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THINK PINK!!

Come have Cake and a Drink!

in aid of Action Breast Cancer Supporting Kinsale Pink Ribbon Walk action breast cancer AT

Ena's Hair Salon

Ballinspittle, Co. Cork 021 477 8776

Sunday 23rd February 10am - 2pm



Main Street, Kinsale

Friday 14th February 10.30pm til 12.30am



Saturday 15th February 10.30pm til 12.30am

> CELTIC KNIGHTS

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4th ALL IRELAND CHOWDER COOK OFF KINSALE



& Kinsale's "Taste The Wild Atlantic Way" Street Food Festival

Saturday 12th & Sunday 13th April 2014

Saturday 1pm to 4pm

- See the town transformed into an open-air street market.
- Food stalls, music, face painting and entertainment for all the family on every street and open space.
- Local food businesses will offer samples and take-home food for under €5.

Sunday 2pm to 4pm at Actons Hotel
4th All Ireland Chowder Cook Off
Competition - You are the judge.
Members of the public will be the judges and
for just €10 entry fee you will receive a voting
card which allows you to sample all chowders,
and with ENTRANTS FROM 32 COUNTIES
that's a lot of chowder!



MIDSUMMER LOBSTER MADNESS Saturday 21st June 2014

38th KINSALE GOURMET FESTIVAL Friday 10th - Sunday 12th October 2014

Give a Good Food Circle GIFT VOUCHER



Available online at www.kinsalerestaurants.com and from The White House, Finishing Services, Trident Hotel and Actons.



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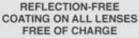




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- Eye Examination
- Contact Lens Filters
- Evesight Report for Driving Test
- Specialist Colour Filter Lenses
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- Prescription Sunglasses

Until Fri 28th Feb ALL FRAMES FROM SELECTED RANGE €25



OPENING HOURS: TUES TO THURS: 9.30am-5.30pm FRI: 8.30am-5.30pm, SAT: 9.30am-3.00pm



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FOOD SERVED

12.30pm - 8.30pm 7 Days A Week 4 Course Sunday Lunch €22.95

February Special TEA FOR A TENNER

Monday to Thursday 5.30pm to 8pm.

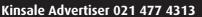
Sample Menu - Choose from:

Chicken & Mushroom Vol au Vent, with Salad & Chips Mixed Grill • Taco Fries • Southern Fried Chicken Burger with Salad and Chips (Menu changes weekly)



(on 3rd Friday of every month) Next session Friday 21st February.







THE CORK NATIONAL ANTIQUE & ART FAIR

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THIS SAT 15th - SUN 16th FEB 11am - 6pm both days

MOST OF IRELAND'S BEST ANTIQUE & ART GALLERIES WILL BE HERE INCLUDING MANY MEMBERS OF THE IADA

NOT TO BE CONFUSED WITH OUR PREVIOUS SMALLER FAIRS

Cut this ad out and bring it along on either day and we will admit 2 adults + their children for €5 total including free raffle. Without the ad Adults €3.50 Children Free.

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Parent & Baby/Toddler CUPPA & CHAT

Watch your child play and interact

Tuesday 25th February
TEMPERANCE HALL
KINSALE

Time: 10am - 12 noon



ALL WELCOME



For info please call Mary @ 085 745 9011

Kids Art Workshops Make A Real Comic!

Drawing, colouring, story-telling, collage & 3D art projects!

KINSALE: Tuesdays from 25th Feb

2pm - 3pm / 3pm - 4pm St. Multose Hall

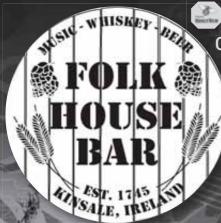
BALLINSPITTLE:

Wednesdays from 26th Feb 2pm - 3pm / 3pm - 4pm Ballinspittle Community Hall

6 Weeks €60

incl. materials & snacks (Discounts for siblings & KukSoolWon kids)

Bookings & Info: Fiona 087 7844 902 www.boniwellgrafikarts.com





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FRI 14th FEB

10.30pm

SAT 15th FEB

10.00pm

SUN 16th FEB 9.00pm

THUR 20th FEB

9.00pm

FRI 21st FEB

SAT 22nd FEB

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5 Piece Rock/Contemporary Covers

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5 Piece Rockin' Covers

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G.D.R.

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ALL SPORTS SHOWN ON 2 BIG SCREENS

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FRI 14th FEB - DJ MARK

All the Old & New Classics. Doors 11:30pm - Free b4 12:00am

SAT 15th FEB - DJ SEAN

90s Club Classics & Chart. Doors 11:30pm - Free b4 12:00am

FRI 21st FEB - DJ MARK

All the Old & New Classics. Doors 11:30pm - Free b4 12:00am













Dear Kinsale

PhysioFit will shortly be opening a dedicated Physiotherapy Clinic at CrossFit Gym, Farm Lane (behind Bandon Co-op) on Monday 24th February.

Karen Mason, Chartered Physiotherapist and Pilates Instructor has worked privately in Kinsale for seven years. Her dynamic approach to Physiotherapy works holistically and enables solution focused therapy with one aim in mind; your well being and physical recovery.

Her team comprises of young, energetic and dedicated Chartered Physiotherapists delivering the most modern treatments in Physiotherapy, Pilates, sports injuries and general injury prevention and rehabilitation.

The practice will be provided in conjunction with CrossFit Kinsale but operated independently by us at PhysioFit. PhysioFit looks forward to welcoming you to our new premises at Farm Lane.

Tel. **087 823 2672**Email: karenphysio@hotmail.com





Would you like to join a

functional exercise programme?

A small group will meet for 6 weeks on Thursdays from 3pm-4pm commencing Thursday 20th Feb.

at The K-CoRD Center Apt. 24, Haven Bay Village, Kinsale

BOOKING ESSENTIAL
For more information contact Liz at 4709700

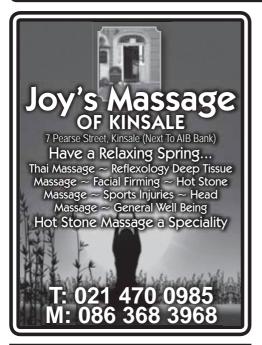
These functional exercises will....

Enhance activities of daily living
Contribute to your overall wellness
Improve your quality of life
Improve independence and self-esteem
Reduce stress levels
Help prevent injury/illness

The programme is being run by Sabine Graef, member of ANMPT









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FRIDAY 14th FEBRUARY: 10pm - 12.30am LIVE MUSIC FRIDAYS QUINCY

SATURDAY 15th FEBRUARY:

9.30pm - 11.30pm KARMA PARKING 11.30pm - 2am SOPHIS-D-KATE

TUESDAY 18th FEBRUARY:

7.30pm - 10pm

SINGING SESSION

Brina a sona or two

WEDNESDAY 19th FEBRUARY:

9.30pm - 11.30pm TRAD SESSION

THURSDAY 20th FEBRUARY:

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2 WEEKS AND COUNTING KINSALE PINK RIBBON WALK

Sunday 2nd March, 12 noon

We will be turning Kinsale

'Pink' this weekend!

Thank you to everyone who has registered already and to our Sponsors and Pink Partners for your generous support again this year.

Every euro raised goes directly to Action Breast Cancer, a programme of the Irish Cancer Society. It is our aim that more support services will be established locally as a result of the Kinsale Pink Ribbon Walk.

There is still time to register online or at Kinsale Pharmacy and get training! The 10km route is the same as 2013 – see website for details and training tips from Rogue Fitness.



Call for Volunteers to help with putting up signs Sat 15th Feb & Sat 1st March and stewarding Sunday 2nd March.

Please contact Margaret Murphy

086 818 3577

A couple of hours of your time makes all the difference. Thank You!

YOU CAN REGISTER NOW



on www.pinkribbonwalk.ie or contact 086 271 9556 for more information







SIGN UP NOW FOR COURSES SIGN UP NOW COURSES OUR NEW SPRING ON 3rd MARCH

KinsalePilates





MONDAY

10am Pure Pilates Matwork

11.15am Improver Pilates

6.45pm Beginner Pilates Course

8pm BarreConcept

TUESDAY

7.15pm Pilates Total Body

Sculpt & Tone

8.25pm "NEW" HIIT PILATES COURSE

(35mins of calorie burning & total body strengthening)

WEDNESDAY

10am BarreConcept

THURSDAY

11.15am 50+ Pilates8pm BarreConcept



Private & Buddy sessions also available. PHONE/TEXT TRUDY ON 087 6106 285

Classes are kept small so book early to avoid disappointment.

For a full listing of Pilates & Barre classes log on to

www.kinsalepilatesstudio.ie Email: trudy@kinsalepilatesstudio.ie

All classes are now held in Rogue Fitness, The Granary, Kinsale.

Actons of Kinsale

Actons Restaurant is open for dinner reservations on

Valentine's Weekend



5 COURSE MEAL

Including Glass of Sparkling Wine

€30.00 per person

Saturday 15th February Music with The Lounge Man from 10.00pm

Let Actons be in your heart this Valentine's.

For enquiries call 021 477 9900 info@actonshotelkinsale.com | www.actonshotelkinsale.com





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- Top 5 debtors
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- Bank/Debtors/Creditors
- Revenue amounts outstanding

And we'll help you to set your annual financial objectives:

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At Fitzgerald & Partners Accountants you will quickly find that we are more than just your accountant. We strive to be a key part of your team so that we can be part of helping you to grow and develop your business!



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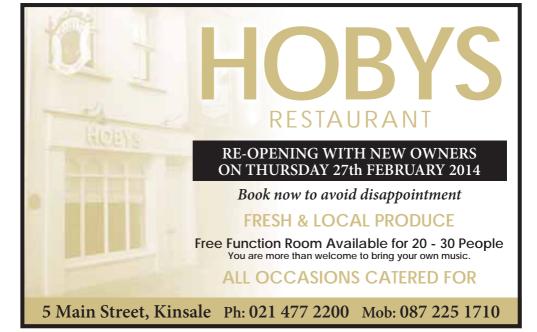
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Actons of Kinsale

PERSONAL TRAINING

Interested in one-one training?
Why not ask about our Personal Training options

1hr sessions €20 (member) or €30 (non member) or 6 Week Body Blast Programme €199



Includes:

- 2 personal training sessions per week
- 1 class per week
- All tailored to your ability
- An initial consultation
- Nutritional advice
- A closing consultation & future plan
- Use of facilities during the 6 weeks

Coming in March to Actons Health & Fitness Club

PARENT & TODDLER GROUP

Classes will be held on a Thursday morning 10.00am & 10.40am Class cost: €90 per child

For more information please contact Marie-Anne on 085 854 9246

For more information please contact 021 477 9900 leisure@actonshotelkinsale.com | www.actonshotelkinsale.com





Get up to speed with Carmapooling!

The Carmapooling community is growing by the day, meaning there will be more and more options available for your commute in the year ahead.

If you're thinking of trying Kinsale's newest commute alternative, why not come and say hi so you can decide for yourself? We'll be at the Blue Haven Café on Thursdays between 6pm and 8pm to give helpful advice.

Remember, we love meeting people who are interested in carpooling so don't be shy!

Here's to 'getting there together' in 2014.









RFSTAURANT





NEPTUNE'S NIBLETS
Smoked Salmon & Crab Parcels served with Salmon Caviar HONEYMOON IN VENICE **Oysters from Oysterhaven**

accompanied with Watercress Scented Oil PERFECT MATCH **Goats Cheese Tartlet**

with a Rocket Salad Dressing served with a Tomato Salsa and Balsamic Reduction CUPID'S CUDDLE

Chicken Liver Parfait with Homemade Brioche & Red Onion Marmalade

LOVE POTION Roast Buttersquash & Sweet Potato Soup with a Chive Crème Fraiche

MAINS

MIDNIGHT IN MOSCOW 10 oz Char-grilled Prime Irish Sirloin Steak accompanied with Pepper & Brandy Cream ADAM & EVE'S LOVE NEST Fillet of Pork Wellington

West Cork Pork Fillet in Pastry with Wild Mushrooms Stuffing

EROS SWEET EMBRACE Roast ½ Crispy Duck

served with Caramelised Fruit Compoté & Orange Sauce LICKING YOUR LIPS Seafresh Monkfish

Fillet Pier One Style Roast Fillet Monkfish with Spring Onion & Smoked Bacon Lardons NEPTUNE'S PASSION Lemon Sole with Atlantic Seafood served in Champagne & Butter Sauce

DESSERTS

A selection of delicious homemade desserts from Shirley's Dessert Menu

stunning Views Overlooking Kinsale Harbour



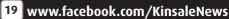
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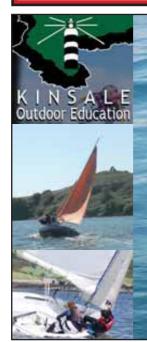
> PLUS OUR GREAT VALUE 3 COURSE MEAL

VALENTINES NIGHT

Friday 14th February Food of Love - Romance and Music

> Join us for your perfect evening And let us spoil & serenade you

> > with Billy Crosbie on Piano



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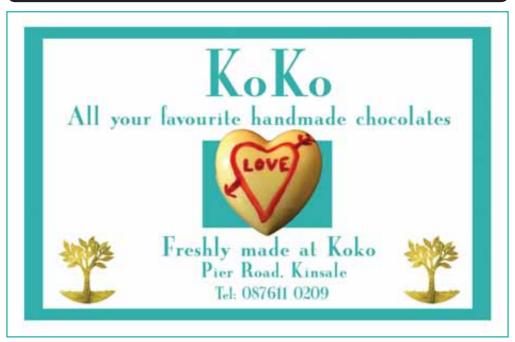
- Brush up on your sailing skills
- Tick some boxes in your logbook
- · Get ready for the season ahead

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17th - 19th FEBRUARY 10.00 - 16.30

€125pp

Places are limited so book early
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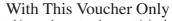
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Valentine's Weekend

Dinner Menu €25

Available Fri 14th, Sat 15th & Sun 16th Feb



STARTERS



Kinsale Seafood Chowder Warm Goat's Cheese Salad with Sundried Tomatoes Golden Fried Mushrooms with Vegetable Mayonnaise Smoked Salmon Roulade with Mixed Leaf Salad Grilled Crab Claws in Garlic Butter Sauce



MAINS



Grilled 8oz Sirloin Steak "Au Poivre" (Add €3) Baked Salmon with a Parmesan and Dill Crust Pan-fried Chicken with Ginger and Spring Onion Served with Basmati Rice and Madras Curry Sauce Pan-fried Hake with a Citrus Basil Dressing Pan-seared Pork Steak with an Orange & Apricot Glaze Served with Black Pudding Mash



Vegetarian Mille Feuille Served with Tossed Salad **DESSERTS**



Baked Apple Pie with Crème Anglaise Meringue Nest & Fresh Fruit with a Passion Fruit Coulis Hot Raspberries & Vanilla Ice Cream Chocolate Fudge Cake

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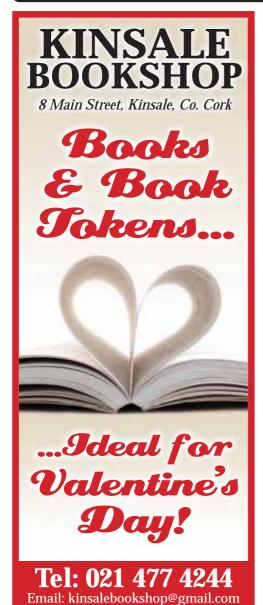
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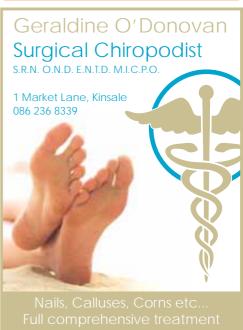












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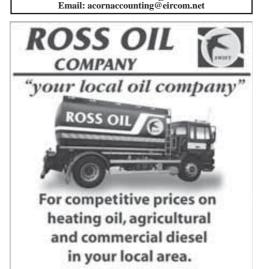
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Please contact the office as times may vary.

NOTICES

MIRACULOUS PRAYER

Dear Sacred Heart of Jesus, in the past I have asked for many favours. This time I ask you this very special one (mention favour). Take it, dear Heart of Jesus and place it within your own broken heart, where our Father sees it. Then in his merciful eyes it will become your favour, not mine, Amen. Say this prayer for 3 days, promise publication and the favour will be granted, no matter how impossible. Newer known to fail. A.C.



FRI 14th FEB

ARMADA BAR:

Bobby & Eileen. AUDIVOX CLINIC:

Haven Bay Care Centre, 9.30am - 12.30pm.

BACCHUS NIGHTCLUB:

DJ Mark, 11.30pm.

BLUE HAVEN:

Michael Bublé Tribute CRACKPOTS:

Romance & Music with Billy Crosbie on Piano.

FOLKHOUSE:

The John Connelly Band, 10.30pm.

HAMLETS: DJ Ravz. **KEARY'S CORK:**

Nissan Dealer Open Weekend, Runs until 16th February.

KINSALE R.N.L.I.:

Coffee Morning at Temperance Hall, 10am.

SILENT BANJO: The Jooks, 10,30pm.

SEANACHAI:

Live Music Fridays with Quincy, 10pm.

WHITE HOUSE: Gráinne Ryan.

SAT 15th FEB ACTONS:

Swanky Soirée, 8pm.

ACTONS:

The Lounge Man, 10pm. ARMADA BAR:

Dennis Collins.

BACCHUS NIGHTCLUB:

DJ Sean, 11.30pm.

BLUE HAVEN:

Sons of Steve McQueen. 10pm.

CORK NATIONAL ANTIQUE & ART FAIR:

Moran's Silver Springs Hotel, 11am - 6pm. FOLKHOUSE:

The Houndogs, 10pm.

HAMLETS: DJ.

KINSALE MEN'S SHED TOOLS COLLECTION:

Collection of unwanted tools at Sáile. 10 - 4.

SEANACHAI: Karma Parking, 9.30pm.

Sophis-d-kate, 11.30pm. SILENT BANJO:

Celtic Knights, 10.30pm. WHITE HOUSE: Puc Ar Buile.

SUN 16th FEB

BLUE HAVEN:

Darren & Friends, 9.30pm. **CORK NATIONAL**

ANTIQUE & ART FAIR:

Moran's Silver Springs Hotel, 11am - 6pm. FOLKHOUSE:

King K, 9pm.

MON 17th FEB

BLUE HAVEN:

Mike O'Riordan. 9.30pm.

DALTONS BAR:

Traditional Irish Music

KINSALE OUTDOOR **EDUCATION CENTRE:**

Spring Clinic,

10am - 4.30pm. Runs until 19th February.

TUES 18th FEB

BLUE HAVEN: Sonnie & Friends, 9.30pm. SEANACHAI:

Sinaina Session. 7.30pm - 10pm.

WED 19th FEB

BLUE HAVEN: Niall McCabe, 9.30pm.

KINSALE FARMERS

MARKET: 9am - 2pm.

SEANACHAI:

Trad Session, 9.30pm.

THURS 20th FEB

BLUE HAVEN:

Jack Crosbie & Ben Dillon, 9.30pm.

BLUE HAVEN:

David Coleman. Clinical Psychologist & Broadcaster, 7pm.

CARMA:

Info session about Carmapooling: 6pm - 8pm at

Blue Haven Café. FOLKHOUSE:

The SGs. 9pm.

K-CORD CENTRE:

Functional Exercise Programme starting

today, 3pm - 4pm. SEANACHAI:

Open Mic Night.

FRI 21st FEB **BACCHUS NIGHTCLUB:**

DJ Mark, 11.30pm.

BLUE HAVEN:

Barefoot Gypsies, 10pm.

COLLINS KINSALE

PHARMACY:

Fuschia VIP Event, 11am - 4pm.

CRACKPOTS:

Billy Crosbie on Piano.

FOLKHOUSE: G.D.R., 10.30pm.

HAMLETS: DJ Rayz.

HUNTSMAN, BELGOOLY:

Trad Session

KINSALE ST. PATRICK'S DAY PARADE

COMMITTEE:

Coffee Morning & Cake Sale, Temperance Hall.

Traditional Irish Music & Ballad **Every Monday**

KINSALE ST. PATRICK'S DAY

COFFEE MORNING & CAKE SALE

on Friday 21st February

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