

FREE

Vol. 25 Issue 04/14

Friday 31st Jan - Thursday 6th Feb 2014



KINSALE ADVERTISER

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

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

We believe
in **value**

Smith's of Kinsale
SuperValu
Real Food, Real People



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€15
with 5 coupons

Cook, Pour & Store

Collect 1 coupon for every
€20 you spend in store

Offer valid from the 23rd January
until 23rd April 2014



3 POSITION LID



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Email: kinsale@supervalu.ie

Fax: 021 4773137
Online: shop.supervalu.ie

Opening Hours:
Mon-Sat 8am-9pm, Sun 8.30am-9pm

SEEKING WITNESSES TO A CAR ACCIDENT

on the corner of Pier Road Junction
and Slip Road coming from the
Fishy Fishy Restaurant direction
at 7pm, Saturday 18th January.

You may have been one of many persons waiting for
the bus to Cork which arrived seconds afterwards.

Please call: 085 7311 616



EVERY WEDNESDAY 9am - 2pm
LOCAL PRODUCE - FOOD STALLS - FRESHLY BAKED GOODS

Ralf's Computer Services & Internet Cafe

est. 2002

Lower O'Connell Street,
Kinsale, Co. Cork

(Between Shanghai Express & The White Lady)

COMPUTER & LAPTOP REPAIRS

Spyware & Virus Removal • Data Recovery & Back-up
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Home & Business On-Site Services

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Beautiful Plantation Shutters

*The leading
Plantation Shutter
specialists in Munster.*

*Fitted by our
own in-house
carpenters.*



The Blind-Maker

Visit our Showrooms @:
- Southside Industrial Estate, Togher
(near EZ Living).

Tel: 021 4320111
www.theblindmaker.ie

SHOWROOMS OPEN MONDAY TO SATURDAY

FREE HOME CONSULTATION & MEASURING



KINSALE ST. PATRICK'S DAY

Monday 17th March 2014

The committee would be delighted
if your group or organisation would
participate in what promises to be a
fun, family event to mark our national
holiday and celebrate our community.

Enter a float, march in the parade,
display your skills...
the possibilities are endless!

Please email kinsaleparade@gmail.com
by 7th February 2014 to register your entry.

KENNEDY'S OPTICIANS

Pearse St., Kinsale

Keeping Kinsale Focused

Tel: 021 4773595

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



WE OFFER CHILDREN AND POST-PRIMARY STUDENTS THE FOLLOWING SERVICES



- Eye Examination
- Contact Lens Filters
- Eyesight Report for Driving Test
- Specialist Colour Filter Lenses
- Specialist Sports/ Swimming Goggles
- Prescription Sunglasses



Until Friday 28th February
**ALL FRAMES FROM
SELECTED RANGE €25**

**REFLECTION-FREE COATING ON
ALL LENSES FREE OF CHARGE**



OPENING HOURS: TUES TO THURS: 9.30am-5.30pm, FRI: 8.30am-5.30pm, SAT: 9.30am-3.00pm



www.twitter.com/kinsalenews



www.facebook.com/KinsaleNews





KINSALE
PEACE PROJECT



The next guest of the Peace Project is
Fr. Tony Flannery

Outspoken critic of the Vatican, silenced by the Vatican.

Date: **Friday 7th of February**

Time: **8pm**

Venue: **Blue Haven Hotel, Kinsale**

ADMISSION FREE - ALL ARE WELCOME

Donations welcome on the night to the project

www.kinsalepeaceproject.com

THE
**HOUSE
OF
HAIR**

Guardwell, Kinsale
Prop. Donna Murphy

Blow Dry Bar

STRAIGHT €10 CURLY €15
EVERY MON, TUES & THURS

Competition

FREE ENTRY INTO DRAW
WITH EVERY LADIES
SHAMPOO, CUT, BLOWDRY
SHORT €28 LONG €30
(UNTIL 14TH FEBRUARY 2014)

1st Prize: Free Shampoo,
Cut & Blowdry

2nd Prize: Hamper of Shampoo
(worth €25)

3rd Prize: Free Blowdry

CALL FOR APPOINTMENT: **021 477 2526**

OPEN MON: FROM 10am TUES, WED & FRI: 9am-6pm
THURS: 9am-LATE (BY APPOINTMENT) SAT: 8.30am-5pm



MYLIE MURPHY

8 Pearse St Kinsale Co Cork
myliemurphyshop@hotmail.com
021-4772703



Spring is here and to help
get you out and about
we're having a
Pop Up SALE

**UP TO
50% OFF!**

Bikes, Accessories & Parts
Fishing Tackle, Rods & Reels

Selected Items Only. Once they're gone, they're gone!



CHECK OUT OUR... WORLD BEERS MENU

Unrivalled selection inc: Fuller's Honey Dew Lager, O'Hara's IPA, Old Speckled Hen, Hobgoblin Ale, London's Pride Ale.
NEW ON TAP: Proper Job IPA, Tribute, O'Hara's Red Ale, Stowford Press Westons Cider, Metal Man Cask Ale, 8° Howling Gale, Abbot Ale, Carrig Irish Craft Lager

Music Venue
Guardwell, Kinsale

T: 021 4772382

www.folkhousevenue.com



FRI 31st JAN

10.30pm

FIRE DRILL

5 Piece Rock/Contemporary Covers

SAT 1st FEB

10.00pm

I-FUNK

5 Piece Funk/Rock Covers

SUN 2nd FEB

9.00pm

KING K

5 Piece Rockin' Covers

THUR 6th FEB

9.00pm

THE SGs

2 Piece Folk/Contemporary Covers

FRI 7th FEB

10.30pm

THE FRETS

Lively duo playing Trad to Jazz

SAT 8th FEB

10.00pm

BAREFOOT GYPSIES

4 Piece Rock Covers

**ALL PARTIES
CATERED FOR
IN THE
GREEN ROOM**

**ALL SPORTS
SHOWN
ON 2 BIG
SCREENS**

Bacchus Nightclub

FRI 31st JAN - DJ MARK

All the Old & New Classics. Doors 11:30pm - Free b4 12:00am

SAT 1st FEB - DJ SEAN

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

FRI 7th FEB - DJ MARK

All the Old & New Classics. Doors 11:30pm - Free b4 12:00am



www.twitter.com/kinsalenews



www.facebook.com/KinsaleNews





KINSALE TENNIS CLUB

www.kinsaletennisclub.com



SPRING STARTER MEMBERSHIP

February, March, April 2014

Family €70 Adult €45 Junior €15

Contact Eileen 087 281 1192

Includes 1 FREE lesson with coach Maria Bolster
Wednesday 9th April at 7pm OR Friday 11th April at 7pm

Oscar Madisons

7 MAIN ST, KINSALE



PREMIERSHIP SOCCER

Saturday 1st February

12.45pm **WEST HAM v SWANSEA**

3.00pm **STOKE v MAN. UTD.**



Sunday 2nd February

1.30pm **WEST BROM v LIVERPOOL**

4.00pm **ARSENAL v CRYSTAL PALACE**



6 NATIONS RUGBY

Saturday 1st February

2.30pm **WALES v ITALY**

5.00pm **FRANCE v ENGLAND**



Sunday 2nd February

3.00pm **IRELAND v SCOTLAND**

LIVE MUSIC

Sat 1st Feb 10.30pm *Puc Ar Buile*



Follow us
on Twitter

5 HD Screens

Find us on
Facebook



Parent & Baby/Toddler CUPPA & CHAT

Watch your child play and interact

Tuesday 11th February
& Tuesday 25th February

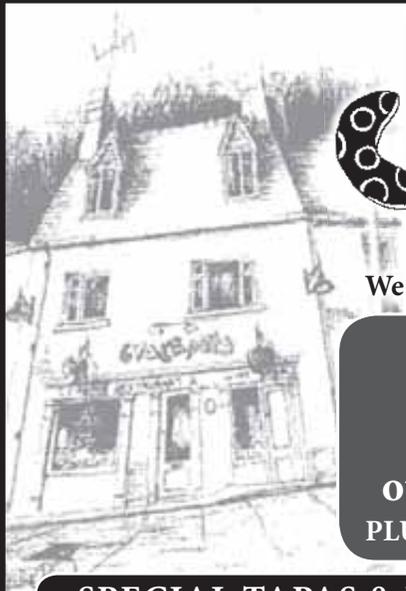
TEMPERANCE HALL
KINSALE

Time: 10am - 12 noon



ALL WELCOME

For info please
call Mary
@ 085 745 9011



T: 021 477 2847
www.crackpots.ie

RESTAURANT & WINE BAR

We are open at 6.00pm on Fridays and Saturdays

**Serving Great Tapas and
New Main Courses**

**SEAFOOD LOBSTER and
our FAMOUS IRISH STEAKS
PLUS OUR GREAT VALUE 3 COURSE MEAL**

SPECIAL TAPAS & WINE THIS FRIDAY FOR €15



**BLUE HAVEN
HOTEL**

DAVID COLEMAN
comes to **Blue Haven Kinsale**

- Clinical Psychologist
- TV and Radio Broadcaster
- Author and Columnist

**Thur
20th Feb
@ 7pm**

Places €15

Join us for an interesting night and talk on topics ranging from parenting to communication and more.

Call 021-4772209 or Email info@bluehavenkinsale.com
www.bluehavenkinsale.com



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www.facebook.com/KinsaleNews





HAMLETS
OF KINSALE

The amazing DJ Jenny Greene
from 2FM Electric Disco
@ Hamlets Café Bar

DJ Jenny Greene
Sat 8th Feb from 9pm
Free Admission

For more details please contact info@hamlets@kinsale.com or 021-4772388
www.hamlets@kinsale.com | The Glen, Kinsale, Co Cork

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- Ballinspittle
- Old Head
- Dunderrow
- Kinsale
- Belgooly
- Riverstick
- Ballygarvan

No Phone line needed - No line rental
Local Company with a local support team
Packages starting from €3.50 per month



Contact Tristan on:

087 1211809

Ballinadee, Bandon, Co. Cork

email: info@fasttrackbroadband.ie
web: www.fasttrackbroadband.ie

KINSALE ADVERTISER

Does your business have
something special to offer
for Valentine's Day?

*Why not
advertise
with us!*



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

Congratulations
Scully

On the arrival of your
sextuplet puppies.

Best wishes

from all your family and friends

*(Special mention to the
proud godfather Holland)*

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HOLIDAY VILLAS
ON THE COSTA BLANCA
QUALITY PROPERTIES - QUALITY LOCATIONS



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WWW.SOLVILLASJAVEA.COM

The
Huntsman
Bar & Restaurant, Belgooly
 Tel: **021 477 0666**
www.thehuntsmanbelgooly.com

Food Served 12.30pm-8.30pm 7 Days A Week
Set Menu Friday & Saturday, 6.30pm - 9.00pm
2 Courses: €20 3 Courses: €25
All Day Breakfast Every Saturday until 6.30pm
4 Course Sunday Lunch €22.95

January Special - Tea for a Tenner
Monday to Thursday 5.30pm to 8pm.

Sample Menu - Choose from:
Chicken & Mushroom Vol au Vent, with Salad & Chips
Mixed Grill • Taco Fries • Southern Fried Chicken Burger
with Salad and Chips (Menu changes weekly)

TRAD SESSION
(on 3rd Friday of every month)
Next session Friday 21st February.

Valentine's
at The Blue Haven & Aperitif

 BLUE HAVEN
HOTEL
Enjoy a Romantic Meal
with our Valentine's menu for
€25pp
(Full À La Carte Menu also available)

 *Aperitif*
Fantastic Valentine's Special
Prosecco & Strawberries
Selection of Tapas - Dessert
for **€25pp**
(Full Menu also available)

ENJOY LIVE MUSIC
Valentine's Night:
MICHAEL BUBLE TRIBUTE ACT
Saturday 15th February:
SONS OF STEVE MCQUEEN



To book please call 021-4772209
or email info@bluehavenkinsale.com
www.bluehavencollection.com



The mark of excellent care

CAREMARK (Cork)

NOW RECRUITING in KINSALE AREA! CARE ASSISTANTS

Care experience is required

Own transport is preferable ...

Flexible working hours ...

Comprehensive Induction Training provided ...

Tel: **021 451 4888** or e-mail CV to **coordinator@caremark.ie**
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The White House

FULLY LICENCED GUESTHOUSE & BAR



Guest Accommodation
4 Star AA Guesthouse



Food Served 8am to 10pm
~ Special Value Menu ~



LIVE MUSIC

Thursday 5th February 9.00pm

SHANE & FRIENDS

LIVE 6 NATIONS RUGBY



Saturday 1st February
Wales v Italy 2.30pm
France v England 5pm
Sunday 2nd February
Ireland v Scotland 3pm



Your hosts *The Frawley Family & Staff*

T: 4772125 www.whitehouse-kinsale.ie



KINSALE ST. PATRICK'S DAY

Kinsale Businesses...

The Kinsale St. Patrick's Day Parade would be delighted if you would like to get involved in this year's Parade.

You can participate in a number of ways:

- 1) Enter a float in the parade
- 2) Decorate your shop windows with a green/Irish theme ~ a prize will be offered for the Best Dressed Window.
- 3) Cafés, bars, restaurants could serve traditional Irish fare using local produce where possible.
- 4) Sponsor a prize or provide funding for the event. (Committee members will be calling to businesses shortly and any contribution would be greatly appreciated).

Email: kinsaleparade@gmail.com

Kinsale St. Patrick's Day Committee



World's End,
Kinsale, Co. Cork

Tel: 021 477 9300

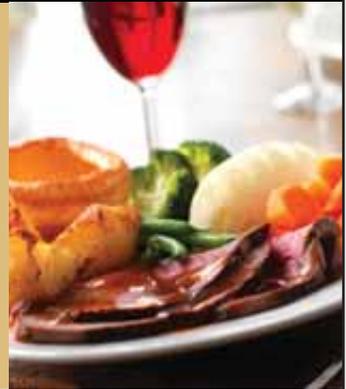
Email: info@tridenthotel.com

Website: www.tridenthotel.com



**Award-winning
Pier One Restaurant**

With something for
everyone, our
à La Carte menu
will always keep
you coming back
for more!



**Now taking bookings for
First Communion &
Confirmation Lunches**

3 Course
Adults Meal €25pp
Kids Meal €12.50
& the guest of honour
dines Free!



Wharf Tavern

NEW Extensive
Bar & Snack Menu
available from
noon daily

Very popular Carvery
served daily is a
lunchtime favourite.



FREE WiFi available to customers in the Wharf Tavern



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SCOIL NAOMH ELTIN

Scoil Naomh Eltin, Cionn tSáile, Co. Chorcaí

*We extend a welcoming invitation
to all to our school community.*

OPEN EVENING

FOR THE SCHOOL YEAR 2014 - 2015

WILL BE HELD ON

Wednesday 12th February from 7-8pm.



Scoil Naomh Eltin is a new inclusive co-educational school, with a Catholic ethos.

Scoil Naomh Eltin opened its doors on the 2nd September 2013.

The school is currently accommodated on the grounds of St. Joseph's N.S.

whilst a new school is being constructed on the site of St. John's N.S.



FURTHER QUERIES:

Tel. 021 4774040 Email: info@scoilnaomheltin.ie

Website: www.scoilnaomheltin.ie

Actons

of Kinsale



CONFIRMATION & COMMUNION

Bookings now being taken.

4 COURSE MEAL
€25.00 per Adult

Children's menu €12.50
Guest of honour dines for free

For enquiries or bookings
please contact Mary on
mkodonovan@actonshotelkinsale.com
021 477 9900

Actons Restaurant is open for
dinner reservations on

Valentine's Weekend

5 COURSE MEAL
including glass of sparkling wine
€30.00 per person



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



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We've had a busy year! *Sold and Sale Agreed in 2013*

Like to see your property listed here in 2014? Call Patricia or Rob



1 Old Head View Cottages,
Garretstown



3 Abbey Lane,
Kinsale



9 Ardbrack Heights,
Kinsale



11 Glor na dTonn,
Garretstown



25 Abbey Court,
Kinsale



31a Wycherley Place,
off College Road,
Cork



Apartment 2,
Block 6 Ardbrack Heights,
Kinsale



Ard na Mara,
Ardbrack,
Kinsale



Ballyvorane,
Noboval



Harbour View,
Kilbrittain



1 Viking Wharf,
World's End,
Kinsale



4 The Crescent,
Compass Quay,
Kinsale



The Brambles,
Ardbrack,
Kinsale



Thornfield,
Bawnleigh



6 The Bellry,
Carmel Avenue,
Kinsale



119
The Meadows,
Belgooly

We have a number of mortgage-approved and cash purchasers at all levels looking for property in the Kinsale area. All types from sites to apartments/townhouses to detached family homes.

Market Street, Kinsale, Co. Cork, Ireland. Tel: 021-4772338 Fax: 021-4772472

Actons

of Kinsale

PERSONAL TRAINING

Interested in one-one training?

Why not ask about our Personal Training options

1hr sessions €20 (member) or €30 (non member)

or

6 Week Body Blast Programme €199



Includes:

- 2 personal training sessions per week
- 1 class per week
- All tailored to your ability
- An initial consultation
- Nutritional advice
- A closing consultation & future plan
- Use of facilities during the 6 weeks



For more information please contact 021 477 9900
leisure@actonshotelkinsale.com | www.actonshotelkinsale.com



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Ballinspittle Business Committee
Are Proud To Announce Our 1st Annual
Swanky Soirée
Acton's Hotel

- Sparkling Reception at 8pm
- Main Meal Served From 8:45pm
- Dress Code 'SWANKY'
- Live Entertainment with 'RED EFFECT' followed by DJ till Late

Saturday 15th Feb

**AUCTIONING OFF SOME OF THE FINEST SPECIMENS (MALE & FEMALE)
THIS COUNTRY HAS TO OFFER**

Tickets €25

Available from Enas, Centra & Hurleys - Ballinspittle
and from Fintan Lynch Hairdressing - Kinsale

Present YOUR 'Swanky Soirée' Ticket to receive discounts at the following local businesses

Enas Salon • Tres Chic • Jane • Fintan Lynch Hairdressing • H'attitude
Wear We Wander • Divine • The Kinsale Salon





Get up to speed with Carmapooling!

The Carmapooling community is growing by the day, meaning there will be more and more options available for your commute in the year ahead.

If you're thinking of trying Kinsale's newest commute alternative, why not come and say hi so you can decide for yourself? We'll be at the Blue Haven Café on Thursdays between 6pm and 8pm to give helpful advice. Remember, we love meeting people who are interested in carpooling so don't be shy!

Here's to 'getting there together' in 2014.

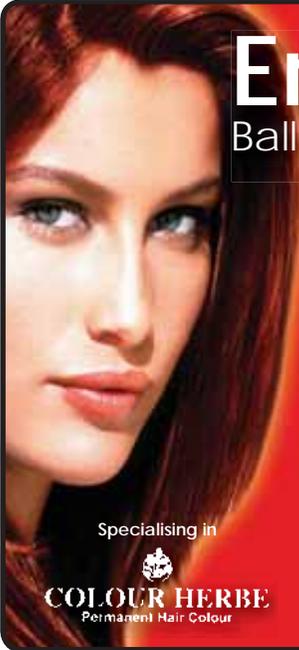


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Ena's Hair Salon

Ballinspittle, Co. Cork. 021-4778776

SPECIAL OFFERS FOR FEBRUARY

LISSE DESIGN PROGRESSIVE SMOOTHENING TREATMENT

with Keratin based technique,
Velvety, glossy, tangle-free hair, Lasting results
Eliminates frizz, Paraben-free, Salt and Sulphate-free
Maintenance products

100% Safe - Conforms to EU and International standards

€40 for 4 weeks: Treatment only

€100 for 12 weeks: Includes home products

HAIR BOTOX TREATMENT

€40 EXTRA ONTO WHATEVER TREATMENT
YOU ARE HAVING: CUT, BLOWDRY ETC.

Specialising in



COLOUR HERBE
Permanent Hair Colour

FINNS' TABLE

6 Main Street, Kinsale

*We are open Fridays and Saturdays
from 6pm in January and February.*

*Book now for
Valentine's Weekend!*



Phone: 021 470 9636



QUAY FOOD CO.

Market Quay, Kinsale 021 477 4000



NATURAL LARDER CO. TASTING

Friday 31st January
11am to 2pm

Quay Food Co.

Kinsale's most exciting speciality food shop.
Open Monday - Saturday, 9.30am - 5.30pm

Kinsale Tile Store,
Guardwell, Kinsale.



**Tiles
Tiles
Tiles**

**Sale
Sale
Sale**



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F: 021 4773243 E: info@kinsaletiles.com www.kinsaletiles.com

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www.thepantrykinsale.com

Ph: 021 477 4453

This Valentine's Day...

*Rob's up all night (cooking)
To get YOU lucky!*

**Book your Delectable Take-Home
3 Course Valentine's Meal Today
for just €20 pp**

Orders must be in by Wed 12th of Feb,
for Collection on Fri 14th Feb.

Starter

Thai-style Fish Cakes
or

Sesame Seed Coated Falafel (v)

with Lime Mayonnaise & a Sweet Chilli Dressed Salad

Main Course

Smoked Bacon & Chestnut Stuffed
Roulade of Chicken
or

Sun-dried Tomato & Olive
Filled Aubergine (v)

with a Tarragon Velouté, Classic Dauphinoise Potatoes,
Red Cabbage & Glazed Carrots

Dessert

Luscious Layered Chocolate Gateaux of
Crème Patisserie & Strawberry,
Topped with Dark Chocolate Ganache

Life Science Consultants
Serving the Pharmaceutical and Biotechnology Industries

We're Hiring!

LSC provide Engineering, Science and Technical Consultants to Pharmaceutical, Medical Device and Biotechnology companies worldwide. Due to significant growth, we are currently looking to hire a Junior Recruiter to be based in our Kinsale Office:

RECRUITER TRAINEE:

We are looking for a focused, tech savvy individual to join our recruitment team in Kinsale. If you are a Science or Engineering graduate, who has worked in the pharma or medical device industry that would be great, but not essential.

- The role will suit someone who likes dealing with people and involves a considerable amount of time on the phone, so good communication skills are a must have.
- The key part of this role is finding the right technically qualified people to work on our client projects, so you will need to have the tenacity to go and find solutions for our client.
- This is an Office based role, so you will need to be familiar with MS Office and able to work your way through different databases.
- Working on the development of LSC's Social media strategy is a part of this role, so do you tweet, like, poke and connect?

**Prospective candidates can email
their CVs to recruit@lsc.ie**

Fax: +353 21 4700971 Web: www.lsc.ie

Tel: +353 21 4777329

Bulman Bar & **Toddies Restaurant**

SUMMERCOVE, KINSALE

T: 021 477 2131 www.thebulman.ie

6 NATIONS SPECIAL

Available for all Ireland games

STARTING SUN 2ND FEB @ 3PM

Fish & Chips or Calamari
or Mussels or Ribs
& a Pint: €10

BAR FOOD SERVED
Tuesday to Saturday
12.30pm to 9pm
Sunday
12.30pm to 5pm



Carrigaline Hypnotherapy & CBT Centre

Serving Kinsale, Carrigaline, Ballygarvan
& surrounding areas.

Gastric Band Hypnosis using **Hypno-Band**
Weight Loss System®

Stop Smoking in One Session



SUSAN McELLIGOTT

Clinical Hypnotherapist,
Psychotherapist, CHPA Supervisor

CBT, Reiki, successfully treats
anxiety, depression, phobias, OCD,
IBS, confidence, relationship/
marital conflict issues, in fact
any emotional issue.

Offices in Carrigaline & City Gate, Mahon.
www.carrigalinehypnotherapy.com
www.changingthoughtshypnotherapy.com
or call Susan on 021 4373057 or 086 8776935

KINSALE R.N.L.I.

S.O.S.

Scoff Our Scones! **COFFEE MORNING**

Temperance Hall
Friday 14th February
10am - 1pm



Pic: John Collins



www.twitter.com/kinsalenews

21

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KINSALE

pink Ribbon Walk.ie

to benefit
Action Breast Cancer



**4 WEEKS AND COUNTING
KINSALE PINK
RIBBON WALK**

Sunday 2nd March, 12 noon

***Why not join us to get fit, have fun and raise awareness and funds for
Action Breast Cancer, a programme of the Irish Cancer Society?***

10km route the same as 2013: See website for details & training tips from Rogue Fitness.
Registration (€20 to cover all costs of the event) at Kinsale Pharmacy and www.pinkribbonwalk.ie.

Every euro raised goes directly to Action Breast Cancer. Details of 'Where your money goes' available on the website. It is our aim that more support services will be established locally as a result of the Kinsale Pink Ribbon Walk. Thank you to everyone who has registered already and to our Sponsors and Pink Partners for your support again this year.

YOU CAN REGISTER NOW

on www.pinkribbonwalk.ie

or contact **086 271 9556** for more information



KINSALE
Outdoor Education



CALLING ALL YOUNG SAILORS

DO YOU NEED TO

- *Brush up on your sailing skills*
- *Tick some boxes in your logbook*
- *Get ready for the season ahead*



**KINSALE OEC'S SPRING CLINIC
IS RUNNING THIS MIDTERM**

**17th - 19th FEBRUARY 10.00 - 16.30
€125pp**

Places are limited so book early
021 4772 896 www.kinsaleoutdoors.com



**DOLPHIN
& WHALE
WATCHING**
Min: 6 Persons
Weather Permitting
€25 Per Person

BUTCH ROBERTS' Deep Sea Angling & Scenic Tours

38ft Aquastar 'Sundance Kid'

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T: 021 477 8054

www.anglingkinsale.com
email: info@anglingkinsale.com

The Market Garden

Pearse St., Kinsale.
Tel: 021 477 4574



General Grocery Specialising in Fresh Fruit & Vegetables
Open: Monday - Saturday 8.30am to 5.30pm

The Speckled Door

Old Head, Kinsale.

T: 021 477 8243 www.speckleddoor.com



**Lunch Served
7 Days a Week**



HERBALIFE.

Independent Distributor

AFFORDABLE AND EFFECTIVE

- Personalised wellness programmes
- Weight management solutions
- Sport, energy & fitness
- introducing BRAND NEW H24!!!
- FREE Wellness evaluation, metabolic age & body fat tests.
- Not sure Herbalife is for you?
Ask me about our special 3-day trial!

Call: RONI 021 477 7891 or 086 8316681



THE

ARMADA

BAR & GUESTHOUSE

Pearse Street, Kinsale

Tel: 021 477 2255

Saturday 1st Feb, 10pm

BOBBY & EILEEN

DARTS - POOL - RINGS

Free **WiFi**



KINSALE MEN'S SHED TOOLS COLLECTION

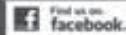
FEB 15th 10am - 4pm

There will be a collection at Sàile pitches in Kinsale for any unwanted tools, work benches and any other array of tools that you no longer have use for! Electrical items also accepted. We are looking forward to meeting people and to start spreading the word about this exciting movement!



Men's Sheds Kinsale!

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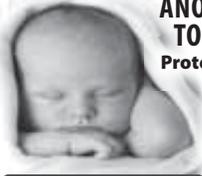
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FRI 31st JAN

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BLUE HAVEN:

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FOLKHOUSE:

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HAMLETS: DJ Rayz.

QUAY FOOD CO.:

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Tasting Event.

11am - 2pm.

SAT 1st FEB

ARMADA BAR:

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BACCHUS

NIGHTCLUB:

DJ Sean, 11.30pm.

BLUE HAVEN:

Aristocrats, 10pm.

FOLKHOUSE:

I-Funk, 10pm.

HAMLETS: DJ.

OSCAR MADISONS:

Puc Ar Buile, 10.30pm.

SUN 2nd FEB

BLUE HAVEN: Darren &

Friends, 9.30pm.

FOLKHOUSE:

King K, 9pm.

MON 3rd FEB

BLUE HAVEN: Mike

O'Riordan, 9.30pm.

DALTONS BAR:

Traditional Irish Music.

TUES 4th FEB

BLUE HAVEN: Sonnie

& Friends, 9.30pm.

WED 5th FEB

BLUE HAVEN: Niall

McCabe, 9.30pm.

KINSALE FARMERS

MARKET: 9am - 2pm.

THURS 6th FEB

BLUE HAVEN:

Jack Crosbie &

Ben Dillon, 9.30pm.

CARMA: Info session

about Carmapooling:

6pm - 8pm at

Blue Haven Café.

FOLKHOUSE:

The SGs, 9.30pm.

WHITE HOUSE:

Shane & Friends,

9pm.

FRI 7th FEB

BACCHUS NIGHTCLUB:

DJ Mark,

11.30pm.

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BLUE HAVEN:

King K, 10pm.

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JIM DALY T.D.

ADVICE CLINIC:

Trident Hotel,

12.30pm. Contact office

to confirm.

FOLKHOUSE:

The Frets,

10.30pm.

KINSALE PEACE PROJECT:

Fr. Tony Flannery,

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8pm.

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