

FREE

Vol. 24

Issue 08/13

Fri 1st - Thurs 7th March 2013



KINSALE ADVERTISER

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

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



Tel: 021 477 2443

Re-Opening Today for 2013 season



March 5 nights
www.maxs.ie

Mother's Day Lunch
www.maxs.ie

Early Bird Menu
www.maxs.ie

Full à La Carte
from 6pm www.maxs.ie

www.maxs.ie

 Good Luck to everyone in The Pink Ribbon Walk/Run, from all at Max's!!!



Guardwell, Kinsale
Prop. Donna Murphy

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BLOW-DRY BAR
STRAIGHT €10
CURLY €15
MON, TUES & THURS

FOR AN APPOINTMENT
CALL: 021 477 2526

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

REBEL BOOT CAMP

FITNESS · FUN · FRESH AIR
GET FIT OUTSIDE ...FEEL GREAT INSIDE

An outdoor, military style fitness program designed to get men & women of all fitness levels into shape fast.

A variety of Boot Camp and personal training gift vouchers available to buy online on: www.rebelbootcamp.ie

NEW 8 WEEK BOOT CAMP COURSE STARTS 5th MARCH 2013
Tuesday & Thursday @ 6.40pm

for further information or to book your place log onto:
WWW.REBELBOOTCAMP.IE
OR CALL MARK:
086 880 9542
EMAIL INFO@REBELBOOTCAMP.IE



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Now Open For 2013

A new wide variety of spring bedding plants & Bulbs!

Herbs are sold in our natural 'Coir pots'

Cambium are specialists in Eco-Friendly Gardening

Organic Seed Potatoes, Onion sets, Veg Seeds, Compost, & Tools

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Ballinspittle, Co.Cork

 cambium cottage-garden

The Spaniard

SCILLY, KINSALE

Tel: 477 2436 | www.thespaniard.ie

~ *Live Music* ~
Saturday 2nd March

For Folk Sake, 9.30pm

~ **Bar Food & Restaurant** ~
Food Served Daily
Open All Day Friday, Saturday & Sunday
Monday to Thursday 12pm-3pm

~ **Private Parties Catered For** ~

Call 021 4772436 for details.

The Folk House

Music Venue Guardwell - T: 021 4772382
www.folkhousevenue.com



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



FRI 1st Mar

-Live Music-
AFTER HOURS
3 piece rock & contemporary covers band

SAT 2nd Mar

PARALLEL
4 piece soul & rock covers

SUN 3rd Mar

KING K
5 piece covers

THURS 7th Mar

BLUEJAYS
5 piece 70s Funk meets Blues & Jazz

FRI 8th Mar

LIVE MUSIC

ALL PARTIES CATERED FOR IN THE GREEN ROOM FROM 3 TO 300

ALL SPORTS SHOWN ON 2 BIG SCREENS



Bacchus-Nightclub

FRI 1st MAR - DJ GARIAN

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

SAT 2nd MAR - DJ SEAN

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

FRI 8th MAR - DJ GARIAN

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

Daltons Bar

Market St, Kinsale. Tel: 021 477 7957

*Traditional Irish
 Music & Ballads
 Every Monday*

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Lower O'Connell Street,
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ON MAIN STREET, KINSALE

Tel: 021 4774480

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 FOR THE COMING SEASON!**

Serving: Homemade Burgers,
 Juicy Steaks, Fresh Fish, Authentic Pasta &
 Tasty Vegetarian Dishes!

All our produce is locally sourced!
We support local, We buy local, We are local!

Jim Edwards

BAR & RESTAURANT

*Food Available
 All Day
 from 12pm*

- ~ Bar & Restaurant Menus Available
- ~ Lite Bite Menu
- ~ Special Value Menu
 2 Courses: €20
 3 Courses: €25
- ~ Lunch Menu & Daily Specials
- ~ Sunday Lunch
 €23.90 (4 Course)



Tel: 021 477 2541
 www.jimewardskinsale.com

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 Excellent Ensuite Accommodation



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Protect your most valuable asset.
 Life assurance cover starts from as little
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 contact Pdraig Fitzgerald,
 PJ Fitzgerald Insurance, 27 Pearse
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Online underwriting, cheaper
 premiums, quicker cover

**Tel: 021 477 2001
 or: 021 477 2332**
 www.pjfitzgeraldinsurance.com



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 LIFE ASSURANCE
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*Our Kinsale shop is open
seven days a week so you
can view our exciting
new range of accessories...*

*... to complement Sabine's
handmade jewellery, designed
and created for enibas in her
studio in Schull, West Cork.*



€163
Go Deo necklace
Sabine Lenz

*'Go Deo' is Irish for 'Forever'.
The necklace has charms
of silver, gold and a pearl.*



you can also shop online at www.enibas.com

OPEN 7 DAYS A WEEK

Mon - Sat 10am - 6pm, Sun 2pm - 6pm

MAIN STREET, KINSALE

Tel: 0214777022 (opposite Kinsale Bookshop)



Mother's Day

Sunday 10th March

Mother's Day 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!

**Enjoy our delicious
Mother's Day Lunch Menu**

from 1pm to 2.30pm



Tel: 021 4779300

www.tridenthotel.com



www.twitter.com/kinsalenews



www.facebook.com/KinsaleNews



Bulman Bar & Toddies Restaurant

SUMMERCOVE, KINSALE

~Food Served~

Tuesday to Sunday: 12.30pm-5pm
& Tuesday to Saturday: 6pm-9pm



Saturday 2nd March

Live Music from 10.15pm

Sunday 3rd March

Live Music from 6.30pm

T: 021 477 2131 www.thebulman.ie

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Providing High speed
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- Belgooly
- Riverstick
- Ballygarvan

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Contact Tristan on:
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Ballinadee, Bandon, Co. Cork

email: info@fasttrackbroadband.ie

web: www.fasttrackbroadband.ie

The Market Garden

Pearse St., Kinsale.
Tel: 021 477 4574



General Grocery Specialising in Fresh Fruit & Vegetables
Open: Mon-Fri 8.30am to 6pm | Sat 8.30am to 5.30pm

Kinsale Photographic Society?

FIRST MEETING

Tuesday 5th March
Trident Hotel - Mizen Room
7.30pm
€4.00



If you love photography & are looking for others with similar interest - email, text or ring me.

This could be the beginning of a camera club for the greater Kinsale area.

Contact Tim at:
tolaugh@gmail.com
Mobile: 085 8466168

BUTCH ROBERTS' Deep Sea Angling & Scenic Tours

38ft Aquastar 'Sundance Kid'

M: 086 103 6905
T: 021 477 8054

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



**DOLPHIN
& WHALE
WATCHING**

Min: 6 Persons
Weather Permitting
€25 Per Person

Weekly Advertiser & Guide to
WHAT'S ON IN KINSALE & DISTRICT



Transition Town Kinsale

*Cultivating A Sustainable
 Local Economy*

Join us for more fun
 & information on:

www.transitiontownkinsale.org

WOULD YOU LIKE TO:

- Buy your fresh vegetables from a local farmer?
- Learn how to cultivate your own food?
- Car share?
- Create renewable energy locally?
- Learn how to recycle unwanted items?
- Share practical skills?

OUR PROGRAMME OF EVENTS

Spring Fair, Temperance Hall, Saturday, 16th March at 10am to 4pm

See us in the **St Patrick's Day Parade**, Sunday, 17th March at 4pm

Earth Hour, Saturday, 23rd March at 8.30pm

One Million Tree Planting, Friday & Saturday 22nd-23rd March



SUN MARCH 10th TO 17th

Seachtain na Gaeilge

**Festival of Irish
 Song - Dance - Food - Craic
 & love of the Irish Language**

FANTASTIC LIVE MUSIC & EVENTS ALL WEEK SUCH AS

Mon 11th

7.30pm

**IRISH STORY TELLING
 WITH GERRY BURKE**

€5 per person. Book your place - call 021 - 4772209
 The west Cork coast has a special magic! Introduced
 through Stories, Songs and Poetry. These are
 reminiscent of the traditional Seanachai (storytellers) and
 poets of old, mixed with some more recent stories.

9.30pm

ARUNDO with Irish Dancers & Fiddle Player

Thur 14th

7.30pm

Ceol Chionn tSáile (Music from Kinsale)

KINSALE VOICES

*Kinsale Voices, together with The Blue Haven Hotel bring you
 an evening of Irish and Celtic songs and music provided
 by local people. Performances to be enjoyed include:*
 Flachra Ó Corrigáin on harp; members of the Kinsale Voices
 Community Choir; Gaelscoil Chionn tSáile/ Kinsale Gaelscoil
 Children's Choir; and the trio of brothers Oisín, Eanna &
 Flachra Ó Corrigáin, namely Mac Tíre; (In aid of Kinsale
 St. Vincent Paul) Tickets €10 available from The Blue Haven
 021 - 4772209 or online: www.bluehavenstore.com

9.30pm

Music With Finneqans Wake

Art Exhibition all week in
 The Blue Haven with Cork Seascapes - free admission

To Book or for more details on these events
 call 021 - 4772209 or email info@bluehavenkinsale.com

www.bluehavenkinsale.com | 021 - 4772209



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KUK SOOL WON
Korean Martial Arts

NOW IN KINSALE!!

Monday Nights in
The Temperance Hall
6-7pm Kids (5-12yrs)
7-8:30pm Teens & Adults

1st CLASS FREE!!

Contact Matt on 087 147 6181
for more info or visit
www.kuksoolwoncork.com

Mother's Day at
The Blue Haven Kinsale
Sunday, 10th March

3 COURSE SET MENU
for €24.95

In a stylish comfortable atmosphere at The Blue Haven Hotel or why not try Tapas for sharing at Aperitif Wine & Seafood Bar for something different from our exciting menu.

To Book Call: 021 4772209
info@bluehavenkinsale.com

Introducing
BEL AMI HAIR STUDIO
(formerly know as The Hair Studio, Pearse St.)

Rachel O'Brien
formerly of Toni+Guy, Kaizen, Origin and Kinsale.
with Stylist
Michelle Connolly

NOW OPEN
For appointments contact:
Rachel on 021 477 7337

Looking forward to welcoming all customers, new & old.

The Only Full Service Salon In Kinsale

Kinsale Massage, Beauty, Hair & Nail Salon

By Anika
&
Sandra

Pearse Street Kinsale (above Eurospar)

Tel: 087 783 9626 www.kinsalebeautysalon.com

OPEN LATE MONDAYS UNTIL 8pm - BY APPOINTMENT ONLY

Special Massage Offer

**Pay for a 60min Full Body
Massage & Get 90min
for Only €40**

Benefits of massage include:

- 30% More Energy • De-Stress & Relax
- Lowers Blood Pressure • Improves Concentration

...and don't forget!!!

with EVERY facial booked
you get a **FREE Eyelash Tint
and Eyebrow Tint & Shape**

Book early to avoid disappointment!!



INTENSIFIT TRAINER
Only €5 per session



**THERMO ACUPRESSURE
MASSAGE BED** Only €20 per 40min session

~ Open Monday to Saturday ~

*'I realised I
wasn't
in Control'*

- Donal Walsh, Cork Plane Crash Survivor

20th March 8:00pm
Trident Hotel
'Hope From The Wreckage'

www.kinsaleabc.ie



www.twitter.com/kinsalenews



www.facebook.com/KinsaleNews



The Huntsman

Bar & Restaurant, Belgooly

Tel: 021 477 0666

www.thehuntsmanbelgooly.com



Best wishes to
Kinsale Pink
Ribbon Walk



-Fri 8th March-

Sliabh Rua Camogie Club

TABLE QUIZ Table of 4 €40

- \$ -

**Delicious Home Cooked
Food Served Daily**

12.30pm-8.30pm, 7 Days A Week

- \$ -

**Mother's Day March 10th
Sunday Lunch a Speciality**

- \$ -

All Day Breakfast

Every Saturday Until 6.30pm

See Our NEW Set Menu

Thurs to Sat, from 6.30pm

2 Courses: €20 3 Courses: €25

Private Parties Catered For

Full menu available & private bar facilities

Man Friday

- RESTAURANT -

Open for Sunday Lunch
from 12.30pm

Open 7 nights a week
Serving À La Carte & Dinner Menu

Early Bird Menu €25
served from 5pm - 7.30pm (Monday to Friday)
Saturday 5pm - 6.30pm
All night Sunday

Reservations: 021 477 2260
www.manfridaykinsale.ie



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26 Haven Bay Apts., Kinsale

Manual Therapy in:

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- Soft Tissue Rehabilitation
- Musculoskeletal Rehabilitation
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- Medical/Functional Exercise
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- Neuro-muscular Therapy
- Postural Alignment/ Stabilisation

Treatment for...

- Injury Rehabilitation & Prevention
- Acute & chronic Pain Management
- Dysfunctional Movement/Posture
- Post-Surgery, Post Physiotherapy
- Post-Natal Physical Recovery • Postural Weakness
- Musculoskeletal & Neuromuscular Conditions
- Joint Problems/Conditions

Please call for your appointment: **Sabine Graef** (BEd, SSC, MT, NMT)

Mob: 087 9872783

[email: sabinegraef@eircom.net](mailto:sabinegraef@eircom.net)



**KINSALE
ST. PATRICK'S DAY**

Sunday 17th March 2013 | Parade at 4pm

To launch what will hopefully be a good season and to celebrate the very best of what the community in Kinsale has to offer, The St. Patrick's Day committee is inviting your business to participate in St. Patrick's Day celebrations on Sunday 17th March, 2013.

Your business can get involved in a number of ways:

- 1) Enter a float or participate in some way in the parade.
- 2) Decorate your shop windows with a green/Irish theme and this year we will reuse the flags and bunting to decorate your business exterior to create a vibrant atmosphere for the weekend. A prize will be offered for the best dressed window.
- 3) Cafés, bars, restaurants could also get involved in a Green Food Trail e.g include traditional Irish fare, using local produce where possible on your menu for the weekend/special traditional meal deals.
- 4) Sponsor a prize or provide funding for an event such as the fantastic addition of a Fireworks Display at the end of the Maritime Parade. We as a committee would greatly appreciate your contribution.

As last year's parade was so successful we are keeping the theme for 2013:

Spirit of Kinsale

Joining in these community celebrations to mark our national holiday is an ideal way to promote your business at the beginning of the 2013 season.

Please email kinsaleparade@gmail.com as soon as possible to let us know if you would like to join the many local community groups who have already committed to taking part.

Aine Ryan O' Brien & Celine Henderson | Kinsale St. Patrick's Day Committee



www.twitter.com/kinsalenews



www.facebook.com/KinsaleNews



i'm walking for...



THIS SUNDAY 3rd MARCH @ 12 NOON

Final preparations are underway for the Kinsale Pink Ribbon Walk to benefit Action Breast Cancer. We hope that you enjoy the day and THANK YOU for registering to walk/run and for your tremendous support.

LAST MINUTE CHECK LIST:

Check in early - ideally on **Saturday 2nd March from 11am-6pm** at the Temperance Hall, to pick up your number and t-shirt and hand in your sponsorship card and money. Every euro counts and goes directly to Action Breast Cancer. You can also check in on **Sunday 3rd March from 9am-11am**.

Please note that we **cannot allow buggies or dogs** (unless guide dogs). Terms & Conditions state that **Under 16s are not insured** to participate in the Pink Ribbon Walk.

Parking is in the Fire Station/Glen Car Park as well as main Car Park in front of Super Valu / on street parking. Please ensure that you do not park in the Town Council Car Park (beside Seaview) after 6pm on Saturday 2nd March.

Remember to have a good breakfast and arrive in good time for the Warm-up with Saran Crosbie at 11.30am Sharp. Runners please note that we will not be recording individual times.

Wear good runners / walking shoes, thick socks and appropriate rainwear. We suggest a base layer under your pink t-shirt and rain jacket. We will have pink ponchos available but hope not to need them!

We welcome Cllr Billy Lynch, Mayor of Kinsale, together with Cara O'Sullivan and Sharon Crosbie, our Brand Ambassadors, who will be involved in the opening and closing ceremonies and we are delighted that Sharon and her band will perform after the Walk.

After the Walk/Run, you will receive a medal and your refreshment voucher is on your race number – for registered participants only.

Take time during the day to visit the Reflection Area. You will be asked to write a pink ribbon "i'm walking for ..." which is an important part of the day.

Enjoy the challenge and enjoy the day!

**See www.pinkribbonwalk.ie for further updates
or call the pink hotline (086) 2719556**



Follow us on www.facebook.com/pinkribbonwalk
or www.twitter.com/pinkribbonwalks





THANK YOU!

To all our Pink Partners, Sponsors and Volunteers

We are very grateful of your support of the Kinsale Pink Ribbon Walk. It has contributed to turning Kinsale Pink and will help towards the costs of running the event. Therefore, we hope to be able to donate any residual monies from participants' €20 registration fee toward the overall sponsorship total for Action Breast Cancer.



CULLY & SULLY



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Abbey Chauffeur Svcs, Belgooly
AIB
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Allens, Belgooly
Amazonas
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Anika & Sandra's Beauty Salon
Ann's Hair Creations
Aperitif
Armada
Aunty Nellies
Babbling Brook, Riverstick
Bambury Fitzgerald
Bank of Ireland Staff
Baryroe Co-op, Ballinspittle
Beechwood Farms
Belgooly Engineering
Billy Connery Butchers
Boathouse Gallery
Bookstor
Bruno's
Canvas Works
Centra, Ballinspittle
Centra, Riverstick
Colemans Bar, Belgooly
Collins Kinsale Pharmacy
Cooleez
Cronins
Cucina
Customise
Daisy Chain
Daltons
DAOL
Denis Crowley Accountant, R/Stick
Diarmuid O'Shea
Dino's
Divine
Donal Lordan Butcher
Eileen's Beauty Salon
Elasnik
Ena's Hair Salon
Engel & Volkers
Enibas
Espresso
Eurospar
Fat Face
Finders Inn, Riverstick
Finishing Services
Fintan's Hairdressing

Fishy Fishy
Fitzgerald & Partners
Flynn's Artisan Foods
Foleys Crafts
Folk House
Footloose
Frank Curtin
Friars Lodge
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GlenAran
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Granny's Bottom Drawer
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Hatlitude
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Horizon Farms
House of Hair
Hurleys Bar, Ballinspittle
James Murphy
Jane's Boutique
Janey Mac
Jim Edwards
Jimbo's Fish
John Barrett Riverstick & Kinsale
John Nyhan Veterinary Surgeon
Jo's Café
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Kinsale Crystal
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Koko
La Vie en Rose
Lemon Leaf
Linda's Antiques
Lord Kingsale
Magic Vacations
Moloney Pharmacy
Man Friday
Market Garden
Market Place Surgery

Maurice Murphy's
Max's Restaurant
Medical Centre
Michelle Hairdressers
Mike Walsh
Milk Market Café
Monicas
Mother Hubbards
Murphys - Main Street
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Old Bank House
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PJ Power
Poet's Corner
Quay Food Co
Riverstick Motors Ltd
Riverstick Pharmacy
Salvis Café
Sam's Bar
Sean Cusack
Silent Banjo
Speedy Spokes Cycles, Riverstick
Stone Mad
Sundays
Supervalu
The Blue Haven
The Bulman
The Farm Store, Belgooly
The Gallery, Kinsale
The Greyhound
The Hair Studio
The Huntsman, Belgooly
The Shack
The Tap
The Trident Hotel
Vista
Vivi Trading
White House
White Lady
Write On



The White House

FULLY LICENCED GUESTHOUSE & BAR

Guest Accommodation

4 Star AA Guesthouse



Breakfast Served

from 8am-12noon



Food Served Daily

12noon-10pm



~ Special Menu ~

12noon-10pm 3 Courses € 25 / 2 Courses € 20
Available All Day

~ Gift Vouchers Available ~

~Live Music~

Friday 1st March

An Poc Ar Buile, 9pm

Saturday 2nd March

Pete James, 10.30pm

Thursday 7th March

Shane & Friends, 9pm

Catch all the excitement of

Cheltenham

(March 12th - 15th) with Fantastic Promotions

The Freddy Kent Cheltenham Memorial Buster - Book your space now! ...Please ask staff for details!

All Races Live, Including: Last 2 Races on Racing UK

Mothers Day

3 Courses €25.00

2 Courses €20.00

Your hosts The Frawley Family & Staff

Tel: 021 4772125

www.whitehouse-kinsale.ie

K-CoRD Café

KINSALE COMMUNITY
RESPONSE TO DEMENTIA

K-CoRD Café

is a supportive and caring environment for people with and affected by dementia and memory loss in Kinsale.

On Wednesday 6th March

Time: 10am - 12pm

At The K-CoRD Center

Apt. 24, Haven Bay Village, Kinsale

All enquiries to Liz at 4709700

Come join us for information, support and social activities

KINSALE ST. PATRICK'S DAY

After the success of last year we are hosting another Busking & Street Entertainment Competition. Help make the streets of Kinsale come alive yet again this year!

Open to all ages and all types of entertainers; bands, singers, jugglers, dancers, drummers, puppeteers, acrobats and everything in between.

Entrants will be allocated a spot on the busking trail around the town.

The competition will run from 13.00 to 16.00 St. Patrick's Day and there will be 3 entry categories of Under 16s, Under 18s & Over 18s and cash prizes in all categories!

Plus the winner in each category gets to perform on the band stand on the Pier Head before the Maritime Parade.

Entries to: kinsaleprojects@gmail.com

Actons

of Kinsale

We would like to welcome you
*for a sneak preview of the new Actons Hotel
& to meet the team on:*

*Thursday 7th of March
from 4pm – 8pm*

ENTERTAINMENT & PRIZE DRAW ON THE EVENING

We are looking forward to welcoming you all

For bookings & enquiries call 021 4779900

res@actonshotelkinsale.com

www.actonshotelkinsale.com





Pearse St. Kinsale | Tel: 021 4773595

KENNEDY'S OPTICIANS LAUNCH A DIABETIC SCREENING SERVICE

In a major new initiative in Patient care, Kennedy's Opticians, Kinsale, are launching a Full Diabetic Screening Service to all Patients. A major investment in a state of the art camera and software technology allows the pioneering optical practice to offer, in conjunction with Nolke Opticians, Waterford, and Kelly's i eye Opticians, Dungarvan, the first one stop shop for Diabetic Retinopathy Screening in the country. Investment in technology, and Optometrist Frank Kennedy's qualification as a top level retinopathy grader, allows Diabetic Patients access, for the first time, to an essential health service on their doorstep. For Diabetic Patients, this is ground breaking preventative healthcare. In conjunction with a full eye examination, Patients now benefit from the standard benefits of an full eye examination which includes glaucoma, Age Related Macular Degeneration, Central Retinal Vein Occlusion and now Diabetic Retinopathy Screening performed in store by a fully qualified optometrist.

PREVENTION IS ESSENTIAL BECAUSE THERE IS NO CURE

Yearly photography with this camera will allow us to monitor and detect potentially sight threatening damage in our Patient's eyes. This allows early referral to the Patient's GP and/or Ophthalmologist.

DIABETIC EYE SCREENING AND DISEASE PREVENTION

Diabetic Patients, in particular, are at risk of developing an eye complication called retinopathy. Retinopathy affects the blood vessels supplying the retina, which is the part of the eye primarily responsible for seeing. Blood vessels in the retina can become faulty, and if left untreated, can damage vision permanently.

TREATMENT

Retinopathy can be treated very successfully if caught early. Using tiny laser beams, the areas of the retina that need attention can be treated, stopping the growth of new abnormal blood vessels and preventing damage to vision. Laser therapy cannot restore vision which has already been lost. This is why regular screening is so important. Careful control of the blood glucose, blood pressure and cholesterol will also help reduce this risk of retinopathy. Your GP is the best health care professional to advise you in these areas.

FEES: FULL EYE EXAMINATION WITH DIABETIC SCREENING

Medical Card Patients Covered **PRSI Patients Covered** **Private Patients €55**

Full eye examinations with free diabetic screening are available at anytime.

PHONE 021 4773595 or Email: kennedysopticians@eircom.net or just call in when passing.

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

Walls

of Bandon

Old Chapel, Bandon
023 8841605

www.wallsfurniture.ie

Indoor & Outdoor Living Solutions



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- Suitable for **Home Patio & BBQ Areas**
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one
RESTAURANT

TRIDENT
HOTEL / KINSALE

Advanced bookings recommended, to make a booking,

call: 021 477 9300
or email:

info@tridenthotel.com



St. Patrick's Day Celebrations

The fun kicks off at 1pm with street entertainment and busking, while the parade itself starts at 4pm.

Afterwards, dance to a Ceilí or take an easy stroll and work up an appetite for delicious dinner before the grand finale, the Maritime Night Parade on the harbour waters at 7.30pm!

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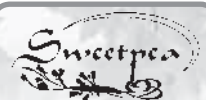
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BLUE HAVEN:
Magic of Chocolate,
7.30pm.
FOLKHOUSE:
Live music by After Hours.
KINSALE BRIDGE CLUB:
Trident Hotel, 10.15am.
TEMPERANCE HALL:
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An Poc Ar Buile, 9pm.

SAT 2nd MAR

ARMADA BAR:
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BACCHUS NIGHTCLUB:
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BLUE HAVEN:
Sons of Steve Mc Queen,
10pm.
BOOKSTOR:
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DALTONS BAR:
Trad Irish Music & Ballads.

KINSALE CEILI FIT:
Temperance Hall, 8.30pm.
Every Monday,
All Welcome.
KINSALE VOICES:
Acappella Choir,
Blue Haven, 7.30-9.30pm.
New Members Welcome
KUK SOOL WON:
Temperance Hall,
Monday nights

TUES 5th MAR

**ACTIVE RETIRED
ASSOCIATION:**
Jan Maher Travel, talk
on short trips away,
Temperance Hall, 2.30pm.
ARMADA BAR:
Trad Session.
**BLUE HAVEN
COOKERY SCHOOL:**
Cooking On A Budget,
7pm.
KINSALE BRIDGE CLUB:
Trident Hotel, 7.30pm.
Every Tuesday.
**KINSALE PHOTOGRAPHIC
SOCIETY:**
Trident Hotel, 7.30pm.
All welcome

WED 6th MAR

BLUE HAVEN:
Live Music with Niall
McCabe Band.

DUNDERROW N.S.:
Enrolment Day,
11.30am - 2.30pm.
K-CORD CAFE:
Haven Bay Village
10am - 12pm.
TEMPERANCE HALL:
Katy Perry Fame
Academy, 4pm-5.30pm.

THURS 7th MAR

ACTONS
Open House 4pm-8pm
BLUE HAVEN:
Live Music with
Darren & Friends.
FOLKHOUSE:
Live Music by The BlueJays.
TRIDENT HOTEL:
Kiddies Disco,
7.30pm-9.30pm
WHITE HOUSE:
Live Music with
Shane & Friends, 9pm.

FRI 8th MAR

BACCHUS NIGHTCLUB:
with DJ Garian, 11.30pm
FOLKHOUSE:
Live Music.
LEMON LEAF:
High Tea, 7.30pm.

KINSALE ADVERTISER

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TO SAVE MONEY IS LIKE THE MAN
WHO STOPS THE CLOCK TO SAVE TIME."

-THOMAS JEFFERSON

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