

**FREE**

Good luck to everyone involved with

The 37th Kinsale Gourmet Festival

Vol. 24

Issue 40/13

Friday 11th Oct - Thursday 17th Oct 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)



welcomes the Kinsale Gourmet Weekend



## Apéritif

CAFÉ, WINE & TAPAS BAR



OPEN THURSDAY TO SATURDAY FROM 5.30PM SUNDAYS FROM 12.30PM

### Fantastic Tapas, Wine, Coffee & Brunch Menu A Real Foodie Heaven!

*"A great night out, lovely atmosphere and staff, always welcoming and nothing too much trouble."*



*"Great for a glass of wine or a quick bite!"*

*"Food excellent."*

*"Excellent selection of tapas."*



*"Would definitely return when next in Kinsale."*

### New Gourmet Brunch Menu Available Every Sunday from 12.30pm

*The Perfect Venue For All Special Occasions*

Main Street, Kinsale

[www.apertifkinsale.com](http://www.apertifkinsale.com) | Pop in or call us on 021 4772209 | Follow us on Facebook

# The Spaniard

SCILLY, KINSALE

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

~ *Live Music* ~

**Friday 11th October**

**Jug A Punch, 10.00pm**

**Saturday 12th October**

**For Folk Sake, 10.00pm**

**Wednesday 16th October**

**Easy Folk with Joe, 9.30pm**

Food Served 12-3pm: Mon to Fri  
 All Day Saturday & Sunday

RESTAURANT from 6pm  
 (Closed Tuesday & Thursday)

Private Parties Catered For  
 Call 021 4772436 for details

## 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

*Lose Weight & Tone Up this Autumn  
 the highly effective way...*



## ZUMBA & ALL NEW ZUMBA TONING CLASSES

Bandon Town Hall Monday 21st Oct	ZUMBA TONING 9.45am
Kinsale Comm Park Wednesday 23rd Oct	ZUMBA BEGINNERS 11.00am
Bandon Town Hall Thursday 24th Oct	ZUMBA CARDIO & CORE 10.00am
Innishannon Hall Thursday 24th Oct	ZUMBA TONING 8.00pm

**f** ENROLLING NOW: Contact 087 951 4346  
 Email: [fitness.dk42@gmail.com](mailto:fitness.dk42@gmail.com)

Facebook: Zumba Innishannon Parish Hall/Carrigaline GAA Hall

## 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)

# Kinsale Arts Festival presents Come Home for Your Tea Weekend



## 12 & 13 October

Charles Fort & across Kinsale - All events free.

Saturday 12 October

**12pm | From Assam to Oolong**

Launch event at Friar's Lodge. All welcome.

**BANTER WITH JIM CARROLL**  
Across Kinsale

**2pm | What's on Your Plate?**

The Black Pig Wine Bar & Café  
With Darina Allen, Caroline Hennessy and  
Gerry Godley

**3.30pm | #Next - What Comes  
After Social Media?**

The Folk House  
With Una Mullally and Damien Mulley

**5pm | A Special Relationship**

The Seanachai  
With Patrick Guinness and Manchán Magan

Sunday 13 October

**10.30am | Something & Son**

Talk + Q&A, Charles Fort

**BANTER WITH JIM CARROLL**  
at Charles Fort

**12pm | Other Voices with Philip King**

**1.30pm | Failte - The Irish Hospitality  
Industry with Tim Magee and Ciaran  
Fitzgerald**

**3pm | Live Music and Talk with Colm  
Mac Con Iomaire of The Frames**

**6pm | From Stove to Studio**

O'Herlihy's, The Glen  
Join Kinsale artist Sarah O'Brien for a light-  
hearted lecture exploring the historic love  
affair between food and art.

All weekend

Artists Giles Norman, Hilary Hale and Louise McKeon invite you to their studios for tea.  
Call in from 10-6pm & enjoy special Gathering offers on selected artwork.

Full details at  
[kinsaleartsfestival.com](http://kinsaleartsfestival.com)



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

3

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



## MYLIE MURPHY'S SHOP

*Deposit secures your bike & weekly  
 payments take the pressure off  
 Easy Peasy!*

Ladies, Gents, Boys & Girls Bikes,  
 all different sizes and colours.  
 We even build and safety check all  
 our bikes with no additional charge  
 & we can store it for you, no probs!

Be Prepared....  
 ...Join our Christmas Club

6 Pearse St Kinsale Co Cork Ireland  
 021-4772703 myliemurphyshop@hotmail.com

## Jim Edwards BAR & RESTAURANT



**Food Available  
 All Day  
 from 12pm**

- ~ Bar & Restaurant Menus Available
- ~ Lite Bite Menu
- ~ Special Value Menu  
 2 Courses: €20  
 3 Courses: €25
- ~ Lunch Menu & Daily Specials
- ~ Sunday Lunch  
 €23.90 (4 Course)

**Tel: 021 477 2541**

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

\*Gift Vouchers Available\*

\*Excellent Ensuite Accommodation\*



## Triona O'Sullivan Orthopaedic Massage Therapist (HMT, AK)



*Triona has over 20 years experience as a qualified  
 Massage Therapist which involved extensive  
 training of over 1,500 hours in California, USA.  
 Triona is a fully licenced and insured practitioner.*

Triona's training included modalities of:

- Swedish Massage
- Minor Sports Injury
- Shiatsu Massage
- Pregnancy Massage
- Deep Tissue Massage
- Acupuncture

**SPECIAL DISCOUNT for 1st time visit (in Oct & Nov)  
 €50 (normally €65)**

To contact Triona directly call: 087 986 0069  
 or email: [triona28@yahoo.com](mailto:triona28@yahoo.com)

## Joanna Daly Kinsale Chiropractic & Associates

D.C., MChiro, NMT, BSc (Hons), UCA, MMCAI, LRCC, ANMPT, MBPsS.

(Opposite Jim Edwards, next to Victoria Murphy Auctioneers)

**Kinsale  
DEEP SEA Angling**

- \* FISHING \* WILDLIFE TRIPS \* DIVING
- \* 43' Aquastar "HARPY", Island-wheelhouse
- \* Fast, Safe, Comfortable, Heated cabin, Loo
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- \* P5 LICENSE: 12 passengers, 30 miles
- \* FREE: Rod hire, Free WiFi aboard
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[www.KinsaleAngling.com](http://www.KinsaleAngling.com)  
 Email: [carroll@KinsaleAngling.com](mailto:carroll@KinsaleAngling.com)  
 Mob: 085-8631000



# THE HOUSE OF HAIR

Guardwell, Kinsale  
Prop. Donna Murphy

**CELEBRATING 8 YEARS**  
on 1st October.

*Donna & the girls are very grateful for  
all your support over the years & hope  
to see you for many more to come.*

## €100 GIVEAWAY

Entry into draw for €100 Voucher  
with every Colour (Mesh etc)  
& every Wash, Cut & Blow Dry  
From 4th Oct - 31st Oct

## Blow Dry Bar

STRAIGHT €10    CURLY €15  
EVERY MON, TUES & THURS

CALL FOR APPOINTMENT: **021 477 2526**

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



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



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



# Crackpots

Restaurant & Wine Bar

3 CORK STREET, KINSALE

021 4772847 crackpots@iol.ie www.crackpots.ie

OPEN TUES - SUN FROM 6PM

## SPECIAL GOURMET MENU

WE HAVE A NEW TAPAS  
MENU AND GREAT NEW  
AUTUMN MAIN COURSES

NOW OPEN  
FOR SUNDAY  
LUNCHES



### TAPAS

TARTE PROVENÇAL €8

MARINATED BABY BACK RIBS €8

CRISPY CALAMARI €8

BALLINACLASHET MUSSELS €8

PRAWN & SWEET POTATO FRITTERS €9

PAN-FRIED GARLIC KING PRAWNS

Starter €9 Main €17

### SHARING PLATES 2 TO 3 PEOPLE

BASKET OF HOMEMADE BREADS €4

OLIVES AND SALTED ALMONDS €6

ANTIPASTA PLATE €15

WHOLE BAKED CHEESE €12

COLD SEAFOOD PLATTER €15

### PIANO BAR EVERY FRIDAY

Billy Crosbie on piano with guest  
singers will be here to entertain  
you while you dine and drink.



# The White House

KINSALE

*Best wishes to the  
37th Kinsale Gourmet Festival  
& a warm welcome to all those attending.*

Food Served 8am to 10pm

~ Special Value Menu ~

Also Available

~ LIVE MUSIC ~

FRIDAY 11TH OCT 10.30pm

**Puc Ar Buile**

SATURDAY 12TH OCT 10.30pm

**Liam O**

THURS 17TH OCT 9.00pm

**Shane & Friends**

~ LIVE SPORTS ~

FRIDAY 11TH OCT

**Germany v Ireland 7.45pm**

SATURDAY 12TH OCT

**HEINEKEN CUP RUGBY**

**Edinburgh v Munster 1.35pm**

**Ospreys v Leinster 6.00pm**

TUESDAY 15TH OCT

**Ireland v Kazakhstan 7.45pm**



AA Rosette Award for  
Culinary Excellence 2006-2012

A Member of the  
- Kinsale Good Food Circle -



A Cosy Inn with 4 Star AA  
Accommodation. Reasonable Rates.



Your hosts The Frawley Family & Staff

**Tel 021 477 2125**

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

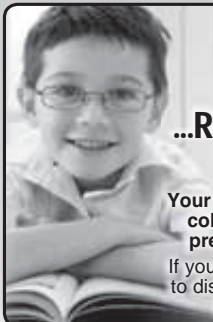


# KENNEDY'S OPTICIANS

Pearse St., Kinsale  Tel: 021 4773595

Keeping Kinsale Focused

*To us Iris is more than just a name...*



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

*Best of luck to the 37th Kinsale Gourmet Festival*

## Joy's Massage of Kinsale

7 Pearse Street, Kinsale (Next To AIB Bank)

Have a Relaxing Autumn...

- 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

\*Also: Church Yard Lane, Well Road, Douglas, Cork.

T: 021 493 6732 / M: 086 041 6338

## Seanachai

Market St, Kinsale

### GOES GOURMET

*Come in and try our very special board.*  
Locally Smoked Wild Blackwater Salmon  
*with Seaweed Brown Bread & Specially Infused Oils accompanied by Peated Malt Whiskey of your choice.*

Fri 11th Oct	11pm:	DJ Godsel
Sat 12th Oct	8.30-11pm:	Trad Session
	11pm:	DJ Bellyman
Sun 13th Oct	10pm:	DJ Mix-A-Saurus Rex
Tues 15th Oct	6.30pm:	Singing Session
		<i>Bring a song or two!</i>
Wed 16th Oct	9.30pm:	Trad Session



Sat 12th Oct 5pm Adm Free BANTER  
with Jim Carroll, Patrick Guinness & Manchán Magan.  
Part of Come Home for Your Tea Weekend



# THE SILENT BANJO

Main Street, Kinsale

Friday 11th Oct  
10.30pm til close

# THE THIN LINE

Saturday 12th Oct  
10.30pm til close

# CELTIC KNIGHTS



## KUK SOOL WON Cork

Korean Martial Arts  
in the Rebel County

### KINSALE ON MONDAYS

St Multose Hall

Kids 5-12 Yrs 5-6PM  
13+/Adults 6-7:30PM

### BALLINSPIITTE ON THURSDAYS

Ballinspittle Community Hall

4:30PM-5:15PM 3.5-5 Yrs  
(Little Dragon Program)

5:30PM-6:30PM 5-12 Yrs  
7PM-8:30PM 13+/Adults



Contact Matthew Boniwell  
W: [www.kuksoolwoncork.com](http://www.kuksoolwoncork.com)  
M: 0871476181  
FB: Kuk Sool Won Cork

# Fasttrack Broadband

Providing High speed  
broadband in your area!

- Bandon
- Ballinadee
- Ballinspittle
- Old Head
- Dunderrow
- Kinsale
- Belgooly
- Riverstick
- Ballygarvan

No Phone line needed - No line rental  
Local Company with a local support team  
Packages starting from €23.50 per month

Contact Tristan on:  
**087 1211809**

Ballinadee, Bandon, Co. Cork  
email: [info@fasttrackbroadband.ie](mailto:info@fasttrackbroadband.ie)  
web: [www.fasttrackbroadband.ie](http://www.fasttrackbroadband.ie)

*Escape from the stress of everyday life,  
and pop into us at*



Pearse Street Kinsale (above Eurospar)  
Gift Vouchers available • Salon open Monday to Saturday

**FULLY QUALIFIED  
& EXPERIENCED THERAPISTS**  
*ready to spoil you at very reasonable prices.*

Check out our price list on  
[www.kinsalebeautysalon.com](http://www.kinsalebeautysalon.com)

Like us on [facebook](#) to get updated  
on Special Offers, Opening Hours etc.

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

**AND REMEMBER**  
FREE Eyelash Tint and Eyebrow  
Wax & Tint with EVERY Facial.





## 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)



**FRI 11th OCT**  
10.30pm

**THE HOOTS**  
*4 Piece Rock/Contemporary Covers*

**SAT 12th OCT**  
10.00pm

**CRAZY CHESTER**  
*5 Piece Folk/Rock Covers*

**SUN 13th OCT**  
9.00pm

**MIKE O'RIORDAN TRIO**

**THUR 17th OCT**  
9.30pm

**JAWBONE**  
*3 Piece Folk & Contemporary Covers.*

**FRI 18th OCT**  
10.30pm

**AFTERHOURS**  
*3 Piece Classic Guitar Rock Covers*

**SAT 19th OCT**  
10.00pm

**FIRE DRILL**

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

**ALL SPORTS  
SHOWN**  
ON 2 BIG  
SCREENS

# Bacchus-Nightclub

**FRI 11th OCT - DJ SEAN**

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

**SAT 12th OCT - DJ SEAN**

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

**THURS 17th OCT - DJ MARK**

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



## New 6 Week Pilates Courses

STARTING MONDAY 21ST OCT

### MONDAY

10am Pure Pilates Matwork

11.15am Improver Pilates

6.45pm Antenatal Pilates

8pm BarreConcept

### TUESDAY

7.15pm Pilates Total Body  
Sculpt & Tone

8.30pm Rock your ....?  
Abs, Arms & Bums (30 mins)

### WEDNESDAY

10am BarreConcept

### THURSDAY

11.15am 50+ Pilates

8pm BarreConcept

**Places are limited.  
Pay as you go options  
where available.**

Phone/Text Trudy

# 087 610 6285

Email: [trudy@kinsalepilatesstudio.ie](mailto:trudy@kinsalepilatesstudio.ie)

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



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

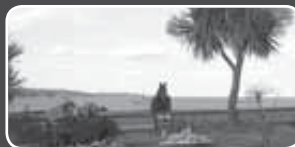
# The Speckled Door

Old Head, Kinsale.

T: 021 477 8243 [www.speckleddoor.com](http://www.speckleddoor.com)

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

**10 minutes drive from Kinsale**  
Ample Parking & Wheelchair Facilities



**Food Served 7 Days 12.30pm - 7.45pm**  
~ **Full Menu served all day** ~

Also Kid's Menu & Selection of Sandwiches

**Renowned for Lordan's T-Bone Steaks**

## October Specials in *Angel's* *Secrets* Short Quay, Kinsale Health & Beauty Care

1st - 5th Oct

60min Facial & 60min Full  
Body Massage ONLY €70

8th - 12th Oct

30min Mini Facial & Manicure  
ONLY €40

15th - 19th Oct

OPI Gel Colour Nails & Toes  
ONLY €40

22nd - 26th Oct

30min Back, Neck & Shoulder Massage  
& Indian Head Massage ONLY €45

22nd - 31st Oct

Shape & Polish on Nails & Toes ONLY €17



For appointments call:  
021 477 4703 087 741 8877

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.**

**EARLY BIRD  
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



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



# **Bulman Bar** & **Toddies Restaurant**

SUMMERCOVE, KINSALE

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

## **Bulman Bites**

*Served Tuesday evening to  
Saturday evening inclusive*

### *Sample Menu*

Deep Fried Calamari Salad	€11.50
Thai Green Chicken Curry	€12.50
Harp Battered Fish & Chips	€11.50
Scallop Salad <i>with Green Asparagus</i>	€15.50
Buffalo Mozzarella Caprese Salad	€10.50
Sesame Crusted Tuna <i>with Wasabi Mash</i>	€15.50

*Please note this is a sample menu  
& changes every evening*

### **BAR FOOD SERVED**

Tuesday to Sunday 12.30pm to 5pm

### **RESTAURANT OPEN**

Tuesday to Saturday from 6pm

### **MUSIC THIS WEEKEND**

Saturday 12th October 10pm

**SHARON CROSBIE**

Sunday 13th October 6pm

**TRAD**



## **Kinsale Academy of Hairdressing and Barber Shop**

23 Main St, Kinsale

**NOW OPEN**

**BARBERING & HAIRDRESSING COURSES**

No prior skills or knowledge required.  
All equipment is provided.

Dry Cuts from €8 - Wet Shaves - O.A.P. €8  
Hair Colouring - Ear Piercing etc.



To book classes please contact  
Greg The Barber or phone 087 962 11 58  
Email: [kinsale.academy@gmail.com](mailto:kinsale.academy@gmail.com)



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





# ONE DAY FUEL SALE

## Saturday 12th October

### in Bandon, Kinsale and Enniskeane



3 bags of BORD NA MÓNA house coal & 3 bales of briquettes

**ONLY €49.95**



5 bags of BORD NA MÓNA house coal & 5 bales of briquettes

**ONLY €79.95**



25 bags of BORD NA MÓNA house coal

**ONLY €299**



10 bags of BORD NA MÓNA Polish Premium Coal

**ONLY €149.95**



25 bags (1 ton) of BORD NA MÓNA Polish Premium Coal

**ONLY €349**



40 bags (1 pallet) of BORD NA MÓNA Polish Premium Coal

**ONLY €520**



BORD NA MÓNA Diamond Premium Stove Fuel

**Buy 2 Bags Get One Bale of Briquettes Free**



Megatherm Fire Logs

**Buy 4 Packs Get One Free**



BORD NA MÓNA Peat Briquettes

**Buy 10 Bales Get 1 Free or Buy 1 Pallet (128 bales) for €459**



Keep yourself warm with...



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



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follow us.

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



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





# TTK

**AUTUMN CELEBRATION  
POTLUCK & FUNDRAISER**

**FEATURING FLIPSIDE SELEKTA**

THURS 17TH OCTOBER,  
7-10PM AT ACTONS BACK ROOM BAR.

You are invited to bring along any home grown or home made edibles or preserves to share & eat.

Eg : pies, quiches, cakes, breads, dehydrated food,  
chutneys, home made cordials, jams, pickles.



**Actons**  
of Kinsale

ADVERT SPONSORED BY FINTAN LYNCH HAIRDRESSING



WE  
LOVE  
CHRISTMAS

AT ACTONS OF KINSALE



## CHRISTMAS PARTY NIGHTS

6th, 7th & 14th December 2013

Drinks Reception 7.00 – 8.00pm | Dinner 8.00pm

Tickets €45 per person includes festive mulled wine reception,  
four course meal & complimentary finger food at midnight.

BAND & DJ EACH EVENING

Friday 6th & Saturday 7th Dec: That's Alright Mama

Saturday 14th Dec: Cadillac Cats

**Actons**  
of Kinsale

Book early by calling our Events Team on  
021 4779900 or email [events@actonshotelkinsale.com](mailto:events@actonshotelkinsale.com)

# TRIDENT

HOTEL / KINSALE



★★★★★

**Spectacularly located  
on Kinsale's waterfront**

*Why don't you call round for a  
bite to eat or have a drink and  
enjoy the view of Kinsale Harbour*

**Award-winning Pier One Restaurant**  
With something for everyone, our à La Carte  
menu will always keep you coming back for more!

#### **Wharf Tavern**

**NEW** Extensive Bar / Snack menu  
available from noon daily

Very popular Carvery served daily  
is a lunchtime favourite.

#### **Live Music**

Friday 11th October **The Long Note**  
Saturday 12th October **Shane & Friends**



**FREE WIFI** available to  
customers in the Wharf Tavern



World's End, Kinsale, Co. Cork tel +353 (0)21 4779300  
info@tridenthotel.com www.tridenthotel.com



# Connor's Pharmacy

Pearse Street, Kinsale Tel: 021 4777 888

## Nuxe Event: Free Facial & Skincare Consultation on Friday 18th October



Booking is advisable,  
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*Say this prayer for 3 days, promise publication and the favour will be granted, no matter how impossible. Never known to fail.*

Irish Countrywoman's Association  
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The White House Thurs 17th Oct @ 7.30pm  
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## Thank You

**Kinsale Positive Ageing Town Committee** would like to thank the following for their generosity and support that helped make Positive Ageing Week 2013 such a huge success.

*Haven Bay Care Centre, Karen Lordan, Andrew Murphy, Bluebird Healthcare, Kinsale UDC, Cork County Council, Kinsale Credit Union, Eily Lilly, Acton's Hotel, Age Action Ireland, The Lord Kingsale, The White House, Standard Life, Alice Taylor, Terry Connolly, Students and Tutors in the Kinsale Further Education College Caring for the Elderly Course, Salvi's Café, Kate French, Caroline Smith, Kinsale Library, Jimmy Edwards, KARA, The Lynch Family, Angela and Niamh in Kinsale Tourist Office, Elasnik, Kinsale Advertiser, Daisychain Florist, Blue Haven Hotel, SuperValu, 1601 Off Licence, Trident Hotel, Owenabue Valley Traditional Group, Charles Fort Tea Rooms, OPW at Charles Fort, PJ O'Callaghan, Dermot Ryan of Heritage Town Walks, the Transition Year and Leaving Cert Applied students and their teachers from Kinsale Community School, Carmelite Friary, K-Cord, The Boathouse Gallery, Cramer's Court, Ghost Tour, Ann and Mandy at Kinsale Bookshop, Scoil Naomh Eltin, St. Mulsea, Gaelscoil Cionn tSaile, Scoil Muire na Grast, Dunderrow Schools for taking part in the Primary School Art Competition and thank you to anyone else who helped in any way.*

A special thank you to everyone who attended & enjoyed the events of Positive Ageing Week

A huge thank you to the Positive Ageing Committee without their dedication this week would have not been possible.

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Bandon Office 023 8843868

★ Please contact the office  
as times may vary.

FINE GAEL





**DERMOT RYAN'S**  
Kinsale Heritage  
**Town Walks**

**TOP GUIDE IN IRELAND**  
2012 AND 2013

**TRIPADVISOR INDEPENDENT**  
**NUMBER ONE ATTRACTION**



**TOURIST OFFICE**  
**DAILY AT 10.30am,**  
**or 3.00pm BY APPOINTMENT**

**Call 021 4772729 or 086 8267656**  
[www.kinsaleheritage.com](http://www.kinsaleheritage.com)

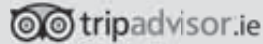
**DON & BARRY'S**  
**HISTORIC STROLL**  
KINSALE

FROM THE TOURIST OFFICE  
@ 11.15am: 7 days a week

**Ranked #1** of ALL activities in Kinsale

●●●●● 235 Reviews

🏆 Certificate of Excellence 2013



*"Excellent ... Kinsale's single  
best attraction"* Rick Steves

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

Tel: 087 2500 731

Adults €6 / Children €1

-CELEBRATING OUR 21ST SEASON-

**COMMUNITY BODY**  
**TRANSFORMATION CHALLENGE!!**

STARTS  
21st  
OCT

*It's FUN and SIMPLE! If you can walk, you can do it!*

- 4 weeks of FUN Group Fit Sessions
- ALL Fitness Levels Welcome
- FREE for all who complete a Wellness Evaluation and Orientation (19th Oct)
- End of Challenge PARTY!



*The Body Transformation Challenge encourages you to reach your ultimate goal and be the best you can be whether it be weight loss, body fat loss or even gaining muscle.*

**ONLY 25 PLACES! Book your place NOW and bring a friend!**  
**Aimee - 086 106 1577**

**KINSALE LEGAL ADVICE CENTRE**

If you are seeking Legal advice on any matter why not consult our advice centre?

To book an appointment for the next free Legal advice clinic call 021 4776760 or visit us at [www.albertwolfeandcosolicitors.ie](http://www.albertwolfeandcosolicitors.ie)

**Miraculous Prayer**

Dear Sacred Heart of Jesus, in the past I have asked for many favours. This time I ask you this very special one (mention favour). Take it, dear Heart of Jesus and place it within your own broken heart, where our Father sees it. Then in his merciful eyes it will become your favour, not mine, Amen. Say this prayer for 3 days, promise publication and the favour will be granted, no matter how impossible. Never known to fail.

**HARBOUR CRUISE**

Departure Beyond Actons Hotel on board 'Spirit of Kinsale'



Cruises on  
**Saturday and Sunday:**  
**2pm**

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

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

**T:086 250 5456**  
[www.kinsaleharbourcruises.com](http://www.kinsaleharbourcruises.com)



The St. Patrick's Day Parade Committee have just held their first meeting to organise the 2014 parade.

This successful community event would not be possible without the support of the local businesses.

We know we are a little early but as suggested by the business community a representative from the committee will call in the near future looking for your support and donations.

Thank you for your continued support for this great Community event.

# KINSALE ADVERTISER

WHAT'S ON IN KINSALE FRI 11th OCT - THURS 17th OCT 2013

## 37th Kinsale Gourmet Festival Fri 11th - Sun 13th Oct

Kinsale Gourmet Festival

### FRI 11th OCT

#### **BACCHUS NIGHTCLUB:**

DJ Sean, 11.30pm.

#### **BLUE HAVEN:**

Crazy Chester, 10pm.

#### **CRACKPOTS:**

Piano Bar with Billy Crosbie.

#### **DERMOT RYAN'S**

#### **HERITAGE WALKS:**

10.30am from the Tourist Office. 3pm by appointment.

#### **DON & BARRY'S**

#### **HISTORIC STROLL:**

The Tourist Office, 11.15am.

#### **FOLKHOUSE:**

The Hoots, 10.30pm.

#### **HAMLETS:** DJ Rayz.

#### **HUNTSMAN:**

Trad Night, 9.30pm.

#### **KINSALE GOURMET**

#### **FESTIVAL SURF AND TURF**

#### **COOK OFF:**

Actons Hotels, 3pm.

#### **KINSALE MUSEUM:**

Open 10.30am -1.30pm.

#### **SEANACHAI:**

DJ Godsels, 11pm.

#### **SILENT BANJO:**

The Thin Line, 10.30pm.

#### **SPANIARD BAR:**

Jug A Punch, 10pm.

#### **WHARF TAVERN**

#### **AT THE TRIDENT HOTEL:**

The Long Note, 9.30pm.

#### **WHITE HOUSE:**

Puc Ar Buile, 10.30pm.

Kinsale Gourmet Festival

Come Home for your Tea

### SAT 12th OCT

#### **ARMADA BAR:** Jamestown.

#### **BACCHUS NIGHTCLUB:**

DJ Sean, 11.30pm.

#### **BANDON CO-OP:**

Fuel Sale Day.

#### **BLUE HAVEN:**

Sharon Crosbie, 6.30pm.

Cadillac Cats, 10pm.

#### **BRING THEM HOME**

#### **BENEFIT GIG:** Niall McCabe

Band, Innishannon House

Hotel, 8pm.

#### **BULMAN BAR:**

Sharon Crosbie, 10pm.

#### **COME HOME FOR YOUR**

**TEA:** See page 3.

#### **DERMOT RYAN'S**

#### **HERITAGE WALKS:**

10.30am from the Tourist Office. 3pm by appointment.

#### **DON & BARRY'S**

#### **HISTORIC STROLL:**

The Tourist Office, 11.15am.

#### **EUROSPAR:**

Tastings in-store.

#### **FOLKHOUSE:**

Crazy Chester, 10pm.

#### **HAMLETS:** DJ Party Night & Cocktail Bar.

#### **KINSALE HARBOUR**

**CRUISE:** Cruise at 2pm.

#### **KINSALE MUSEUM:**

Open 10.30am -1.30pm.

#### **OSCAR MADISONS:**

Puc Ar Buile, 10.30pm.

#### **SEANACHAI:**

Banter, 5pm.

Trad Session, 8.30pm.

DJ Bellyman, 11pm.

#### **SILENT BANJO:**

Celtic Knights, 10.30pm.

#### **SPANIARD BAR:**

For Folk Sake, 10pm.

#### **WHARF TAVERN**

#### **AT THE TRIDENT HOTEL:**

Shane & Friends, 9.30pm.

#### **WHITE HOUSE:**

Liam O, 10.30pm.

Kinsale Gourmet Festival  
Come Home for your Tea

### SUN 13th OCT

#### **ARMADA BAR:**

The Merry Stems, 7pm.

#### **BLUE HAVEN:**

Sonnie & Friends, 9.30pm.

**BULMAN BAR:** Trad, 6pm.

#### **COME HOME FOR YOUR**

**TEA:** See page 3.

#### **DERMOT RYAN'S**

#### **HERITAGE WALKS:**

10.30am from the Tourist Office. 3pm by appointment.

#### **DON & BARRY'S**

#### **HISTORIC STROLL:**

The Tourist Office, 11.15am.

#### **FOLKHOUSE:**

Mike O'Riordan Trio, 9pm.

#### **HAMLETS:**

Niall McCabe Band.

#### **KINSALE HARBOUR**

**CRUISE:** Cruise at 2pm.

#### **SEANACHAI:**

DJ Mix-A-Saurus Rex, 10pm.

### MON 14th OCT

#### **BLUE HAVEN:**

Trad with Arundo, 9.30pm.

#### **CÉLÍ FIT:** Irish Céilí and Set

Dancing. White Lady Hotel, 8.30pm - 10.30pm.

#### **DALTONS BAR:** Trad.

#### **DERMOT RYAN'S**

#### **HERITAGE WALKS:**

10.30am from the Tourist Office. 3pm by appointment.

#### **DON & BARRY'S**

#### **HISTORIC STROLL:**

The Tourist Office, 11.15am.

### TUES 15th OCT

#### **ARMADA BAR:**

The Merry Stems, 9pm.

#### **BLUE HAVEN:**

Sonnie & Friends, 9.30pm.

#### **DALTONS BAR:** Trad.

#### **DERMOT RYAN'S**

#### **HERITAGE WALKS:**

10.30am from the Tourist Office. 3pm by appointment.

#### **DON & BARRY'S**

#### **HISTORIC STROLL:**

The Tourist Office, 11.15am.

#### **K-CORD:** Volunteer Training,

Friary Centre, 7pm - 10pm.

#### **SEANACHAI:**

Singing Session, 6.30pm.

### WED 16th OCT

#### **ARMADA BAR:**

The Ferryman, 9pm.

#### **BLUE HAVEN:**

Niall McCabe Band, 9.30pm.

#### **DERMOT RYAN'S**

#### **HERITAGE WALKS:**

10.30am from the Tourist Office. 3pm by appointment.

#### **DON & BARRY'S**

#### **HISTORIC STROLL:**

The Tourist Office, 11.15am.

#### **KINSALE MUSEUM:**

Open Weds to Sat

10.30am - 1.30pm.

#### **SEANACHAI:**

Trad, 9.30pm.

#### **SPANIARD BAR:**

Easy Folk with Joe, 9.30pm.

### THURS 17th OCT

#### **BACCHUS NIGHTCLUB:**

DJ Mark, 11.30pm.

#### **BLUE HAVEN:**

Trad with Arundo, 9.30pm.

#### **DALTONS BAR:** Trad.

#### **DERMOT RYAN'S**

#### **HERITAGE WALKS:**

10.30am from the Tourist Office. 3pm by appointment.

#### **DON & BARRY'S**

#### **HISTORIC STROLL:**

The Tourist Office, 11.15am.

#### **FOLKHOUSE:**

Jawbone, 9.30pm.

#### **HAMLETS:** King K.

#### **IRISH COUNTRYWOMAN'S**

#### **ASSOCIATION:**

Registration Night,

White House, 7.30pm.

#### **TRANSITION TOWN KINSALE:**

Autumn Celebration

Potluck & Fundraiser,

Actons, 7pm - 10pm.

#### **WHITE HOUSE:**

Shane & Friends, 9pm.

OCTOBER ISSUE OF THE  
Kinsale & District

# NEWSLETTER

ON SALE TODAY



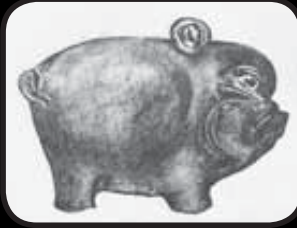
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# THE BLACK PIG WINEBAR



(formerly Kirbys | 66 Lower O'Connell St)

Over 100 Wines by the bottle  
With over 50 by the glass

**and a wide selection of organic,  
biodynamic & natural wine**

**Serving the best in locally sourced artisan food**

**The Golden Bean Coffee**

Gurmans Loose Leaf Teas

**Autumn opening hours**

**5.30pm | Wednesday - Sunday**

For Reservations contact:  
Siobhan or Gavin on 021 4774101