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"...He, who from me can be divided ne'er, Kissed my mouth, trembling in the act all over: Accurséd was the book and he who wrote!..."

Francesca da Rimini



From the gorgeous beaches of Rimini (Italy), CANTINETTA is going to open soon in Kinsale. Something amazingly different is coming to town.

Kinsale will no longer be the same!

LIKE 10UR PAGE ON FACEBOOK AND YOU WILL FIND OUT MORE www.facebook.com/cantinettaKinsale





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# NEW SUNDAY LUNCH SET MENU AVAILABLE









2 COURSE €20 & 3 COURSE €23.95 AVAILABLE 12pm-5pm BOTTLE OF WINE SPECIAL €18 Great Kids Menu. Piano Player 2pm - 5pm. Full à la carte menu also available until 10pm. Book a table or just pop in! 021 4772209

021-4772209 info@bluehavenkinsale.com

www.twitter.com/kinsalenews











**Guest Accommodation** 4 Star AA Guesthouse

# BREAKFAST SERVED 8AM - 11.30AM FOOD SERVED 12PM - 10PM

Serving Fresh Seafood, Shellfish, Steaks & Lamb Dishes Delivered daily by local producers

~ LIVE MUSIC ~ FRIDAY 17TH OCTOBER LEON BUCKLEY SATURDAY 18TH OCTOBER LIAM O THURSDAY 23RD OCTOBER SHANE & FRIENDS 9PM





Tel 021 477 2125

www.whitehousekinsale.ie

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WI EI

6



# Jazz Festival Line up

Friday 24th October - Wharf Tavern 10pm til late Loose Change

Saturday 25th October - Wharf Tavern 5.30pm -7.30pm Billy Crosbie & Jimmy O'Byrne play Rat Pack Standards 10pm Cream Crackered

> Sunday 26th October - Wharf Tavern 5.00pm-7.00pm Cream Crackered 10pm Cream Crackered

SPECIAL LUNCH SHOW Monday 27th October - Pier One Restaurant KATHY NUGENT & JIMMY O'BYRNE WITH BILLY CROSBIE (PIANO) The Great Duets

Songs from across the spectrum with two of Ireland's top entertainers and with Billy Crosbie on piano. It's been a long time in Kinsale since these two have performed together. So it's a bit of a reunion!

> Lunch 1pm followed by Show 2pm - 4pm Price €35 Advance Booking Essential

Contact us on 021 477 9300 or email cb@tridenthotel.com www.tridenthotel.com





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# Actons of Kinsale

It's difficult to believe that such a perfect setting can exist so close to your home and workplace. All in all, this unique combination provides the perfect location for your Christmas Party.

# Christmas Party Night FRIDAY 12TH DECEMBER 2014



Warm Punch on arrival, Four Course Meal, Cadillac Cats and DJ until 2.00am ALL FOR €45.00 PER PERSON

SPECIAL OVERNIGHT RATES AVAILABLE

For enquiries contact Mary K O'Donovan, our Events Manager on 021 4779900 mkodonovan@actonshotelkinsale.com





021 4772847 crackpots@iol.ie www.crackpots.ie

# Restaurant & Wine Bar

# NEW OPENING TIMES: Thursday - Sunday at 6pm



We would like to welcome back our Great Chef Sean Williams with a wonderful New Winter Menu.

JAZZ FEST NEXT FRIDAY Friday 24th October 8.30pm



Bulman Bar & Toddies Restaurant SUMMERCOVE, KINSALE T: 021 477 2131 www.thebulman.ie Saturday 18th October CRAZY CHESTER 10pm Saturday 18th October KING COD FISHING TRIP Sunday 19th October TABLE QUIZ 7pm **IN AID OF PIETA HOUSE** Organised by Duncan Sinclair who is running the **Dublin City Marathon on Bank Holiday Weekend** TABLE OF 4: €20 **LUNCH SERVED 7 DAYS** 12.30pm to 5pm **EVENINGS - RESTAURANT** & BAR FOOD 1000 **Tuesdays to Saturdays** 6pm to 9pm Kinsale & District NEWSLETTER



PELLET STOVE 1000 EASY 3 - 7kW

Tel: 028 34411 www.woodheat.ie

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# Actons of Kinsale Automatical Defension of Kinsale Join Before 31ST October & Receive 20% OFF YOUR MEMBERSHIP DEFENSION OF & RECEIVE

NOT INCLUDING DIRECT DEBIT MEMBERSHIP - TERMS AND CONDITIONS APPLY



For more info on any of the above please contact the Leisure Club on 021 477 2345









# BABY YOGA, TEA/COFFEE & SCONE €12 (LIMITED SPACES)

Practicing yogo with your baby is an adorable time. It's a fun and gentle way to nurture, nourish and reclaim your connection with your post-natal body. Through movement, simple songs and breath work, you will develop tone in your body, while baby develops motor skills and creates a different bond with the world around them.

For babies 6 weeks to crawling. Booking essential as places are limited.

To book call us on 021- 4772209 email info@bluehavenkinsale.com



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 - 7.45pm ~ Full Menu served all day ~

Also Kid's Menu & Selection of Sandwiches

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Ralf's mputer ervices & Internet Cafe

Final as on Facal-cark & Tarihar

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# MID TERM CAMPS











Multi Activity Camp €75 10:00 - 16:30 for 3 days 28th October 2014

# Mid Term Sailing Camp 10 yrs + €105

10:00 - 16:00 for 3 days 28th October 2014

Mid Term Sailing or Kayaking Courses €145

10.00 - 16:00 for 4 days Starts: 28th October 2014

FOR Full details log on to www.kinsaleoutdoors.com Phone: 021 4772896

www.twitter.com/kinsalenews







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.

# **ALL TYPES OF NAILS** GEL/ACRYLIC • 2 WEEK GEL • NAIL ART • PEDICURES • MANICURES

# **AUTUMN SPECIAL OFFER**

Back Massage (30 minutes) \_\_\_\_\_ ONLY €20 Multi-Vitamin Full Body Massage Ladies €45 Gents €50 (90 minutes)

Deep Tissue Massage (90 minutes)Ladies €45 Gents €50Swedish Massage (90 minutes)Ladies €45 Gents €50

Sports Massage (90 minutes) \_\_\_\_\_ Ladies €45 Gents €50

Golfers Massage (90 minutes) \_\_\_\_\_ Ladies €45 Gents €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.

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# **Kinsale Yoga Centre has REOPENED!**

68 Lower O'Connell Street (near the White Lady and Black Pig) www.kinsaleyogacentre.com

www.twitter.com/kinsalenews



**INTRODUCING THE NEW** 

# 

Highly qualified and experienced therapists have come together to provide the community of Kinsale with a newly refurbished, professional, clinic based Health and Wellbeing Centre.

# We are delighted to invite you to our OPEN DAY Saturday 25th October 2014 12pm - 4pm

Meet and talk with our therapists FREE prize draws • Discounted treatments Food and beverages • Face painting for the kids! All welcome!

All of our therapists would like to sincerely thank all of our clients, family and friends for their support and kindness.

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Offer instore til 24th October. Voucher valid til end of November Offer excludes Prescriptions & Medications. \*Only 1 Voucher per Gift Set.



# Positive Ageing Week Committee would like to thank everyone who attended and supported all the events throughout Positive Ageing Week 2014.

Actons Hotel, Liz Creed and all in K-CoRD, Haven Bay Care Centre, the students of Kinsale Further Education College, Caring for the Elderly and the Professional Culinary Courses and their tutors. Tracy and staff of the Lemon Leaf Cafe, Helena O'Neill, Kinsale Girl Guides. Angela, Niamh and Olive at Kinsale Tourist Office.

Dunderrow N.S., Scoil Naoimh Eltin, Gaelscoil Cionn tSaile, St.Multose N.S., Mhuire na Graist N.S. and Summercove N.S., their students and their teachers.

Trident Hotel, Patsy Thompson, Liz and Ger Timmons, Eileen Dilloughrey at the Boathouse Gallery. Kinsale History Society. Leaving Cert Applied Students of Kinsale Community School. Celestine of Hattitude. Maureen and Kate Mortimer of the Lord Kingsale. Hegarty Horgan Solicitors. Sean O'Broin, Eileen at Kinsale Library. Simon Skinner. Perryville Tea Room. Kinsale and District Altrusa Club. Carmelite Friary,

Elasnik, The Lynch Family, Jason Sheehan of Age Friendly Ireland. Mayor of County Cork Alan Coleman. Cllr Kevin Murphy. John O'Mahony of Age Action. Kinsale Music Promotions. Cramer's Court. Dermot Ryan's Heritage Tour. Rob and staff at The Pantry. Angela Shanahan's Crochet Group. Marie and all at Salvi's. Marsha's Yoga. Mandy and Ann at Kinsale Bookshop. Jason Cowell, Terry Connolly.

Teams from the table quiz; Joe's Back, Kinsale Community School, PJ and the Hurleys, Kinsale GAA, Sundaisys, KARA, Bibliophiles, Team Friends, Summercove Surprises, Golden Girls, Hysterical Society, Legal and Medical, We do care/should have gone to Specsavers, The White House, Kinsale Credit Union, AIB, Eli Lilly. Rathmore Ramblers. 1601, O'Connors Pharmacy, Collin's Pharmacy, Bookstór, Moloney's Pharmacy, Vista, Bank of Ireland, Blue Haven, Man Friday, Colette Connolly. Dr. Conor Ryan. Brendan Shiels of the OPW, Charles Fort. Ann Cogan. Simone and staff at the Poet's Corner. Kinsale Lion's Club. Dan Twomey. Des, Lisa, Declan and staff of Ballinacurra House. Kinsale Advertiser, Daisy Chain.

And a special thank you to Honor O'Brien, Dermot Ryan, Jackie Hanrahan, Margaret Canty, Pauline O'Brien, Catherine Kelleher, Liz Creed, Liz Timmons, Tony Cierans, Maura Reilly & Deirdre Mullins.

# Altrusa Club of Kinsale & District

would like to thank all those who attended the

**Fundraising Day at Perryville Tea Room on Monday 6th October,** which raised €3200 for K-Cord.

The funds raised will be used to provide care for a deserving local person with dementia, thereby giving a much needed break to family carers.

Special thanks to Laura and Andrew Corcoran of Perryville House, who generously donated the takings for the day, and their staff who donated their tips and provided excellent service.

Thank you also to those who donated prizes for the raffle and those who helped on the day, all of which contributed to the success of this fundraising event.

Shank

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# **SPORTING EVENTS ON TV**

Web: www.lordkingsale.com Email: info@lordkingsale.com

The Lord Kingsale | 4 Main Street, Kinsale | 021 477 2371







Tel: 021 4770878 Walton Court, Oysterhaven Bay

Cai

Ireland Guide Café of the Year 2014

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ORGANIC BREAD & CAKES FROM OUR BAKERY

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www.WaltonCourt.com www.OysterhavenBay.com

www.twitter.com/kinsalenews

WiEi





# KINSALE GOOD FOOD CIRCLE

would like to thank everyone involved in making the 38th Kinsale Gourmet Festival a huge success - to our Patrons, Sponsors, Staff and Locals.

> A Taste of West Cork Barry & Fitzwilliam Bewley's Blacks Brewery Kinsale C&C Gleesons Cafés of Kinsale **Christys Wines & Spirits** Clona **Clonakilty Pudding** Colm O'Regan Coolea Cheese Cork County Council Durrus Cheese Findlaters Hattitude Haven Shellfish Hegarty's Cheddar Karwig Laurent Perrier Longueville Wines Milleens Cheese P. O'Connell Meats Pallas Foods Stonewell Cider Tindal **Tipperary Water**

Apologies to anyone we have omitted.

The charity auction in aid of Kinsale Pink Ribbon Walk for Action Breast Cancer raised an amazing €14,551 we are absolutely delighted with this & thank all Auction Prize donators wholeheartedly.

Save the Date for the 39th Kinsale Gourmet Festival: 9th - 11th Oct 2015!!

Check our website and share your images on our Facebook page or using #KinsaleGourmetFest





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# SERVICES AVAILABLE

Acorn Accounting Services Oysterhaven, Kinsale, Co. Cork CHARTERED ACCOUNTANTS

Sole Trader & Limited Company Accounts, Income Tax Returns, Vat Returns, Payroll, Bookkeeping, Business Plans, etc.

Margaret McGrane FCA Personal attention and confidentiality assured. Telephone: 021 4770984 or 087 9188541 www.acornaccountingservices.ie Email: acornaccounting@eircom.net **MNF Decluttering Inc.** 

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# NEW TYRE CENTRE AT DAN DEMPSEY'S Eastern Road, Kinsale



A recent survey of tyre prices in ten Cork city tyre shops has been very revealing. We have discovered that Cork city is not selling tyres cheaper than

In most cases Kinsale has the edge on price whether top brands or budget brands and we have now added German Part Worn Tyres to cater for all pockets. We look forward to serving you in the future. Karl.

Scrap Cars Collected & Disposed of FREE OF CHARGE

086 064 4685	Karl Tool Hire - Workshop - Hostel
021 477 4111	Fax Only
021 477 2683 086 821 7777	Late Contact 24hr Crash & Recovery

# **KINSALE** LANDSCAPES

Complete Design & Landscaping Service

**Garden & Grounds** Maintenance

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John McCarthy (Kinsale): 087 2377667 Fully Insured & Annroved





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GILLS HAIR SALON & BEAUTIFY ME, Riverstick will be relocated separately from Wednesday 15th October.

Seautidu

HOME SALON & MOBILE THERAPIST Riverstick, Co. Cork Call or txt 087 9416755 OPENING HOURS Wed-Fri 9.30-5.30pm Sat 9.30-4pm www.beautifymesalon.com All beauty treatments available.

alon ait

(LADIES & GENTS) HOME SALON & MOBILE ON REQUEST Ballinvard, Kinsale, Co. Cork. Call or txt 087 6274680 or call 021 4709839 OPENING HOURS Wed-Fri 9am-6pm Sat 8.30am-4pm (Late opening on request)



formerly of Toni+Guy, Kaizen, Origin & Kinsale. with Stylist Michelle Connolly





www.twitter.com/kinsalenews



Open Tuesday to Saturday 9am to 5.30pm Early/Late by appointment FREE PARKING AVAILABLE BEHIND SALON

# 

EXPERIENCED CHILD MINDER REQUIRED TO MIND TWO CHILDREN. Must be able to drop out and pick up from Dunderrow National School (1 child). References required. Call 087 2367415.





lenews [27] www.facebook.com/KinsaleNews



TREATMENT ROOM TO RENT

Would suit Massage Therapist/Counsellor. Available for half day or full day.

Newborough Clinic, Lr. O'Connell St, Kinsale Contact Eoin 087 9582362

**TO RENT: LANZAROTE** Beautiful one bedroom apartment with sea views in Matagorda, Lanzarote. Small quiet complex with heated swimming pool. Close to all local amenities. 5 minutes walk to beach. 10 minutes from airport.

087-2355 258 or 087-986 3302

# WANTED

RESIDENTIAL SITE OR HOUSE FOR PRIVATE CASH BUYER IN CLOSE PROXIMITY TO KINSALE.

Commercial premises also considered: B&B, Bar, Shop, Restaurant etc. Tel: Buyer in Strict Confidence: 086 2022 628

#### **2 BEDROOM HOUSE** & 2 BEDROOM APARTMENT

Can be let together or separately. 5 minutes from Kinsale.

For more information contact 087 7934871

# SITUATIONS VACANT

#### PART-TIME POSITION AVAILABLE FOR A MONTESSORI TEACHER

Successful Candidate must hold a Fetac Level 7 Qualification in Montessori or Childcare

Contact Trish Ryan on 087-9475367 for further details.





# Done Sale West Cork Follow us on Facebook

Simply send your sale items to our Facebook message box with asking price/pictures/ details etc & we will sell for you.

We will promote & hopefully you will get a pocket full of €€€€€€s!

Call: 087 3427233 or 087 3456604

Email: donesalewestcork@gmail.com 10% of sale price will be our fee for time/admin/work involved.

# Knocknamanagh Old School - Tracton **NEW Course this Autumn!!**

**GATHERING ORAL HISTORY & FOLKLORE** 

Tuesday Nights from 7.00pm - 9.00pm Commencing Tuesday 21st October

This is a free 6 week evening course for beginners in Oral History funded by SECAD. Participants will learn all of the steps involved in conducting an interview for the purpose of gathering local history and people's memories.

For more information or to book a place on the course contact: Grace in SECAD on 021 4613432 or gfox@secad.ie

# 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. M.B.

# Thank you

to everyone who helped me when I fell and cut my chin on 5th October in Kinsale. Your kindness was very much appreciated.

Whilst every care and attention is given to all advertisements published, we cannot take responsibility for the content or validity of these advertisements. If an advert has been proofed & cleared for publication by the advertiser, we cannot take responsibility for any errors. special yoga cork Lower O'Connell Street, Kinsale

Yoga for children & adolescents with special needs (Autism, ADHD, Down Syndrome, CP)

Accessible yoga for all, regardless of age and ability

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# **O'SULLIVAN MINIBUS** & HACKNEY HIRE

Get your bookings in now for Christmas. BUS or CAR. Any size bus we can cater for. Call Mary (Nellie) on 087 677 9577

Kinsale ADVERTISER

SERVING THE COMMUNITY FOR 25 YEARS!

# Please note deadline for adverts is Monday at 12 noon.

Adverts must be paid for at time of ad placement to guarantee inclusion. Thank you for your co-operation.

## THANK YOU

to all who contributed in many ways to make the Coffee Morning on 3rd October so successful. An amazing €1025 was raised for Cork Association of Autism. Thank you all. Eileen.







www.twitter.com/kinsalenews



# KINSALE CRAFT FAIR JAZZ FESTIVAL WEEKEND 25th, 26th & 27th October

A Fabulous Selection of Local Handmade Crafts in the **Temperance Hall 10.00am - 5.30pm** 

All Welcome



ACTONS HOTEL SATURDAY 1ST NOVEMBER Doors 7.30pm Tickets €15

Music Starts 8pm sharp with Tim Martin Tickets on sale at the door on the night. The key to the success of this venture will be your support.

# Don & Barry's Historic Stroll

FROM TOURIST OFFICE @ 11.15am EVERY DAY IN OCTOBER

Ranked #1 of ALL activities in Kinsale Check it out!

441 Reviews
Tripadvisor.ie

"Excellent... Kinsale's single best attraction... A joy... Be sure to take it" Rick Steves www.HistoricStrollKinsale.com Tel: 087 2500731 Adults €6/Children €1 -CELEBRATING OUR 22ND SEASON-





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. S.C.



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.

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# WHAT'S ON IN KINSALE FRI 17th OCT - THURS 23rd OCT 2014

#### FRI 17th OCTOBER

**BACCHUS NIGHTCLUB:** DJ Mark, 11.30pm. BLUE HAVEN: Crazy Chester, 10pm. CRACKPOTS: Billy Crosbie on piano. **DON & BARRY'S** HISTORIC STROLL: The Tourist Office 11.15am. FOLKHOUSE: GDR, 10.30pm. HAMI FTS: DJ. HUNTSMAN: Belgooly GAA Table Quiz, 8pm SILENT BAN JO: Celtic Knights, 10.30pm. SPANIARD: Jug A Punch, 10pm. WHITE HOUSE: Leon Buckley.

#### SAT 18th OCTOBER

ARMADA BAR: Live Music. BACCHUS NIGHTCLUB: DJ Sean. 10.30pm. BLUE HAVEN: Blue Fusion, 10pm. BULMAN: King Cod Fishing Trip. Crazy Chester, 10pm. DON & BARRY'S HISTORIC STROLL: The Tourist Office 11.15am. FOLKHOUSE: Houndogs, 10pm.

# HAMLETS:

HARBOUR CRUISE: 2pm. Departs beyond Actons. KINSALE CHRISTMAS FUNDRAISER: Temperance Hall, 10am - 5pm. SILENT BANJO: 3 Piece Suite, 10.30pm. SPANIARD: For Folk Sake, 10pm. WHITE HOUSE: Liam O.

#### SUN 19th OCTOBER

BLUE HAVEN: Darren & Friends, 9pm. BULMAN: Table Ouiz in aid of Pieta House. 7pm. DON & BARRY'S HISTORIC STROLL: The Tourist Office. 11.15am FOI KHOUSE: King K, 9pm. HAMLETS: DJ Ken Perrott from 96fm. HARBOUR CRUISE: 2pm. Departs beyond Actons. KINSALE GAA: Coaching Session with Cork Senior manager, Brian Cuthbert from 11.30am SPANIARD: Skellia.

#### MON 20th OCTOBER

BANDON CO-OP: Winter Offers until 9th November. BLUE HAVEN: Traditional Irish Music with Arundo & Irish Dancers, 9pm. DALTONS BAR: Traditional Irish Music and Ballads. DON & BARRY'S HISTORIC STROLL: The Tourist Office 11.15am.

#### TUES 21st OCTOBER

APERITIF: Baby Yoga Classes. 11am BLUE HAVEN: Sonnie & Friends. 9pm. DAITONS BAR: Traditional Irish Music and Ballads. DON & BARRY'S HISTORIC STROLL: The Tourist Office 11.15am. **KINSALE & DOCK** ROWING CLUB: The Dock Slip from 6.30pm. KINSALE BRIDGE CLUB: Trident Hotel, 7.30pm. Visitors welcome. **KNOCKNAMANAGH OLD** SCHOOL, TRACTON: 6 week course starts: Gathering Oral History & Folklore,

#### WED 22nd OCTOBER

BLUE HAVEN: Niall McCabe, 9pm. DON & BARRY'S HISTORIC STROLL: The Tourist Office. 11 15am **KINSALE & DOCK** ROWING CLUB: The Dock Slip from 6.30pm. MAX'S: Special €15 Themed Menus. Booking essential. SPANIARD: Trad Session, 9pm.

#### THUR 23rd OCTOBER

BACCHUS NIGHTCLUB: D I Mark 11.30pm. BIUF HAVEN: Traditional Irish Music with Arundo & Irish Dancers, 9pm. DON & BARRY'S HISTORIC STROLL: The Tourist Office 11 15am FOLKHOUSE: Jawbone. 9.30pm. **KINSALE & DOCK** ROWING CLUB: The Dock Slip from 6.30pm. WHITE HOUSE: Shane & Friends. 9pm.

Don't forget to get your ad in early for the Jazz Weekend! Please note: Deadline for adverts is Monday at 12 noon.

7pm-9pm.



7pm - 9pm.



# **KINSALE OSTEOPATHS** 71 Lower O' Connell Street, Kinsale, Tel: 087 358 6145 E: kinsaleosteopaths@yahoo.ie



# An osteopath is...

a health care professional that is highly trained and qualified in orthodox medical clinical skills of assessment and diagnosis. What distinguishes an osteopath is the ability to see the body as a whole and recognize the interrelationship within the body. It is this approach that many patients with complex presentations have found significant relief, results in Osteopathy.

# OSTEOPATHY DOES NOT JUST TREAT THE MUSCULOSKELETAL SYSTEM.

In addition, some of the common presentations to the clinic include: BACK, NECK, SHOULDER, KNEE, FOOT PAIN & INJURIES.

# **CHILDREN'S HEALTH:**

Infant reflux, colic, sleep problems, learning difficulties, dyslexia, ADHD, special needs.

**PREGNANCY:** Back pain, headaches, sacro iliac, sciatica.

...find us!

# Sharon O'Donoghue, M.Ost

Masters Degree in Osteopathy Member of the General Osteopathic Council (GOsC) Osteopathic Council of Ireland (OCI) Graduate of British School of Osteopathy, University of Bedfordshire.



7am - 9pm Appointments available. Approved by all major health insurers.

www.kinsaleadvertiser.com

