

FREE

Vol. 22 Issue 12/11

Friday 25th March - Thursday 1st April 2011

KINSALE ADVERTISER

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

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

SAVE OVER €25 ON THESE OFFERS...

Smith's of Kinsale
SuperValu
Real Food, Real People

Member of



SuperValu Quality Irish Leg of Lamb
(Butcher Counter Only)

Was €15.40/kg

Now €8.97/kg

**Save
33%**



SuperValu Quality Irish
Round Roast Was €10.50/kg

Now €7.03/kg



SuperValu Quality Irish Pork Steak
Was €9.62/kg

Now €6.44/kg



Mix & match
Any 3 for
€4
€2 Each



Choose from a selection of 10

Nestlé Cheerios
600g Was €4.51

Now €2

Yoplait Yogurt 8pk 1kg

Now €2.48

Donegal Catch Salmon
Fillet 450g Was €14.38

Now €5.69

Pringles Large Can
Range 165g Was €2.49

Now €1.25

Goodfella's Thin Pizza
Range 340g-365g
Was €3.29

Now €1.64

Johnson's Baby
Skincare, Fragrance
Free, Extra Care Skin
Wipes Was €2.88

Now €1.44



**Half
Price**



Miller 20x330ml Btl



Carlsberg 20x330ml Btl



Sol 12x330ml Btl



Tuborg Can Pack 6x500ml



Save 5% on a future shop with Real Rewards

**Real
Rewards**
SuperValu

All offers valid until Saturday 26th March 2011. SUBJECT TO AVAILABILITY. T&C APPLY. ENJOY ALCOHOL RESPONSIBLY.



KINSALE
Outdoor Education

Find Adventure!



-UPCOMING COURSES-

WEEKEND V.H.F. COURSE

April 9th & 10th (Sat & Sun).
(2 days only, including exam)
10am-4.30pm. Fee: €290

DEFIBRILLATOR COURSE

The skill to save a life.

All welcome, no experience necessary.

To take place at the KOEC on the 15th April
from 6pm-9pm. Fee €45 per person.

REFRESHER 1st AID COURSE

For anyone who has previously completed the
ISA EMERGENCY CARE COURSE
within the last 12 months. €45 per person.
Saturday 21st May 10am-1pm.

ESSENTIAL NAVIGATION COURSE

No Experience needed.

Starting April 12th.

7 Tuesdays, 7.15pm to 9.30pm. Fee: €195

BEGINNERS SAILING COURSE FOR ADULTS

2 consecutive Saturdays. 7th & 14th May.
Fee €175. 10am to 4pm

FIRST AID COURSE

2 consecutive Saturdays
9th & 16th April. €190.

MID TERM SAILING COURSES

SAILING SKILLS & THRILLS
19th-22nd April (4 days) €220

ADVANCED BOAT HANDLING
19th-22nd April (4 days) €220

BEGINNERS KAYAKING
19th-22nd April (4 days) €175.

NATIONAL POWER BOAT COURSE

(2 consecutive Saturdays) 10am - 4:30pm. €290
23rd & 30th April / 7th & 14th May
21st & 28th May / 4th & 11th June
18th & 25th June

Kids Summer Camp - Brochures Now Available !!!



Contact the office on **021 4772896** or email: koec@indigo.ie

www.kinsaleoutdoors.com

~ Gift Vouchers Available ~



Mother's Day

CARLTON
HOTEL & C SPA
KINSALE
★★★★

At The Carlton Hotel, Sunday 3rd April 2011

Celebrate with the Family in Luxury

Mother's Day Lunch

Only €24.95
per person

**FREE €20.00
Spa Voucher**
to be used towards
any Spa Treatments
for all the Mothers*


**Call 470 6000
to book now**



CARLTON
HOTEL & C SPA
KINSALE
★★★★

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

*Terms & Conditions May Apply



THE CHIROPRACTIC CLINIC

QUAYSIDE HOUSE, THE PARK, PIER ROAD

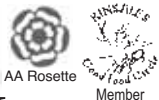
LEON TAYLOR D.C.
B.S.C. EXERCISE PHYSIOLOGY
CHIROPRACTOR

CHANGE OF HOURS

TUESDAY & THURSDAY, 12PM - 4PM
MOB: 087 958 2362



Fáilte
Approved



AA Rosette
Member

The White House

FULLY LICENCED GUESTHOUSE & BAR

Breakfast Served from 8am - 12noon
Food Served Daily from 12noon - 10pm

~ Spring Special Menu ~

3 Courses € 25 inc Tea/Coffee

2 Courses € 20 inc Tea/Coffee

Friday 25th March

Leon Buckley 10.00pm

Saturday 26th March

Trad with Liam O' 10.00pm

Sunday 27th March

Mike O'Riordan 9.00pm



Your hosts The Frawley Family & Staff

Tel: 021-4772125

www.whitehouse-kinsale.ie

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



Keeping
Kinsale
focused

Pearse St., Kinsale

Tel: 021 4773595



See Better, See Brilliance

Maui Jim
2011 Collection
Now In Stock

FULL EYE EXAMINATIONS INCLUDING:

- ✓ Glaucoma Screening
- ✓ Diabetic Screening if Necessary
- ✓ Age Related Macular Degeneration Screening

Sunglasses • Low Vision Aids • Prescription Sunglasses •
Domiciliary/ Home visits • Medical Cards/PRSI welcome
Contact Lenses • Coloured Contact Lenses • Safety Spectacles

Open: 9.30am-5.30pm Tuesday to Saturday
Medical Card & PRSI customers very welcome!!!

Vista

on the Marina

Contemporary Café, Wine Bar & Bistros

NEW LOOK Vista...
...NEW LOOK Menu

Call in and enjoy our new look @ Vista,
taste our new delicious Spring Menu.
Value & Home Cooking our Priority!

Need a Take away Pizza?
VIZZA
PIZZERIA
PIER RD KINSALE
087 697 5255
Open 7 Days A Week

NEW IMPROVED PRICING ON ALL MENUS
(Sample ONLY)

Breakfast: Scone & Coffee €4.90

Lunch: Soup & Sandwich from €4.95

Evening Main Dishes: Catch of the Day: €19.95

Evening Tapas: Asian Beef Salad €8.95

Cold Tapas: Shredded Duck Pancake €6.50

Vista on the Marina, where nature meets urban life!

For Reservations Call 021 470 6866

Anika & Sandra

Massage, Beauty & Nail

(located in Kinsale, above House of Hair, in Guardwell)

087 783 9626

Treatments offered by highly Qualified therapists at reasonable prices.

- | | |
|--|--|
| Back, neck, shoulder massage (30min) . . . Only €20 | Multi-Vitamin Facial (90min) Only €50 |
| Full body massage (60min) Only €40 | with Eyebrow Wax/Tweeze, Hand Massage & Eyelash/Eyebrow Tint |
| with Multivitamins and Hot Oil | Microdermabrasion Facial Only €50 |
| (Swedish, Sport, Deep Tissue, Slimming) | with Eyebrow Wax/Tweeze, Hand Massage & Eyelash Tint |
| Massages suitable for Ladies, Gents & Teenagers | Beauty Facial (60min) Only €45 |
| | with Eyebrow Wax/Tweeze, Hand Massage & Eyelash Tint |
| | Eyelash and Eyebrow Tint |
| | with Eyebrow Shape Only €18 |
| | Spray tan - full body: Only €25 |

Special Offer:

- Beauty Pamper Package €80
- Full Body Massage (60min) + Facial (60min)

SPECIAL OFFERS FOR NAILS:

- Spa Pedicure & Manicure: €45 • Gel Nails with Nail Art: €45
- Luxurious Spa Pedicure with Hand Treatment or Finger Nail Polish: €40
- Spa Pedicure: €35 • ***New* Japanese Manicure:** only €20
- (Natural nail care, strengthened with beeswax giving shine for nails)

Gift Vouchers Available
The ideal present for Mother's Day

THE ARMADA
 BAR & GUESTHOUSE
 Pearse Street, Kinsale Tel: 477 2255

Saturday 26th
Live Music

Sunday 27th
Sean Tracey

Tuesday 29th
Whiskey & Lace

Kitchen Open Friday To Monday

Your Local Bar... Darts, Pool & Rings

The **Old Brewery**
 RESTAURANT

The Glen, Kinsale. Tel: 021 477 7772

Open for Dinner
 Friday & Saturday from 6pm

Still serving Kinsale's most popular
Early Bird Menu, Only €24.50
 for a delicious 4 course meal
Now served all evening!

Also, try our delightful
À la Carte Menu
 with fresh Fish specials nightly

Fancy a Fresh Homemade Dessert?
 Pop in & enjoy one with a coffee

Wheelchair Accessible Gift Vouchers Available

daisychain flowers

Pearse St., Kinsale

Telephone: 021 4774643

Mother's Day

We're Open Sunday 3rd April 2011

...Don't forget Mother's day is on Sunday 3rd April

Daisychain is brimming with beautiful flower and plant arrangements to suit any pocket. It's our favourite time of year!

Bright and fragrant spring flowers. Gorgeous planted containers.

So much to choose from... Orchid plants, Peony Rose plants, herb containers, fresh flower baskets, and so much more.

All finished off and ready to give your mum with colourful pretty ribbons & wrapping.

Show how much you love and appreciate your mum on APRIL 3RD, call into Daisychain Flowers and we'll help you find the perfect gift.



www.daisychain-kinsale.com

All things bright and beautiful at Daisychain Kinsale!



HANNON KITCHENS ~ KINSALE ~

T: 021-477 8639 / 021-488 8807
Kevin: 087 2901633

*Kitchen & Bedroom Furniture
Supplied & Fitted*

Free Design & Quotation

*View our Large Choice
of Finishes at*

www.hannon.ie

*****Special Offer*****

*Indesit 6kg Vented Tumble Dryers
only €150*



Beechwood Farm

Free Range Eggs

Ballyregan, Kinsale - HAACP Compliant

Our eggs are sold locally:

- **Mobile Farm Shop**
open daily, located at our farm.
- **Barretts Butchers Kinsale/Riverstick**
6 pack large & trays medium (30eggs)
- **Quay Food Co.** 6 pack large
- **Kinsale Farmers Market**, Wednesdays

We supply all catering establishments, B&Bs,
Guesthouses, Shops, Farmets Markets etc.

Efficient Delivery Service - Competitive Prices

Contact Siobhán O'Regan

086 829 2771

Buy Local - Miles Better!!!

Come and Join in this Festival of Fine Food & Fun
The "Kinsale Gourmet Festival" is held in October of each year
and is a celebration of all the fine things that Kinsale has to offer.



35th Bollinger Kinsale Gourmet Festival 7-9 October 2011

FRIDAY 7th OCTOBER 2011

- 3pm Cook Off on the Streets of Kinsale
- 6.30pm Opening of the 35th Bollinger Kinsale Gourmet Festival
- 8pm Dine around at one of the GFC restaurants
- 10.30pm "Bolly" Ball - with the Strauss Orchestra
- Event Ticket price €85 (includes a €40 dinner voucher)

Saturday 8th October Mad Hatters Taste of Kinsale

11.30am Starting at Actons Hotel. Join Alice, the Mad Hatter, March Hare and the Fieldmouse for the Highlight of the Festival. An escorted tour of the 12 Members of Kinsale's Good Food Circle who will present spectacular dishes from their kitchens bearing testimony to the culinary skills of the chefs of Kinsale. The event kicks off with a sparkling reception in Acton's Hotel, sponsored by Christy's Wines & Spirits, where your guide will then escort you to each of the four tasting venues to sample fine cuisine, complimented by selected wines from our Festival wine sponsors, NASH's, GLEESONS, GILBEYS & KARWIGS Non wine drinkers can sample beer compliments of Heineken Ireland or water from Tipperary Water. As an additional fun element everyone is requested to wear a "Mad Hat" in honour of our special guest - the Mad Hatter! A competition will be held.

Event Ticket price €90

Sunday 9th October Fruits de Mer, 1pm

Take your seat for a superb afternoon of fun & frolics with MC Derek Davis. Enjoy a mouth watering four course lunch to include lobster, crab, prawns etc, accompanied by delicious wines sponsored by Torres Mas Rabell. Freshly roasted coffees compliments of BEWLEYS then dance the evening away with the Magnetics.

Event Ticket price €75

8pm Dine out at the GFC restaurant of your choice
(not included in ticket price)

Participating Restaurants: Restaurant D'Antibes, The Blue Haven,
The Captains Table @ Actons Hotel, Crackpots, Jim Edwards,
Max's Wine Bar, Man Friday, Pier One @ The Trident Hotel,
Toddies @ The Bulman, White Lady, Fishy Fishy, Jolas

Call 021 4773571 www.kinsalerestaurants.com

CRACKPOTS



T: 021 477 2847

W: www.crackpots.ie

3 Cork Street, Kinsale

**Open Friday,
Saturday &
Sunday Evenings
from 6pm**

~ Special Mother's Day Lunch ~
3 Courses for €20.00
Book Now!

Reservations: 021 477 2847

Bulman & Toddies Restaurant

SUMMERCOVE, KINSALE

Bord Fáilte Tourist Bar
of the Year 2010

Lucinda O'Sullivan
Great Places To Eat

Georgina Campbell
Irish Guide 2010



Bridgestone
100 Best Restaurants
In Ireland 2001-10

Winner Of The
Best Gastro Pub
In Cork 2010

~ **Lunch Served** ~
Tuesdays to Saturdays
12.30pm to 5pm.

~ **Restaurant Open** ~
6.30pm, Tuesdays to Saturdays
*New Look... New Menu...
Same Stunning Venue!*

Bookings now being taken.
After dinner, enjoy the music in the bar...

~ **Music This Week** ~
Saturday 26th March

Barry Tierney, 10.15pm

plus Free Shuttle Bus to Town at Closing Time

Sunday 27th March

Boozy Schmoozers, 6pm
(Sonny, Alan & Mike)

~ **Free Shuttle Bus** ~
To Kinsale Town Centre,
Closing Time Every Saturday

Tel: 021 477 2131

or: 021 477 7769

www.thebulman.ie



The **Market Garden**

GENERAL GROCERY

Specialising in Fresh Fruit & Vegetables,
Dried Fruit, Nuts, Spices and Herbs...
Fruit Baskets Prepared Potatoes
& Vegetables.

Open
Mon - Sat
9.00am
to 5.00pm



THE GLEN, KINSALE. Tel: 477 4574

MARCH MADNESS

UP TO

25% OFF

ALMOST EVERYTHING!!!



The Blind-Maker

Southside Ind. Estate (Near EZ Living),
Pouladuff Road, Togher, Cork

Also at Flor Griffin
Bandon & Ballincollig

021 4320111

www.theblindmaker.ie

Free Home Consultation, Measuring & Fitting - OPEN 6 DAYS

Daltons Bar

Market St, Kinsale. Tel: 021 477 7957

Every Monday
Traditional
Irish Music
& Sing Along

facebook

The White Lady

Hotel, Bar, Restaurant
Nightclub & Music Venue



Enjoy Mother's Day on Sunday April 3rd

Open for lunch & dinner. Friendly staff, easy parking & beautiful menus.
Book now or just get a voucher - The ultimate treat for all mums!!!

Saturdays

11.30pm 'til late

with DJ Anthony Collins

NEW OUTDOOR SEATING AREA
PLUS NEW BBQ MENU



Sundays

11.30pm 'til late

with DJ Mark Sanquest

NEW OUTDOOR SEATING AREA
PLUS NEW BBQ MENU

Bonanza Bucket

only €15

(5 Bottles of Beer)



Prosecco Boat
Ask For Details!!!

NEW



FREE Shuttle Bus

From Town Every 5mins
Sat & Sun 12am - 1.15am

~ Spring Party Specials ~

We have the ideal party venue for all special occasions, offering a range of options for all parties big & small! Contact Anthony, Roman or Peter.

Book Your Party Now & Enjoy Free Finger Food!

~ Gigs! Gigs! Gigs! ~

Coming This Summer
...The Wolfe Tones ...Crystal Swing
...Big Generator ...J-90
...and more!



Introducing: Boutique Weddings at The White Lady

Contact Anthony, Roman or Peter for more information about our tailor made packages to suit your day, catering for groups of 10-70.

Telephone: 021 477 2737

www.whiteladyhotelkinsale.ie



studio *Blue*

NIGHTCLUB

Clubbing With Style

:: OPEN FRIDAY & SATURDAY ::

Kinsale's newest hotspot, Studio Blue Nightclub is a combination of style, elegance and fun over two levels with three bars including cocktail bar, the best DJs, an upstairs heated roof garden and a Bollinger Lounge which can be reserved for private parties. The ultimate place to party in style!

:: BOOK A TABLE ::

Pre-book a table for you & your friends in the Bollinger Lounge.

All parties of 20 or more booked receive a
Complimentary Bottle of Prosecco.

To Book call 021-4772209 or email info@bluehavenkinsale.com

Studio Blue Night Club, Market Quay, Kinsale.

For more call us on 021 4772209 or email info@bluehavenkinsale.com

See our [facebook](#) page for promotions and great events

BBC ITV CH4

Continue to receive these
TV channels & many more
such as: E4, Film 4,
True Movies, Kids, Music,
Sky News etc.

**ALL FOR A
ONE-OFF FEE!!!**



Contact
Jeremy Sheehan, Kinsale

M:086 268 4993

T:021 477 4955



NEW
**5aside
Soccer
League**

Starting In April

www.5sidesports.com
to sign up



Aperitif

WINE & TAPAS BAR

Now Serving

Fantastic Selection of Mediterranean & North African inspired Tapas to enjoy and experience.

Serving everything from Prawns À La Plancha, Monkfish Spiedini, tender Pork belly, Salt & Pepper Calamari & More...



Private Parties

The Back Lounge @ Aperitif is now open and ready for private parties & birthday parties.

To book Aperitif for your party call us on 021-4772209 or email info@aperitifkinsale.com

Come to Aperitif for a great night and a stunning atmosphere.

Open Friday, Saturday & Sunday from 5pm

Main Street, Kinsale

Tel: (021) 477 3592
www.aperitifkinsale.com

THE BLUE HAVEN COLLECTION



Communions & Confirmations

Looking for the perfect venue for your communion/confirmation day?

We have the perfect place

The Blue Haven RESTAURANT & BISTRO

Menu available for €24.95 for adults and €12.50 for children. Come along to the Blue Haven for a superb day with a delicious menu, great atmosphere and great service in beautiful surroundings.

The Perfect Place for that Special Day

For more details Call 021 4772209 or email: info@bluehavenkinsale.com



www.bluehavencollection.com

T 021 477 2209

South Union Hunter Trials



Sunday 27th March
Farrangalway, Near Kinsale, Co. Cork
Start time 11.00am
(Remember clocks go forward!!!)

Come and join us for a day out just 1 mile from Kinsale. Witness the thrills and spills as competitors of all ages jump fences, ditches and banks in and around the famous Kinsale Point to Point Track

Free viewing for spectators & Free car parking.
Food, Teas & Coffees available on site.
Contact: Dane Curtis 087-6573999

Find us on **facebook** South Union Hunter Trial
Directions @ www.kinsalepointtopoint.ie



Transition Town Kinsale

60+

EARTH HOUR

At 8.30pm on Saturday 26th March 2011, lights will switch off around the globe for Earth Hour. We invite you to do the same.



26th March 2011
8.30pm - 9.30pm
Join us at the Dock 7.45pm
BRING A TORCH !!

Join us to celebrate Earth Hour. Launch your own lantern €2. Enjoy fire juggling, fire dancing and lanterns will also be launched from boats in the harbour.

The Spaniard

Silly, Kinsale

Friday 25th March
Martin & Friends

Every Saturday
For Folk Sake

Every Wednesday
Trad Session

Grapevine Promotions present

Sunday 27th March
Sam De La Haye, 6pm

On her 2011 tour of Ireland

Fri 15th April: Liam O'Maonlai
plus support. Doors 8pm

Tickets €15 available from Bar or call 021 4772436

Bar Food Served Daily

Restaurant Open 6pm Fri, Sat & Sun
Value Menu & à La Carte Menu Available

T: 477 2436 www.thespaniard.ie

LEMON LEAF CAFE

courtyard & food store
70 Main Street, Kinsale

~ Spring Opening Times ~

Open 7 Days

Serving Breakfast, Lunch (plus Sunday Brunch til 2pm)
& delicious home baked goods, tarts & much more...

~
We Make & Bake Everything Ourselves Everyday!
...and remember: *If you can't stay, you can takeaway!*

Also

Available to purchase in our Café Store:

Java Republic Teas, G's Jams, Various Cookbooks,
Ariosa Ground Coffee, Paddy O'Granola's Granola,
American Stonewall Products, and much more...

Ena's Hair Salon

Ballinspittle, Co. Cork.

021-4778776

Spring Special Offers

Full Head Meche
with Cut from €70

1/2 Head Meche
with Cut from €50

Full Head 'Colour Herbe' Meche
with Cut from €75

1/2 Head 'Colour Herbe' Meche
with Cut from €55

Permanent Hair Colour
with Cut from €42

Permanent 'Colour Herbe' Hair Colour
with Cut from €50

Semi Permanent Hair Colour
with Cut from €40

OPENING HOURS:

Tuesday - Thursday 9am - 6pm

Saturday 9am - 5pm

Late Opening Friday 9am - 7pm

SPECIALISING IN



COLOUR HERBE
Permanent Hair Colour

AGA TURKISH BARBER

THE GLEN, KINSALE
(Next To Hamlets, formerly SWS Office)



**NOW
OPEN**

**Gents Hair Cuts
Hot Towel Shave
Steam Shave
Wedding Preparations
Gift Vouchers Available**

Crystal Nails



**Australian
Gold**



...also available for the ladies:

Eyelashes, Gel Nails, 3 Week Manicure, Hollywood Toes, *Ergoline* Sun Bed
Call For Details: 087 669 0081



Professional music classes for tots to teens to enjoy
Douglas • Carrigaline • Kinsale

- **Baby Sensory** (3months - walking)
Mirror dances, infant instruments, sensory light balls,
baby drums, cuddle and tickle songs, active lap songs...
- **Toddler Music** (walking - 3years)
(Walking - 3 1/2 years, with carer)
Baby Animal & Weather Songs with the usual
boomwhackers, drums, dancing,
percussion instruments, bells and bubbles...
- **Toddler Art** (18months+)
Fun with paint and exploring with dough.
Lots of making, doing, sticking and creating
while learning about textures and colours.

Starting Wednesday April 6th

For enquiries or to enrol contact:

Caroline Malone B.Mus. H.Dip.Ed.

087 9513589 - 021 4700024

info@musicmakers.ie www.musicmakers.ie

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**BAR FOOD
SERVED
TUES TO SUN
FROM 12.30pm
inc. Daily
Specials
for €10 with a
glass of wine or
Folkhouse Lager**

The Folk House

Guardwell. T: 021 4772382
www.folkhousevenue.com

**CHECK OUT
THE GREEN
ROOM**
A Relaxing
Environment Also
Available for
Private Bookings

Now On Draught



Galway Hooker IPA

FRI 25th

KARMA PARKING

6 Piece Original Reggae, Ska & Rock

SAT 26th

SOULDRIVEN

7 Piece Soul & Funk Band

SUN 27th

THE BIG ORDEAL 3 Piece Covers Band

+ CHASE THE ACE, 6.30pm-9.30pm, JACKPOT NOW €500!

THURS 31st

SOUL SESSION ORCHESTRA

5 Piece Funk, Soul, Groove & Jazz

FRI 1st

BROGHILL

ALL SPORTS SHOWN ON 2 BIG SCREENS!!!

Bacchus Nightclub

Guardwell Kinsale



**FRI 25th Mar
with DJ Garian**

LIVE MIXING OF OLD & NEW

Doors 11:30pm

FREE ENTRY b4 12:00am

**SAT 26th Mar
with DJ Sean**

90S CLUB CLASSICS & CHART

Doors 11:30pm

FREE ENTRY b4 12:00am

**THURS 31st Mar
with DJ Mark**

ALL THE OLD & NEW CLASSICS

Doors 11:30pm

FREE ENTRY ALL NIGHT

THE NEW WAY TO SHAKE OFF THE POUNDS & TONE UP

THE **VIBRATION PLATE**



HIRE ONLY €90 FOR 4 WEEKS

SPECIAL OFFER
13 WEEKS FOR €220.00
(Only €2.42 per day)

**Buy the plate for €550
inc vat - Free Delivery**

If you decide to purchase the machine within the first month of hire, the hire cost will be deducted from the cost of machine

ONE 10 MINUTE WORKOUT IS AS GOOD AS AN HOUR IN THE GYM
Other Benefits: Improves blood circulation, Vibration training strengthens bones,
Massage motions eases aches & pains (Arthritis)

DD BODYSHAPERS Douglas, Cork. Tel: 085 1100918

www.dkgymequipment.com

TRIDENT HOTEL / KINSALE

...Perched
on the
Water's
Edge



Mother's Day

Sunday April 3rd

We will be open for lunch with two sittings: 1.00pm & 2.30pm

...Is a special occasion and a time of the year when every mum should be pampered and treated. The Trident Hotel is beautifully located which makes it a perfect setting for that special Mother's Day celebration. There are so many ways to spoil your mum, from Lunch in the Wharf Tavern, Dinner in the award-winning Pier One Restaurant to overnight breaks.

Communions & Confirmations

The Trident is now taking bookings for First Communion and Confirmation Lunch & Dinner. Celebrate this special time with our value menus from only €25.

Childrens' menu available and Communion/Confirmation child eats FOR FREE!

To make a booking please telephone 021 4779300 or email: info@tridenthotel.com

Don't Delay, Book Today

~ Value Evening Menu for March ~ Only €25.00

Steamed Oysterhaven Mussels with Chilli & Ginger
In house Smoked Chicken, Lemon & Lime Dressing
Tartar of Kinsale Seafood with Greek Yogurt
Tomato & Seafood Chowder

-\$-

Pan-fried Sirloin of Prime Irish Beef with Pepper & Brandy Sauce
Baked Fillet of Monkfish with Tomato & Caper Butter Sauce
Supreme of Chicken with Smoked Bacon Lardon & Chive
Penne Pasta with Rocket & Parmesan Shavings

-\$-

Butterscotch & Honeycomb Cheesecake on a Banana Scented Anglaise
Steamed Chocolate Pudding with a Chocolate & Bailey Ice Cream
Coconut & Lemon Meringue Pie with a Mango Salsa
Raspberry & Mango Parfait with Red Berry Compôte



www.tridenthotel.com T: 021 477 9300

A Cracking Easter Offer Only From Magic Vacations

EASTER MEGA SALE
GRAN CANARIA
7 NIGHTS
EX CORK 23rd APRIL
From €399 per person

Based on 2ad+2ch includes return flights,
apartment and transfers



****Magic Vacations EXCLUSIVE****

Call today 4700568



www.magicvacations.ie
E: experts@magicvacations.ie

Magic Vacations, Emmet Place (over Moloney's Chemist)
Open Monday to Friday 9am-6pm & Saturday 10am-4pm





KINSALE
021 477 2204

RIVERSTICK
021 477 1588

*Barretts are delighted to announce
that celebrity chef*

Neven Maguire



*of MacNean House & Restaurant, Blacklion, Co. Cavan
will sign copies of his book
'Neven's Country Living'
Thursday 31st March at 10am
in our Kinsale store.*

*Books can be purchased in store on the day.
Join us to celebrate this event.*

Now Stocking, Exclusive to Barretts, Kinsale & Riverstick:

Cronin's Organic Buttermilk, *from Belgooly*

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After the surprise success of a spontaneous disco held in the back of The Lord Kingsale the group behind the event have decided to make it a regular monthly event. Maureen Mortimer, who offered the use of the venue for free last time has kindly committed to making it available for the first Saturday of each month. Fintan Lynch and Alan Murray have offered to co DJ. It's creators have decided on a name - The Space. The Space will be free ie. there will be no cover charge.

The Next Space is on
Saturday 2nd April
9.30pm to 12.30am
Entrance via back door of The Lord Kingsale.
Admission FREE

TABLE QUIZ

Fundraising for Habitat for Humanity

Thursday 31st March 2011

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We are delighted to announce that

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...All at once Old Kinsale came vividly to life' - The Irish Times*

NEW Preview our tour on www.HistoricStrollKinsale.com

Phone: 087 2500 731

KINSALE ACTIVE RETIREMENT ASSOCIATION

Tues 29th Mar. Temperance Hall 2.30pm
Our Yearly Visit From The Doctor

Which has been proved to be very popular.
our monthly raffle will also be held.

TAKE CONTROL OF YOUR HEALTH

The importance of fruit & vegetables in your diet
Friday March 25th

Carmelite Friary Centre, Kinsale

Starts 8pm. Special Guest Speaker: Yoka Pauelsen.
Free Admission. For info call 087 9626000

House Contents For Sale

including large
farmhouse table with 6 chairs,
Welsh dresser, food larder,
Italian dark brown leather
3 piece suite 3+1+1 (4 recliners)
and a selection of other items.

Please call 086 349 9509 after 5pm.



Nearly New Sale

Temperance Hall
Saturday 26th March
in aid of Haven Foundation

Sincere thanks for your support to date

Kinsale Carmelite Lourdes Pilgrimage Reunion Supper

Saturday March 26th - Trident Hotel, 8pm
Adm €20. Music & Craic with M.Ahern & Guests
Still Some Tickets Left - Everyone & Past Pilgrims Welcome

BUSINESS TO LET

Well established hair salon,
ready to go, walk-in business
Strong customer base
Innishannon/Ballinhassig area
Phone 087 8352635

Top Irish musicians join forces for a special FUNDRAISING CONCERT IN AID OF KINSALE COMMUNITY HOSPITAL

Friday 1st April, 8pm in St. Multose Church.

Soprano, Carol-Ann McKenna,
violinist Mary McCague and harpist,
Aisling Ennis will perform a programme of
all-time favourite songs and instrumentals.

Email your meaningful melodies to
info@marymccague.com or text 087 6390299

Tickets can be reserved using the contact
details above also and are priced at €15/10.

Car Boot Sale

To benefit

St. Vincent de Paul Society in Kinsale

**Saturday 16th April,
St. Multose Hall, 11am-2pm**

Sponsored by Kinsale Union of Parishes

Contact: 021-470-6990

carbootsalekinsale@gmail.com

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

daffodil day
*

FRI 25th MAR

AN SEANACHAI:
The Cadillac Cats.
BACCHUS NIGHTCLUB:
with DJ Garian, 11.30pm.
BLUE HAVEN: Hank Wedel
& Sweet Nectar, 10pm
CARMELITE FRIARY: Take
Control Of Your Health, 8pm.
COFFEE MORNING:
For Daffodil Day,
Temperance Hall.
**DE COURCEY DRAMA
GROUP PRESENT:**
Uncle Jasper + Last Panto
In Curranhoo. Ballinspittle
Community Centre, 8pm.
DON & BARRY'S TOURS:
11.15am, Tourist Office.
FOLKHOUSE: Karma Parking.
HAMLETS: Live DJ.
SPANIARD BAR, SCILLY:
Martin & Friends.
ST. MULTOSE HALL:
Whist Drive, 8pm. In Aid
Of Habitat For Humanity.
STUDIO BLUE NIGHTCLUB:
Doors 11pm.
TEMPERANCE HALL:
Drum Circle, 7.00pm.
WHITE HOUSE:
Leon Buckley, 10pm.

SAT 26th MAR

AN SEANACHAI:
Mike O'Riordan, 7.30pm
Crazy Chester, 10pm.
ARMADA BAR: Live Music.
BACCHUS NIGHTCLUB:
with DJ Sean, 11.30pm.

BLUE HAVEN BAR:
John Bates & Grainne Long.
BULMAN, SUMMERCOVE:
Barry Tierney, 10.15pm.
**DE COURCEY DRAMA
GROUP:** Ballinspittle
Community Centre, 8pm.
DON & BARRY'S TOURS:
11.15am, Tourist Office.
FOLKHOUSE: Soul driven.
HAMLETS: Live DJ.
SPANIARD BAR, SCILLY:
For Folk Sake, 9.30pm.
STUDIO BLUE NIGHTCLUB:
Doors 11pm.
TEMPERANCE HALL:
Nearly New Sale
In Aid Of Haven, 10am.
TRANSITION TOWN KINSALE:
Earth Hour, 8.30pm.
Meet at the Dock.
TRIDENT HOTEL: Lourdes
Reunion Supper, 8pm.
WHITE HOUSE:
Liam O', 10pm.
WHITE LADY NIGHTCLUB:
Doors 11.30pm Plus BBQ.

SUN 27th MAR

ARMADA BAR: Sean Tracey.
BLUE HAVEN BAR: Live Music
with Sonny & Friends.
BULMAN: The Boozy
Schmoozers, 6pm.
**DE COURCEY DRAMA
GROUP:** Ballinspittle
Community Centre, 8pm.
DON & BARRY'S TOURS:
11.15am, Tourist Office.
FARRANGALWAY, KINSALE:
South Union Hunter Trials,
Starts 11am.
**KINSALE + DOCK ROWING
CLUB:** Meet At 12pm.

FOLKHOUSE:
The Big Ordeal.
SPANIARD BAR, SCILLY:
Sam De La Haye, 6pm.
WHITE HOUSE:
Mike O'Riordan, 9pm.
WHITE LADY NIGHTCLUB:
Doors 11.30pm Plus BBQ.

MON 28th MAR

BLUE HAVEN BAR:
Live Music with Arundo.
DALTON'S BAR: Trad Irish
Music & Sing Along.
DON & BARRY'S TOURS:
11.15am, Tourist Office.

TUES 29th MAR

**ACTIVE RETIRED
ASSOCIATION:** Yearly Visit
The Doctor + Monthly Raffle.
2.30pm, Temperance Hall.
ARMADA BAR: Live Music
With Whiskey & Lace.
BLUE HAVEN: 7pm, Spanish
Cooking Demonstration.
BLUE HAVEN BAR:
Sonny & Friends.
DON & BARRY'S TOURS:
11.15am, Tourist Office.
TEMPERANCE HALL:
Set Dancing, 8.30pm.

WED 30th MAR

BLUE HAVEN BAR:
Darren & Friends.
DON & BARRY'S TOURS:
11.15am, Tourist Office.
KINSALE FARMERS MARKET:
Next To Cronins'
Commercial Hall, 9.30am.
**KINSALE + DOCK ROWING
CLUB:** Meet At 6pm.

SPANIARD BAR:
Live Trad Session.

THURS 31st MAR

BACCHUS NIGHTCLUB:
with DJ Mark, 11.30pm.
BLUE HAVEN:
The Thursday Band.
BOOK SIGNING:
With Chef Neven Maguire,
Barretts Butchers, 10am.
CARMELITE FRIARY: Lent
School Of Prayer, 8pm.
DON & BARRY'S TOURS:
11.15am, Tourist Office.
FOLKHOUSE:
The Soul Session Orchestra.
TABLE QUIZ: For Habitat,
Trident Hotel, 8.00pm.

FRI 1st APRIL

AN SEANACHAI:
The Aristocrats.
BACCHUS NIGHTCLUB:
with DJ Garian, 11.30pm.
BLUE HAVEN:
Live Music, 10pm.
DON & BARRY'S TOURS:
11.15am, Tourist Office.
FOLKHOUSE: Broghill.
FRIARY CENTRE:
Visit By Fergus Finlay, 8pm.
HAMLETS: Live DJ.
**KINSALE + DOCK
ROWING CLUB:**
Meet At 6pm.
SPANIARD BAR:
Martin & Friends.
ST. MULTOSE CHURCH:
Fundraising Concert, 8pm.
STUDIO BLUE: Doors 11pm.
TABLE QUIZ: By Kinsale GAA
Trident Hotel, 8.00pm.

Kinsale Lions Club
**2nd Annual
Cycle Challenge**
April 16th 2011



Coastal route proceeding through the town towards
the Old Head, Garretstown, Coolmain Bay, and along the
coast road to Timoleague. Then it follows the road on the
other side of the bay to Courtmacsherry, Butlerstown,
The Seven Heads, Dunworley Bay, Clonakilty Bay and Harbour.
Check out www.kinsalecyclechallenge.com

John Giles
FOUNDATION

Walk of Dreams
Sunday 27th March
Cork City, 3pm

www.johngilesfoundation.com

ONE TOUCH® PREMIUM PARTNER BBQ

**SAVE
€48**

INCL. COALS

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INCL. CHIMNEY STARTER

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INCL. ORIGINAL BBQ TOOL SET



Normal R.R.P.
**€250 for
BBQ only**

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SPECIAL OFFER: €299

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