

**FREE**

Vol. 28 Issue 03/17

Friday 20th - Thursday 26th January 2017



# KINSALE ADVERTISER

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



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**'Parenting'  
The Challenges & the Rewards**

*by* **John Lonergan**

with **Caroline Crotty, Psychotherapist**

Former Prison Governor, John entered the prison services in 1968 and in the years that followed he saw human nature at its worst - and often unexpectedly, at its best. He developed a deep understanding both of human nature and of Irish society.

**Thursday 26th January 2017, 8pm**  
**Actons Hotel, Kinsale**



*Promoting Mental Health Awareness in Young People*

*KYSS Youth Health Worker, Tom Walsh - 085 8725789*



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*Talk by Professional Photographer*

# JOHN COLLINS

*“Photographing the Marine Protected Areas of the Philippines”*

**TUESDAY 24TH JANUARY**

**8:00pm at Temperance Hall, Kinsale**

**Cost: €5.00**

[kinsaleps@gmail.com](mailto:kinsaleps@gmail.com) ♦ Dan at 086 3055 822 ♦ [www.kinsaleps.com](http://www.kinsaleps.com)

# Vista

**WINTER OPENING TIMES OPEN 7 DAYS**

**MON - WED INCLUSIVE 9am-4pm (BREAKFAST / LUNCH)**

**THUR - SUN INCLUSIVE 9am-late (BREAKFAST / LUNCH / EVENING)**

**NEXT PIANO BAR @ VISTA**

**Friday 17th February and Friday 17th March**

**SUMMER SCHEDULE RESTARTS EVERY WEEK from Friday 5th May**  
**PRIVATE BOOKINGS TAKEN**

## PIZZA @ VIZZA

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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.*

**EARLY BIRD  
SPECIAL MENU**

Sunday-Thursday, 4pm-7pm

**COBRA TANDOORI  
KEBAB SPECIALS**

Take Away & Delivery Menu

**FREE DELIVERY IN THE KINSALE AREA**

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# THE SILENT BANJO

Main Street, Kinsale

**LIVE MUSIC LINE-UP**

Friday 20th January, 9.30pm

**DARRAGH LEE**

Saturday 21st January, 10.30pm

**THE SMOKING DOVES**

Sunday 22nd January, 7pm

**TIMMY TUNES**



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MACDONALD  
KINSALE HOTEL & SPA

# Wedding Fair

Photo: www.dermotullivan.com

*Sunday, 22<sup>nd</sup> January*  
*2 - 5 pm*

*Join us for a spectacular afternoon, view our fabulous new facilities, speak with our wedding co-ordinators and valued suppliers about how to make your day the one you have **dreamed of**.*

*Visit our Spectacular Newly Refurbished Ballroom*

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# Transition Town Kinsale 2017

The Birth Place of a Global Movement

## Annual Meet-Up Talk on Food Waste

by Guest Speaker

**Donal O'Leary**

(from Waste Down & Brainstorm)

**Friary Hall**

**Wed 25th January, 7pm**

*Refreshments available*

*All welcome*

**Your Community Needs You**



I'm concerned about the future of my children & grandchildren!

I want to cut down on fuel and transport costs?

I'm fed up with processed food and GMO crops! I want to buy local and organic!

Did you get flooded or suffer storm damage?

I want to learn more about Food Waste?

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**LIVE MUSIC**  
**Saturday 21st January**  
**WOODSTOCK**

Free Wi-Fi



# KINSALE YOGA CENTRE

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



*Monday*

**YOGA AS THERAPY FOR BACK PAIN**

*11.30am Starts 23rd January*



*Tuesday*

**BEGINNER'S/IMPROVER'S  
PILATES & YOGA TONE-UP**

*11am Starts 24th January*



*Tuesday*

**BEGINNER'S YOGA FOR MEN**

*8pm Starts 24th January*



*Thursday*

**FLOW YOGA**

*10am*



*Sunday*

**MINDFULNESS MEDITATION  
& YOGA NIDRA (Deep Relaxation)**

*6pm Starts 22nd January*

Contact Rose for more details 089 4930312

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# SAM'S BAR

**SNUG AND BEER GARDEN**

The Glen, Kinsale Tel: 021 4700816



**TGIF!  
COCKTAIL NIGHT**

*See board for specials on the night!*

*Friday 20th January*

**AMERICANICS**

*Saturday 21st January*

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**FRIDAY 20th JANUARY 10.30pm**  
**THE FRETS**

*Lively Duo playing Trad to Rock*

**SATURDAY 21st JANUARY 10pm**  
**KAARA**

*5 Piece Pop, Rock & Reggae*

**SUNDAY 22nd JANUARY 9pm**  
**KING K**

*2 Piece Folk/Contemporary*

**FRIDAY 27th JANUARY 10.30pm**  
**THE WATERMELONS**

*3 Piece Folk/Rock*

**SATURDAY 28th JANUARY 10pm**  
**BAREFOOT GYPSIES**

**Bacchus Nightclub**

**SATURDAY 21st JANUARY**  
**DJ SEAN**

90s Club Classics & Chart. Doors 11:30pm. Free before 12.

**SATURDAY 28th JANUARY**  
**DJ SEAN**



90s Club Classics & Chart. Doors 11:30pm. Free before 12.

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# KINSALE COMMUNITY SCHOOL

# Night Classes

EVERYBODY WELCOME

**ENROLMENT: Tuesday 31st January 2017, 6.30pm-7.15pm**

**Term starts week of 6th February**

**Payments accepted in advance at school office or by post to Kinsale Community School or on enrolment night**

## MONDAY NIGHTS

Spanish for Beginners 7pm-9pm . . . €80  
*Mercedes Garcia - 8 weeks*

Italian for Beginners 7pm-9pm . . . . . €80  
*Mariagrazia Traverso - 8 weeks*

Interior Design 7pm-9pm . . . . . €80  
*Valda Rumley (Dip. Interior Design) - 8 weeks*

Ceramics 7pm-9pm *Julian Smith - 8 weeks* . . . . . €90

Disarming Global Conflict . . . . . €90  
*Anthony Angelini M (Phil Peace Studies), UCC Lecturer - 8 weeks*

Computer Course . . . . . €90  
*Oria O'Sullivan - 8 weeks*

Advanced Sugar Craft 7pm-9pm . . . . . €80  
*Lynn Smith - 8 weeks*

Guitar for Beginners . . . . . €90  
*Patrick O'Donnell - 8 weeks*

## TUESDAY NIGHTS

Bridge for Beginners Level 2 . . . . . €80  
*Bernie O'Halloran - 8 weeks*

## WEDNESDAY NIGHTS

Vegetarian & Vegan Healthy  
Cooking Class . . . . . €95  
*Mariagrazia Traverso - 8 weeks*

Painting with Acrylics 7pm-9pm . . . . . €90  
*David Kavanagh BA Fine Art, MA Visual Communication - 8 weeks*

Continuation Course in Spanish €80  
*7pm-9pm Mercedes Garcia - 8 weeks*

Web Design 7pm-9pm . . . . . €90  
*Marie Therese Shortt - 6 week*

Cambridge First Certificate  
in English Preparation B2 7pm-9pm . . . . . €90  
*Aine Wade - 8 weeks*

Paediatric First Aid 7pm-9pm . . . . . €90  
*2 weeks. Course will take place on Wed 8th & Wed 15th Feb.  
ER Heart Training.*

Managing Stress Through CBT. €85  
*7pm-9pm Linda Hamilton (MA CBT) - 8 weeks*

## THURSDAY NIGHTS

Zumba for Beginners 6.30pm-7.15pm . €75  
*Jamie Grace - 8 weeks*

**Classes will break for midterm (Mon 20th to Fri 24th Feb).**

**For further information on night classes please contact the Director of Adult Education,  
Linda Dreelan 087 8491935 or 021 4773174**

Tel: 021 4773174 info@kinsalecommunityschool.ie www.kinsalecommunityschool.ie



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## Neuromuscular Physical Therapy Clinic

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- 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)

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or call Linda on **086 3300807**

# ME

Mary • Enright

## RELOCATION SALE

13th January - 4th February

Following our success in New York in 2016 ME will be relocating to a private studio in 2017

GIFT VOUCHERS must be redeemed by 4th February

*Thank you to everyone who has supported the ME shop over the past six years*



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KINSALE  
ST. PATRICK'S DAY  
**COFFEE  
MORNING  
&  
BOOK SALE**  
4th February  
10am-1pm  
**Temperance Hall**

*Donations of cakes would be appreciated on the day*

# Kinsale & District NEWSLETTER

MARKET SQUARE, KINSALE

Last call for items,  
photographs, articles, etc.  
for the upcoming  
Kinsale & District Newsletter

Deadline is Monday 23rd January

Please email us at  
[info@kinsaleadvertiser.com](mailto:info@kinsaleadvertiser.com)



[www.kinsalenews.com](http://www.kinsalenews.com) Tel: 021 477 4313





**KINSALE LIONS' CLUB**  
*are proud to present*



# 1st BRIGADE ARMY BAND

Conductor: Captain Brian Prendergast

*With Special Guest Stars:*

**AMANDA NERI** (Ireland's Bella Voce)

and **KATELYN GALVIN**

## SAVE THE DATE

### Friday 10th February, 8pm



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KINSALE



FRI 20th JANUARY 9pm

**80s & 90s NIGHT**  
WITH DJ BOBBLE HEAD

SAT 21st JANUARY 9.30pm

**TRAFFIC**

followed by DJ Rory Late Bar

SUN 22nd JANUARY 9pm

**LIVE MUSIC**

MONDAYS

**CHASE THE ACE** 9pm  
LARGE JACKPOT WEEKLY

TUESDAYS

**ROLL THE DICE** 6pm  
**SALSA BEGINNER'S CLASS**  
8pm-9pm Upstairs in VIP Room

WEDNESDAYS

**BINGO** LARGE JACKPOTS 8.30pm

**CASEY'S BAR & RESTAURANT, MARKET ST, KINSALE 087 798 3393**



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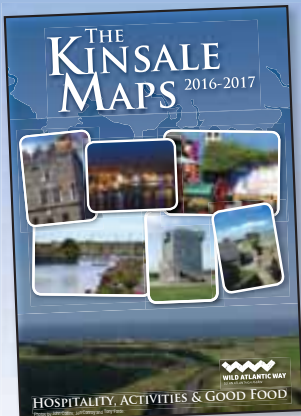
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# THE KINSALE MAPS 2017-2018

**LIMITED SPACE  
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on the Kinsale Maps 2017-2018

*Contact us now if you wish to take a space*



Due to demand our print run will increase to 70,000 this year.

These invaluable Maps will be printed for St. Patrick's weekend and will be delivered throughout the season.

**Market Square, Kinsale, Co. Cork**

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**BAR/BISTRO** 12pm-10pm

**DINNER** 6pm-10pm



MUSIC

Saturday 21st January

**Live Lee's** 10.30pm



SPORT

Saturday 21st January

**Munster v Racing 92** 5.30pm

Sunday 22nd January

**Chelsea v Hull** 4.30pm

T: 4772125 [www.whitehouse-kinsale.ie](http://www.whitehouse-kinsale.ie)

# The Market Garden

Pearse St., Kinsale.  
Tel: 021 477 4574



General Grocery Specialising in Fresh Fruit & Vegetables  
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## MUNSTER CHAMPIONS & KINSALE GAA CLUB DINNER DANCE

February 10th, 7.15pm  
MacDonald Hotel

Tickets: €35 or 2 tickets for €65!

*Tickets are selling fast so don't be disappointed!*

*Tickets available from Maurice Murphys!*



**KINSALE LADIES FOOTBALL & CAMOGIE AGM**

Sunday, January 22nd at 5pm

Actons Hotel All Welcome

  
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**WHAT'S ON IN KINSALE & DISTRICT**

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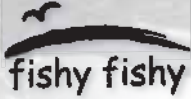
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Dear Sacred Heart of Jesus, in the past I have asked for many favours. This time I ask you this very special one (mention favour). Take it, dear Heart of Jesus and place it within your own broken heart, where our Father sees it. Then in his merciful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

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Email: [anncorcoran2008@yahoo.co.uk](mailto:anncorcoran2008@yahoo.co.uk)

**Exercise with Maureen  
Talk from Tom Walsh  
(Kinsale Youth Support Services)  
TUESDAY 24th JAN, 2.30pm  
TEMPERANCE HALL**

# WHAT'S ON IN KINSALE & DISTRICT

Friday 20th  
January to  
Thursday 26th  
January 2017

## **FRI 20th JANUARY**

### **BANDON CO-OP:**

January Sale. Runs until 21st January.

### **BLUE HAVEN:**

Kurt Goodwolf, 10pm.

### **CASEYS, KINSALE:**

80s and 90s Night with DJ Bobble Head, 9pm.

### **CLINIC WITH**

### **MARGARET MURPHY**

### **O'MAHONY TD:**

Call 023 8841179 for appointment.

### **FOLKHOUSE:**

The Frets, 10.30pm

### **MARY ENRIGHT**

### **JEWELLERY:**

Relocation Sale runs until 4th February.

### **SAM'S BAR:**

TGIF! Cocktail Night.

Music by the

Americanics.

### **SILENT BANJO:**

Darragh Lee, 9.30pm.

## **SAT 21st JANUARY**

### **ARMADA:**

Woodstock.

### **BACCHUS NIGHTCLUB:**

DJ Sean, 11.30pm.

### **BLUE HAVEN:**

Grainne Ryan & Band, 10pm.

### **CASEYS, KINSALE:**

Traffic, 9.30pm.

Followed by DJ Rory.

### **FOLKHOUSE:**

Kaara, 10pm.

### **HAMLETS:**

DJ Niall, 10.30pm.

### **SAM'S BAR:**

Music with Sound Dog.

### **SILENT BANJO:**

The Smoking Doves, 10.30pm.

### **WHITE HOUSE:**

Live Lee's, 10.30pm.

## **SUN 22nd JANUARY**

### **BLUE HAVEN:**

Trad Sessions, 8.30pm.

### **CASEYS, KINSALE:**

Live music, 9pm.

### **FOLKHOUSE:**

King K, 9pm.

### **KINSALE BAPTIST**

### **CHURCH:**

11am, Temperance Hall.

### **KINSALE GAA:**

Kinsale Ladies Football

& Camogie AGM.

Actons Hotel, 5pm.

### **KINSALE YOGA**

### **CENTRE:**

Mindfulness

Meditation &

Yoga Nidra (Deep Relaxation), 6pm.

Starts today.

### **MACDONALD HOTEL:**

Wedding Fair,

2pm-5pm. Final

of the 'Win Your

Dream Wedding'

Competition.

### **SILENT BANJO:**

Timmy Tunes, 7pm.

## **MON 23rd JANUARY**

### **BLUE HAVEN:**

Mike O'Riordan, 9.30pm.

### **CASEY'S, KINSALE:**

Chase the Ace, 9pm.

**DALTON'S BAR:** Trad.

## **KINSALE & DISTRICT**

### **NEWSLETTER:**

Deadline for inclusion.

### **KINSALE YOGA**

### **CENTRE:**

Yoga as Therapy for

Back Pain, 11.30am.

Starts today.

## **TUES 24th JANUARY**

### **BABY & TODDLER**

### **GROUP:**

Temperance Hall.

10am-12 noon.

### **BLUE HAVEN:**

Sonny & Friends,

9.30pm.

### **CASEY'S, KINSALE:**

Salsa Beginner's Class,

8pm-9pm. (Upstairs)

### **DUNDERROW NS:**

Open Evening for

New Families.

7pm-8.30pm.

### **KINSALE ACTIVE**

### **RETIRED ASSOCIATION:**

Exercise with

Maureen, followed

by a talk by Tom

Walsh from Kinsale

Youth Support

Services. Temperance

Hall, 2.30pm.

### **KINSALE**

### **PHOTOGRAPHY**

### **SOCIETY:**

Talk by John Collins:

"Photographing

the Marine

Protected Areas

of the Philippines".

Temperance Hall,

8pm. Adm: €5.

## **KINSALE**

### **YOGA CENTRE:**

Beginner's/Improver's

Pilates & Yoga

Tone-Up, 11am.

Starts today.

Beginner's Yoga for

Men, 8pm.

Starts today.

## **WED 25th JANUARY**

### **BLUE HAVEN:**

Niall McCabe,

9.30pm.

### **CASEY'S, KINSALE:**

Bingo Night.

8.30pm.

### **TRANSITION**

### **TOWN KINSALE:**

Annual Meet-Up

Talk on Food Waste

by Donal O'Leary.

Friary Hall, 7pm.

## **THUR 26th JANUARY**

### **ACTIONS:**

Mental Health

Awareness Talk,

Parenting, the

Challenges & the

Rewards.

Talk by John Lonergan

with Caroline Crotty.

8pm.

### **BLUE HAVEN:**

Mike O'Riordan

& guest, 9.30pm.

### **KINSALE YOGA**

### **CENTRE:**

Flow Yoga, 10am.



January  
**SALE**  
January 11th - 21st

**HUGE SAVINGS!**

No Gimmicks,  
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