

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

Smith's SuperValu would like to welcome the competitors of the Sovereign's Cup to Kinsale!

## Fresh From Our Deli Counter!

*Try our freshly made sandwiches, rolls and wraps at our Deli Counter.* 

Made while you wait!

## We Deliver!

Phone, fax or email your order to us, use our online

shopping service, or simply drop in your list of groceries and we'll be happy to deliver them to your door.

Phone: 021 4772843 Fax 021 4773137 Email: kinsale@supervalu.ie Online: shop.supervalu.ie Opening Hours: Mon-Sat 8am-9pm, Sun 8.30am-9pm









### Fasttrack Broadband Providing High speed broadband in your area!

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 The Speckled Door

T: 021 477 8243 www.speckleddoor.com

Spectacular Views of Kinsale Harbour from bar, restaurant, patio & beer garden!



**10 minutes drive from Kinsale** Ample Parking & Wheelchair Facilities

Food Served 7 Days 12.30pm - 8.30pm ~ Full Menu served all day ~ Also Kid's Menu & Selection of Sandwiches

## Jim Edwards



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)

**Cel: 021 477 2541** www.jimedwardskinsale.com \*Gift Vouchers Available\* \*Excellent Ensuite Accommodation\*

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#### **3 REASONS FOR KINSALE TO GET CARPOOLING**

#### €5 Daily Parking in Cork City

We have 100 exclusive Q-Park Carpooling cards to give away, enabling commuters to park for just €5 a day. All you need to do to keep your card is use Avego 5 times a month. Interested? Just email us at qpark@avego.com

#### **Guaranteed Ride Home**

While our user base is rapidly expanding, we want to ensure we're 100% reliable for our Kinsale to Cork commuters. That's why for a limited time, we will provide two rides home from Cork City every evening if you need a lift. For more details just visit www.avego.com/grhkinsalead

#### Come & Say Hi

Avego is really easy to use. To demonstrate this, we will be at the Blue Haven Hotel in Kinsale every Wednesday evening from 6-8pm to answer any questions you may have, or to give you a tutorial on how best to use our amazing service.

Avego allows you to find nearby people travelling in the same direction and organise rideshares (one-off journeys, regular commutes or both). Drivers are compensated for sharing, significantly reducing their costs and riders get a safe, affordable, sociable travel option. For more information, visit us at avego.com, like us on Facebook or follow us on Twitter. Thanks for reading!





Award Winning Nursing Home HAVEN BAY CARE CENTRE KINSALE is now recruiting Staff Nurses, Health Care Assistants, Housekeeping.

Full-Time and Part-Time Hours Available



Send CV to: hr@havenbay.ie or HR Department, Haven Bay Care Centre, Ballinacubby, Kinsale, Co. Cork



Sunday Lunch served for members and guests

> 4 Course Lunch €19.45

Please call for reservations 021 477 4722 ext 3



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Email: info@kinsaleadvertiser.com



*Living the dream since 2013* 

Kinsale Craft Brewery is proud to announce the launch of our first Artisan Beer KINSALE PALE ALE at The Folkhouse Bar, Kinsale on Friday 28th June from 7:30pm. Tasters available, meet the brewer and be the first to try it on draft!

www.kinsalecraftbrewery.ie www.facebook.com/kinsalebrewery Twitter/@kinsalebrewery Trade enquiries to info@kinsalecraftbrewery.ie

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Friday 21st June Crazy Chester 10.15pm Summercove National School BBO (Starts 8pm) Tickets € 10 Saturday 22nd June

> King K 10.15pm Sunday 23rd June Live Music 6.15pm

~ Bar Food Served ~ Monday to Sunday: 12.30pm-5pm ~ **Restaurant** ~ Tuesday to Sunday: 6pm-9pm

**Sunday Nights CLUB ON THE ROCKS** in the Restaurant With Billy Crosbie at 8pm Book your table to avoid disappointment. Bar food menu served in the Restaurant.

T: 021 477 2131 www.thebulman.ie



**Delicious Home Cooked Food** Served Daily 12.30pm-8.30pm, 7 Davs 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 **Private Parties catered for** 



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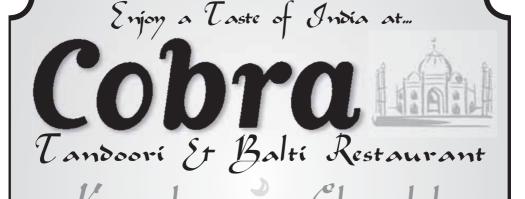


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www.twitter.com/kinsalenews

www.facebook.com/KinsaleNews

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69 Main Street, Kinsale. Tel:**021 477 7911** or **021 477 7163** 

37 Ashe Street, Clonakilty. Tel 023 8835957 or 023 8836626

#### 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.

EARLY BIRD SPECIAL MENU Sunday to Thursday 4pm to 7pm COBRA TANDOORI KEBAB SPECIALS

Take Away & Delivery Menu

## FREE DELIVERY IN THE KINSALE AREA

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

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Pearse Street Kinsale (above Eurospar)

Tel: 087 783 9626 www.kinsalebeautysalon.com Gift Vouchers available • Salon open Monday to Saturday

SUMMER SPECIALS!!!

• With **EVERY** facial booked get a *FREE* Eyelash Tint and Eyebrow Tint & Shape

- 60 minute Massage & 60 minute Facial *only* €80
- With every €120 spent in one visit in our Salon receive a *FREE* Deep Conditioning Treatment & Blow Dry
- *FREE* Blow Dry with every Mesostyle Facial

Book early to avoid disappointment !!

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Back/Neck/Shoulder Massage (30mins) Only €20

Multi-Vit Full Body Massage (60mins) Only €40

Swedish Massage (60mins) Only €40

Deep Tissue Massage (60mins) Only €40

*Sports Massage* (60mins) Only €40

Golfer's Massage (60mins) Only €50 Benefits of massage include: • 30% More Energy • De-Stress & Relax • Lowers Blood Pressure • Improves Concentration



air by 🗖 rika

- Experience our new Matrix colour
   AMMONIA-FREE with NATURAL Jojoba oils leaving hair ultra shiny & conditioned!
- Now available: MOROCCAN OIL
   giving your hair long-term moisture and strength
- Also from MOROCCAN OIL

- enjoy a clarifying shampoo and conditioning treatment removing build-up on your scalp, ask in salon for more details.

LFAPARF

Phone the salon or Erika directly on 087 2135404 Late appointments on Thursday & Friday - by appointment only





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Tel: 477 2436 | www.thespaniard.ie

~ Live Music ~ Friday 21st June Jug A Punch, 10.00pm

Saturday 22nd June For Folk Sake. 10.00pm

Sunday 23rd June Trilogy, 6.00pm-8.00pm

Monday 24th June

Trad Session, 9.30pm

Wednesday 26th June

Easy Folk with Joe, 9.30pm

**Bar Food Served** All Day Every Day

Restaurant **♦** Open Nightly from 6pm

> **Private Parties Catered** For

Call 021 4772436 for details.

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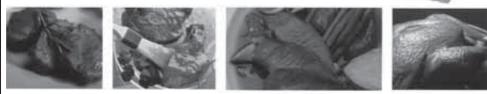
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Email: info@kinsaleadvertiser.com

# MEAT FOR A FAMILY OF 4 for less than €1 per person

- 4 Pork Chops
- 4 Chicken Fillets
- Ilb Pork Sausages
- 4 Beef Burgers
  1lb Mince

Plus you get a **Meat Shopping Bag FREE** with each bundle.



## Ph: 021 477 22 04 or 021 477 15 33

**29TH JUNE** 



The Altrusa Annual Garden Party at Kinsale Community Hospital will take place on Sunday 30th June from 2.00p.m. to 4.30p.m.

This is a good Family Day Out with Afternoon Tea and Musical Entertainment, A selection of Homemade Cakes will be for sale and a Raffle with great prizes.

> For the Children there will be a Piñata Filled With Sweets and Face Painting which is great fun.

ADMISSION: €5 Including Tea/Coffee & Cakes. PROCEEDS TO KINSALE COMMUNITY HOSPITAL



Delicious home baked goods, tarts & much more. We Make & Bake Everything Ourselves Everyday! ...and remember: If you can't stay, you can takeaway!

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BREAKFAST ALL DAY Open 7 Days a Week: 8.30am to 5pm



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#### OPEN THURSDAY TO SATURDAY FROM 5.30PM | SUNDAYS FROM 2PM

## Fantastic new Tapas Menu and Great Wines



## The Perfect Venue For All Special Occassions

Main Street, Kinsale www.aperitifkinsale.com | Pop in or call us on 021 4772209







#### New laminate in stock €8.99 yd<sup>2</sup>

Office: 021 4772966 Fax: 021 4773243 Mobile: 087 258 9986 Email: info@kinsaletiles.com www.kinsaletiles.com Guardwell, Kinsale, Co. Cork



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MOULD DAMAGES MOULD DAMAGES MOULD IS YOUR HOME **YOUR HEALTH UNSIGHTLY & SMELLS** 

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#### NEWLY REFURBISHED HEALTH & FITNESS CLUB NOW OPEN



- State of the Art Techno Gym Visio Web Equipment
- New Sauna
- New Steam Room
- Fully Refurbished Changing Rooms
- 15 Metre Pool with Body Neck & Seat Jets
- 10 Seat Pool Deck Whirlpool Spa

AMAZING OPENING OFFER 12 Month Single Adult Membership for only €399 This is the last week to avail of this offer (TERMS & CONDITIONS APPLY)

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

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#### 1: Relaxing €70 Including:

- Manicure, Hand Scrub, Massage and Paraffin
- Face Cleaning and Massage and Mask
- Hair Blowdry

### 2: Emergency Mini €50

## Including: File and Polish

- Toes Shape and Polish
- Full/Half Leg Wax
- Hair Blowdry

#### 3: Emergency €70 Including:

- Express Pedicure
- File and Polish
- Full/Half Leg Wax
- Hair Blowdry

WE OPEN EVERY DAY! TUES - SAT 9AM - 9PM SUN - MON 12PM - 6PM HAIR AND BEAUTY AND NAIL, HAND AND FOOT CARE BOOK NOW AND ENJOY OUR SPECIAL OFFERS!

#### EAT • DRINK • SLEEPOVER

Wishing all entrants and competitors best of luck for Sovereigns Cup 2013 from us @

9 Market St., Kinsale

OPENING TIMES Monday - Wednesday: 8.30am-4pm Thursday - Saturday: 8.30am-9.30pm

#### OPEN FOR DINNER Thursday, Friday & Saturday from 6pm. Seafood, Steaks, Burgers and Pastas available.

and Pastas available Group bookings taken

## www.cucina.ie 021 4700707



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Free Hearing Test & Consultation

- 30 days "money back" guarantee
- Deduction of up to € 500 per hearing aid if you or your spouse qualify for **PRSI** grant

## egans

HEARING CENTRE O'Connors Pharmac 7 Pearse St, Kinsale



EGANS - A FAMILY RUN BUSINESS IN CORK FOR 85 YEARS

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Bulman Bar

## It's that time of the year again! LOBSTERS ON THE PIER IN SUMMERCOVE

Why not come down and enjoy the craic, not to mention the lobsters!

€20 PER LOBSTER incl. baked potato

& salads.





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## Spectacularly located on Kinsale's waterfront

Why don't you call round for a bite to eat or have a drink and enjoy the view of Kinsale Harbour

#### Award-winning **Pier One Restaurant**

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

#### 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







World's End, Kinsale, Co. Cork tel +353 (0)21 4779300 info@tridenthotel.com www.tridenthotel.com





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Cobh, The Queenstown Story Cobh Heritage Centre, Cobh, Co. Cork, Ireland.

We are open 7 days 9.30am - 5.30pm (llam on Sundays) Tel 353 (21) 4 813591 Email info@cobhheritage.com Web www.cobhheritage.com

Find Cobh the Queenstown Story on Facebook



## **Kinsale Arts Fe**

## 6- 14 July

Nine days of Theatre, Co Literature, Film,



RYNNE | BAROU | LUNNY Actons Hotel Saturday 6 July €23





KEVIN BARRY The Lord Kingsale Thursday 11 July €12

Booking now: Box Office at Victoria Murphy's, Short Quay, Kinsale 021 4700877 kinsaleartsfestival.com



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#### medy, Music, Visual Art, Dance, Food & Family Events





#### MAEVE HIGGINS

Actons Hotel Friday 12 July €18













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## Live a little....



EXAMPLE A CONSERVENTION OF THE STATE OF THE



SUNDAY SPECIAL Cooked Chicken & 4 Large Rolls €10 Simply Low Prices! Tel: 021 477 8266



Check us on Facebook



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Phone: 021 4708 784

A walk in the wood, A walk on the beach, Call to Ballinspittle, Life's a Peach

Like Good Food? love **Ballinspittle!** 

PARKING NO PROBLEM



#### **Running Weekly through the Summer** SPACES ARE LIMITED - BOOK NOW!! FAMILY DISCOUNTS AVAILABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pirates 6-8 yrs €190	Beach Games Canoeing Kart Building Archery	Scavenger Hunt Kayak Snorkelling Zip Line	Beach Combing Body Boarding Team Games	Welly Wander & Camp Craft Don't forget your wellies!	Day Sail Party @ Sea
Sea Dogs 8-10 yrs €190	Team Games Zip Line Canoeing	Archery Beach Games Open Kayaks	Welly Wander & Camp Craft Don't forget your wellies!	Day Sail Don't forget your hat & gloves!	Beach Combing Body Boarding Beach Party
Find Adventure 10-12 yrs €220	Canoeing Outback	Forest Trip Don't forget your wellies!	Day Sail Don't forget your hat & gloves!	Open Kayaks Snorkelling Team Games	Coasteering Team Activities @ Jamesfort Beach Party
Activity Challenge 12-14 yrs €220	Coasteering Outback	Team Activities @ Jamesfort Open Kayaks	Rock Climbing @ Old Head	Team Activities Sea Kayaking	Day Sail Party @ Sea
Young Explorers 12-16 yrs €245	Team Activities Outback Coasteering	Day Sail	River Trip Overnight Camping	Canoeing Team Activities @ Jamesfort	Rock Climbing Party @ Old Head

Tel: 021 477 2896 www.kinsaleoutdoors.com

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Guardwell, Kinsale Prop. Donna Murphy

Also check out our new colourful front!

Look forward to seeing you over the Summer! Well Ladies! Our Blow Dry Bar is nearly celebrating its 1st Birthday! We are glad to say it will continue into the near future. With your support it has been a great success.

STRAIGHT €10 CURLY €15 EVERY MONDAY, TUESDAY & THURSDAY

CALL: 021 477 2526 OPEN MON: FROM 10am; TUES, WED & FRI: 9am-6pm THURS: 9am-LATE (BY APPOINTMENT); SAT: 8.30am-5pm



Bandon Co-op Retail Centre, Farm Lane, Kinsale. Tel: (021) 477 4080 www.bandoncoop.ie OPENING HOURS: MONDAY - FRIDAY 8.30AM - 5.30PM. SATURDAY 8.30AM - 4.30PM

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Tel: 021 4770878 WALTON COURT, OYSTERHAVEN BAY **ARTISAN HOME BAKING** 

> HEARTY SOUPS & LUNCH SPECIALS

CAKES AND PASTRIES **CELEBRATION CAKES** MADE TO ORDER

> WINES, BEERS & GREAT COFFEE

SUMMER OPENING 11am - 5pm-ish **EVERY DAY** 



www.WaltonCourt.com www.OysterhavenBay.com



The White House extends a warm welcome to all sailors attending The Sovereign's Cup.

**Breakfast Served** from 8am-11.30am Food Served Daily 12noon-10pm ~ Special Value Menu ~

Available All Day

~ LIVE MUSIC ~ Fri 21st June Puc ar Buile, 10.30pm Sat 22nd June Liam O, 10.30pm Wed 26th June Leon Buckley, 9pm Thurs 27th June Shane & Friends, 9pm





JUNE 22nd **Oantas Wallabies v Lions 11.00am** (1st Test)

**TUESDAY 25th JUNE** Melbourne Rebels v Lions 10.30am



AA Rosette Award for Culinary Excellence 2006-2012 A Member of the - Kinsale Good Food Circle -



A Cosy Inn with 4 Star AA Accommodation.

Wi Ei Reasonable Rates.





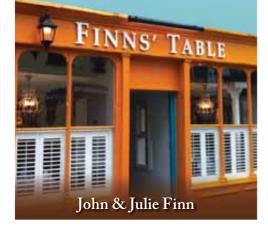


#### **NEW SUMMER OPENING HOURS**

OPEN WEDNESDAY TO MONDAY (Closed Tuesday)

EARLY EVENING MENU 5.30рм - 7.00рм (4 Courses €32.50)

A LA CARTE MENU 5.30pm til late Coeliac Friendly





Contact your Good Food Circle restaurant of choice to make your booking using the original codeword ...wait for it.....Lobster :)

#### GOOD FOOD CIRCLE RESTAURANTS:

Crackpots Fishy Fishy The Blue Haven Jim Edwards Man Friday Max's

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 Pier One
 021 4779300

 Restaurant d'Antibes
 athe White House
 021 4772125

 sidney's Brasserie
 (21 477900)

 Toddies
 021 4777900

 Toddies
 021 4777769

 White Lady
 021 4772373

#### For further information contact maria@kinsalerestaurants.com Phone: 021 477 3571



#### Beautiful Plantation Shutters from The Blind-Maker.

The leading Plantation Shutter specialists in Munster.



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#### **Enrolling now for September 2013! Open to all ages and levels!**

Tuition available in a wide range of instruments including violin, guitar, flute, piano and many more!

> 'Like' us on Facebook to

> > av updated

\*New this September\* 'GUITAR CLUB' Group lessons for all levels.

For more information visit: www.kinsalemusicacademy.com



WETSUITS FROM  $\epsilon$ 30 SUNSUITS SECURE KEYPODS PONCHO TOWELS ACCESSORIES AND MUCH MORE WETSUIT BOOTIES FROM  $\epsilon$ 19

ALL AGES AND SIZES AVAILABLE - FROM 1YR OLD TO ADULT 3XL OPEN 7 DAYS

BEST OF LUCK TO ALL SOVEREIGN CUP COMPETITORS THIS WEEKEND T: 021 4700077 www.offshorekinsale.com Email: sales@offhorekinsale.com

FIND WHAT YOU'VE BEEN SURFING FOR.





086 3494647 / 086 0769856 Facebook: Tom's T-Shirts Twitter: @tomstshirts

#### MEDIATION & Mindful Communication N.V.C. Practice Group

#### 7.30pm Monday 24th June Green Room - The Folk House

Based on Nonviolent Communication - NVC is a practical and inspiring means of communication for everyone from parents, teachers, partners, community groups, group leaders, health care professionals, employers and business professionals alike.

#### LEARN TO:

- · Mediate & navigate potential situations of conflict
- Establish mutual levels of trust and integrity
- Identify your own needs and the needs of others
- Express yourself clearly
- Avoid the blame game, judging and labeling of others
- Be mindful and show compassion & empathy toward others
- Restore and build depth in all types of relationships

For more info & to join the group free of charge contact: 086 2022628 Email: irelandnet@eircom.net N.V.C. official web page: www.cnvc.org

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### Support Group for carers of people with memory loss and dementia

Tuesday 25th June, 2pm-4pm

At The K-CoRD Center

Apt. 24, Haven Bay Village, Kinsale

For more information contact Liz at 4709700





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MARTIN CONLON ELECTRICAL SHOWER REPAIR SPECIALISTS PLUMBING & HEATING

M: 087 254 3434 T: 021 477 1443



GARDEN MAINTENANCE Lawns strimmed/cut - Hedge cutting Will dispose of same - Cheap Rates Ph: 085 736 6655

HANDYMAN AVAILABLE Carpenter • Interior Plastering • Painting Call Diarmuid: 087 120 5025 TOP QUALITY WORK. C2 & VAT REGISTERED



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Scrap Cars Collected & Disposed of Tool Hire - Workshop - Hostel 021 477 2124

021 477 4111 Fax Only 021 477 2683 Late Contact 086 821 7777 24hr Crash & Recovery

### DALY ENGINEERING

- Automated and manual gates
- Mobile Welding Service
- Security Grills & Barriers
- Balconies, Side Gates & Railings
- Roof Racks for Jeeps and Vans
- Car and Boat Trailers
- Conservatories and Steelwork
- All Types of Sheds, Garden & Farm Sheds

Contact Declan on 087 753 6376

## by Caroline

Made to measure for sofas, armchairs and dining chairs. Caravan cushions

Duvet covers & cushion covers. Machine washable fabrics.

Piped & zipped.

Very neat work.







Ensuite Room To Let **Kinsale Town Centre** Tel: 087 226 2101

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Email: info@kinsaleadvertiser.com

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'Himme From Himme' Individually Heated Kennels - Large outdoor exercise area Tel: 477 0919 - 086 392 3447 - 086 155 1541 Don't forget to have your pet's vaccinations up to date!\_\_see your vet? Kinsale Pet Sitters







1el: 021 4// 3900

Open Tues-Fri 9am-5.30pm | Sat 9am-4pm

Now Also Open on Mondays

**Booking** Advisable

BEL AMI HAIR STUDIO Pearse Street, Kinsale

#### Rachel O'Brien

formerly of Toni+Guy, Kaizen, Origin & Kinsale. with Stylist Michelle Connolly

> For appointments contact: 021 477 7337





Open Tuesday to Saturday 9am to 5.30pm Early/Late by appointment

Donna Masterson Hairdressing @ Fintan Lynch High Level Expertise in both Cutting & Colouring For appointments call me directly on 087 7685033 Looking Forward to seeing you there!

Auricular (ear) Acupuncture • STOP SMOKING • Weight Loss • Regular Sleep • Relief from Migraine Stress & Depression Call: 085 784 1369 For more info: www.our.ie/web752



Open Tuesday to Saturday 9.30am - 5.30pm

T: 021 477 3133 14 Pearse Street, Kinsale, Co. Cork

#### MASSAGE THERAPY Deep Tissue Massage, Physical Therapy Sports Injuries and Remedial Massage

Sports Injuries and Remedial Massage Reflexology ITEC, IIPT QUALIFIED Marion: 087 7744676



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## SITUATIONS VACANT

#### HOTEL RECEPTIONIST REOUIRED

Apply to Paula Lynch 021 4779900 plynch@actonshotelkinsale.com

#### **RETAIL FRESH FOOD COUNTER ASSISTANT WANTED**

Previous experience an advantage.

MUST HAVE: Full Clean Driving Licence Perfect English • Good Appearance Self Motivated.

Replies to Box 16/13, c/o Kinsale Advertiser, Emmet Place, Kinsale.



Worlds End. Kinsale, Co. Cork

Tel 021 4779300 Fax 021 4774173

#### We are currently recruiting for a Chef de Partie



Candidate must be:

- Experienced
- A strong team player
- Have a flair for providing good food
- Fluent in English

To discuss this opportunity further please contact Paula on 021 4779300

hr@tridenthotel.com

Actons of Kinsale

is currently recruiting for a

#### FULLY QUALIFIED Leisure Club Attendant (Maternity Cover)

Applicant must hold relevant NPLQ qualification. Previous experience in a similar position an advantage.

Fluent English.

To discuss this opportunity further please contact Paula Lynch 021 4779900 plynch@actonshotelkinsale.com

### **Chef/Commis Chef** Required

Must have experience and fluent English, HACCP Apply to Box 17/13 c/o Kinsale Advertiser, **Emmet Place**, Kinsale

**Coffee Morning** in aid of Foroige Youth Club & Café in Temperance Hall Saturday 22nd June 10am - 2pm

**NOTICES** 

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## HERBALIFE.

#### 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

#### KINSALE LEGAL ADVICE CENTRE

If you are seeking Legal advice on any matter why not consult our advice centre? To book an appointment for the next free Legal advice clinic call 021 4776760 or visit us at www.albertwolfeandcosolicitors.ie

#### DON & BARRY'S Historic Stroll, Kinsale

From the Tourist Office @ 11.15am Daily Early Bird @ 9.15am, Mon - Sat

> "Excellent ...Kinsale's single best attraction" - Rick Steves

www.HistoricStrollKinsale.com Tel: 087 2500731 Adults €6 / Children €1 -CELEBRATING OUR 21ST SEASON-

WANTED 3 BED HOUSE WANTED TO BUY IN KINSALE AREA Call: 086 0611490

#### Kieran & Anne-Marie's...

Weight Loss Challenge class to help you reach your weight loss goals!

8 WEEK CLASS STARTS WED 3 JULY! St Multose Hall, Kinsale • 7pm-8pm BOOK NOW or FOR MORE INFO

CALL US 4777 800

OR TXT 0860 319 410





#### COMMUNITY BODY TRANSFORMATION CHALLENGE!!



It's FUN and SIMPLE If you can walk, you can do it!

- 4 weeks of FUN Group Fit Sessions
- ALL Fitness Levels Welcome
- FREE for all who complete a Wellness Evaluation and Orientation (June 23rd)



• End of Challenge PARTY!

The Body Transformation Challenge encourages you to reach your ultimate goal and be the best you can be whether it be weight loss, body fat loss or even gaining muscle.

ONLY 25 PLACES AVAILABLE Book your place NOW and bring a friend!

Debbie - 086 893 8446 www.kinsalefitclub.com

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#### Welcome to all visitors to Kinsale for the Sovereign's Cup: 26th - 29th June

FRI 21st JUNE BACCHUS NIGHTCLUB: DJ Garian, 11.30pm. BLUE HAVEN: King K, 10pm. BULMAN BAR: Crazy Chester, 10.15pm. Summercove NS BBQ, 8pm. COBH HERITAGE CENTRE: The Queenstown Story, Open: 9.30am - 5.30pm. CRACKPOTS: Piano Night DON & BARRY'S TOURS: The Tourist Office 9.15am & 11.15am. FOLKHOUSE: Afterhours, 10.30pm. HAMLETS: R'n'B Night. KINSALE BRIDGE CLUB: Trident Hotel, 10,15am. **KINSALE GOOD FOOD** CIRCLE: Mid-Summers Lobster Sale KINSALE HARBOUR CRUISE: Cruise at 2pm, 3pm. KINSALE MUSEUM: Open 10.30am -1.30pm. SPANIARD BAR: Jua A Punch, 10pm. WHITE HOUSE: Puc ar Buile, 10.30pm.

#### SAT 22nd JUNE

ARMADA BAR: Claes & Joe. 9pm **BACCHUS NIGHTCLUB:** DJ Mark, 11,30pm. BLUE HAVEN: Crazy Chester, 10pm. BULMAN BAR: King K, 10.15pm. COBH HERITAGE CENTRE: The Queenstown Story. Open: 9.30am - 5.30pm. COFFEE MORNING: Temperance Hall, In aid of Foroige. 10am - 2pm. DALTONS BAR: Steve Shepard, 9.30pm. DON & BARRY'S TOURS: The Tourist Office 9.15am & 11.15am.

FOLKHOUSE: Cadillac Cats. 10.00pm. HAMLETS: DJ Night & Cocktail Party. KINSALE HARBOUR CRUISE: Cruise at 2pm, 3pm & 4pm. KINSALE MUSEUM: Open 10.30am -1.30pm. **OSCAR MADISONS:** DJ Mark, 10pm. SILENT BANJO: Celtic Knights. SPANIARD BAR: For Folk Sake, 10pm. STRAWBERRY FAYRE: St. Multose Hall. 2pm - 5pm. WHITE HOUSE: Liam O, 10.30pm.

#### SUN 23rd JUNE

ARMADA BAR: Jamestown, 9pm BIUF HAVEN. Sonnie & friends, 9.30pm. BULMAN BAR: Live Music, 6.15pm. Club on the Rocks with Billy Crosbie in the restaurant from 8pm.. COBH HERITAGE CENTRE: The Queenstown Story, Open: 11am - 5.30pm. DON & BARRY'S TOURS: The Tourist Office, 11.15am. FOLKHOUSE: King K, 9.00pm. HAMLETS: Niall McCabe Band. KINSALE HARBOUR CRUISE: Cruise at 2pm, 3pm & 4pm. SPANIARD BAR: Trilogy, 6pm - 8pm.

#### MON 24th JUNE

BLUE HAVEN: Arundo & Irish Dancers, 9.30pm. COBH HERITAGE CENTRE: The Queenstown Story, Open: 9.30am - 5.30pm. COMMUNITY BODY TRANSFORMATION CHALLENGE: Starts today.

#### DALTONS BAR:

Trad Irish Music & Ballads. DON & BARRY'S TOURS: The Tourist Office 9.15am & 11.15am. KINSALE HARBOUR CRUISE: Cruise at 2pm, 3pm. MEDIATION & MINDFUL COMMUNICATION: NVC Practice Group at The Folkhouse, 7.30pm. SPANIARD BAR: Trad Session, 9.30pm.

#### TUES 25th JUNE ARMADA BAR:

The Merry Stems, 9pm. BLUE HAVEN: Sonnie & friends, 9.30pm, COBH HERITAGE CENTRE: The Queenstown Story. Open: 9.30am - 5.30pm. DALTONS BAR: Trad Irish Music & Ballads. DON & BARRY'S TOURS: The Tourist Office 9.15am & 11.15am. K-CORD: Support group for carers. 2pm - 4pm. K-Cord Centre. **KINSALE ACTIVE RETIRED** ASSOCIATION. in Temperance Hall. **KINSALE & DOCK ROWING CLUB:** Training, 6.30pm, The Dock. **KINSALE HARBOUR CRUISE:** Cruise at 2pm, 3pm.

#### WED 26th JUNE AVEGO:

Info session at The Blue Haven Hotel, every Wednesday, 6pm - 8pm. **ARMADA BAR:** The Merry Stems, 9pm. **BLUE HAVEN:** Niall McCabe Band, 9.30pm. **COBH HERITAGE CENTRE:** The Queenstown Story, Open: 9.30am - 5.30pm.

#### DON & BARRY'S TOURS: The Tourist Office 9.15am & 11.15am.

K-CORD:

Info, support & activities for people with and affected by memory loss & dementia at the K-Cord Centre, 11am. KINSALE & DOCK

#### ROWING CLUB:

Training, 6.30pm, The Dock. KINSALE HARBOUR CRUISE:

Cruise at 2pm, 3pm. KINSALE MUSEUM:

Open Weds to Sat 10.30am -1.30pm.

SPANIARD BAR: Easy Folk with Joe, 9.30pm. WHITE HOUSE: Leon Buckley, 10.30pm.

#### THURS 27th JUNE

BACCHUS NIGHTCLUB: with DJ Mark, 11.30pm. BLUE HAVEN: 9.30pm Arundo & Irish Dancers. COBH HERITAGE CENTRE: The Queenstown Story, Open: 9.30am - 5.30pm. CRACKPOTS: Piano Night. DALTONS BAR: Trad Music. DON & BARRY'S TOURS: The Tourist Office 9.15am & 11.15am. FOLKHOUSE: The Bluejays, 9.30pm. HAMLETS: King K. KINSALE & DOCK ROWING CLUB: Training, 6.30pm, The Dock. KINSALE HARBOUR CRUISE: Cruise at 2pm, 3pm. KINSALE REC: Tag Rugby: Contact Kim on 087 979 3868 or see www. kinsalerfc.com WHITE HOUSE: Shane & Friends, 9pm.





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