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Saturday 22nd November About Rogue Fitness. Saturday 6th December Healthy tips to enjoy & survive Christmas.

Saturday 3rd January How to detox & keep your New Year's Resolutions.

FREE Coffee/Tea & Scones



Time: 11am - 12pm Fee: Bring a Friend Location: Lemon Leaf Café

Limited places available - To book text Sylvia at 087 955 6664

Phone: 021 477 7538 www.roguefitness.ie



IN CONJUNCTION

W/ITH

LEM CAFÉ





Get trim for Christmas with our Christmas Unlimited 30 Day Packages. Available from 17th November

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www.elitepilates.ie Phone Trudy: 087 6106 285

Elite Pilates, Kinsale Commercial Centre, Kinsale.





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We are celebrating our 9th Birthday

FREE GOODY BAGS FOR THE FIRST 30 CUSTOMERS. KIDS COLOURING COMPETITION. FREE RAFFLE, SPECIAL OFFERS, COMPETITIONS & GIVEAWAYS.

Saturday 15th November 9.30am - 5.30pm Face painting & balloon sculpting from 11am-3pm

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The CANVASWORKS

20-21 MAIN STREET, KINSALE, CO. CORK. T/0214700972 E/INFO@THECANVASWORKS.IE



KINSALE MUSIC PROMOTIONS PRESENTS PADDY O'BRIEN

Actons Hotel, Kinsale SATURDAY 15th NOV

Adm. €12 Doors 8.45pm Dancing 9pm til 12am Support act: Michael Ahern at 9pm. Non Profit - Surplus funds donated to charity.



for Kinsale Triathlon Club To Plan For 2015 Season Thursday 27th November 8pm at Vista

New members especially welcome. Spread the word, it's your chance to have your say in the club's future?



Transition Town Kinsale

ANNUAL MEETUP Wednesday 19th November 7.30pm Carmelite Friary Space

Review of 2014 Plans for 2015 Open Forum Discussion Refreshments Great opportunity to find out about TTK and see if you'd like to get involved

All Welcome



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MAIN STREET, BALLINSPITTLE KINSALE, CO. CORK, IRELAND

CHRISTMAS NIGHT on Saturday 22nd Nov. Open until late! Enjoy mulled wine and mince pies!

Christmas Gifts & Gorgeous Decorations NOW IN

Monday - Saturday: 10.00am - 6.00pm Sundays & Bank Holiday Mondays: 12.00pm - 6.00pm Follow us on Facebook: www.facebook.com/LaVieenRoseHomeandGarden Follow our Blog: http://lavieenrose.ie/blog

Tel: 021 4708784 • Email: sharon@lavieenrose.ie www.lavieenrose.ie



LAST VISIT BEFORE CHRISTMAS!

OfO

This **VOUCHER** entitles you to a photo sitting for **ONLY €5** & a 12"x10" colour portrait as our **GIFT** to you.

COMING SOON!

Our photographer will be at the following location: O'Connor's Pharmacy, Kinsale Tues 18th - Sat 22nd Nov, 2014

Appointments may be necessary. Please call pharmacy on 021 4777888 For details call our Customer Hotline: 01 822 8850/51

Please be aware that a queuing system may be in place during busy periods. Conditions apply: Special offer 12"x10" portrait is only available for collection in store on the dates given by the photographer. Only one special offer per family and €5 payable at time of sitting. Not valid with any other offer or voucher.

www.pixifoto.ie

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- First classes start 5 December 2014
- Range of ½ day, one day, 2 day and 5 day courses available
- Christmas Demonstrations Wine and Dine while head chef David Rice cooks you Christmas Dinner with a twist
- Christmas Party options
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See the website www.kinsalegourmetacademy.com for the full calendar of classes available



WWW.KINSALEGOURMETACADEMY.COM WWW.BALLINACURRA.COM

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Serving food daily from 12.00pm

Brasserie is now available for private hire for Christmas Party Nights or Office Christmas Lunches.

Sky Sports and BT Sports now available for all your sporting needs.

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





KINSALE GAA

Kinsale GAA players would like to thank everyone who attended and supported our recent race night at Kitty O'Sé's bar. We appreciate your on going support in club fundraisers.

We'd especially like to thank all our sponsors:

MAIN SPONSORS: Kitty O'Sés, Kinsale Equestrian Centre

ADVERTISEMENTS:

Allen's Service Station, Lord Kingsale, Anthony Hayes Architect, arldesign, Rhino Print, Rogue Fitness, Salvi's Cafe, The Fields, Michael O'Connor Glass & Glazing, Trident Hotel, Ballyhass Wake Park, Barrett's Butchers, Crossfit Cork, Darragh Hurley Physical Therapy, Martin Scaffolding, Maurice Murphy, O'Donovan & Co. Solicitors

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SPOT PRIZES:

Éire Ya, Crossfit cork, Carlton Hotel, Castlemartyr Hotel, Auntie Nelly's Sweet Shop, Kinsale Tile Store, Lemon Leaf Café, The Quay Food Co, Pepsi, The White Lady, The Blue Haven and SuperValu.

Congratulations to the winners of the first Club Draw and thanks to everybody who supported the draw:

€1000: Anthony O Neill €500: Teresa O Hea €100: Brian Collins, Michael/Patricia Aherne, Paul Forde, Susan Forde, Fergus Gahan.

KINSALE GAA AGM Saturday Nov. 15th, Temperance Hall @ 6.30pm

Thanks to everyone who attended the recent camogie meeting. For more info like our Facebook page Kinsale GAA.

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Kinsale's definitive Table Quiz. THE Annual Table Quiz







Kinsale Lions Club invites all

Memory Marvels Exotic Experts Astute Amateurs & Friendly Fun-Lovers



Trident Hotel Thursday 20th November 7.30pm Sharp

to the

Table of 4 for €40, or join a table for €10 per person. **PROCEEDS TO LOCAL CHARITIES.**

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YOUR CHRISTMAS PARTY filled with Warmth....

Saturday, 13th & 20th December Sparkling Reception Traditional Christmas Dinner Live Band & DJ Spot Prizes All inclusive price of €37.50 per person

WHY NOT MAKE A NIGHT OF IT?

Treat yourself to a night in one of our harbour view bedrooms, with our great Christmas bedroom rates it's the ideal way for your night to start earlier and last longer. Christmas Party Dinner, Bed & Breakfast €70 per person sharing

Private Christmas Parties can also be arranged for up to 180 guests, join us for a sumptuous seasonal lunch or dinner, the choice is yours. (Subject to availability, alternative dates may also be arranged)



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

www.twitter.com/kinsalenews





Temperance Hall

We would like to invite the community of Kinsale to the AGM OF THE TEMPERANCE HALL on Tuesday 25th November at 8pm in the Temperance Hall.

Anyone wishing to share their skills in running the hall may do so on the night or please talk to a member of the current committee or just come along to find out the goings on in the hall for the past year and what the future will bring.

It's your hall, too! See you there.



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Jim Edwards



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ALTRUSA CLUB OF KINSALF ANNUAL CHRISTMAS FAYRE

Fridav 28th November Temperance Hall, 10am - 12.30pm

Easy Christmas Shopping

with Christmas Decorations, Christmas Cakes & Puddings, Homemade Cakes & much, much more.

Come and enjoy Coffee/Tea & Scones. Admission: €5. (Includes Coffee/Tea & Scone)

CHILDREN FREE RAFFLE WITH GREAT PRIZES! Proceeds to: Kinsale Community Hospital, Kinsale Meals On Wheels and Saile Project.





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Why you should consider The Blind-Maker for your Plantation Shutters:



• Our supplier is the largest in Europe, offering 6 different timber options & 119 different colours, so we are able to offer the largest range and the best quality Plantation Shutters on the Irish market.

- Our in-house fitters, Brian & Dave are both excellent carpenters. They have attended Plantation Shutter training courses in both Ireland & the UK & have completed in excess of 1000 plantation shutter projects.
- Due to increased demand worldwide, Plantation Shutters are now as competitively priced as made-to-measure curtains.



FREE HOME CONSULTATION & MEASURING





Thank You

Geraldine & Paul Griffin wish to thank all those who contributed to their recent Jack & Jill Children's Foundation fundraising events, a Coffee Day & Carrauntoohil Mountain Climb.

A total sum of €10,660 was raised. A cheque was presented to Jonathan Irwin C.E.O. and founder on his recent book signing visit to Kinsale on Friday 31st October.

A big thank you to all those kind people who helped us, we are so grateful.

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THE AFTER SCHOOL ACADEMY A dedicated After School Club for all Primary School Children • Breakfast club • Drop off and collections at all local schools • Supervised homework • Yoga, art & crafts, baking • Board games, music and books • Excursions to library etc. • Drop off to local activities by prior arrangement

Contact Trish Ryan on 087-9475367 for further details.



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HEALTH, HAIR & BEAUTY

Mobile Beauty Service Gel Nails from €30 Shellac from €15 Also Waxing and Tinting available Excellent Prices - 10% OFF on Mondays Call 085 1187062

BEL AMI HAIR STUDIO

Pearse Street, Kinsale

Rachel O'Brien formerly of Toni+Guy, Kaizen, Origin & Kinsale. with Stylist Michelle Connolly



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WANTED COMMERCIAL PREMISES IN KINSALE TOWN To Lease, Rent or Buy - Negotiable Contact: 087 112 0907

LOOKING FOR HOUSE TO RENT

Friendly couple with a 4 year old boy are looking for a house to rent in Kinsale from 1st Dec, where rent allowance is accepted. Thank you. 085 7342004

WANTED SITE OR HOUSE IN KINSALE FOR PRIVATE CASH BUYER Commercial premises also considered: Tel: Buyer in Strict Confidence: 086 2022 628

PSYCHOTHERAPIST SEEKS TREATMENT ROOM TO RENT Kinsale area Tel: 087 6022094

SITUATIONS VACANT

Situation Vacant HEAD CHEF/ KITCHEN MANAGER

Full time for busy restaurant. Daytime only. Good salary package.

Box No. 24/14, c/o Kinsale Advertiser, Emmet Place, Kinsale

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Louise O' Hanlon Tel. 087-2341826

Kinsale Road Industrial Estate, Cori

NOTICES

Scoil Naomh Eltin CHRISTMAS BAZAAR

Actons Hotel Sunday, 23rd November 2:30pm - 5:30pm

COME SEE SANTA! PLAY THE WHEEL OF FORTUNE!

Enjoy homemade cakes in our café, pick up some bric-a-brac, toys, games, books and more! Plenty of entertainment for children and adults alike! FREE ADMISSION

All welcome to our 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 dates:

Tuesday 18th November 10am to 12noon

For info please call Mary @ 085 745 9011 Come along!

O'SULLIVAN MINIBUS

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 Guitar Lessons

- 25 years teaching/performance
- Irish Teaching Council registered (Music)
- Rock, Jazz, Blues, Folk
- All levels and ages

Makes a great Xmas present!

Call Joel 021 470 0823 Trumpet, Piano, & Theory instruction available also.



ROSE FRAWLEY COFFEE MORNING & NEW & NEARLY NEW CLOTHES SALE

In aid of Ray of Sunshine, Kenya

Saturday 29th November 2014 Temperance Hall 10am - 1pm

PRIVATE FRENCH LANGUAGE TUITION by Native French **Speaker in Kinsale &** surrounding area. **EXPERIENCED REASONABLE RATES** CALL GERARD 087 7139744



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

Friar's Lodge is offering room only accommodation over the Christmas period to facilitate family and friends visiting Kinsale. Call Maureen or Aine 086 2895075 Friar's Lodge, Friar Street, Kinsale



at Temperance Hall Saturday 15th Nov, 10am - 2pm

Cake Sale • Face painting **Donate your coppers**

In aid of the Brothers of Charity All donations welcome.

Language School in France, Toulouse organising language travels in Ireland

- is looking for

- Self-employed English Teachers living in Kinsale
- Host Families
 Host Teachers

Please contact: infobabelschool@gmail.com www.babelschool.fr

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.





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WHAT'S ON IN KINSALE FRI 14th - FRI 21st NOV 2014

FRI 14th NOVEMBER AUDIVOX:

Hearing clinic at Haven Bay Care Centre, 9.30am - 12.30pm. BACCHUS NIGHTCLUB: DJ Mark, 11.30pm. BLUE HAVEN: Love Junkies. BLUE HAVEN CAFÉ: Coffee Morning in aid of Sáile, 10am - 12pm. FOLKHOUSE: GDR, 10.30pm. HAMLETS: DJ. JIM EDWARDS: Tenner Friday. PETER PAN & THE NEVER EVER LAND: Granary Theatre, 8pm. SILENT BANJO: Blue Steel. 10.30pm.

SAT 15th NOVEMBER

ACTONS HOTEL: Paddy O'Brien. Doors 8.45pm. Dancing 9pm til 12am. BACCHUS NIGHTCLUB: DJ Sean, 11.30pm. BLUE HAVEN: Cadillac Cats. FOLKHOUSE: Hound Doas. 10pm. FORÓIGE COFFFF MORNING: Temperance Hall, 10am - 2pm. HAMLETS: DJ

KAREN WARD OPTIMUM HEALTH: Saturday Sessions, At The Fitness Yard, Kinsale, 12pm - 1.30pm. KINSALE GAA: Men's AGM, 6.30pm, Temperance Hall. **NV COMMUNICATION:** 2 Day Workshop, email: Michael.DeBuitlear@gmail.com PET ESSENTIALS: 9th Birthday special offers, raffle, competition and giveaways. 9.30am - 5.30pm. PETER PAN & THE NEVER EVER LAND: Granary Theatre, 8pm. Matinee at 2pm.

SILENT BANJO: The Babyshams, 10.30pm. WHITE HOUSE: Poc Ar Buile. 10.30pm.

SUN 16th NOVEMBER

ARMADA BAR: Denis Johnson. BLUE HAVEN: Darren & Friends, 9pm. FOLKHOUSE: King K, 9pm **KINSALE & DOCK ROWING CLUB:** The Dock Slip from 12pm. **NV COMMUNICATION:** 2 Day Workshop, email: Michael.DeBuitlear@gmail.com

MON 17th NOVEMBER

BLUE HAVEN: Mike O'Riordan, 9pm. DALTONS BAR: Traditional Music.

TUES 18th NOVEMBER

APERITIF: Baby Yoga Classes, 11am

BLUE HAVEN: Sonnie & Friends 9pm.

KINSALE BRIDGE CLUB: Trident Hotel, 7.30pm. Visitors welcome KINSALE JOBSEEKERS **RESOURCE CENTRE:**

Red Cross Centre. Church Lane. 10am - 12.30pm.

PARENT, BABY & TODDLER GROUP: Temperance Hall, 10am - 12 noon, all welcome.

PIXI FOTO: O'Connor's Pharmacy. Appointment may be necessary.

WED 19th NOVEMBER

ARMADA BAR: Trad Session with The Merry Stems, 8pm. BLUE HAVEN: Niall McCabe, 9pm. PIXI FOTO: O'Connor's Pharmacy. Appointment may be necessary.

TRANSITION TOWN KINSALE: Annual Meetup, Carmelite Friary Space. 7.30pm. All welcome.

THUR 20th NOVEMBER BLUE HAVEN:

Clem Buckley (Cadillac Cats) & Ben Dillon (King K), 9pm. KINSALE LIONS CLUB ANNUAL TABLE OUIZ: Trident Hotel.

7.30pm sharp. MAX'S:

Amateur Night in aid of Gaelscoil Chionn tSaile. PIXI FOTO:

O'Connor's Pharmacy. Appointment may be necessary. WHITE HOUSE:

Shane & Friends, 9pm.

FRI 21st NOVEMBER

BACCHUS NIGHTCLUB: DJ Mark, 11.30pm. BLUE HAVEN: The Frets. FOLKHOUSE: The Hoots, 10.30pm. HAMIETS: D.L JIM EDWARDS: Tenner Friday. PIXI FOTO: O'Connor's Pharmacy. Appointment may be necessary.









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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.

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.



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