

FREE

KINSALE ADVERTISER

Vol. 23 Issue 36/12

Friday 7th - Thursday 13th Sept 2012



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

Tel: 021 477 4313 :: Email: info@kinsaleadvertiser.com :: Fax: 021 477 4339

Events Coming Up

@ The Blue Haven Collection

SPANISH NIGHT

Fri 14th Sept @ Aperitif Wine & Seafood Bar, 8pm
Live DJ, Paellas, Tapas, Spanish Wine Specials

80s MUSIC PARTY

Fri 21st Sept @ Hamlets Café Bar

ARTHUR'S DAY AT THE BLUE HAVEN

Thurs 27th Sept
Live Music - Free Pint of Guinness at 6pm!
Guinness Food Specials and more.

COOKERY DEMONSTRATIONS

coming soon, October until December, so book your place!
Coeliac Cooking, Vegetarian & lots more...

COYOTE PARTY

Sat 6th Oct @ Hamlets, 9pm
Coyote Dancers with Live DJ plus
Special Guest MC, Former Miss World...

...Rosanna Davison!!!

COMEDY WITH BARRY MURPHY & WILLIE WHITE

Thur Oct 18th Tickets on Sale for €25. www.bluehavenstore.com

KIDS COOKERY DEMONSTRATION

Wed 31st Oct @ The Blue Haven. €25 per child
Places limited so book soon

JAZZ WEEKEND

Fri 26th to Mon 29th Oct. Fantastic Live Music all weekend.

COMEDY WITH BRENDAN GRACE

Thurs 1st & Fri 2nd Nov. Tickets €30,
on Sale at The Blue Haven
or online www.bluehavenstore.com
(Limited tickets left)

HALLOWEEN FANCY DRESS PARTY

Sat 3rd Nov @ Hamlets Café Bar
Live Music, Prizes & Great atmosphere

NEIL DIAMOND TRIBUTE ACT

Fri 9th Nov @ The Blue Haven Hotel

Fantastic Events for you to Enjoy. We look forward to seeing you.



T: 021 477 2209

www.bluehavencollection.com

TAE KWON-DO

Beginner Classes in Kinsale starting

*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

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The Folk House

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



ALL SPORTS SHOWN ON OUR 2 BIG SCREENS

CHECK OUT OUR WORLD BEERS MENU

UNRIVALED SELECTION INCLUDING:

Fuller's Honey Dew Lager,
O'Hara's IPA, Old Speckled Hen,
Hobgoblin Ale,
London's Pride Ale

NEW ON TAP:

O'Hara's Red Ale,
Stowford Press Westons Cider
Jennings' Slap & Tickle,
Metal Man Cask Ale,
8° Howling Gale
Abbot Ale,
Carrig Irish Craft Lager

-LIVE MUSIC-

FRI 7th UNCHARTED
4 Piece Rock Covers

SAT 8th iFUNK
5 Piece Funk, Soul, Rock Covers



SUN 9th BIG ORDEAL
4 Piece Rockin Covers

THURS 13th BIG TREBLE
...Niall, Mike & Friends.
3 Piece Soul and Contemporary Covers

FRI 14th PARALLEL

GREEN ROOM
ALL PARTIES CATERED FOR FROM 3 TO 300

Bacchus Nightclub

Guardwell Kinsale

FRI 7th SEPT - DJ Garian
90s Club Classics & Chart. Doors 11:30pm - FREE b4 12:00am

SAT 8th SEPT - DJ Sean
All the Old & New Classics. Doors 11:30pm - FREE b4 12:00am

THURS 13th SEPT - DJ Mark
All the Old & New Classics. Doors 11:30pm - FREE All Night

**Bulman Bar
 & Toddies
 Restaurant**
 SUMMERCOVE, KINSALE

~ **Live Music** ~

Saturday 8th Sept

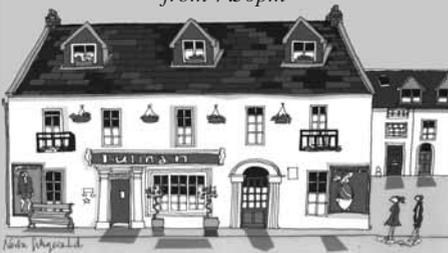
Crazy Chester

from 10.15pm

Sunday 9th Sept

Natural Gas

from 7.30pm



Bulman

~ **Bar Food** ~

Served 7 Days, 12.30pm-5pm

Bulman

~ **Bites Menu** ~

Served in the bar
 Tues-Sat 6-9pm

Toddies

~ **Restaurant** ~

A la Carte menu
 Tues-Sat, 6pm-9.30pm

T: 021 477 2131
www.thebulman.ie



Kinsale CHECK OUT OUR
NEW WEBSITE!!!

**Deep Sea Angling
 & Scenic Tours**
 38ft Aquastar, Operating All Year!

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- Scenic Tours Include
 The Old Head etc.
- Whale/Dolphin Tours

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 T: 021 477 8054
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 email: info@anglingkinsale.com

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The 36th Kinsale Gourmet Festival

12-14th October
2012

FRIDAY 12th OCTOBER 2012

COOK OFF on the Streets of Kinsale Sponsored by Pallas Foods

Cook off on the streets of Kinsale... join the chefs of the GFC and their special guests as they show off their skills and you might even get to sample some of their wares!



FESTIVAL OPENING

A Taste of West Cork Dining Experience & Laurent Perrier Black Tie Ball



Patrons will be treated to a feast of West Cork delicacies over an 8 course dinner accompanied by champagne and fine wine from our event sponsor, LAURENT PERRIER, followed by dancing until the wee hours.

MC Derek Davis. Ticket price €85

SATURDAY 13th OCTOBER 2012

11.30am The MAD HATTERS Taste Of Kinsale.

Join Alice and friends and explore Wonderland on - an escorted tour of the 10 Members of Kinsale's Good Food Circle who will present spectacular dishes from their kitchens bearing testimony to the culinary skills of the chefs of Kinsale. The event kicks off with a sparkling reception, sponsored by Christy's Wines & Spirits, your guide will then escort you to each of the tasting venues to sample fine cuisine, complimented by selected wines from our Festival wine sponsors, NASH's KARWIGS, SEARSONS & BARRY FITZWILLIAM. We have beer for non wine drinkers or water courtesy of Tipperary Water. As an additional fun element everyone is requested to wear a "Mad Hat" in honour of our special guest - the Mad Hatter! A competition for the best hat will be held, compliments of HATTITUDE, KINSALE. Afterwards for those whose stamina hasn't wilted, it's 'All Aboard' the Landtrain heading for the Festival Club to dance the evening away to the sounds of Crazy Chester (and Crazy DJ Anthony). Ticket price €90

SUNDAY 14th OCTOBER 2012
1pm FRUITS DE MER

Take your seat for a superb afternoon of fun & frolics with MC Derek Davis. Enjoy a mouth watering four course lunch to include lobster, crab, prawns etc, accompanied by delicious wines sponsored by FINDLATER WINE & SPIRITS. Freshly roasted coffees compliments of BEWLEYS then dance the evening away with the Magnetics. During the afternoon there will be fun and games with spot prizes to be won as well as our annual charity auction held in aid of Kinsale's Pink Ribbon Walk, raising much needed funds for Breast Cancer awareness

Event Ticket price €75

Please note that patrons MUST produce ticket at door to gain entry to each event - no ticket, no entry

Participating Restaurants:

Bookings being taken at all GFC restaurants for evening dining

Restaurant d'Antibes @ The White House, The Blue Haven, Crackpots, Jim Edwards, Max's, Man Friday, Fishy Fishy, Pier One @ The Trident Hotel, Toddies @ The Bulman, White Lady

Tel: 021 4773571

www.kinsalerestaurants.com



71 Main Street, Kinsale

www.facebook.com/Good.Food.Circle



www.twitter.com/kinsalenews

5

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EVA WATER PURIFIER

7 Stage Process:
Removes Fluoride,
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Keeping Kinsale focused

OPENING TIMES:

TUESDAY-THURSDAY:

9.30am-5.30pm (Closed for Lunch 1-2pm)

FRIDAYS: 8.30am-5.30pm

(Closed for Lunch 1-2pm)

SATURDAYS: 9.30am-3pm

(Open through Lunch)

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

A traditional bar in the heart of Kinsale

an Seanachai

Great Guinness &
a warm welcome!

The Best of Irish Trad
& Folk, Monday-Sunday

-Friday 7th Sept

Dublin Peter

The Best of Trad & Ballads

-Saturday 8th Sept

Oh Dears!

Barry & Co. Rockin' it.

-Sunday 9th Sept

Liam O'

Ceol agus Craic! Ballads!



**Your Ideal
Party Venue**
...Call In & See!!!



MARKET ST., KINSALE,
TEL: 086 163 3596



THE LORD KINGSALE

Bar ~ Function Room ~ Guesthouse

Main Street, Kinsale. Tel 021 477 2371

Food Served
~Monday To Saturday~

Lunch Served
from 12pm (Mon-Fri)

Evening Menu Served
from 5.30pm (Mon-Sat)

~Live Music~

Sat 8th Sept: Paul Murphy
Sat 15th Sept: Kevin McSweeney

All Private Functions Catered For
~ Ensuite Accommodation Also Available ~

Anika & Sandra

Massage, Beauty, Hair & Nail

Pearse Street, Kinsale (above Eurospar)

Tel: 087 783 9626

Treatments offered by highly Qualified therapists at reasonable prices.

~ Beauty ~

NEW MESOSTYLE FACIAL ...only €65

Mesotherapy treatment without needles! Facelifting, skin rejuvenation with electroporation. The Mesotherapy treatments are the most effective way to penetrate active ingredients into the deep layer and cells of the skin.
(6 sessions for the price of 5)

MICRODERMABRASION FACIAL ...only €50

With free eyelash tint and eyebrow shape

EYELASH, EYEBROW TINT & SHAPE ...only €18

All waxing services at reasonable rates

~ Massages ~

BACK-NECK-SHOULDER

(30min) only €20

MULTI-VITAMIN FULL BODY MASSAGE

(60min) only €40

SWEDISH MASSAGE

(60min) only €40

DEEP TISSUE MASSAGE

(60min) only €40

SPORT MASSAGE

(60min) only €40

GOLFERS MASSAGE

(60min) only €50

~ Nails ~

SPA MANICURE only €15

SPA PEDICURE only €35

SPA PEDICURE & MANICURE only €45

GEL VARNISH (lasts up to 3 weeks) only €25

GEL/ACRYLIC FULL SET only €45

~ Beauty Pamper Package ...only €80 ~

(Full Body Massage + 60min Beauty Facial with Free Eyebrow Shape, Eyelash Tint, Hand Massage)



NEW INTENSIFIT

The new generation of vibrational trainers (only 10 mins a day for sufficient full body workout)

Do you "hate" exercise – and need to lose weight and tone up? Or do you have bad circulation and need more energy?

Then the 'INTENSIFIT' Trainer is the answer.

Benefits:

- ...helps your body to detox and improve mood
- ...improves blood circulation – speeds up metabolism
- ...shapes and defines muscles
- ...reduces body fat and help lose weight.

For best results – 3 sessions a week

Thermo Acupressure Massage Bed

(a Medical Aid)

Treatment takes 40min - €20

Effects:

- Light Therapy • Heat Therapy
- Massage • Acupressure

Recommended...

- ...in musculoskeletal disorders
- ...in spinal conditions, rheumatic problems
- ...for the treatment of internal inflammations
- ...in skin conditions (psoriasis, eczema, moles)
- ...in osteoporosis
- ...in allergy, asthma, chronic rhinitis
- ...for weight loss
- ...for immunostimulation
- ...for improving eyesight
- ...for migrainous headache



Gift Vouchers Available ~ Open Mondays to Saturdays



Kinsale & Dock Rowing Club

...would like to thank the following people
 who helped make our recent regatta a huge success.

John O'Brien, Charles Hurley..... Regatta Course
 Cllr. Tomas O'Brien..... Commentary Boat Skipper
 Anthony Curran..... Commentary Boat
 Bob Cast..... Red Cross
 Tadgh Wright..... Castlepark Marina
 Kinsale Garda
 Kinsale Regatta Committee
 Civil Defence Rescue Boat



Kinsale & Dock Rowing Club would also like to thank our Regatta Sponsors.
 Trident Hotel; Nyhan Motors; Blue Haven Hotel; Eurospar Kinsale; Waterside B&B;
 Sam's Bar; Jim Edwards Restaurant; O'Reilly Bros. Builders; Eli Lilly SA;
 Collins Pharmacy Kinsale; Catch of the Day; Wild Goose Studios; Kevin O'Connell;
 Supervalu Kinsale; Henry Good Ltd; Haven Bay Care Centre; Carlton Hotel, Kinsale;

**And most of all a big thank you to Kinsale & Dock members
 for their effort and time which made our regatta a huge success.**

Alto Holistics

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 10% OFF every morning!

~ Treatments Available ~

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 Reiki.....€45
 Indian Head Massage.....€45
 Lymphatic Drainage.....€45
 Sports Massage.....€50

~ The Half & Half ~

Back Massage & Reflexology
 Only €50

~ GIFT VOUCHERS ~

late appointments available by advanced booking

Tel: 087 9127271

Sarah Tubridy

44 Main St. (next to Poets Corner Cafe)



THE *Your Local Bar...* **ARMADA** BAR & GUESTHOUSE

Pearse Street, Kinsale Tel: 477 2255

Friday 7th Sept

The Ferrymen

Saturday 8th Sept

Melody Mystique

Sunday 9th Sept

The Ferrymen

Wednesday 12th Sept

Dan The Man

*Traditional
 Irish Food
 Served Daily
 12pm-8pm*

~ Plus our Darts, Rings & Pool~



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The ultimate whole food,
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✓ **Vitamin C**

For Immune Support & Cell Protection

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Anti Bacterial • Anti Fungal • Anti Viral

✓ **Probiotics**

Improved Gut Function & Post Antibiotic Therapy

- **EXAMS THIS YEAR?** -
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✓ **Fish Oil Capsules**

for concentration & mood

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www.facebook.com/KinsaleNews





Clinic for – Physical Therapy, REHABILITATION & EXERCISE

26 Haven Bay Apts., Kinsale

**Launch
of new
premises**

Manual Therapy in:

- Orthopaedic Massage
- Joint mobilisation
- Soft Tissue Rehabilitation
- Medical/Functional Exercise
- Functional Movement
- Neural Stimulation
- Neuro-muscular Therapy
- Postural Alignment

Treatment for...

- Injury Rehabilitation & Prevention
- Acute & Chronic Pain Management
- Dysfunctional Movement/Posture
- Post-Surgery, Post Physiotherapy Rehabilitation
- Post-Natal physical recovery
- Postural Weakness
- Muscular/neuro-muscular Conditions
- Joint problems

Please call for your appointment:

Sabine Graef (BEd.SSc, MT)

Mob. 087 9872783

email: sabinegraef@eircom.net

•• SPECIAL INTRODUCTORY OFFER ••
Free Consultation! & 20% Discount for any
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The White House

FULLY LICENCED GUESTHOUSE & BAR

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

Special Set Menu

3 Courses €25 / 2 Courses €20

~ *Live Music* ~

Friday 7th September

Shane & Friends 9.30pm

Saturday 8th September

Liam O' 10.30pm

Sunday 9th September

Mike O'Riordan 9.00pm

Thursday 13th September

Shane & Friends 9.30pm

Your hosts *The Frauley Family & Staff*

Tel: 021-4772125

www.whitehouse-kinsale.ie



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web: www.fasttrackbroadband.ie



C club
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Membership Options

3, 6 & 12 Month terms

From ONLY €190

New Classes

Starting 10th September Aqua Fit, Boxercise,
Teen Gym & Swim Club

C Weight Loss Club

Every Wednesday @ 7pm beginning 12th September

Swimming Lessons

Group classes for all abilities on Tuesdays, Thursdays
& Saturdays. Private Lessons also available



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KINSALE

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Carlton Hotel & C Spa, Kinsale, Co. Cork.
Email: cclubkinsale@carlton.ie
www.carlton.ie/kinsale



**New Activities Autumn 2012
with Sabine Graef**

-Monday, 10th September

Grassroot Tennis Kids, €40/6 weeks
Times: 3.30pm - 5-7yrs, 4.30pm - 8-12yrs.

-Wednesday, 12th September

Grassroot Tennis Kids, €40/6 weeks
Times: 3.30pm 8-10yrs, 4.30pm - 11yrs up

-Wednesday, 12th September

Basketball for 1st - 3rd year only!
Time: 1.45pm - 3pm €40/6 weeks

-Thursday, 13th September

Ladies Fitball/Pilates Ball Class
Time: 10.30am - 11.30am, €40/6 weeks
Places limited!

**Bookings/Registration call
Sabine: 087 9872783
or email: sabinegraef@eircom.net**

The **Market Garden**

PEARSE ST., KINSALE. Tel: 021 477 4574

GENERAL GROCERY
Specialising in Fresh Fruit & Vegetables,
Dried Fruit, Nuts, Spices and Herbs...
Fruit Baskets Prepared Potatoes & Vegetables.

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Mon - Sat
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Mark Costelloe, Director, Ballyvrin, Dunderrow, Kinsale, Co. Cork

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Routine Footcare • Specialist Diabetic Footcare
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PJF Insurances Ltd t/a PJFitzgerald Insurances is regulated by the Central Bank of Ireland.

Kinsale Yoga Centre



Back Care Classes

Easy to learn exercises drawn from Yoga Therapy and Pilates to strengthen the supporting muscles of the spine and abdomen, ease away tension and discomfort, increase mobility, and encourage good posture.

6 wk course starts Tues 18th Sept, 8.00-9.15pm.



Pregnancy Yoga

Helping you to enjoy pregnancy, birth and beyond with movement and exercise to help you stay supple and strong, along with breathing skills for labour, meditation for a peaceful mind and deep relaxation.

6 wk course starts 18th Sept 6.30-7.45pm.



Over 50s Ladies Yoga

A gentle and uplifting approach to yoga which helps to build strength, tone and suppleness, along with stretching and deep breathing for the right balance of energy and relaxation.

Drop in classes start Tues 18th Sept, 11.30am-12.30pm.

Libby: 087 9906187

Kinsaleyogacentre.com

Kinsaleyogacentre@gmail.com

Libby originally qualified as a Yoga Teacher in 1996 with the Sivananda Yoga Vedanta organization. She has since received certified training with Yoga Therapy Ireland in various specialist areas which qualify her to teach Pregnancy, Back Care and Over 50's. She has been teaching in Kinsale for the last ten years, and co-runs the Kinsale Yoga Centre.

The Spaniard

Scilly, Kinsale

~Live Music~

Friday 7th Sept

Martin & Friends, 9pm

Saturday 8th Sept

For Folk Sake, 9.30pm

Sunday 9th Sept

Michael & Jimmy, 6pm-8pm

with Sing Along

Wednesday 12th Sept

Our Famous Trad Sessions

with Tom - All musicians welcome!!!

BEST OF LUCK TO THE DRAGONS!!!

~Bar & Restaurant~

Lunch 12pm-3pm, Mon-Fri, Food All Day, Sat & Sun
Restaurant Open 6pm Nightly, All Menus Available

~Private Functions Catered For~

Tel: 477 2436 www.thespaniard.ie



It's Back to School
Le French Club
Is now Enrolling

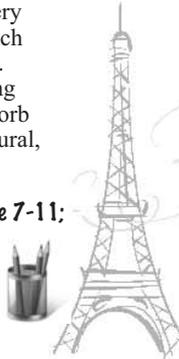
New Terms start the week of
September 24th in Kinsale Gael Scoil

We aim to give children a very strong grounding in the French language, culture & heritage. Through fascinating, inspiring activities your child will absorb the French language in a natural, fun, effective way.

Courses for Children age 4-7; age 7-11;
Junior & Leaving Certificate preparation Also available

To avoid disappointment book now on: 087-6443574 or email: lefrenchclub@gmail.com

Limited places available as we wish to keep groups small.



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- Weight Loss Challenge Classes only €45 for 12 weeks - Lose weight & win cash prizes!

Call: RONI 021 477 7891 or 086 8316681

KINSALE 5 MILE RUN

Sunday 30th September, 2012 at 11AM

Find us on Facebook [kinsale5milerace](#)

FREE TRANSPORT FROM FINISH LINE TO CLUB

RACE CATEGORIES

Men, Women, Junior U-18 Boys and Girls. Over 40,45,50,55,60.

Prizes for all categories.

Come and enjoy a great family day in Kinsale

- Open to all athletes.
- Entry Fee: €10
- Start time 11am at Kinsale RFC.
- Free transport from finish line to club
- Check us out on facebook for lunch and other offers on the day

- Registration and changing facilities at Kinsale RFC from 9.30am to 10.30am
- Inquiries to John Walsh 086-8190611
- Car Parking available at Kinsale RFC
- Free Family Walk commences 10.45am (separate route)
- Charity Partner - Build4Life

Race will start at Rugby Club and finish on Long Quay on a fast course.
Free transport available back to club for showers/refreshments after the race.
If you would like to pre-register please send an email with name to kinsale5milerace@gmail.com.
Family walk starts at 10.45am and takes in Charleston, Scammonee, Scilly Walk and finishes on Long Quay where the main race finishes.
A day out for all the family run or walk and spend some time in Kinsale. Minimum age for runners - 10 years.
For further information on events and activities in Kinsale, log on to www.kinsale.ie.
Registration from 9.30am • To pre-register please email kinsale5milerace@gmail.com
Contact: kinsale5milerace@gmail.com or John 086-8199611

Daltons Bar

Market St, Kinsale. Tel: 021 477 7957

Traditional Irish Music & Ballads

Mondays, Tuesdays & NOW on Thursdays

Kinsale Yoga Centre

Yoga - Pilates - Tai Chi

AUTUMN TIMETABLE

MON	10.45am-11.45am Mums, Bums Tums With Silver 085 1136018		6.30pm-7.45pm Yoga For Well Being With Eileen 087 2383849	7.45pm-9pm Yin Yoga & Restoratives With Eileen 087 2383849
TUES	9.45am-11.15am Iyengar Style With Penny 087 9865556 Starts 11th Sept	11.30am-12.30pm Over 50s Yoga With Libby 087 9906187 Starts 18th Sept	6.30pm-7.45pm Pregnancy Yoga With Libby 087 9906187 Course Only Starts 18th Sept	8pm-9.30pm Back Care With Libby 087 9906187 Course Only Starts 18th Sept
WED	10.30-11.30am Pilates With Rose 087 1332326	Yoga For Kids With Mary 087 7623822 Starts in October	6.30pm-7.30pm Pilates With Rose 087 1332326 Starts Sept 12th	8pm-9.15pm Hatha Yoga With Rose 087 1332326
THURS	10am-11.15am Hatha Yoga With Rose 087 1332326		7pm-8pm Total Body Tone with Silver 085 1136018	8.15pm-9.15pm Meditation & Relaxation With Rose 087 1332326
FRI				
SAT	10am-11.15am Hatha Yoga With Rose 087 1332326	11.30am-1pm Tai Chi With Simon 085 1691304	For updates and more check out our Facebook page	

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MAIN STREET, KINSALE

~ Friday 7th Sept ~
Well Strung, 10.30pm

~ Saturday 8th Sept ~
Old No. 7

~ Sunday 9th Sept ~
Swing, Jazz, Blues
5.30pm-7.30pm

& Tributes to Billie Holiday with dazzling Deirdre McCallum accompanied by magic fingers Billy Crosbie

Monday-Friday
5pm-close

§ Saturday & Sunday
3pm-close



Positive Balance

We are checking into Autumn..
Kids are back to School..
Now is the time to get yourself
fit, slim and healthy.

NEW CLASSES

Mondays, Wednesdays & Fridays @ 10am
Tuesday & Thursday evenings @ 7pm

LADIES BOOTCAMP

Tuesday & Thursday mornings @ 9.45am

It's fun, motivating and different. Every class will give you a great workout... from step to kickboxing, pilates, weights, resistance bands, matwork. Classes are kept small, max of 8 people.

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Ages 6-18



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CONTACT:

Kim Kerins (Minis)
087 7973868
Peter Elliot (Youths)
086 2841747

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Honorary Guest:
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*All Welcome
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Support & Nurture



**By Her Excellency Catherine Muigai Mwangi,
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Information Evening
Thursday 20th of September
Kinsale Community School 7pm



**Find out how a local community can
help a community in Kenya.**

Contact

Maura: 087 662 5613

Jan: 086 171 2534

May: 086 871 7692





Free Introductory Lecture

Wednesday 19th September
Trident Hotel 7pm

MINDLINK
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Your path to Self Discovery

This year Rod has been asked to bring his module one seminar (**The Neurobiology of Excellence**) to Kinsale. The module will take place in The Trident Hotel from Friday 21st September to Sunday 23rd September.

Rod Briggs is a sought-after international lecturer and consultant whose area of expertise lies in the mind sciences. He lectures on Stress Control, Trauma, Emotional Aptitude, Problem Solving, Interpersonal Relationships, Crisis Management, Personal Performance, Situation Awareness and Psycho-Neuro Immunology (to mention a few) to government departments, military and peace keeping forces, members of the medical fraternity, health departments, corporate and private groups from all over the world.

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www.mindlinkfoundation.com



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KINSALE

Presents

A NIGHT AT THE DOGS

A Fundraiser in aid of Club Development

Friday 21st September
@ CURRAHEEN PARK

TICKETS €10

FIRST RACE 7:47pm

UNDER 16s FREE WITH 2 ADULT TICKETS
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Tickets available from club officials
& members. For any enquiries call

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Tickets on Sale
this weekend
in Super Valu



A Welcome Home

A welcome home for our
Kinsale paralympian sailor
John Twomey & his team.

Saturday 15th September
at The Lord Kingsale.

Full details in next week's issue

THE TOWER 10k



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**Saturday 15th September @ 12 Midday
Start/Finish at Old Head Signal Tower Kinsale**

Registration from 10-11.30AM or Register online at

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The clothes etc will be exported to Africa, Pakistan and India.

The clothes will be collected in the pitch on Friday Sept 14th, between 6-8pm

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Kilbrittain Area, 17 years experience.
Second and Third level, Includes Project Maths.

Creative Writing Workshops for Teenagers



Saturday mornings
Starting 15th September

One-to-one classes
also available

Contact Niamh 087 759 7107

ITALIAN LANGUAGE CLASSES

Italian Mother Tongue, adults & children
Speaking, Grammar, Written

Call: 085 840 0381

GRINDS

Leaving Cert Biology
Junior Cert Science

Proven Results: 087 2434802

WANTED



iPhone Wanted

Perfect Working Order

Must be compatible with 3 Network
Phone 087 214 6574

PROPERTY

Fully Furnished Cottages to rent opposite Garretstown Beach

4 bedrooms/3 bathrooms
central heating and
open fireplace
All Kitchen appliances provided
Satellite TV
Rent is €600.00 per month
Utilities extra

Please ring Alison on:

087 6793506

for more details, or email to info@kinsalecoastalcottages.ie



**TO LET: Ballinspittle area
Bedsit suitable for one person.
Tel: 087 677 9577**

Secure Winter Indoor Dry Storage Available

Ideal for Dragons & Squibs
Anything on trailer up to 30ft.
Prices include power wash.



Price on app - Excellent rates available - Limited spaces
1.5km from Kinsale

Call today to book your winter storage.

Phone 087 -7913337

Between office hours: 9.30am-5.30pm, Monday-Friday

TO RENT: LANZAROTE

Beautiful one bedroom apartment
with sea views in Matagorda,
Lanzarote. Small quiet complex
with heated swimming pool.
Close to all local amenities.
5 minutes walk to the beach.
10 minutes from airport.
Satellite TV including:
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or **087-986 3302**

TO LET LONG OR SHORT TERM

DOUBLE ROOM EN SUITE
AND SINGLE ROOM WITH
SHARED BATHROOM,
COMMUNAL KITCHEN/DINING
AREA & LAUNDRY.

PRICE RANGING FROM
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WEEK THIS INCLUDES ALL
CHARGES AND BROADBAND
OFFICE HOURS **021 477 4940**
AFTER HOURS **087 267 1904**

Flat to Share

Town Centre: 087 245 8737

**Ensuite Room To Let
Kinsale Town Centre
Tel: 087 226 2101**

**TO LET: 2 Bedroom
Apartment (Kinsale Town
Centre) 087 9058097**

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ANN'S HAIR CREATIONS

Ladies & Gents Hair Salon The Glen, Kinsale. T: 021 477 2030

SPECIALS:

- Full Head Mèche inc cut/blowdry
Only €65 every Thursday/Friday
- Short Hair Blow Dry only €15
- Also specialising in Herbal Colour
& Balayage Technique

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Tues to Sat: 9.15am-6pm

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CAR PARK
BEHIND
SALON

Michelle's
Hair Creations
LADIES & GENTS

Open
Tuesday to Saturday
9.30am - 5.30pm

T: 021 477 3133

14 Pearse Street, Kinsale, Co. Cork



NOTICES

Table Quiz

Fundraiser in aid of Positive Aging week
Wednesday 19th September
Trident Hotel, 7.30pm
Table of 4 = €40
All Welcome
Phone Deirdre To Book:
087 799 1041

Ena's Hair Salon
Ballinspittle, Co. Cork.
021-4778776


COLOUR HERBE
Permanent Hair Colour

Open Tuesday - Thursday: 9am - 6pm
& Saturday: 9am - 5pm
Late Opening Friday: 9am - 7pm



Kinsale Red Cross Teenage Disco

Celebrate your Junior Cert. results!
Wednesday 12th Sept.
The White Lady, 9pm-11.30pm
Mineral Bar Only / Fully Supervised

Do you have allergies???

Food testing using Kinesiology
(Muscle-testing)

Yoka Pauelsen, Kinesiologist, Kinsale Kinesiology Clinic
Email: yokapauelsen@hotmail.com Tel: 087-9626000

FINTAN LYNCH

HAIRDRESSING

61 MAIN STREET, KINSALE
Tel: 021 477 3900

Open Tues-Fri 9am-5.30pm | Sat 9am-4pm
OPEN LATE THURSDAYS UNTIL 8pm
NOW ALSO OPEN ON MONDAYS


COLOUR HERBE
Permanent Hair Colour

*Booking
Advisable!*

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Whilst every care and attention is given to all advertisements published, we cannot take responsibility for the content or validity of these advertisements. If an advert has been proofed & cleared for publication by the advertiser, we cannot take responsibility for any errors.

ANTENATAL CLASSES IN KINSALE

A series of 5 classes to help you
prepare for labour & birth.

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Lactation Consultant

FOR MORE INFORMATION
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www.facebook.com/breastfeedingclass



**The Society of St. Vincent de Paul
is available in the Kinsale area**

Offering practical help & advice in complete confidence. Our members have great experience in helping people deal with problems and can link you to service or agencies that can help you.

**Please contact us at Kinsale: 085 218 6966
or Tuckey Street, Cork: 021 427 0444**

NOTICES

Kinsale Heritage Town Walk

DERMOT RYAN 086 826 7656

From The Tourist Office

at 10.30am Daily & 3pm (by Appointment)

Number 1 Kinsale Attraction & Cert of Excellence on



BEST GUIDE IN IRELAND AWARD

-IRISH INDEPENDENT

Adults €5, Children Free

Kinsale Gymnastics

Fridays @ St. Multose Hall

4-5pm (4-6yrs)

5-6pm (7-10yrs)

6-7pm (10yrs+)

(Times flexible to suit siblings)

**Starting Friday 21st Sept
for 10 weeks.**

To Book contact Sinead: 086 8360275

Set Dancing Class

Monday nights, Temperance Hall from 8.30pm

No experience required.

Enquiries to Fionan Cogan:

087 818 5111 or ceilifit@gmail.com

Concept4Soccer

with Cork player Danny Murphy

Training Camp

Every Tuesday @ Sáile

3.30pm-4.30pm

Ages 5 to 14 years

Starts September 11th 2012

Contact: 086 845 1419

www.concept4soccer.com

DON & BARRY'S HISTORIC STROLL, KINSALE

From the Tourist Office @ 11.15am Daily

+ Our Early Bird @ 9.15am, Mon-Sat

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

www.HistoricStrollKinsale.com Tel: 087 2500731

Adults €6 / Children €1

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- Training & Singing • Folk Guitar • Music Theory & Appreciation
- Drum Kit • Junior & Leaving Cert Grinds • Banjo

T: 087 951 3589 E: info@musicmakers.ie

www.musicmakers.ie

Kinsale Foróige Youth Club Registration: Monday 10th Sept

St. Multose Hall, 7.30pm-8.30pm

(Ages 12 to 17)

Parent must be present to register
Adult volunteers also needed.

**Please contact Jackie 087 136 3630
or come along on the night**

HARBOUR CRUISE

Departure Beyond Actons Hotel on board 'Spirit of Kinsale'



Fri 7th Sept: 2pm & 3pm

Sat 8th Sept: 2pm, 3pm & 4pm

Sun 9th Sept: 2pm, 3pm & 4pm

Mon to Fri: 2pm & 3pm

Complimentary Tea/Coffee Served

Cruises are subject to weather and tide.

T:086 250 5456

www.kinsaleharbourcruises.com

Welcome to the participants & visitors to the Dragon Gold Cup!!!

FRI 7th SEPT

AN SEANACHAI:
Dublin Peter, 10pm.
ARMADA: The Ferryment.
BACCHUS NIGHTCLUB:
with DJ Garian, 11.30pm.
BLUE HAVEN:
Love Junkies, 10pm.
CRACKPOTS RESTAURANT:
Crosbie's Piano Bar
with Guest Eamon Jackson.
DERMOT RYAN'S HERITAGE WALKS: 10:30am & 3pm (by apt) From The Tourist Office.
DON & BARRY'S TOURS:
From The Tourist Office, 9.15am & 11.15am.
FOLKHOUSE:
Live Music with Uncharted.
HAMLETS: Live DJ.
HARBOUR CRUISE: From The Pier @ 2pm & 3pm.
KINSALE RUGBY CLUB:
Adult Training, 7.30pm.
SILENT BANJO:
Well Strung, 10.30pm.
SPANIARD BAR:
Martin & Friends, 9pm.
TEMPERANCE HALL:
Drum Circle, 7.30pm.
THE TRIDENT HOTEL:
Jim Daly TD,
Advice Clinic, 12.30pm.
WHITE HOUSE:
Shane & Friends, 10.30pm

HAMLET CAFE BAR:
DJ Mark.
HARBOUR CRUISE:
From The Pier
@ 2pm, 3pm & 4pm.
KINSALE RUGBY CLUB:
Underage Training, 10am.
LORD KINGSALE:
Paul Murphy.
SILENT BANJO: Old No.7.
SPANIARD BAR:
For Folk Sake, 9.30pm.
WHARF TAVERN @ THE TRIDENT HOTEL:
Tim O'Mahony, 9pm.
WHITE HOUSE:
Liam O', 10.30pm.

Dragon Gold Cup 2012
SUN 9th SEPT

AN SEANACHAI:
Liam O, 9pm.
ARMADA BAR:
The Ferryment.
BLUE HAVEN:
Elly & Friends, 9.30pm.
BULMAN, SUMMERCOVE:
Natural Gas, 7.15pm.
CARLTON HOTEL & C-SPA:
Billy Crosbie & Sons Trio,
Afternoon Jazz, 12pm.
CELTIC ROSS HOTEL,
ROSSCARBERY:
Exclusive Wedding Event
with Guest Speaker Franc,
2pm-6pm.
DERMOT RYAN'S HERITAGE WALKS: 10:30am & 3pm (by apt) From The Tourist Office.
DON & BARRY'S TOURS:
Tourist Office, 11.15am.
FOLKHOUSE:
The Big Ordeal.
HAMLETS CAFÉ BAR:
Crazy Chester, 9.30pm.
HARBOUR CRUISE:
From The Pier
@ 2pm, 3pm & 4pm.
SILENT BANJO:
Deirdre McCallum &
Billy Crosbie, 5.30-7.30pm.
SPANIARD BAR: Michael
& Jimmy with Sing-Along,
From 6pm-8pm.
WHITE HOUSE:
Mike O'Riordan, 9pm.

Dragon Gold Cup 2012
MON 10th SEPT

AN SEANACHAI:
Live Music with
Dublin Peter, 9.30pm.
BLUE HAVEN:
Trad with John & Friends,
plus Irish Dancing.
DALTONS BAR:
Traditional Irish
Music & Ballads.
DERMOT RYAN'S HERITAGE WALKS: 10:30am & 3pm (by apt) From The Tourist Office.
DON & BARRY'S TOURS:
From The Tourist Office,
9.15am & 11.15am.
HARBOUR CRUISE: From
The Pier @ 2pm & 3pm.
KINSALE FORÓIGE
YOUTH CLUB:
Registration Night,
St. Multose Hall,
7.30pm-8.30pm.
TEMPERANCE HALL:
Set Dancing, 8.30pm.
Every Monday.

Dragon Gold Cup 2012
TUES 11th SEPT

AN SEANACHAI:
Live Music with
Liam O, 9.30pm.
BLUE HAVEN:
Live Music with
Sonny & Friends, 9.30pm.
DALTONS BAR: Traditional
Irish Music & Ballads.
DERMOT RYAN'S HERITAGE WALKS: 10:30am & 3pm (by apt) From The Tourist Office.
DON & BARRY'S TOURS:
From The Tourist Office,
9.15am & 11.15am.
HARBOUR CRUISE: From
The Pier @ 2pm & 3pm.
KINSALE RUGBY CLUB:
Adult Training, 7.30pm.
Every Tuesday & Friday.

Dragon Gold Cup 2012
WED 12th SEPT

AN SEANACHAI:
Peter Returns, 9.30pm.

ARMADA BAR:
Live Music with
Dan The Man.
BLUE HAVEN:
Trad with John
& Friends, 9.30pm.
DERMOT RYAN'S HERITAGE WALKS: 10:30am & 3pm (by apt) From The Tourist Office.
DON & BARRY'S TOURS:
From The Tourist Office,
9.15am & 11.15am.
HAMLETS CAFÉ BAR:
Live Music with
Niall McCabe Band.
HARBOUR CRUISE: From
The Pier @ 2pm & 3pm.
SPANIARD BAR:
Trad Session with Tom.
WHITE LADY NIGHTCLUB:
Kinsale Red Cross Teenage
Disco, 9pm-11.30pm..

Dragon Gold Cup 2012
THURS 13th SEPT

AN SEANACHAI:
Live Music with
Trad Routes, 9.30pm.
BACCHUS NIGHTCLUB:
with DJ Mark, 11.30pm.
BLUE HAVEN:
Trad with John & Friends
plus Irish Dancing.
DALTONS BAR:
Traditional Irish
Music & Ballads.
DERMOT RYAN'S HERITAGE WALKS: 10:30am & 3pm (by apt) From The Tourist Office.
DON & BARRY'S TOURS:
From The Tourist Office,
9.15am & 11.15am.
FOLKHOUSE: Big Treble
(Niall, Mike & Friends).
HAMLETS CAFÉ BAR:
Darren & Friends.
HARBOUR CRUISE: From
The Pier @ 2pm & 3pm.
KINSALE GARDEN & FLOWER CLUB: 'Floral Art' by
Helen Lucas, AOIFA.
St. Multose Hall, 8pm
New Members Welcome.
WHITE HOUSE:
Live Music with
Shane & Friends, 9.30pm.

Welcome to the participants & visitors to the Dragon Gold Cup!!!



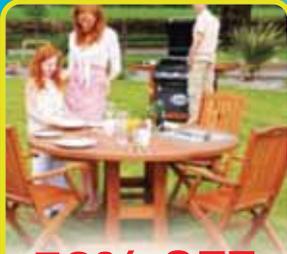
SEPTEMBER SPECIALS

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