

FREE

Vol. 22 Issue 34/11

Friday 26th Aug - Thursday 1st Sept 2011

KINSALE ADVERTISER

INCLUDING THE WEEKLY **WHAT'S ON** GUIDE TO KINSALE & DISTRICT

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

Another 7lb 10oz reason to take out Life Cover



Protect your most valuable asset

Life assurance cover starts from as little as €12 per month.

For an appointment contact Padraig Fitzgerald,
PJ Fitzgerald Insurance, 27 Pearse Street, Kinsale, Co. Cork.

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or: 021 477 2332

www.pjfitzgeraldinsurance.com

OPEN DURING LUNCH MONDAY TO FRIDAY



The Folk House

Guardwell, Kinsale.
T: 021 4772382



www.folkhousevenue.com

ALL SPORTS SHOWN
On 2 Big Screens

FOOD SERVED
Wed to Sun, 12.30pm-9pm

New Menu - Seafood Bar & Grill
Parties/Birthday Club - Kids Menu
Set Menu for Private Dining (up to 30)

CHECK OUT THE GREEN ROOM
Also Available for Private Bookings



UNRIVALLED WORLD BEER MENU
***NEW* HELVIC REAL CASK ALE NOW ON TAP**

LIVE MUSIC **THIS WEEK**

FRI 26th AUG -
THE FANTASY
JAM BAND
4 Piece Covers Band

SAT 27th AUG -
HOUNDOGS
4 Piece Rockin' Oldschool
& Contemporaries

SUN 28th AUG -
BIG ORDEAL
3 Piece Rockin Covers

WED 31st AUG -
TRAFFIC
3 Piece Easylistening Covers

THURS 1st SEPT -
THE BLUEJAYS
5 Piece Soul, Blues & Jazz

FRI 2nd SEPT -
THE FRETS
Lively 2 Piece Trad To Jazz

SAT 3rd SEPT -
iFUNK

Bacchus Nightclub

Guardwell Kinsale



FRIDAY Doors 11:30pm
DJ Garian - 90s CLUB classics & chart
Free Entry b4 12:00am

SATURDAY Doors 11:30pm
DJ Sean - all the old & new classics
Free Entry b4 12:00am

THURSDAY Doors 11:30pm
DJ Mark - all the old & new classics
Free Entry all Night





Re-opens Monday 12th September

Classes each Monday

(Starts 12th September)

St. Multose Hall
from 2.30pm.

Now Also on Friday

(Starts 16th September)

Marmalade Park Montessori
from 2.30pm.

New students welcome – Class numbers restricted.

Enrol now by completing form below and returning to:
Audley School of Ballet, 19 Granary Wharf, Passage West.

ENROLMENT FORM

Please use capitals when filling in this form

Surname:

Christian Name:

Address:

Tel. No.:

Date of Birth:

Audley School of Ballet, 19 Granary Wharf, Passage West.

Tel: 087 948 1168

Come and Join in this Festival of Fine Food & Fun
The "Kinsale Gourmet Festival" is held in October of each year
and is a celebration of all the fine things that Kinsale has to offer.



35th Bollinger Kinsale Gourmet Festival

7-9 October 2011

FRIDAY 7th OCTOBER 2011

3pm Cook Off on the Streets of Kinsale

6.30pm Opening of the 35th Bollinger Kinsale Gourmet Festival

8pm Dine around at one of the GFC restaurants

10.30pm "Bolly" Ball - with the Strauss Orchestra

Event Ticket price €85 (includes a €40 dinner voucher)

SATURDAY 8th OCTOBER Limited Number of Tickets Remaining

Mad Hatters Taste of Kinsale

11.30am Starting at Actons Hotel. Join Alice, the Mad Hatter, March Hare and the Fieldmouse for the Highlight of the Festival. An escorted tour of the 12 Members of Kinsale's Good Food Circle who will present spectacular dishes from their kitchens bearing testimony to the culinary skills of the chefs of Kinsale. The event kicks off with a sparkling reception in Acton's Hotel, sponsored by Christy's Wines & Spirits, where your guide will then escort you to each of the four tasting venues to sample fine cuisine, complimented by selected wines from our Festival wine sponsors, NASH's, GLEESONS, GILBEYS & KARWIGS Non wine drinkers can sample beer compliments of Heineken Ireland or water from Tipperary Water. As an additional fun element everyone is requested to wear a "Mad Hat" in honour of our special guest - the Mad Hatter! A competition will be held. Afterwards all groups meet back at the White Lady to dance the evening away at the Festival Club SPONSORED BY PALLAS FOODS.

Event Ticket price €90

SUNDAY 9th OCTOBER

Fruits de Mer, 1pm

Take your seat for a superb afternoon of fun & frolics with MC Derek Davis. Enjoy a mouth watering four course lunch to include lobster, crab, prawns etc, accompanied by delicious wines sponsored by Torres Mas Rabell. Freshly roasted coffees compliments of BEWLEYS then dance the evening away with the Magnetics.

Event Ticket price €75

8pm Dine out at the GFC restaurant of your choice
(not included in ticket price)

Participating Restaurants:

Restaurant d'Antibes @ The White House, The Blue Haven,
The Captains Table @ Actons Hotel, Crackpots, Jim Edwards,
Max's Wine Bar, Man Friday, Pier One @ The Trident Hotel,
Toddies @ The Bulman, White Lady, Fishy Fishy, Jolas

Call 021 4773571 www.kinsalerestaurants.com

Get a Good Food Gift Voucher

For use in all 12 of the Good Food Circle Restaurants and
available for purchase in: The White House, Actons Hotel,
The Trident Hotel, Finishing Services



The White House

FULLY LICENCED GUESTHOUSE & BAR

Breakfast Served, 8am-12noon

Food Served Daily, 12noon-10pm

*Summer Set Menu
Available*



~ Live Music ~

Friday 26th August

Poc Ar Buile, 10pm

Saturday 27th August

Liam & Ger, 10pm

Sunday 28th August

Mike O'Riordan, 9pm

Monday 29th August

Liam & Ger, 9pm

Wednesday 31st August

Liam & Ger, 9pm

~ Sport on TV ~

Saturday 27th August @ 2pm

Ireland v England 3D

World Cup Rugby Warm Up Match

Sunday 28th August @ 4pm

Man Utd. v Arsenal 3D

Your hosts The Frauley Family & Staff

Tel: 021-4772125

www.whitehouse-kinsale.ie

KINSALE ANTIQUUE FAIR

**THIS SUNDAY 28th AUGUST
ACTONS HOTEL, 11am - 6pm**



OVER 30 STANDS

This is a Hibernian Antique Fair and is a sister event to the Cork Antique Fair in The Silver Springs (21 years) and The Munster Antique Fair in The Fota Island Resort. 30 of Ireland's leading Antique & Fine Art dealers in one place for one day. Items for sale include Contemporary Irish Art, Antique Furniture, Silver, Clocks, Books, China & Porcelain, Coins & Banknotes, Glass, Gold etc.

Adm: €3.50 Adults including raffle Children FREE

For further information contact Robin O'Donnell: 087 6933602



RESTAURANT

Seafood Fusion and the Best Steaks Around...

6 Main Street Kinsale / (021) 470 9637

Open Monday - Saturday 6pm-Late

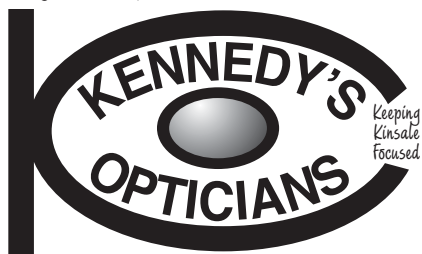
Serving the Finest Fresh Seafood Kinsale has to offer; Green Curried Monkfish, Crispy Sea Bass, Lemon Sole, Wok Seared Scallops and Prawns...and More!!!

Handpicked selection of Fine Continental Wines & Premium Imported Beers to compliment every meal.

Gift Vouchers now Available.

"Effortless Dining in Elegant and Contemporary Surroundings".

For all your optical requirements, with professional care & attention!



Pearse St., Kinsale

Tel: 021 4773595

NEW SUMMER OPENING HOURS:

TUESDAY TO THURSDAY: 9.30am-5.30pm

FRIDAY: 8.30am-5.30pm,

SATURDAY: 9.30am-3pm

FULL EYE EXAMINATIONS INCLUDING:

- ✓ Glaucoma Screening
- ✓ Diabetic Screening if Necessary
- ✓ Age Related Macular Degeneration Screening

Sunglasses • Low Vision Aids • Prescription Sunglasses •
Domiciliary/ Home visits • Medical Cards/PRSI welcome
Contact Lenses • Coloured Contact Lenses • Safety Spectacles

Medical Card & PRSI customers very welcome!!!



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is fast approaching!**

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We also provide bookkeeping, accounts, tax, payroll, VAT and Revenue audit assistance.

Call for a free first consultation with no obligation. Flexible opening hours to suit you.

Unit 6 Riverside Grove, Riverstick, Co Cork

Tel: 021 4771534 / 087 9294958

Email: denis@dcrowley.ie



Saturdays

Doors 11.30pm
**The Place
To Be Seen!**

Sundays

Doors 11.30pm
**Cocktail Night
& Staff Night Out!**

:: FANTASTIC BBQ MENU ::

:: NEW OUTDOOR SEATING AREA ::

The White Lady Sessions present:

Diograis - Saturday 27th August

in the White Lady Bar, 10pm

PARTYING AT HOME?

*We Go
Further for
Our Clients!!!*

**WE CAN PICK YOU UP & BRING YOU AND YOUR FRIENDS
TO THE WHITE LADY NIGHTCLUB ON OUR SHUTTLE BUS.
FOR MORE DETAILS COME TALK TO US!!**

THE WHITE LADY SHUTTLE BUS

FREE FROM TOWN Every 5mins, 12am - 1.15am



*a cocoon
of luxury ...*



*...for girls who
wanna have fun!*

The ultimate VIP Party Room

*...perfect for all ages, Hen Parties, Birthday Treats,
Sweet Sixteens or just because you're worth it!!!*

Whether you want a girlie night in or to be buffed to party perfection for a big night out, The Powder Room is the place for you! Let our in-house make-up and hair artists weave their magic while you sip champagne, savour a cocktail and feast on delicious tapas all to the sounds of a playlist tailored just for you.

Stay Tuned for the Gig of The Year!!!

watch our facebook for more details

T: 021 477 2737

www.whiteladyhotelkinsale.com



Bulman Bar & Toddies Restaurant

SUMMERCOTE, KINSALE

Tel: 021 477 2131

~ Live Music ~

Saturday 27th August @ 10.15pm

Crazy Chester

Sunday 28th August @ 6.15pm

Boozy Schmoozers

with Sonny, Alan & Mike

~ Food Served ~

Lite Bites Menu now served in the bar,
Tuesday to Saturday, 6pm-9pm

~ Bar Lunches ~

Served 7 Days, 12.30pm-5pm

~ Toddies Restaurant ~

Open Tues to Sun, 6.30pm-10pm

www.thebulman.ie



Calling all Mad Scientists!

Where: St Multose Hall,
commencing Friday 16th September

When: Friday afternoons,
6-8 year olds, 2.50pm-3.50pm/8-11 year olds, 4-5 pm

What: New experiments for a new term!
Investigate a different science topic every week and make models, such as water powered rockets, traffic lights and fossils, investigate colour, sound, mirrors, levitating ping pongs and pneumatics, learn how to make sherbet, goo, ice cream and snow! And much much more!

How Much: €100 for 10 weeks,
class size limited
reserve your place early to avoid disappointment.

Contact: Siobhan Devlin **087 9506527** or fill in
on line booking form on www.handsonscience.ie

Have Fun While you Learn!

Hands on Science is also available for
private parties and school workshops!

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"Change of Life"!*



For a calm transition through the
menopause, don't let unpleasant
symptoms such as:

Hot Flashes Mood Swings
Night Sweats Weight Gain

affect your quality of life.



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9 Market St., Kinsale T: 021 4700707

Loyalty Cards Now Available
Every 5th Coffee = 50% OFF
Every 10th Coffee = FREE

Evening Dining

Tuesday to Saturday from 6pm

::

Breakfast - Brunch - Lunch
Coffees & Cakes Served:
Monday to Saturday 8am - 4pm
& Sundays 9.30am - 2pm

::

Private Parties Catered For
B&B Also Available

www.cucina.ie 021 4700707

TAE KWON-DO

Beginner Classes in Kinsale starting now

*With Mark Buckley VI Degree and
Finbarr Stewart II Degree*

CLASSES IN KINSALE

All classes held in Temperance Hall,
Kinsale

Tuesdays

6.30—7.30pm 6-13 years Beginners

7.30—8.30pm Advanced

Fridays

6.45—7.45pm 6-13 years Beginners

7.45—8.45pm Advanced

Phone 086 822 0107 /

087 258 8360 for more info

태권도



A fresh approach to casual dining



THE
BLUE HAVEN

@ The Blue Haven Hotel

café



With particular emphasis on our coffee menu,
scrumptious breakfasts & mouth-watering lunches

:: OUR CAFÉ ::

Going for a coffee is synonymous with catching up with friends & family, doing business with a colleague or a moment to yourself.

:: OUR COFFEE ::

The quality of your coffee is important to us, so our coffee menu offers distinctive choices designed especially to thrill your palate.



:: FRESH FOOD ::

Fresh pastries and desserts, homemade sandwiches, salads, all homemade by our talented chefs. Our fresh food products include the freshest ingredients grown from our own gardens here in Kinsale. Delicious food such as Gourmet Breakfast Sandwich, Pancakes, Blue Haven Fish Pie, Coronation Chicken Terrine, Goats Cheese Bruschetta, Honey Baked Ham Sandwich, Homemade Potato Fish Cakes and lots more!



:: FANTASTIC VALUE OFFERS ::

**Americano/Tea
and Scone**
€3.50

**Sandwich* and
cup of soup**
€5.95

**Dessert &
Coffee/Tea**
€4.50

*Selected Sandwiches

**Call in today to try these brilliant deals
for Breakfast or Lunch!**

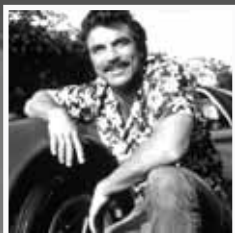
New Kid's Menu Now Available

Open 7 days a week, 8am to 6pm

We look forward to seeing you at The Blue Haven Café...

www.bluehavencollection.com





HAMLETS CAFÉ BAR

www.hamletsofkinsale.com

021 477 2939

- Saturday 3rd September -

CARNIVAL PARTY

FUN
STARTS
@ 9PM

WITH JAMAICAN DRUMMING
ON THE FRONT DECK

THE MAGNUM PI AWARD

FOR BEST HAWAIIAN SHIRT (PRIZES TO BE WON!!!)

GET YOUR HAWAIIAN LEI UPON ARRIVAL
AND IF YOU STILL HAVE IT AT STUDIO BLUE YOU GET IN FOR FREE!!

TROPICAL BAR

ON THE FRONT DECK WITH TROPICAL PUNCHES AND COCKTAIL SPECIALS

LIMBO DANCING

COMPETITIONS WITH OUR HOSTESS

SPOT PRIZES

AND GIVEAWAYS ON THE NIGHT!

...DATE FOR YOUR DIARY! - Saturday 24th September

DJ Philip Bourke (Red FM)

Hamlets Beer Promo!

Beer of the month – Sunday to Friday €2.50 for Bottle of Miller

----- :: -----

Big Match Specials @ Hamlets

6inch Pizza and a bottle of Miller/Bud/Corona for only €9

(this offer is available for all live matches ~ Soccer, Rugby, GAA) So why not pop in this weekend to watch the games and have a big match special!!

----- :: -----

Food Served 7 Days a Week @ Hamlets

from 12 midday to 10pm

Why not pop in today to try our Italian Themed menu!



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Walls

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KINSALE PILATES STUDIO



NEW 6 week Introductory Pilates Course

Starting

Monday 5th September
6.45pm - 7.45pm

PHONE Trudy on 087 6106 285

Private 1:1 classes are also available
Max 5 people per class

Located at the top of Featherbed Lane, 5 minutes walk from
Kinsale Town Centre. All classes are taught by an experienced
STOTT™ Pilates certified instructor.

Party With Us This Christmas!

Enjoy fabulous festive menus, wonderful live entertainment and superb value
...more details coming soon!

No such thing as a Free Lunch?
...There is at the Trident! Ask today for your



Wharf Tavern Loyalty Card

Enjoy 4 Lunches and pick a FREE Dessert
from our great selection of desserts
or Buy 8 Lunches and choose a FREE Lunch!

New Bar Menu In the Wharf Tavern

*includes some tasty new options
as well as the old favourites!*

12pm to 9pm

-\$

Cavery Lunch Daily

12.30pm to 2.30pm

-\$

À La Carte Menu

-\$

Children's Menu

-\$

Outdoor Seating

Overlooking the Marina

*We're always searching for new and interesting
tastes and we would like to introduce "Serious
Sandwiches" to the Wharf Tavern Bar Menu!*

West Cork Honey Roast Ham Sandwich

Freshly carved ham on hand cut bread
with a mild mustard sauce

-\$

Pig Sandwich

Slow roast pork shoulder, hand pulled
to be tender and juicy with barbecue sauce

-\$

Cajun Chicken Sandwich

Grilled Cajun spiced chicken breast on
hand cut bread with spicy mayo & coleslaw

-\$

Veggie Sandwich

Vegetarian special, cheddar, red onion,
tomato, lettuce and mustard cress

*Every sandwich is freshly made for you each day,
built on rustic bread, using high-quality meats,
cheeses & vegetables.*



Tel: 021 477 9300 or email: info@tridenthotel.com

www.tridenthotel.com



**Does your lack of
 computer skills hinder you?**

Have you considered our flexible

Computer & Business Course?

KINSALE COMMUNITY SCHOOL Fetac Computer & Business Course

Commencing Friday 9th September 2011

Surf the internet with ease
 Send & receive e-mail

Create simple web pages
 competently

Manage your account & simplify
 your budget with spreadsheets

Unravel the mysteries
 of word processing

Prepare documents with confidence

Create your own brochures

Make business cards

Design booklets

Make & create greeting cards

Investigate the world of work

Prepare a CV

Improve communication skills

- No previous experience necessary
- Suitable for all
- Flexible hours
- Reasonable tuition fees
 which may be paid in instalments
- Grants available
- Courses lead to 3rd Level FETAC
 recognised qualification

**Enrolment:
 Wednesday
 7th September
 10am - 12pm**



ECDL will also be available from September 2011 and is
 designed for people with competent computer skills only



KINSALE COMMUNITY SCHOOL
(021) 477 3174

Email: daycourses.kcs@gmail.com
www.kinsalecommunityschool.ie



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- Classes - Weight Loss Challenge
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**Home baked bread
 cakes and pastries**
**Light lunch menu
 wines & beers**

Farmhouse ice cream

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10am - 4pm
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The Market Garden

GENERAL GROCERY

Specialising in Fresh Fruit & Vegetables,
 Dried Fruit, Nuts, Spices and Herbs...
 Fruit Baskets Prepared Potatoes
 & Vegetables.

Open
 Mon - Sat
 9.00am
 to 5.00pm



THE GLEN, KINSALE. Tel: 477 4574

**Lucy French
 School Of Dance**

**New Term
 Starts 5th
 September 2011
 Enrolling Now!!!**



Monday	Tuesday	Wednesday	Thursday	Friday
3.30-4.00 Natural Movement (Age 2 1/2-4)	3.30-4.30 Hip Hop A (Age 8-10)	3.30-4.00 Natural Movement (Age 2 1/2-4)	3.30-4.15 I.S.T.D Primary Modern (Age 5-8) Must Also Do Ballet	4.00-4.45 I.S.T.D Grade 1 Modern (Age 9-10) Must Also Do Ballet
4.00-4.45 R.A.D Pre Primary Ballet (Age 4-6)	4.30-5.30 Hip Hop B (Age 11-14)	4.00- 4.45 R.A.D Pre Primary Ballet (Age 4-6)	4.15-5.15 Jazz A (Age 6-8)	4.45-5.30 L.S.T.D. Grade 3 Ballet (Age 11+) Must Also Do Ballet
4.45-5.30 Boy's Streetdance (Age 6-9)	5.30-6.30 Hip Hop C (Age 11-14)	4.45-5.45 R.A.D Primary Ballet (Age 6-8)	5.15-6.15 Jazz B (Age 8-10)	5.30-6.30 R.A.D Grade 5 Ballet (Age 12+)
5.30-6.15 Boy's Streetdance (Age 10+)	6.30-8.00 Senior Hip Hop (Age 15+ or invited)	5.45-6.45 R.A.D Grade 1 Ballet (Age 7-9)	6.15-7.15 Jazz C (Age 11-14)	6.30-8.00 R.A.D Intermediate Ballet and Pointe (Prior experience necessary)
6.15-7.15 R.A.D Grade 5 Ballet (Age 12+)		6.45-7.45 R.A.D Grade 3 Ballet (Age 9-12)	7.15-8.45 Senior Jazz (Age 15+ or invited)	Saturday
7.15-8.15 R.A.D Inter Ballet (Prior experience needed)		7.45-8.45 Adult Ballet		5.00-6.15 Contemporary Age 13+ (Must have ballet experience)
8.15-9.15 Adult Jazz				

All Places must be booked in advance:

021 477 3553 or 087 952 1463

info@lucyfrenchschoolofdance.com

Visit our website for further details:

www.lucyfrenchschoolofdance.com



Anika & Sandra

Massage, Beauty & Nail

(located in Kinsale, above House of Hair, in Guardwell)

Tel: 087 783 9626

Treatments offered by highly Qualified therapists at reasonable prices.

~ Massage with Anika ~

- Back, Neck & Shoulder Massage (30min): € 20
- Multivitamin Full Body Massage (60min): € 40
- Swedish Massage (60min): € 40
- Deep Tissue Massage (60min): € 40
- Sport Massage (60min): € 40
- Golfer's Massage (60min): € 40

~ All our massages are suitable for Ladies, Gents & Teenagers ~

~ Nails with Emilia ~

- Spa Pedicure: € 35
- Wellness Pedicure: € 45
(this treatment includes a luxurious pedicure, feet exfoliation, mask, and leg massage)
- Spa Pedicure & Manicure: € 45
- *New* 2 Week Nail Varnish: € 20
- Gel Nails (with nail art): € 45
- Men's Pedicure: € 30-€ 35

~ Beauty with Sandra ~

- Multi-Vitamin Facial (90min) € 50
(with free eyebrow wax/tweeze, hand-massage, eyelash/eyebrow tint)
- Microdermabrasion Facial € 50
(with free eyebrow wax/tweeze, hand massage, eyelash tint)
- Beauty Facial (60min) € 45
(with eyebrow wax/tweeze, hand massage, eyelash tint)
- Eyelash & Eyebrow Tint with Eyebrow Shape € 18
- Spray Tan, Full Body € 25

Beauty Pamper Package (2hrs): € 80

(Full body massage & 60 min anti-age facial)

Body Scrub + 60min Aromatherapy Massage € 50

Gift Vouchers Available – the ideal present

Back To School Value from

KINSALE
021 477 2204



RIVERSTICK
021 477 1588

5 Pork (Boneless) Chops
only €4.99

Fresh Irish Chicken Fillets
only 99c each

**Get 1LB of Fresh Homemade
Pork Sausages FREE**
When You Spend €15 or more

Local Fresh Produce

Our primary suppliers are:

PORK - Liam Ryan, Kilbrittain

FREE RANGE CHICKEN - Robbie Fitzsimmons, East Ferry, Cork

LAMB - Criostoir O'Crualoai, Ballincollig

BEEF - Mr. Leslie Bateman, Riverstick

THE ARMADA BAR & GUESTHOUSE

Pearse Street, Kinsale
Tel: 477 2255

 **LIVE** 
MUSIC

Friday 26th August

The Ferrymen

Saturday 27th August

Bobby & Eileen

Sunday 28th August

Free Beer

Tuesday 30th August

The Ferrymen

Your Local Bar...
Darts, Pool & Rings

**Bar Food
Served Daily**



PHYSIOATHOME

POST NATAL PILATES CLASS LED BY PHYSIO
KAREN MASON @ THE CARMELITE FRIARY,
KINSALE 6 WKS WEDS 31ST AUG 7-8PM

***** 087 6728232 *****



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

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Kinsale **CHECK OUT OUR NEW WEBSITE!!!** Deep Sea Angling & Scenic Tours

38ft Aquastar, Operating All Year!

- Full & 1/2 Day Trips
- Shark Fishing
- Stag Parties etc.
- Scenic Tours Include
The Old Head etc.
- Whale/Dolphin Tours



Contact Butch:
M: 086 103 6905
T: 021 477 8054

www.anglingkinsale.com
email: info@anglingkinsale.com



Swimming Lessons



**WE ARE NOW ENROLLING
FOR OUR NEXT TERM OF
KIDS SWIMMING LESSONS**

Beginning Monday 5th September for 7 weeks

Members €80 Non-members €100

We cater for all levels and abilities

**For bookings please contact the Leisure Centre
on 021 4706625 or ask at the desk.**

Carlton Hotel & C Spa Kinsale

T: (021) 4706000 W: www.carlton.ie/kinsale
E: reservations.kinsale@carlton.ie

CARLTON
HOTEL & C SPA
KINSALE

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Functional Keratin Hair Taming System

Improves Hair Quality: Condition looks and feels better with every treatment.

Lasts Up To 3 months: with optimal shampooing will last up to three months.

Remains Frizz Free: hair will remain frizz free after exposure to moisture.

Blow-Dry Versatility: Blow-dry hair into a new style then simply shampoo to return to original smooth hair.

~~Price Starts from €160 - €200.~~

Summer Special Price: from €140 - €180

Take Home Shampoo & Conditioner Included.




NO MORE
FRIZZY HAIR!

Colour Herbe Permanent Hair Colour

No Ammonia Colour Herbe contains no ammonia. It respects 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, malva, 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...

 **COLOUR HERBE**
Permanent Hair Colour

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

OPEN:

Tuesday -
Thursday
9am - 6pm

Saturday
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CENTRE**

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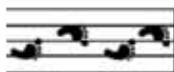


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Kinsale Co. Cork



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3 hour sessions
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 **Stickyfingers** 

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Also full day care available 0-12yrs

Contact Olwyn Shorten
for September 2011 bookings
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3 Days A Week Minding Three Young
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Including School/Creche Drop and Collect.
Must Have Your Own Transport.
Kinsale Town. Please Send CV To
Kjmacd@oceanfree.net
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For Further Details.

 **Little Rascals Montessori School**
Fiona: 021 477 7687 - 087 224 8816
- Open Monday - Friday -
Montessori Classes: 9.15am - 1.00pm Part Time Care: 8.00am - 1.00pm Full Day Care: 8.00am - 6.00pm

CHILDMINDER AVAILABLE Dunderrow National School Sept '11

Kind reliable mom to 3 boys, available for after school care in Sept 2011.
Fun home with large enclosed garden, non smoking, full clean licence.
Available mornings and afternoons for school drops/collections.
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Contact 087 921 3780

Town Centre Apartment To Let

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1800 sq ft Secured Storage
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CAMPER VANS



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CLASSES & COURSES

Learn to Play Piano

- Individual Lessons (20 or 30mins)
- Adults and Children age 6 upwards
- R.I.A.M. Examination Course
- Enrolling Beginners Only for Sept 2011

Contact Gwyneth (Ballinspittle)
@ 087 768 0387



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Saturday mornings
€12 per workshop
Starting September 10th
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Contact Niamh 087 759 7107

Apartment To Let
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Beginners to Advanced
All Levels & Exams Catered For
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Fetac Level 5 Qualification
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Call Fiona at 021-4514888

or email CV to: coordinator@caremark.ie

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HOTEL
KINSALE



We are currently recruiting the following
to join our dedicated Carlton Team:

- Housekeepers
- Nightporter
- Hotel Receptionist
- Bar Person (weekends)

Please contact: Joann Sweeney

jsweeney@carlton.ie

or 021 4706000

Carlton Hotel Kinsale, Rathmore Road, Kinsale.

WANTED DRIVERS

Part Time & Full time. Class D1 Driving Licence. Fluent English

Send Details to P.O. Box 09/11
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We are currently recruiting
for the following position:

Waiting Staff

(Part-time)

All applicants should have excellent
communication skills, ability to work well
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Applicants must be fluent in English.
Previous experience required.

To discuss this opportunity further
please contact Paula on 021 4779300
or call in for an application form
CV's can be forwarded to the above address
or email to: hr@tridenthotel.com

HAIR, HEALTH & BEAUTY

LOSE WEIGHT THE FUN WAY THIS AUTUMN

Zumba fitness classes commencing Tues 6th Sept, 7.30pm-8.30pm
& Thursday 8th (New Beginners) 8.30pm-9.30pm

Innishannon Hall, Main Street Innishannon.

Classes conducted by qualified Zumba Instructor
and Personal Trainer. More Info 087 9514346

ANN'S HAIR CREATIONS

Ladies & Gents Hair Salon The Glen, Kinsale

AUGUST SPECIAL:

Full Head Mèche
inc cut/blowdry €65
every Thursday/Friday

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NOTICES



Family 'Bug Hunt' Event

Currabinny Woods
Sunday 28th August, 11am

Lead by Lorna O'Mahony.

email: corkbranch@iwt.ie

Padraig & Abe of the Kinsale Movie Club

would like to thank everyone who turned up last

Thursday night for the screening of the movie

"Black Hawk Down". Over €260 was raised

for the crises in Somalia! Thanks to everyone .

NOTICES

Kinsale Heritage Town Walk

DERMOT RYAN 086 826 7656

**From The Tourist Office
at 10.30am Daily & 3pm (by Appointment)**

Number 1 Kinsale Attractions & Cert of Excellence on



*"Start in Kinsale
with Dermot Ryan and
you will not go wrong"*

*"...knows more about the
town's history &
geography than anyone
you're going to meet there"*

Sinéad's Gymnastics

**@ St. Multose Hall
KINSALE**

Tuesdays AND Fridays

4.45pm-5.45pm (5-8yrs)

5.45pm-6.45pm (8yrs+)

**Starting Friday 16th/Tue 20th Sept
for 11 Weeks**

To Book contact Sinéad on 086 8360275

The Kinsale & District

NEWSLETTER

**Next Edition Deadline
for Submissions:**

September 7th

**Get your pictures & stories in now for
Debs - Births - 1st Day at School - etc.**

**Set of Mechanical
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*...fresh organic vegetables ...cheeses ...soups ...pâtés
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Kinsale Farmers' Market

Short Quay, Kinsale

Every Wednesday

9.30am to 2pm

Kinsale AFC Under 11s

(Boys born 2001)

**Training resumes this Sat 27th
at 11am Kinsale Community School
New Players Welcome (Shinguards Essential)**

It is with regret that Dr Izzeldi Abuelaiash (the Gandhi of Gaza) is unable to make his trip to Kinsale Peace Project in early September, due to circumstances beyond his control. It is hope that we will reschedule later in the year

- Regards, Padraig

www.kinsalepeaceproject.com

HARBOUR CRUISE

Departure Beyond Actons Hotel on board 'Spirit of Kinsale'

Fri @ 12pm, 2pm, 3pm & 5pm

Sat @ 12pm, 2pm, 3pm, 4pm & 5pm

Sun @ 12pm, 1, 2, 3, 4 & 5pm

Mon to Thurs @ 12pm, 2pm, 3pm & 5pm

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Cruises are subject to weather and tide.

What's On... What's On... What's On... What's On...

FRI 26th AUG

AN SEANACHAI:
Celtic Knights.
ARMADA BAR:
The Ferryman.
BACCHUS NIGHTCLUB:
with DJ Garian, 11.30pm.
BLUE HAVEN:
Crazy Chester.
BLUE HORIZON:
Trad Music Session.
DERMOT RYAN'S HERITAGE WALKS: From The Tourist Office, 10:30am Daily
DON & BARRY'S TOURS:
9.15am and 11.15am, Tourist Office.
FOLKHOUSE:
The Fantasy Jam Band.
HAMLETS: The Sons of Steve McQueen.
HARBOUR CRUISE:
From The Pier, 12pm, 2, 3 & 5pm.
SPANIARD BAR, SCILLY:
Martin & Friends, 9pm.
STUDIO BLUE NIGHTCLUB:
Doors 11pm.
WHITE HOUSE:
Poc Ar Buile, 10pm.

SAT 27th AUG

AN SEANACHAI:
Mike O'Riordan, 7.30pm, plus Old Town, 10pm.
ARMADA BAR:
Bobby & Eileen.
BACCHUS NIGHTCLUB:
with DJ Sean, 11.30pm.
BLUE HAVEN: John Bates & Grainne Long, 10pm.
BULMAN, SUMMERCOVE:
Crazy Chester, 10.15pm.
DERMOT RYAN'S HERITAGE WALKS: From The Tourist Office, 10:30am Daily
DON & BARRY'S TOURS:
9.15am and 11.15am, Tourist Office.
FOLKHOUSE: The Houndogs.
HAMLETS: Live DJ.

Due To Space Restrictions
We Were Unable To
Publish The Town Map
In This Week's Issue.
Apologies For any
Inconvenience

HARBOUR CRUISE:
From The Pier @ 12pm, 2pm, 3pm, 4pm & 5pm.
KINSALE AFC:
U11s Training, 11am.
Kinsale Community School.
LORD KINGSALE:
Music by Kevin McSweeney.
SPANIARD BAR, SCILLY:
For Folk Sake, 9pm.
SPECKLED DOOR, OLD HEAD:
Live Music Every Saturday.
STUDIO BLUE NIGHTCLUB:
Doors 11pm.
WHARF TAVERN AT THE TRIDENT HOTEL:
Music with EasyBeats.
WHITE HOUSE:
Liam & Ger, 10pm.
WHITE LADY BAR:
Music by Diograis, 10pm.
WHITE LADY NIGHTCLUB:
Doors 11.30pm. Plus BBQ.

SUN 28th AUG

ACTONS HOTEL:
Kinsale Antique Fair, 11am-6pm.
AN SEANACHAI:
Trad Routes, 8pm.
Crazy Chester, 11pm.
ARMADA BAR: Free Beer.
BLUE HAVEN BAR:
Sonny & Friends, 9pm.
BULMAN, SUMMERCOVE:
Boozy Schmoozers, 6.15pm.
BURREN HOUSE:
Art, Craft & Plant Fair, 12noon-6pm.
CURRABINNY WOODS:
Family 'Bug Hunt', 11am.
DERMOT RYAN'S HERITAGE WALKS: From The Tourist Office, 10:30am Daily
DON & BARRY'S TOURS:
11.15am, Tourist Office.
FOLKHOUSE: Big Ordeal.
HAMLETS: Darren & Friends.
HARBOUR CRUISE:
From The Pier @ 12pm, 1pm, 2pm, 3pm, 4pm & 5pm.
SPANIARD BAR: Monty Goes To Carlowl, from 7pm.
STUDIO BLUE NIGHTCLUB:
Doors 11pm.
WHITE HOUSE:
Mike O'Riordan, 10pm.
WHITE LADY NIGHTCLUB:
Doors 11.30pm. Plus BBQ.

MON 29th AUG

AN SEANACHAI:
Andy Dunne.
BLUE HAVEN:
Arundo, 9pm.
DERMOT RYAN'S HERITAGE WALKS: From The Tourist Office, 10:30am Daily
DON & BARRY'S TOURS:
9.15am and 11.15am, Tourist Office.
HARBOUR CRUISE:
From The Pier, 12pm, 2, 3 & 5pm.
SPANIARD BAR:
Michael & Jimmy, 9.30pm.
WHITE HOUSE:
Liam & Ger, 9pm.

TUES 30th AUG

AN SEANACHAI:
Trad Routes, 10pm.
ARMADA:
The Ferryman.
BLUE HAVEN BAR:
Sonny & Friends, 10pm
DERMOT RYAN'S HERITAGE WALKS: From The Tourist Office, 10:30am Daily
DON & BARRY'S TOURS:
9.15am and 11.15am, Tourist Office.
HARBOUR CRUISE:
From The Pier, 12pm, 2, 3 & 5pm.

WED 31st AUG

AN SEANACHAI:
Arundo.
BLUE HAVEN BAR:
Mike O'Riordan, 10pm.
DERMOT RYAN'S HERITAGE WALKS: From The Tourist Office, 10:30am Daily
DON & BARRY'S TOURS:
9.15am and 11.15am, Tourist Office.
FARMERS MARKET:
The Plaza, Short Quay, 9.30am-2.00pm.
FOLKHOUSE:
Traffic.
HAMLETS:
Darren & Friends.
HARBOUR CRUISE:
From The Pier, 12pm, 2, 3 & 5pm.

LORD KINGSALE:
Trad with Mark Long & Peter Harding.
SPANIARD BAR:
Trad Session with Jimmy Crowley, David Nagle & Guests.
WHITE HOUSE:
Liam & Ger, 9pm.

THURS 1st SEPT

AN SEANACHAI:
Trad Routes, 9.30pm.
BACCHUS NIGHTCLUB:
with DJ Mark, 11.30pm.
BLUE HAVEN:
Arundo, 10pm.
BLUE HAVEN CAFÉ:
Sáile Volunteers Meeting, 7pm. All Welcome.
DERMOT RYAN'S HERITAGE WALKS: From The Tourist Office, 10:30am Daily
DON & BARRY'S TOURS:
9.15am and 11.15am, Tourist Office.
FOLKHOUSE:
The BlueJays.
HAMLETS CAFE BAR:
The Thursday Band, 9.30pm.
HARBOUR CRUISE:
From The Pier, 12pm, 2, 3 & 5pm.

FRI 2nd SEPT

AN SEANACHAI:
An Poc Ar Buile.
ARMADA BAR:
Live Music.
BACCHUS NIGHTCLUB:
with DJ Garian, 11.30pm.
BLUE HAVEN:
Two Time Polka.
DERMOT RYAN'S HERITAGE WALKS:
From The Tourist Office, 10:30am Daily.
DON & BARRY'S TOURS:
9.15am and 11.15am, Tourist Office.
FOLKHOUSE: The Frets.
HAMLETS: Live DJ.
HARBOUR CRUISE:
From The Pier, 12pm, 2, 3 & 5pm.
SPANIARD BAR, SCILLY:
Martin & Friends, 9pm.
STUDIO BLUE NIGHTCLUB:
Doors 11pm.

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