

**FREE**

Vol. 24

Issue 35/13

Fri 6th Sept - Thurs 12th Sept 2013



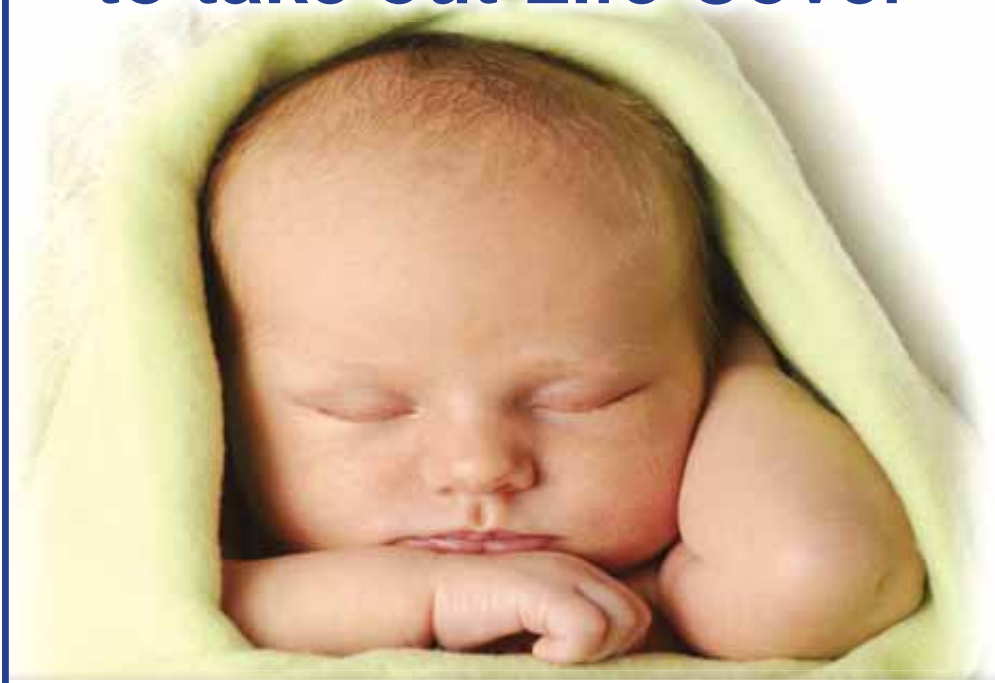
# KINSALE ADVERTISER

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



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

## Another 7lb 10oz reason to take out Life Cover



### Protect your most valuable asset.

Life assurance cover starts from as little as €12 per month.

For an appointment contact Padraig Fitzgerald,  
PJ Fitzgerald Insurance, 27 Pearse Street, Kinsale, Co. Cork.

Online underwriting, cheaper premiums, quicker cover

**pj**fitzgerald

**Tel: 021 477 2001**  
**or: 021 477 2332**

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

OPEN DURING LUNCH MONDAY TO FRIDAY



## Isabella's Kitchen Italian Cooking Tutorials

*For women who want to learn how to make homemade lasagne, pasta, pizza, creamy risotto & many other everyday, tasty & convenient dishes.*

**LOCATION:** Isabella's Kitchen in Coolmain (Kilbrittain).

**Small groups very welcome, max 4 people.**

**Prices:** From €20 per person per class  
(1.5 hour minimum, some recipes might take longer).

**Monday to Friday: Last class at 5.30pm.**



**For bookings call Isabella at 087 601 67 63  
or email [Isabella.rule.ir@gmail.com](mailto:Isabella.rule.ir@gmail.com)**

## THE **ARMADA** BAR & GUESTHOUSE

Pearse Street, Kinsale Tel: 021 477 2255

**Saturday 7th September**

**FREE BEER**

**Sunday 8th September**

**WATCH THE  
MATCH LIVE!**

**Good luck to Cork!**

**Tues 10th & Wed 11th Sept**

**TRAD SESSION  
WITH THE MERRY STEMS**

*Kitchen Open 7 Days  
Serving Traditional Irish Food  
**DARTS - POOL - RINGS***

## Joy's Massage of Kinsale

7 Pearse Street, Kinsale (Next To AIB Bank)

**Have a Relaxing 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

## TAE KWON-DO

**Beginner Classes in  
Kinsale starting now**

**With Mark Buckley VI Degree and  
Finbarr Stewart II Degree**

**CLASSES IN KINSALE  
Temperance Hall**

**Tuesdays  
6.30-7.30pm Beginners  
7.30-8.30pm Advanced**

**Fridays  
6.45-7.45pm Beginners  
7.45-8.45pm Advanced**

**Phone 086 822 0107 /  
087 258 8360 for more info**



태권도

[www.taekwondo.ie](http://www.taekwondo.ie)

# CARROLL CYCLES

Dillons Cross, Cork

021 4508923

## Cork's Biggest Trek and Giant Dealer

**TREK**

**GIANT**

**Save over 50%**  
when you buy a bike with  
the Cycle to Work Scheme.



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

**Delivery  
to Kinsale  
Daily**



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[www.facebook.com/KinsaleNews](https://www.facebook.com/KinsaleNews)





*Beautiful  
Plantation  
Shutters  
from  
The Blind-Maker.*

*The leading  
Plantation  
Shutter specialists  
in Munster.*

## The Blind-Maker

Visit our Showrooms @:

- Southside Industrial Estate, Togher  
(near EZ Living).

**Tel: 021 4320111**

[www.theblindmaker.ie](http://www.theblindmaker.ie)

SHOWROOMS OPEN MONDAY TO SATURDAY

FREE HOME CONSULTATION & MEASURING



**The  
Huntsman**  
Bar & Restaurant, Belgooly  
Tel: 021 477 0666  
[www.thehuntsmanbelgooly.com](http://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*



Poet's Corner  
The Reading Café & Book Exchange

*Having a celebration? We are open until 6pm*

Sandwich of the month for September

**Mediterranean Style  
Tuna Sandwich**

Choose between Roll or Sandwich Bread

Keep the summer going

**Homemade Peppermint  
Lemonade**

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

## Carrigaline Hypnotherapy & CBT Centre

Serving Kinsale, Carrigaline, Ballygarvan  
& surrounding areas.

*Stop Smoking in One Session  
Weight Loss - Gastric Band  
Hypnosis using HypnoBand System*

### SUSAN McELLIGOTT



Clinical Hypnotherapist, CBT,  
Reiki, successfully treats anxiety,  
depression, phobias, OCD,  
IBS, confidence, relationship/  
marital conflict issues, in fact any  
emotional issue.

Please take a look at my website  
for further information  
[www.carrigalinehypnotherapy.com](http://www.carrigalinehypnotherapy.com)  
or call Susan on 021 4373057 or 086 8776935



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](http://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

**H**air 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*

**TIGI**  
HAIRCARE

**MORCCANOIL**

**MATRIX**

**ALFAPARF**  
MILANO

**L'ORÉAL**  
L'ORÉAL PARIS

**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**



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[www.facebook.com/KinsaleNews](http://www.facebook.com/KinsaleNews)





**Kinsale DEEP SEA Angling**

- \* FISHING \* WILDLIFE TRIPS \* DIVING
- \* 43' Aquastar "HARPY", Island-wheelhouse
- \* Fast, Safe, Comfortable, Heated cabin, Loo
- \* CHARTERS: Full day, Half day & evening
- \* SEATS ONLY: Available - phone/email
- \* VOUCHERS: Great gift idea. BUY ONLINE
- \* PS LICENSE: 12 passengers, 30 miles
- \* FREE: Rod hire, Free WiFi aboard
- \* SURVEY: Sidescan, Magnetometer, ROV.

www.KinsaleAngling.com  
 Email: carroll@KinsaleAngling.com  
 Mob: 085-8631000

# The White House

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



**LIVE MUSIC**

Fri 6th Sept 10.30pm Shane & Friends  
 Sat 7th Sept 10.30pm Pete James  
 Wed 11th Sept 9.15pm Leon Buckley  
 Thur 12th Sept 9.00pm Shane & Friends

**BT & SETANTA SPORT  
 LIVE PREMIERSHIP SOCCER**

**RUGBY: SAT 7TH SEPT**  
 New Zealand v Argentina: 8.35am  
 Australia v South Africa: 11.05am

**ALL IRELAND HURLING FINAL**  
 Sun 8th Sept: CORK v CLARE 3.30pm

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



# Fishmarket

RESTAURANT @ BLUE HAVEN

**New Fishmarket Restaurant Menu Now Available**

Offering a stunning interior in a wonderful atmosphere right in the centre of Kinsale & located on the site of the oldest Fishmarket in the town which dates back to 1784. The Fishmarket Restaurant offers the very best fresh fish featuring a variety of great selections, made from only the freshest and highest quality ingredients. With dishes such as Japanese Inspired Smoked Salmon, Pan Seared Atlantic Scallops, Lobster & Crab Ravioli, Butter-Roasted Pesto-Crumbed Atlantic Cod and more, you'll be sure to find something to satisfy your palate.



Delicious Food - Great Wine - Craft Beers  
 Stylish Comfortable Atmosphere  
**Open Thursday to Saturday from 6pm.**

3 / 4 PEARSE STREET, KINSALE  
 T: 021-4772209 W: www.bluehavencollection.com



**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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[www.facebook.com/KinsaleNews](http://www.facebook.com/KinsaleNews)



# Laura Hagger Podiatry Clinic

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

## SPECIALIST FOOTCARE/CHIROPODY CENTRE

- Routine Footcare
- Specialist Diabetic Footcare
- Nail Surgery
- Orthoses & Insoles
- Sports Injuries
- Children's Foot Health
- Verruca Treatment
- 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** (BE., SMT, NMPT)

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

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





## *Your one stop property shop!*

Contact Sheehy Brothers for all your property needs!

**Selling?** Become one of our many happy successful vendors who have sold their properties and list your property for sale with us

**Renting?** We have huge demand for all types of rental properties Particularly corporate lets and good quality family homes

**Buying?** Properties are selling fast when they come to the market

**NEW** to the market are:

**The Brambles, Ardbrack** - detached property with large garden in the MOST stunning location, enjoying the entire panorama of Kinsale Harbour.

**Ardbrack Heights** - 2-bedroomed apartment with stunning harbour views, 10 minute walk from town centre.

**Featherbed Lane** - 3-bedroomed townhouse just a couple of minutes' walk from the centre of Kinsale town.

**Shearwater, Pier Road** - 1-bed and 3-bed units for sale – option to purchase fully furnished/equipped, excellent rental potential.

**Aster Lawn, Abbey Fort** - semi-detached 4-bed townhouse, top quality, short walk to town.

### **RECENTLY SOLD / SALE AGREED:**

3-bed townhouse @ Viking Wharf  
Large detached property @ Ardbrack

4-bed house @ Compass Quay

3-bed bungalow @ Abbey Lane

Two apartments @ Ardbrack Heights

4-bed semi-detached @ The Meadows, Belgooly

Detached bungalow @ Harbour View

Detached bungalow @ Bawnleigh

4-bed detached house @ Garrettstown

4-bed detached with garage @ Garrettstown

Family home @ Nohoval

3-bed semi-detached @ Abbey Court

*Like to see your property on this list? Call Patricia or Rob!*  
**021 4772338 / info@sheehybrothers.com**

Sheehy Brothers Auctioneers Ltd, Market Street, Kinsale, Co Cork.





**ARTISAN  
DELICATESSEN & BISTRO**  
Guardwell, Kinsale Ph: 021 477 4453  
thepantrykinsale@gmail.com

**OPENING HOURS:**  
Tues - Sat, 9am - 6pm

***RAID THE PANTRY!!  
This Saturday Only***

**Everything in our freezer  
has an unbelievable  
50% OFF!**

Take home a delicious,  
home-cooked, family meal  
for just €7.50 or a meal  
for one for only €2.50!

**FISH PIE • SHEPHERD'S PIE  
CHICKEN & SMOKED BACON PIE  
BEEF LASAGNE • VEGETARIAN OPTIONS  
SOUPS & SEAFOOD CHOWDER**

All our meals can be cooked  
directly from frozen.

# The Spaniard

SCILLY, KINSALE

Tel: 477 2436 | [www.thespaniard.ie](http://www.thespaniard.ie)

~ *Live Music* ~

Friday 6th September

**Jug A Punch**, 10.00pm

Saturday 7th September

**For Folk Sake**, 10.00pm

Sunday 8th September

**Trilogy**, 6.00pm-8.00pm

Monday 9th September

**Trad Session**, 9.30pm

Wednesday 11th September

**Easy Folk** with **Joe**, 9.30pm

Grapevine Promotions presents

**Rónán O' Snodaigh (Kíla)**

**Fri 27th Sept Doors 8pm**

Tickets €15 incl. booking fee from [tickets.ie](http://tickets.ie)  
& the bar on 021 4772436

**BAR FOOD SERVED**

All Day Every Day

**RESTAURANT**

Open Nightly from 6pm

Private Parties Catered For

Call 021 4772436 for details.

***Good luck to Cork this weekend!***



*First Club of the  
New School Year*

**FRIDAY 13th SEPT  
ST. MULTOSE HALL  
2:30 to 3:45pm**

Games, Crafts,  
Bible Stories, Fun  
2 Groups for  
Sr Infants - 6th Class

[www.kinsaleabc.ie](http://www.kinsaleabc.ie)



## **Fun Football Returns**

**5:00-6:00pm Thursdays**

For Boys and Girls aged 9 - 14 years of age

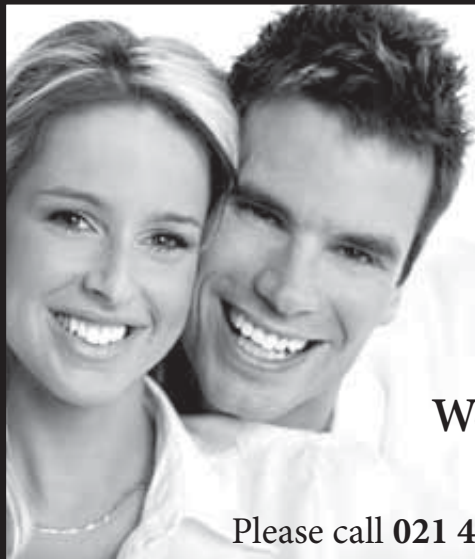
**OUR  
2ND  
SEASON**

**Saile Community Pitches - Starting 12th September**

Cost: €4 or €7 for 2 in the same family.

[www.kinsaleabc.ie](http://www.kinsaleabc.ie)





KINSALE DENTAL  
HEALTH CENTRE



## Mouth Cancer Awareness Day

Free Screening  
Wednesday 18th September  
9.30am - 12pm

Please call **021 477 2788** to make an appointment.

If you attend your dentist on a regular basis this screening is automatically carried out by your dentist.

Visit us on: [www.kinsaledentist.com](http://www.kinsaledentist.com)

# Amazonas

HAIR SALON

MARKET PLACE, KINSALE

**085 753 91 03**

LADIES, GENTS & CHILDREN



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

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



# THE CORK NATIONAL ANTIQUE & ART FAIR

## MORAN'S SILVER SPRINGS HOTEL

*Ireland's Biggest Antique Fair*



**SAT 14th - SUN 15th SEPT**  
**11am - 6pm**

## OVER 80 STANDS

**(4 TIMES BIGGER THAN OUR KINSALE ACTON'S FAIR)**

*15 MEMBERS OF THE IADA Irish Antique Dealers Association*

**Admission Adults €3.50 • Children very welcome and Free**

**This is a sister fair to our Actons Kinsale and our Rosscarbery Fairs just 4 or 5 times BIGGER.**



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[www.facebook.com/KinsaleNews](http://www.facebook.com/KinsaleNews)





# Crackpots

T: 021 477 2847

www.crackpots.ie

Restaurant & Wine Bar

Open 7 Nights from 6.00pm



**Book now  
as limited  
places left!**

Crackpots

**THURS AND FRI: PIANO BAR**  
AND THURSDAY IS PASTA NIGHT  
FREE GLASS OF WINE WITH THE PASTA SPECIAL!!

*Enjoy a real taste of the sea with our new delicious  
SEAFOOD PLATTER*

**"AN IRISH VOYAGE" Wed 11th Sept**

*An unforgettable voyage through the abundantly rich  
landscape of Ireland's songs, characters, poems & stories  
whilst you feast on a delicious 3 course meal.*

**Booking essential.**

# BEL AMI HAIR STUDIO

introducing



**CONNECTINGHAIR  
TAPE EXTENSIONS**

Phone to book consultation

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

**For appointments contact: Rachel on 021 477 7337**



## 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.**



## CHECK OUT OUR... WORLD BEERS MENU

Unrivalled selection inc: Fuller's Honey Dew Lager, O'Hara's IPA, Old Speckled Hen, Hobgoblin Ale, London's Pride Ale.  
NEW ON TAP: Proper Job IPA, Tribute, O'Hara's Red Ale, Stowford Press Westons Cider, Metal Man Cask Ale, 8° Howling Gale, Abbot Ale, Carrig Irish Craft Lager

Music Venue  
Guardwell, Kinsale  
T: 021 4772382  
[www.folkhousevenue.com](http://www.folkhousevenue.com)



...ALSO  
UNRIVALED  
WHISKEY  
SELECTION!



NEW GIN MENU  
AVAILABLE  
Over 25 to  
choose from!

**FRI 6th SEPT**

10.30pm

**CRAZY CHESTER**

*5 piece Folk Rock Originals and Covers*

**SAT 7th SEPT**

10.00pm

**I-FUNK**

*5 piece Funk Soul Rock Covers*

**SUN 8th SEPT**

9.00pm

**KING K**

*5 piece Rockin Covers*

**WED 11th SEPT**

9.30pm

**BIG SWINGING MIKEYS**

*3 Piece Acoustic Folk Rock Covers*

**THUR 12th SEPT**

9.30pm

**THE FRETS**

*Lively Duo playing from Trad to Jazz*

**FRI 13th SEPT**

10.30pm

**THE JOHN CONNELLY BAND**

*4 Piece Rock Covers*

**SAT 14th SEPT**

10.00pm

**INDIGO**

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

**ALL SPORTS  
SHOWN  
ON 2 BIG  
SCREENS**

# Bacchus Nightclub

**FRI 6th SEPT - DJ GARIAN**

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

**SAT 7th SEPT - DJ SEAN**

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

**THURS 12TH SEPT - DJ MARK**

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

**Calling all Mad Scientists!**



**Autumn Science Workshops  
Recommencing**

**WHERE:**

**SAILE INDOOR FUNCTION ROOM**

**WHEN:**

**THURSDAY AFTERNOONS**

commencing Thurs 12th September.

**MINI EXPLORERS**

6-8 year olds, 3.00pm - 4.00pm

**YOUNG INVESTIGATORS**

9 years and over, 4.15pm - 5.15pm

**WHAT:**

Investigate a different science topic every week and make models to bring home, such as water powered rockets, traffic lights and fossils. Investigate colour, sound, mirrors, levitating ping pongs and pneumatics. Learn how to make sherbet, goo, ice cream and even snow! And much much more!

**HOW MUCH:**

€100 for 10 weeks

Class size limited, reserve your place early to avoid disappointment.

**Contact: Siobhan Devlin 087 9506527**



Hands on Science is also available for Birthday Parties either at your home or at Saile's function room, all materials and equipment provided to make sure that your party goes with a bang!

**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.







# Sidney's

BAR AND BRASSERIE est.1946

**New Extensive Bar Menu  
Now Available**  
10am - 10pm Daily

**Outdoor Garden  
Area Now Open**



**Actons**  
of Kinsale

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

**AUNTY NELLIES**  
**GOLDEN**  
**TICKET**  
**COMPETITION**

**AMAZING PRIZES TO BE WON IN THE KINSALE STORE**

**GRAND PRIZE**  
**1 YEAR SUPPLY OF SWEETS**

TERMS & CONDITIONS APPLY. SEE IN STORE FOR DETAILS.

The poster features a central illustration of a woman in a vintage style, a golden ticket, and a background of red and white stripes.



Decorate a room at  
Bandon Co-op  
for just **€175!**

**FREE** measuring and  
quote from our staff

Carpet 12ft x 13ft

5ltr Dulux emulsion  
750ml Dulux Satin  
paint

Fitting included in  
price above



Laminate floors now in stock starting at only **€5.99** per yard<sup>2</sup>  
Special offer on solid and engineered flooring ask in store for details



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



Like Us

[www.facebook.com/bandoncoopretailcentres](http://www.facebook.com/bandoncoopretailcentres)



Follow Us

[www.twitter.com/bandoncoop](http://www.twitter.com/bandoncoop)



Follow Us

[www.pinterest.com/bandoncoop](http://www.pinterest.com/bandoncoop)

**BANDON CO-OP RETAIL CENTRE, FARM LANE, KINSALE.**

[www.bandoncoop.ie](http://www.bandoncoop.ie)

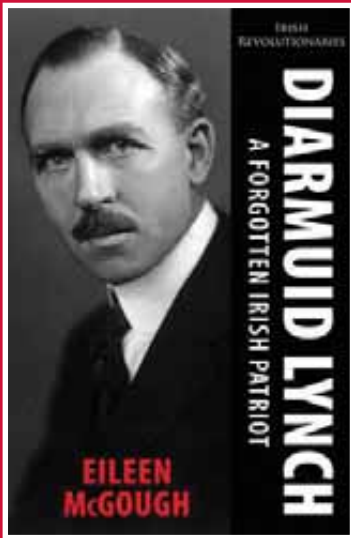
Bandon (023) 882 9000 • Enniskeane (023) 884 7866 • Kinsale (021) 477 4080

Opening Hours: Monday - Friday 8.30am - 5.30pm, Saturday 8.30am - 4.30pm.

# Kinsale Bookshop

8 Main St, Kinsale  
Serving Kinsale since 1998

*Friday 20th September is Culture Night*



To celebrate this we are hosting Eileen McGough, author of "Diarmuid Lynch, A Forgotten Irish Patriot".

*Eileen will talk about Diarmuid Lynch who came from Minane Bridge and who fought in the Easter Rising 1916 and was the last man to leave the GPO.*

*We will sing a song or two and enjoy a glass of wine.*

**So come and join us on  
Friday 20th September at 8.00pm**



Check us out on facebook to follow our online Bookclub. Our adult book for September is Anne Tyler's 'Dinner at the Homesick Restaurant' and our children's book is 'Ketchup Clouds' by Annabel Pitcher.

If you can't find the book you want we will order it for you. Book tokens available and we are happy to gift wrap.

## OPENING TIMES

**9.30am - 6pm Mon to Sat 12 noon - 6pm Sunday**

Tel: 021 477 4244

[kinsalebookshop@gmail.com](mailto:kinsalebookshop@gmail.com)



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

**Only €40 for two consecutive Saturdays  
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Sessions from 10.00am - 1.00pm

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## **Classes Starting in September!**



### **Teen Gym**

Supervised instruction for teens looking to have fun while taking their first steps in the gym. Classes specialise in cardio, muscular endurance, technique. Gain knowledge and confidence to train in the gym environment safely and effectively. NCEF fully qualified instructor. Book early to avoid disappointment.



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If you enjoy swimming, whether it's triathlon, sea or pool swimming, then this is the class for you. We will be training with a wide range of equipment and also a mixture of training methods such as speed, endurance, technique and open water training. Spaces Limited. For more information or booking please contact Keith at [ksinnott@hotelkinsale.ie](mailto:ksinnott@hotelkinsale.ie) or 021 4706625

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€25 1 to 1, €35 1 to 2, €45 1 to 3.  
We cater for all levels, abilities and age range.



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*New State of the Art Studio Open in Kinsale*

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**ONE-ON-ONE TRAINING:**

**12 sessions €480**

**BUDDY TRAINING:**

**12 session €660**

*(Train with a friend)*

*(€ 330 per person)*



**Rogue Fitness, The Granary, Kinsale: 021 477 7538**

# FITNESS

ess Programs for Real Lives™

**efitness.ie**



## FITNESS CLASSES

TIME	TUESDAY	THURSDAY	SATURDAY
7.00am - 8.00am	LADIES MIX N MATCH CIRCUITS Starts Tues 10th Sept.	BOOTCAMP Starts Thurs 12th Sept.	MEN'S SUPER SWEAT CIRCUITS Starts Sat 14th Sept.
9.30am - 10.30am			LADIES BODY SCULPT: €65 Starts Sat 14th Sept.
10.30am - 11.30am	LADIES MIX N MATCH CIRCUITS Starts Tues 10th Sept.	TOTAL BODY BLAST Starts Thurs 12th Sept.	LADIES BODY SCULPT: €65 Starts Sat 14th Sept.
6.15pm - 7.15pm	LADIES MIX N MATCH CIRCUITS Starts Tues 10th Sept.	TOTAL BODY BLAST Starts Thurs 12th Sept.	
7.30pm - 8.30pm		MEN'S SUPER SWEAT CIRCUITS Starts Thurs 12th Sept.	

**LADIES MIX N  
MATCH CIRCUITS**  
 A great all rounder  
 for weight loss &  
 toning.

**TOTAL BODY BLAST**  
 A high intensity workout  
 combining HI/LO aerobics  
 with body weight exercises  
 to tone, shape & strengthen  
 your body & scorch body fat.

**LADIES BODY SCULPT**  
 Mix of resistance machines,  
 kettlebells, dumbbells and  
 bodyweight exercises to  
 sculpt & strengthen all your  
 major muscle groups.

**MENS SUPER SWEAT CIRCUITS**  
 A combination of resistance & interval  
 training - with various intensity  
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 build strength, improve fitness & burn  
 stubborn body fat.

**6 week courses are €60 or €10 PYG. Classes will be limited to  
 10 people per class. Book early to avoid disappointment.**

**Call/text Sylvia @ Rogue Fitness 087 955 6664  
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*Why don't you call round for a  
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With something for everyone,  
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### **Wharf Tavern**

**NEW** Extensive Bar / Snack menu  
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Very popular Carvery served daily  
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**Tim O'Mahony**



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Sorry for any inconvenience caused by our closure on Monday and Tuesday but this was done in order to benefit you!

**"Smells Like Team Spirit"**

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Life is too short for bad coffee, ours is freshly ground and Italian!

Free Wi-Fi • Barista Quality Coffee • Herbal Teas

The organising committee of the

## **IFDS Disabled Sailing World Championships**

*would like to express their sincere thanks to the residents and businesses of Kinsale for their support and contribution in making this world sailing event a fantastic success.*

*All the Athletes and visitors were given a very warm Kinsale welcome.*



**Thank you!**

IFDS Worlds 2013 organising committee.



It's time to  
meet the experts

Wedding  
Fayre  
Sun 22nd Sept  
1pm - 5pm

Actons  
of Kinsale

Email: [mkodonovan@actonshotelkinsale.com](mailto:mkodonovan@actonshotelkinsale.com) [www.actonshotelkinsale.com](http://www.actonshotelkinsale.com)



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from 6pm

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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.

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**Karma Parking**

**Saturday 7th September** 10.00pm

**Ger Mehigan + Tranbadours**

**Sunday 8th September** 6.15pm

**Moon Picnic**

T: 021 477 2131 [www.thebulman.ie](http://www.thebulman.ie)



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**Raise €10 per booking for  
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Exclusive Ladies' Beginner Sessions in  
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Only €25 per person per session (normal cost €50)  
Price includes Instruction & Equipment

**10.30am - 1pm Wed 11th Sept**

**Pre-Booking Essential**

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See you on the water ladies (Men welcome too!)  
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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](mailto:tom@kyss.ie)

Kinsale Youth Support Service, Church Sq., Kinsale





Health through Harmony

## PILATES CLASSES

KINSALE



Venue:

**Sáile Sports and Community Centre**  
(Opposite Kinsale Community School)

Starting:

**Tuesday 17th September**

Time: **9.30am - 10.30am**

Duration: **8 week course - €100**

Contact: **087 0623 609**



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Adizero Tour Shoes

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Titleist Tour Stand Bag

Dozen NXT Titleist Balls

Trolley Bags from €50

Second Hand Sets of Irons €70

Were €159.00 **Now €99**

Were €650 **Now €499**

Was €159 **Now €129**

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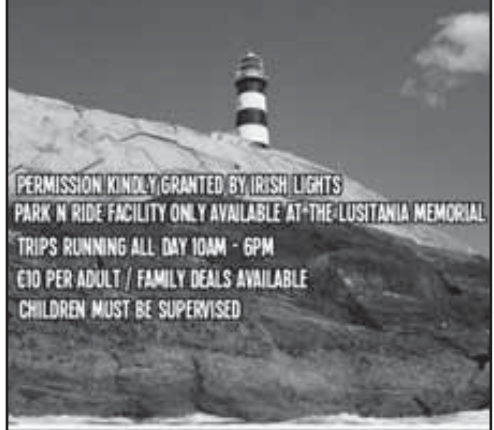
Phone/Text Trudy on 087 6106 285  
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SATURDAY 7TH AND SUNDAY 8TH SEPTEMBER 2013

IN AID OF  
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2 Courses: €20  
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[www.jimwardskinsale.com](http://www.jimwardskinsale.com)

\*Gift Vouchers Available\*  
\*Excellent Ensuite Accommodation\*

## Positive Ageing Week Kinsale 27th Sept - 5th Oct

**Fri 13th Sept - 3pm**

### Official Launch

**at Haven Bay Care Centre**  
Reading & Light Refreshments  
with Alice Taylor

**Thurs 19th Sept - 7.30pm**

### Fundraising Table Quiz at The Lord Kingsale

For more details contact  
**Deirdre Mullins 087 799 1041**

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GYPSY JAZZ GUITAR

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## VIRTUOSO GUITAR PLAYING

FRIDAY SEPTEMBER 20  
9PM START.  
TICKETS AT THE DOOR CIO

# KINSALE RFC

## LOTTO RESULTS

Draw Date : 29-08-2013

Draw Jackpot: €10,300

**Draw Numbers: 22, 5, 28, 25**

Jackpot Winner: None

Draw Winner 1: Johan Fabritus

Draw Winner 2: Con Good

Draw Winner 3: Sean Buckley

**Next Draw Date: 05-09-2013**

Next Draw Venue: 7.30pm @ Oscar Madisons

Play online at [Kinsalerfc.com](http://Kinsalerfc.com)

€100 for 12 months €25 for 3 months

Or purchase your tickets at

The White House, The Armada Bar, Oscar Madison's

The Bulman, Hamlets, Kitty O'Sé's, The Folk House

Murphy's Store, The Market Garden,

Bel Ami Hair Salon, Elite Dry Cleaners, Bandon Co-op

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*We aim to give children a very strong grounding  
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Through fascinating, inspiring activities your  
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**Course for Children age 4-8**  
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**NEW TERMS START**  
**Week of Sept 23rd in Kinsale Gael Scoil**

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Limited Places available as we wish to keep groups small.

# THE SILENT BANJO

Main Street, Kinsale

**Friday 6th September**  
*10.30pm til close*

## THE THIN LINE

**Saturday 7th September**  
*10.30pm til close*

## CADILLAC CATS

**Sunday 8th September**  
*8.00pm to 10.00pm*

## THE GEESE IN THE BOG

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### KYSS Certified Volunteer Programme

Would you like to give some of your time and skills to a youth support service in Kinsale?

Kinsale Youth Support Services Ltd. would like to invite you to become a registered volunteer with its local youth service. This volunteer programme is aimed at matching existing skills with the needs of the KYSS youth support service.

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.

If you would like to find out more about the KYSS volunteer programme please contact Tom 085-8725789 / 021 4774772 / [tom@kyss.ie](mailto:tom@kyss.ie)

# Sams

Tel: 021 4774 644 The Glen, Kinsale, Co. Cork

*Come & Support The Rebels at Sam's Bar.*

## ALL IRELAND HURLING FINAL Sunday 8th September

*A great welcome awaits you!*

WIN, LOSE OR DRAW  
ENJOY OUR POST-MATCH PARTY  
*with songs from*  
**JOE FITZ**

## *Come on The Rebels!*

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Contact Tristan on:  
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# Oscar Madisons

7 MAIN ST, KINSALE

LIVE MUSIC

Sat 7th Sept 10pm **PUC AR BUILE**  
4 PIECE TRAD

LIVE SPORT

Sun 8th Sept 3.30pm **ALL IRELAND HURLING FINAL  
CORK V CLARE**



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**Weight Loss Challenge** class to help  
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Lawnmowing, trimming, etc.  
Top quality work at competitive rates.  
Will also dispose of grass if required.

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&  
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3 miles from Kinsale. 3 double bedrooms, 1 bathroom, large kitchen/dining area, large separate living room and all modern conveniences.  
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All welcome: Parents, Guardians, Minders  
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### DRIVERS REQUIRED

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**Apply to Box No. 22/13**  
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of Kinsale

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Providing support & motivation for those seeking employment.

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## NOTICES

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Lessons - Trekking - Livery

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**KINSALE GARDEN & FLOWER CLUB  
PRESENTS**

## Autumn Hues

A Demonstration by Mary Keogh, A.O.I.F.A.

**THURSDAY 12TH SEPT @ 8.00PM  
IN ST. MULTOSE HALL, KINSALE**

*Refreshments Served*

**Further Details Nicola 086 851 5371  
New Members Welcome**

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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. Multose Church.

Contact: 021 477 3083 [www.wcdp.ie](http://www.wcdp.ie)

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 From The Tourist Office  
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Number 1 Kinsale Attractions & Cert of Excellence on



*"Start in Kinsale  
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*"...knows more about the  
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 you're going to meet there"*



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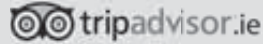
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Departure Beyond Actons Hotel on board 'Spirit of Kinsale'

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Complimentary Tea/Coffee Served  
 Cruises are subject to weather and tide.

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**R.N.L.I.  
 FUNDRAISER**  
 Friday 6th Sept  
 at Kinsale Yacht Club

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 September 27th to October 11th

Opening by Tony Cierans, Mayor of Kinsale.

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# KINSALE ADVERTISER

WHAT'S ON IN KINSALE FRI 6th SEPT - THURS 12th SEPT 2013

## FRI 6th SEPT

**ARMADA BAR:**  
Live Music.  
**BACCHUS NIGHTCLUB:**  
DJ Garian, 11.30pm.  
**BLUE HAVEN:**  
King K, 10pm.  
**BULMAN BAR:**  
Karma Parking, 10pm.  
**CRACKPOTS:**  
Piano Bar  
with Billy Crosbie.  
**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:**  
Crazy Chester, 10.30pm.  
**HAMLETS:**  
R'n'B Night.  
**KINSALE HARBOUR CRUISE:**  
Cruises at 12pm, 2pm.  
**KINSALE MUSEUM:**  
Open 10.30am - 1.30pm.  
**R.N.L.I. FUNDRAISER:**  
At Kinsale Yacht Club.  
**SILENT BANJO:**  
The Thin Line, 10.30pm.  
**SPANIARD BAR:**  
Jug A Punch, 10pm.  
**WHITE HOUSE:**  
Shane & Friends, 10.30pm.

## SAT 7th SEPT

**ARMADA BAR:**  
Free Beer.  
**BACCHUS NIGHTCLUB:**  
DJ Sean, 11.30pm.  
**BLUE HAVEN:**  
Crazy Chester, 10pm.  
**BULMAN BAR:**  
Ger Mehigan +  
Tranbadours, 10.00pm.  
**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:**  
I-Funk, 10.00pm.

**HAMLETS:**  
DJ Night & Cocktail Bar.  
**KINSALE HARBOUR CRUISE:**  
Cruises at 2pm, 3pm, 4pm.  
**KINSALE MUSEUM:**  
Open 10.30am - 1.30pm.  
**OLD HEAD OF KINSALE  
LIGHTHOUSE:**  
Open day in aid of Signal  
Tower Restoration Fund.  
**OSCAR MADISONS:**  
Puc Ar Buile, 10pm.  
**SILENT BANJO:**  
Cadillac Cats, 10.30pm.  
**SPANIARD BAR:**  
For Folk Sake, 10pm.  
**WHARF TAVERN  
AT THE TRIDENT HOTEL:**  
Tim O'Mahony, 9.30pm.  
**WHITE HOUSE:**  
Pete James, 10.30pm.

## SUN 8th SEPT

**BLUE HAVEN:**  
Sonnie & Friends, 9.30pm.  
**BULMAN BAR:**  
Moon Picnic, 6.15pm.  
Club on the Rocks with  
Billy Crosbie, 8pm.  
**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 HARBOUR CRUISE:**  
Cruises at 2pm, 3pm, 4pm.  
**OLD HEAD OF KINSALE  
LIGHTHOUSE:**  
Open day in aid of Signal  
Tower Restoration Fund.  
**SAM'S BAR:**  
Post-match Party  
with songs from Joe Fitz.  
**SILENT BANJO:**  
The Geese in the Bog,  
8pm.  
**SPANIARD BAR:**  
Trilogy, 6pm - 8pm.

## MON 9th 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.  
**SPANIARD BAR:**  
Traditional Music Session.

## TUES 10th 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.

## WED 11th SEPT

**ARMADA BAR:**  
The Merry Stems.  
**BLUE HAVEN:**  
Niall McCabe Band,  
9.30pm.  
**CRACKPOTS:**  
An Irish Voyage:  
Songs, stories and a  
delicious 3 course meal.  
**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:**  
Big Swinging Mikeys,  
9.30pm.  
**HAMLETS:**  
Music with Old No. 7.  
**KINSALE HARBOUR CRUISE:**  
Cruises at 12pm, 2pm.  
**KINSALE MUSEUM:**  
Open Weds to Sat  
10.30am - 1.30pm.  
**OYSTERHAVEN ACTIVITY  
CENTRE:**  
Ladies' Beginners Sessions  
Half Price. 10.30am - 1pm.  
**SPANIARD BAR:**  
Easy Folk with Joe,  
9.30pm.  
**WHITE HOUSE:**  
Leon Buckley, 9.15pm.

## THURS 12th SEPT

**BACCHUS NIGHTCLUB:**  
with DJ Mark, 11.30pm.  
**BLUE HAVEN:**  
Arundo & Irish Dancers,  
9.30pm.  
**CRACKPOTS:**  
Piano Bar with Billy Crosbie.  
**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:**  
The Frets, 9.30pm.  
**FUN FOOTBALL RETURNS:**  
Saile Community Pitches,  
5-6pm. Ages 9-14.  
**HAMLETS:** King K.  
**KINSALE GARDEN &  
FLOWER CLUB:**  
Demonstration by Mary  
Keogh, St. Moltose Hall,  
8pm.  
**KINSALE HARBOUR CRUISE:**  
Cruises at 12pm, 2pm.  
**KINSALE PARENT &  
TODDLER GROUP:**  
St. Moltose Hall,  
10.30am - 12.30pm.  
**WHITE HOUSE:**  
Shane & Friends, 9pm.





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