

FREE

Vol. 25 Issue 39/14

Friday 3rd October - Thursday 9th October 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

Kinsale Quarter, The Glen, Kinsale

Phone: 021 4772843

Fax: 021 4773137

Email: kinsale@supervalu.ie

Online: shop.supervalu.ie

Trading Hours:

Mon - Sat: 8am - 9pm

Sunday: 9am - 9pm

Smith's of Kinsale
SuperValu
Real Food, Real People

CONGRATULATIONS
to Orla Finn & the Cork Ladies Footballers
ALL IRELAND LADIES
FOOTBALL CHAMPIONS 2014
From all at Smith's SuperValu.

**SUPERVALU PROUD SPONSORS OF THE
CORK LADIES FOOTBALLERS.**



For all your
optical requirements,



with professional
care & attention!

KENNEDY'S *Keeping Kinsale Focused* OPTICIANS

Pearse St., Kinsale Tel: 021 4773595



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

OPEN TUESDAY-THURSDAY: 9.30am-5.30pm
FRIDAYS: 8.30am-5.30pm (Closed for Lunch 1-2pm)
& SATURDAYS: 9.30am-3pm (Open through Lunch)

Angel's Secrets

Short Quay, Kinsale Health & Beauty Care


**30 MINUTE FACIAL
WITH EYEBROW & EYELASH TINT
ONLY €35**

**FILE & POLISH
WITH EYEBROW TINT,
EYEBROW WAX & EYELASH TINT
ONLY €20**

**GET 10% OFF
FULL BODY MASSAGE
on Saturdays**

*Special Offers for the
Kinsale Gourmet Festival*

For appointments call:

 021 4774703 087 7418877

Joy's Massage OF KINSALE

7 Pearse Street, Kinsale (Next To AIB Bank)

Thai Massage ~ Reflexology
Deep Tissue Massage ~ Facial Firming
Hot Stone Massage ~ Sports Injuries
Head Massage ~ General Well Being
Hot Stone Massage a Speciality

**T: 021 470 0985
M: 086 368 3968**

The Spaniard

SCILLY, KINSALE

Tel: 477 2436 | www.thespaniard.ie

**Friday 3rd October
JUG A PUNCH 10pm**
**Saturday 4th October
FOR FOLK SAKE 10pm**
**Sunday 5th October
SKELLIG 7pm - 9pm**

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.

Elite Pilates

KINSALE



Elite Pilates Reformer & Barre Studio
**40% Off First
Online Booking**

"In 10 sessions you feel better,
20 sessions you look better,
30 sessions you have a **completely new body**"

Joseph Pilates - Pilates Founder

www.elitepilates.ie Phone Trudy: 087 6106 285

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



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HAMLETS
OF KINSALE

**This Sunday
5th October
from
2pm to 5pm**

***Calling all Start Ups,
Entrepreneurs & Kinsale Businesses!***

OPEN DAY @ HAMLETS OF KINSALE

If you have a good business idea and would like to showcase your arts, crafts, products or services, we are hosting a supporting local business initiative at Hamlets.



Arts, crafts,
services, activities,
charities & more
promoting Kinsale
are welcome!

Kinsale is the place to do business.

FREE ADMISSION ON DAY For Exhibitors & for Visitors

Contact cassandra@bluehavenkinsale.com or 021-4772209
to book your place as spaces are limited

Follow us on facebook

Blue Haven Collection, proud to be supporting local business in the Kinsale

www.hamletsofkinsale.com

INTRODUCING THE NEW

KINSALE HEALTH & WELLBEING CENTRE

Qualified Professional Therapists & Practitioners under one roof!

OPEN DAY - SATURDAY 25TH OCTOBER



Biodynamic Craniosacral Therapist

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

Craniosacral Therapy makes you feel better!



Kinsale Chiropractic

Joanna Daly DC, MChiro, LRCC, NMT, BSc(Hons)
CHIROPRACTOR
021 477 2445

EFFECTIVE IN THE TREATMENT OF:
Back Aches & Pain, Neck Pain, Restricted Movement, Rib,
Thorax & Upper Back Pain, Arm, Pregnancy etc.



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.



Jason Cowell

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

Counselling and Psychotherapy, Addiction Counselling.



PLAY THERAPY COUNSELLING FOR CHILDREN

Deirdre Barry NQSW, Dip Coun, MIACP PTUK
PLAY THERAPIST & COUNSELLOR
087 2252383

For children between the ages of 4 to 14.

ALTO HOLISTICS

Sarah Tubridy ITEC, ARCHTI
COMPLEMENTARY HEALTH THERAPIST
087 912 7271

Massage, Deep Tissue, Reflexology, Lymphatic Drainage
Massage, Touch for Health Kinesiology, Aromatherapy, Reiki,
Indian Head Massage, and Jardin Secret Ritual Facial.

FACIAL ACUPUNCTURE FACIAL REJUVENATION AYURVEDIC FACIAL

Marion King Registered Physical Therapist, I.L.P.T.
087 7744676

Deep Tissue Massage, Physical Therapy, Reflexology.
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
or to book an appointment.

We look forward to seeing you soon!

Flyers and cards available in centre.





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



FRI 3rd OCT

10.30pm

JOEY RYAN TRIO

3 Piece Folk/Rock

SAT 4th OCT

10.00pm

KING K

5 Piece Rockin Covers

SUN 5th OCT

9.00pm

BIG SWINGING MIKEYS

3 Piece Folk/Rock Covers

THUR 9th OCT

9.30pm

JAWBONE

2 Piece Folk/Rock/Blues

FRI 10th OCT

10.30pm

CADILLAC CATS

4 Piece Blues/Rock

SAT 11th OCT

10.00pm

I-FUNK

5 Piece Funk/Rock/Soul

Member of
the Ireland
Whiskey Trail



NEW GIN MENU
AVAILABLE
Over 40 to
choose from!



ALL PARTIES
ALL OCCASIONS
CATERING FROM 3 TO 300

ALL SPORTS SHOWN
ON 2 BIG SCREENS

Bacchus Nightclub

FRI 3rd OCT - DJ MARK

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

SAT 4th OCT - DJ SEAN

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

THUR 9th OCT - DJ MARK

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

Actons

of Kinsale

AUTUMN SPECIAL

JOIN BEFORE 31ST OCTOBER & RECEIVE
20% OFF YOUR MEMBERSHIP

OFFER APPLIES TO 6 & 12 MONTHS ONLY

TERMS AND CONDITIONS APPLY



For more info on any of the above please contact the Leisure Club on 021 477 2345

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

AUTUMN 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.



*For Special Occasions
Celebrate with us...*

From intimate family occasions to grand celebrations, the Trident Hotel offers a stunning location, personalised service and sumptuous seasonal menus to ensure your event is one to remember.



Live Music with The Long Note, Saturday 4th October



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



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HARD OF HEARING?

Conventional hearing aids may not be needed

Audivox Hearing Aids

**100%
IRISH
OWNED
BUSINESS**

Visit our clinic at the
**HAVEN BAY
CARE CENTRE**
Friday 10th October
9.30am-12.30pm



- See, try and test the latest in hearing aid technology
- Free hearing test and professional evaluation of hearing
- Reductions available on trading in your old hearing aids
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- Concessions available to medical card holders
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www.audivox.ie



Actons of Kinsale

It's difficult to believe that such a perfect setting can exist so close to your home and workplace. All in all, this unique combination provides the perfect location for your Christmas Party.

Christmas Party Night

FRIDAY 12TH DECEMBER 2014



Warm Punch on arrival, Four Course Meal,
Cadillac Cats and DJ until 2.00am
ALL FOR 45.00 PER PERSON

SPECIAL OVERNIGHT RATES AVAILABLE

For enquiries contact Mary K O'Donovan, our Events Manager
on 021 4779900 mkodonovan@actonshotelkinsale.com

Altrusa Club of Kinsale & District



**COFFEE MORNING
LUNCH & TEA**

Perryville Tea Room

**Monday
6th October
10am - 5pm**

Proceeds to:



Supporting people with Dementia to remain at home

PERSONAL DEVELOPMENT COURSE



THIS WILL BE AN 8 WEEK JOURNEY OF SELF-DISCOVERY

in a supportive, friendly and non-judgemental environment covering the following topics:

- Assertiveness
- Self-confidence and well being
- Identifying patterns and themes in your life that may block you
- Improved communication with others
- Dealing with conflict
- Self-awareness
- Learn how to live more mindfully

Please note that this group is experiential and non-academic.
No prior qualifications are needed. Places are limited.

Call 087 345 6597

or email ajourneyofselfdiscovery@outlook.ie
to book your place.



The
White House
KINSALE



Guest Accommodation
4 Star AA Guesthouse

BREAKFAST SERVED

8am - 11.30am

FOOD SERVED

12pm - 10pm

*Serving Fresh Seafood, Shellfish,
Steaks & Lamb Dishes
Delivered daily by local producers*

~ LIVE MUSIC ~

**Saturday 4th October
CENTRE STAGE**

Tuesday 7th October

LEON BUCKLEY 9pm

Thursday 9th October

SHANE & FRIENDS 9pm

~ LIVE SPORTS ~

**LIVE PREMIERSHIP
SOCCER**

**CHAMPIONS LEAGUE
SOCCER**

sky SPORTS AT THE RACES

AA Rosette Award for Culinary Excellence 2006-2013
A Member of the Kinsale Good Food Circle

Your hosts **The Frawley Family & Staff**



Tel 021 477 2125

www.whitehousekinsale.ie



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The 38th Kinsale Gourmet Festival

FRIDAY 10th OCT 3pm

“Cork Heat” of the All Ireland Chowder Cook Off

(Sponsored by Clona)

**Actons Hotel
Free of charge**

*Some of Cork's top chefs will
compete to represent the
County at the 5th All Ireland
Chowder Cook Off 2015*

Celtic Ross, Rosscarbery, Co. Cork
Cornstore Restaurant, Cork
Cronins Pub, Crosshaven, Co. Cork
Monks Lane, Timoleague, Co. Cork
Nash 19, Cork
Oliver Plunkett, Cork

Rising Tide, Glounthaune, Co. Cork
The Pantry, Midleton, Co. Cork

FRIDAY 10th OCT 6.30pm

Festival Opening

with MC Derek Davis

White Lady Hotel

Tickets €55

Champagne
Reception

sponsored by Laurent Perrier

with Canapés from Kinsale Good Food Circle.

*Followed by a
5 course*

Taste of West Cork Dinner in a GFC restaurant of your choice.

Crackpots, Fishy Fishy, Blue Haven, Jim Edwards,
Man Friday, Pier One, Restaurant d'Antibes
at The White House, Sidney's Brasserie
at Acton's Hotel, Toddies, White Lady.



SAT 11th OCT 11.30am
Mad Hatters Taste of Kinsale
Tickets €90 Actons Hotel



SUN 12th OCT 1pm
Fruits de Mer Luncheon
Tickets €75 Actons Hotel



WEEKEND SPONSORS

Barry & Fitzwilliam, Bewley's, Blacks Brewery Kinsale, C&C Gleasons, Christys Wines & Spirits, Clona,
Cork County Council, Durrus, Findlaters, Hattitude, Haven Shellfish, Karwig, Laurent Perrier, Longueville Wines,
Milleens, P. O'Connell Meats, Pallas Foods, Stonewell Cider, Tindal, Tipperary Water.

Tel: 021 4773571 Email: maria@kinsalerestaurants.com

www.kinsalerestaurants.com www.facebook.com/Good.Food.Circle



#KinsaleGourmetFest

A BIT ON THE SIDE

STARRING
CONAL GALLEN

www.irishjoker.com



Find Conal on:



YouTube



EVERYMAN

WWW.EVERYMANCORK.COM | 021 4501673

THUR 9 & FRI 10
OCTOBER 8PM



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Kinsale Positive Ageing Town

1st - 12th October

Wed 1st	11am	K-CORD CAFE "WE'LL MEET AGAIN" UN INTERNATIONAL DAY OF THE OLDER PERSON at Actons.
Wed 1st	2.30pm	AUTUMN TREATS COOKERY DEMO Haven Bay Care Centre.
Wed 1st	7pm	BUTTON JEWELLERY WORKSHOP Lemon Leaf Café.
Thur 2nd	11.30am	PAMPER MORNING Haven Bay Care Centre.
Thur 2nd	4.30pm	PRIMARY SCHOOL ART COMPETITION PRIZE GIVING Kinsale Tourist Office.
Thur 2nd	7pm	EXHIBITION OF FRED THOMPSON'S WORK The Boathouse Gallery.
Thur 2nd	8.30pm	KINSALE HISTORY SOCIETY PRESENTS "SEA FARERS OF KINSALE" BY TERRY CONNOLLY at Actons.
Fri 3rd	1.45pm	"LOOK BACK AND LAUGH" WITH EPISODES OF DAD'S ARMY in Kinsale Community School.
Fri 3rd	7.30pm	HAT ETIQUETTE DISPLAY AND TALK WITH CELESTINE OF HATTITUDE at The Lord Kingsale.
Sat 4th	11.30am	TALK BY SEAN O'BROIN "IRELAND 1890-1920" Kinsale Library.
Sun 5th	12pm	TAI CHI Town Park.
Mon 6th	11am-2pm	KINSALE AND DISTRICT ALTRUSA CLUB COFFEE MORNING, LUNCH & AFTERNOON TEA at Perryville Tea Room.
Tues 7th	10am	INTERGENERATIONAL MASS WITH THE STUDENTS OF KINSALE COMMUNITY SCHOOL In the Carmelite Friary.
Tues 7th	2.30pm	OLIVER LYNCH MEMORIAL AFTERNOON TEA DANCE Acton's Hotel.
Wed 8th	10.30am	DERMOT RYAN'S HERITAGE TOWN WALKS Tourist Office.
Wed 8th	10.30am	HEALTHY OPTIONS WALKERS Meet at The Trident.
Wed 8th	11am-12.30pm	K-CORD CAFÉ at The Friary Centre.
Wed 8th	2.30pm	MULTICULTURAL AFTERNOON Cramer's Court.
Wed 8th	7.30pm	CROCHET EXHIBITION WITH ANGELA SHANAHAN Salvis.
Thur 9th	11am	VISION EVENT FEATURING PAINTINGS BY FRED THOMPSON The Boathouse Gallery.
Thur 9th	2.30pm	YOGA WITH MARSHA The Friary Centre.
Thur 9th	8pm	POETRY EVENING Kinsale Bookshop.
Fri 10th	TBA	WORLD MENTAL HEALTH DAY MINDFULNESS TALK BY JASON COWELL Kinsale Community School.
Fri 10th	7.30pm	TABLE QUIZ The Lord Kingsale.
Sat 11th	2.30pm	CHARLES FORT GUIDED TALK Charles Fort.
Sat 11th	5pm	TRIBUTE TO DESMOND O'GRADY Hosted by Poet's Corner.
Sun 12th	3.30pm	TO THE MANOR BORN: A SUMPTUOUS AFTERNOON FEATURING DAN TWOMEY TENOR SOLOIST Ballinacurra House. Tickets €10 from The Boathouse Gallery (includes bus fare)

**For further information contact
Deirdre Mullins on 087 7991041**

PROUDLY SUPPORTED BY



**The only supplier of
Bathroomware
in Kinsale!**



KPS



CARPET
from €7.99yd²

**BATHROOM
TILES**
from €11.99yd²



**TIMBER
FLOORING**
from €8.99yd²

- **BATHROOMWARE**
- **FULL RANGE OF
TILES CARPETS**
- **FULL RANGE OF
TIMBER FLOORS**

Kinsale Tile Store, Guardwell, Kinsale

T: 021 4772966 F: 021 4773243

E: info@kinsaletiles.com www.kinsaletiles.com



Kinsale & District
NEWSLETTER

Autumn Edition
ON SALE THIS WEEKEND
IN USUAL OUTLETS

www.kinsalenews.com Tel: 021 477 4313

**TABOR LODGE ADDICTION
& HOUSING SERVICES LIMITED**
ADDICTION TREATMENT CENTRE

wish to recruit a

**HOUSEHOLD ASSISTANT
MAINTENANCE WORKER
(2) SUPPORT WORKERS**

These positions are on a Community Employment Scheme.
Please check with local Dept of Social Protection office regarding
eligibility and then e-mail CV to icdaldt@hotmail.com

Contact: Mary Cast 021-4887110 Email: mcast@taborlodge.ie

CLOSING DATE: FRIDAY 17th OCTOBER 2014



THE
HOUSE
OF
HAIR

Guardwell, Kinsale
Prop. Donna Murphy

**Celebrating 9 Years
in Business**

Donna would like to thank her amazing customers old and new for the continuous support, also my wonderful stylists:

Denise (Senior), Jane (Senior),
Sandra (Junior), Arelene (Junior).

**Call in over the weekend for a glass
of wine to celebrate with us!**

ALL NEW PRICE LIST

BLOWDRY BAR:

Mondays, Tuesdays & Thursdays

CALL: 021 477 2526

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



Find us on Facebook for Special Offers, Competitions
and to view Photo Albums of our work.



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*Live well,
Pay less*

OCOR



3 for 2
on all Natural Skincare Ranges



Dr. Hauschka



trilogy



Minor's Pharmacy

Pearse St,
Kinsale

021 4777 888



FUJIFILM

Now instore..

Photobooks from €12.99



Now serving
Sunday Lunch
1pm - 4pm
PRIME RIB ROAST

Early Bird Menu
Weekdays from 6pm - 7.30pm
2 Courses €20
3 Courses €25
(Sirloin Steak €5 Supplement)

Gourmet Burger Selection
Introducing "Dexter" Beef Burgers

18/19 Lower O'Connell St, Kinsale
021 470 9850

KINSALE ADVERTISER

SERVING THE COMMUNITY FOR 25 YEARS!

**Please note deadline for adverts
is Monday at 12 noon.**

**Adverts must be paid for at time of ad
placement to guarantee inclusion.**

Thank you for your co-operation.



RESTAURANT & WINE BAR
3 CORK ST, KINSALE

Tel: 021 477 2847 www.crackpots.ie

Open Every Night at 6pm

Wednesday 8th October 7pm
OUR 3RD WINE TASTING DINNER

in association with Christy's Wines.

**Award winning Italian wines from the famous
San Leonardo Boutique Vineyard. Plus a German wine tasting.**

BOOK NOW €50 FOR DINNER & WINE

And the Brilliant Billy Crosbie on Piano Every Friday



KINSALE WWI MEMORIAL

Public Meeting

Friday 3rd October 2014 at 8PM

Friary Meeting Room

for the families of Kinsale and District
WW1 deceased to make arrangements for
Remembrance Sunday

All Welcome

**"When you go home
tell them of us and say
for your tomorrow
we gave our today"**

10 Good Reasons to advertise in the KINSALE ADVERTISER

SERVING THE COMMUNITY FOR 25 YEARS!

- 1) The Definitive Guide to **What's On In Kinsale!**
- 2) Quality local advertising **direct to your target market.**
- 3) **Most competitive and affordable advertising rates** around for a product which we have improved vastly through the years:
(A weekly full page mono costs just €66+vat, 20 years ago the same ad cost the equivalent of €57+vat!)
- 4) **No extra charge for ad design.**
- 5) **Weekly & Monthly rates** and further discounts for prepayment on block bookings.
- 6) Kinsale Advertiser is **uploaded to www.kinsalenews.com** every Thursday and is delivered to usual outlets every Friday morning - more people than ever before now see your ads!
- 7) **Follow us on Twitter & Like us on Facebook**
Advertise your events and we will promote them to our followers.
- 8) **Full colour adverts available (Full, half, quarter & eighth of a page).**
- 9) Book your preferred space for upcoming events....
Gourmet Festival, Jazz Weekend, Hallowe'en, Christmas etc....
- 10) The Kinsale Advertiser, the most effective way to
Let people know what your business has to offer.



MEMBER


Deadline: Every Monday @ 12 noon

ADVERTS CANNOT BE CONFIRMED UNTIL PAYMENT HAS BEEN RECEIVED

T: 021 477 4313

E: info@kinsleadvertiser.com www.kinsalenews.com

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

@KinsaleNews 

SAY NO to Irish Water's Health-Wrecking Smart Meters in Kinsale

"Smart" meters, unlike conventional analogue meters, have serious health impacts that have not been sufficiently addressed by Irish Water. They are being installed - often without consent - in thousands of homes each week and will be in Kinsale shortly. Look at the wealth of evidence of damage to health presented by those who have carried out independent studies. For example at

<http://emfsafetynetwork.org/smart-meters>

We can be billed for water without smart meters, as many are about to be billed.

It is difficult but not impossible to protect our families and our community. You at can at least put a clearly visible, simple notice beside your stop-cock saying "No Contract, No Consent, No Smart Meters to be Installed Here". Reply to Irish Water repeating this message. Doing nothing will be taken as giving your consent.

Even if you have a well in your own property, every time you go along the streets or visit others, you will be affected by the smart meter EMF radiation pulses from other properties.

FURTHER INFORMATION

Irish Water is a currently owned by the Irish State, but there are no guarantees that it will not in the future be sold to the highest bidder, along with our valuable water assets and household information.

We are reminded in its airbrushed guide that much greater investment is needed to correct high levels of water leakage in the public system, varying standards in water quality, disruptions to supply and environmental compliance. Surely then, Irish Water should be investing our money firstly in making these corrections, rather than prioritising the nationwide installation of expensive meters to the great enrichment of the meter company, which is not State-owned.

Moreover, there is no sign that the discredited practice of adding fluoride to our water supplies will be stopped.

Placed by Rosie Cargin and Mary Nestor

MNF Decluttering Inc.

*House clearances?
Sorting your wardrobe?
Clearing that spare room ?
Need a better storage system?*

**We are your personal organisers!
FREE ESTIMATES**

**Call Mary/Frances
086 8193808**



Bulman Bar & Toddies Restaurant

SUMMERCOVE, KINSALE

T: 021 477 2131 www.thebulman.ie

Saturday 4th October

THE HOUNDOGS 10pm

*Few tables remaining for the
"Taste of West Cork" Menu
on Friday 10th October*

LUNCH SERVED 7 DAYS 12.30pm to 5pm

EVENINGS - RESTAURANT & BAR FOOD

Tuesdays to Saturdays 6pm to 9pm



Ralf's Computer Services

est. 2002

Lower O'Connell Street,
Kinsale, Co. Cork
(Between Shanghai Express & The White Lady)

COMPUTER & LAPTOP REPAIRS

Spyware & Virus Removal • Data Recovery & Back-up
Home & Business Networking • Computer Upgrades
Home & Business On-Site Services

COMPUTER SALES

Computers • Laptops • Printers • Accessories • Ink toners

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Tel: **087 237 1022**

Email: cantyt@eircom.net
www.bestpricetaxis.com

KINSALE TO CORK AIRPORT

€25

KINSALE TO CORK CITY

€30

*You can save €10 per fare
when you book with us!*

IT'S A GREAT DEAL!

The Huntsman

Bar & Restaurant, Belgooly



Tel: 021 477 0666

www.thehunsmenbelgooly.com

Next Saturday 4th October

BAZZERFEST

with DJ Séamus

*Get your head shaved or some part of your anatomy
waxed at this Fundrazor for Cancer Services at
The Mercy Hospital next Saturday night.*

Bring your friends along to sponsor you.

Great Music with DJ SÉAMUS, 10pm til late.

COMPLIMENTARY FINGER FOOD

& MANY SPOT PRIZES TO BE WON.

All proceeds going to this very deserving cause.
All Haircutting and Head Shaving will be done by our
specially convened professionals who are giving their
services free of charge.

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in aid of Autism

Temperance Hall, Kinsale
Friday 3rd October, 10am

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Sunday 5th Oct, 1pm-5pm
PLEASE NOTE NEW TIME!!

Car Boot Sale

Belgooly GAA Pitch
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Tea/Coffee and Kids' Snacks Supplied.

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Pink Ribbon Sale
Kinsale Town

VOLUNTEERS NEEDED

If you can spare an hour or two on Friday 3rd October and would like to volunteer to help with the event please contact Mary on 086 3071079.

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

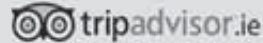
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FROM TOURIST OFFICE @ 11.15am Daily
& Early Bird @ 9.15am, Mon - Sat.

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

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*"Excellent... Kinsale's single
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www.kinsaleredcross.org Registered Charity No. CHY 3950

Junior Cert Disco 2014

*Kinsale Red Cross extend their gratitude
to all the volunteers who assisted them in
running their annual Junior Cert Disco at the
White Lady on 10th September.*

The distribution of funds from the disco
support the following:

- Operation Uisce
- Sr Regina Toomey, Presentation Order, Lima, Peru.
- Support and Nurture Nairobi, Kenya
- Sr Bridie Canavan MMM.
- Kinsale Youth Development Fund.
- Kinsale Boy Scouts Group.

Special thanks to the White Lady Hotel
who provide their facilities FREE OF CHARGE
to the Red Cross.

The support of the various members of An Garda
Siochana whose presence is greatly appreciated
and valued is acknowledged.

HARBOUR CRUISE

Departure Beyond Actons Hotel on board 'Spirit of Kinsale'



OCTOBER TIMES

SATURDAY & SUNDAY: 2pm

No cruises on 11th or 12th October
Please see sandwich board at Tourist Office
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Complimentary Tea/Coffee Served
Cruises are subject to weather and tide.

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KINSALE GARDEN & FLOWER CLUB

9th October 2014
8.00pm

A TALK BY SUSAN TURNER

Head Gardener, Ballymaloe
Visitors welcome, entry €7
including refreshments.

Jim Daly TD Advice Clinic



Weekly Clinics at both
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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

Kinsale Positive Ageing Town 1st - 12th October

FRI 3rd OCTOBER

ADVICE CLINIC:
With Jim Daly TD,
Trident Hotel, 12.30pm.

ARMADA BAR: Live Music.

BACCHUS NIGHTCLUB:
DJ Mark, 11.30pm.

BINGO: Ballinspittle
Community Hall, 8.30pm.

BLUE HAVEN:
The Frets, 10pm.

COFFEE MORNING:
Temperance Hall, 10am.
In aid of Autism.

CRACKPOTS:
Billy Crosbie on piano.

**DON & BARRY'S
HISTORIC STROLL:**
The Tourist Office
9.15am, 11.15am.

FOLKHOUSE:
Joey Ryan Trio, 10.30pm.

HAMLETS: DJ.

HERITAGE TOWN WALKS:
10.30am from the
Tourist Office. Also by
appointment.

**IRISH CANCER SOCIETY
PINK RIBBON SALE:**
Volunteers needed
with this event.
Call Mary 086 3071079.

KINSALE WW1 MEMORIAL:
Public Meeting at Friary
Meeting Room, 8pm.

POSITIVE AGEING WEEK:
Events run until
Sunday 12th October.

SILENT BANJO:
King K, 10.30pm.

SPANIARD:
Jug A Punch, 10pm.

SAT 4th OCTOBER

ARMADA BAR:
Live Music

BACCHUS NIGHTCLUB:
DJ Sean, 10.30pm.

BLUE HAVEN:
Ronnie Costley, 10pm.

BULMAN:
The Houndogs, 10pm.

**DON & BARRY'S
HISTORIC STROLL:**
The Tourist Office
9.15am, 11.15am.

FOLKHOUSE:
King K, 10pm.

HAMLETS: DJ.

HARBOUR CRUISE: 2pm.
Departs beyond Actons.

HERITAGE TOWN WALKS:
10.30am from the
Tourist Office. Also by
appointment.

HUNTSMAN:
Bazzerfest with DJ Seamus.

OSCAR MADISONS:
Celtic Knights, 10.30pm.

SILENT BANJO:
Cadillac Cats, 10.30pm.

SPANIARD:
For Folk Sake, 10pm.

**WHARF TAVERN AT
THE TRIDENT:**
The Long Note.

WHITE HOUSE:
Centre Stage.

SUN 5th OCTOBER

ARMADA BAR:
All Sounds.

BLUE HAVEN:
Darren & Friends.

CAR BOOT SALE:
Belgooly GAA Pitch,
1pm-5pm.

**DON & BARRY'S
HISTORIC STROLL:**
The Tourist Office, 11.15am.

FOLKHOUSE:
Big Swinging Mikeys, 9pm.

HAMLETS:
Open Day for Start Ups,
Entrepreneurs and Kinsale
Businesses, 2pm - 5pm.

HAMLETS:
DJ Ken Perrott from 96fm.

HARBOUR CRUISE:
2pm.
Departs beyond Actons.

HERITAGE TOWN WALKS:
10.30am from the
Tourist Office. Also by
appointment.

**KINSALE MUSIC
PROMOTIONS:**
John Hogan at Actons,
8pm.

SPANIARD:
Skellig, 7pm - 9pm.

MON 6th OCTOBER

ALTRUSA CLUB:
Coffee morning, lunch &
tea, Perryville Tea Room,
10am - 5pm.
Proceeds to K-Cord.

BLUE HAVEN: Arundo & Irish
Dancers, 9pm.

DALTONS BAR:
Traditional Irish Music.

**DON & BARRY'S
HISTORIC STROLL:**
The Tourist Office
9.15am, 11.15am.

HERITAGE TOWN WALKS:
10.30am from the
Tourist Office. Also by
appointment.

KRAFTY KIDS:
Children's art classes
at Saile.

TUES 7th OCTOBER

ACTONS:
Oliver Lynch Memorial
Afternoon Tea Dance,
2.30pm. (Part of Positive
Ageing Week).

ARMADA BAR:
The Merry Stems, 7.30pm.

BLUE HAVEN:
Sonnie & Friends, 9pm.

DALTONS BAR: Trad.

**DON & BARRY'S
HISTORIC STROLL:**
The Tourist Office
9.15am, 11.15am.

HERITAGE TOWN WALKS:
10.30am from the
Tourist Office. Also by
appointment.

**KINSALE & DOCK
ROWING CLUB:**
The Dock Slip from 6.30pm.

KINSALE BRIDGE CLUB:
Trident Hotel, 7.30pm.
Visitors welcome.

**KINSALE COMMUNITY
SCHOOL:** Open Night for
sixth class pupils and their
parents, 6.30pm.

**PARENT, BABY &
TODDLER GROUP:**
Temperance Hall,
10am - 12 noon,
all welcome.

WHITE HOUSE:
Leon Buckley, 9pm.

WED 8th OCTOBER

ARMADA BAR:
The Merry Stems, 7.30pm.

BLUE HAVEN:
Niall McCabe, 9pm.

CRACKPOTS: 3rd Wine
Tasting Dinner, 7pm.

**DON & BARRY'S
HISTORIC STROLL:** The Tourist
Office 9.15am, 11.15am.

HERITAGE TOWN WALKS:
10.30am from the
Tourist Office. Also by
appointment.

**KINSALE & DOCK
ROWING CLUB:**
The Dock Slip from 6.30pm.

THUR 9th OCTOBER

ARMADA BAR:
The Ferryman.

BACCHUS NIGHTCLUB:
DJ Mark, 11.30pm.

BLUE HAVEN: Arundo & Irish
Dancers, 9pm.

DALTONS BAR: Trad.

**DON & BARRY'S
HISTORIC STROLL:**
The Tourist Office
9.15am, 11.15am.

EVERYMAN THEATRE:
A Bit on the Side, starring
Conal Gallen. 8pm.

FOLKHOUSE:
Jawbone, 9.30pm.

HERITAGE TOWN WALKS:
10.30am from the
Tourist Office. Also by
appointment.

**KINSALE & DOCK
ROWING CLUB:**
The Dock Slip from 6.30pm.

**KINSALE GARDEN &
FLOWER CLUB:**
A talk by Susan Turner, Head
Gardener, Ballymaloe.
8pm. Adm. €7.

**KINSALE MOTHER &
TODDLER GROUP:**
St. Mulseo Hall,
10.30am-12.30pm.

WHITE HOUSE:
Shane & Friends, 9pm.





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