

**FREE**

Vol. 25 Issue 13/14

Friday 4th April - Thursday 10th April 2014



# KINSALE ADVERTISER

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

Tel: 021 477 4313 :: Web: [www.kinsaleadvertiser.com](http://www.kinsaleadvertiser.com) :: Email: [info@kinsaleadvertiser.com](mailto:info@kinsaleadvertiser.com)



**4th  
ALL IRELAND  
CHOWDER  
COOK OFF  
KINSALE**

## 'TASTE THE WILD ATLANTIC WAY' STREET FOOD FEST

Saturday 12th April 1pm - 4pm



- See the town transformed into an open-air street market.
- Food stalls, face painting, music and entertainment for all the family on every street and open space.
- Local food businesses will offer samples and take-home food for under €5.

## 4th ALL IRELAND CHOWDER COOK-OFF

Sunday 13th April 2pm - 4pm  
Actons Hotel

Sponsored by



**Who will be  
Ireland's Top  
Chowder Chef  
2014?**

Over 32 top professional restaurant chefs from Antrim to Kinsale and all regions in between will be representing their counties as they compete for the coveted title.

Buy your ticket and be a judge!

Members of the public will be the judges and for just €10 entry fee you will receive a voting card which allows you to sample all 32 chowders.



For more info contact Finishing Services, 71 Main St, Kinsale 021 4773571  
[www.facebook.com/Good.Food.Circle](http://www.facebook.com/Good.Food.Circle) [www.kinsalarestaurants.com](http://www.kinsalarestaurants.com)

# The White House

FULLY LICENCED GUESTHOUSE & BAR



**Guest Accommodation**

4 Star AA Guesthouse



**Food Served 8am to 10pm**

~ Special Value Menu ~



## LIVE MUSIC

Saturday 5th April 10.30pm

**LIAM O**

Thursday 10th April 9.00pm

**SHANE & FRIENDS**

**LIVE PREMIERSHIP SOCCER**

HEINEKEN CUP RUGBY

Sat 5th Apr 1.30pm **MUNSTER v TOULOUSE**

Sun 6th Apr 4.30pm **TOULON v LEINSTER**

**AINTREE GRAND NATIONAL**

Sat 5th April 4.15pm

Your hosts *The Frawley Family & Staff*

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

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care & attention!

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READERS**  
*(from selected range)*  
**WITH ALL  
VARIFOCALS  
PURCHASED IN  
APRIL 2014**



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

Poet's Corner  
The Reading Café &  
Book Exchange

Toastie of the month for April  
Herb Aioli with Chicken,  
Mushroom & Tomato

Now a regular in our Cake Fridge  
Tom's famous  
Baked Cheese Cake!

A delicious cake made with love in Kinsale ☺

Poet's Corner  
The Reading Café & Book Exchange  
44 Main Street, Kinsale



## EASTER CAMP

15th-17th April 9:30am-1:30pm

Ballinspittle Community Hall

€60 (Family discounts)

MIXED  
MARTIAL ARTS



AHS  
CRAFTS

Art + craft, costume making,  
scenery, props, acrobatics,  
drama, martial arts,  
break-falling, make a movie!

**Bookings and info**

**087 147 6181**



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Your locally owned  
Pet Store



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Proprietor

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# SEANACHAI

Market St, Kinsale

**FRIDAY 4th APRIL:**  
**LIVE MUSIC** with **KARMA PARKING**  
plus **LATE BAR**

**SATURDAY 5th APRIL:**  
9pm-11.30pm **TRAD SESSION**  
with **Tony Dunne & Co.**  
11.30pm-2am **LATE BAR** with **DJ**

**WEDNESDAY 9th APRIL:**  
9pm-11.30pm **TRAD SESSION**

**THURSDAY 10th APRIL:**  
**OPEN MIC NIGHT**

**FRIDAY 11th APRIL:**  
**LIVE MUSIC** with **QUINCY**  
plus **LATE BAR**

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the Summer!*

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patio area with  
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Bandon: **023 883 9383**



### 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](http://www.folkhousevenue.com)

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IRISH WHISKEY  
TASTINGS  
AVAILABLE

**ALSO UNRIVALED  
WHISKEY SELECTION!**  
OVER 75 TO  
CHOOSE FROM!



**NEW GIN MENU  
AVAILABLE**  
Over 35 to  
choose from!

**FRI 4th APR**

10.30pm

**GDR**

*3 Piece Rock/Contemporary Covers*

**SAT 5th APR**

10.00pm

**CRAZY CHESTER**

*5 piece Folk Rock Originals and Covers*

**SUN 6th APR**

9.00pm

**KING K**

*4 Piece Rock/Contemporary Covers*

**THUR 10th APR**

9.30pm

**MIKE & RORY**

*2 Piece Folk/Contemporary*

**FRI 11th APR**

10.30pm

**RUBICON**

*3 Piece Celtic Rock*

**SAT 12th APR**

10.00pm

**FANTASY JAM BAND**

*4 Piece Rock/Contemporary Covers*

**ALL PARTIES  
ALL OCCASIONS  
CATERED FOR  
3 - 300**

**ALL SPORTS  
SHOWN  
ON 2 BIG  
SCREENS**

# Bacchus-Nightclub

**FRI 4th APRIL - DJ MARK**

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

**SAT 5th APRIL - DJ SEAN**

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

**FRI 11th APRIL - DJ MARK**

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



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## Communions & Confirmations

Looking for the perfect venue to hold a communion/confirmation?  
We have the perfect place.

**Blue Haven, Kinsale**  
Restaurant and Bistro

Call 021-4772209 or email [info@bluehavenkinsale.com](mailto:info@bluehavenkinsale.com)

*Menu available for €24.95 for adults and €13 for children.  
So why not come to Blue Haven, Kinsale for a superb day  
with a delicious menu, great atmosphere and great  
service in the surroundings of beautiful Kinsale.*

[www.bluehavencollection.com](http://www.bluehavencollection.com)



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Kinsale Sport Shop  
Lord Kingsale  
The Gallery, Kinsale  
Armada Bar  
Boathouse Gallery  
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Koko  
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Cllr. Tomas O'Brien

KINSALE  
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- 1lb Butcher's Sausages

ALL THIS FOR  
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## KINSALE GAA EASTER CAMP

Tuesday 22nd - Thursday 24th April

€30 for members/€40 non members.

Registration forms available from Maurice Murphys.

## KINSALE GAA GOLF CLASSIC

Kinsale Golf Course - Friday 23rd May.

To enter a team or for more info contact  
Laurence 087 905 6737



Underage boys training every Sunday morning 11am-12.15pm.

Underage girls training every Monday 4.30pm-5.30pm.

**Kinsale Physiotherapy Practice, friends of Kinsale GAA**

## EASTER 4 DAY ART CAMP



CERAMICS  
DRAWING  
PAINTING  
and  
LOTS MORE

with Liz and Louise

**DATES: Monday 14th - Thursday 17th April**

Morning Camp: 10am til 12-30pm / younger children  
Afternoon Camp: 2pm til 4-30pm / older children

CONTACT: Louise@ 087 7718023 or Liz@ 087 7532956

Email: [louise@louisemckeon.com](mailto:louise@louisemckeon.com)

[jambourgess@yahoo.com](mailto:jambourgess@yahoo.com)

**Price €75**

## THE ARMADA

BAR & GUESTHOUSE

Pearse Street, Kinsale

Tel: 021 477 2255

**Saturday 5th April**

**Live Music**

**Sunday 6th April**

**Live Music**

**DARTS - POOL - RINGS**

Free **WiFi**



*Enjoy a Taste of India at...*

# Cobra



*Tandoori Et Balti Restaurant*

*Kinsale*

69 Main Street, Kinsale.

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**A Classical Eastern Touch**

**Multi-award winning best Indian & Pakistani Cuisine**

You can enjoy our super, authentic home cooked & guaranteed mouth watering Indian & Punjab dishes from Goa to Khyber Regions - All prepared and cooked to the highest quality - with FREE boiled or pilau rice with every main course dish.

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.**

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SPECIAL MENU**

Sunday to Thursday  
4pm to 7pm

**COBRA TANDOORI  
KEBAB  
SPECIALS**

Take Away & Delivery Menu

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Opening Hours: 4.00pm - 11.30pm, 7 Days A Week



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# Saile

KINSALE  
SPORTS & COMMUNITY  
CENTRE

## 4 DAY EASTER MULTI -ACTIVITY CAMP 2014

### WHO:

Boys & Girls aged 6-12yrs  
who are on their  
Easter Holidays



### WHERE:

Saile's All Weather Facility

### WHAT:

Fun filled games including  
soccer, tennis, uni-hoc,  
frisbee, rounders, skipping,  
skittles and many many  
more multi-activity games.

### WHEN:

22nd - 25th April  
10am - 2pm

### WHY:

...why not?

Cost: €60 per child,  
Family Rates Available



To Register

Call: 021 477 3929

bookings@sailesportsandleisure.ie

# Oscar Madisons

7 MAIN ST, KINSALE

Join us for the Grand National  
Saturday 5th April 4.15pm

## HEINEKEN CUP

**Saturday 5th April**  
Munster v Toulouse 1.30pm

**Sunday 6th April**  
Toulon v Leinster 4.30pm

## PREMIERSHIP FOOTBALL

**Saturday 5th April**  
Man City v Southampton 12.45pm

Newcastle v Man Utd 3pm  
Chelsea v Stoke 5.30pm

**Sunday 6th April**  
Everton v Arsenal 1.30pm  
West Ham v Liverpool 4pm

## CHAMPIONS LEAGUE

**Tuesday 8th April**  
Chelsea v Paris S.G. 7.45pm

**Wednesday 9th April**  
Bayern Munich v Man Utd 7.45pm

## LIVE MUSIC

**Saturday 5th April 10.30pm**  
**Puc Ar Buile**

All Sports Shown on our 5 HD Screens



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# Laura Hagger Podiatry Clinic

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- Rid your feet of fungal nails with the Laser Genesis Plus!
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## CLINIC FOR Physical Therapy - Rehabilitation Functional Exercise

26 Haven Bay Apts., Kinsale

### 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
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- 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

Please call for your appointment: **Sabine Graef** (BEd., SMT, NMPT)

**Mob. 087 9872783** Email: [sabinegraef@eircom.net](mailto:sabinegraef@eircom.net)

**No. 26 Haven Bay Apt, Ballinacubby, Kinsale**



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Pearse Street, Kinsale  
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*Gift Vouchers available • Salon open Monday to Saturday*

*Check out our price list on [www.kinsalebeautysalon.com](http://www.kinsalebeautysalon.com) Phone us on 087 783 9626 to book an appointment.*

### **\*NEW\* TO THE KINSALE SALON**

**The "Revolutionary" IPL+RF (Intense Pulsed Light and Radio Frequency)**

Treating broken capillaries (spider veins) and age spots. IPL also stimulates the production of collagen, which plumps up the skin - therefore helping diminish fine lines and wrinkles.

IPL is also very effective in Permanent Hair Removal.

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**LADIES MASSAGE**  
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**ALL TYPES OF NAILS:**  
Gel / Acrylic / 2 Week Gel / Nail Art / Pedicures / Manicures  
**FREE Eyelash Tint and Eyebrow Wax & Tint**  
with **EVERY Facial**  
*And remember we also have a full service Hair Salon*

# Cllr. Kevin Murphy

## ELECTION CAMPAIGN LAUNCH

*Kinsale - Bandon Area*

*Your Voice on Cork County Council*

**Sunday 6th April - 8pm  
at The Lord Kingsale**

*All welcome.*



**FINE GAEL**



## *Signature Seafood Range*



### *Kinsale Seafood Chowder*

Multi-award winning recipe comprising of a delicious selection of salmon, white fish, smoked haddock and vegetables in an indulgent creamy sauce. Gluten Free.



### *Kinsale 5 Star Fish Pie*

Selection of salmon, white fish and smoked haddock chunks in a creamy sauce. Generously topped with creamy mashed potatoes. Gluten Free.  
★★★★★ (Irish Times)



### *Kinsale Smokie*

The newest addition to our 'fresh from Kinsale' range the Kinsale Smokie is a luxurious and mouth-watering signature dish. Irish smoked Haddock on a bed of sautéed leeks with a creamy cheddar and chardonnay sauce. Topped with golden Gluten free breadcrumbs. Gluten Free.



[www.bluehavenfoodco.com](http://www.bluehavenfoodco.com)

*Fresh from Kinsale Range available in stores nationwide.*



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trilogy

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LUCY FRENCH SCHOOL OF DANCE  
PROUDLY PRESENTS

# A KIND OF MAGIC



**10TH-12TH APRIL**  
**RIVERSTICK COMMUNITY CENTRE**

**EVENING SHOWS: DOORS 7PM. SHOWTIME 7.30PM SHARP!!**

**SATURDAY MATINEE: DOORS 2PM. SHOWTIME 2.30PM SHARP!!**

**TICKETS: ADULTS €14, CHILDREN/STUDENTS €8, FAMILY TICKET €35 (2 ADULTS AND 2 CHILDREN)**

**SPECIAL MATINEE PRICE: ADULTS €12, CHILDREN/STUDENTS €6, FAMILY TICKET €30 (2 ADULTS, 2 CHILDREN)**

**AVAILABLE AT THE BOOKSTOR, KINSALE, LUCY FRENCH SCHOOL OF DANCE AND ON THE DOOR.**





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*Locally Owned,  
Serving the Community of Kinsale for over 100 years.*

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**TEXT AND COLLECT**

*Avoid waiting.  
Never again forget to order your  
medication on time.*

**PRESCRIPTION COLLECTION**

*Let us do the walking  
Ask Ted, or any of his team, for further details.*

Emmet Place, Kinsale, Co. Cork  
Tel 021 4772130 Fax 021 4772151 Email [moloneypharmacy@eircom.net](mailto:moloneypharmacy@eircom.net)  
[www.moloneyspharmacy.ie](http://www.moloneyspharmacy.ie)

Find us on facebook [www.facebook.com/moloneyspharmacykinsale](http://www.facebook.com/moloneyspharmacykinsale)

Opening Hours Monday-Saturday 9.30am-6.00pm



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# Actons

of Kinsale

## Spring into Summer

4 months membership  
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Get ready for Summer!

Offer available until 30th April 2014

Terms and Conditions Apply

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## Looking for Creative Chefs of all grades

Full/Part-time positions available

Minimum 5 years experience

Fluent English essential

Located in Myrtleville, overlooking Cork harbour  
25 minutes from Cork City - 20 minutes from Kinsale



**Bunnyconnellan**  
bar & restaurant

Email CV to [info@bunnyconnellan.ie](mailto:info@bunnyconnellan.ie) Call 021 483 1213 for more info

# Vintage Chic



AN EVENING OF  
VINTAGE FASHION & CULINARY DELIGHTS

AT THE WHITE LADY HOTEL  
FRIDAY 4TH APRIL 2014

**TONIGHT**

Event Starts @ 7.30pm Tickets: €20

Tickets will be available from  
**Jane's Boutique, Hattitude & Summercove N.S.**

In association with Summercove N.S.

# pier

RESTAURANT

*Perched on the Water's Edge...*

# one



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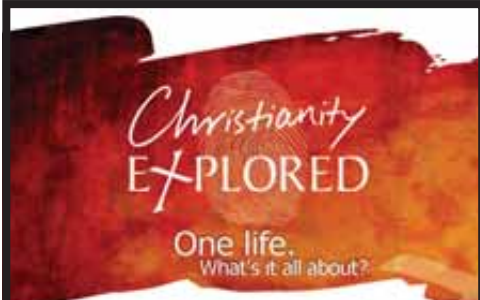


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One life.  
What's it all about?

**Continuing on  
Wednesdays until Easter.**

**8pm-9pm in the Temperance Hall**  
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*The popular DVD based course  
explores real faith for today.*

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### **ALL IRELAND CHOWDER COOK-OFF**

Sunday 13th April

### **EASTER WEEKEND**

Friday 18th - Monday 21st April

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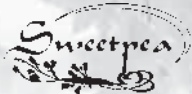


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or Ph: Marie Grandjean - 085 157 2717  
or Maria Bolster - 087 255 3810



### 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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**Kinsale Garden & Flower Club**  
**GALA DEMONSTRATION**  
**THE BEAUTY OF FLOWERS**  
*by Christopher White A.O.I.F.A.*  
**Thursday 10th April 2014 8.00pm**  
**Actons Hotel, Kinsale**  
Tickets on the door or from any committee member  
€15 inc supper  
Supporting W.A.F.A. 2014 and Kinsale Day Care Centre  
[www.wafaireland.com](http://www.wafaireland.com)  
**EVERYONE WELCOME!**

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  **Sunday 6th April, 9am-3pm**  
**Car Boot Sale**  
Belgooly GAA Pitch  
Contact: 087 418 9077

**DON & BARRY'S**  
**HISTORIC STROLL**  
KINSALE

FROM TOURIST OFFICE @ 11.15am Daily

Ranked **#1** of 23 activities in Kinsale

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 [tripadvisor.ie](http://tripadvisor.ie)

*"Excellent... Kinsale's single best attraction... A joy... Be sure to take it"* Rick Steves

[www.HistoricStrollKinsale.com](http://www.HistoricStrollKinsale.com)  
Tel: 087 2500 731  
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-CELEBRATING OUR 22ND SEASON-

**HARBOUR CRUISE**  
Departure Beyond Actons Hotel on board 'Spirit of Kinsale'



2pm Daily up to Sun 13th April  
From 14th - 30th April:  
2pm Daily, 2pm & 3pm Sundays  
Please see sandwich board at Tourist Office & Pier Rd. for updated times.  
Complimentary Tea/Coffee Served  
Cruises are subject to weather and tide.  
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**Advice Clinic**

Weekly Clinics at both  
Bandon & Clonakilty Offices.  
**First Friday Clinics at the**  
**Trident Hotel, Kinsale**  
**at 12.30pm.**

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 4th APRIL - FRI 11th APRIL 2014



## FRI 4th APR

**BACCHUS NIGHTCLUB:**  
DJ Mark, 11.30pm.

**BLUE HAVEN:**  
The Vendettas, 10pm.

**CRACKPOTS:**  
Billy Crosbie on Piano.

**DON & BARRY'S**

**HISTORIC STROLL:**

The Tourist Office  
11.15am.

**DUNDERROW NS**

**FUNDRAISER:**

Night at the Dogs,  
Curraheen Park, 7pm.

**FOLKHOUSE:**

GDR, 10.30pm.

**HAMLETS: DJ.**

**HARBOUR CRUISE:**

Cruise at 2pm.  
Departs beyond Actons.

**JIM DALY T.D.**

**ADVICE CLINIC:**

Trident Hotel, 12.30pm.

**SEANACHAI:**

Karma Parking  
plus Late Bar.

**SUPERVALU:**

96FM Outside Broadcast,  
12pm - 4pm.

**VINTAGE CHIC:**

The White Lady, 7.30pm.

**WHIST DRIVE:**

St. Multose Hall, 8pm.  
In aid of Penny Dinners.

## SAT 5th APR

**ARMADA BAR:**

Live Music, 10pm.

**BACCHUS NIGHTCLUB:**

DJ Sean, 11.30pm.

**BLUE HAVEN:**

Roaring Forties, 10pm.

**DON & BARRY'S**

**HISTORIC STROLL:**

The Tourist Office  
11.15am.

**FOLKHOUSE:**

Crazy Chester,  
10pm.

**HAMLETS: DJ.**

**HARBOUR CRUISE:**

Cruise at 2pm.  
Departs beyond Actons.

**OSCAR MADISONS:**

Puc Ar Buile, 10.30pm.

**SEANACHAI:**

Trad Session with Tony  
Dunne and Co, 9.30pm.  
DJ, 11.30pm - 2am.

**SILENT BANJO:**

3 Piece Suite, 10.30pm.

**SUPERVALU:**

Family Fun Day,  
11am - 3pm.

**WHITE HOUSE:**

Liam O, 10.30pm.

## SUN 6th APR

**ARMADA BAR:**

Live Music.

**BLUE HAVEN:**

Darren & Friends, 9.30pm.

**CAR BOOT SALE:**

Belgooly GAA Pitch,  
9am - 3pm.

**CLLR. KEVIN MURPHY**

**ELECTION CAMPAIGN**

**LAUNCH:**

Lord Kingsale, 8pm.

All welcome.

**DON & BARRY'S**

**HISTORIC STROLL:**

The Tourist Office  
11.15am.

**FOLKHOUSE:**

King K, 9pm.

**HARBOUR CRUISE:**

Cruise at 2pm.  
Departs beyond Actons.

## MON 7th APR

**BLUE HAVEN:**

Arundo,  
9.30pm.

**DALTONS BAR:**

Traditional Irish Music.

**DON & BARRY'S**

**HISTORIC STROLL:**

The Tourist Office  
11.15am.

**HARBOUR CRUISE:**

Cruise at 2pm.  
Departs beyond Actons.

## TUES 8th APR

**BLUE HAVEN:**

Sonnie & Friends, 9.30pm.

**DON & BARRY'S**

**HISTORIC STROLL:**

The Tourist Office  
11.15am.

**HARBOUR CRUISE:**

Cruise at 2pm.  
Departs beyond Actons.

**KINSALE ACTIVE RETIRED**

**ASSOCIATION:**

Bingo in the Blue Horizon.

**PARENT AND BABY/**

**TODDLER CUPPA & CHAT:**

Temperance Hall,  
10am - 12 noon.

## WED 9th APR

**BLUE HAVEN:**

Niall McCabe,  
9.30pm.

**CHRISTIANITY EXPLORED:**

Temperance Hall,  
8pm - 9pm.

**DON & BARRY'S**

**HISTORIC STROLL:**

The Tourist Office  
11.15am.

**HARBOUR CRUISE:**

Cruise at 2pm.  
Departs beyond Actons.

**SEANACHAI:**

Trad Session, 9.30pm.

## THUR 10th APR

**BLUE HAVEN:**

Arundo - Traditional Irish  
Music, 9.30pm.

**DON & BARRY'S**

**HISTORIC STROLL:**

The Tourist Office  
11.15am.

**FOLKHOUSE:**

Mike & Rory, 9.30pm.

**HARBOUR CRUISE:**

Cruise at 2pm.  
Departs beyond Actons.

**KINSALE GARDEN &  
FLOWER CLUB:**

Gala Demonstration,  
The Beauty of Flowers.

Actons Hotel, 10pm.

**LUCY FRENCH SCHOOL**

**OF DANCE PRESENTS A**

**KIND OF MAGIC:**

Riverstick Community  
Centre, Doors 7pm.

**SEANACHAI:**

Open Mic Night.

**WHITE HOUSE:**

Shane & Friends, 9pm.

## FRI 11th APR

**ACTONS HOTEL:**

Inaugural Kinsale and  
District Community  
Awards Night, 7.30pm.

**AUDIVOX HEARING**

**CLINIC:**

Haven Bay Care Centre,  
9.30am - 12.30pm.

**BACCHUS NIGHTCLUB:**

DJ Mark, 11.30pm.

**BLUE HAVEN:**

Oceans 6, 10pm.

**DON & BARRY'S**

**HISTORIC STROLL:**

The Tourist Office  
11.15am.

**FOLKHOUSE:**

Rubicon, 10.30pm.

**HAMLETS: DJ.**

**HARBOUR CRUISE:**

Cruise at 2pm.  
Departs beyond Actons.

**HYMNS FROM**

**BYGONE DAYS:**

Church of St. James,  
Ballinora, 8pm.

Adm: €10.

**LUCY FRENCH SCHOOL**

**OF DANCE PRESENTS**

**A KIND OF MAGIC:**

Riverstick Community  
Centre, Doors 7pm.

**SEANACHAI:**

Live Music with Quincy.



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# KINSALE OSTEOPATHS

71 Lower O' Connell Street, Kinsale,  
Tel: 087 358 6145 E: kinsaleosteopaths@yahoo.ie



*An osteopath is a health care professional that is highly trained and qualified in orthodox medical clinical skills of assessment and diagnosis.*

*What distinguishes an osteopath is the ability to see the body as a whole and recognize the interrelationship within the body.*

*It is this approach that many patients with complex presentations have found significant relief, results in Osteopathy.*

## **OSTEOPATHY DOES NOT JUST TREAT THE MUSCULOSKELETAL SYSTEM.**

In addition some of the common presentations to the clinic include:

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### **CHILDREN'S HEALTH:**

Infant reflux, colic, sleep problems, learning difficulties, dyslexia, ADHD, special needs.

### **PREGNANCY:**

Back pain, headaches, sacro iliac, sciatica.

## **Sharon O'Donoghue, M.Ost**

Masters Degree in Osteopathy Member of the General Osteopathic Council (GOsC)  
Osteopathic Council of Ireland (OCI) Graduate of British School of Osteopathy, University of Bedfordshire.

**7am - 9pm Appointments available.**

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