

FREE

Vol. 24

Issue 25/13

Fri 28th June - Thurs 4th July 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

FOOT LOOSE KINSALE

64A Main Street, Kinsale.
Phone/Fax: (021) 477 7898

SUMMER SALE NOW ON!

Open 7 Days: Mon-Sat 10am-6pm & Sun 12pm-6pm

Gift Vouchers Available
Deposits Taken

STOCKISTS OF
Gabor, Reiker, Ecco, Heavenly Feet,
Marian, Pedro Anton, Ruby Shoo,
Marila, Dubarry, Geox, Ricosta,
Converse, Tommy Hilfiger
& more.



THE
ARMADA
 BAR & GUESTHOUSE

Pearse Street, Kinsale Tel: 021 477 2255

Saturday 29th June - 9pm:

CELTIC SPIRIT

Sunday 30th June - 9pm:

JUST US

Tuesday 2nd July - 9pm:

**TRAD SESSION with
 THE MERRY STEMS**

Wednesday 3rd July - 9pm:

**TRAD SESSION with
 THE MERRY STEMS**

Kitchen Open 7 Days

Serving Traditional Irish Food

**The 37th Kinsale
 Gourmet Festival**



~FRIDAY 11th OCT~
 3pm, Clona Dairies Cook Off

Taste of West Cork Dining Experience
 & Laurent Perrier Black Tie Ball 6.30pm
 Ticket price €85

LAST TICKETS

LIMITED AVAILABILITY

~SATURDAY 12th OCT~
 11.30am, Mad Hatters Taste Of Kinsale

(Sponsored by ThermoMix)

Join Alice, The Mad Hatter, The March Hare and Dormouse for an escorted food tour around the 11 members of Kinsale's Good Food Circle restaurants who will prepare spectacular dishes bearing testimony to the culinary skills of the chefs of Kinsale. All accompanied by fine wines, beers and water from our gracious festival sponsors, Gleasons, Karwig, Longueville Wines, Searsons, Christy's Wines and Spirits & Tipperary Water. Tickets €90

~SUNDAY 13th OCT~

1pm, Fruits de Mer (Sponsored by Pallas Foods) LAST TICKETS

Take your seat for a superb afternoon with MC Derek Davis. Enjoy a mouth watering four course lunch to include lobster, crab, prawns etc, accompanied by delicious wines sponsored by Findlater Wine & Spirits. Tickets €75 Weekend Ticket Price €230

PARTICIPATING RESTAURANTS:

(Bookings being taken at all GFC restaurants for evening dining)
 Sidney's Brasserie, Restaurant d'Antibes @ The White House, The Blue Haven, Crackpots, Jim Edwards, Max's, Man Friday, Fishy Fishy, Pier One @ The Trident Hotel, Toddies @ The Bulman, The White Lady

www.facebook.com/Good.Food.Circle

Tel: 021 4773571 www.kinsalerestaurants.com



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 Packages starting from €3.50 per month

Contact Tristan on:

087 1211809

Ballinadee, Bandon, Co. Cork

email: info@fasttrackbroadband.ie

web: www.fasttrackbroadband.ie

**Bulman Bar
 & Toddies Restaurant**

SUMMERCOVE, KINSALE

Saturday 29th June

Live Music 10.15pm

Sunday 30th June

Vinnie's TV 6.15pm

~ Bar Food Served ~

Monday to Sunday: 12.30pm-5pm

~ Restaurant ~

Tuesday to Sunday: 6pm-9pm

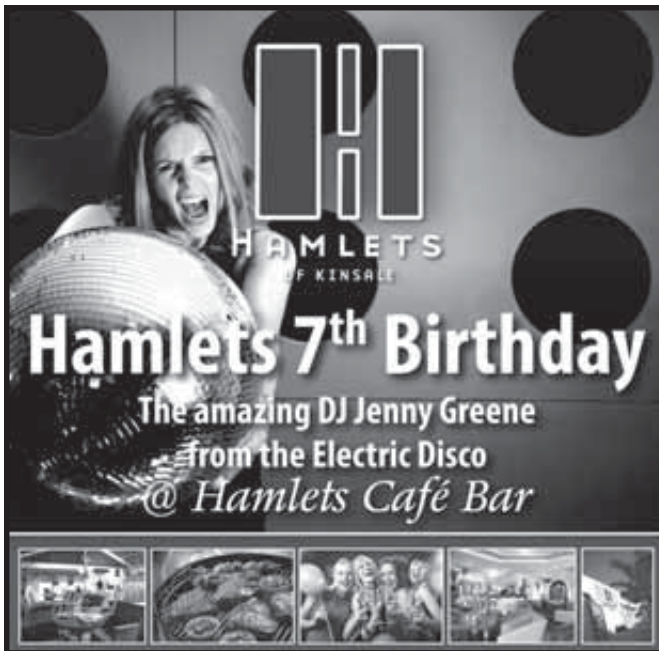
Sunday Nights

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



HAMLETS
OF KINSALE

Hamlets 7th Birthday

The amazing DJ Jenny Greene
from the Electric Disco
@ Hamlets Café Bar



- Free Admission
- Cocktail Bar
- Bacardi Oakheart Promotion
- Outside BBQ

DJ Jenny Greene
Sat 6th July
from 9pm

For more details please contact
info@hamletsofkinsale.com
or 021 4772209

www.hamletsofkinsale.com
The Glen, Kinsale, Co. Cork

PRESENTED BY: KINSALE MACRA NA FEIRME



MACRA CLUB FORTUNES

Starring:



TOP PRIZE:
ENTERTAINMENT PACKS
FOR 2013 RALLY

CLONAKILTY | CROSSMAHON-BANDON | WHITECHURCH

BERRINGS | UCC | GLANMIRE | MILLSTREET | CARRIGALINE

LOTS OF SPOT PRIZES
OVER 18'S
ALL WELCOME

FRIDAY, JULY 5 • 8.30PM
TRIDENT HOTEL, KINSALE Entry: €5



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Poet's Corner
 The Reading Café &
 Book Exchange

FREE WI-FI
 & Daily Newspapers

Sandwich of the month for July

**Una's Chicken Pâté
 & Tomato Relish**

Choose between Roll or Sandwich Bread

Coffee Speciality
Chocolate Mint...
...a sweet & minty sensation, not only After Eight!

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

The Speckled Door

Old Head, Kinsale.

T: 021 477 8243 www.speckleddoor.com

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



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 12.30pm - 8.30pm

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Also Kid's Menu & Selection of Sandwiches



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**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.jimwardskinsale.com

Gift Vouchers Available
Excellent Ensuite Accommodation





CRACKPOTS

T: 021 477 2847
www.crackpots.ie

Restaurant & Wine Bar
Open 7 Nights from 6.00pm



THURS AND FRI: PIANO BAR
AND THURSDAY IS PASTA NIGHT

FREE GLASS OF WINE WITH THE PASTA SPECIAL!!
SPECIAL OFFER MOULES FRITES €12.95 ALL WEEK



American Independence Day Special

On Thursday 4th July we will be celebrating
with American Style Food and Live Music
BOOK NOW AS PLACES LIMITED



And don't forget we have plenty of Wines and Beers



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
- 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

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

Mob. **087 9872783** email: **sabinegraef@eircom.net**



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

WINNER ON DRAGONS' DEN



The Summer Camp that will make a difference to your child!

1 CHILD FROM EACH CAMP WILL GET TO SING ON A CHARITY SINGLE!
 Full details at www.starcamp.ie

IRELAND'S LEADING CHILDREN'S PERFORMING NETWORK

Kinsale Community School:

15th - 19th July,
 9.30am - 2.30pm

6th - 10th August,
 9.30am - 2.30pm

For ALL boys and girls aged 5 - 13 (4 if attending school)
 Qualified Music Teachers, Choreographers and Drama Coaches
 A FRIDAY FINALE SHOW FOR ALL TO COME AND SEE.

€90 PER CHILD
 €150 FOR 2 SIBLINGS
 €200 FOR 3 SIBLINGS



Now also catering for STARCAMP PARTIES
 • VIP Red Carpet Event! • Pyjama Drama
 • Disco Diva • Rockstar • The Royal Ballet
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CALL 021 4377900 EMAIL: INFO@STARCAMP.IE
 BOOK ONLINE AT WWW.STARCAMP.IE



Joy's Massage of Kinsale

7 Pearse Street, Kinsale (Next To AIB Bank)
 Get Ready for Summer...
 Thai Massage ~ Reflexology Deep Tissue Massage ~ Facial Firming ~ Hot Stone Massage ~ Sports Injuries ~ Head Massage ~ General Well Being

T: 021 470 0985
M: 086 368 3968

*Also: Church Yard Lane, Well Road, Douglas, Cork.
 T: 021 493 6732 / M: 086 041 6338

The Huntsman

Bar & Restaurant, Belgooly
 Tel: 021 477 0666
www.thehuntsmanbelgooly.com



Delicious Home Cooked Food Served Daily 12.30pm-8.30pm, 7 Days 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



FUN SUMMER CAMP

Dates for Camp:
Monday 1st to Friday 5th July
Monday 8th to Friday 12th July
 For children aged 2½ to 6 years
 Cost: €65 per week
 10% reduction for more than one child per family.

For information contact:
Nuala @ 087 7637266



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, Hobbogoblin 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



...ALSO
UNRIVALED
WHISKEY
SELECTION!



NEW GIN MENU
AVAILABLE
Over 25 to
choose from!

FRI 28th JUNE

10.30pm

CRAZY CHESTER

5 piece Folk Rock Originals & Covers

SAT 29th JUNE

10.00pm

TOMCATS

4 piece Blues Rock'n'Roll

SUN 30th JUNE

9.00pm

BIG SWINGING MIKEYS

3 piece Folk Rock Covers

THUR 4th JULY

9.30pm

THE BLUEJAYS

5 piece Jazz Funk Fusion

FRI 5th JULY

10.30pm

THE HOUND DOGS

*4 piece Old School Rock'n'Roll
& Contemporary Covers*



**ALL PARTIES
CATERED FOR**
IN THE GREEN ROOM

**ALL SPORTS
SHOWN**
ON 2 BIG SCREENS

This Fri 28th - 7pm
**LAUNCH OF
KINSALE CRAFT
BREWERY
PALE ALE**

Bacchus Nightclub

FRI 28th JUNE - DJ GARIAN

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

SAT 29th JUNE - DJ SEAN

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

THURS 4th JULY - DJ MARK

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



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ALTRUSA GARDEN PARTY

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

Kinsale Golf Club Pro Shop Summer Camp 2013 Starts 1st July

Weekly Camps Mon - Fri for 6 Weeks

Group 1 Ages 9-12 9.30am-11am

Group 2 Ages 5-8 11.30am-1pm

Cost €60 per child, €10 discount for siblings.

Boys and girls welcome
Maximum 10 per group

*Learn how to play golf
the fun way!*

Contact Kinsale Pro Shop
021 4773 258

The Spaniard

SCILLY, KINSALE

Tel: 477 2436 | www.thespaniard.ie

~ Live Music ~

Friday 28th June

Jug A Punch, 10.00pm

Saturday 29th June

For Folk Sake, 10.00pm

Sunday 30th June

Trilogy, 6.00pm-8.00pm

Monday 1st July

Trad Session, 9.30pm

Wednesday 3rd July

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.

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

Gift Vouchers available • Salon open Monday to Saturday

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



INTENSIFIT TRAINER

Only €5 per session

THERMO ACUPRESSURE

MASSAGE BED Only €20 per 40min session

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!!

Hair by Erika

- 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.

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

TIGI
HAIRCARE

MOROCCAN OIL

MATRIX

ALFAPARF
MILANO

L'ORÉAL
PARIS



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Bandon: 023 883 9383

Daltons Bar

Market St, Kinsale. Tel: 021 477 7957

Fri 28th June 9.30pm

STEVE SHEPARD
(Formerly Chili Brothers)

Traditional Irish Music & Ballads
Monday, Tuesday & Thursday

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

VISION

exploring & enjoying the arts with new eyes

WORKSHOP with Kinsale Arts Festival

Monday 8th July, 2pm-3.30pm

At The Mill, Kinsale

FREE

Booking essential – phone Liz at 4709700 or email info@kcord.ie

Exploring and enjoying the arts with new eyes will look at the Now Wakes the Sea exhibition with curator Tessa Fitzjohn. This workshop is facilitated by K-CoRD for those in the community with memory loss and dementia. Come and explore the visual arts over a chat and a cuppa along with a family member or friend.



SCRAP METAL COLLECTION

it's your community..... **get involved!**



Clean up your home, business or farmyard.

Bring your unwanted scrap metal
and dispose of it for **FREE**.

Doing so will **BENEFIT** the environment as well as helping
to **RAISE FUNDS** for Kinsale Sport & Community Centre.

WHEN: >>> Friday 12th & Saturday 13th
July 2013, 9.00am - 5.00pm

WHERE: >>> **Sáile Sports & Community Centre**
(opposite Kinsale Community School)

FOR MORE INFORMATION PLEASE CONTACT:

William Wright (Kinsale Macra na Feirme) **086 363 86 52**

Siobhán Green (Sáile Sports & Community Centre) **021 4773929**

Pat Hegarty (KRD Community Association Ltd.) **086 0603247**

www.sailsportsandleisure.ie

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ELECTRIC COOKERS
ELECTRIC KNIVES
FOOD MIXERS
GAS HEATERS
GOAL POSTS
GOLF IRONS
GO KARTS
IRONING BOARDS
KETTLES (NOT PLASTIC)
LEAD
OIL TANKS (STEEL)
RADIATORS
SAUCEPANS
SINK TOPS
SOLID FUEL COOKERS
STEEL COAL BUNKERS
STEEL FIREPLACES
STEEL GUTTERS
SHEEP WIRE
STEEL WINDOW FRAMES
SWING FRAMES
TRAMPOLINES
WASHING MACHINES/
TUMBLE DRYERS
WHEEL BARROWS

FARM MACHINERY

AGITATORS	ENGINES & PARTS	OLD CARS
BARRELS	FENCING WIRE	PLOUGHS
BATTERIES	GALVANISED SHEETS	RAILWAY LINES
BINDERS	GATES	RING FEEDERS
CEMENT MIXERS	HAY BALERS	SILAGE BAILERS
COMBINE HARVESTERS	HAY TURNERS	SLURRY TANKS
COPPER CYLINDERS	MILK CANS/ BUCKETS	TOPPERS
CORRUGATED IRONS	MILK COOLERS	TRAILERS
DIGGERS	MILK TANKS	TRANSPORT BOXES
ELECTRIC CABLE	MILKING MACHINES	WATER PUMPS
ELECTRIC MOTORS	MOWING MACHINES	WHEELS (NO TYRES)

Please note we cannot accept any Rubber, Plastic, Timber, Gas Cylinders, Fridges , T.V.



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4TH JULY
INDEPENDENCE DAY
PARTY



Thursday 4th July
FREE ADMISSION

Featuring Professional
Elvis Tribute Artist
& European Elvis
Championship Finalist
DEAN HOWE

3/4 Pearse Street, Kinsale | 021 4772209
www.bluehavenkinsale.com

LUCY FRENCH SCHOOL OF DANCE

LOTS OF FUN AT GREAT PRICES!!!

FANTASTIC DANCE SUMMER CAMPS!

15th-19th July

Age 6-8 10am-12.30pm

Age 9-11 1.30pm-4.00pm

Ballet • Jazz • Hip Hop

€80 - limited places

Guest Teachers

22nd-26th July

Age 11-14 10am-3pm

Ballet • Jazz • Hip Hop •

Flexibility • Drama

€100 - limited places

Guest Teachers

29th July-2nd August

Intensive Camp for 15+

(experience what a full time performing arts course would be like) 9.30am-5pm

Ballet • Jazz • Hip Hop •

Body Conditioning • Contemporary

Breakdance • Drama • Singing

Stage Make Up

Guest Teachers

€150 - must have prior dance experience,
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BOOK YOUR PLACE NOW!

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or: 021 4773553

www.lucyfrenchschoolofdance.com

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THE INAUGURAL
ANNUAL PIE BAKE OFF

Cake is not a Pie

You'll be judged on
pie crust, filling and
presentation

this is a Pie

€5 to enter and part
of proceeds go to
Animal Haven
Animal Rescue

The winner gets a
€50 Hamper full of
Diva products!

?

What would
Jemima make?
There's more to this
pie bake off
than I thought...

SUNDAY JULY 14th
Drop Pie off at Diva Cafe
between 5 & 6pm
Judging begins at 6:15!!

GUEST JUDGES & GREAT PRIZES
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f DIVA BOUTIQUE BAKERY
www.divaboutiquebakery.com



An unmissable Experience!



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

We are open 7 days
9.30am - 5.30pm
(11am on Sundays)

Tel 353 (21) 4 813591
Email info@cobhheritage.com
Web www.cobhheritage.com

Find Cobh the Queenstown Story on Facebook





Bulman Bar

SUMMERCOVE, KINSALE

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.



MONDAY 15TH JULY

All proceeds go to Kinsale RNLI



Lifeboats



Live a little....



burley's
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**2 FOR €20 ON SELECTED
ITEMS ON TUESDAYS**

Great Local Produce

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Centra

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**Cooked Chicken
& 4 Large Rolls €10**

Simply Low Prices!

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BBQ SPECIALS**

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A walk on the beach,
Call to Ballinspittle,
Life's a Peach!**

*Like
Good Food?
Love
Ballinspittle!*

**PARKING
NO
PROBLEM**



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HARD OF HEARING?

Conventional hearing aids may not be needed

Audivox

Hearing Aids

100%
IRISH
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Visit our clinic at the
**HAVEN BAY
CARE CENTRE**
Wednesday 10th July
9.30am-1pm



- See, try and test the latest in hearing aid technology
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**Hot Oil Back Neck and
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€69

Get rid of that dull winter
skin and glow with a
Full Body Exfoliation

Only
€39



**Elemis Advanced
Anti Ageing Plumping,
Toning and Firming Facial**

receive **FREE** Back, Neck &
Shoulder Massage



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www.carlton.ie/kinsale



Subject to availability. Terms and conditions apply.



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Kinsale Arts Festival

6- 14 July

Nine days of Theatre, Comedy,
Literature, Film.



Booking now:

Box Office at Victoria Murphy's, Short Quay, Kinsale

021 4700877

kinsaleartsfestival.com



Festival 2013

Comedy, Music, Visual Art, Dance,
Food & Family Events



DAITHI AND WYVERN LINGO
KFEC Amphitheatre
Friday 12 July
€12.50

**AN EVENING WITH
RHOB CUNNINGHAM,
LITTLE BEAR AND
SLOW SKIES**
Friary Church
Saturday 13 July
€16

**FESTIVAL CLOSING PARTY
DJ KORMAC**
(WITH SUPPORT FROM DJ DEAN FEENEY)
The White Lady
Saturday 13 July
€12

Joint ticket offer with Rhob Cunningham/
Little Bear/ Slow Skies €25

AVEGO
Travelling from Cork,
save money and make
new friends with Avego's
car pooling app - see
www.avego.com



Irish Examiner



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Guardwell, Kinsale
Prop. Donna Murphy

THE HOUSE OF HAIR



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.

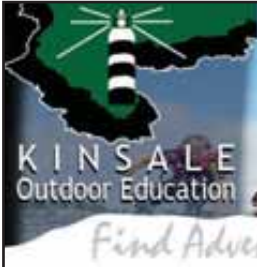
*Also check out our
new colourful front!*

*Look forward to
seeing you over
the Summer!*

STRAIGHT €10 CURLY €15
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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

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EUROSPAR



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by SMA Nutritionist
Nuala Collins

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Don't be taken in by fad diets that promise miracle results (or near miracle). It is better to take professional advice from a dietitian or join a weight loss club for successful weight loss.

It is important to return to a healthy weight after pregnancy.

Good nutrition is critically important for your health as you care for your new baby.

Make a list of the eating habits you would change for the better. Use this as a starting point to help with weight loss.

In addition, watch your fluid needs and always make sure you are drinking plenty of water to keep you hydrated. Mild dehydration can cause tiredness and headache.

Eat regularly and start exercising daily, once your healthcare professional advises that it is safe for you to do so after giving birth.

A common mistake when cutting calories is to skip a main meal. Rather than skipping meals, aim to eat smaller meals.



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KINSALE

pink Ribbon Walk.ie



**Irish
Cancer
Society**

Action
Breast
Cancer

THANK YOU

for participating, volunteering, donating and supporting the Kinsale Pink Ribbon Walk in March. It was a fantastic community project raising significant funds and great awareness for Action Breast Cancer, as well as encouraging many of us to walk and run as a group.

This phenomenal amount will go towards a number of vital research projects and support services to include the **ICS National Cancer Helpline (1800 200700)** available to anyone requiring information or advice on all forms of cancer.

The Kinsale Pink Ribbon Walk Committee is delighted to announce that this week it presented a cheque for **€103,304** to Action Breast Cancer, a programme of the Irish Cancer Society.

See www.pinkribbonwalk.ie for more information about Pink Ribbon Walks and the important work of Action Breast Cancer.

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Monday, 8th July 2013 and should be sent to:

Recruitment Team,
Eli Lilly S.A. - Irish Branch,
Dunderrow, Kinsale, Co.Cork.


Answers That Matter.

Eli Lilly S.A. - Irish Branch is an equal opportunities employer.

CAREERS IRELAND

Food Science Graduate

We are looking for a graduate who will thrive in a *Product Development Role* offering excellent job variety and training. You will need to be passionate about food and nutrition, well organised, prepared to travel (own car essential) and enjoy dealing with customers. This Export Food Company will give you great support to manage your own projects from recipe stage to market launch.

Office Administrator/Accounts

Local export food company is looking for an All-Rounder with an excellent phone manner and proficient in Sage software. You will be responsible for processing customer orders, managing debtors, following up on orders, dealing with customer queries, stock control and supporting the Sales team.

If you are interested in either of these FULL TIME roles, call **Marian O'Leary** on **086 1719323** or email your CV to careersireland@eircom.net



Applications are now being sought for
an employee under the Community
Employment Scheme for the position of:

Childcare Assistant

at **KINSALE COMMUNITY PLAYSCHOOL**
Saile, Cappagh, Kinsale

Please forward your CV to Nuala
McCarthy at the above address or email to:
KinsaleCommunityPlayschool@gmail.com

For further information contact Nuala:
087 7637266

Closing date is Friday July 12th

Kinsale Community Playschool is an equal opportunity employer.



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Actons
of Kinsale
is currently recruiting for a
HOTEL RECEPTIONIST
Apply to Paula Lynch 021 4779900
plynch@actonshotelkinsale.com

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-

SECRETARY/OFFICE ADMIN REQUIRED
Proficient English,
Good Organisational Skills,
Immediate Start.
Reply to: Box No 20/13
c/o Kinsale Advertiser, Emmet Place, Kinsale

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

Monday to Friday Cruises:
2pm & 3pm
Saturday & Sunday Cruises:
2pm, 3pm & 4pm
Complimentary Tea/Coffee Served
Cruises are subject to weather and tide.
T:086 250 5456
www.kinsaleharbourcruises.com

NOTICES

 **HERBALIFE.**
Independent Distributor
AFFORDABLE AND EFFECTIVE

- Personalised wellness programmes
- Weight management solutions
- Sport, energy & fitness
- introducing BRAND NEW H24!!!
- FREE Wellness evaluation, metabolic age & body fat tests.
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Ask me about our special 3-day trial!

Call: **RONI 021 477 7891** or **086 8316681**


The Katy Perry Kids Party
TOP QUALITY SHOW FOR YOUR CHILD'S SPECIAL DAY
Live Concert • Fun & Games
Face Painting • Nail Art
Call: 085 2070950


 **CAR BOOT SALE**
Sunday 7th July, 9am-3pm
Car Boot Sale
Belgooly GAA Pitch
Contact: 087 418 9077

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


 **Temperance Hall**
is available for Meetings,
Coffee Mornings, Classes etc.
at nominal fees.
For bookings contact
Finishing Services on 021 477 3571
Remember, it's your hall!

KINSALE ADVERTISER

WHAT'S ON IN KINSALE FRI 28th JUNE - THURS 4th JULY 2013



FRI 28TH JUNE

BACCHUS NIGHTCLUB:
DJ Garian, 11.30pm.
BLUE HAVEN:
Blue Fusion, 10pm.
COBH HERITAGE CENTRE:
The Queenstown Story,
Open: 9.30am - 5.30pm.
CRACKPOTS: Piano Night
DALTONS BAR:
Steve Shepard, 9.30pm.
DON & BARRY'S TOURS:
The Tourist Office
9.15am & 11.15am.
FOLKHOUSE:
Crazy Chester, 10.30pm.
HAMLETS: R'n'B Night.
KINSALE CRAFT BREWERY:
Launch of Kinsale Pale Ale
at The Folkhouse, 7pm.
KINSALE BRIDGE CLUB:
Trident Hotel, 10.15am.
KINSALE HARBOUR CRUISE:
Cruise at 2pm, 3pm.
KINSALE MUSEUM:
Open 10.30am - 1.30pm.
SILENT BANJO: The Thin Line.
SOVEREIGN'S CUP: Kinsale.
SPANIARD BAR:
Jug A Punch, 10pm.
WHITE HOUSE:
Shane & Friends, 9pm.

SAT 29th JUNE
ARMADA BAR:
Celtic Spirit, 9pm
BACCHUS NIGHTCLUB:
DJ Sean, 11.30pm.
BLUE HAVEN:
Billy Crosbie & Friends, 10pm.
BOATHOUSE GALLERY:
Exhibition opening at 7pm,
June Matthews.
BULMAN BAR:
Live Music, 10.15pm.
COBH HERITAGE CENTRE:
The Queenstown Story,
Open: 9.30am - 5.30pm.
DON & BARRY'S TOURS:
The Tourist Office
9.15am & 11.15am.

FINTAN LYNCH HAIR:
New Nail Bar opening today.
FOLKHOUSE: Tomcats, 10pm.
HAMLETS:
DJ Night & Cocktail Party.
KINSALE HARBOUR CRUISE:
Cruise at 2pm, 3pm & 4pm.
KINSALE MUSEUM:
Open 10.30am - 1.30pm.
SILENT BANJO:
2 Hands & 20 Fingers.
SOVEREIGN'S CUP: Kinsale.
SPANIARD BAR:
For Folk Sake, 10pm.
**WHARF TAVERN
AT THE TRIDENT HOTEL:**
Shane & Friends, 9.30pm.
WHITE HOUSE:
Don & Sean, 10.30pm.

SUN 30TH JUNE

ALTRUSA GARDEN PARTY:
At Kinsale Community
Hospital. 2pm - 4.30pm.
ARMADA BAR: Just Us, 9pm
BLUE HAVEN:
Sonnice & friends, 9.30pm.
BULMAN BAR:
Vinnie's TV, 6.15pm.
Club on the Rocks with
Billy Crosbie 8pm.
COBH HERITAGE CENTRE:
The Queenstown Story,
Open: 11am - 5.30pm.
DON & BARRY'S TOURS:
The Tourist Office, 11.15am.
FOLKHOUSE: Big Swinging
Mikeys, 9.00pm.
HAMLETS:
Niall McCabe Band.
KINSALE HARBOUR CRUISE:
Cruise at 2pm, 3pm & 4pm.
SPANIARD BAR:
Trilogy, 6pm - 8pm.

MON 1st JULY
BLUE HAVEN:
Arundo & Irish Dancers,
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.
**KINSALE COMMUNITY
PLAYSCHOOL:**
Summer Camps start.
KINSALE GOLF CLUB:
Summer Camps start.
KINSALE HARBOUR CRUISE:
Cruise at 2pm, 3pm.
SPANIARD BAR: Trad, 9.30pm
SUPER SUMMER CAMPS
Starts today at Mother
Goose Montessori.

TUES 2nd JULY

ARMADA BAR:
The Merry Stems, 9pm.
BLUE HAVEN:
Sonnice & 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.
**KINSALE & DOCK
ROWING CLUB:**
Training, 6.30pm, The Dock.
KINSALE HARBOUR CRUISE:
Cruise at 2pm, 3pm.

WED 3rd JULY

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

**KIERAN & ANN-MARIE'S
WEIGHT LOSS CHALLENGE:**
8 week course starts,
Call 021 4777800
**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.
**OYSTERHAVEN ACTIVITY
CENTRE:**
Ladies Windsurfing
6.30-8.30pm.
SPANIARD BAR:
Easy Folk with Joe, 9.30pm.

THURS 4th JULY

BACCHUS NIGHTCLUB:
with DJ Mark, 11.30pm.
BLUE HAVEN:
Independence Day
Party with Elvis Tribute
COBH HERITAGE CENTRE:
The Queenstown Story,
Open: 9.30am - 5.30pm.
CRACKPOTS:
Independence Day Special
with American Style Food
& Music.
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 RFC:
Tag Rugby: 087 979 3868 or
see www.kinsalerfc.com.
WHITE HOUSE:
Shane & Friends, 9pm.

The Breda Eaton Memorial Walk in aid of Marymount Hospice / Lourdes Fund will take place on Saturday 6th July leaving the Post Office @ 10.30am.
All welcome.

JJ Hurley would like to thank all those who so generously sponsored him running in the Cork City Marathon on behalf of the Kinsale Chapter of St Vincent de Paul.
The total raised was €2436.80



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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.

**Live Music Saturday 29th June:
Shane & Friends**



FREE WiFi available to
customers in the Wharf Tavern



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