

FREE

Vol. 25 Issue 33/14

Friday 22nd August - Thursday 28th August 2014



KINSALE ADVERTISER

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

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



$E=mc^2$

Smart savings!

Offers available from 8th August to 29th August or while stocks last!



INCREDIBLE LAPTOP BUNDLE!

Packard Bell 4GB laptop, Canon 3-in-1 printer, Kaspersky Anti-Virus, bag & mouse.



Star BUY
ONLY €399.99

DGM 7" MULTI TOUCH TABLET

1.2GHz Cortex A8 CPU, 512MB RAM, 4GB Storage, front & rear facing cameras, built-in accelerometer for screen rotation.



ONLY €84.99

STAR 22" FULL HD LED TV

Built in SAORVIEW, HD Ready, HDMI, PVR/USB function.



ONLY €159.99

SISTEMA SOUP MUG & LUNCH BOX WITH CUTLERY

Available in pink, orange & lime.



SET ONLY €12.99

SISTEMA 2L LUNCHBOX WITH BOTTLE AND 200ML BOX

Available in lime green, pink or aqua.



SET ONLY €10.99

LUNCHBOX & BOTTLE SET

Available in spider, giraffe or butterfly design.



EACH €14.99

OFFICE & STUDY FURNITURE

5 shelf pearl white bookcase - €49.99
1 door 1 drawer pearl white desk - €64.99



FROM €49.99

SELECTION OF BACKPACKS



FROM €14.99

Bandon Co-op Retail Centre, Farm Lane, Kinsale
Tel: (021) 477 4080 www.bandoncoop.ie
Opening Hours: Mon - Fri: 8.30am - 5.30pm. Sat: 8.30am - 4.30pm.



www.bandoncoop.ie
www.facebook.com/bandoncoopretailcentres
www.twitter.com/bandoncoop
www.pinterest.com/bandoncoop

To sign up for our **SPECIAL OFFERS TEXT MESSAGES** simply text 'bandoncoop' to 51444.
Standard text rates apply.

KENNEDY'S OPTICIANS

Pearse St., Kinsale

Keeping Kinsale Focused

Tel: 021 4773595

NOW IN STOCK

Ray-Ban®

SUNGLASSES



OPENING HOURS: TUES TO THURS: 9.30am-5.30pm, FRI: 8.30am-5.30pm, SAT: 9.30am-3.00pm

The Spaniard

SCILLY, KINSALE

Tel: 477 2436 | www.thespaniard.ie

Friday 22nd August

JUG A PUNCH 10pm

Saturday 23rd August

FOR FOLK SAKE 10pm

Sunday 24th August

SKELLIG 7pm - 9pm

Wednesday 27th August

SKELLIG 9pm - late

Food Served All Day Friday - Sunday

Restaurant Open 7 Days
Fantastic New Menu

Now Serving Roast of the Day

~ Private Parties Catered For ~

Call 021 4772436 for details.

The Speckled Door

Old Head, Kinsale.

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

Renowned for Lordan's T-Bone Steaks



Aperitif

WINE & TAPAS BAR
@ BLUE HAVEN



OPEN 7 DAYS A WEEK FROM 5.30PM

Fantastic Tapas & Wine Menu



The Perfect Venue For All Special Occasions

3/4 Pearse Street, Kinsale

www.aperitifkinsale.com | Pop in or call us on 021 4772209 | Follow us on facebook



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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, Bru Rua, Kinsale Lager.

Music Venue
 Guardwell, Kinsale
 T: 021 4772382
www.folkhousevenue.com

...ALSO UNRIVALED
 WHISKEY SELECTION!
 OVER 80 TO
 CHOOSE FROM!
 IRISH WHISKEY
 TASTINGS AVAILABLE



Member of
 the Ireland
 Whiskey Trail



NEW GIN MENU
 AVAILABLE
 Over 40 to
 choose from!

FRI 22nd AUG
 10.30pm

THE FRETS

Lively Duo playing Trad to Jazz

SAT 23rd AUG
 10.00pm

I-FUNK

5 Piece Funk, Rock and Soul

SUN 24th AUG
 9.00pm

KING K

5 Piece Rockin Covers

WED 27th AUG
 9.30pm

OLE DOLLS

3 Piece Folk/Country

THUR 28th AUG
 9.30pm

JAWBONE

2 Piece Folk/Rock

FRI 29th AUG
 10.30pm

KING K

5 Piece Rockin Covers

ALL PARTIES
 ALL OCCASIONS
 CATERED FOR - 3 TO 300

ALL SPORTS SHOWN
 ON 2 BIG SCREENS

Bacchus-Nightclub

FRI 22nd AUG - DJ SEAN

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

SAT 23rd AUG - DJ MARK

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

THUR 28th AUG - DJ MARK

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

TRIDENT

HOTEL / KINSALE



BAR & SNACK MENU

Available daily from noon - 9pm.
(Full menu available online)

POPULAR CARVERY

Served daily is a lunchtime
favourite, 12.30 - 2.30pm.


CHILDREN'S MENU

Bring friends & family.

*Relax & enjoy outdoor
seating overlooking the marina.*

Saturday 23rd August

*Live Music with
The Long Note*

 FREE WiFi available to customers



Tel: 021 477 9300 Email: info@tridenthotel.com Website: www.tridenthotel.com



Kinsale Yoga Centre

68 Lower O'Connell St, Kinsale
YOGA - PILATES - CHI KUNG



AUTUMN TIMETABLE 2014

MONDAY	Asthanga Flow Yoga 10-11am Martina 087 6166109 (starts 15 Sept- course only)	Gentle Yoga & Mindfulness 11.15-11.45am Martina 087 6166109 (course starts 15 Sept)	Teens Yoga 2nd-4th yr 4.15-5.15pm Mary 087 7623822	Teens Yoga 5th-6th yr 5.25-6.25pm Mary 087 7623822	Prenatal Yoga 6.40-7.50pm Eileen 087 2383849	Yoga for Wellbeing 8-9.15pm Eileen 087 2383849
TUESDAY	Hatha Yoga 9.30-10.30am Zelda 087 0033025	Mother & Baby Yoga 6 wks to crawling 11am-12pm Fiona 086 0529129		Mens Yoga 5.20-6.30pm Fiona 086 0529129	Well Woman Yoga 6.35-7.50pm Fiona 086 0529129 (6 wk course €65)	Yin Yoga & Restoratives 8-9.15pm Eileen 087 2383849
WEDNESDAY	Hatha Yoga 9.30-10.30am Martina 087 6166109	Beginners & Improvers Yoga 10.45-11.45am Martina 087 6166109 (course starts 3 Sept)		Kids Story Yoga 8-12yrs 3.30-4.30pm & 4.45-5.45pm Mary 087 7623822	Tai Chi/ Chi Kung 6-7.30pm Pam 085 1691304 (€15 drop in, €60 for 5wks)	Yoga Dance Trance 8-9.15pm Zelda 087 0033025
THURSDAY	Pilates/ Yogilates 9.30-10.30am Eileen 087 2383849	Yoga for Anxiety & Depression 10.45-11.45am Veronique 087 3934389		Core Building Yoga 5.30-6.30pm Fiona 086 0529129	Vinyasa Flow Yoga 6.45-7.45pm Veronique 087 3934389	Beginners & Improvers Yoga 8-9pm Martina 087 6166109 (course starts 4 Sept)
FRIDAY		Hatha Yoga Gentle Stretch 11am-12pm Fiona 086 0529129				
SATURDAY	Hatha Yoga 10-11.15am Veronique/Rose 087 3934389	Tai Chi/Chi Kung 11.30am-1pm Pam/Simon 085 1691304 (€15 drop in, €60 for 5wks)				
				SUNDAY	Mindfulness Meditation 7-8.30pm Alan 086 1919000	

Centre open from 1 September 2014
To book classes please phone or text teachers.

Courses usually 6 weeks, €60 payable in advance & drop-in €12, unless otherwise stated.

Website: www.kinsaleyogacentre.com





———— presents ————

ANNUAL PIE BAKE OFF

Sunday 24th August | apm dead line | €5 ENTRY

THIS SUNDAY!!!



**DROP OFF YOUR DELICIOUS PIE TO US IN BALLINSPIITTE BOUTIQUE BAKERY & DELI
AT 2PM ON SUNDAY 24TH AUGUST
WITH YOUR NAME AND ADDRESS WRITTEN CLEARLY ON THE PIE TIN.
A €5 DONATION WILL GO TO AHAR, ANIMAL HAVEN ANIMAL RESCUE.
THE WINNER WILL RECEIVE A DIVA HAMPER WORTH €50
TO BE COLLECTED FROM THE BAKERY.**

VISIT OUR FACEBOOK PAGE FOR MORE DETAILS: DIVA BOUTIQUE BAKERY

+353 (0)21 477 8465
diva.ballinspittle@gmail.com
www.divaboutiquebakery.com
Ballinspittle, Co. Cork, Ireland



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KAFC GIRLS SOCCER

**REGISTRATION AND FIRST TRAINING FOR ALL
GIRLS FOR 2014-2015 SOCCER SEASON.**

Location:
**KINSALE COMMUNITY
SCHOOL**

**NEW
PLAYERS
WELCOME**

Time:
**SATURDAY, AUGUST 30
10:30am to noon**

For: **U16s, U14s, U12s
and Academy (6-10 yrs)**

Fees: **€50/player,**
€10 discount for Academy,
Family discounts in addition

Contacts:

U16 Lesley 087-232-9455
U14 John 087-659-0931
U12 Malcolm 086-852-8761
Academy Brendan 087-981-9833



Actons of Kinsale

PERSONAL TRAINING SPECIAL OFFER

UNTIL 31ST AUGUST 2014

1hr sessions
MEMBERS

~~WAS €20~~ NOW €10

NON-MEMBERS

~~WAS €30~~ NOW €15

6 Week Body Blast Programme €199

- 2 personal training sessions per week
- 1 class per week
- All tailored to your ability
- An initial consultation
- Nutritional advice
- A closing consultation & future plan
- Use of facilities during 6 weeks

Outdoor Training Available

Various Membership options available to suit everyone

3, 6 & 12 month memberships
starting from €40 per month

FACILITIES INCLUDE:

15m heated swimming pool

A separate toddler's pool

Sauna • Steam room • Whirlpool spa

Neck, back and body jets
around the pool

Technogym CV & Weight equipment

Stretch area / Aerobic floor area

Personal Training

*A wide variety of
fitness classes:*

Aqua, Circuits, Reebok Cycle.

**FREE PERSONALISED
FITNESS ASSESSMENTS**

HOLIDAYING IN KINSALE AND WANT TO WORK OUT?

Please enquire about our short term membership.

Contact the Leisure Club on 021 477 2345 for more information

leisure@actonshotelkinsale.com | www.actonshotelkinsale.com



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HERITAGE EVENTS 2014

CHARLES FORT

FREE ENTRY ALL DAY: SUN 24TH & SUN 31ST AUG

TEL: 021 4772263

DATE	TIME	EVENT	BOOKING
Sunday 24th August	2pm	Guided Tour of Fort in French by OPW Guide Gerard Margat.	No booking
	3.30pm	Guided Tour - Charles Fort: It's Strength & Weakness by OPW Guide Claire Kearney (Lower Coastal Batteries included)	Booking reqd. Limited to 20 places.
CHILDREN'S EVENTS: Fancy Dress or Hippie Costume or Military Attire are all optional.			
Sunday 24th August	12noon (1 hour)	KID'S ART WORKSHOP in the Gunpowder Magazine with Alice & Joan.	Booking reqd. Limited to 12 children.
	1pm	Children's Tour: Gruesome History of the Fort.	No booking
	2-5pm	Face Painting in the Fire Engine Building.	No booking
	3pm (1 hour)	KID'S ART WORKSHOP in the Gunpowder Magazine with Alice & Joan.	Booking reqd. Limited to 12 children.
Sunday 31st August	12noon (1 hour)	KID'S ART WORKSHOP in the Gunpowder Magazine with Alice & Joan.	Booking reqd. Limited to 12 children.
	1pm	Children's Tour: Gruesome History of the Fort.	No booking
	2-5pm	Face Painting in the Fire Engine Building.	No booking
	2-3pm	Teddy Bear's Picnic on the Main Green. (If weather is poor it will be relocated into the Barrack Stores).	No booking
	3pm (1 hour)	KID'S ART WORKSHOP in the Gunpowder Magazine with Alice & Joan.	Booking reqd. Limited to 12 children.
	4pm	Fancy Dress Parade (Starts on the Main Green and finishes on the Parade Ground).	No booking

CHARLES FORT TEA ROOMS: OPEN DAILY 10AM - 6PM

Actons

of Kinsale



Check out our new designated
Actons Wedding Site



www.actonshotelweddings.com

For enquiries call 021 477 9900
or email mkodonovan@actonshotelkinsale.com

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

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LUCY FRENCH SCHOOL OF DANCE

NEW TERM BEGINS ON MONDAY SEPTEMBER 8TH

All students places have been kept from last term, please let us know if your child will not be returning. Students taken from 2½ - 18 years of age.

MONDAY

3.30-4.15 Boy's Hip Hop and Breakdance (Age 6-8)
4.15-5.00 Hip Hop A (Age 8-10)
5.00-5.45 Hip Hop B (Age 10-12)
5.45-6.30 Boy's Hip Hop and Breakdance (Age 9+)
6.30-7.30 Hip Hop C (1st and 2nd years)
7.30-9.00 Senior Hip Hop (3rd year +)

TUESDAY

4.00-4.45 RAD Grade 3 Ballet (Beginners age 10+)
4.45-5.30 RAD Grade 3 Ballet
5.30-6.30 RAD Grade 5 Ballet
6.30-7.30 RAD Inter Foundation Ballet
7.30-9.00 Contemporary
(3rd year +, must have ballet experience)

WEDNESDAY

3.00-3.30 Baby Ballet (Age 2½-3½)
3.30-4.00 Pre School Ballet (Age 3½-4½)
4.00-4.45 RAD Pre Primary Ballet (Exam Class)
4.45-5.30 RAD Primary Ballet
5.30-6.15 RAD Grade 1 Ballet
6.15-7.15 RAD Grade 2 Ballet
7.15-8.15 RAD Grade 5 Ballet
8.15-9.15 RAD Intermediate Ballet

THURSDAY

3.30-4.30 Jazz A (Age 6-8)
4.30-5.30 Jazz B (Age 8-10)
5.30-6.30 Jazz C (Age 10-12)
6.30-7.30 Senior Jazz (Age 12+)
7.30-9.00 Jazz Repertoire
(3rd Year +, Must have Jazz dance experience)

FRIDAY

4.00-5.00 RAD Grade 3 Ballet
(Age 10+ Beginners)
5.00-6.00 RAD Grade 3 Ballet
6.00-7.00 RAD Intermediate Foundation Ballet
7.00-7.45 Intermediate Foundation Pointe Class

SATURDAY

9.00-9.30 Baby Ballet (2½-3½)
9.30-10.00 Pre School Ballet (3½-4½)
10.00-10.45 RAD Pre Primary
10.45-11.30 RAD Primary (New Class - Age 6+)
11.30-1.00 Teenage Beginner Ballet
(New Class - Age 12+)
1.00-2.30 RAD Intermediate
Ballet and Pointe

For availability and to book a place please call Lucy on

087 9521463 or 021 4773553

info@lucyfrenchschoolofdance.com www.lucyfrenchschoolofdance.com

PLEASE NOTE THAT PLACES ARE LIMITED SO EARLY BOOKING IS ADVISED.

INTRODUCING THE NEW

KINSALE HEALTH & WELLBEING CENTRE

Qualified Professional Therapists & Practitioners under one roof!

Jason Cowell

IACP, IAAAC, BSocSc.(Hons), H.Dip.
PSYCHOTHERAPIST & ADDICTION COUNSELLOR
087 135 9198

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Addiction Counselling.



Biodynamic Craniosacral Therapist

Geoff Caird B.C.S.T.
087 839 1973

Craniosacral Therapy makes you feel better!

Kinsale Health Therapies

Elaine Fitz Gibbon ITEC, CThA
THERAPEUTIC HEALTH PRACTITIONER
086 819 9924

Deep Tissue/Therapeutic Massage, Reflexology,
Pre-Natal Massage and Reflexology, Reiki Energy Healing,
Accunect (Ancient Wisdom).



Counselling, Psychotherapy & Supervision Services

Sharon O'Leary MIACP Accredited
087 1339153

Counselling, Psychotherapy and Supervision Services.

ALTO HOLISTICS

Sarah Tubridy ITEC, ARCTI
COMPLEMENTARY HEALTH THERAPIST
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Massage, Deep Tissue, Reflexology, Lymphatic Drainage
Massage, Touch for Health Kinesiology, Aromatherapy, Reiki,
Indian Head Massage, and The Jardin Secret Ritual Facial.



Kinsale Chiropractic

Joanna Daly DC, MChiro, LRCC, NMT, BSc(Hons)
CHIROPRACTOR
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EFFECTIVE IN THE TREATMENT OF:
Back Aches & Pain, Neck Pain, Restricted Movement, Rib,
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Registered Physical Therapist
I.I.P.T.
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Register of Physical Therapists Ireland.



Craniosacral Therapy

Elma O'Sullivan CST-T MIACST Dip Phys
CRANIOSACRAL THERAPIST
086 8126010

Craniosacral Therapy, General and Paediatrics.

Our therapists welcome you to contact them directly
for more information and to book an appointment.

We look forward to seeing you soon!

Flyers and cards available in centre.

OPEN DAY COMING SOON



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Kinsale Chamber of Tourism & Business Members 2014-2015

Kinsale Chamber of Tourism & Business works to promote the town via the website www.kinsale.ie (with over 250,000 user hit and over 800,000 page reads per year), publications, Irish and International media contacts, social media, travel bloggers, Kinsale Tourist Office, Fáilte Ireland, Tourism Ireland and visiting tour operators & groups.

***Thank you to all Members who have renewed their subscriptions
and welcome to new Members!***

Actons Hotel	Jim Edwards	Max's Restaurant
AIB Kinsale	Bar & Restaurant	Moloney's Pharmacy
Armada Bar	Kennedy's Optician	Old Bank House
Ballinacurra House	Kinsale & District	Old Head Golf Links
Bank of Ireland	Credit Union	Oysterhaven Holiday & Activity Centre
Blue Haven	Kinsale Advertiser	Perryville House
Boland's Gift Shop	Kinsale Arts Festival	Pier Leisure
Boland's Town House	Kinsale Boat Hire	Piscis Self Catering
Charles Fort OPW	Kinsale Charters	Private Label Wines
DAOL Design & Print	Kinsale Community	Quay Food Company
Desmond House	Association Saile	Rockview B&B
Don & Barry's Historic Stroll	Kinsale Dental Surgery	Scilly House Rentals
Elite Dry Cleaners	Kinsale Ghost Tour	Sean G Cusack Insurance
Elite Properties	Kinsale Golf Club	The Belfry
Fintan Lynch Hairdressing	Kinsale Harbour Cruises	The Bulman
Fishy Fishy Restaurant	Kinsale Holiday Village	Bar & Restaurant
Fitzgerald & Partners	Kinsale Heritage Walks	The Gallery Kinsale
Follyfoot Riding Farm	Kinsale Medical Centre	The Old Presbytery
Friar's Lodge	Kinsale OEC	The White House
George Daly & Co Solicitors	Kinsale Pottery	The White Lady Hotel
Giles Norman Photography	Kinsale Sports Store	Tierney's Guesthouse
Glebe Country House	Kinsale Yacht Club	Trident Hotel
Hegarty & Horgan Solicitors	Landfall House	Vista Café & Wine Bar
Inglenook Self Catering	Lemon Leaf Café	Woodlands House
J Cronin & Co Ltd	Man Friday Restaurant	
Jackie Dawson PR Consultant	Market Place Surgery	

We are currently re-designing and developing www.kinsale.ie to increase interactions with visitors, link to the Members' Directory and drive business referrals.

If you wish to join the Chamber or renew your membership please contact: memberinfo@kinsale.ie to ensure your business listing.

www.kinsale.ie





*Visit the Cobh
Heritage Centre*

**Learn about Cobh's
connection with:**

- The Titanic
- The Lusitania
- The Great Famine
- Emigration to
North America
- Convict Ships
to Australia

Gift Shop and Café

www.cobhheritage.com



Pearse Street, Kinsale
(above Eurospar)



THE KINSALE SALON

MASSAGE • BEAUTY • HAIR & NAIL

BY ANIKA & SANDRA

Gift Vouchers available • Salon open Monday to Saturday

Check out our price list on www.kinsalebeautysalon.com

*Phone us on **087 783 9626** to book an appointment.*

ALL TYPES OF NAILS

GEL/ACRYLIC • 2 WEEK GEL • NAIL ART • PEDICURES • MANICURES

SUMMER SPECIAL OFFER

Back Massage (30 minutes) _____ **ONLY €20**

Multi-Vitamin Full Body Massage (90 minutes) Ladies **€45** Gents **€50**

Deep Tissue Massage (90 minutes) _____ Ladies **€45** Gents **€50**

Swedish Massage (90 minutes) _____ Ladies **€45** Gents **€50**

Sports Massage (90 minutes) _____ Ladies **€45** Gents **€50**

Golfers Massage (90 minutes) _____ Ladies **€45** Gents **€50**

NOW AVAILABLE - OUR NEW...STATE OF THE ART...

ERGOLINE STAND UP SUN ROOM

Achieve that perfect all over tan in a matter of minutes!!!!

***NEW* TO THE KINSALE SALON**

The "Revolutionary" IPL+RF

(Intense Pulsed Light and Radio Frequency)

IPL is very effective in Permanent Hair Removal and also for 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 & wrinkles.

Kinsale Tile Store,
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F: 021 4773243

E: info@kinsaletiles.com

www.kinsaletiles.com



Timber Flooring
from €8.99yd²

New Bathroom Tiles
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Carpet from €7.99yd²

BATHROOMWARE • FULL RANGE OF TILES
CARPETS • FULL RANGE OF TIMBER FLOORS

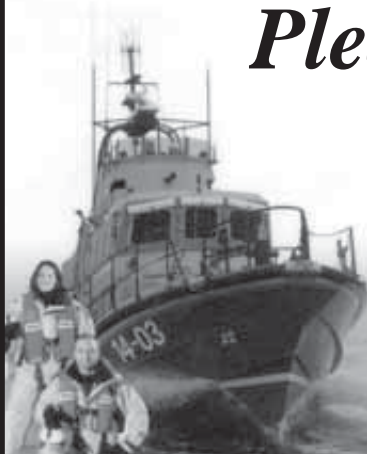


Lifeboats FUNDRAISING NIGHT

Friday 29th August

- *BBQ on The Night*
- *Fun in the Kinsale Yacht Club*
- *Music with Rockin' Gerry*
- *Raffles & Spot Prizes*
- *Everyone Welcome*

Please Support!



Train one, save many

Charity registered in England, number 204401 Reg No 1212719

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TO THE
RNLI**



www.rnli.org.uk

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Enjoy an award winning
Elemis Advanced Facial and receive
a FREE Back, Neck & Shoulder Massage

- Take time out and enjoy complimentary
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- Unlimited use of Club Health & Leisure

Only **€89** per person, saving you €45!



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www.carltonkinsalehotel.com



Subject to Availability
T&C's apply



Explore a New Career In Healthcare Support!



This **full-time** (10am - 4pm, 3 days per week) **FETAC Healthcare Support Course** is designed to prepare you to work competently, safely and effectively as a **Healthcare Assistant** in a variety of settings such as nursing homes, hospitals and home help support.

The course is structured to provide you with a high standard of training and assessment leading to a **recognised qualification** when pursuing a **career in the Health Care Sector**. It is also a preparatory course designed if you wish to pursue **further training in Health and Care** in the Institutes of Technology and in Universities. This course is unique in that **Kinsale College is the only centre offering a fully accredited Dementia Care Module** that underpins this course. Kinsale College works in partnership with K-CoRD (Kinsale Community Response to Dementia Care) and has links to **job opportunities** locally.

"This course is ideal for school leavers and mature students returning to the workforce."



Kinsale College
Coláiste Chionn tSáile

DOWNLOAD PROSPECTUS NOW AT:
www.kinsalecollege.ie
T: 021 477 2275
E: kinsalefurthered@eircom.net



Kinsale College
Coláiste Chionn tSáile

New 2014 Prospectus available
online at www.kinsalecollege.ie

OPEN DAY

Kinsale College

Now enrolling for
2014 / 2015
College Year

20.03.14

Come along
on Wednesday
3rd September.

10AM-7PM

College Commences Monday 8th September.
We Welcome Adult learners / School Leavers
with a very keenly priced registration fee of
€220.00. Drop in on our Open Day Weds 3rd
Sep to talk to course directors and tutors,
see our facilities and register on the day.

**We offer level 5 and Level
6 FETAC Courses including
Healthcare, Childcare, Office
Admin, Art, Media/video, Drama,
Professional Cookery and more.**

**Remember,
Further Education
is for Everyone!**

Kinsale College,
Bandon Road, Kinsale,
County Cork, Ireland.
T: +353 21 4772275
E: kinsalefurthered@eircom.net

design: www.kumertandtiemey.com



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Actons

of Kinsale

Saturday 30th August

Billy Crosbie and friends

playing in Sidney's Bar, 9.00pm - late

Come and join us for last Summer gig

Food served daily in **Sidney's**
12pm - 9.45pm

Brasserie available for private hire for all your family gatherings, private parties & corporate events



For enquiries or bookings call 021 477 9900
info@actonshotelkinsale.com www.actonshotelkinsale.com



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Orla Kiely



15 Main Street, Tel: 021 470 6956 www.hamish-hawkin.com Find us on

THE BOATHOUSE GALLERY PRESENTS A JOINT EXHIBITION BY Mark Eldred



& Amélie Gagné



Opening Friday 22nd August @ 6.30pm

Exhibition will run until the end of September

68 Main Street | Kinsale | Co. Cork | 021 4709981 | www.theboathousegallery.ie



KAYAK CLUB
STARTS AGAIN 13TH SEPT 10am to 1pm

SAIL CLUB
NOW IN FULL SWING

Thank you to all of you
who did courses with us so far

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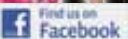
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It is your generosity that enables us to carry out our role as the charity that saves lives at sea.

THANK YOU.

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DERMOT RYAN'S HERITAGE TOWN WALKS



"Kinsale's Top Independent Attraction"
TripAdvisor

"Best Guide in Ireland"
Irish Independent

"Best value €5 in Ireland"
Sunday Times



10.30am Daily
 (or by appointment)
from the Tourist Office.

Adults: €5 Children: Free
 For group rates, please phone
086 826 7656

DON & BARRY'S HISTORIC STROLL

FROM TOURIST OFFICE @ 11.15am Daily
 & Early Bird @ 9.15am, Mon - Sat.

Ranked #1 of ALL activities in Kinsale
Check it out!

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

www.HistoricStrollKinsale.com
 Tel: 087 2500731 Adults €6/Children €1
 -CELEBRATING OUR 22ND SEASON-

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



AUGUST TIMES
 MON - FRI: 12pm, 2pm, 3pm & 5pm
 SAT & SUN: 12pm, 2pm, 3pm, 4pm & 5pm


Please see sandwich board at Tourist Office & Pier Rd. for updated times.

Complimentary Tea/Coffee Served
 Cruises are subject to weather and tide.
T: 086 250 5456
www.kinsaleharbourcruises.com

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.

Jim Daly TD 
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

FRI 22nd AUGUST

ARMADA BAR: Free Beer.

BACCHUS NIGHTCLUB:

DJ Sean, 11.30pm.

BLUE HAVEN:

Mike O'Riordan & Friends.

BOATHOUSE GALLERY:

Joint Exhibition by Mark

Eldred & Amélie Gagné.

Opening at 6.30pm.

CRACKPOTS:

Billy Crosbie every Friday.

DALTONS BAR:

Clem Buckley &

Martin Ryan, 10.30pm.

DON & BARRY'S

HISTORIC STROLL:

The Tourist Office

9.15am, 11.15am.

FOLKHOUSE:

The Frets, 10.30pm.

HAMLETS: DJ.

HARBOUR CRUISE:

12pm, 2pm, 3pm, 5pm.

Departs beyond Actons.

HERITAGE TOWN WALKS:

10.30am from the Tourist

Office. Also by appointment.

SILENT BANJO:

King K, 10.30pm.

SPANIARD:

Jug A Punch, 10pm.

WHITE HOUSE: Puc Ar Buile.

HARBOUR CRUISE:

12pm, 2pm, 3pm,

4pm & 5pm.

HERITAGE TOWN WALKS:

10.30am from the Tourist

Office. Also by appointment.

LORD KINGSALE:

Con Twomey.

SALE:

Household goods etc.

1.30pm - 6pm

at 44 Main St, Kinsale.

SILENT BANJO:

The Sun Kings, 10.30pm.

SPANIARD:

For Folk Sake, 10pm.

WHARF TAVERN AT

THE TRIDENT: The Long Note.

WHITE HOUSE: Celtic Knights.

SUN 24th AUGUST

ARMADA BAR:

The Sea Captains.

BBQ COOK OFF

& PIE BAKE OFF:

1.30pm, Ballinspittle Village

Centre. Judging at 3pm.

BLUE HAVEN:

Darren & Friends.

BULMAN: Club on the Rocks

with Billy Crosbie, 8pm.

CHARLES FORT:

Free Entry. Events all day,

see advert for details.

DON & BARRY'S

HISTORIC STROLL:

The Tourist Office, 11.15am.

FOLKHOUSE: King K, 9pm.

HARBOUR CRUISE: 12pm,

2pm, 3pm, 4pm & 5pm.

HERITAGE TOWN WALKS:

10.30am from the Tourist

Office. Also by appointment.

LORD KINGSALE:

Tony Quinn arriving after

6pm, as part of his Solo

Cycle, Wild Atlantic Way.

SALE:

Household goods etc.

1.30pm - 6pm

at 44 Main St, Kinsale.

SILENT BANJO:

Max 2, 8.30pm.

SPANIARD:

Skellig, 7pm - 9pm.

MON 25th AUGUST

BLUE HAVEN: Arundo &

Irish Dancers, 9pm.

DALTONS BAR:

Traditional Irish Music.

DON & BARRY'S

HISTORIC STROLL:

The Tourist Office

9.15am, 11.15am.

HARBOUR CRUISE:

12pm, 2pm, 3pm, 5pm.

Departs beyond Actons.

HERITAGE TOWN WALKS:

10.30am from the Tourist

Office. Also by appointment.

TUES 26th AUGUST

ARMADA BAR:

The Merry Stems,

7.30pm.

BLUE HAVEN:

Darren & Friends, 9pm.

DALTONS BAR:

Traditional Irish Music.

DON & BARRY'S

HISTORIC STROLL:

The Tourist Office

9.15am, 11.15am.

HARBOUR CRUISE:

12pm, 2pm, 3pm, 5pm.

Departs beyond Actons.

HERITAGE TOWN WALKS:

10.30am from the Tourist

Office. Also by appointment.

KINSALE BRIDGE CLUB:

Trident Hotel, 7.30pm.

Visitors welcome.

KINSALE & DOCK

ROWING CLUB:

The Dock Slip from 6.30pm.

WHITE HOUSE:

Leon Buckley, 9pm.

WED 27th AUGUST

ARMADA BAR:

The Merry Stems, 7.30pm.

BLUE HAVEN:

Niall McCabe, 9pm.

DON & BARRY'S

HISTORIC STROLL:

The Tourist Office

9.15am, 11.15am.

FOLKHOUSE:

Ole Dolls, 9.30pm.

HARBOUR CRUISE:

12pm, 2pm, 3pm & 5pm.

Departs beyond Actons.

HERITAGE TOWN WALKS:

10.30am from the Tourist

Office. Also by appointment.

KINSALE & DOCK

ROWING CLUB:

The Dock Slip from 6.30pm.

SPANIARD: Skellig, 9pm.

WHITE HOUSE:

Billy Crosbie & friends, 9pm.

THUR 28th AUGUST

BACCHUS NIGHTCLUB:

DJ Mark, 11.30pm.

BLUE HAVEN: Arundo &

Irish Dancers, 9pm.

DALTONS BAR: Traditional

Irish Music & Ballads.

DON & BARRY'S

HISTORIC STROLL:

The Tourist Office

9.15am, 11.15am.

FOLKHOUSE:

Jawbone, 9.30pm.

GAA SOCIAL EVENING:

Rescheduled today,

7.30pm, Temperance Hall.

HARBOUR CRUISE:

12pm, 2pm, 3pm & 5pm.

Departs beyond Actons.

HERITAGE TOWN WALKS:

10.30am from the

Tourist Office. Also by

appointment.

KINSALE & DOCK

ROWING CLUB:

The Dock Slip from 6.30pm.

WHITE HOUSE:

Shane & Friends, 9pm.

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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:

BACK, NECK, SHOULDER, KNEE, FOOT PAIN & INJURIES.

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.

Approved by all major health insurers.



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