

FREE

Vol. 25 Issue 24/14

Friday 20th June - Thursday 26th June 2014



KINSALE ADVERTISER

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

Tel: 021 477 4313 :: Web: www.kinsaleadvertiser.com :: Email: info@kinsaleadvertiser.com



Garden Know-How

FREE Summer Gardening Demonstrations



Bandon Co-Op Kinsale **Saturday June 21st 11am & 2pm**

By our in-house garden experts Iza and Aphra
Demos followed by informal Q&A sessions

Unlock the mysteries of:

- 🌱 Container Gardening – Growing flowers, herbs and vegetables in pots, window boxes, baskets etc
 - 🌱 Pests and Diseases – Most common pests and diseases and how to overcome them
 - 🌱 Plant Feeding – Which feeds to use and when
- 🌱 Aphra and Iza will be available during the day to answer any other gardening questions that you may have



Farm Lane, Kinsale
Tel: (021) 477 4080



To sign up for our

SPECIAL OFFERS **TEXT MESSAGES**

simply text "bandoncoop" to 51444.

Standard text rates apply

www.bandoncoop.ie



Children's Art Camps

IN ARTIST'S STUDIO IN BALLINADEE

30th June - 4th July 7th July - 11th July

5yrs - 16yrs - €120 - Group Discounts - Booking Essential

Let's get creative!

Mosaic - Ceramic - Masks - Drawing - and much more!

ADULT'S CLASSES

Wednesdays 7.30pm - 9.30pm

ARTY PARTIES

(from €12 per head)

Call Natalie Allen on 086 352 2084

Luxury
HOLIDAY VILLAS
ON THE COSTA BLANCA
QUALITY PROPERTIES - QUALITY LOCATIONS



We are a friendly family run company who aim to provide a professional service whilst retaining a personal touch.



We have an excellent reputation, with many customers returning each year!

Tel: **0034 638 207 343**

Email: enquiries@solvillasjavea.com
WWW.SOLVILLASJAVEA.COM

The Speckled Door

Old Head, Kinsale.

T: 021 477 8243 www.speckleddoor.com

Spectacular Views of Kinsale Harbour
from bar, restaurant, patio & beer garden!

10 minutes drive from Kinsale
Ample Parking & Wheelchair Facilities



Food Served 7 Days 12.30pm - 8.30pm

~ Full Menu served all day ~

Also Kid's Menu & Selection of Sandwiches

Renowned for Lordan's T-Bone Steaks

KENNEDY'S OPTICIANS

Pearse St., Kinsale

Keeping Kinsale Focused

Tel: 021 4773595

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

Now Open...

DRY EYE CLINIC

Wednesday Afternoons
2.00pm to 4.30pm

Please contact us for further
information and appointment



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





www.twitter.com/kinsalenews



www.facebook.com/KinsaleNews



Free 

THE 
ARMADA
BAR & GUESTHOUSE
Pearse Street, Kinsale 021 477 2255

FRIDAY 20th JUNE
SEA CAPTAIN

SUNDAY 22nd JUNE
FREE BEER

TUESDAY 24th JUNE 7.30pm
THE MERRY STEMS

WEDNESDAY 25th JUNE 8.30pm
BOBBY & EILEEN

Full Bar Menu Served
DARTS - POOL - RINGS

 **KINSALE & DOCK**
ROWING CLUB 

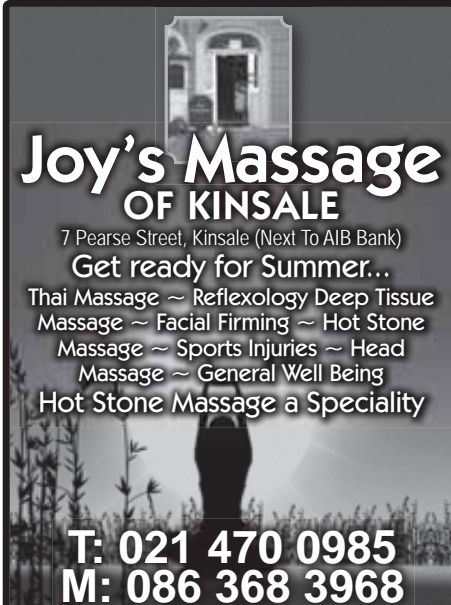
GET FIT
GET ROWING



OPEN FOR MEMBERS FOR 2014
From 10 years to veterans.

If you are interested in Coastal Rowing or just interested in going for a leisure row on the river.

Call over to The Dock Slip
opposite The Dock Bar
Tuesday, Wednesday or Thursday
from 6.30pm



Joy's Massage
OF KINSALE

7 Pearse Street, Kinsale (Next To AIB Bank)
Get ready for Summer...

Thai Massage ~ Reflexology Deep Tissue
Massage ~ Facial Firming ~ Hot Stone
Massage ~ Sports Injuries ~ Head
Massage ~ General Well Being
Hot Stone Massage a Speciality

T: 021 470 0985
M: 086 368 3968

ROSS OIL 
COMPANY

"your local oil company"



**For competitive prices on
heating oil, agricultural
and commercial diesel
in your local area.**

Bandon, Co. Cork.

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

Kinsale: 021 477 7015
Bandon: 023 883 9383



CHECK OUT OUR... WORLD BEERS MENU

Unrivalled selection inc: Fuller's Honey Dew Lager, O'Hara's IPA, Old Speckled Hen, Hobgoblin Ale, London's Pride Ale.
NEW ON TAP: Proper Job IPA, Tribute, O'Hara's Red Ale, Stowford Press Westons Cider, Metal Man Cask Ale, 8° Howling Gale, Abbot Ale, Carrig Irish Craft Lager

Music Venue
Guardwell, Kinsale
T: 021 4772382
www.folkhousevenue.com

NEW
IRISH WHISKEY
TASTINGS
AVAILABLE

**...ALSO UNRIVALED
WHISKEY SELECTION!**
OVER 75 TO
CHOOSE FROM!

FRI 20th JUNE
10.30pm

THE FRETS

Lively Duo playing from Trad to Jazz.

SAT 21st JUNE
10.00pm

JOHN CONNOLLY BAND

5 Piece Swing Blues Rock

SUN 22nd JUNE
9.00pm

KING K

5 Piece Rockin Covers

THUR 26th JUNE
9.30pm

MIKE & RORY

2 Piece Folk/Contemporary Covers

FRI 27th JUNE
10.30pm

KING K

5 Piece Rockin Covers

SAT 28th JUNE
10.00pm

FIRE DRILL

5 Piece All-out Rock

**NEW GIN MENU
AVAILABLE**
Over 35 to
choose from!

**ALL PARTIES
ALL OCCASIONS
CATERED FOR
3 TO 300**

**ALL SPORTS
SHOWN
ON 2 BIG
SCREENS**

Bacchus Nightclub

FRI 20th JUNE - DJ MARK

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

SAT 21st JUNE - DJ SEAN

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

THUR 26th JUNE - DJ MARK

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



www.twitter.com/kinsalenews



www.facebook.com/KinsaleNews



SEANACHAI

Market St, Kinsale

Friday 20th June
MIDSUMMER FEST
6pm - 2am

Saturday 21st June
MIDSUMMER FEST
6pm - 2am

Sunday 22nd June
MIDSUMMER FEST
2pm - 1am

Monday 23rd June
LIVE MUSIC
from 7pm

Tuesday 24th June
LIVE MUSIC
from 7pm

Wednesday 25th June
TRAD SESSION 7pm
FOLLOWED BY
BARRY TIERNEY
10pm-11.30pm

Thursday 26th June
OPEN MIC NIGHT

Friday 27th June
CRAZY CHESTER
play the music & songs
of Neil Young

Ralf's Computer Services

est. 2002

Lower O'Connell Street,
Kinsale, Co. Cork

(Between Shanghai Express & The White Lady)

COMPUTER & LAPTOP REPAIRS

Spyware & Virus Removal • Data Recovery & Back-up
Home & Business Networking • Computer Upgrades
Home & Business On-Site Services

COMPUTER SALES

Computers • Laptops • Printers • Accessories • Ink toners

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www.csonline.ie

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Providing High speed
broadband in your area!

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

No Phone line needed - No line rental
Local Company with a local support team
Packages starting from €3.80 per month



Contact Tristan on:

087 1211809

Ballinadee, Bandon, Co. Cork

email: info@fasttrackbroadband.ie
web: www.fasttrackbroadband.ie



BLUE HAVEN

café

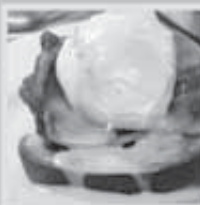
Open 7
Days A
Week
From 8am
To 5pm

Exciting Sandwich Bar & Menu

Healthy Options & Takeaway Also Available
Kids Menu - Great Coffee - Homemade Cakes & Pastries

TASTY DISHES SUCH AS

*Chargrilled Chicken Tikka, Flame Grilled Halloumi,
Confit Duck & Mango Salad and so much more.*



Vibrant and Comfortable Atmosphere
Call in and try our menu and exciting sandwich bar!

www.bluehavenkinsale.com | 021-4772209



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K-CORD
KINSALE COMMUNITY
RESPONSE TO DEMENTIA

Carers Group

Introduction to mindfulness for family carers of older people

Wednesday 25th June: 7.00pm-8.30pm

At the Friary Centre, Kinsale

With Judy Wall, Clinical Psychologist
HSE, Cork South

All WELCOME: for more information contact Liz at 4709700



AA firesafety
PROTECTION



AA firesafety
TRAINING

AA firesafety GROUP

- Fire Extinguishers Supply, Rental, Servicing & Refilling
- Ansul Suppression Systems
- Vehicle Suppression Systems
- Fire Alarms • Spill Control Kits - Supplied & Refilled
- Fire Hoses - Stand Pipes, Keys & Bars
- Fire Hydrants - Tested
- First Aid Kits - Supplied & Refilled
- Safety Signs - Supplied & Fitted
- Fire Training
- Health & Safety training

NOW IS A
GOOD TIME
TO GET
YOUR FIRE
EQUIPMENT
CHECKED!

086 265 4375 or 021 477 5868
mark@aafiresafety.ie

www.aafiresafety.ie

Mark Costelloe, Director, Ballyvrin, Dunderrow, Kinsale, Co. Cork



KINSALE GAA

Honouring John Kirby
Informal Kinsale GAA Get Together
in The Lord Kingsale

on **Friday 27th June at 8.30pm**
to honour John Kirby,

who did great work at a time of
unprecedented success for the club at all
under age grades from the mid 60s to
the mid 70s. He was also involved with
Kinsale & Carrigdhoun at adult level.

ALL WELCOME

Lots of GAA memorabilia on display.

*A great chance to meet up with past
friends & make new ones!*

Pearse Street, Kinsale
(above Eurospar)



THE KINSALE SALON

MASSAGE • BEAUTY • HAIR & NAIL

BY ANIKA & SANDRA

Gift Vouchers available • Salon open Monday to Saturday

Check out our price list on www.kinsalebeautysalon.com

*Phone us on **087 783 9626** to book an appointment.*

Back Massage (30 minutes) _____ **ONLY €20**

Multi-Vitamin Full Body Massage _____ **ONLY €40**
(60 minutes)

Deep Tissue Massage (60 minutes) _____ **ONLY €40**

Swedish Massage (60 minutes) _____ **ONLY €40**

Sports Massage (60 minutes) _____ **ONLY €40**

Golfers Massage (60 minutes) _____ **ONLY €50**

**NOW AVAILABLE - OUR NEW...STATE OF THE ART...
ERGOLINE STAND UP SUN ROOM**

Achieve that perfect all over tan in a matter of minutes!!!!

***NEW* TO THE KINSALE SALON**
The “Revolutionary” IPL+RF
(Intense Pulsed Light and Radio Frequency)

IPL is very effective in Permanent Hair Removal and also for treating broken capillaries (spider veins) and age spots.

IPL also stimulates the production of collagen, which plumps up the skin - therefore helping diminish fine lines & wrinkles.



NEW NEW NEW NEW

Parent, Baby & Toddler GROUP

Temperance Hall, Kinsale

Meet, chat & have a cuppa with other Parents while you watch your child play & interact.
Make friends for life.

Next chat & play date is

Tuesday 24th June
10am to 12noon



**For info please
call Mary
@ 085 745 9011**

ALL WELCOME

Oscar Madisons

7 MAIN ST, KINSALE

LIVE MUSIC
Saturday 21st June 10pm
THE ORIGINALS



**All World Cup
Matches
Shown Live
including
ENGLAND v
COSTA RICA**
Tuesday 24th June
5pm

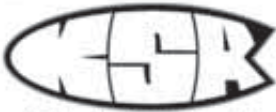


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on Twitter

5 HD Screens



Find us on
Facebook



**KINSALE
SURF ADVENTURES**

Junior & Teen Summer Camps 2014

NOW OPEN FOR BOOKINGS!

WEEK LONG CAMPS - JUNE/JULY/AUGUST

Call us for info & prices. All activities fully insured.

Greville & Allie hope to educate and foster a love & respect for the ocean. We teach fun sustainable ocean related activities, the importance of water safety & conserving the environment. Participants will return from our camps with new skills, friends, water confidence and knowledge that can benefit them all through their lives.



- Surfing
- Bodyboarding
- Coasteering
- Water Safety Awareness
- Marine & Ecology Education
- Beach Games & more!

Call us to make your reservation: 083 107 5757
info@surfkinsale.com www.surfkinsale.com

AAA Auto Services

Kinsale Enterprise Park, Barrack Green, Kinsale.



**All Makes of Cars
& Vans Serviced**

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FREE Collection & Delivery
for servicing etc. in Kinsale area

**Cars N.C.T.'d for you
Vans D.O.E.'d for you**

Damien Bowles or Adrian Wright

**T: 021 4700 811
M: 086 2544 297**

Casual Carpooling from San Francisco to Kinsale

with

Carma's Sharing Economy Expert, Teresa Gaynor



Blue Haven Hotel

6 - 8pm, Thursday June 26th

Learn about Teresa's vision of bringing the zero-tech concept of Casual Carpooling from her home in San Francisco to Kinsale.

Drop by to network with your neighbours and find out how you can help your community improve its commute!



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www.facebook.com/KinsaleNews



TRUMP TOURS
Choir Performance Tours

Concert



Bentonville Chamber Choir

From: Bentonville, Arkansas, USA
Conductor: Mr. Terry Hicks

will be performing together with

Cork Arts Studio Stageworks Youth Choir

Conductor: Orla Palliser Kehoe

Wednesday, 25th June 2014 @ 8.00 pm

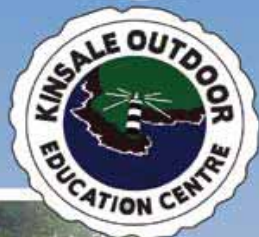
Little Theatre

**Tracton Arts & Community Centre
Minane Bridge**

Free Admission

With some light refreshments after the concert !

OPEN DAY
JUNE 21st 11-2pm



**HAVE YOU GOT WHAT IT TAKES TO TRY KINSALE'S
ONLY CLIMBING WALL & NEW LEAP OF FAITH**

Win a Family Time voucher

Meet us on the Pier for Kayak and Powerboat trips

FREE



**ANY ENQUIRIES CALL 021 4772896 OR
www.kinsaleoutdoors.com**



www.twitter.com/kinsalenews



www.facebook.com/KinsaleNews





Working to promote our town!

- Did you know that www.kinsale.ie has over 250,000 user hits and over 800,000 page reads per year?!
- We are currently re-designing and developing our website to increase interaction with visitors, visibility and links to Members' Directory and drive business referrals
- Re-printing a new brochure that will be widely distributed throughout Kinsale and Cork city and county 2014-2015
- Raising profile through ongoing Marketing, PR and Social Media
- Promoting the 'Wild Atlantic Way' to a national and international audience

This is a great opportunity to join Kinsale Chamber if you are not already a member.

Contact memberinfo@kinsale.ie for more details.

MEMBERSHIP RENEWALS ARE NOW DUE:

Small Business (owner managed, 1 staff member) €195

Regular Business Membership: €295

Large Business/Hotel: €595

Please pay by electronic bank transfer or cheque by **30th June 2014** to ensure you are listed on the new website and in the new Kinsale brochure.

www.kinsale.ie

***Kinsale Hotels offer Great Deals
to Guests all year round.***



BEST PRICE TAXIS KINSALE

***...offer a great €25 fare to Cork Airport
all year round also!***

Tel: 087 237 1022

Email: cantyt@eircom.net www.bestpricetaxis.com

*We are almost 30%
cheaper than our nearest
competitor!*

*Just because you
are leaving town we don't believe
that you should not be offered a
great deal €25 taxi ride to
the Airport.*

***If you are not booked a €25 taxi ride to
Cork Airport then you are not getting a great deal.***

***Ask your friendly Hotel Manager to book you a
fantastic great deal €25 taxi fare to Cork Airport.***



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SEANACHAI

KINSALE



MID-SUMMER-FEST

FRIDAY

Doors OPEN 6pm
Traditional Session
Venue From 7pm
Diddley Squat
Quincy with Plazi
KARMA PARKING
Music/Late Bar till 2am

SATURDAY

Doors OPEN 2pm
Traditional Session
Venue From 5pm
Seanachai Saturday Sessions
Super Group
The Beachcombers
The Barry Tierney
Show Band
Music/Late Bar till 2am

SUNDAY

Doors OPEN 2pm
Traditional Session
Venue From 4pm
The Niall McCabe Band
John Spillane
Nigel Mooney
Music/Late Bar till 1am

Ticket Only Event
Friday....€20
Saturday...€25
Sunday....€25
Weekend...€50

**20TH 21ST 22ND
JUNE 2014**

Tickets Available at
Seanachai 6 Market St. Kinsale
enquires and Credit Card Bookings
021 4190579



Something Extra

Ask about our summer cocktail menu

Summer Is Here

and what better way to celebrate the long bright evenings than by firing up the barbeque.

Kick start your summer plans by joining us at Actons Hotel Kinsale for your BBQ.

The ideal waterfront location for private, corporate and team building events .

With a reputation for excellent cuisine and an amazing location – your group are sure to find something to whet the appetite and perhaps even quench a thirst!

Actons

of Kinsale

From the Hot Buffet

Teriyaki Sirloin Steak €15.00

Handmade Steak Burgers €8.00

Lemon, Thyme and Honey Chicken €5.00

Pork & Leek Sausage €3.50
with Grain Mustard

Salmon Haddock Fishcakes €8.50
with Tartar Sauce

Spiced Potato Wedges €3.00
with Sour Cream

Wild Mushroom Linguini €8.00

Marinated Chicken Drumsticks €4.50

Spare Ribs €4.80

with Continental Marinade

Salads

Tomato Basil and Red Onion Salad

Coleslaw

Mixed Leaf Salad

Potato, Chive & crème Fraiche Salad

Rocket & Red Chard leaf

Tomato, Penne & Basil Salad

Roasted Pepper & Rocket Penne Pasta Salad

Celeriac coleslaw

Tomato, Feta Cheese and Marinated Black Olives

Spicy Salmon Rice

Pita, Cherry Tomatoes, Roasted

Hot Minted Potatoes

Includes Baked Potatoes and Selection of breads

Choice of three of the above salads

Minimum capacity 15 persons

Dessert of the Day €8.50

For all enquiries and booking contact

Mary K O'Donovan

mkodonovan@actonshotelkinsale.com

021 4779800

MID-SUMMER FRESH LOBSTER SPECIAL

Served all day in Sidney's Brasserie Saturday 21st June



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www.facebook.com/KinsaleNews



Live a little....



hurley's
ballinspittle

Ph: 021 477 8200

Food Served Daily
12.30pm - 8.45pm

Centra

SUNDAY SPECIAL

**Cooked Chicken
& 4 Large Rolls €10**

Simply Low Prices!

Tel: 021 477 8266



**LORDAN'S
BUTCHERS**

**FIVER FRIDAY
BBQ SPECIALS**

Ph: 021 477 8226



Check us on Facebook



Ena's Hair Salon

Ballinspittle, Co. Cork.

021-4778776

Specialising in



Love Ballinspittle!

DIVA
BOUTIQUE BAKERY
& DELI

€5 for our Award Winning
Bread & Abernethys Award
Winning Hand Churned Butter

Ph: 021 477 8465

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CO-OPERATIVE LIMITED 



**Coffee
& Scone
Only €2**

Check our Summer Specials In-Store

Tel: 021 477 8221

GARDEN CENTRE NOW OPEN

La Vie en Rose
Home  Garden

Facebook: www.facebook.com/LaVieenRoseHomeandGarden Phone: 021 4708 784

**A walk in the wood,
A walk on the beach,
Call to Ballinspittle,
Life's a Peach!**

*Like Good Food?
Love Ballinspittle!*

**PARKING
NO PROBLEM**



Welcome to Diána of Ballina Spa - 086 4475749 dia.papavasziliu@gmail.com



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CARLTON
HOTEL & C SPA
KINSALE

HEALTH & FITNESS BY

C club

more than a gym

*Transform your
Summer!*

3 Month Membership
ONLY €129 ~~WAS €190~~

Available until 30th June

1 Month Membership Special
Single €65 Family €160 Child €25

Available until 31st July

Terms & Conditions Apply

CARLTON
HOTEL & C SPA
KINSALE

*Breathtaking, relaxing views
over Oysterhaven Bay*



20M SWIMMING POOL

- ∞ Under Water and Cannon Jet Hydrotherapy Relaxation Area
- ∞ Spa Water Bed
- ∞ Jacuzzi, Sauna, Steam Room



FULLY EQUIPPED GYMNASIUM

- ∞ Cardio, Resistance & Free Weights
- ∞ Smith Machine, Medicine Balls
- ∞ Swiss Balls, Steps, Kettlebells.

Call **021 4706625** or email leisure@hotelkinsale.ie
www.carltonkinsalehotel.com/leisure-club

Membership Options

Corporate Membership available for Businesses & Sports Clubs

MEMBER BENEFITS

- ∞ Personalised Gym Programming
- ∞ 25% Discount on all treatments at Aphrodite Hills by C-Spa
- ∞ 20% Discount on Classes
- ∞ 10% Discount on all Bar Food
- ∞ 20% Discount on all C-Spa Products

Terms & Conditions Apply



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The
White House
 KINSALE



Guest Accommodation
 4 Star AA Guesthouse

BREAKFAST SERVED

8am - 11.30am

FOOD SERVED

12pm - 10pm

~ *Special Value Menu* ~

3 Courses €26 2 Courses €22.50

~ **LIVE MUSIC** ~

Friday 20th June

SHANE & FRIENDS

Saturday 21st June

BREAK THE MOULD

Tuesday 24th June

LEON BUCKLEY 9pm

Wednesday 25th June

BILLY CROSBIE & FRIENDS 9pm

Thursday 26th June

SHANE & FRIENDS 9pm

~ **SPORTS** ~

Thursday 19th to Sunday 22nd June

IRISH OPEN GOLF

Saturday 21st June 7.00pm

Munster Senior GAA Football Semi Final

CORK vs TIPPERARY

Sunday 22nd June 3.30pm

Munster Senior GAA Football Semi Final

CLARE vs KERRY

**CATCH UP ON THE
 FIFA WORLD CUP**



AA Rosette Award for Culinary Excellence 2006-2013

A Member of the Kinsale Good Food Circle

Your hosts **The Frawley Family & Staff**



Tel 021 477 2125

www.whitehousekinsale.ie



- *For one day only!* -

There will be a

**MID-SUMMER LOBSTER
 MADNESS SALE**

on **SATURDAY 21 JUNE**

in all GFC restaurants.

**Get a whole lobster for €20.
 Now that's insane!!!**

Contact your Good Food Circle restaurant
 of choice to make your booking using the
 original codeword ...wait for it.....#Lobster!

GOOD FOOD CIRCLE RESTAURANTS:

Crackpots	021 4772847
Fishy Fishy	021 4700415
Blue Haven	021 4772209
Jim Edwards	021 4772541
Man Friday	021 4772260
Max's	021 4772443
Pier One	021 4779300
Restaurant d'Antibes at The White House	021 4772125
Sidney's Brasserie at Acton's Hotel	021 4779900
Toddies	021 477769
White Lady	021 4772737

For further information contact
maria@kinsalerestaurants.com

www.kinsalerestaurants.com

Phone: 021 477 3571



www.facebook.com/Good.Food.Circle

Actons of Kinsale

TRIATHLON TRAINING

- Interested in triathlons?
- Don't know where to start?
- Why not join Actons Introduction to Triathlon Group



Every week we will have the following:

1. A weekly run at 7.30am Wednesday – will increase distance gradually
2. Weekly swim Monday 8pm or Tuesday 7.30am – Private use of lane & timed swims
3. An Interval Cycle session Monday 7pm or Friday 6.45pm
4. A Circuits Class Thursday 7pm – to build strength

Starting Monday 23rd June

6 week package €150 non-members / €125 members

**PAY UP FRONT TO RECEIVE A COMPLIMENTARY WEEK
or Pay by week: €30 non-members / €25 members**

For more information & to book contact the Leisure Club
on 021 477 2345 or email us on leisure@actonshotelkinsale.com

MEMBERSHIP

Don't forget about your Summer Membership

Various memberships available - 1 month to 1 year - prices from €55

HOLIDAYING IN KINSALE AND WANT TO WORK OUT?

Please enquire about our short term membership.

Contact the Leisure Club on 021 477 2345 for more information

www.actonshotelkinsale.com



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PERSONAL TRANSFORMATION SPECIALIST

*30 day programme - A new approach to
BODY SHAPE • NUTRITION • MIND TECHNOLOGY
SELF-DEVELOPMENT • ENERGY HEALING • MINDFULNESS*

*For appointments please call Lara on 087 948 9949
Or email to laradarby@ymail.com*

Ocean Heights, Dooneen Strand, Old Head, Kinsale

IT'S BACK! - THE KINSALE RNLI RAFT RACE!!

**AUGUST BANK HOLIDAY SATURDAY 2ND @ 3.30PM
FROM THE BULMAN TO THE WHITE LADY**

PRIZE GIVING, BBQ & MUSIC UNTIL LATE
WITH DJ ANTHONY COLLINS

**Why not get your Pub, Club or Company to
sponsor you or enter a team?**

€20 MINIMUM SPONSORSHIP PER CREW MEMBER

Prizes for Best Raft and Best Fancy Dress

See our Kinsale RNLI Facebook page
for rules and regulations

Start building your raft now - ONLY 6 WEEKS TO GO!!

Register at kinsaleraftrace@ymail.com
or message us on Facebook

**ORGANISED BY KINSALE RNLI WITH ALL PROCEEDS TO THE CHARITY THAT SAVES LIVES AT SEA
CONTACT CHRIS 021 470 0484**

Pic: John Collins



CARLTON
HOTEL & C SPA
KINSALE
★★★★

Get Summer Ready

with Aphrodite Hills C Spa



Luxury Mani & Pedi

Only €79pp Normally €97 - saving you €18!

Pick & Mix

Pick **2 for €50** or pick **3 for €75**

Both packages available for booking Sunday to Friday

- Full Elemis body scrub
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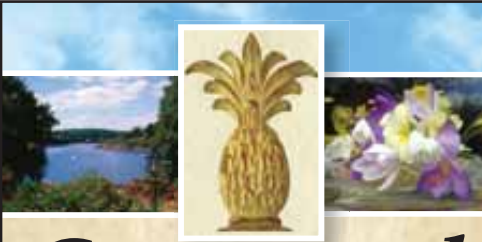


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14th - 18th July 2014 9.30-3pm

VENUE: Kinsale College, Bandon Road, Kinsale.
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**KINSALE
 PEACE PROJECT**

**[BREAKING
 THE SILENCE]**

Date: Thursday 26th June
Time: 8:00pm
Venue: The Friary Centre, Kinsale



Yehuda Shaul is a founding member of BREAKING THE SILENCE, which was established in Jerusalem in 2004 by Israel Defence Forces veterans who have taken it on themselves to expose the public to the realities of everyday life in the occupied territories. After graduating from a yeshiva high school in an Israeli settlement, Yehuda served in the Israeli army, being posted in the West Bank towns of Hebron Bethlehem and Ramallah.

"We're breaking the silence because Israelis are unaware of what is being done in their back yards and in their names, and because Israel's well-meaning friends are similarly ignorant of what is unfolding in the occupied territories."



Our guest will be speaking on
Cork's 96FM on Thursday Morning
26th June on the PJ Coogan Show.
Listen out for this interview!

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The aim of the Kinsale Peace Project is to promote peace and justice at home and overseas and to encourage Human Rights Speakers to come to Kinsale and speak about their peace-building work in conflict areas of our world.

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HARBOUR CRUISE

Departure Beyond Actons Hotel on board 'Spirit of Kinsale'

JUNE TIMES

MON - FRI: 2pm & 3pm

SAT & SUN: 2pm, 3pm & 4pm

Please see sandwich board at Tourist Office
& Pier Rd. for updated times.

Complimentary Tea/Coffee Served
Cruises are subject to weather and tide.

T: 086 250 5456
www.kinsaleharbourcruises.com

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.
Never known to fail. D.N.*

Jim Daly TD Advice Clinic



Weekly Clinics at both
Bandon & Clonakilty Offices.
First Friday Clinics at the
Trident Hotel, Kinsale
at 12.30pm.

Clonakilty Office 023 8858770
Bandon Office 023 8843868

★ Please contact the office
as times may vary.

FINE GAEL

KINSALE ADVERTISER

WHAT'S ON IN KINSALE FRI 20th JUNE - THURS 26th JUNE 2014

FRI 20th JUNE

ARMADA BAR:
Sea Captain.
BACCHUS NIGHTCLUB:
DJ Mark, 11.30pm.
BLUE HAVEN: Arundo & Irish Dancers, 9.30pm.
CODER DOJO:
Kinsale Commercial Park, 7pm-9pm.
DON & BARRY'S HISTORIC STROLL:
The Tourist Office 9.15am, 11.15am.
FOLKHOUSE:
The Frets, 10.30pm.
HAMLETS: DJ Rayz.
HARBOUR CRUISE:
Cruise at 2pm & 3pm. Departs beyond Actons.
KINSALE BRIDGE CLUB:
Trident Hotel, 10am.
MOSES FOUNDATION:
Pop up Shop & Coffee Morning, Temperance Hall, 10am - 4pm.
OSCAR MADISONS:
World Cup Action.
SEANACHAI: Midsummer Festival 6pm - 2am.
SILENT BANJO
Blue Steel, 10.30pm.
WHITE HOUSE:
Shane & Friends.

SAT 21st JUNE

ACTONS:
Mid-Summer Lobster Madness at Sidney's Brasserie.
BACCHUS NIGHTCLUB:
DJ Sean, 10.30pm.
BANDON COOP:
Free Gardening Demos, 11am & 2pm.
BLUE HAVEN:
Two Time Polka, 10pm.
BULMAN:
Bleeding Blues, 10pm.
DON & BARRY'S HISTORIC STROLL: The Tourist Office 9.15am, 11.15am.
FOLKHOUSE: John Connolly Band, 10pm.
HAMLETS: DJ.
HARBOUR CRUISE:

2pm, 3pm & 4pm.
Departs beyond Actons.
KINSALE OUTDOOR EDUCATION CENTRE:
Open Day, 11am - 2pm.
MID-SUMMER LOBSTER MADNESS SALE:
At all Good Food Circle restaurants in Kinsale.
OSCAR MADISONS:
World Cup Action.
The Originals, 10pm.
SEANACHAI: Midsummer Festival 6pm - 2am.
SILENT BANJO
King K, 10.30pm.
WHARF TAVERN AT THE TRIDENT:
Easybeats, 9.30pm.
And also, Mid-Summer Lobster Madness Special.
WHITE HOUSE:
Break the Mould.

SUN 22nd JUNE

1st ANNUAL BOB'S CHARITY GOLF TOURNAMENT:
Draw in Sam's at 5pm.
ARMADA BAR: Free Beer.
BLUE HAVEN:
Darren & Friends, 9pm.
BULMAN:
Club on the Rocks with Billy Crosbie, 8pm.
DON & BARRY'S HISTORIC STROLL:
The Tourist Office, 11.15am.
FOLKHOUSE:
King K, 9pm.
HAMLETS: 96FM's DJ Ken Perrott.
HARBOUR CRUISE:
2pm, 3pm & 4pm. Departs beyond Actons.
SEANACHAI:
Midsummer Festival 2pm - 1am.

MON 23rd JUNE

ACTONS LEISURE CENTRE:
Triathlon Training, starts today.
BLUE HAVEN:
Arundo & Irish Dancers, 9pm.

DALTONS BAR: Trad.
DON & BARRY'S HISTORIC STROLL:
The Tourist Office 9.15am, 11.15am.
HARBOUR CRUISE:
Cruise at 2pm & 3pm. Departs beyond Actons.
SEANACHAI:
Live Music, 7pm.

TUES 24th JUNE

1st ANNUAL BOB'S CHARITY GOLF TOURNAMENT:
Kinsale Golf Club.
ARMADA BAR:
The Merry Stems, 7.30pm.
BLUE HAVEN:
Sonnies & Friends, 9pm.
DALTONS BAR:
Trad.
DON & BARRY'S HISTORIC STROLL:
The Tourist Office 9.15am, 11.15am.
HARBOUR CRUISE:
Cruise at 2pm & 3pm. Departs beyond Actons.
KINSALE & DOCK ROWING CLUB:
The Dock Slip from 6.30pm.
OSCAR MADISONS:
England v Costa Rica, 5pm.
PARENT, BABY & TODDLER GROUP:
Temperance Hall, 10am - 12 noon.
SEANACHAI:
Live Music, 7pm.
WHITE HOUSE:
Leon Buckley, 9pm.

WED 25th JUNE

ARMADA BAR:
Bobby & Eileen, 8.30pm.
BENTONVILLE CHAMBER CHOIR:
With Cork Arts Studio Stageworks Youth Choir. Little Theatre, Traction Arts & Community Centre, 8pm.
BLUE HAVEN:
Niall McCabe, 9pm.

DON & BARRY'S HISTORIC STROLL:
The Tourist Office 9.15am, 11.15am.
HARBOUR CRUISE:
Cruise at 2pm & 3pm. Departs beyond Actons.
K-CORD: Introduction to mindfulness, 7pm - 8.30pm at Friary Centre.
KENNEDY'S OPTICIANS:
Dry Eye Clinic, 2pm - 4.30pm.
KINSALE & DOCK ROWING CLUB:
The Dock Slip from 6.30pm.
KINSALE VOICES:
Blue Haven Café, 7.30pm - 9.30pm.
SEANACHAI:
Trad Session, 7pm. Barry Tierney, 10pm.
WHITE HOUSE: Billy Crosbie & special guests, 9pm.

THUR 26th JUNE

BACCHUS NIGHTCLUB:
DJ Mark, 11.30pm.
BLUE HAVEN: Arundo & Irish Dancers, 9pm.
CARMA CARPOOLING:
From San Francisco to Kinsale, Blue Haven Hotel, 6pm - 8pm.
DALTONS BAR: Trad.
DON & BARRY'S HISTORIC STROLL:
9.15am, 11.15am.
FOLKHOUSE:
Mike & Rory, 9.30pm.
HAMLETS: King K.
HARBOUR CRUISE:
Cruise at 2pm & 3pm. Departs beyond Actons.
KINSALE & DOCK ROWING CLUB:
The Dock Slip from 6.30pm.
KINSALE AMATEUR ORCHESTRAL SOCIETY:
Rehearsals 7.30pm - 9pm. Scoil Naomh Eltin.
KINSALE PEACE PROJECT:
Breaking The Silence, Friary Centre, 8pm.
SEANACHAI: Open Mic.
WHITE HOUSE:
Shane & Friends, 9pm.





World's End,
Kinsale, Co. Cork

Tel: 021 477 9300

Email: info@tridenthotel.com

Website: www.tridenthotel.com

Award-winning Pier One Restaurant

With something for everyone,
our à La Carte menu will
always keep you coming
back for more!



Midsummer Lobster Madness Special

Saturday June 21st June

A whole lobster for only
€20 per person.

Take advantage, eat out on
our sun terrace and enjoy a
great evening!



FREE WiFi available to customers in the Wharf Tavern



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