

FREE

Vol. 24

Issue 34/13

Fri 30th Aug - Thurs 5th Sept 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

The Kinsale Art Gallery

Pier Head, Kinsale



END OF SEASON

SALE

MASSIVE REDUCTIONS

Begins 30th August 2013



Tel: 021-4773622
Mob: 087-2377462

Free Worldwide
Shipping

www.kinsale-art-gallery.ie

b.andrews@kinsale-art-gallery.ie

Amazonas

HAIR SALON

LADIES, GENTS & CHILDREN

MARKET PLACE, KINSALE

085 753 91 03



Mini Facial and Shape & Polish and Blow Dry Only €55

And we still have MAN'S FRIDAY until 31st August!

We charge €7 for Gent's Cut only on Fridays!

WE OPEN EVERY DAY! TUES - SAT 9AM - 9PM SUN - MON 12PM - 6PM

THE
ARMADA
BAR & GUESTHOUSE

Pearse Street, Kinsale Tel: 021 477 2255

**Friday 30th August
LIVE MUSIC**

**Saturday 31st August
LIVE MUSIC**

**Sunday 1st September
LIVE MUSIC**

**Tues 3rd, Wed 4th & Thur 5th Sept
TRAD SESSION
WITH THE MERRY STEMS**

*Kitchen Open 7 Days
Serving Traditional Irish Food*

C'MON THE REBELS!



**SHOW YOUR
SUPPORT FOR THE
CORK TEAM IN THE
ALL IRELAND FINAL**

***Decorate your
business or home
in Red & White!***



Re-opens Monday 9th September

Classes each Monday (Starts 9th September)
Kinsale Yoga Centre from 2.30pm.

New students welcome - Class numbers restricted.

New Class for 3-5 year olds

Enrol now by completing form below and returning to:
Audley School of Ballet, 19 Granary Wharf, Passage West.

ENROLMENT FORM

Please use capitals when filling in this form

Surname: _____

Christian Name: _____

Address: _____

Tel. No.: _____

Date of Birth: _____

Audley School of Ballet, 19 Granary Wharf, Passage West.

Tel: 087 948 1168





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 The Blind-Maker.*

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www.theblindmaker.ie

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 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



Oscar Madisons

7 MAIN ST, KINSALE

*Sat 31st Aug @ 10.30pm
KING K*

*Live Premiership Matches
 on our 5 HD Screens*

*Saturday 31st August
 Man City v Hull City 12.45pm
 Cardiff City v Everton 3.00pm
 Crystal Palace v Sunderland 3.00pm*

*Sunday 1st September
 Liverpool v Man Utd 1.30pm
 Arsenal v Spurs 4.00pm*



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Get fit the fun and highly effective way...

ZUMBA & ALL NEW ZUMBA TONING CLASSES

Bandon Town Hall <i>Monday</i>	ZUMBA TONING 2nd Sept	9.45am
Innishannon Hall <i>Tuesday</i>	ZUMBA CARDIO & CORE 3rd Sept	7.15pm
Kinsale Comm Park <i>Wednesday</i>	ZUMBA CARDIO & CORE 4th Sept	10.00am
Kinsale Comm Park <i>Wednesday</i>	ZUMBA BEGINNERS 4th Sept	11.00am
Bandon Town Hall <i>Thursday</i>	ZUMBA CARDIO & CORE 5th Sept	10.00am
Innishannon Hall <i>Thursday</i>	ZUMBA TONING 5th Sept	8.00pm



Enrolling now: Contact 087 951 4346

Email: fitness.dk42@gmail.com

www.facebook.com/InnishannonParishHall

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

SUMMER SPECIALS!!!

Book early to avoid disappointment!!

- With **EVERY** Facial booked get a **FREE** Eyelash Tint & Eyebrow Tint & Shape
- 60 minute Massage & 60 minute Facial **only €80**

**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

Hair by Erika 087 2135404

Is your hair parched and dried out from our recent sunny spell?

BLOW-DRY SPECIALS ON TUES, WED, THURS

SHORT €12 ADD €3 FOR
LONG €15 ADD €5 FOR

An **AMAZING WELLNESS DEEP CONDITIONING TREATMENT...**

- a **MUST** try to believe it!

Or get it **FREE** with your haircut!

Late appointments
Thurs & Fri
by appointment only

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HAIRCARE

MORCOWS

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PARIS



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Laura Hagger Podiatry Clinic

D.Pod.M, M.Ch.S.I, S.R.Ch.

SPECIALIST FOOTCARE/CHIROPODY CENTRE

- Routine Footcare
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- Nail Surgery
- Orthoses & Insoles
- Sports Injuries
- Children's Foot Health
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- Acupuncture
- House calls now available
- Rid your feet of fungal nails with the Laser Genesis Plus!
- Effective drug free treatment for onychomycosis.
- Blast those verrucae and warts with fast effective laser treatment.



By Appointment: 021 477 9578

No. 26 Haven Bay Apt, Ballinacubby, Kinsale



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

No. 26 Haven Bay Apt, Ballinacubby, Kinsale

KENNEDY'S  **OPTICIANS**
Pearse St., Kinsale Keeping Kinsale Focused Tel: 021 4773595

SPECIAL OFFER - BACK TO SCHOOL

**20%
OFF**

CHILDREN'S EYE EXAMINATION

From 20th Aug - 17th Sept

GREAT BUDGET FRAMES FROM €20



Does your child have problems with:

...DYSLEXIA?

...READING DIFFICULTIES?

...VISUAL STRESS?

Your child may benefit from specialised colour filtered lenses which we can prescribe & dispense at Kennedy's

If you need any further information or wish to discuss any of the above please do not hesitate to contact us or call in.

Sunglasses • Low Vision Aids • Prescription Sunglasses • Domiciliary/ Home Visits
Medical Cards/PRSI Welcome • Contact Lenses • Coloured Contact Lenses • Safety Spectacles

FULL EYE EXAMINATIONS INCLUDING:

√ Glaucoma Screening √ Diabetic Screening if Necessary √ Age Related Macular Degeneration Screening

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



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Enjoy a Taste of India at...

Cobra



Tandoori & Balti Restaurant

Kinsale

69 Main Street, Kinsale.

Tel: 021 477 7911 or 021 477 7163

Clonakilty

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.**

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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

KINSALE Yoga Centre

YOGA - PILATES - TAI CHI



September Timetable 2013

MONDAY	Pilates on the Ball 10.00 - 11.00am Rose 087 1332326			Prenatal Yoga 6.15 - 7.30pm Eileen 087 2383849	Yoga for Wellbeing 7.45 - 9.00pm Eileen 087 2383849
TUESDAY	Yogilates - Heated Fusion 10.00 - 11.00am Eileen 087 2383849	Over 50s Yoga 11.15am - 12.30pm Eileen 087 2383849		Well Woman Yoga 6.30 - 7.45pm (6 wk course €70)	Yin Yoga & Restoratives 8.00 - 9.15pm Eileen 087 2383849
WEDNESDAY	Pilates 10.00 - 11.00am Rose 087 1332326	Beginners & Improvers Yoga 11.30am - 12.30pm Martina 087 6166109 (Course starts 11 Sept)	Kids Story Yoga 8 - 12yrs, 4 - 5pm Mary 087 7623822 (5 wk courses start 25 Sep and 6 Nov)	Hot Yoga 6.15 - 7.30pm Patricia 087 7637514 (8 wk course starts 11 Sept)	Yin/Yang Yoga 8.00 - 9.15pm Rose 087 1332326
THURSDAY	Yoga for All Sporting People 6.30 - 7.30am Patricia 087 7637514 (8 wk course starts 12 Sept)	Hatha Yoga 10.00 - 11.30am Rose 087 1332326		Dynamic Yoga 6.30 - 7.30pm Veronique 087 3934389	Beginners & Improvers Yoga 8.00 - 9.00pm Martina 087 6166109 (Course starts 12 Sept)
FRIDAY	Beginners & Improvers Yoga 10.00 - 11.15am Fiona W 087 6117452 (course starts 6 Sept)			Acro Yoga 6.00 - 8.00pm Penny 087 9865556 (Classes start 13 Sept)	
SATURDAY	Hatha Yoga 10.00 - 11.15am Rose 087 1332326	Tai Chi 11.30am - 1.00pm Simon 085 1691304 (€15 drop in, €60 for 5wks)	SUNDAY	Yin & Meditation 6.00 - 7.30 Rose 087 1332326 (Course starts 8 Sept)	

To book classes please phone or text teachers. Courses are 6 weeks, €60 payable in advance and drop-in €12, unless otherwise stated.

68 Lower O'Connell St, Kinsale

Contact Rose/Eileen: 087 133 2326 or 087 238 3849

Website: www.kinsaleyogacentre.com Email: kinsaleyogacentre@gmail.com



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**KINSALE COLLEGE
OF
FURTHER EDUCATION**



Tel: 021 4772275

Email: kinsalefurthered@eircom.net

***ENROLMENT/
REGISTRATION DAY***

**Saturday 14th
September
2013**

From 2pm to 5pm

www.kinsalefurthered.ie



Lifeboats FUNDRAISING NIGHT

Friday 6th September

- *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 204801 Reg no 1207475

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DONATIONS
TO THE
RNLI



www.rnli.org.uk



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Yoga in Kinsale with Marsha

28 Lower O'Connell Street, Kinsale

Starting in September
 Courses run for 10 weeks

YOGA FOR MUMS (After School Run)

Tues 24 Sept 10.00am
 Duration: 1½hrs Cost: €100

RELAX AND DE-STRESS Lunch-time Session (with Yoga Nidra)

Tues 24 Sept 1.00pm
 Duration: ¾hr Cost: €50

YOGA FOR ALL

Tues 24 Sept 7.00pm
 Duration: 1½hrs Cost: €100

GENTLE YOGA (Over 50s)

Thur 26 Sept 10.00am
 Duration: 1½hrs Cost: €100

YOGA FOR ALL

Thur 26 Sept 8.00pm
 Duration: 1½hrs Cost: €100

YOGA

(Weekend Wake Up/Wind Down)

Sat 28 Sept 10.00am
 Duration: 1½hrs Cost: €100

Our yoga room is carpeted, warm & comfortable. All mats, blankets, etc supplied.

Email us at kinsaleyoga@yahoo.ie
 Website (coming): www.yogainkinsale.com



WE'RE ON FACEBOOK:
www.facebook.com/yogainkinsale

For info and booking,
 it's best to text to 087 250 7637

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FULLY LICENCED GUESTHOUSE & BAR

Guest Accommodation

4 Star AA Guesthouse



Food Served 12pm to 10pm
 Breakfast Served
 from 8am-12noon



~ Special Value Menu ~
 Available All Day
 ~ Gift Vouchers Available ~



LIVE MUSIC

Fri 30th Aug 10.30pm Puc Ar Buile
 Sat 31st Aug 10.30pm Liam O
 Wed 4th Sept 9.15pm Leon Buckley
 Thur 5th Sept 9.00pm Shane & Friends

LIVE SPORTS

GAA

Sun 1st Sept: Dublin v Kerry 3.30pm

BT & SETANTA SPORTS
 LIVE PREMIERSHIP SOCCER

Your hosts The Frawley Family & Staff
 T: 4772125 www.whitehouse-kinsale.ie



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- * 43' Aquastar "HAPPY", Island-wheelhouse
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- * VOUCHERS: Great gift idea. BUY ONLINE
- * P5 LICENSE: 12 passengers, 30 miles
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 Mob: 085-8631000

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silver/22ct gold bracelet €398

silver/22ct gold earrings €140

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Mon - Sun 10am - 6pm

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Tel: 0214777022 (opposite Kinsale Bookshop)

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introducing



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Phone to book consultation

LISSE DESIGN KERATIN THERAPY

Progressive, straightening treatment
with Keratin for all hair types
Smooth, velvety, glossy and tangle-free hair
100% safe, versatile and high-performance

IS THIS YOU??

A hairdresser who is creative, ambitious,
hard working and loves being part of a team?
Please send your CV to Bel Ami Hair Studio.
Part-time position available.

Rachel O'Brien, formerly of Toni+Guy, Kaizen, Origin and Kinsale, with Stylist Michelle Connolly

For appointments contact: Rachel on 021 477 7337



LUCY FRENCH SCHOOL OF DANCE

TERM STARTS SEPTEMBER 9TH

All current students places have been kept, please contact the school if your child is not returning. Students taken from 2¹/₂ - 18 years of age.

MONDAY (New Hip Hop and Breakdance Teacher: CLAIRE HATTIE)

- 3.30-4.15 Boy's Street and Breakdance
(Age 6-8) Full
- 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 Street and Breakdance
(Age 9+)
- 6.30-7.30 Hip Hop C (Age 12-15) Full
- 7.30-9.00 Senior Hip Hop (15+)

TUESDAY

- 3.30-4.00 Natural Movement (Full)
- 4.00-4.45 R.A.D Pre Primary (Full)
- 4.45-5.30 R.A.D Grade 3 Ballet (Age 10+)
(New)
- 5.30-6.30 R.A.D Grade 4 Ballet (Full)
- 6.30-7.30 R.A.D Inter Foundation Ballet
- 7.30-8.45 Contemporary
(15+ must have ballet experience)

WEDNESDAY

- 3.30-4.00 Natural Movement
- 4.00-4.45 R.A.D Pre Primary (Full)

WEDNESDAY (continued)

- 4.45-5.30 R.A.D Primary
- 5.30-6.15 R.A.D Grade 1 Ballet
- 6.15-7.15 R.A.D Grade 2 Ballet (Full)
- 7.15-8.15 R.A.D Grade 4 Ballet (Full)
- 8.15-9.15 R.A.D Inter Ballet

THURSDAY

- 3.30-4.30 Jazz A (Age 6-8) (Full)
- 4.30-5.30 Jazz B (Age 8-10) (Full)
- 5.30-6.30 Jazz C (Age 10-12) (Full)
- 6.30-7.30 Senior Jazz (Age 12+)
- 7.30-9.00 Jazz Repertoire
(Age 15+ must have prior experience)

FRIDAY

- 4.00-4.45 R.A.D Primary Ballet (Age 6+)
New
- 4.45-5.45 R.A.D Grade 3 Ballet (Age 10+)
(New)
- 6.00-7.00 R.A.D Inter Foundation Ballet
- 7.00-7.45 Pointe Class Inter Foundation
and Inter
- 7.45-8.45 R.A.D Inter Ballet

For further information and to book a place please call

087 9521463 or 021 4773553

NAMES CAN BE PLACED ON OUR WAITING LIST

www.lucyfrenchschoolofdance.com



www.twitter.com/kinsalenews



www.facebook.com/KinsaleNews





Kinsale Pilates STUDIO

New 6 Week Pilates & Barre Courses
STARTING MONDAY 2ND SEPTEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
10am Pure Pilates Matwork 11.15am Beginner Beginner Pilates 6.45pm Antenatal Pilates 8pm BarreConcept	7.15pm Pilates Total Body Sculpt & Tone 8.30pm Rock your? Abs, Arms & Bums.	10am BarreConcept	11.15am 50+ Pilates 8pm BarreConcept

BARRECONCEPT

Sculpt. Chisel. Define. Come and feel the burn at the Barre. Set to high energy music this unique workout will tone the thighs, lift the behind, sculpt your arms, flatten the abs and burn fat! RESULTS...a lean physique, strong core and a fitter and slimmer you!

PURE PILATES

Covering all aspects of Pilates this class is designed for the Intermediate to Advanced.

BEGINNER BEGINNER PILATES

Designed for the Pilates novice & those who suffer with back pain...get in touch with your 'Core' and learn the basic Pilates techniques; it could be the start of a lifelong affair!

ANTENATAL PILATES

For the mothers to be, this class is best suited to those in their 2nd & 3rd trimester. With a focus on strengthening 'core' muscle groups, improving posture and making more room for the growing baby.

PILATES TOTAL BODY SCULPT & TONE

Abs, Bum, Arms & Legs... nothing is left untouched.

ROCK YOUR....? ABS, ARMS & BUMS

A 30 minute class designed to define, sculpt & strengthen the targeted area, rotating the focus each week.

50+ PILATES

A class designed for the more mature body... focused on enhancing flexibility and tone.

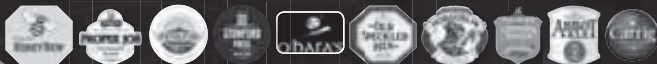
Places limited to 8 people, pay as you go options where available.

Phone/Text Trudy on 087 6106 285

info@kinsalepilatesstudio.com www.kinsalepilatesstudio.com



All classes are now held in Rogue Fitness, The Granary, Kinsale.



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



FRI 30th AUG

10.30pm

THE HOOTS

4 piece Lively Covers

SAT 31st AUG

10.00pm

PARALLEL

4 piece Pop and Contemporary Covers

SUN 1st SEPT

9.00pm

KING K

5 piece Rockin Covers

WED 4th SEPT

9.30pm

JACKED UP MIKES

3 piece Acoustic Folk/Rock

THUR 5th SEPT

9.30pm

BB QUEEN

4 piece 70s Funk meets Jazz/Blues

FRI 6th SEPT

10.30pm

CRAZY CHESTER

5 piece Folk Rock Originals and Covers

SAT 7th SEPT

10.00pm

I-FUNK

4 piece Fun Funk Soul Rock Covers

ALL PARTIES CATERED FOR

IN THE GREEN ROOM

ALL SPORTS SHOWN

ON 2 BIG SCREENS

Bacchus Nightclub

FRI 30th AUG - DJ GARIAN

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

SAT 31st AUG - DJ SEAN

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

THURS 5TH SEPT - DJ MARK

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

**DOES YOUR LACK OF
COMPUTER SKILLS
HINDER YOU?**

Have you considered our flexible
Computer and Business course?

KINSALE COMMUNITY SCHOOL
Kinsale, Co. Cork

COMPUTER & BUSINESS STUDIES

Commencing Monday 9th September, 2013

- Surf the internet with ease
- Send & receive e-mail
- Create simple web pages competently
- Manage your accounts & simplify your budget with spreadsheets
- Unravel the mysteries of word processing
- Prepare documents with confidence
- Understand the impact of information technology on personal & working life
- Learn to manage files & folders on your computer
- Develop basic skills in database & computer graphics
- Investigate the world of work
- Prepare a CV
- Improve communication skills

Enrolment Wednesday 4th September, 2013
9.30am-12noon

ECDL

will also be available
from September 2013
and is designed for
people with competent
computer skills
only.

- Suitable for all
- Flexible hours
- Grants available
- No previous experience necessary
- Reasonable tuition fees
which may be paid in instalments
- Courses lead to 3rd Level
FETAC recognised qualification



KINSALE COMMUNITY SCHOOL

(021) 477 3174

Email: daycourses.kcs@gmail.com
www.kinsalecommunityschool.ie

Bulman Bar
SUMMERCOVE, KINSALE

Bar Bites
MENU

Served in the Bar
TUESDAY - SUNDAY

Sample Menu

Homemade Scampi

with Homemade Tartar Sauce & Salad

€11.50

Harp Battered Fish & Chips

with Homemade Tartar Sauce

€10.50

**Toddies Homemade
Lobster Risotto**

€15.50

Thai Green Curry *with Jasmine Rice*

€12.50

Slow Roasted Pork Belly

with Asian Vinaigrette

€14.50

Scallops, Calamari, BBQ Ribs & much more...

Please note this is a sample menu
and changes every evening.





**BLUE HAVEN
HOTEL**

Afternoon Tea

Fantastic New Afternoon Tea Menu
Available Monday to Saturday
2pm to 5pm for only €12.95pp

Kids are back at school, so mums treat yourselves to a relaxing afternoon tea - because you're worth it.

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Learn to paddle fast and straight with our instructors' tuition!

***Only €40 for two consecutive Saturdays
with the promise of a Kayak Club dependent on interest.***

Sessions from 10.00am - 1.00pm

All equipment and tuition included! Call 021 4772 896 to book!

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POSITIVE BALANCE B-FITTER, B-HEALTHIER, B-SLIMMER

Join one of my small classes:

**Mondays, Wednesdays, Fridays at 10am,
Tuesday & Thursday evenings at 7pm.**

(Weights, Ball, Resistance Bands, Step
Aerobics, Pilates - Always different,
always fun & challenging.)

Tone and lose weight the right way!

**Classes starting the week of
Monday 2nd September**

LADIES BOOTCAMP

Tuesday & Thursday mornings at 9.45am.

(Drop the kids and come and
have fun and get fit.)

Starting Tuesday 3rd September

PERSONAL TRAINING

Need to lose weight?

Tone up, gain confidence, even help
with menopausal symptoms,
depression or simply get fit?

Let me help you with your diet and lifestyle.

**Clients have had fantastic weight loss
results. Want to know how? Ring me!**

1 hour or more manageable 1/2 hour
sessions at affordable prices.

Spaces limited so give it a go
and give me a call.

Saran 087 986 3302



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Living Solutions



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Solutions**

Old Chapel, Bandon.

Tel: 023-8841605

www.komandor.ie



It is widely understood that negative effects of
anxiety, depression, drug & alcohol addiction,
self-harm, suicide and adverse relationships
have a significant impact on the mental health
of our young people and their families.

*Are you concerned about your own or
someone else's Health and Wellbeing?*

FOR FREE AND CONFIDENTIAL

advice and support contact

Youth Health Support Worker, Tom Walsh

Mobile: 085 8725789 Office: 021 4774772

Email: tom@kyss.ie

Kinsale Youth Support Service, Church Sq., Kinsale

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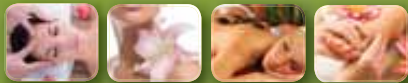


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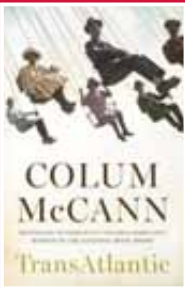
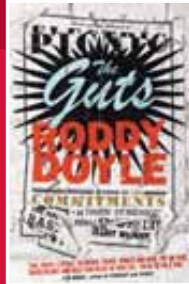


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CLOSING DATE: Thursday 12th September 2013



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LOTTO RESULTS

Draw Date : 22-08-2013
Draw Jackpot: €10,200

Draw Numbers: 15, 25, 29, 4

Jackpot Winner: None
Draw Winner 1: Dan McCarthy
Draw Winner 2: Ken Buttimer
Draw Winner 3: Packie Dillon

Next Draw Date: 29-08-2013
Next Draw Venue: 7.30pm @ Oscar Madisons

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KYSS Certified Volunteer Programme

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Working with young people and their families requires a wide range of skills, qualifications and personal life experiences. None of us have all the requirements but between us we can improve the local support network for OUR young people.

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Saturday 31st August

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Monday 2nd September

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NOTICES

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1 mile from town centre.

Lessons - Trekking - Livery

Call Zoë on 086 362 4403

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NOTICES

Kinsale



Volunteer Drivers Required

Contact Colette at 087 150 9996

Guitar picked up outside
St. Multose Walk on Sat 17th Aug.
Reward for any information.
Please contact Damien 087 2755 477

Guitar Lessons
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JOB WATCHERS IS A FREE 6 WEEK COURSE starting Wed 25th Sept, 7.30pm.

Providing support & motivation for those seeking employment.

Topics include ✓ CV and Interview Preparation
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NOTICES

LOOKING FOR WORK?

*Need help with job searching,
CV preparation and interview skills?*

If so we can help at the Kinsale Job Seeker Resource Centre, Red Cross Building, near St. Mulsea Church.

Contact: 021 477 3083 www.wcdp.ie



Sunday 1st Sept, 9am-3pm

Car Boot Sale

Belgooly GAA Pitch

Contact: 087 418 9077

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DERMOT RYAN 086 826 7656

From The Tourist Office

at 10.30am Daily & 3pm (by Appointment)

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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
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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,
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Please see sandwich board at Tourist
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Complimentary Tea/Coffee Served
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T:086 250 5456

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Informal Kinsale GAA
Gathering
at Kitty Ó'Sé's Bar
Saturday 31st August, 9pm

All players, supporters, mentors,
officers past & present welcome.
Lots of GAA memorabilia on display
on the night. A great chance to meet
up with old friends.

KINSALE ADVERTISER

WHAT'S ON IN KINSALE

FRI 30th AUG - THURS 5th SEPT 2013

FRI 30th AUG

ARMADA BAR:
Live Music.
BACCHUS NIGHTCLUB:
DJ Garian, 11.30pm.
BLUE HAVEN:
Crazy Chester, 10pm.
DERMOT RYAN'S HERITAGE WALKS:
10.30am Daily from the Tourist Office.
DON & BARRY'S HISTORIC STROLL:
The Tourist Office
9.15am & 11.15am.
EVERYMAN THEATRE:
Pride & Prejudice, 8pm.
Until 31st August.
FOLKHOUSE:
The Hoots, 10.30pm.
HAMLETS: R'n'B Night.
KINSALE ART GALLERY:
End of Season Sale starts.
Massive reductions.
KINSALE HARBOUR CRUISE:
Cruises at 12pm, 2pm.
KINSALE MUSEUM:
Open 10.30am -1.30pm.
KITTY O'SE'S:
Don Parker.
SILENT BANJO:
The Thin Line, 10.30pm.
SPANIARD BAR:
Jug A Punch, 10pm.
WHITE HOUSE:
Puc Ar Buile, 10.30pm.

DJ Night & Cocktail Party.
KINSALE HARBOUR CRUISE:
Cruises at 2pm, 3pm, 4pm.
KITTY O'SE'S:
Celtic Knights.
Informal Kinsale GAA
Gathering, 9pm.
KINSALE MUSEUM:
Open 10.30am -1.30pm.
OSCAR MADISONS:
King K, 10.30pm.
SILENT BANJO:
2 Hands & 20 Fingers,
10.30pm.
SPANIARD BAR:
For Folk Sake, 10pm.
WHARF TAVERN AT THE TRIDENT HOTEL:
Tim O'Riordan, 9.30pm.
WHITE HOUSE:
Liam O, 10.30pm.

SUN 1st SEPT

ARMADA BAR:
Live Music.
BLUE HAVEN:
Sonnie & Friends, 9.30pm.
BULMAN BAR:
Naymedici, 6.00pm.
Club on the Rocks with
Billy Crosbie, 8pm.
CAR BOOT SALE:
Belgooly GAA Pitch,
9am - 3pm.
DERMOT RYAN'S HERITAGE WALKS:
10.30am Daily from the
Tourist Office.
DON & BARRY'S HISTORIC STROLL:
The Tourist Office, 11.15am.
FOLKHOUSE:
King K, 9pm.
HAMLETS:
Niall McCabe Band.
KINSALE 5 MILE ROAD RACE: Contact:
John 086 8199611 or
kinsalericroadrace@gmail.com
KINSALE HARBOUR CRUISE:
Cruises at 2pm, 3pm, 4pm.
KITTY O'SE'S:
Natural Gas, 9pm til close.
SILENT BANJO:
The Geese in the Bog, 8pm.
SPANIARD BAR:
Trilogy, 6pm - 8pm.

MON 2nd SEPT

BLUE HAVEN:
Arundo & Irish Dancers,
9.30pm.
DALTONS BAR:
Traditional Music.
DERMOT RYAN'S HERITAGE WALKS:
10.30am Daily from the
Tourist Office.
DON & BARRY'S HISTORIC STROLL:
The Tourist Office
9.15am & 11.15am.
KINSALE HARBOUR CRUISE:
Cruises at 12pm, 2pm.
KINSALE ST JOHN THE BAPTIST CHURCH:
Perpetual Adoration,
9am - 1pm.
SPANIARD BAR:
Traditional Music Session.

TUES 3rd SEPT

ARMADA BAR:
The Merry Stems.
BLUE HAVEN:
Sonnie & Friends,
9.30pm.
DALTONS BAR:
Traditional Music.
DERMOT RYAN'S HERITAGE WALKS:
10.30am Daily from the
Tourist Office.
DON & BARRY'S HISTORIC STROLL:
The Tourist Office
9.15am & 11.15am.
KINSALE HARBOUR CRUISE:
Cruises at 12pm, 2pm.
KINSALE ST JOHN THE BAPTIST CHURCH:
Perpetual Adoration,
9am - 8pm.

WED 4th SEPT

ARMADA BAR:
The Merry Stems.
BLUE HAVEN:
Niall McCabe Band,
9.30pm.
DERMOT RYAN'S HERITAGE WALKS:
10.30am Daily from the
Tourist Office.

DON & BARRY'S HISTORIC STROLL:
The Tourist Office
9.15am & 11.15am.
FOLKHOUSE:
Jacked Up Mikes, 9.30pm.
HAMLETS:
Music with Old No. 7.
K-CORD CAFE:
Re-opening.
Haven Bay Village.
11am - 12.30pm.
KINSALE COMMUNITY SCHOOL:
Enrolment for Computer
& Business Studies Course
9.30am to 12pm.
KINSALE HARBOUR CRUISE:
Cruises at 12pm, 2pm.
KINSALE MUSEUM:
Open Weds to Sat
10.30am -1.30pm.
MINDLINK FOUNDATION:
Free lecture with Rod
Briggs, Trident Hotel,
7.30pm
SPANIARD BAR:
Easy Folk with Joe, 9.30pm.
WHITE HOUSE:
Leon Buckley, 9.15pm.

THURS 5th SEPT

ARMADA BAR:
The Merry Stems.
BACCHUS NIGHTCLUB:
with DJ Mark, 11.30pm.
BLUE HAVEN:
Arundo & Irish Dancers,
9.30pm.
DALTONS BAR:
Traditional Music.
DERMOT RYAN'S HERITAGE WALKS:
10.30am Daily from the
Tourist Office.
DON & BARRY'S HISTORIC STROLL:
The Tourist Office
9.15am & 11.15am.
FOLKHOUSE:
BB Queen, 9.30pm.
HAMLETS:
King K.
KINSALE HARBOUR CRUISE:
Cruises at 12pm, 2pm.
WHITE HOUSE:
Shane & Friends, 9pm.





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