

**FREE**

Vol. 22 Issue 37/11

Friday 16th - Thursday 22nd September 2011

# KINSALE ADVERTISER

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

Tel: 021 477 4313 :: Email: [info@kinsaleadvertiser.com](mailto:info@kinsaleadvertiser.com) :: Fax: 021 477 4339



A Traditional Garden Tea Room

Serving:

Breakfast from 9am

Morning Tea & Coffee

Delicious Lunch, 12noon to 3pm

Afternoon Tea

Open Monday-Saturday, 10am to 6pm



# KINSALE LIONS CLUB PRESENTS



FEATURING

**Jimmy O'Byrne \* Linda Kenny \* Deirdre McCallum  
and Billy Crosbie**

# 22-23 September

## The Lord Kingsale, 8.00pm

**"The Best Show  
I've Ever Seen"**  
-Jack Walsh  
General Manager, Actons Hotel

Tickets available from:

### Write On, Market St.

(Formerly Favourites Newsagents)

Price: €15

# 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*

# The Market Garden

PEARSE STREET, KINSALE. Tel: 477 4574

**HAS RELOCATED  
TO PEARSE STREET  
- Next To 1601 Off Licence -**

## The Spaniard

www.thespaniard.ie T: 477 2436

~ *Live Music* ~

Fridays: **Martin & Friends**

Saturdays: **For Folk Sake**

Sunday: **Monty Goes To Carlow**, 7pm

Mondays: **Michael & Jimmy**

Wednesdays: **Trad Session**

~ *Food Served* ~

**BAR FOOD SERVED DAILY**

**RESTAURANT OPEN @ 6pm**

*(7 Nights A Week)*

**3 Course Value Menu  
available all day €24pp**

## 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

Saile  
KINSALE  
SPORTS & COMMUNITY  
CENTRE

Join everyone at

Saile  
for our

# 1st Birthday Celebration & Family Fun Day

Sunday 18th September • 2-5pm

Bouncing Castle • Ball Games  
Live Music • Entertainers  
Rampart Players • Food Court  
Face Painting • Dancing Displays

[www.sailesportsandleisure.ie](http://www.sailesportsandleisure.ie)

Kindly Sponsored by  
Lucy French School of Dance  
and The Folk House

Folk House



Follow us on



craic guaranteed!

All Welcome!!



## 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

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

### SATURDAY 8th OCTOBER

The ever popular

#### Mad Hatters Taste of Kinsale

**LAST FEW  
TICKETS  
REMAINING**

11.30am Starting at Actons Hotel. Join Alice, the Mad Hatter, March Hare and the Fieldmouse for 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 and their Newport counterparts. Wine sponsors, Christies Wines & Spirits, Nash's, Gleasons (inc Gilbeys), Karwigs, Barry & Fitzwilliam, Heineken Ireland, 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,  
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](http://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



# Kinsale Bridge Club

would like to announce that they  
will be holding a beginners  
Bridge class in Kinsale  
Community School commencing:

**Wednesday  
September 21st**  
from 7pm to 9pm.

This course will run for 8 weeks  
and the course fee is €80

Please contact Kinsale  
Community School 021 4773174  
to book your place prior to  
**Wednesday September 21st.**

This class will be subject to numbers.



KINSALE COMMUNITY SCHOOL

(021) 477 3174

[www.kinsalecommunityschool.ie](http://www.kinsalecommunityschool.ie)

# Alto Holistics

44 Main Street Kinsale

Now Open

## ~ Treatments ~



|                                 |     |         |
|---------------------------------|-----|---------|
| Swedish Massage . . . . .       | €45 | 60 mins |
| Reflexology . . . . .           | €45 | 60 mins |
| Aromatherapy . . . . .          | €45 | 60 mins |
| Reiki . . . . .                 | €45 | 60 mins |
| Indian Head Massage . . . . .   | €45 | 60 mins |
| Back, Neck & Shoulder . . . . . | €25 | 30 mins |
| Lymphatic Drainage . . . . .    | €45 | 60 mins |
| Sports Massage . . . . .        | €50 | 60 mins |

## ~ Pamper Packages ~

Body Scrub & (Aromatherapy  
or Reflexology or Massage)  
€60

Half hour back Massage and  
half hour Reflexology treatment  
€50

**GIFT VOUCHERS AVAILABLE**

**OPEN EVENINGS  
BY APPOINTMENT**

For an appointment please call  
**Sarah Tubridy on 087 9127271**  
Walk ins also welcome. Looking forward to meeting you!

*Courtyard*  
**Café**  
**Walton Court**  
*Oysterhaven Bay*

*New Autumn Menu*

~  
Hearty soups

~  
Warming home made  
pies and hotpots

~  
Hot sandwiches

~  
Traditional puddings  
cakes & desserts

~  
Artisan home baking  
using organic flour  
& fresh local produce  
in a cosy retreat

~  
*Wines, beers and great coffee !*

*Autumn opening*  
*Wednesday - Sunday*  
*12 - 5pm*

*To help keep prices reasonable we  
do not accept credit or debit cards!*

**waltoncourt.com**

# RENEW IT

*We utilise the most advanced technology to  
Steam Clean & Sanitise your Tile & Carpets to  
restore them to their natural beauty.*

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- 100% Customer Satisfaction
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- Superior Results
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- Carpet Cleaning
- Restaurant (Deep Cleaning & Degreasing)



**M: 086-8592821 T: 021-7432793**

Cúil Gréine House, Ballincollig, Co. Cork, Ireland.

**Email: info@renewit.info**



# AA FIRE PROTECTION

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Supplied & Fitted

Member of FIAI, Company No. 1053

AA Fire Protection, Ballyvrin, Dunderrow, Kinsale Co. Cork

**086 2654 375 or 021 477 5868**

info@aafireprotection.ie

**www.aafireprotection.ie**



**RUGBY  
WORLD CUP  
2011**



# HAMLETS CAFÉ BAR

www.hamletsofkinsale.com

021 477 2939

## **Mini Beer Festival**

@ Hamlets Café Bar

### THIS SATURDAY 17th SEPT

Come and experience our world beers and try something different.



- Two Draught Bars  
on Hamlets front deck
- Ice Cold Beer Bar
- Shot Bar



Join us for a fun evening & try a variety of delicious beers from around the world. Plus Live DJ

## **Rugby World Cup @ Hamlets**

Watch these matches in Hamlets Café Bar. With a delicious Full Irish Breakfast.

Sat 17th Sept: Ireland Vs Australia, 9.30am

Sun 25th Sept: Ireland Vs Russia, 6am

Sun 2nd Oct: Ireland Vs Italy, 8.30am

Plus on each morning when you watch the match at Hamlets be in with a chance to win tickets to a Heineken Cup Game!!!

### **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**

12pm to 10pm - Why not pop in today to try our Italian Themed menu!

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

**DJ Philip Bourke (Red FM)**

# Apéritif

T: 021-4772209

[www.aperitifkinsale.com](http://www.aperitifkinsale.com)

The Apéritif Wine Club is hosting an

## *Italian Wine Tasting Evening*

@ Aperitif Wine & Seafood Bar

Thursday 22nd September, 7.30pm-9.30pm

Complimentary Italian Wine & Antipasti.

Place an order on the evening for the featured bottles of wine & receive a wine club discount rate.

All Welcome.



# Seanachai

Telephone 021-4772209

[www.seanachaikinsale.com](http://www.seanachaikinsale.com)

On Thursday 22nd September  
Come to An Seanachai to Celebrate



**FREE Pint of Guinness for everyone at 6pm!!!**

Mike Riordan plays from 5.30pm and experience delicious finger food and Guinness, so come and enjoy on Arthur's Day!!!





Fashion TV Party for Cork Fashion Week

# FASHION ROCKS

## THE ULTIMATE FASHION TV PARTY

### FRIDAY 23rd SEPTEMBER

■ **MC FORMER MISS WORLD ROSANNA DAVISON**  
& top model Georgia Salpa

■ **EVENT FILMED BY FASHION TV**  
and broadcasted across 500 million households  
in 193 countries across five continents.

■ **9pm CHAMPAGNE RECEPTION**  
@ The Blue Haven Hotel with Headline Live Band

■ **11pm COCKTAIL RECEPTION PARTY**  
@ Studio Blue Night Club  
with Cork's favourite DJ, Stevie G

■ **FASHION PARADES**  
throughout the night with LOCKDOWN MODELS

■ **GOURMET CANAPÉS** throughout the night

■ **FIRE THROWERS** and lots of glamorous fun

■ **THE ULTIMATE 2011 FASHION PARTY**



Tickets €50

from The Blue Haven Hotel, Kinsale or  
Blue Haven Cafe, Douglas Shopping Centre  
(150 Limited Tickets)

or online

[www.bluehavenstore.com](http://www.bluehavenstore.com)

[www.tickets.ie](http://www.tickets.ie)



  
THE  
BLUE HAVEN  
HOTEL

**CORK**  
FASHION WEEK 2011

Tel: 021 4772209  
[www.corkfashionweek.com](http://www.corkfashionweek.com)  
[www.bluehavencollection.com](http://www.bluehavencollection.com)

**KINSALE**  
021 477 2204



**RIVERSTICK**  
021 477 1588

## What is *Dry Cured Bacon?*

*Dry Cured Bacon is a product produced by Barretts Butchers, Kinsale & Riverstick, which gives you, our customers, a healthy, wholesome and nutritious joint of Bacon. We buy locally reared (Mr Liam Ryan, Kilbrittain) pigs which are purchased from Donal Lordan's Abattoir at Dooneen.*

*Then over a 2 to 3 day period we rub in a specially blended cure which has a minimum of nitrates and and no added water. We let the meat rest for 6 to 8 days before cutting it for sale.*

*This gives our customers a succulent joint of bacon which can be boiled or baked to suit your tastes. It is great served hot or cut cold for lunch boxes and sandwiches.*

***Barretts Butchers for Local, Fresh & Healthy Meat!***

# **3 DAY SPECIAL**

*(Thursday 15th, Friday 16th & Saturday 17th September)*

**Buy any Joint of  
Barretts' Dry Cured  
Bacon and get  
a FREE Turnip  
(locally grown)**

§

**Spend €20 or more and  
get a FREE 11lb Bag of  
British Queens Potatoes  
(produce of Mr. Andrew Harte, Belgooly)**



**KINSALE**  
**021 477 2204**

**RIVERSTICK**  
**021 477 1588**

AA Rosette  The  Fáilte  Approved 

# White House

FULLY LICENCED GUESTHOUSE & BAR  
**Breakfast Served, 8am-12noon**  
**Food Served Daily, 12noon-10pm**  
*Set Menu Available*



~ *Live Music* ~  
 Friday 16th September  
**Mike O'Riordan**, 10.30pm  
 Saturday 17th September  
**Liam & Ger**, 10.30pm  
 Sunday 18th September  
**Mike O'Riordan**, 9pm  
 Monday 19th September  
**Liam & Ger**, 9pm  
 Wednesday 21st September  
**Liam & Ger**, 9pm

~ *Sport on TV* ~  
 Saturday 17th September  
**Ireland v Australia**  
 Rugby World Cup - KO 9.30am - Breakfast Served!!!  
 Sunday 18th September  
**Spurs v Liverpool**   
 Premiership, KO 1.30pm  
**Man Utd v Chelsea**   
 Premiership, KO 4pm

Your hosts *The Frauley Family & Staff*  
**Tel: 021-4772125**  
**www.whitehouse-kinsale.ie**

## Source of Life Gold




**Burst of Health!**  
**Burst of Life!**

**Includes:**


- 50mg Coenzyme Q10
- 1000 IU Vitamin D3 (Algae)
- Full Spectrum Probiotic Blend with 12 strains - 28 million viable cells
- Energising and Cleansing Green Whole Food Blend
- Anti-Aging Red Whole Food Blend

Available from  
**KINSALE**   
 HEALTH FOOD STORE

19 Market Street  
 Kinsale  
 Ph: 021 4773521



**Denis Crowley & Co**  
 Chartered Accountants



### The Income Tax Return Deadline is fast approaching!

Contact me for an efficient, professional and reliable service at an affordable cost. Personal attention and the utmost confidentiality assured.

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**

# The Folk House

Guardwell, Kinsale.  
T: 021 4772382



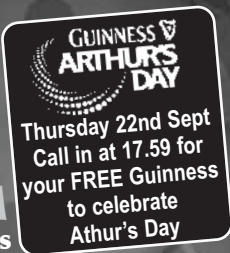
[www.folkhousevenue.com](http://www.folkhousevenue.com)

**ALL SPORTS SHOWN**  
On 2 Big Screens

**CHECK OUT  
THE GREEN ROOM**  
Also Available for Private Bookings

**UNRIVALLED WORLD  
BEER MENU**

Coming Soon: Free Beer Tasting  
Mondays from 7.30pm-8.30pm  
Stay Tuned for more details.



**LIVE MUSIC  
THIS WEEK**

**FRI 16th SEPT -  
HOUNDOGS**

4 Piece Old School Rock n'Roll  
& Contemporary Covers

**SAT 17th SEPT -  
KING K.**

5 Piece Rockin' Covers Band

**SUN 18th SEPT -  
THE BIG  
ORDEAL**

3 Piece Rockin Covers

**WED 21st SEPT -  
SMOKIN'  
EMBERS**

2 Piece Easylistening Covers

**THURS 22nd SEPT -  
THE BLUEJAYS**

5 Piece Soul, Blues & Jazz

**COMING SOON -  
REAL TRAD ON  
WEDNESDAYS**

# 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



# Bulman Bar & Toddies Restaurant

SUMMERCOVE, KINSALE

Tel: 021 477 2131

~ Live Music ~

*Saturday 17th September @ 10.15pm*

## Crazy Chester

*Sunday 18th September @ 6.15pm*

## Boozy Schmoozers

*with Sonny, Alan & Mike*

~ Food Served ~

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

~ Bar Lunches ~

Served 7 Days, 12.30pm-5pm

~ Toddies Restaurant ~

Open Tues to Sat, 6.30pm-10pm

[www.thebulman.ie](http://www.thebulman.ie)



# Daltons Bar

Market St, Kinsale. Tel: 021 477 7957

## Traditional Irish Music & Ballads

Every Monday,  
Tuesday & Thursdays

# ROSS OIL

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Delivering all grades of oil to  
domestic, agricultural and industrial  
markets through our network of  
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Enniskeane, Bandon, Co. Cork.

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

**Kinsale: 021 477 7015**  
**Bandon: 023 883 9383**

# VIZZA

PIZZERIA ~ PIER RD., KINSALE

## Feeling Hungry?

To get piping hot, delicious, freshly made pizza  
delivered to your door just ring in your order.  
We make fresh & deliver!

## Take Away Offers

(Available Sunday to Thursday)

Order Any 4 Pizzas ...get 1x 9" Pizza **FREE**

Order Any 5 or more Pizzas ...get 2x 9" Pizzas **FREE**  
**PLUS 5% DISCOUNT**

**FREE DELIVERY WITHIN KINSALE**

**OUTSIDE KINSALE: FREE DELIVERY**  
**FOR ORDERS OVER €20 (SMALL CHARGE OTHERWISE)**

CHECK OUT OUR \*\*\* LOYALTY CARD \*\*\*

**OUR GUARANTEE:**

If not delivered within 45 Minutes from  
phone order, 10% reduction applies

**087 697 5255 Open 7 Days**



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Monday & Tuesday evenings

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## Party With Us This Christmas!

Enjoy fabulous festive menus, wonderful live entertainment and superb value...  
For more on Christmas Parties please see [www.tridenthotel.com](http://www.tridenthotel.com)

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](mailto:info@tridenthotel.com)

[www.tridenthotel.com](http://www.tridenthotel.com)



Weekly Advertiser & Guide to  
**WHAT'S ON IN KINSALE & DISTRICT**

Telephone: 021 477 2737

www.whiteladyhotelkinsale.com



**Saturdays**

Doors 11.30pm

**The Place To Be Seen!**

**Sundays**

Doors 11.30pm

**Staff Night Out!**

**:: FANTASTIC BBQ MENU :: GREAT OUTDOOR SEATING AREA ::**



*Party Time at The White Lady*

The Ideal Venue For Private Parties etc. Contact us now for details



**THE WHITE LADY SHUTTLE BUS**

We can pick you up & bring you and your friends to the White Lady Nightclub on our Shuttle Bus.

**The ultimate VIP Party Room**

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



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 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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# C SPA



## Beauty Queen

by C-Spa

And we don't have to get out of  
our Summer Dresses just yet...

Dress Hands & Feet - Express Manicure & Pedicure only €49

Autumn Glow-Full Body Spray Tan only €20

Half Leg & Bikini Wax only €29

Half Leg Wax only €15

Enhanced Features with a Lash & Brow Tint & Shape only €20

Invest in your skin & book our Elemis Age Eraze Facial only €30

### Late Midweek Opening

## Contact the C Spa 021 4706625

Offers Available Sunday to Thursday Subject to availability Terms & Conditions Apply

**CARLTON**  
HOTEL & C SPA  
KINSALE  
\*\*\*\*

### Carlton Hotel & C Spa Kinsale

T: (021) 4706000 W: [www.carlton.ie/spa](http://www.carlton.ie/spa)  
E: [cspa.kinsale@carlton.ie](mailto:cspa.kinsale@carlton.ie)



**RESTAURANT**

*Seafood Fusion and the Best Steaks Around...*

6 Main Street Kinsale / (021) 470 9637

*Open Monday - Saturday 6pm-Late*

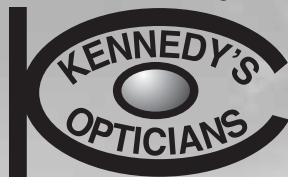
Serving the Finest Fresh Seafood Kinsale has to offer; Green Curried Monkfish, Crispy Sea Bass, Lemon Sole, Wok Seared Scallops and Prawns...and More!!!

*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!



Keeping Kinsale Focused

**KENNEDY'S  
OPTICIANS**

Pearse St., Kinsale

Tel: 021 4773595



**New Autumn Ranges  
Now Arriving**

with great new selections of frames from



**TUES TO THURS: 9.30am-5.30pm | FRI: 8.30am-5.30pm | SAT: 9.30am-3pm**

**Medical Card & PRSI customers very welcome!!!**

# Look years younger, **lose weight easily** *and* boost your health & vitality...

We are all ageing faster than ever and diseases such as diabetes, cancer and heart disease are on the increase at an alarming rate.

Much of the ageing process is lifestyle influenced and symptoms of disease, expanding waist lines and premature wrinkles can be eliminated or dramatically reduced - just by making simple yet essential changes.

Our free health seminar delivers a breakthrough plan to turn back the clock, inside and out - no matter what your age!

Presented by experts in Nutritional Therapy and Coaching, this is the intelligent way to take control of your health and your body.

You will learn how to:

- Lose weight intelligently and keep it off
- Feel full of energy and zest4life
- Reduce your cardiovascular risk
- Improve your health
- Look and feel years younger

Take control of your health. It's time.

Please book early as places are limited.  
Call Nutritional Therapist and zest4life Coach  
now on:

**Tel: 085 806 9928**  
**maryoregan@zest4life.eu**

You are invited to attend this  
**FREE HEALTH SEMINAR**

based on the work of leading health expert Patrick Holford on how to:

Boost your health  
Look & feel younger  
Lose weight quickly & intelligently

When & Where:  
**Monday 26th  
September**  
**Actons Hotel, Kinsale**  
7.15pm-9.15pm

maryoregan@zest4life.eu  
Tel: 085 806 9928



Patrick Holford is one of the world's leading authorities on new approaches to health and nutrition  
- *Daily Mail*

Patrick Holford's  
**zest4life**  
nutrition & weightloss



# Bogi's

*Hair & Nails* Market Lane, Kinsale



087 627 4234 or 087 293 3708

## ~ Special Offers on Nails ~

- Full Set of Gel/Acrylic Nails €35
- Already have Gel Nails? Get our special deal and save yourself €35...  
...purchase 3 Gel Nail Rebalances together for €95  
and save €10 plus get a 4th Rebalance FREE !
- Pedicures €30 with a FREE Nail File & Polish
- 2 Week Manicure €20 • Manicures €15
- File & Polish (Fingers or Toes) €10

*We are delighted to introduce our new hairdresser, Niki, who will be available from September 22nd. Niki is a Master Qualified stylist with 5 years experience. To welcome Niki and to celebrate her arrival we are thrilled to announce our:*

## ~ Autumn Special Offers ~

- Every Blow Dry €10
- Every Cut with Blow Dry €25
- Every Colour/Cut/Blow Dry €50

***Appointments with Niki are now being taken***  
**Get a Colour/Cut/Blow Dry with Niki and pick up  
a 50% off voucher for a Pedicure**

Open Tuesday to Saturday 10am to 7pm - Open Monday by appointment  
Gift Vouchers Available



# Are You Getting Your 10th Free?

Collect Your Loyalty Card  
at The Seaview Café



# **ROGUE FITNESS KINSALE**

- Two State of the Art Studios
- Private One on One or Buddy Training (2+ people)
- 60 mins sessions • NEW 30 mins Bootcamp sessions
- Free Fitness Assessment

Whether you are a beginner, intermediate or advanced exerciser, you will **BENEFIT** from personal training:

- ✓ Build the **BODY** that you deserve
- ✓ Improve your **HEALTH, LIFE** and **WELLBEING**
- ✓ Feel **CONFIDENT**
- ✓ Achieve your **GOALS**



## **EXCLUSIVE PERSONAL TRAINING**

We'll help you get there

Tel: +353 87 9556664 | Email: [sylvia@roguefitness.ie](mailto:sylvia@roguefitness.ie)

[www.roguefitness.ie](http://www.roguefitness.ie)





**NEW**  
**MASSAGE CLINIC**

**Now Open @**  
**Rogue Fitness Personal Training Studio**



**Injury  
Massage**



**Deep Tissue  
Manipulation**



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**Holistic  
Treatments**

Call Silver to book and for more information

**085 1136 018**

Silver Foster I.T.E.C. DIP. Therapist, EQF Level 4 Personal Trainer

**FITNESS**  **CLASSES**

**Get Fit • Tone Up • Lose Weight • Have Fun!**

**Circuit Training  
& Toning Classes**

@ Ballinspittle Community Centre  
Tuesdays 7pm-8.15pm  
starting 20th September  
6 Week Course - Price €50



**Total Body Tone  
Class**

@ Kinsale Yoga Centre  
Fridays 7.15pm-8.15pm  
starting 23rd September  
6 Week Course - Price €50

Everybody welcome No experience necessary! Limited places so book early!

**Call or text Silver 085 1136018 to book or for more info.**

# Denis Finn COALS

Ballinhassig

**021 488 5555**

**087 607 2008**

## WINTER SPECIAL OFFER ON COAL

Premium Polish  
1 Pallet (40 bags) €532

Premium Polish  
1 Tonne (25 bags) €340

Premium Polish  
(31 bags) €418

Premium Polish  
(20 bags) €280

Premium Polish  
(10 bags) €146

Premium Polish  
(5 bags) €78

## FREE DELIVERY

### ECONOMY HOUSE COAL

Available @ €12.95 per bag  
(collection only)

**SLACK, SINGLES, DOUBLES,  
BRIQUETTES AND SMOKELESS COALS  
AT VERY REASONABLE PRICES**

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BORD NA MÓNA FUELS LIMITED



## THE LORD KINGSALE

Main Street, Kinsale.  
Tel 021 477 2371

~ Bar Food Served Daily ~  
*from 12pm*

~ Evening Menu Available ~  
*from 5pm*

~ Live Music This Week ~  
Saturday 17th September:

**Paul Murphy**

Wednesdays:

**Trad Session**

*with Mark Long & Peter Harding*

~ Ensuite Accommodation Also Available ~



**fishy fishy**

Seafood Restaurant  
on The Pier

**Open 7 Days**  
From 12pm to 9pm

For Dinner Reservations:  
**Call 021 4700 415**

[www.fishyfishy.ie](http://www.fishyfishy.ie)  
credit cards accepted



# FITZGERALD & PARTNERS

Accountants, Auditors and Tax Consultants  
No. 9 Pearse Street, Kinsale, Co. Cork.

**Cormac Fitzgerald FCPA**

Ph: 021-477-4500 / Fx: 021-477-7374

E-mail: [info@fitzgeraldandpartners.com](mailto:info@fitzgeraldandpartners.com)

Web: [www.fitzgeraldandpartners.com](http://www.fitzgeraldandpartners.com)

## - Income Tax Returns & Tax Planning -

Our team are now busy on our tax return 2010 campaign. We have a dedicated checklist to make sure you are claiming all your allowances and reliefs as well as our own tax planning guide on tax savings tips.

Let us take the stress of preparing your tax returns from you, ensuring in the process that you minimize your liabilities by double checking that you have allowed for every possible deductible expense and claimed every tax credit available to you.

We cover the following

- **Irish Income Tax Returns (including Accounts Preparation)**
- **UK Income Tax Returns (including Accounts Preparation)**
- **PAYE/PRSI/USC Refunds**
- **Vat Returns**
- **Capital Acquisitions Tax**
- **Capital Gains Tax Forms**
- **Tax planning your move to Ireland**

Our professional tax planning services aim to legitimately seek to reduce the amount of tax you, and/or your business pay each year. Through proper planning and strategies it is possible to essentially reduce the rates of tax you pay meaning more of your hard earned income remains in your pocket. Indeed, we have assisted many of our clients to cut their tax bills by a significant amount. To learn more why not contact us today for a free, no obligation consultation and allow us to demonstrate how we can save you money. We provide expert Irish tax return services for individual workers and self-employed people. Fitzgerald & Partners is a registered Tax Agent with the Revenue Commissioners.

**PAYE Tax Refunds:** Our tax return services help Irish citizens and foreign workers claim income tax refunds as well as any additional refunds such as medical expenses, rent relief, medical insurance and PRSI refunds. We can provide you with a four-year tax assessment to see if you're owed any money back from previous years.

**PRSI Refunds:** Fitzgerald & Partners can claim your Pay Related Social Insurance Contributions (PRSI) refunds from as far back as 2007.

**Self-Assessed Tax Returns:** If all your income falls into the PAYE bracket, you don't need to file an income tax return. If you want to avail of a tax exemption or have any sources of income other than PAYE income, you are obliged by law to declare all your income through an annual self-assessed tax return.

**Landlord Tax Returns:** Save on time with our specialised flat fee Rental Income Tax Return service. If you receive income from renting out a property or part of your private residence in Ireland we can file your tax return and control your tax liability through deductible related-costs.

Registered to carry out audit work and authorised to carry on investment business by the Institute of Certified Public Accountants in Ireland.

Call a member of our team today for a **Free Initial Consultation** to see how we can help!

# Something for everyone this Autumn...



## ----- DAY COURSES -----

Our day courses are especially for Adults who want to try something new but never had the time. They begin @ 9.30 and finish at 13.00

- **Sailing** NO Wetsuits, NO Capsizing, NO Kids €250

**Beginner Sailing:** Wednesday 21st September  
NO Experience required. Just some good fun and maybe a cuppa!!

**Improver & Navigation:** Tuesday 20th September  
Develop your sailing skills and confidence.

You will be introduced to the essentials of navigation and undertake some short trips in the bay.

- **Powerboat & Seamanship** €250

This course covers all the skills you require to safely manage your own boat. Boat handling, emergency procedures, weather & tides are all introduced in a practical useful way. National Powerboat Course with an extra little bit of Navigation. Course Runs for 5 consecutive Thursdays  
Start date: September 22nd.

## ----- EVENING COURSES -----

We offer a wide range of evening courses to get you ready for the water in Spring!  
All our courses begin @ 19.15 and finish @ 21.00. Handbooks, Charts, Work books, Electronic Chart Plotters and all other course material is included in the course fee.

- **Coastal Skipper** €370

Shore based course which will give you a thorough grounding to seamanship, nautical terminology, rope work, collision regulations and navigation techniques. Essential understanding of weather tides and safety also covered. RYA Day Skipper and Watch leader cert awarded to successful candidates  
The course runs over 16 consecutive Tuesdays beginning October 4th.

**WWW.KINSALEOUTDOORS.COM**

# @ Kinsale Outdoor Education Centre



## • VHF SRC 1 & 2

Course fee €195

Exam fee €90

Full VHF operator certificate (SRC modules 1 and 2), including use of VHF-DSC, EPIRB, SART. Course runs on Mon & Thurs for 4 evenings with a further evening for the Dept of Transport exam. Starts: September 19th.

## • Essential Navigation

€195

This course is designed for those who wish to get to grips with the essentials of chartwork, use of GPS, weather, tides and safety at sea. Ideal for the leisure sailor or powerboater. Course runs over 7 consecutive Wednesdays. Begins October 5th.

# ----- JUST FOR FUN -----

## • Adventure Club 6+yrs

€120

Camp runs for 6 consecutive Saturdays @11.00-14.00 ...you can still get that lie-in!  
Starts September 17th.

## • Sail Club

€120

Come out and practice your sailing... you may even learn a thing or two (level 1+)  
6 consecutive Saturdays 11.00-14.00, Starts September 17th.

## • Powerboat Club 14yrs+

€120

An ideal way to sharpen your Powerboating skills  
6 consecutive Saturdays 11.00-14.00, Starts September 17th.

## • Birthday Parties

from €19pp

Have a birthday party with a difference...

Choose land or water activities for your special day and most importantly the VIP goes FREE!

*Activities include: Sailing, Archery, Powerboat, Orienteering, Abseiling, Kayaking, Sea Kayaking, Raft Building, Team Challenge....*

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長城

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**NOW RE-OPENED - NEW MANAGEMENT - NEW IMAGE & DECOR**

**~Food Served Daily~**

Mon-Sat 5pm-12am (Inc. Bank Holidays)  
Sundays 2pm-12am  
(Special Menu Available)

**~Delivery Service Daily~**

(Inc. Bank Holidays) 5.30pm-11.30pm  
Delivery Charge starting from  
€ 1.50 (local area)

## SPECIAL OFFERS

*Sit Down Offer!!*

**3 COURSE MENU All Day €18.80pp**

*Sunday Special*

**EARLY BIRD MENU**

from 2pm-6pm for only €13.50pp

*Take Away Offers!!*

**GET A FREE CAN**

with every main course purchased

**GET FREE DELIVERY SERVICE**

when you spend over €10 (Local Area Only)

**~ For Dinner Reservations Call: 021 4773995 / 4700655 ~**

**\*\*\*Bookings Taken for Private Parties\*\*\***

Spectacular harbour views from bar, restaurant, patio & beer garden.

# The Speckled Door

Old Head, Kinsale  
T: 021 477 8243

**Food Served 7 Days:**

Mon-Sat: 12.30pm - 8pm

Sun: 12.30pm - 7.30pm

Seafood & Steaks

Also Kid's Menu & Selection of Sandwiches

10 minutes drive from Kinsale.

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**FITNESS · FUN · FRESH AIR**  
**GET FIT OUTSIDE ...FEEL GREAT INSIDE**

An outdoor, military style fitness program  
designed to get men and women  
of all fitness levels into shape fast.

## NEW EVENING COURSE

Starting in Kinsale 20th Sept  
Tuesday & Thursday @ 6.40pm

Course runs for 8 weeks and costs €150  
Diet Plan Included.

for further information or to book your place

**LOG ONTO**

**WWW.REBELBOOTCAMP.IE**

**OR CALL MARK:**

**086 880 9542**

**EMAIL [INFO@REBELBOOTCAMP.IE](mailto:INFO@REBELBOOTCAMP.IE)**

**Open 7 Days**

Serving  
Breakfast, Lunch  
(plus Sunday Brunch til 2pm)



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Kinsale**  
Tel 021 4709792

# LEMON LEAF CAFÉ

courtyard & food store

Now taking bookings for  
**Christmas Parties  
& Private Functions**  
Call: 021 4709792

## **Breakfast Served**

From 8.30am To 11.30am All Weekend...

### **...From 11.30am**

Our Delicious Sandwiches To Takeaway  
Off The Shelf For Those On The Run...

Mon-Friday, Take Our Picnic Specials  
To The Park On Your Lunch Break

**Now Serving  
Patsy's famous...**

Lemon Meringue & Carrot Cake

## **Evening Meals Being Served**

**Thursday to Sunday from 5pm**

Including:

*Bruschetta, Fishcakes, Oysters Au Natural,  
Moules Mariniere, Roasted Walnut Pear  
Salad, Caesar Salad, Lemon Leaf Lasagne,  
Lemon Leaf Burger With Durrus Cheese,  
Feuille De Brick, Irish Fillet Steak Bruschetta,  
Cheese Slate, etc. Reservations Taken.*

**Now Also Serving  
a Selection of Wines**



**Get your 2nd coffee (Refill) at a reduced rate!!!  
Occasional Novelty Cakes - Made to Order!**

*Delicious home baked goods, tarts & much more... We Make & Bake Everything Ourselves Everyday!  
...and remember: If you can't stay, you can takeaway!*



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*Cakes for all occasions*  
Free delivery around Kinsale

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**Open for Sunday Lunch**  
from 12.30pm to 3pm

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**Dinner Menu from €36.50**  
**À la Carte Also Served**

**Early Bird Served**  
from 5.30pm - 7.30pm, Mon - Fri  
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**www.manfridaykinsale.ie**



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### Deep Sea Angling & Scenic Tours

38ft Aquastar, Operating All Year!

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T: 021 477 8054

[www.anglingkinsale.com](http://www.anglingkinsale.com)  
email: [info@anglingkinsale.com](mailto:info@anglingkinsale.com)

CHECK OUT OUR  
NEW WEBSITE!!!



# Actons Hotel Health & Fitness Club

Tel: 021 477 2345 Email: [leisure@actonshotelkinsale.com](mailto:leisure@actonshotelkinsale.com)



## Free Wellness Evaluations available to members

Good nutrition and healthy eating advice. Protein requirements and hydration levels and much more.  
Book at reception or call Neil on 087 9243100

## ~ September Classes ~

- Mon:** 6.30pm - 7.30pm Water Exercise & Weight loss with Alana (drop in)  
6.30pm - 7.30pm Thai Boxing Ladies beginners with Nic call 086 0756000 (drop in)  
7.30pm - 8.30pm Thai Boxing Gents all levels
- Tues:** 2.00pm - 4.30pm Swimming Lessons (to book in call Sue on 086 3828463)  
7.00pm - 7.45pm Spin Class with Scott (all levels)
- Wed:** 10.30am - 11.30am Water Exercise & Weight loss with Alana (drop in)  
2.00pm - 4.30pm Swimming Lessons (to book in call Sue on 086 3828463)
- Thurs:** 10.30am - 12.00pm Parent and baby swim social (children free)  
2.00pm - 4.30pm Swimming Lessons (to book in call Sue on 086 3828463)  
6.30pm - 7.30pm Water Exercise & Weight loss with Alana (drop in)  
7.00pm - 7.45pm Spin with Scott (intermediate / advanced)
- Fri:** 10.30am - 11.30am Pilates Ball with Rose 087 1332326 (bring your own ball)  
7.30pm - 8.30pm Thai Boxing Gents all levels with Nic 086 0756000
- Sat:** 10.00am - 11.30am Vinyasa Yoga with Mary Classes subject to change

**Complimentary use of pool, Sauna, spa, gym, etc.  
with minimum spend of €30.00 on treatments**

**Full body massage only €50.00**

Indian Head Massage, Reflexology, Pregnancy massage, Deep tissue massage, Sports massage  
Call in for Pamper Brochure.

Bookings for Massage and Relaxation treatments may be made at the Club.

## 10% Discount on Beauty & Massage Treatments & many more with your club membership

• Waterfront Bar & Restaurant • G-town Surf School & Sea Kayaking • Sovereign Sailing • Off Shore Surf Shop  
Kinsale Outdoor Centre • ActionPak • Infant Massage Courses • Food for living • Studio Gallery

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*Love your shape.....with US!*

**FREE TO JOIN**  
Weekly fee payable €10

**ACTONS HOTEL**  
**EVERY THURSDAY**  
FROM 15th SEPTEMBER  
10.30am-11.30am

**Contact Maura**  
087 2989104  
unislīm.com

**SPECIAL OFFER VALID**  
**UNTIL END SEPTEMBER**

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**M: 086 368 3968**

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T: 021 493 6732 / M: 086 041 6338

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# hurleys

Ballinspittle

BAR & RESTAURANT, Tel: 021 477 8200

## Food Served Daily

12.30pm - 9pm

From Monday 12th Sept  
Food Served: 12.30pm - 8pm



# SEPTEMBER IS VAT FREE

## MONTH @ THE BLIND-MAKER!

(on everything except Velux Blinds & Repairs)



### The Blind-Maker

Visit our Showrooms @:

- Southside Industrial Estate (near EZ Living), Togherr.
- Flor Griffin, Bandon
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Showrooms Open Monday to Saturday

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# THE ARMADA BAR & GUESTHOUSE

Pearse Street, Kinsale  
Tel: 477 2255

 **LIVE**   
**MUSIC**

Friday 16th Sept

**Likely Lads**

Saturday 17th Sept

**The Ferrymen**

Sunday 18th Sept

**Live Music**

Tuesday 20th Sept

**Dan The Man**

*Birthday Special*

*Happy 60th Birthday!!!*

---  
Your Local Bar...

Darts, Pool & Rings

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Bar Food Served Daily

**GONE SURFING!**



Offshore Surf Co. are closing  
for the Winter season

**from 19th September**

We will re-open in Spring with an  
amazing new look and fresh stock  
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**BUY ONE  
GET ONE FREE  
MASSIVE CLEARANCE  
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Shoes from €30

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**ALL SURFBOARDS HALF PRICE!  
...And our €5 bargain basket!!!**

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Thank you to all our customers  
for your support... See you next year!!!

# THE HUNTSMAN

Bar & Lounge,  
Belgooly Tel: 477 0666



## Entertainment for September

Sunday 18th September

**David Drought**

6.30pm-8.30pm

Friday 23rd September

Comedy with

**Paul Malone**, 10pm

§

## Serving Food 7 Days A Week

12.30pm-8.30pm

~ September Special ~

**Free Apple Pie & Cream**  
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**Monday-Friday**



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**Laura Hagger** Chiroprodist/ Podiatrist  
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Children's Foot Screening €25

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Kinsale, Co Cork

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Now is the time to prepare Annual Accounts  
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Call for a competitive quote

Vat Returns, Payroll, Bookkeeping,  
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# Fun Language Classes

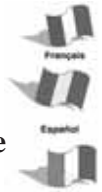
For Children of All Ages Provided by: *Le French Club*



We aim to give children a very strong grounding in language, culture & heritage. Through fascinating, inspiring activities your child will absorb a foreign language in a natural, fun effective way.

**Courses start soon in Kinsale, Carrigaline**

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• **Leaving Certificate Oral French**

Group classes

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Preparation classes Beginning in November

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Providing High speed  
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- Bandon
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Not valid in  
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Kids €8.00

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Items for sale • Items wanted • Situations vacant  
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 Education • Hire & equipment • Property • Property  
 Property • Property • Property • Property • Property  
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 Gardening • Building • Childcare • Education • Motors • Etc.

# CLASSIFIEDS

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### FINISHING SERVICES

Virtual Office - Bookkeeping  
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**087 240 6747**

MEMBER OF THE



email: [maria@sportingtoursireland.ie](mailto:maria@sportingtoursireland.ie)

Maria O'Mahony, Finishing Services, 71 Main St., Kinsale



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**3/4 Ton Digger + 1/4 Ton Dumper**

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Ideal For Back Yard Where Access Is Limited



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## SERVICES AVAILABLE

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FIXING OVENS, COOKERS, TUMBLE DRYERS, FRIDGES, DISHWASHERS, ETC...

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**M: 087 779 0804**  
**T: 021 483 3032**

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E: practicalsolutionsireland@gmail.com

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**T: 021 477 4955**

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window cleaning - fascia & gutters - moss removal - powerwashing  
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3 hour sessions

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Fun child developmental classes through Music, Puppets, Singing, Dancing & Story-Telling



### Bumble-Bees

Kinsale Classes (@ Actons): Tues, Wed & Fri  
Bandon Class: Mondays

CECILY COTTER: 086 371 2626

Ages 8mts-5yrs,  
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SEPTEMBER ENROLMENTS NOW TAKING PLACE



### Little Rascals Montessori School

Fiona: 021 477 7687 - 087 224 8816

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Montessori Classes: Part Time Care: Full Day Care:  
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### Lady Available To Mind Children in her own home - Compass Hill

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(Near Ballinspittle)

Due to demand, we grew  
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ECCE preschool places still available  
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1 mile from Ballinspittle Village,  
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Morning & full day care  
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0-12 years - after school collection  
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We Are Expanding!!! More Space Available Now  
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### Michelle's Hair Creations

LADIES & GENTS

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Professional hair care



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Kennels open all year.

Spacious individual kennels.

Long country walks twice a day.

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Because they're  
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**T: 021 470 8860**  
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[www.alldoggrooming.ie](http://www.alldoggrooming.ie)

## FORT ARTHUR BOARDING KENNELS KINSALE



Individual Kennels - Exercised Twice Daily

Collection & Delivery - Prop: Avril Copithorne



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Located in BANDON & KINSALE

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**Contact Susan: 086 87 40 711**

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## PROPERTY

### TO LET

#### LONG OR SHORT TERM

DOUBLE ROOM EN SUITE  
AND SINGLE ROOM WITH  
SHARED BATHROOM,  
COMMUNAL KITCHEN/DINING  
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PRICE RANGING FROM  
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### TO RENT: LANZAROTE

Beautiful one bedroom apartment  
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Close to all local amenities.  
5 minutes walk to the beach.  
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Satellite TV including:  
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**Secure storage units  
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**Unit sizes: 200 Sq feet**

**Contact: 087 2429008**

## Cottage To Rent

within walking distance of town

**T: 021 477 2483**

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opposite Garretstown Beach

**4 bedrooms/3 bathrooms**

**Full central heating  
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**All Kitchen appliances provided**

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**Rent is €800.00 per month**

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## SITUATIONS WANTED

**Student (permaculture) available for:**

Childminding (qualified)

Grinds: Maths/Physics/Chemistry/French

Also available for gardening etc.

**Call Louis: 085 235 1297**

## FOR SALE

**For Sale: 2-Oven AGA Cooker**

Red in colour. Immaculate condition.

Oil fired. Genuine reason for selling.

**Contact 086 194 3169**

**TO LET: Shop in Ballinspittle**

Currently trading as Ice Cream Shop

Lends itself to many uses

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**16.3 HALF BRED**

**GELDING HUNTER**

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## SITUATIONS VACANT



### ACTONS HOTEL KINSALE

#### Require a self employed **BEAUTY THERAPIST**

To provide a comprehensive range of beauty therapies in our Health & Fitness Club treatment rooms.

#### Successful applicants should have:

- A minimum of 2 years experience
- Appropriate qualifications: CIDESCO, CIBTAC, ITEC
- Excellent communication & customer care skills.
- Full insurance cover
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#### Please apply in writing to Julie Tomlin:

Actons Health & Fitness Club,  
Actons Hotel, Kinsale

email: [leisure@actonshotelkinsale.com](mailto:leisure@actonshotelkinsale.com)  
Tel: 021-4772345

### THE BLUE HAVEN COLLECTION **EXPERIENCED NIGHT PORTER**

Email: CV to [info@bluehavenkinsale.com](mailto:info@bluehavenkinsale.com)  
or hand CV into reception  
of The Blue Haven Hotel



### Life Science Consultants

Servicing the Pharmaceutical and Biotechnology Industries

Life Science Consultants is a Kinsale based company working in a global marketplace. Due to significant growth, the company is offering a Recruitment Consultant Internship.

#### Recruitment Consultant Internship

The structured programme will focus on sales and communication skills as well as an understanding of the whole circle of recruitment. The programme will cover how to manage candidates and client relationships whilst developing an in depth knowledge of pharmaceutical industry.

The Ideal Candidate will have:

- Natural flair for sales
- The ability to build rapport quickly
- Proven ability & confidence in a customer facing role
- Candidates will need to be self driven
- Ideally you will have some previous experience in a business to business sales
- A third level qualification and/or a fluency in a European language

This role encompasses the complete recruitment lifecycle from business development, sourcing and interviewing candidates, to negotiating with candidates/and client contacts.

Recruitment is extremely fast paced, often demanding but very rewarding, so please only apply if you are serious about this as a career. This is a great opportunity for a very talented person to break into the recruitment industry.

#### Why Apply?

The **Job Bridge National Internship Scheme** offers you an alternative if you have been unable to find paid work. If you are a recent graduate, you gain valuable work experience that you can add to your Curriculum Vitae.

#### How to Apply?

To apply for placements you must be registered with FÁS. You can do this at any local FÁS Employment Service Office, or Local Employment Service Office (LES).

Prospective candidates should email their CV to [recruit@lsc.ie](mailto:recruit@lsc.ie) with the role they are applying for included in the email subject. A brief synopsis of the candidates experience should be included in the email.

## 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"*

## **Violin Lessons**

Beginners to Advanced  
All Levels & Exams Catered For  
Teresa 086 170 3366

## **KINSALE BRIDGE CLUB**

is hosting a Fundraiser  
at the Trident Hotel

**Thursday September 22nd 10am**  
in aid of Sacred Heart Benevolent Fund (ASHI)

**Table money €12 includes coffee**  
**Great raffle with lots of prizes.**

*All welcome!*

## **KINSALE ACTIVE RETIREMENT ASSOCIATION**

**Tuesday 20th Sept, Temperance Hall**

### **Exercising & Dentist Visit**

Intermediate A Football Championship  
Semi Final : **KINSALE VS KILDORERY**  
Venue: Riverstown

Date: Saturday 17th September, 4:00pm  
Come and show your support for the team!!

## **DON & BARRY'S HISTORIC STROLL, KINSALE**

from outside the Tourist Office  
**11.15am Daily + Early Bird 9.15am (Mon-Sat)**

*'Kinsale's single best attraction' - Rick Steves*

*'Highly entertaining ...Child friendly ...Captivating  
...All at once Old Kinsale came vividly to life' - The Irish Times*

**NEW** Preview our tour on [www.HistoricStrollKinsale.com](http://www.HistoricStrollKinsale.com)

Phone: 021 4772873

*...fresh organic vegetables ...cheeses ...soups ...pâtés  
...cakes ...salads ...plants ...flowers & much more*

## **Kinsale Farmers' Market**

Short Quay, Kinsale

**Every Wednesday**

9.30am to 2pm

## **SALE \* SALE \* SALE**

### **All Kinds of Everything**

Books, Stands, Candle Holders,  
Bric-A-Brac, Driftwood & Much More...  
(Some items as new!)

**44 Main Street, Kinsale**

(formerly Nouvelle)

Saturday 17th Sept 10.30am-5.30pm

Sunday 18th Sept 1.30pm-5.30pm

## **HARBOUR CRUISE**

*Departure Beyond Actons Hotel on board 'Spirit of Kinsale'*

Friday 16th Sept @ 2pm & 3pm  
Saturday 17th Sept @ 2pm, 3pm & 4pm  
Sunday 18th Sept @ 2pm, 3pm & 4pm  
Monday to Thursday @ 2pm & 3pm

**\*\*\*CHILDREN FREE\*\*\* MONDAY TO FRIDAY**  
1 Per Adult - Offer Valid For The Season

**M: 086 250 5456 [www.kinsaleharbourcruises.com](http://www.kinsaleharbourcruises.com)**  
Cruises are subject to weather and tide.

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

### **FRI 16th SEPT**

#### **AN SEANACHAI:**

Love Junkies.

**ARMADA BAR:** Likely Lads.

#### **BACCHUS NIGHTCLUB:**

with DJ Garian, 11.30pm.

**BLUE HAVEN:** Aristocrats.

#### **DERMOT RYAN'S**

#### **HERITAGE WALKS:**

From The Tourist Office,  
10:30am Daily

#### **DON & BARRY'S TOURS:**

9.15am and 11.15am,  
Tourist Office.

#### **FOLKHOUSE:** Hounddogs.

**HAMLETS:** Live DJ.

#### **HARBOUR CRUISE:**

From The Pier @ 2pm & 3pm

#### **SPANIARD BAR, SCILLY:**

Martin & Friends, 9pm.

#### **WHITE HOUSE:**

Mike O'Riordan, 10.30pm.

### **SAT 17th SEPT**

#### **AN SEANACHAI:**

Mike O'Riordan, 7.30pm,  
plus Sons of Steve  
McQueen, 10pm.

**ARMADA:** The Ferryman.

#### **BACCHUS NIGHTCLUB:**

with DJ Sean, 11.30pm.

**BLUE HAVEN:** Billy Crosbie  
& Friends, 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:** King K.

**HAMLETS:** Mini Beer Festival  
with Live DJ.

**HARBOUR CRUISE:** From The  
Pier @ 2pm, 3pm & 4pm.

#### **KINSALE GAA:**

Kinsale V Kildorey.  
Intermediate A Football  
Semi Final, Riverstown, 4pm.

#### **LORD KINGSALE:**

Paul Murphy, 9.30pm.

#### **SPANIARD BAR, SCILLY:**

For Folk Sake, 9pm.

#### **STUDIO BLUE NIGHTCLUB:**

Doors 11pm.

#### **WHARF TAVERN**

#### **AT THE TRIDENT HOTEL:**

Music with Tim O'Riordan.

#### **WHITE HOUSE:**

Liam & Ger, 10.30pm.

#### **WHITE LADY NIGHTCLUB:**

Doors 11.30pm. Plus BBQ.

### **SUN 18th SEPT**

#### **AN SEANACHAI:**

Trad Routes, 8pm.

Crazy Chester, 11pm.

**ARMADA BAR:** Live Music.

#### **BLUE HAVEN BAR:**

Sonny & Friends, 9pm.

#### **BULMAN, SUMMERCOVE:**

Boozy Schmoozers, 6.15pm.

#### **DERMOT RYAN'S**

#### **HERITAGE WALKS:** From The

Tourist Office, 10:30am Daily

#### **DON & BARRY'S TOURS:**

11.15am, Tourist Office.

#### **FOLKHOUSE:** Big Ordeal.

#### **HAMLETS:** Clem & Katie.

#### **HARBOUR CRUISE:** From The

Pier @ 2pm, 3pm & 4pm.

#### **HUNTSMAN, BELGOOLY:**

David Drought, 6.30pm.

#### **SÁILE SPORTS &**

#### **COMMUNITY CENTRE:**

1st Birthday Celebration  
& Family Fun Day, 2-5pm.

Live Music, Food Court,  
Dancing, Games etc.

#### **SPANIARD BAR:** Monty Goes

To Carlowl, from 7pm.

#### **STUDIO BLUE NIGHTCLUB:**

Doors 11pm.

#### **WHITE HOUSE:**

Mike O'Riordan, 9pm.

#### **WHITE LADY NIGHTCLUB:**

Doors 11.30pm. Plus BBQ.

### **MON 19th SEPT**

#### **AN SEANACHAI:**

Andy Dunne.

**BLUE HAVEN:** Arundo, 9pm.

**DALTONS BAR:** Traditional

Irish Music & Ballads.

#### **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 @ 2pm & 3pm

#### **KINSALE INDOOR**

#### **BOWLS CLUB:**

Temperance Hall, 8pm.

#### **SPANIARD BAR:**

Michael & Jimmy, 9.30pm.

#### **WHITE HOUSE:**

Liam & Ger, 9pm.

### **TUES 20th SEPT**

#### **ACTIVE RETIRED**

#### **ASSOCIATION:** Exercising

& Visit by a Dentist.

Temperance Hall, 2.30pm.

#### **AN SEANACHAI:**

Trad Routes, 10pm.

**ARMADA:** Dan The Man.

#### **BLUE HAVEN BAR:**

Sonny & Friends, 10pm.

**DALTONS BAR:** Traditional

Irish Music & Ballads.

#### **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 @ 2pm & 3pm

#### **KINSALE BRIDGE CLUB:**

Trident Hotel, 7.30pm.

### **WED 21st SEPT**

#### **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, 9.30am-2.00pm.

#### **FOLKHOUSE:**

Smokin' Embers.

**HAMLETS:** Darren & Friends.

#### **HARBOUR CRUISE:**

From The Pier @ 2pm & 3pm

#### **KINSALE TOASTMASTERS:**

Trident Hotel, 7.45pm.

#### **LORD KINGSALE:**

Trad with Mark Long

& Peter Harding.

**SPANIARD BAR:** Trad Session.

#### **WHITE HOUSE:**

Liam & Ger, 9pm.

### **THURS 22nd SEPT**

#### **AN SEANACHAI:**

Mike O'Riordan, 5.30pm.

Trad Routes, 9.30pm.

#### **APÉRITIF:** Italian Wine

Tasting Evening, 7.30pm.

#### **BACCHUS NIGHTCLUB:**

with DJ Mark, 11.30pm.

**BLUE HAVEN:** Arundo, 10pm.

#### **DALTONS BAR:** Traditional

Irish Music & Ballads.

#### **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 @ 2pm & 3pm

#### **LORD KINGSALE:**

Kinsale Lions Club Presents:

Tin Pan Alley, 8.00pm.

A Billy Crosbie Production.

#### **TRIDENT HOTEL:**

Fundraiser for Sacred Heart

Benevolent Fund, by the

Kinsale Bridge Club, 10am.

### **FRI 23rd SEPT**

#### **AN SEANACHAI:**

The Magnetics.

**ARMADA BAR:** Live Music.

#### **BACCHUS NIGHTCLUB:**

with DJ Garian, 11.30pm.

#### **BLUE HAVEN:**

Hank Wedel & Friends.

#### **BLUE HAVEN HOTEL:**

Fashion TV Party for

Cork Fashion Week, 9pm.

#### **DERMOT RYAN'S HERITAGE**

#### **WALKS:** From The Tourist

Office, 10:30am Daily

#### **DON & BARRY'S TOURS:**

9.15am and 11.15am,  
Tourist Office.

#### **FOLKHOUSE:** Live Music.

**HAMLETS:** Live DJ.

#### **HARBOUR CRUISE:**

From The Pier @ 2pm & 3pm

#### **HUNTSMAN, BELGOOLY:**

Comedy with Paul Malone.

#### **LORD KINGSALE:**

Kinsale Lions Club Presents:

Tin Pan Alley, 8.00pm.

A Billy Crosbie Production.

#### **SPANIARD BAR, SCILLY:**

Martin & Friends, 9pm.

#### **STUDIO BLUE NIGHTCLUB:**

Reception Party for

Cork Fashion Week with

DJ Stevie G. Doors 11pm.



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