

FREE

Vol. 26 Issue 11/15

Friday 20th - Thursday 26th March 2015



KINSALE ADVERTISER

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

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@ **10pm**

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Free Admission

THIS SAT 21st MARCH

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TONIGHT FRIDAY 20TH MARCH
@ 8pm Tickets €20

Special Packages

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*Aoife's
Hair Creations*

Friday 27th March 7pm-9pm

Prosecco served on the night - Limited places available

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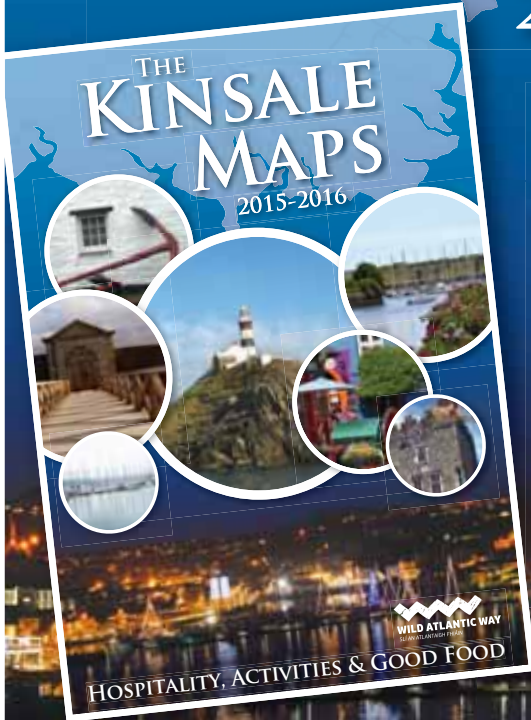
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2015-2016



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MARCH 31st & APRIL 7th

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Wednesday & Thursday: 6pm-9pm

Friday & Saturday: 6pm-10pm

Sunday: 1pm-9pm

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Babies
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Next chat & play dates:

Tuesday 24th March

(and on also 14th & 28th April)

10am to 12noon

For info please call Mary @ 085 745 9011

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FRIDAY 20th MARCH 10.30pm

GDR

3 Piece Folk/Rock Covers Band

SATURDAY 21st MARCH 10.00pm

THE FANTASY JAM BAND

SUNDAY 22nd MARCH 9.00pm

KING K

5 Piece Rockin' Covers

FRIDAY 27th MARCH 10.30pm

JOEY RYAN TRIO

SATURDAY 28th MARCH 10.00pm

BAD BOY BLUES

4 Piece Blues Rock

Bacchus Nightclub

FRI 20th MARCH - DJ MARK

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

SAT 21st MARCH - DJ SEAN

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

FRI 27th MARCH - DJ MARK

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

Actons

of Kinsale



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www.actonshotelweddings.com

Please like our Actons Wedding Facebook page with tips & interesting blogs.



Cake Sale & Clothes Sale

in aid of Kinsale Community Playschool

Temperance Hall
Friday 20th March
9.30am to 12.00pm

Polish products for sale Gluten free products for sale

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Saturday 18th - Sunday 19th April

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Saturday 2nd - Sunday 3rd May

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Saturday 30th - Sunday 31st May

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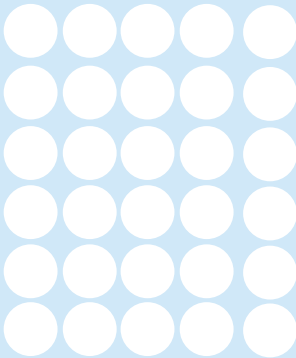
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DEALING WITH DEPRESSION

Wednesday 25 March
8.30pm - 9.30pm
Temperance Hall, Kinsale

Guest Speaker: **Dr. Ivan Watson** MB BCH BAO

Ivan brings practical help and advice from his experience as a GP and as a pastor, helping people in difficult situations.

His experience and advice combines science & spirituality in a very helpful way.

There is an opportunity for public and private questions during the evening.

Organised by: Kinsale Baptist Church

More details: www.kinsaleabc.ie



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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)

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Wednesdays 7am

MORNING STRETCHING

Wednesdays 7.30am

CIRCUITS CLASS

Thursdays 7pm

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



NEW PARENT & TODDLER SWIM CLASSES

@ Actons Health & Fitness Club

**Starting Thursday 19th March 2015
for 6 weeks**

Classes start @ 10.00am

**For further information contact Marie-Anne
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**SATURDAY 21st MARCH
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10am - 1pm

Age: Boys & Girls, 6-12yrs

Cost: €30

To register contact

Micheál O' Connor 086 8151967

Forms from Maurice Murphy's Hardware.

FINAL CLUB REGISTRATION DAY

**Kinsale GAA Pitch
Sunday 22nd March**

11am - 1pm



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Date: 7th-10th April 2015 (4 days)

Time: 10am - 2pm

Ages: 6-12yrs old

Fee: €60 per child
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FRI 20TH MAR: TWO OF A KIND 10.30PM

SAT 21ST MAR: BLUE STEEL 10.30PM

THUR 26TH MAR: SHANE & FRIENDS 9PM



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The Spaniard

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THE STRYPES
 + support Tickets €15

Saturday 21st March, 10pm
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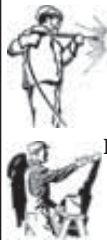
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Breathe new life into your old furniture or turn an unwanted piece into a statement.

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For appointments contact:
021 477 7337

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Aperitif

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Plus **WAITING STAFF**
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All enquiries to
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021 477 2209

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Full time / Part time
**We are looking for a
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in Kinsale.**
Send CV to: **thekinsalesalon@gmail.com**
or contact us on: **087 2135404**

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Work from home. Looking for open-minded,
positive, enthusiastic people.
€400+ to €2000+ per month.
Call **087 672 3625**

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seeks an experienced

FULL-TIME or PART-TIME CHEF

*to join our team, 5 years minimum experience,
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Call Carole 087 6491322



**CHEFS OF ALL LEVELS
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Immediate start.

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and passionate about food. Several years experience in
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to cover holidays in busy café in
Kinsale - starting in April.

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TO RENT: LANZAROTE

Beautiful one bedroom apartment with sea views
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Secure storage units
available in Kinsale.
Unit sizes: 200 Sq feet
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KINSALE Prop: Avril Copthorne
*Personal Attention
Open All Year*

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DAFFODIL DAY & COFFEE MORNING

Temperance Hall
Friday 27th March
10am - 12.30pm



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Helpers to sell daffodils on the street
would be much appreciated.

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Kennels open all year.

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*Professional dog grooming for all breeds.

*Free pick up & drop off in Kinsale area
& on route to Cork.
(Including Carrigrohane & Bishopstown areas)

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Kinsale Road Industrial Estate, Cork



'Home From Home'

Individually Heated Kennels • Large outdoor exercise area

Tel: 477 0919 - 086 392 3447 - 086 155 1541

DAY CARE CRÈCHE AVAILABLE

Don't forget to have your pet's vaccinations up to date! ...see your vet!



VOLUNTEERS NEEDED FOR KINSALE JOBSEEKERS RESOURCE CENTRE

*Can you give just
3 hours of
your time each
Tuesday morning?*

Tel: Therese Bradley
on 021 477 3083
or email: kinsalejrc@gmail.com



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NOTICES



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& WHALE
WATCHING**

Min: 6 Persons
Weather Permitting
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Departure beyond Actons Hotel on board 'Spirit of Kinsale'



**Saturday & Sunday
at 2pm**

Weather permitting.

Please see sandwich board at Tourist Office
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Complimentary Tea/Coffee Served
Cruises are subject to weather and tide.

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**First Friday Clinics at the
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Clonakilty Office 023 8858770
Bandon Office 023 8843868

★ Please contact the office
as times may vary.
FINE GAEL

KINSALE ADVERTISER

WHAT'S ON IN KINSALE

FRI 20th - FRI 27th MARCH 2015



FRI 20th MARCH

ARMADA:

Party Night
with DJ Gugz.

BACCHUS NIGHTCLUB:

DJ Mark, 11.30pm.

BALLINSPIITLE FESTIVAL

FASHION SHOW:

Ballinspittle
Community Centre
at 8.30pm.

BLUE HAVEN:

Declan O'Rourke
plus support. 8pm

CAKE SALE

& CLOTHES SALE:

Temperance Hall,
9.30am - 12pm.

CARMA:

\$1 from each Kinsale to
Cork trip will be donated
to Gaelscoil Cionn tSáile
for the month of March.

CLEARANCE SALE:

44 Main St, Kinsale,
12pm-6pm.

CRACKPOTS:

Billy Crosbie
on Piano with singer
Gráinne Long.

DON & BARRY'S

HISTORIC STROLL:

The Tourist Office
11.15am.

FOLKHOUSE:

GDR, 10.30pm.

HAMLETS:

DJ.

KINSALE BRIDGE CLUB:

Trident Hotel,
10am sharp.

KINSALE TENNIS CLUB:

Coaching Night
with Maria Bolster.

SPANIARD:

The Strypes, 8pm.

TEMPERANCE HALL:

Drum Circle, 7pm.

WHITE HOUSE:

Two of a Kind, 10.30pm.

SAT 21st MARCH

ARMADA:

Celtic Spirit

BACCHUS NIGHTCLUB:

DJ Seán, 11.30pm.

BLUE HAVEN:

Abba Fever featuring
Billy Crosbie & friends.

10pm. Free admission.

CLEARANCE SALE:

44 Main St, Kinsale,
12pm-6pm.

DON & BARRY'S

HISTORIC STROLL:

The Tourist Office
11.15am.

FOLKHOUSE:

The Fantasy Jam Band,
10pm.

HAMLETS: DJ.

HARBOUR CRUISE:

2pm weather permitting.

SPANIARD:

For Folk Sake, 10pm.

WHITE HOUSE:

Blue Steel, 10.30pm.

SUN 22nd MARCH

CLEARANCE SALE:

44 Main St, Kinsale,
12pm-6pm.

DON & BARRY'S

HISTORIC STROLL:

The Tourist Office
11.15am.

FOLKHOUSE:

King K, 9pm.

HAMLETS:

Darren and Friends, 7pm.

HARBOUR CRUISE:

2pm Weather permitting.

KINSALE & DOCK

ROWING CLUB:

The Dock Slip, 12pm.

KINSALE GAA:

Final Club

Registration Day,
Kinsale GAA Pitch,
11am - 1pm.

SHORT QUAY CAFÉ:

Re-opening today.

MON 23rd MARCH

BLUE HAVEN:

Traditional Irish Music
with Arundo.

DALTONS BAR:

Traditional Irish Music.

DON & BARRY'S

HISTORIC STROLL:

The Tourist Office
11.15am.

TUES 24th MARCH

BLUE HAVEN:

Sonny and Friends.

DON & BARRY'S

HISTORIC STROLL:

Tourist Office 11.15am.

KINSALE BRIDGE CLUB:

Trident Hotel, 7.30pm.

Visitors welcome.

KINSALE JOBSEEKERS

RESOURCE CENTRE:

Red Cross Centre,
Church Lane.
10am - 12.30pm.

PARENT, BABY &

TODDLER GROUP:

Temperance Hall,
10am - 12 noon.

All welcome.

WED 25th MARCH

BLUE HAVEN:

Niall McCabe.

DON & BARRY'S

HISTORIC STROLL:

The Tourist Office
11.15am.

TALK: DEALING WITH

DEPRESSION:

Temperance Hall,
8.30pm-9.30pm.

THUR 26th MARCH

ACTONS:

Parent & Toddler
Swim Class. 10am.

BLUE HAVEN:

Arundo, 9pm.

DON & BARRY'S

HISTORIC STROLL:

The Tourist Office
11.15am.

WHITE HOUSE:

Shane & Friends, 9pm.

Daffodil Day

FRI 27th MARCH

BACCHUS NIGHTCLUB:

DJ Mark, 11.30pm.

BLUE HAVEN:

Mike O'Riordan Trio.

COFFEE MORNING:

Temperance Hall,
10am-12.30pm.

DON & BARRY'S

HISTORIC STROLL:

The Tourist Office
11.15am.

FOLKHOUSE:

Joey Ryan Trio, 10.30pm.

HAMLETS: DJ.

KINSALE BRIDGE CLUB:

Trident Hotel, 10am.

SIENNA LADIES

FASHION BOUTIQUE:

VIP Styling Event,
7pm-9pm.

TEMPERANCE HALL:

Drum Circle, 7pm.



KINSALE PEACE PROJECT

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FRESH START

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THIS SPRING!



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€49.99**

Multi-Purpose Ladder

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€20**



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Preparation coat white emulsion. Base coat on plaster, ideal for use over dark colours.



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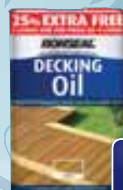
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€10**

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Kills moss, lichen, algae & fungus. See results in 90mins, lasts up to 12 months.



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OFFER VALID FROM 16TH TO 31ST MARCH 2015.



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