

FREE

Vol. 23 Issue 02/12

Friday 13th - Thursday 19th January 2012

KINSALE ADVERTISER

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

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

EXCITING LINE-UP OF MUSIC THIS JANUARY



THE BLUE HAVEN HOTEL

- Fri 13th** Neil Diamond Tribute
- Sat 14th** Hank Wedel & Edel Curtin
- Fri 20th** Crazy Chester
- Sat 21st** The Aristocrats
- Fri 27th** Hank Wedel & Friends
- Sat 28th** Grainne Long

Tuesdays Sonny & Friends
Wednesdays Niall McCabe Band
Thursdays Darren & Friends



an seanachai

- Fri 13th** Crazy Chester
- Sat 14th** Sons of Steve McQueen
- Fri 20th** Amadans & Bodhrans
- Sat 21st** Cosmic Funk
- Fri 27th** Chapter 2
- Sat 28th** Cadillac Cats

Saturdays Mike O'Riordan, 7.30pm
Sundays Crazy Chester, 11pm-1am

HAMLETS CAFÉ BAR

- Fridays & Saturdays:** Live DJs
Sat 14th: Dj Funky Colin
Fri 27th: Crazy Chester

studio *Blue* NIGHTCLUB

Saturdays & Sundays
 Open from 11pm



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Now: €199
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& Doors

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OFFERS AVAILABLE UNTIL JAN 21st
OR WHILE STOCKS LAST

Kinsale Yoga Centre

Yoga – Pilates – Tai Chi

Class Timetable - January 2012

| | | | | |
|--------------|---|--|---|--|
| MON | Yoga Basics with Rose/Libby 087 2794706 10am-11am | | Yogalates Fusion With Eileen 6.30pm-7.30pm 087 2383849 | Vinyasa Flow Yoga with Eileen 7.30pm-8.45pm 087 2383849 |
| TUES | Back Care With Libby 10am-11am 087 9906187 Course Only | Over 50s Yoga With Libby 11.30am-12.30am 087 9906187 | Pilates Matwork 1 With Eileen 6.30pm-7.30pm 087 2383849 | Yoga Improvers With Libby 8pm-9.30pm 087 9906187 |
| WED | Yoga Bhajans 9.00am-9.45am (no charge) | Pilates With Rose 087 1332326 10.30-11.30am | Dharma Yoga With Nicole 6.30pm-7.30pm 086 0433324 Starts 25th Jan | Pregnancy Yoga With Libby 087 9906187 8pm-9.15pm Course Only |
| THURS | Hatha Yoga with Rose 087 1332326 10am-11.30am | | Yoga Basics with Libby 087 9906187 6.30pm-7.30pm | Men's Yoga with Libby 087 9906187 8pm-9.30pm |
| FRI | Capoeira with Sinha, 10am-11am 087 6258227 Call For Details | Pilates & More! with Regina 11.30am-1pm 086 0669267 | Pilates & More! with Regina 5.45pm-7pm 086 0669267 | Total Body Tone 7.15pm-8.15pm with Silver 085 1136018 |
| SAT | Hatha Yoga with Rose 10am-11.15am 087 133 2326 | Tai Chi with Simon 11.30am-1pm 085 1691304 (Call/Txt for Details) | | |

Drop-In Available Unless Otherwise Stated. Please call for details of costs and course lengths.

Libby/Rose 087 279 4706

68 Lower O'Connell St. email: kinsaleyogacentre@gmail.com

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| Tues | 12pm-3.30pm | Lunch Only |
| Wed | 12pm-3.30pm | Lunch Only |
| Thurs | 12pm-3.30pm | Lunch Only |
| Fri | 12pm-9pm | Lunch & Dinner |
| Sat | 12pm-9pm | Lunch & Dinner |
| Sun | 12pm-5pm | Last Orders 5pm |

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**KINSALE COLLEGE
of
FURTHER EDUCATION**

OPEN EVENING

**Wednesday 18th
January 2012
from 7pm to 9pm**

**Courses commencing
September 2012.**

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THE COURSES ON OFFER THIS YEAR!**

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Tel: 021 4772275
www.kinsalefurthered.ie

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**FRI 13th JAN
CADILLAC
CATS**

4 Piece Rocking Blues Covers

**SAT 14th JAN
THE
HOUNDOGS**

4 Piece Oldschool Rock n'Roll
& Contemporary Covers

**SUN 15th JAN
THE BIG
ORDEAL**

3 Piece Rockin Covers

**THURS 19th JAN
THE BLUEJAYS**

5 Piece Funk, Soul & Jazz

**FRI 20th JAN
THE FRETS**

The Folk House

Music Venue
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On Our 2 Big Screens
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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

~ Live Music ~

Saturday 14th January

Street Talk, 10.15pm

Sunday 15th January

Boozy Schmoozers, 6.15pm



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

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

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Our 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
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- Reduce your cardiovascular risk
- Improve your health
- Look and feel *years* younger

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

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maryoregan@zest4life.eu

You are invited to attend this **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:

**Wednesday 25th
January**

**The Trident Hotel
Kinsale**

7.15pm - 9.15pm

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Patrick Holford

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

Patrick **Holford's**

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nutrition & weightloss

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Aims to strengthen core stability
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6 week course

€60 Members / €70 Non-Members

Classes starting Monday 23rd January

Morning Class 10am & Evening Class 7pm

Terms & Conditions Apply

Minimum numbers required for class

**For more info and to secure your place please
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Carlton Hotel & C Spa Kinsale

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

CARLTON
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Aqua Babies & Aqua Tots

Swim with Anne-Marie, the most memorable and fun water experience for babies and toddlers in Kinsale.

**Starting:
Wednesday 25th
January at 11am**



Anne-Marie is a fully qualified swimming instructor with more than 19 years teaching experience.

At aqua-babies and aqua-tots we specialise in teaching pre-school children, between the ages of 8 months and 4 years. We offer a natural progression from baby to infant water safety programmes. Teaching water confidence, water safety, water skills in a relaxed environment. The school offers classes during the school term times.

At the Carlton Hotel we provide small classes, a warm pool, child friendly changing rooms, ample parking and a relaxed environment.

TO BOOK SEE RECEPTION.

Anne-Marie looks forward to seeing those smiling faces!

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Mike O'Riordan

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

~ Pamper Packages ~

Restore & Rebalance package

Indian Head Massage,
Back Massage and Reiki €60

Reiki Introductory session only €20

New Year - New You!

Sluggish after the festivities?

Try a Lymphatic Drainage Massage
which works on the secondary circulatory
system to rid the body of toxins,
boost immunity and beat cellulite.

Introductory session €40
and 4 sessions only €120

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IN
CIRQUE DU BYRNE

*'A quick silver
mind and a touch
of madness make
him one of the all
time greats'*

*'An hour of stand
up so joyous the
clinically depressed
should get it on
prescription'*

Thursday Feb 9th
The Blue Haven
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Cirque Du Byrne, Jason's latest show has played to packed houses all over the world. Come and see the show at the Blue Haven and experience the most exciting live stand up in the world today.

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STAY FIT AND ENHANCE
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email: sabine@fitforfun.ie
www.fitforfun.ie



Cookery Demos

JANUARY TO MARCH 2012
THE BLUE HAVEN HOTEL, KINSALE

Learn to cook delicious food, have fun, meet people and experience something new with the team of chefs at the Blue Haven Hotel cookery demos for January to March 2012 - book soon to reserve your place

TUESDAY JANUARY 31st - 7pm

American Classics

Unlock the secrets of classic American dishes from the simple burger, tex mex cuisine and all your favourites

TUESDAY FEBRUARY 7th - 7pm

30 Minute Dishes

Getting excellent meals in under 30 minutes

TUESDAY FEBRUARY 14th - 7pm

Cooking with Fish

Great fish dishes for all the family

TUESDAY FEBRUARY 21st - 7pm

Fantastic Packed Lunches

For school, work or picnics

TUESDAY MARCH 6th - 7pm

Italian Cooking

Authentic rustic Italian made easy

TUESDAY MARCH 13th - 7pm

Coeliac Cooking & Healthy Eating

Learn to make the dishes you love without the ingredients you can't have

TUESDAY MARCH 20th - 7pm

Cakes for Occasions

Take the stress and cost out of making great cakes for those special occasions

TUESDAY MARCH 27th - 7pm

Spanish Cooking

Paellas, tapas, sharing dishes & more

"Great enthusiasm.
Generous with people,
food & time"

THURSDAY FEBRUARY 16th

10am to 12pm (Mid Term Break)

Kids Cooking Demonstration

Let your children have a fun morning of learning and achieving a basic knowledge of great food. Queen cakes, cookie dough and cookies, homemade pizzas with any toppings you desire, ice cream sundae, healthy pasta dishes, colouring competition.

Tickets €25 (ages 8-13yrs recommended). Spaces limited.

"Lovely food,
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All classes on Tuesdays are €25 per class or get 4 classes for €90

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- Full physiotherapy assessment and baseline outcome measures.
- Exercise programme
- Education on environmental safety, things you can do to reduce the risk of falling, coping in the event of the fall (backward chaining method).
- Evaluation and follow up.



| Class | Date |
|-------------------------------|----------------------|
| Initial Assessments & Class 1 | Monday 16th January |
| Class 2 | Monday 23rd January |
| Class 3 | Monday 30th January |
| Class 4 | Monday 6th February |
| Class 5 | Monday 13th February |
| Class 6 | Monday 20th February |
| Class 7 | Monday 27th February |
| Class 8 & Evaluation | Monday 5th March |

Price per class €15.00 (Small classes)

**To book contact Yvonne/Helen on:
021 4777328 ext 223 or 217**



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BURN FAT & LOSE WEIGHT
BUILD CORE STRENGTH & LEAN MUSCLE
IMPROVE FLEXIBILITY
LEARN SELF DEFENCE
FEEL GREAT IN BODY & MIND
HAVE FUN!

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AT ACTONS LEISURE CENTRE & GYM
MONDAY 7.30PM - 8.45PM
FRIDAY 6.30PM - 7.45PM
NEW SATURDAY CLASS 12.30PM - 2PM
(UNIT 2 KINSALE COMMERCIAL PARK)



Ladies only class Monday 6.30 - 7.30

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Whiskey & Lace

Every Tuesday
New to the Armada:

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Your Local Bar... Darts, Rings & Pool

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LOSS CHALLENGE
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ST MULTOSE HALL**

WEDNESDAYS @ 7PM
CALL / TXT "WLC" TO
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Winter Challenges
START:
11th Jan 2012
AND
29th Feb 2012



To join visit www.weight-loss-challenge.ie (Quote ref: KN)



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No 26 Haven Bay Apt, Ballinacubby, Kinsale

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Laura Hagger

Chiroprapist/ Podiatrist
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- Children's Foothealth • Verruca Treatment
- Acupuncture • House calls now available

The Market Garden

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2012



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Now is the time to register for the

Kinsale Pink Ribbon Walk

Sunday 4th March @ 2pm

INFORMATION &
REGISTRATION
DAY
**Saturday
21st
January,**
11am-4pm
Temperance Hall,
Kinsale
All Welcome!

Walk/Run Route:

Starting at **Town Council Car Park**, turn right out onto **Pier Road**.
Take next right by Vista up **Dennis Quay** and onto **Lower O'Connell Street**.
Walk along **Main Street** turning left at the Tap Tavern,
up the one way street beside **St. Multose Church** and turn right at **Butcher's Row**
onto **Bandon Road** past the **Kinsale Further Education Centre** and **GAA pitch** (2.5km).

Continuing on the main Bandon Road, turn left at the sign for **Oldcote Gallery**.
Walk along the flat leafy road past the **Gallery and Ballinacurra House**
and begin the descent to **Whitecastle** (4.5km).

Walk another 2 km to the Gully Bridge at **Tixason Beg** (6.5km).
Continue along the scenic walk alongside the **River Bandon** and
past the **Equestrian Centre** towards the 'new' Bridge (8.5km).
Cross over the road and follow the river into Kinsale along the Pier Road
and back to the Town Council Car Park .

Registration forms and sponsorship cards are available at
Kinsale Pharmacy and Finishing Services
or call our 'Pink Hotline' (087) 2627387

For more information about the Walk, Training & Fundraising Tips and details
on Action Breast Cancer projects and Online Registration, simply log on to

www.pinkribbonwalk.ie

LET'S GET TRAINING AND FUNDRAISING!



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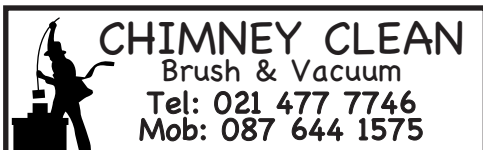
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building the new Sports & Community Centre in Kinsale.



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now for the Kinsale
St. Patrick's Day Parade

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

FRI 13th JAN

AN SEANACHAI:

Live Music with
Crazy Chester, 10pm.

BACCHUS NIGHTCLUB:

with DJ Garian, 11.30pm.

BLUE HAVEN:

Neil Diamond Tribute, 10pm.

FOLKHOUSE:

Live Music with
The Cadillac Cats.

HAMLETS CAFÉ BAR:

Live DJ.

SAT 14th JAN

AN SEANACHAI:

Mike O'Riordan, 7.30pm.

plus The Sons of

Steve McQueen, 9.30pm.

ARMADA BAR:

Whiskey & Lace.

BACCHUS NIGHTCLUB:

with DJ Sean, 11.30pm.

BLUE HAVEN:

Hank Wedel &

Edel Curtin, 10pm.

BULMAN, SUMMERCOVE:

Street Talk, 10.15pm.

FOLKHOUSE:

Live Music with

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HAMLETS CAFÉ BAR:

DJ Funky Collin, 9.30pm.

STUDIO BLUE NIGHTCLUB:

Doors 11.00pm

WHITE HOUSE:

Liam O' & Ger, 10.30pm.

SUN 15th JAN

AN SEANACHAI:

Crazy Chester, 11pm.

BLUE HAVEN:

Elly & Friends, 9pm.

BULMAN, SUMMERCOVE:

Boozy Schmoozers, 6.15pm.

FOLKHOUSE:

Live Music with

The Big Ordeal.

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MON 16th JAN

CÉILI FIT:

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TUES 17th JAN

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ARMADA BAR:

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BLUE HAVEN:

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KINSALE BRIDGE CLUB:

Trident Hotel, 7.30pm.
New Members Welcome.

MOTHER & BABY GROUP:

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WED 18th JAN

BLUE HAVEN:

Live Music with
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THURS 19th JAN

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BLUE HAVEN:

Live Music with
Darren & Friends, 10pm.

FOLKHOUSE:

Live Music with
The BlueJays.

FRI 20th JAN

AN SEANACHAI:

Amadans & Bodhrans,
from 10pm.

BACCHUS NIGHTCLUB:

with DJ Garian, 11.30pm.

BLUE HAVEN:

Crazy Chester, 10pm.

FOLKHOUSE:

The Frets.

HAMLETS CAFÉ BAR:

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January 2012, 9.00am - 5.00pm

WHERE: >> Saile Sports & Community Centre
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FOR MORE INFORMATION PLEASE CONTACT:

Anne Roche (Kinsale Macra na Feirme) **086 395 35 73**

Siobhán Green (Saile Sports & Community Centre) **021 4773929**

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| ELECTRIC CABLE | MILKING MACHINES | WATER PUMPS |
| ELECTRIC MOTORS | MOWING MACHINES | WHEELS (NO TYRES) |

Please note we cannot accept any Rubber, Plastic, Timber, Gas Cylinders, Fridges, T.V.