

FREE

Vol. 27 Issue 05/16

Friday 5th Feb - Thursday 11th Feb 2016



KINSALE ADVERTISER

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KINSALE SCHOOL HAS CHANCE OF WINNING €10K!

Mia Buckley of Summercove N.S. has made the doodle4google final and needs your VOTES to win.



From **Sunday 7th - 14th Feb** vote at:

www.google.ie/doodle4google

Select **Mia Buckley's** entry (shown) in **GROUP 3**
& click **VOTE**

Web browsing phones, ipads & PCs can all register a different vote, they all count. A HUGE THANK YOU from Mia!



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Clr. Alan Coleman

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FEBRUARY 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Early Bird Astanga Flow 7.30-8.30am Gillian 085 2164184	Astanga Vinyasa Yoga (Level 1) 9.30-10.30am Martina 087 6166109	Early Bird Astanga 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 Hatha Yoga 11am-12pm Martina 087 6166109	Yogilates/ Pilates 9.30-10.30am Eileen 087 2383849		Tai Chi/Chi Kung 11.30am-1pm Pam 085 1691304 (€15 drop in, €60 for 5wks)
		Teens Yoga 16+ 2.15-3.15pm Mary 087 7623822 (txt teacher)			
Teens Yoga 5.15-6.20pm Mary 087 7623822 (5wks €35/drop in €9) (txt teacher)		Kids Story Yoga 8-12yrs (course only) 3.30-4.30pm Mary 087 7623822			
Prenatal Yoga 6.30-7.45pm Eileen 087 2383849	Mindfulness Meditation & Movement 6.30-7.30pm Michelle 086 8785212	Yogilates/Pilates Beginners & Improvers 6.30-7.45pm Eileen 087 2383849	Astanga Vinyasa Yoga (Level 1) 6.30-7.30pm Martina 087 6166109		Beginners Workshop €20 Astanga Yoga (Dynamic) 2-4pm - 20 Feb Martina 087 6166109 (Workshop + 4 classes €50) Booking essential!
Yoga for Wellbeing 8-9.15pm Eileen 087 2383849	Individual Therapeutic Yoga 8-9.15pm Eileen 087 2383849 (booking essential)	Gentle Yoga 8-9.15pm Eileen 087 2383849	Beginners Hatha Yoga 8-9pm Martina 087 6166109		

To book or enquire about classes txt/ph teachers

Courses usually 6 weeks, €60 payable in advance. Class times subject to change.

“DROP IN” VERY WELCOME TO ALMOST ALL CLASSES (€12)

www.kinsaleyogacentre.com

The Asian Cuisine phenomenon hasn't abated. Zul has been associated with a few well known Asian Restaurants in Cork and Kinsale for the past number of years and now he's BACK to Kinsale in his latest and greatest venture, he brings you...

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DAY!



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Brie Parcel Spiced Chilli Jam	€6.50	Fillet Steak (Medium Rare) Potato, Wild Mushroom, Black Bean Sauce	€9.00
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Thai Chicken Bites Basil, Coriander, Yogurt and Sweet Chilli Dip	€6.50	Green Curry Monkfish Coconut Jasmin Rice	€8.50
Flame Chicken Wings Hot Chilli Sauce	€5.50	Duck Pancake Pickled Ginger, Cucumber, Crispy Shallots, Sesame Paste, Hoi Sin Glaze	€8.50
Baked Mussels with Crab Mix Coriander, Ginger, Lemongrass, Spiced Tomato Sauce, Pecorino Cheese	€9.50	Salmon 'Tataki' Teriyaki Soba Noodles, Pickled Ginger, Carrot, Spring Onion	€9.00
Tempura Prawns Basil, Avocado, Chilli and Mango Salsa	€9.00	Crispy Coconut Calamari Wasabi Garlic Mayo	€7.50
Crispy Chilli Beef (Sirloin) Lemongrass Wild Rice	€8.50	Spiced Mixed Bean Platter Butter Beans, Kidney Beans, Cannellini Beans, Chickpeas	€6.50
Scallops Ginger Butter White Beans, Baby Spinach, Spiced Minted Pea Purée	€9.50	Steamed Asparagus Smoked Sesame Paste	€6.50
Spiced Tuna Nicoise Miso Dressing, Quail Egg, Avocado, Cherry Tomato, Onion	€9.50	Sweet Potato Fries Chipotle Chilli Dip	€4.50
Teriyaki Beef (Sirloin) Miso Glaze, Wasabi and Spring Onion Mash	€8.50	Potato Chips Wasabi and Garlic Mayo Dip	€4.50

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11am - 6pm both days

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PER PERSON

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*Dinner for Two in the Rockpool Restaurant, 4 Course Gourmet Meal, Glass of Bubbly, Rose for that Someone Special.
Dinner is available 12th to 14th February inclusive

T&Cs apply. Subject to availability from 8th to 17th February 2016.

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4 Course Menu
€24.95
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FREE Spa Gift Bag for each Mother*

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10-4pm €150 for 5 Days

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- Team Games
- Forest Day
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- Bridge Building



Kinsale, Co. Cork

For enquiries or bookings

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Valentine's Weekend Special

Spoil that someone special in your life with an unforgettable Valentine's Dinner for just the 2 of you or celebrate with a group of friends at the Trident Hotel, in our restaurant Pier One.

Our talented Head Chef Shirley Forde has carefully crafted each dish with matching wines.

Join us for a
4 COURSE CANDLELIGHT DINNER
& Receive a Complimentary
Glass of Prosecco & Strawberries on arrival.

Valentine's Menu available from 6.30pm
Friday 12th - Sunday 14th February inclusive

€30 per person

Bookings are essential and subject to availability

Overnight Accommodation & Full Irish Breakfast
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For further information visit www.tridenthotel.com
To make a booking call 021 4779300 or email info@tridenthotel.com

Jim Edwards of kinsale

BAR, RESTAURANT
& GUESTHOUSE



Valentine's Weekend

Friday 12th - Sunday 14th February

DINNER MENU

2 COURSES €22 3 COURSES €27

Kinsale Seafood Chowder

Crusted Brie Salad with Sundried Tomato Salad

Golden Fried Mushrooms with a Vegetable Mayonnaise

Chicken Liver Pâté with Cumberland Sauce

Crab Smoked Salmon Tian

with Seasonal Leaves & Lemon Purée



Grilled 8oz Sirloin Steak 'Au Poivre' (Add €3)

Baked Salmon with a Parmesan & Dill Crust

Roulade of Chicken Fillet

with Black Pudding & Redcurrant Jus

Pan Fried Hake with a Citrus Basil Dressing

Roast Pork Steak with Herb Stuffing & Thyme Jus

Vegetarian Stirfry

Served with a Mild Curry Sauce with Boiled Rice



Baked Apple & Cinnamon Crumble

with Crème Anglaise

Lemon Tart with Orange Sorbet

Hot Raspberries & Vanilla Ice Cream

Chocolate & Baileys Torte with Mixed Berry Compôte

Valentine's Prosecco Specials

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This work was supported by the Irish
Department of Agriculture, Food and the
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4pm to 7pm

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Saturday 13th February, 10.30pm
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ALL MATCHES SHOWN LIVE

Saturday 6th February

FRANCE v ITALY 2.25pm

SCOTLAND v ENGLAND 4.50pm

Sunday 7th February

IRELAND v WALES 3pm

SOCCER

Sunday 7th February

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CHELSEA v MAN. UTD. 4pm

sky SPORTS AT THE RACES

Valentine's Menu

Available Fri 12th - Sun 14th February

€34.50

Homemade Chicken Liver Pâté

With Cumberland Sauce & Toast.

Homemade Soup of the Day

With Tania's Famous Irish Soda Bread.

Torpedo Prawns in Filo Pastry

With a Homemade Mango Mayo.

Soft Ardsallagh Goats Cheese Bon Bons

Honeyed Beetroot Purée & Toasted Pecan & Micro Herbs.

10oz Prime Irish Ribeye Steak

Homemade Coleslaw, Baked Potato with Sour Cream, Café de Paris Butter.

Panfried Medallions of Atlantic Monkfish

Sake Braised Baby Fennel, Fondant Potato Pink Peppercorn Veloute.

Panfried Supreme of Glin Valley Chicken

With a White Bean & Smoked Gubbeen Chorizo Cassoulet.

Tortellini with Ricotta & Spinach

In a Basil Cream Sauce, Topped with Shaved Parmesan.

The White House Banoffee Tart

With Freshly Whipped Cream, Flaked Chocolate & Chocolate Sauce.

Cinnamon & Nutmeg Spiced Apple & Rhubarb Crumble

With Homemade Crème Anglaise.

New York Style Baked White Chocolate Cheesecake

With a Wild Berry Compôte, Vanilla Ice Cream.

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KINSALE PEACE PROJECT



Left to right: Gerard Timmons (Kinsale Peace Project), Deputy First Minister Martin McGuinness, Padraig Fitzgerald (Kinsale Peace Project).

Photograph by Dermot Ryan

Thank You

The Kinsale Peace Project would like to thank all who turned up for a special Peace Project talk on last Saturday morning at the Friary Centre, Kinsale, which proved to be a very special & insightful morning.

A sincere word of thanks to Prior Peter for the use of the Friary Centre.

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

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of the
OPERA

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7.30pm Tickets €10

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SAT 13th FEB: DJ SEAN

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

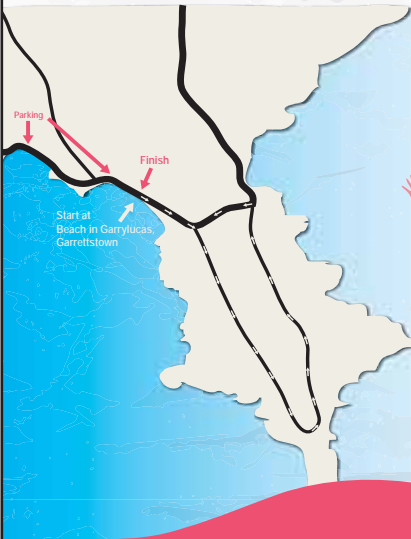




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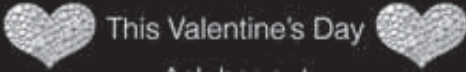
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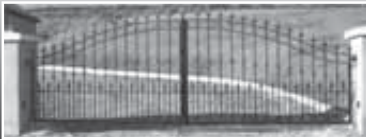
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& it's effect on Kinsale
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FRI 5th FEB - FRI 12th FEB 2016



FRI 5th FEB

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Declan O'Rourke,
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New Ante Natal Course. 9am.

FOLKHOUSE:

Linda and the JC Swingers, 10pm.

HAMLETS:

DJ Niall, 10pm.

SAM'S BAR:

Irish Draught.

WHITE HOUSE:

Poc Ar Buile, 10.30pm.

SUN 7th FEB

BLUE HAVEN:

Sunday Sessions,
9.15pm.

CORK NATIONAL

ANTIQUES, ART & VINTAGE FAIR:

Clayton Silver Springs Hotel, 11am - 6pm.

FOLKHOUSE:

King K, 9pm.

KINSALE BAPTIST

CHURCH: 11am,
Temperance Hall.

SAM'S BAR:

Americanics.

MON 8th FEB

BLUE HAVEN:

Mike O'Riordan,
9.15pm.

CEILI FIT:

Beginners Course, 8pm
Improvers Class, 9pm
at Temperance Hall.

DALTON'S BAR:

Trad Session.

KINSALE VOICES:

Café Blue, Blue Haven Hotel, 7.30pm-9.30pm.

O'CONNOR'S

PHARMACY:

Try a free sample of the new Multi Active Jour & Nuit Moisturising Range.

TUES 9th FEB

BLUE HAVEN:

Sonny & Friends,
9.15pm.

KINSALE ACTIVE

RETIRED ASSOCIATION:

Memories of Kire and it's effect on Kinsale, with John Hunt and friends. Temperance Hall, 2.30pm.

KINSALE

BRIDGE CLUB:

Trident Hotel, 7.30pm.

WEIGHTWATCHERS:

Men Only Class, SMA Centre, Wilton, 8pm.

WED 10th FEB

BLUE HAVEN:

Niall McCabe, 9.15pm.

MAX'S:

Themed €16 menu.
Booking essential.

STEAKHOUSE:

Mid-week Special.

WEIGHTWATCHERS:

Trident Hotel,
10.30am & 7pm.

THUR 11th FEB

BLUE HAVEN:

Eoghan Murphy,
9.15pm.

FOLKHOUSE:

Mike O'Riordan,
9.30pm.

STEAKHOUSE:

Mid-week Special.

FRI 12th FEB

AUDIVOX

HEARING CLINIC:

O'Connor's Pharmacy,
10am - 1pm.

BLUE HAVEN:

Joey Ryan.

FOLKHOUSE:

IngLOURIOUS
Barstewards, 10.30pm.

TRACTON ARTS

CENTRE:

"Songs of Love & Hisses", 8pm.

WHIST DRIVE:

St. Multose Hall, 8pm.

In aid of Penny Dinners.

SAT 6th FEB

BACCHUS

NIGHTCLUB:

DJ Mark,
11.30pm.

BLUE HAVEN:

The Characters.

COFFEE MORNING:

Temperance Hall.
In aid of Kinsale St.
Patrick's Day.



Are you concerned about the well-being of any young person?

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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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*Where millions of tiny moments
create your perfect love story...*



*We invite you to join us at Actons Wedding Fayre
21st February 2016 1pm-5pm*

See our ballroom as it would be on your Special Day.
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every aspect of your day.

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