Valu / on street parking. Please ensure you do not park in the Town Council Car Park (beside Seaview) or Actons Hotel after 6pm on Saturday 3rd March.

Remember to have a good breakfast and do a few stretches before the warm up with Saran Crosbie at 11.45am. Runners please note that we will not be recording individual times. Start time is 12 noon sharp.

Wear good runners / walking shoes, thick socks and appropriate rainwear. We suggest a base layer under your t-shirt and rain jacket. We will have pink ponchos for everyone at check-in.

We welcome Cara O'Sullivan and Sharon Crosbie, our Brand Ambassadors, together with Fred Treacy, Mayor of Kinsale, who will be involved in the opening and closing ceremonies and we are delighted that Sharon and her Band will perform after the Walk.

After the Walk/Run you will receive a medal and your refreshment voucher is on your race number - for registered participants only.

Take time during the day to visit the Reflection Area. You will be asked to write a pink ribbon "I'm walking for ..." which is an important part of the day.

Most importantly, enjoy the challenge and enjoy the day!

Pink Promotion of the Week:

Hamish Hawkin & Co. is donating 10% from Orla Kiely bags & wallets on 3rd & 4th March.

Bookstór, Jane Boutique & Kinsale Sports are also running pink promotions until Sunday 4th March.



Follow us on www.facebook.com/pinkribbonwalk
or www.twitter.com/pinkribbonwalks



KINSALE
Pink Ribbon Walk
to benefit
Action Breast Cancer



THANK YOU!

To all our Pink Partners, Sponsors and Volunteers

We are very grateful of your support of the Kinsale Pink Ribbon Walk. It has contributed to turning Kinsale Pink and will help towards the costs of running the event. Therefore, we hope to be able to donate any residual monies from participants' €20 registration fee toward the overall Sponsorship Total for Action Breast Cancer.



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 Live Music with Martin & Friends, 9.30pm.
ST. MULTOSE CHURCH:
 World Day of Prayer, 12pm.
TEMPERANCE HALL:
 Drum Circle, 7pm.

SAT 3rd MAR

AN SEANACHAI:
 Mike O'Riordan, 7.30pm.
 plus Cadillac Cats, 9.30pm.
ARMADA BAR:
 Live Music with Bobby & Eileen.
 Plus Pink Ribbon Raffle.
BACCHUS NIGHTCLUB:
 with DJ Garian, 11.30pm.
BLUE HAVEN:
 Live Music with Billy Crosbie, 10pm.
BULMAN, SUMMERCOVE:
 Live Music with Crazy Chester, 10.15pm.
FOLKHOUSE:
 Live Music with Soup Symphony.
HAMLETS:
 Live DJ.
PINK RIBBON WALK
EARLY CHECK-IN:
 Temperance Hall 12-7pm.
SPANIARD BAR:
 Live Music with For Folk Sake, 9.30pm.
WHITE HOUSE:
 Live Music with Liam & Ger, 10.30pm.
WHITE LADY HOTEL:
 The Rubber Bandits plus support Karma Parking & Sink, Doors 9pm.
WHITE LADY NIGHTCLUB:
 11.30pm til Late.



SUN 4th MAR

AN SEANACHAI:
 Live Music with Crazy Chester, 11pm.
APÉRITIF WINE BAR:
 Pink Party, 7pm with DJ Dennis.
BLUE HAVEN:
 Live Music with Eli & Friends, 9.30pm.
BULMAN, SUMMERCOVE:
 Live Music with Boozy Schmoozers, 6.15pm.
FOLKHOUSE:
 Live Music with The Big Ordeal.
PINK RIBBON WALK:
 Check-In, 9am-11.30am, Temperance Hall.
 Warm up with Saran Crosbie, 11.45am.
 Walk Starts 12.00pm from Town Council Car Park.
 Music in Town Park with Sharon Crosbie & Band Plus White Lady Roadshow.
WHITE HOUSE:
 Live Music with Mike O'Riordan, 9pm.
WHITE LADY HOTEL:
 The Big Pink After-Party.
WHITE LADY NIGHTCLUB:
 The Late Lounge with The Good Groove Circle, 11.30pm til Late.

MON 5th MAR

BLUE HAVEN:
 Live Music with Mike O'Riordan, 9.30pm.
CÉILI FIT:
 Set Dancing, Temperance Hall, 8.30pm.
 Every Monday.
DALTONS BAR:
 Traditional Irish Music & Ballads.

TUES 6th MAR

ACTIVE RETIRED ASSOCIATION:
 Annual AGM, followed by mini Whist Drive Temperance Hall, 2.30am.

BLUE HAVEN:
 Sonny & Friends, 10pm.
BLUE HAVEN HOTEL:
 Cookery School, 'Italian Cooking', 7pm.
KINSALE BRIDGE CLUB:
 Trident Hotel, 7.30pm.

WED 7th MAR

BLUE HAVEN:
 Niall McCabe Band, 9.30pm

THURS 8th MAR

AN SEANACHAI:
 Mike O'Riordan, 9.30pm.
BACCHUS NIGHTCLUB:
 with DJ Mark, 11.30pm.
BLUE HAVEN:
 Darren & Friends, 9.30pm.
BLUE HAVEN HOTEL:
 Comedy Night with Ardal O'Hanlon, 8.30pm.
FOLKHOUSE:
 The BlueJays.
KINSALE FLOWER & GARDEN CLUB:
 Talk By Willie Grainger, St Multose Hall, 8pm.

PLANT SIREN TEST:
 Eli Lilly, Dunderrow, 11am.
 Test Duration 3 Minutes.
ST. MULTOSE HALL:
 Irish Dancing, 4.30pm-6pm.

FRI 9th MAR

AN SEANACHAI:
 Live Music with An Poc Ar Buile, 10pm.
ARMADA BAR:
 Melody Mystique.
BACCHUS NIGHTCLUB:
 with DJ Garian, 11.30pm.
BLUE HAVEN:
 Live Music with Crazy Chester, 10pm.
CAKE & BOOK SALE:
 Temperance Hall, from 10am.
FOLKHOUSE:
 Live Music with Rubicon.
SPANIARD BAR:
 Live Music with Martin & Friends, 9.30pm.
TEMPERANCE HALL:
 Drum Circle, 7pm.

PLANT SIREN TEST

at Eli Lilly, Dunderrow

A test on the Eli Lilly Plant Siren will be held on

Thursday 8th March 2012, at 11.00am

First Test will consist of *continuous sounding* of the siren.

Second Test will consist of *intermittent sounding* of siren.

Please do not respond to these alarms

Test duration will be 3 minutes approx

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To find out how we can help you or to arrange an appointment in Kinsale contact Brian Morgan and the team at EBS Ballincollig:

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