

FREE

Vol. 26 Issue 07/15

Friday 20th Feb - Thursday 26th Feb 2015



KINSALE ADVERTISER

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

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

*Get ready to be seduced by a deeply
passionate journey through new flavours....*

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*What makes us so popular in the
Italian Community here in Ireland?*

Usually in Ireland and in the UK, you can find restaurants
and cafés run by Italian people from Rome, Naples or Sicily.

**We are the first and the only ITALIAN WINE BAR
and CAFÉ to come from the Emilia-Romagna
region (Northern Italy) in all Ireland!**

**ALL OUR ITALIAN WINES AND ITALIAN FOOD PRODUCTS
ARE SELECTED AND IMPORTED BY US
FROM RIMINI AND EMILIA-ROMAGNA REGION**



**THE ONLY AUTHENTIC ITALIAN EATING
AND ITALIAN DRINKING IN KINSALE!**

No 2, Main Street, Kinsale

OPEN 7 days and 7 evenings a week, from 10am til late in the evening.



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Restaurant & Wine Bar

Open Thurs, Fri and Sat



FILM & SUPPER CLUB NIGHT

THURS 26th FEBRUARY

2 course menu for €15

Booking essential
Call Carole 087 6491322

Friday 20th February
BILLY CROSBIE
on Piano

*Great new menu with small and large plates
to suit all pockets.*

Superb selection of new wines by the glass.

*Heineken and Murphys on TAP
plus many craft beers and ciders.*

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Barrack Green, Kinsale 021 477 7764
The Tyre Specialists since the turn of the Century!



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**Just call us for the
best tyre deals.**

Car Wash - Car Batteries - Oils - Bulbs
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GREAT PRICES! GREAT SERVICE!



Oscar Madisons
KINSALE

Annual Cheltenham Buster

Enquire in bar for details.

LIVE SPORTS

SATURDAY 21st FEBRUARY

Swansea v Man Utd @ 3.00pm

Man City v Newcastle @ 5.30pm

Cork v Clare @ 7.00pm

(National Hurling League)

SUNDAY 22nd FEBRUARY

Spurs v West Ham @ 12.00pm

Everton v Leicester @ 2.05pm

Southampton v Liverpool @ 4.15pm

SATURDAY 21st FEBRUARY DJ MARK



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Blue Haven Kinsale

FRIDAY 20TH MARCH

@ 8pm

Tickets €20

Special Packages

3 COURSE MEAL
& SHOW TICKETS
€45 PER PERSON
@ BLUE HAVEN

PIZZA TO SHARE & 1
GLASS OF WINE EACH
@ HAMLETS & 2 SHOW
TICKETS €32 PER PERSON

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FROM €75 PER PERSON SHARING

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€7,750 Now €3,900.



18 ct Gold 7 Stone Diamond Ring.
1.75 cts €6,250 Only €3,250.



18 ct White Gold 4 Stone
Diamond Ring.



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ring. Tanzanite 8.88
cts, Diamond 1.55 cts
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Tennis Bracelet 11.27 cts Diamond €15,000.
10 ct Diamond Brooch Price POA.



18 ct Gold Emerald
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1.72 cts Ring €8,000
Only €4,000.



5 Stone Diamond Ring 2.92 cts.



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Diamond Ring.

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Pain Management / Rehabilitation / Functional Exercise



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

By appointment: **Sabine Graef** (BEd., SMT, NMPT)

Mobile **087 9872783**

No. 26 Haven Bay Apt, Ballinacubby, Kinsale

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Laura Hagger Podiatry Clinic

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

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Smile Studio
Eithne Ryan BDS



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1hr sessions €20 (member) or €30 (non member)
or

6 Week Body Blast Programme €199



Includes:

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



For more information on Classes / Memberships / Personal Training
please contact 021 477 9900 / leisure@actonshotelkinsale.com
www.actonshotelkinsale.com



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THE HOUSE OF HAIR

Guardwell, Kinsale

Prop. Donna Murphy

Special Offers in February!
Offers will run until 2nd March.

MONDAYS Blowdry Bar Straight €10 Curly €15	THURSDAYS Blowdry Bar Straight €10 Curly €15
TUESDAYS Blowdry Bar Also Full Colour Cut & Blowdry €50	FRIDAYS Full Head Meche & Blowdry €80
WEDNESDAYS All Students Dry Cuts €8 (unisex)	SATURDAYS Junior Stylist Special Wash, Cut & Blowdry Short €20 Long €25 Add €5 for Curly Blowdry

Call 021 477 2526 for your appointment.

Cocktail Party
SATURDAY 28th FEBRUARY



Party starts from 9.30pm

HAMLETS

LIVE DJ • COCKTAIL SPECIALS • COCKTAIL ROOM
FREE ADMISSION • FUN COMPETITIONS ON THE NIGHT
Watch our own Tom Cruise in Action!

GREAT FOOD • COCKTAILS • CRAFT BEERS

021-4772939 | The Glen, Kinsale Co Cork. www.hamletsofkinsale.com



@ The Trident Hotel

Food Service from Monday - Sunday

Morning Coffee / Afternoon Tea,
Homemade Cakes & Scones



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Wharf Tavern.

Food menu offers a sumptuous selection of dishes.
Served from 12noon until 9pm



Our Carvery choices change daily to ensure we can
provide a wide variety of dishes and use the best of
seasonal Irish produce.

Our popular Carvery served daily is a lunchtime
favourite. Served from 12.30 - 2.30pm.



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Web: www.tridenthotel.com

Showing the Cork Game!
Saturday 21st February
at 7pm

Cork v Clare

sky SPORTS

BT Sport

SETANTA
SPORTS



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Michelle's Hair Creations **Goes Pink!** **Saturday 28th Feb**

**20% of takings will be given
to the Pink Ribbon Walk.**

**Call in, get beautified, while
contributing to a great cause!**

**Open Tuesday to Saturday
9.30am - 5.30pm**

T: 021 477 3133

14 Pearse Street, Kinsale, Co. Cork



KINSALE **ST. PATRICK'S DAY**

Tuesday 17th March 2015

**Our Grand Marshal
for the St. Patrick's
Day Parade is
Brian Graham.**

*Brian is known to many for his
tireless work behind the scenes for
Kinsale Chamber of Tourism and his
involvement in Kinsale Tidy Towns.*

KINSALE CAMOGIE CLUB



**CALLING ALL GIRLS AGED
5 YEARS UP TO UNDER 12'S**

COME ALONG & JOIN KINSALE'S NEWEST CLUB

**CAMOGIE TRAINING STARTS
SUNDAY - 8TH MARCH 2015
IN SÁILE AT 11.15AM - 12.15PM**

**OPEN REGISTRATION DAY
SATURDAY - 7TH MARCH 2015 IN
TEMPERANCE HALL AT 12PM - 3PM**

Would you like to get involved? If yes, please
email us: emmsocallaghan@gmail.com

KINSALE

Pink Ribbon Walk.ie

to benefit
action breast cancer



1 WEEK TO GO & THE COUNTDOWN IS ON!

Thank you to all our volunteers for helping us turn Kinsale Pink last weekend and to Ciaran Dempsey for his cherry picker.

If you can help us on Saturday 28th February or are willing to steward on Sunday 1st March please call the Pink Hotline on 086 271 9556.

Many thanks to our Pink Partners in Kinsale, Ballinspittle, Belgooly & Riverstick for your generous support.

YOU CAN STILL REGISTER NOW
on **www.pinkribbonwalk.ie**
or at **Collins Kinsale Pharmacy**

Win a 2 Week Family Holiday in France
(Value €2500)



Tickets €5 available from
Finishing Services and other outlets.
The draw will take place at the Closing Ceremony of the Pink Ribbon Walk at Actons Hotel on Sunday 1st March 2015.

Thank you to all our Pink Partners to date.

Anyone wanting to become a Pink Partner can contact Finishing Services, 71 Main St. 021 4773571

1601 Off Licence AIB Ann's Hair Creations Anthony Hayes Armada Babbling Brook Bacchus Bel Ami Hair Studio Belgooly Engineering Belgooly Garage Billy the Butcher Blue Haven Bookstór Brittany Ferries Cantinetta	Catherine McCarthy, Dentist Centra, Riverstick Cloisters B&B Collins Pharmacy Coolleez Cronins Daisy Chain DAOL Design & Print Dennis O'Sullivan & Associates Dermot Ryan's Walking Tour Eileen's Beauty Salon Elite Dry Cleaners	Engel & Volkers Enibas Eurocamp Eurospar Farmstore, Belgooly Finishing Services Fintan Lynch Folkhouse FoodU Frank Curtin Giles Norman Glasslyn Veterinary Surgery Glitz Granny's Bottom Drawer	hAttitude Hamlets Heron Gallery Jade House James Murphy Estate Agent Jim Edwards Jimbo's Fish Joanna Daly Kennedy's Opticians Kinsale Advertiser Kinsale Discount Store Kinsale Salon Kinsale Silver Shop Kinsale Tile Store	Kitty O'Sé's Lloyds Pharmacy Lord Kingsale Market Garden Maurice Murphy Michelle's Hair Creations Mother Hubbards Murphy's Shop Mylie Murphy's Nine Market Street O'Connors Pharmacy Old Bank House Poet's Corner Poppin	Rhino Print Salvi's Café Sienna Boutique Silent Banjo Stone Mad The Canvas Works The Gallery The Shack The Steakhouse The Trident Hotel Tierneys Guesthouse Traditional Barber Twisted, Kinsale Virgil Horgan White House
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THINK PINK!! PINK CAKE SALE

in aid of Action Breast Cancer Supporting Kinsale Pink Ribbon Walk



AT

Ena's Hair Salon

Ballinspittle, Co. Cork 021 477 8776

Sunday 22nd February 10am - 2pm



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Kitchen & Wardrobe Makeovers, Attic Conversions, Porches**

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NOODLES

(With wok fried noodles and vegetables)

NASI GORENG

(Malaysian fried rice and vegetables topped with a fried egg)

SIZZLING BLACK BEAN

(Delicious strips of beef or chicken served in a mini wok)

SWEET CHILLI CHICKEN & COCONUT CREAM

THAI GREEN CURRY

CHEF'S CHICKEN KORMA

STIR FRIED VEGETABLES WITH CASHEW NUTS

SWEET & SOUR CHICKEN

(Crispy chicken in Chef's batter with sweet and sour sauce)

All served with boiled rice, egg fried rice or noodles

✂ RESTAURANT OPEN 7 NIGHT A WEEK 5pm - 10pm

Take-Away Also Available

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KINSALE ST. PATRICK'S DAY



MONDAY 16th MARCH 7.30pm

MARITIME PARADE IN THE HARBOUR

Enjoy the stunning sight of beautifully lit boats
sailing into the harbour

Community Choirs on Pier Head

Fireworks Display

ST. PATRICK'S DAY - TUESDAY 17th MARCH

2pm-3.30pm Céilí Mór at Emmet Place

2pm

Presentation of prizes for Children's Art Competition at the Tourist Office

Prizes sponsored by Salvi's Den and
presented by Tomás O'Brien, Chairman
of Kinsale Chamber of Tourism

2pm - 5pm

Face Painting & Balloon Art

at various locations throughout the town



4pm

STREET PARADE

Starting at Kinsale Fire Station, The Glen, Pearse St,
Barry's Place to Emmet Place, down Pier Road

Prizes for Best Dressed
Male and Female
Spectators
at the Street Parade



Prizes for Best Dressed
Child Spectator
at the Street Parade



Prizes for Best
Dressed Shop
Window

C club
more than a gym

CARLTON
HOTEL & C SPA
KINSALE

Open Day

20% membership discount
available for 1 day only

Saturday 21st February 2015
10am-3pm

- One to one lessons
- Tour our superb facilities
- Complimentary healthy snacks & refreshments
- Discount vouchers for bar food
- Free Draw

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FOR 2015**

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CARLTON



HOTEL & C SPA KINSALE

★★★★

We are currently recruiting the following
to join our dedicated Carlton Team:

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Please send C.V. to: Fhintner@hotelkinsale.ie

CHEFS OF ALL LEVELS

Please send C.V. to: Slazarski@hotelkinsale.ie

FOOD & BEVERAGE ASSISTANTS

Please send C.V. to: HR@hotelkinsale.ie

Carlton Hotel & C Spa Kinsale, Rathmore Rd, Kinsale

Phone: 021 470 6000



FREE MONTHLY AWARENESS TALK

PARENTING WITH CONFIDENCE

*"You don't have to know it all -
Parenting in the modern era"
with Liam Doocey*

**CARLTON HOTEL
KINSALE**

**WEDNESDAY 25th
FEBRUARY
at 8.00pm**

Event organised by KYSS
(Kinsale Youth Support Services)



**STAY STRONG
YOU CANNOT BEAT
THE HUMAN SPIRIT**

Promoting positive mental health in young people.

www.kyss.ie



POSITIVE BALANCE PERSONAL TRAINING

RESTORING WELLNESS WITH HEALTHY EATING & EXERCISE

Becoming mindful of what you eat and how it affects your health, both physical and mental.

**Losing weight & maintaining
your weight loss.**

Need help?

JOIN ONE OF MY SMALL PERSONAL CLASSES.

Mondays & Fridays @ 10am
Tuesdays & Thursdays @ 7pm

LADIES BOOTCAMP

Tuesday & Thursday Mornings
@ 9.45am

PERSONAL TRAINING HALF HOUR SESSIONS

Tailor made for each client.

**Also, is your child struggling
with his/her weight?
I can help.**

Call me:

**Saran on 087 9863302
and start a new you!**



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Kinsale Chamber of Tourism & Business Members Networking Evening

**Wednesday 4th March 6.00pm-8.00pm
at Ballinacurra House, Kinsale**

All members are welcome to attend and are encouraged to invite a business colleague who may be interested in joining the Chamber.

Please bring brochures, flyers, pop ups, etc. to promote your business and join in the discussion on how best we may collectively promote Kinsale to a wider audience.

There will be a short presentation by Tomás O'Brien, Chairman, Kinsale Chamber of Tourism & Business, outlining benefits of membership and exciting plans for 2015.

These include:

- Over 500,000 hits per annum on our new interactive website www.kinsale.ie
- Ongoing liaison with Fáilte Ireland, the Wild Atlantic Way and Tourism Ireland marketing Kinsale locally, nationally and internationally
- Online and offline PR, exhibitions and key events

*Reception kindly sponsored by Private Label
Wines and food demonstration and tastes by
Kinsale Gourmet Academy.*

www.kinsale.ie



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On Front Lawn or Pergola and Garden Area



Actons
of Kinsale

Contact us on 021 4779900 or info@actonshotelkinsale.com
for bookings and enquiries.



Please like Actons on Facebook for special offers & updates on hotel.



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Creative Art Workshop

Join us
on Friday 27th February
from 2.00pm-3.30pm at
Kinsale College

The aim of this workshop is to create a piece of textile wall art, with members of the community, which will be displayed in the new primary care centre in Kinsale. This piece will incorporate several art techniques so anyone who enjoys using their hands, in a fun atmosphere, is welcome - free admission!



Kinsale College
Coláiste Chionn tSáile

K-CORD
KINSALE COMMUNITY
RESPONSE TO DEMENTIA

The programme is
being facilitated
by Caroline Smith
of Kinsale College.



For more
information contact
Aileen at 4709700

The White House

FULLY LICENCED GUESTHOUSE & BAR



Guest Accommodation
4 Star AA Guesthouse



FOOD SERVED ALL DAY

BREAKFAST 8AM - 11.30AM À LA CARTE 12PM - 10PM DAILY
Serving Fresh Seafood, Shellfish, Steaks & Lamb
Dishes delivered daily by local producers

LIVE MUSIC

SAT 21st FEB: BLUE STEEL 10.30PM
THUR 26th FEB: SHANE & FRIENDS 9PM



FRIDAY 20th FEBRUARY 7.35PM

LEINSTER V ZEBRE

SATURDAY 21st FEBRUARY 2.40PM

SCARLETS V MUNSTER

AND PREMIERSHIP SOCCER SHOWN LIVE

sky SPORTS
AT THE RACES

Your hosts The Frawley Family & Staff

T: 4772125 www.whitehouse-kinsale.ie



KINSALE GAA

U21 SE 'A' FOOTBALL C'SHIP
KINSALE V COURCEYS

Minane Bridge, Sun 22nd Feb @ 11.30am

GAA EASTER CAMP

Tues 7th - Thurs 9th April 10am - 1pm

Age: Boys and Girls 6-12, Cost: €30

To register contact Micheál O' Connor 086 8151967

Forms from Maurice Murphy's Hardware.

UNDERAGE TRAINING

GIRL'S FOOTBALL TRAINING will resume on
Monday 23rd February, 5pm - 6pm.

CAMOGIE TRAINING will start on
Sunday 8th March in Sáile for girls aged 5-12yrs.

BOY'S TRAINING will resume also on
Sunday 8th March in Kinsale GAA pitch.

CLUB REGISTRATION DAY

will take place on March 7th in the Temperance Hall.

To keep up to date with Kinsale GAA club, "Like" Kinsale GAA on Facebook, follow us on Twitter or check out the club website.

You can also get information from the Club
noticeboard situated outside Maurice Murphys.





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



& CHECK OUT OUR WORLD BEERS MENU

FRIDAY 20th FEBRUARY 10.30pm

AFTER HOURS

3 Piece Folk/Rock Covers

SATURDAY 21st FEBRUARY 10.00pm

I-FUNK

5 Piece Funk/Soul/Rock Covers

SUNDAY 22nd FEBRUARY 9.00pm

KING K

5 Piece Rockin' Covers

FRIDAY 27th FEBRUARY 10.30pm

GDR

3 Piece Folk/Rock Covers

SATURDAY 28th FEBRUARY 10.00pm

KING K

Bacchus Nightclub

FRI 20th FEB - DJ MARK

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

SAT 21st FEB - DJ SEAN

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

FRI 27th FEB - DJ MARK

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

ALL SPORTS SHOWN ON 2 BIG SCREENS
ALL PARTIES ALL OCCASIONS CATERING FROM 3 TO 300

Apéritif
WINE & TAPAS BAR
@ BLUE HAVEN

Spanish Night
@ Apéritif

THURS 26TH FEBRUARY

OPEN FROM 5.30PM | MUSIC FROM 8PM

SPANISH MUSIC

SPANISH TAPAS SPECIALS & FULL MENU

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Turkish Hot Towel Shave €15

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Vans D.O.E.'d for you**

Damien Bowles or Adrian Wright

T: 021 4700 811

M: 086 2544 297

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7 Pearse Street, Kinsale (Next To AIB Bank)

Get ready for Summer...

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**



CORK COUNTY COUNCIL COMMUNITY GRANT SCHEMES 2015

MUNICIPAL DISTRICT OF BANDON/KINSALE

Cork County Council is operating 3 distinct funding schemes:

1. Municipal District Capital Grant Scheme
2. Municipal District Community Contracts
3. Municipal District Amenity Grant Scheme

1. Municipal District Capital Grant Scheme

The aim of this Scheme is to support community groups and local organisations in County Cork who wish to undertake infrastructural projects costing over €20,000 which will improve the range and/or quality of community based facilities within their area.

2. Municipal District Community Contracts

The Community Contract is an opportunity for local communities to work with Cork County Council on local works and projects - agreed with the local Area Engineer - that enhance the area in which the group is active.

3. Municipal District Amenity Grant Scheme

The Amenity Grant Scheme provides for support to local community groups and organisations by part funding projects. The overall cost for a project under this Scheme must be less than €20,000.

Application Forms and Guidelines on the Schemes
are available on www.corkcoco.ie or by contacting:

Municipal District of Bandon / Kinsale
The Municipal Hall, St John's Hill, Kinsale on 021- 4772154

or by email: niamh.spillane@corkcoco.ie or claire.levis@corkcoco.ie

Closing date for receipt of Completed Applications for the above Schemes is

5:00pm Friday 27th February 2015



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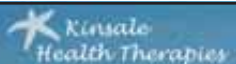
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will become your favour, not mine, Amen.

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

**Are you concerned
about the well-being of
any young person?**

**FOR FREE AND
CONFIDENTIAL ADVICE
AND SUPPORT
CONTACT TOM ON
085 872 5789**



Jim Daly TD Advice Clinic



Weekly Clinics at both
Bandon & Clonakilty Offices.
**First Friday Clinics at the
Trident Hotel, Kinsale
at 12.30pm.**

Clonakilty Office 023 8858770
Bandon Office 023 8843868

★ Please contact the office
as times may vary.

KINSALE ADVERTISER

WHAT'S ON IN KINSALE

FRI 20th FEB - FRI 27th FEB 2015



FRI 20th FEBRUARY

BACCHUS NIGHTCLUB:

DJ Mark, 11.30pm.

BLUE HAVEN:

Niall McCabe Band, 10pm.

CRACKPOTS:

Piano Night with Billy Crosbie.

ELITE PILATES:

Night of Fun & Fitness in aid of Kinsale Pink Ribbon Walk. 6pm to 7.30pm, all welcome. Kinsale Commercial Park.

EVERYMAN:

Faust - Gounod's Opera, 7.30pm.

FOLKHOUSE:

After Hours, 10.30pm.

HAMLETS:

DJ.
Trident Hotel, 10am sharp. Visitors welcome.

RAMPART PLAYERS:

Two by Jim Cartwright. 8pm at The White Lady.

TEMPERANCE HALL:

Drum Circle, 7pm.

SAT 21st FEBRUARY

ARMADA:

Free Beer, 10pm.

BACCHUS NIGHTCLUB:

DJ Seán, 11.30pm.

BLUE HAVEN:

Sons of Steve McQueen, 10pm.

C CLUB GYM

AT CARLTON HOTEL:

Open day, 10am-3pm.

EVERYMAN:

Faust - Gounod's Opera, 7.30pm.

FOLKHOUSE:

I-Funk, 10pm.

HAMLETS:

DJ.

KINSALE ST. PATRICK'S DAY:

Church gate collection.

OSCAR MADISONS:

DJ Mark.

SPANIARD:

For Folk Sake, 10pm.

WHITE HOUSE:

Blue Steel, 10.30pm.

SUN 22nd FEBRUARY

ENA'S HAIR SALON,

BALLINSPIITON:

Think Pink!

Pink Cake Sale.

10am - 2pm.

FOLKHOUSE:

King K, 9pm.

HAMLETS:

Darren and Friends, 7pm.

KINSALE & DOCK

ROWING CLUB:

The Dock Slip from 12pm.

KINSALE GAA:

Under 21 SE 'A' Football Championship, Kinsale v Courceys. Minane Bridge at 11.30am.

KINSALE ST. PATRICK'S DAY:

Church gate collection.

MON 23rd FEBRUARY

BLUE HAVEN:

Mike O'Riordan, 9pm.

DALTONS BAR:

Traditional Irish Music.

KINSALE GAA:

Girls Football Training resumes 5pm-6pm.

TUES 24th FEBRUARY

ACTIVE RETIREMENT

ASSOCIATION:

Temperance Hall, every Tuesday afternoon.

APERITIF:

Baby Yoga.

BLUE HAVEN:

Sonnie & Friends, 9pm.

EVERYMAN:

Faust - Gounod's Opera, 7.30pm.

KINSALE BRIDGE CLUB:

Trident Hotel, 7.30pm.

Visitors welcome.

KINSALE JOBSEEKERS

RESOURCE CENTRE:

Red Cross Centre, Church Lane.

10am - 12.30pm.

KINSALE RUNNING CLUB:

Kinsale Community School, 7pm.

PARENT, BABY & TODDLER GROUP:

Temperance Hall, 10am - 12 noon. All welcome.

WED 25th FEBRUARY

BLUE HAVEN:

Niall McCabe, 9pm.

FRIARY CENTRE:

Talk on the Lenten Gospels by Fr. Frank McAleese, O Carm. 8pm.

KINSALE YOUTH SUPPORT SERVICES:

Parenting with Confidence: Free Talk with Liam Doocey. Carlton Hotel, 8pm.

THUR 26th FEBRUARY

APERITIF:

Spanish Night,

BLUE HAVEN: Clem Buckley & Ben Dillon, 9pm.

CRACKPOTS: Film and Supper Club Night.

Booking essential.

FRIARY CENTRE:

HSE Coping Skills, 2pm to 3.30pm.

MEN'S SHED:

Information Meeting, 7pm, Temperance Hall.

WHITE HOUSE:

Shane & Friends, 9pm.

FRI 27th FEBRUARY

BACCHUS NIGHTCLUB:

DJ Mark, 11.30pm.

BLUE HAVEN: Mike O'Riordan Trio, 10pm.

CORK COUNTY COUNCIL:

Deadline at 5pm for applications for Community Grant Schemes 2015.

EVERYMAN:

Faust - Gounod's Opera, 7.30pm.

FOLKHOUSE:

GDR, 10.30pm.

HAMLETS:

K-CORD:

Creative Art Workshop, 2pm-3.30pm at Kinsale College.

KINSALE BRIDGE CLUB:

Trident Hotel,

10am sharp.

Visitors welcome.

TEMPERANCE HALL:

Drum Circle, 7pm.

KINSALE ADVERTISER

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REBEL BOOT CAMP



ProActive Lifestyle
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Expert instruction in exercise and lifestyle
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TRANSFORMATION DAY

Don't Just Change... Transform!

**@ THE BLUE HAVEN HOTEL, KINSALE
SATURDAY 28TH FEBRUARY, 9am - 4pm**

***An inspirational, life changing, motivating day designed to get
you taking action to achieving the results you truly desire!***

The all inclusive day includes:

- Brain-fog clearing scenic walk.
- Practical, easy to implement, eye opening presentation by expert nutritionist Mary Carmody.
- Smoothie demo and tasting by expert nutritionist Mary Carmody.
- Healthy cooking demo by Blue Haven's own chef.
- Delicious, healthy lunch to refuel & replenish.
- Laser focus your training for optimal fat loss by expert personal and group fitness trainer, Mark Keohane.
- Gear your mindset for success and easily overcome obstacles by Success Coach, Julie Silfverberg.
- Goody bag (t-shirt, bootcamp/PT voucher, beauty and healthy food treats, discount vouchers plus much more!)

Investment: All the above for just €95!

Spaces are limited so book early to avoid disappointment.

Couple/group discounts available!

€25 deposit will secure your place.

**Bookings and enquiries to Mark at
info@rebelbootcamp.ie or call/text 086 8809542**

