

FREE

Vol. 27 Issue 01/16

Friday 8th Jan - Thursday 14th Jan 2016



KINSALE ADVERTISER

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

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



Elite Pilates

KINSALE

NEW BEGINNER MAT COURSE

starting Monday 11th January
5 weeks €60

REFORMER INTRO PACK NOW AVAILABLE - 8 CLASSES €99

- FLATTENING OF ABDOMINALS & IMPROVED POSTURE
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To book your beginner mat course email us at info@elitepilates.ie or call us on **021 4369097**

Elite Pilates, Kinsale Commercial Centre, Kinsale.
www.elitepilates.ie

Wishing all our customers a
HAPPY NEW YEAR
from everyone at



*Thank you for your support and we look forward to
seeing you in 2016*

Looking for a winter night
class with a difference?

Try Céilí Fit

BEGINNERS COURSE

Starting Monday 11th January, 8pm

Temperance Hall, Kinsale

FOLLOWED BY IMPROVERS CLASS



www.Ceilifit.ie to book online

Enquiries to Fionan on 087 818 5111

"Mighty Craic. Great
social night out."
Mary, Kinsale

"I didn't have a partner
but still had great fun."
Patrick, Belgooly

"Better than an
hour in the gym!"
John, Dunderow

"Found it an easy way to meet
the locals & felt welcome"
Annika, German AuPair

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FRIDAYS: 8.30am-5.30pm (Closed for Lunch 1-2pm)
& SATURDAYS: 9.30am-3pm (Open through Lunch)




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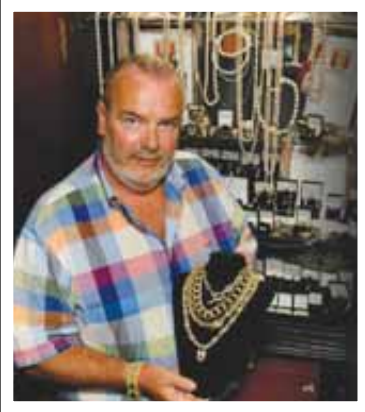
From intimate family occasions to grand celebrations, the Trident Hotel offers a stunning location, personalised service and sumptuous seasonal menus to ensure your event is one to remember.



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We're Hiring

Life Science Consultants (LSC) is a specialist resourcing company focused on providing resourcing, recruitment and consultancy services for the Pharmaceutical, Biotechnology & Medical Device industries. Due to significant growth, we are looking to grow our team in our Kinsale Office:

About the Position:

This is a part-time position as an Office Administrator reporting to the Financial Accountant.

Responsibilities of the Office Administrator:

- Managing timesheets and assisting with payroll
- Administration support to recruitment consultants and managers
- Management of petty cash
- General office administration - answering phone, scheduling meetings, managing office supplies

Key Competencies:

- Experience in a busy fast paced office environment
- Must have excellent attention to detail
- Strong communication skills
- Proven ability to manage several tasks / projects at the same time
- Flexible approach to work and able to work at various levels within the organisation as required
- Proficient in Microsoft office, especially Microsoft excel
- Experience in an accounts environment would be an advantage but not essential

Prospective candidates should apply to recruit@lsc.ie



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of Kinsale

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Not including Direct Debit Memberships / Terms & Conditions Apply

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Wednesdays 7.30am

EXERCISE FOR OVER 55s

Wednesdays 8am

CIRCUITS CLASS

Thursdays 7pm

HIGH INTENSITY CLASS

Wednesdays 7am

WATER EXERCISE & WEIGHT LOSS

Mondays 6.30pm Wednesday 10.30am

To book the above classes please ring 021 477 2345

Cost: €10 non-members or €5 members

PARENT & TODDLER CLASS Thursdays 10am

Phone Marie-Anne 085 854 9246

SWIMMING LESSONS Group and Private Lessons

Text Sue 086 382 8463

PHYSIO FIT Pilates Classes, Physiotherapy Treatment

Phone Karen 087 672 8232

For any questions on Classes, Membership or Personal Training
please call Actons Health & Fitness Club on 021 477 2345



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7

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Enjoy a Taste of India at...

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69 Main Street, Kinsale.

Tel: 021 477 7911 or 021 477 7163

Clonakilty

37 Ashe Street, Clonakilty.

Tel 023 8835957 or 023 8836626

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We have spent several years researching the traditional cuisine of Eastern communities who have been persuaded to part with their jealously guarded family recipes, resulting in a huge variety of very mild to hot dishes.

Why not try something very mild for your first taste of curry.

We are sure you will be delighted.

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Sunday to Thursday
4pm to 7pm

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Friday 22nd January, 8pm

Tickets €20



DECLAN O'ROURKE

PLUS SUPPORT

Friday 5th February, 8pm

Tickets €20 standing | €25 seated



OPENING NIGHT OF SATURDAY NIGHT LIVE

THE 4 OF US

ACOUSTIC SHOW

Saturday 13th February, 10pm

Free Admission

For Tickets call 021-4772209 or visit www.bluehavenstore.com



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With the spectacular Kinsale Harbour as your backdrop, colourful streets and the mast right in front of the hotel, you are quite simply spoilt for choice when it comes to picking the perfect spots for your wedding photographs.

VISIT OUR EXHIBITION STAND AT THESE UPCOMING EVENTS:

9th & 10th Jan: Southern Brides Wedding Show, City Hall Exhibition Centre

16th & 17th Jan: Wedding Journal Show, Silversprings Convention Centre

21st February: Actons Wedding Fayre

To enquire contact: Sarah on 021 4779900 or spearson@actonshotelkinsale.com   



NEW YEAR, NEW YOU!

GET FIT & LOSE WEIGHT THE FUN EFFECTIVE WAY.

LOCATION	CLASS	DATE / TIME
Lucy French Dance Studio Kinsale	Zumba & Zumba Tone	Mon 11th Jan at 9.45am Wed 13th Jan at 10am
Innishannon Hall	Zumba & Zumba Tone	Tues 12th Jan at 7.30pm Thur 14th Jan at 8pm

Enrolling now: Contact: 087-9514346 or E-Mail: fitness.dk42@gmail.com

f Facebook: /Zumba & Health N Fitness Classes with Debs **t** Twitter: Fitness Cork @Cork Zumba

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f www.lindasofkinsale.ie **t**

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Neuromuscular Physical Therapy Clinic

Pain Management / Rehabilitation / Functional Exercise



Some conditions treated in the clinic:

- Headaches
- Migraines
- Neck Pain
- Back Pain
- Shoulder Pain/ Problems
- Elbow/Wrist Problems
- Carpal Tunnel Syndrome
- Postural Distortions
- Hip Pain/Discomfort/ Problems
- Knee Pain/Problems
- Ankle/Foot Problems
- Sciatica
- Nerve Entrapment
- Joint Pain/ Discomfort
- Strains/Sprains
- Sports Injuries/ Recovery
- Soft Tissue Repair
- Connective Tissue Repair
- Muscular Disorders/ Conditions
- Coordination Development
- Loss of Balance
- Stiffness
- Impaired Mobility
- Functional Exercise

By appointment: **Sabine Graef** (BEd., SMT, NMPT)

Mobile **087 9872783**

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malay kitchen kinsale

malaykitchen@hotmail.com

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KINSALE YOGA CENTRE

68 Lower O'Connell St, Kinsale
(behind Actons Hotel, next to the Black Pig Winebar)



JANUARY 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Early Bird Asthanga Flow 7.30-8.30am Gillian 085 2164184	Asthanga Flow Yoga 9.30-10.30am Martina 087 6166109	Early Bird Asthanga Flow 7.30-8.30am Gillian 085 2164184	Hatha Yoga Gentle Stretch 11am-12am Fiona 086 0529129	Hatha Yoga 10-11.15am Veronique 087 3934389
	Mindfulness Meditation & Gentle Yoga 9.45-10.45am Martina 087 6166109	Beginners & Improvers Hatha Yoga 11am-12pm Martina 087 6166109	Yogilates/ Pilates 9.30-10.30am Eileen 087 2383849 (Back 21 Jan)		Tai Chi/Chi Kung 11.30am-1pm Pam 085 1691304 (€15 drop in, €60 for 5wks)
		Teens Yoga 16+ 2-3pm Mary 087 7623822 (txt teacher)			
Teens Yoga 5.15-6.20pm Mary 087 7623822 (5wks €35/drop in €9) (from mid-Jan)		Kids Story Yoga 8-12yrs (course only) 3.30-4.30pm Mary 087 7623822			
Prenatal Yoga 6.30-7.45pm Eileen 087 2383849 (Back 18th Jan)	Mindfulness Meditation & Movement 6.30-7.30pm Michelle 086 8785212 (19th Jan booking essential)	Yogilates/ Pilates Beginners & Improvers 6.30-7.45pm Eileen 087 2383849 (Back 20 Jan)	Asthanga Flow Yoga 6.30-7.30pm Martina 087 6166109		Asthanga Yoga (Dynamic) Beginner Workshop €20 2pm - 16 Jan Martina 087 6166109 (Workshop + 4 classes €50) Booking essential!
Yoga for Wellbeing 8-9.15pm Eileen 087 2383849 (Back 18th Jan)	Individual Therapeutic Yoga 8-9.15pm Eileen 087 2383849 (booking essential)	Gentle Yoga 8-9.15pm Eileen 087 2383849 (Back 20 Jan)	Beginners & Improvers Hatha Yoga 8-9pm Martina 087 6166109		

To book or enquire about classes txt/ph teachers
DROP-IN STUDENTS VERY WELCOME!

Courses usually 6 weeks, €60 payable in advance & drop-in €12, unless otherwise stated.

www.kinsaleyogacentre.com



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15

www.facebook.com/KinsaleNews



VAT SERVICES

We can offer our services covering VAT prepared internally by our experienced staff or as part of our external client review. We have a wide range of VAT experience.

RCT & SUBCONTRACTORS

As with VAT & PAYE a simple mistake can lead to significant liabilities. We can cover all areas for RCT from principal contractors and subcontractors.

PROFESSIONAL SERVICES WITHHOLDING TAX

We can submit, manage and maintain withholding tax to ensure that the client is fully aware of the amount that is held on account with Revenue and we can also arrange for transfers against VAT, CT, RCT, and PAYE liabilities as it is required.

LICENCE AND OTHER APPLICATIONS

We can take care of most applications including Bar Licence, Wine Licence, Tax Clearance Certificates, Central Statistics Office Returns, etc.

CASHFLOW / BUSINESS FORECASTS

We can provide a service whereby we set annual budgets for turnover, gross profit margins, wages % and overhead cost control. This allows the client to have an estimate of where they stand from a profitability point of view before the month end accounts are produced. We can send KPI's to our clients on a weekly basis if required.

OUTSOURCE YOUR FINANCE FUNCTION

We can provide a service where an experienced team member from Fitzgerald and Partners Business Centre can be located on your premises on a weekly or monthly basis and they will take over the responsibility of operating the finance department within your business. This would involve our staff taking ownership for all the day to day accounting/bookkeeping service requirements listed in the previous pages, as well as the administration work that is involved with your business i.e. liaising with customers, suppliers, banks, etc.

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CORK COUNTY COUNCIL

Municipal District Community Fund Schemes 2016

Cork County Council, through its Municipal Districts, is committed to supporting local communities. Fund contributions from the above Schemes will be available as financial support to community groups and local organisations wishing to undertake development projects in their area, to support festivals, and for local communities to work with Cork County Council on projects that enhance the area in which the group is active.

THERE ARE THREE DISTINCT FUNDING SCHEMES:

1. Capital Fund Scheme
2. Community Contracts
3. Amenity Fund Scheme

Guidelines and Application Forms are available on
www.corkcoco.ie or by contacting :

**Bandon / Kinsale Municipal District, Municipal Hall,
St John's Hill, Kinsale on 021- 4772154**

or by email: niamh.spillane@corkcoco.ie or claire.levis@corkcoco.ie

Closing date for receipt of Completed Applications is
4.00pm on FRIDAY 5TH FEBRUARY 2016



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**LAUNCH NIGHT FOR THE
CIARA O'BRIEN TRUST**

**WHITE LADY HOTEL
14TH JANUARY 8PM
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NEW GIN MENU
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FRIDAY 8th JANUARY 10.30pm

GDR

3 Piece Rock Covers

SATURDAY 9th JANUARY 10.00pm

TOMCATS

4 Piece Blues/Rock

SUNDAY 10th JANUARY 9.00pm

KING K

5 Piece Rockin' Covers

FRIDAY 15th JANUARY 10.30pm

THE WATERMELONS

3 Piece Rock Covers

SATURDAY 16th JANUARY 10.00pm

KARMA PARKING

Bacchus Nightclub

SAT 9th JAN: DJ SEAN

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

SAT 16th JAN: DJ SEAN

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

Saile
KINSALE
SPORTS & COMMUNITY
CENTRE

JUVENILE ACTIVITIES:

- Mon: **Kinsale Scouts** from 6.30pm
Wed: **Grassroots Tennis Coaching**
for 5-12yrs olds from 3.30pm
Soccer Skills Coaching
for 11-13yrs old @ 7pm
Thurs: **Designer Minds:**
Science & Technology Club @ 4.15pm
Fun Football for 9-14yrs @ 5pm
Fri: **Kinsale Hockey** from 3pm
Kinsale GAA: U8s-U12s @ 6.30pm
Sat: **Kinsale AFC Soccer: U6s-U9s**
from 9.30am
Sun: **Kinsale GAA: U6s-U10s @ 11am**

ADULT ACTIVITIES:

- Mon: **Zumba Toning @ 9.45am**
Pilates & Postural Correction @ 10.45am
Mixed Social Hockey @ 8.30pm
Tues: **Fitball Class @ 7pm**
Wed: **Slimming World** from 5.30pm
Social Badminton @ 7.30pm
Men's Social Soccer @ 8pm
Thurs: **Fitball Class @ 10.30am**
Body Movement Fitness Class
@ 6.30pm

For more information on start dates, prices
or contact details, call 021-4773929
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Community Room | Tennis Court
Basketball Court | Community Garden

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SATURDAY 9th JANUARY
10pm

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A WEEK
THIS WINTER**

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 **New Camera?**

Kinsale Photographic Society meets every 2nd & 4th Tuesday Evening. Join with others who enjoy learning about making great photos.

OUR NEXT MEETING:
**TUESDAY 12th JAN
8:00pm**
St. Multose Hall, Kinsale
Cost: €5.00 www.kinsaleps.com

SAM'S BAR
SNUG AND BEER GARDEN

The Glen, Kinsale Tel: 021 4700816

Friday 8th Jan: Kurt Nikolaisen
Saturday 9th Jan: Jawbone
Sunday 10th Jan: Americhanics


The Speckled Door
Old Head, Kinsale.
T: 021 477 8243 www.speckleddoor.com

Open for lunch everyday throughout Winter
Monday - Friday: 12.30pm - 2.30pm
Saturday & Sunday: 12.30pm - 7pm

Overlooking Kinsale Harbour

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(Limited places available)

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Email: fionaodonovan08@gmail.com
Compass Quay, Kinsale

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 Every Monday Night

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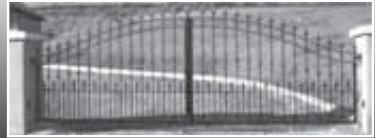


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Dear Sacred Heart of Jesus, in the past I have asked for many favours. This time I ask you this very special one (mention favour). Take it, dear Heart of Jesus and place it within your own broken heart, where our Father sees it. Then in his merciful 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. - DN

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KINSALE ADVERTISER

WHAT'S ON IN KINSALE

FRI 8th JAN - THURS 14th JAN 2016



FRI 8th JAN

BLUE HAVEN:

Clem Buckley and Pat Carey.

BANDON CO-OP:

Big January Sale.

Runs until 16th

January.

Until stocks last.

FOLKHOUSE:

GDR, 10.30pm.

SAM'S BAR:

Kurt Nikolaisen.

SAT 9th JAN

ACTONS:

Wedding Stand at

Southern Brides

Wedding Show,

City Hall Exhibition

Centre.

ARMADA:

Live Music,

10pm.

BACCHUS

NIGHTCLUB:

DJ Sean,

11.30pm.

BLUE HAVEN:

The Hoots.

FOLKHOUSE:

Tomcats,

10pm.

HAMLETS:

DJ Niall,

10pm.

SAM'S BAR:

Jawbone.

SUN 10th JAN

ACTONS:

Wedding Stand at

Southern Brides

Wedding Show,

City Hall Exhibition

Centre.

BLUE HAVEN:

Sunday Sessions,

9.15pm.

FOLKHOUSE:

King K, 9pm.

KINSALE BAPTIST

CHURCH:

11am,

Temperance Hall.

SAM'S BAR:

Americhanics.

MON 11th JAN

BLUE HAVEN:

Mike O'Riordan,

9.15pm.

CEILI FIT:

Beginners Course,

8pm at Temperance

Hall. Followed by

Improvers Class.

DALTON'S BAR:

Trad Session.

ELITE PILATES:

New Beginner Mat

Course starts.

5 week course.

ZUMBA &

ZUMBA TONE:

Lucy French Dance

Studio, Kinsale.

9.45am.

TUES 12th JAN

BLUE HAVEN:

Sonny & Friends,

9.15pm.

KINSALE

BRIDGE CLUB:

Trident Hotel,

7.30pm.

KINSALE

PHOTOGRAPHIC

SOCIETY:

8pm at St. Multose

Hall. Cost: €5.

WEIGHTWATCHERS:

Men Only Class,

SMA Centre,

Wilton, 8pm.

ZUMBA &

ZUMBA TONE:

Innishannon Hall.

7.30pm.

WED 13th JAN

BLUE HAVEN:

Niall McCabe,

9.15pm.

DRAMARAMA:

Acting classes

for children (New

beginners adults

class also).

6.45pm-7.45pm.

St. Multose Hall.

WEIGHTWATCHERS:

Trident Hotel,

10.30am & 7pm.

ZUMBA &

ZUMBA TONE:

Lucy French Dance

Studio, Kinsale. 10am.

THUR 14th JAN

BLUE HAVEN:

Eoghan Murphy,

9.15pm.

KINSALE PARENT &

TODDLER GROUP:

St. Multose Hall,

10am-12pm.

PARENT AND ME

SWIMMING CLASSES:

New 6 week term

starts at Actons

Leisure Centre, 10am.

WHITE LADY HOTEL:

Launch Night for the

Ciara O'Brien Trust,

8pm.

ZUMBA &

ZUMBA TONE:

Innishannon Hall.

8pm.

FRI 15th JAN

AUDIVOX:

Hearing clinic

at O'Connor's

Pharmacy, Kinsale

10am-1pm.

BLUE HAVEN:

Clem Buckley and

Pat Carey.

FOLKHOUSE:

The Watermelons,

10.30pm.

SAM'S BAR:

Live Music.



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