

FREE

Vol. 25 Issue 38/14

Friday 26th September - Thursday 2nd October 2014



KINSALE ADVERTISER

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

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



ROGUE FITNESS
PERSONAL TRAINING & FITNESS CLASSES

ONE ON ONE
Personal
Training
Packages

FITNESS CLASSES TIMETABLE

The Health, Fitness & Nutritional Experts.

MONDAY

6.30pm - 7.15pm **SPINNING** - Kinsale Rugby Club

TUESDAY

6.30am - 7.15am **SPINNING** - Kinsale Rugby Club

10.00am - 11.00am **LADIES CIRCUITS**

6.15pm - 7.15pm **LADIES CIRCUITS**

7.30pm - 8.30pm **MENS TOTAL BODY CIRCUITS**

WEDNESDAY

9.30am - 10.30am **SPIN & SCULPT** - Kinsale Rugby Club

11.00am - 12.00pm **50+ BEGINNERS FITNESS CLASS**

6.30pm - 7.15pm **SPINNING** - Kinsale Rugby Club

7.30pm - 8.30pm **HIIT GIRLS** - Saile

THURSDAY

6.30am - 7.15am **SPINNING** - Kinsale Rugby Club

9.15am - 10.15am **LADIES CIRCUITS**

6.15pm - 7.15pm **LADIES CIRCUITS**

7.30pm - 8.30pm **MENS TOTAL BODY CIRCUITS**

SATURDAY

7.00am - 8.00am **MENS TOTAL BODY CIRCUITS**

10.00am - 11.00am **SPINNING & ABS** - Kinsale Rugby Club

9.30am - 10.30am **TOTAL BODY SCULPT** - 6 week course

10.45am - 11.45am **TOTAL BODY SCULPT** - 6 week course

12.00pm - 1.00pm **TEEN FIT CLUB** (Fitness & Nutrition)



TO BOOK A CLASS

Email us at classes@roguefitness.ie or call us at Rogue Fitness 021- 4777538

Classes are €10 pay as you go OR buy a 6 class pass for €55 OR a 10 class pass for €85 (any class/any time)

Find us on Facebook

www.roguefitness.ie

Oscar Madisons

7 MAIN ST, KINSALE

Saturday 27th September
DJ GUGZ @ 10pm

LIVE SOCCER

Saturday 27th September
Liverpool v Everton 12.45pm
Man Utd v West Ham 3.00pm
Arsenal v Spurs 5.30pm

Monday Night Football
Stoke v Newcastle 8.00pm

Tues 30th Sept & Wed 1st Oct
CHAMPIONS LEAGUE SOCCER
7.45pm each night



GLENEAGLES

ALL WEEKEND

Fri 26th
to
Sun 28th
Sept

HURLING FINAL REPLAY

Saturday 27th September
Kilkenny v Tipperary 5pm

All Sports Shown
on our 5 HD Screens



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Level 1 CrossFit Trainer, Personal Training, Boxing,
KettleBells, Olympic Lifting, Nutritional Therapy

Enquiries: 086 0517260

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Karen Ward
Optimum Health

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Weight/Overeating • Mood • Stress • Digestion
Hormone Imbalance

If so, Nutritional Therapy may help

Karen Ward is a registered Nutritional Therapist, mANT, mNTOI.

Clinics in Kinsale and Oysterhaven

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Full Eye Examinations Including:

- ✓ Glaucoma Screening
- ✓ Diabetic Screening if Necessary
- ✓ Age Related Macular Degeneration Screening

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



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Christmas Parties @ Blue Haven Collection



BLUE HAVEN
KINSALE



Contact Details:

info@bluehavenkinsale.com | 021-4772209

Blue Haven Package

- Dinner @ Blue Haven
- Live Music in Blue Haven or Hamlets Café Bar.
- Reserved area in Hamlets such as the Cocktail Room. (Subject to availability).
- We can pre arrange passes to a night club if required.
- Package €30.00 per person.
- Prosecco or mulled wine reception for €35pp (Inc meal).

www.bluehavencollection.com

Collection Package

- Accommodation @ Blue Haven Hotel or Old Bank Town House.
- Dinner @ Blue Haven.
- Live Music in Blue Haven or Hamlets Café Bar.
- Reserved area in Hamlets such as the Cocktail Room. (Subject to availability)
- We can pre arrange passes to a night club if required.
- Party Nights €75 per person sharing.
- Include prosecco/mulled wine reception for €80 per person sharing

www.bluehavencollection.com

Hamlets Package

- Area reserved in Hamlets Café Bar- indoor & outdoor areas such as our Secret Garden, Cocktail Room. Subject to availability.
- Live Party DJs
- We can pre arrange passes to a night club if required.
- Exciting menu options available.
- Buffet Options from €15pp and Finger Food from €5pp

www.hamletsofkinsale.com

Aperitif Wine & Tapas Bar @ Blue Haven

- Set Menu @ Aperitif, Wine & Tapas Bar for €30pp or a selection of Winter & Christmas inspired Tapas €25 per person.
- Live Music in Blue Haven or Hamlets Café Bar.
- Area reserved in Hamlets such as the Cocktail Room. (Subject to availability).
- We can pre arrange access to a night club if required.

www.bluehavencollection.com

Lunch Time Parties available. Enjoy 2 or 3 course meal at Blue Haven during the day!
(Groups of 15 or more get complimentary glass of Prosecco for lunch time parties)

Complimentary Finger food @ Hamlets Café Bar for groups of 20 or more
when you book Fri 28th, Sat 29th Nov or Fri 5th Dec and Sat 6th Dec

Book your Christmas Parties weekend of Fri 28th, Sat 29th Nov and Fri 5th & 6th Dec
AND RECEIVE 10% OFF ALL THE ABOVE PACKAGES

INTRODUCING THE NEW

KINSALE HEALTH & WELLBEING CENTRE

Qualified Professional Therapists & Practitioners under one roof!

OPEN DAY - SATURDAY 25TH OCTOBER



**Biodynamic
Craniosacral Therapist**

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Joanna Daly DC, MChiro, LRCC, NMT, BSc(Hons)
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EFFECTIVE IN THE TREATMENT OF:
Back Aches & Pain, Neck Pain, Restricted Movement, Rib,
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THERAPEUTIC HEALTH PRACTITIONER
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Deep Tissue/Therapeutic Massage, Reflexology,
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Jason Cowell

IACP, IAAAC, BSocSc. (Hons), H.Dip.
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Register of Physical Therapists Ireland.



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Elma O'Sullivan CST-T MIACST Dip Phys
CRANIOSACRAL THERAPIST
086 8126010

Craniosacral Therapy, General and Paediatrics.

**Our therapists welcome you to contact
them directly for more information
or to book an appointment.**

We look forward to seeing you soon!

Flyers and cards available in centre.



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CHECK OUT OUR... WORLD BEERS MENU

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

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 Over 40 to
 choose from!



ALL PARTIES
 ALL OCCASIONS
 CATERING FROM 3 TO 300

ALL SPORTS SHOWN
 ON 2 BIG SCREENS

FRI 26th SEPT
 10.30pm

FANTASY JAM BAND

4 Piece Rockin Covers

SAT 27th SEPT
 10.00pm

THE HOOTS

4 Piece Rock/Contemporary Covers

SUN 28th SEPT
 9.00pm

KING K

5 Piece Rockin Covers

WED 1st OCT
 9.30pm

BIG SWINGING MIKEYS

3 Piece Folk/Rock Covers

THUR 2nd OCT
 9.30pm

THE SGS

2 Piece Folk/Rock

FRI 3rd OCT
 10.30pm

JOEY RYAN TRIO

3 Piece Folk/Rock

SAT 4th OCT
 10.00pm

KING K

5 Piece Rockin Covers

Bacchus Nightclub

FRI 26th SEPT - DJ SEAN

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

SAT 27th SEPT - DJ SEAN

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

THUR 2nd OCT - DJ MARK

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



Actions of Kinsale

Health & Fitness Club Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
M O R N I N G				
		Reebok Cycle With Alison 7.30am-8.15am Book from 1pm on Mondays		
		Power Pilates With Karen 9.30am-10.30am Book - Call Karen 087 6728232		
	Exercise for Over 50s With Alison 10am - 10.50am Drop In	Over 55s Pilates With Karen 10.30am-11.30am Book - Call Karen 087 6728232	Parent & Toddler With Marie-Anne 10am - 10.30am Book - Call Marie-Anne 085 854 9246	
		Water Exercise & Weight Loss With Alana 10.30am-11.30am Drop In Class	Parent & Toddler With Marie-Anne 10.40am - 11.10am Book - Call Marie-Anne 085 854 9246	
A F T E R N O O N				
	Swimming Lessons With Sue 3.30pm - 5pm Book - Call Sue 086 3828463	Swimming Lessons With Sue 3pm - 4.30pm Book - Call Sue 086 3828463	Swimming Lessons With Sue 3.15pm - 4.45pm Book - Call Sue 086 3828463	
E V E N I N G				
Water Exercise & Weight Loss With Alana 6.30pm-7.30pm Drop In Class				Reebok Cycle With Alison 6.45pm - 7.30pm Book from 1pm on Mondays
Reebok Cycle With Alison 7pm - 7.45pm Book from 1pm on Mondays			Circuits With Alison 7pm - 7.45pm Book from 1pm on Mondays	Swimming Lessons With Sue 7pm - 8pm Book - Call Sue 086 3828463
Power Pilates With Karen 8pm - 9pm Book - Call Karen 087 6728232		Power Pilates With Karen 7.45pm - 8.45pm Book - Call Karen 087 6728232		

Booking is essential Classes are subject to change
 Swimming lessons times will change each term Please call to confirm

Personal Training Available
Various Memberships also available

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

Altrusa Club of Kinsale & District



**COFFEE MORNING
LUNCH & TEA**

Perryville Tea Room

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

Proceeds to:



Supporting people with Dementia to remain at home



*For Special Occasions
Celebrate with us...*

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

Live Music with Shane & Friends, Saturday 27th September



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- Improve your communications skills.
- Receive professional career advice.

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E: kinsalefurthered@eircom.net
W: www.kinsalecollege.ie



Actons of Kinsale

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

Christmas Party Night

FRIDAY 12TH DECEMBER 2014



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

SPECIAL OVERNIGHT RATES AVAILABLE

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

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3 months From €190 **6 months From €320**

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Subject to Availability
T&C's apply





HAMLETS
OF KINSALE

Sunday
5th October
from
2pm to 5pm

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

OPEN DAY
@ HAMLETS OF KINSALE

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



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

Kinsale is the place to do business.

FREE ADMISSION ON DAY For Exhibitors & for Visitors

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

Follow us on facebook

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

www.hamletsofkinsale.com



Kinsale Positive Ageing Town

1st - 12th October

AgeAction
For all older people

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

For further information contact
Deirdre Mullins on 087 7991041

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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** (BE., SMT, NMPT)

Mobile **087 9872783**

No. 26 Haven Bay Apt, Ballinacubby, Kinsale

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Back Massage (30 minutes) _____ **ONLY €20**

Multi-Vitamin Full Body Massage Ladies €45 Gents €50
(90 minutes)

Deep Tissue Massage (90 minutes) _____ Ladies €45 Gents €50

Swedish Massage (90 minutes) _____ Ladies €45 Gents €50

Sports Massage (90 minutes) _____ Ladies €45 Gents €50

Golfers Massage (90 minutes) _____ Ladies €45 Gents €50

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ERGOLINE STAND UP SUN ROOM

Achieve that perfect all over tan in a matter of minutes!!!!

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The "Revolutionary" IPL+RF

(Intense Pulsed Light and Radio Frequency)

IPL is very effective in Permanent Hair Removal and also for treating broken capillaries (spider veins) and age spots. IPL also stimulates the production of collagen, which plumps up the skin - therefore helping diminish fine lines & wrinkles.

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Bathroomware
in Kinsale!**



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AA ROSETTE

The
White House
KINSALE



Guest Accommodation
4 Star AA Guesthouse

BREAKFAST SERVED

8am - 11.30am

FOOD SERVED 12pm - 10pm

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

~ LIVE MUSIC ~

Friday 26th September

PUC AR BUILE

Saturday 27th September

BREAK THE MOULD

Tuesday 30th September

LEON BUCKLEY 9pm

Thursday 2nd October

SHANE & FRIENDS 9pm

~ LIVE SPORTS ~

Saturday 27th September

**GAA SENIOR HURLING FINAL
KILKENNY v TIPPERARY 5pm**

**ALL THE ACTION FROM THE
RYDER CUP THIS WEEKEND**

**LIVE PREMIERSHIP
CHAMPIONS LEAGUE SOCCER**

sky SPORTS AT THE RACES

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

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& **Toddies Restaurant**

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Saturday 27th September

KING K 10pm

LUNCH SERVED 7 DAYS

12.30pm to 5pm

EVENINGS - RESTAURANT & BAR FOOD

Tuesdays to Saturdays 6pm to 9pm



Positive Health Psychology

A Six Week Course

FEE: €85 (€65 unwaged)
VENUE: Temperance Hall, Kinsale
TIME: Thursdays, 7:30pm-9:15pm starting 2nd October 2014
CONTACT: 083 0033025 zeldadibiasi@yahoo.com



This course focuses on:

- 1) Understanding the nature, sources & blocks to wellness
- 2) Exploring the secrets to positive healthy ageing
- 3) Assessing your wellness levels, signature strengths & life goals
- 4) Practicing wellness boosters, e.g. mindfulness, creative visualisation, goal setting, strength training



The course includes lectures on classic studies in positive and health psychology, the science of psychoneuroimmunology (PNI) and the placebo effect, alongside lively discussions, experiential work and tools that aim to boost wellness.

The interventions used in the course are largely evidence-based, or proven to be effective in research and to positively affect happiness, wellbeing and performance.

Dr Zelda Di Blasi, PhD, MPsychSc, has been lecturing and researching in Psychology for 16 years in the UK, USA and Ireland, combining her passion for the science and art of healing. She also teaches Yoga at the Kinsale Yoga Centre.

*Live well,
Pay less*

OCOR



3 for 2
on all Natural Skincare Ranges



Dr. Hauschka



trilogy



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Cobra



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69 Main Street, Kinsale.

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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**

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Tel: 021 4773174

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www.kinsalecommunityschool.ie



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Join us in Actons Hotel for our Café:
Wednesday 1st October (11.00am - 12.30pm)
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We are creating a collection of local stories
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Nohoval Church Heritage Golf Classic - 5th September 2014

*The fundraising committee would like to thank all who supported this
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SUNDAY 28th SEPTEMBER 2014
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- 2.30pm **JOHN BRENNAN**
"GMO: The issue of Genetically Modified Organisms"
- 3.00pm **MAGS COUGHLAN**
Ballymaloe Head Gardener
"From Garden to Table"

KINSALE COLLEGE

- 4.00pm Meet inspiring local organic farmer
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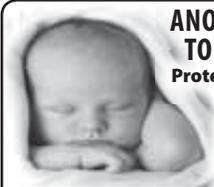


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Ciara O'Sullivan (Mourne Abbey)**
for Sunday's All Ireland
Football Final.

From The Olde Bakery B&B

KINSALE ADVERTISER

SERVING THE COMMUNITY FOR 25 YEARS!



Like us on
FACEBOOK

www.facebook.com/KinsaleNews

NOTICES

Kinsale Mother & Toddler Group

St. Multose Hall Thursdays
10.30am - 12.30pm €3 per family

A great way to make friends for parents and children. Babies to school age welcome with their Parent/Minder.

Tea/Coffee and Kids' Snacks Supplied.

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.

Coffee Morning

in aid of Autism

**Temperance Hall, Kinsale
Friday 3rd October, 10am**

Baking and other contributions
very welcome

Contact Eileen 021 477 3256



**IRISH CANCER SOCIETY
Pink Ribbon Sale
Kinsale Town**

VOLUNTEERS NEEDED

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



20% Off Voucher
This voucher entitles you to 20% off your purchase! (instore only) Choose from any products you see instore! No limits
Valid until 20.10.14

It's an Irish thing...
We are delighted to announce you that you can now call in to our pop up online outlet store in Kinsale! We are here for a few weeks so now's your chance to see the products and buy yourself a little treat or get them festive presents in early!

Avoid postage and packaging and collect in-store!
You can shop online at www.eirya.ie

Pop-up outlet is located @ No.4 Market Street, Kinsale between Kinsale Crystal and Write On.

KINSAALIENS
"MAY THE FORTS BE WITH YOU"

#PuckingSavage #TippinAway #GayBurn #NiceSwanBaa
#PokeMoThoin #YaFeckinGowl #NiceSwanBoyNiceSwan #FistPumpCitaay




BUTCH ROBERTS'
Deep Sea Angling & Scenic Tours
38ft Aquastar 'Sundance Kid'

M: 086 103 6905
T: 021 477 8054

www.anglingkinsale.com
email: info@anglingkinsale.com

DOLPHIN & WHALE WATCHING
Min: 6 Persons
Weather Permitting
€25 Per Person

Done Sale West Cork
Follow us on Facebook

Simply send your sale items to our Facebook message box with asking price/pictures/details etc & we will sell for you.

We will promote & hopefully you will get a pocket full of €€€€€€€!

Call: 087 3427233 or 087 3456604
Email: donesalewestcork@gmail.com
10% of sale price will be our fee for time/admin/work involved.



LEGO LEGO WANTED!!!
I'm looking for any Theme Sets, Parts, Figures, Booklets, Boxes, Etc. Mixed Up LEGO In Boxes, Bulk Boxes would be useful.
Reasonable price paid. Cash waiting. Can collect quickly!
Call or Text Michael on: 087-133-28-69

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MATHS GRINDS
023 8849523
KILBRITTAIN AREA
18 years experience.
Junior Cert, Leaving Cert. & 3rd Level, includes Project Maths.

Are you concerned about the well-being of any young person?
FOR FREE AND CONFIDENTIAL ADVICE AND SUPPORT CONTACT TOM ON 085 872 5789



All welcome to our Parent, Baby & Toddler GROUP
Temperance Hall, Kinsale



Meet, chat & have a cuppa with other Parents while you watch your child play & interact.
Make friends for life.
Next chat & play dates:
Tues 30th Sept, Tues 7th Oct & Tues 14th Oct
10am to 12noon
For info please call Mary @ 085 745 9011
Come along!

KINSALE NATURE & MARITIME WALKING TOUR

Harbour and Ocean View Walk

Stunning views of Charles Fort
Wild Atlantic Flowers & Plants
The Majestic Sovereign Islands

Cost €10 Contact: Paul McGovern
T: 087 641 7068

E: kinsalemaritimewalks@gmail.com
W: www.kinsalemaritimewalks.com

SUITABILITY:

Moderate fitness, Shorts not suitable, Walking boots recommended

DON & BARRY'S HISTORIC STROLL

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

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

○○○○○ 441 Reviews



*"Excellent... Kinsale's single
best attraction... A joy...
Be sure to take it"* Rick Steves
www.HistoricStrollKinsale.com
Tel: 087 2500731 Adults €6/Children €1
-CELEBRATING OUR 22ND SEASON-

DERMOT RYAN'S HERITAGE TOWN WALKS



"Kinsale's Top
Independent Attraction"
TripAdvisor

"Best Guide in Ireland"
Irish Independent

"Best value €5 in Ireland"
Sunday Times



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

Adults: €5 Children: Free
For group rates, please phone
086 826 7656

HARBOUR CRUISE

Departure Beyond Actons Hotel on board 'Spirit of Kinsale'



SEPTEMBER TIMES

MON - FRI: 2pm & 3pm
SAT & SUN: 2pm, 3pm & 4pm

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

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Never known to fail.*

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.
FINE GAEL

KINSALE ADVERTISER

WHAT'S ON IN KINSALE FRI 26th SEPT - THURS 2nd OCT 2014

FRI 26th SEPTEMBER

ARMADA BAR:

The Sea Captains.

BACCHUS NIGHTCLUB:

DJ Sean, 11.30pm.

BLUE HAVEN:

Arundo & Irish Dancers.

DON & BARRY'S

HISTORIC STROLL:

The Tourist Office

9.15am, 11.15am.

FOLKHOUSE:

Fantasy Jam Band,

10.30pm.

HAMLETS:

DJ Rayz.

HARBOUR CRUISE:

2pm & 3pm.

Departs beyond Actons.

HERITAGE TOWN WALKS:

10.30am from the

Tourist Office. Also by

appointment.

KINSALE ARTS FESTIVAL:

Runs until 28th September.

KINSALE HOCKEY CLUB:

1st Coaching Session, 3pm.

SILENT BANJO:

Kieran Kramer, 10.30pm.

SPANIARD:

Jug A Punch, 10pm.

WHITE HOUSE:

Puc Ar Buile.

SAT 27th SEPTEMBER

ARMADA BAR:

Live Music

BACCHUS NIGHTCLUB:

DJ Sean, 10.30pm.

BLUE HAVEN:

Aristocrats.

BULMAN:

King K, 10pm.

DON & BARRY'S

HISTORIC STROLL:

The Tourist Office

9.15am, 11.15am.

FOLKHOUSE:

The Hoots, 10pm.

HAMLETS:

DJ Niall.

HARBOUR CRUISE:

2pm, 3pm & 4pm.

Departs beyond Actons.

HERITAGE TOWN WALKS:

10.30am from the

Tourist Office. Also by

appointment.

OSCAR MADISONS:

DJ Gugz, 10pm.

SILENT BANJO:

Celtic Knights, 10.30pm.

SPANIARD:

For Folk Sake, 10pm.

WHARF TAVERN AT

THE TRIDENT:

Shane & Friends.

WHITE HOUSE:

Break The Mould.

SUN 28th SEPTEMBER

ARMADA BAR:

Live Music

BLUE HAVEN:

Darren & Friends.

DON & BARRY'S

HISTORIC STROLL:

The Tourist Office, 11.15am.

FOLKHOUSE:

King K, 9pm.

GREEN DAY:

Friary Centre, talks from 2pm.

Kinsale College, from 4pm.

HAMLETS:

DJ Ken Perrott from 96fm.

HARBOUR CRUISE:

2pm, 3pm & 4pm.

Departs beyond Actons.

HERITAGE TOWN WALKS:

10.30am from the

Tourist Office. Also by

appointment.

SILENT BANJO:

Max 2, 8.30pm.

SPANIARD:

Skellig, 7pm - 9pm.

MON 29th SEPTEMBER

BLUE HAVEN:

Arundo & Irish Dancers,

9pm.

DALTONS BAR:

Traditional Irish Music.

DON & BARRY'S

HISTORIC STROLL:

The Tourist Office

9.15am, 11.15am.

HARBOUR CRUISE:

2pm & 3pm.

Departs beyond Actons.

HERITAGE TOWN WALKS:

10.30am from the

Tourist Office. Also by

appointment.

KINSALE COMMUNITY

SCHOOL:

Night Classes commence.

TUES 30th SEPTEMBER

ARMADA BAR:

The Merry Stems, 7.30pm.

BLUE HAVEN:

Sonnie & Friends, 9pm.

DALTONS BAR:

Trad.

DON & BARRY'S

HISTORIC STROLL:

The Tourist Office

9.15am, 11.15am.

HARBOUR CRUISE:

2pm & 3pm.

Departs beyond Actons.

HERITAGE TOWN WALKS:

10.30am from the

Tourist Office. Also by

appointment.

KINSALE BRIDGE CLUB:

Trident Hotel, 7.30pm.

Visitors welcome.

KINSALE & DOCK

ROWING CLUB:

The Dock Slip from 6.30pm.

PARENT, BABY &

TODDLER GROUP:

Temperance Hall,

10am - 12 noon,

all welcome.

WHITE HOUSE:

Leon Buckley, 9pm.

WED 1st OCTOBER

ARMADA BAR:

The Merry Stems,

7.30pm.

BLUE HAVEN:

Niall McCabe, 9pm.

DON & BARRY'S

HISTORIC STROLL:

The Tourist Office

9.15am, 11.15am.

FOLKHOUSE:

Big Swinging Mikeys,

9.30pm.

HARBOUR CRUISE:

2pm & 3pm.

Departs beyond Actons.

HERITAGE TOWN WALKS:

10.30am from the

Tourist Office. Also by

appointment.

KINSALE & DOCK

ROWING CLUB:

The Dock Slip from 6.30pm.

KINSALE COMMUNITY

SCHOOL:

Night Classes commence.

POSITIVE AGEING WEEK &

K-CORD:

"We'll meet again" Actons,

11am-12.30pm

Other Positive Ageing

Week events run until

Sunday 12th October.

See page 14.

SPANIARD:

Skellig, 9pm.

THUR 2nd OCTOBER

ARMADA BAR:

The Ferryman.

BACCHUS NIGHTCLUB:

DJ Mark, 11.30pm.

BLUE HAVEN: Arundo & Irish

Dancers, 9pm.

DALTONS BAR: Trad.

DON & BARRY'S

HISTORIC STROLL:

The Tourist Office

9.15am, 11.15am.

FOLKHOUSE:

The SGs, 9.30pm.

HARBOUR CRUISE:

2pm & 3pm.

Departs beyond Actons.

HERITAGE TOWN WALKS:

10.30am from the

Tourist Office. Also by

appointment.

KINSALE & DOCK

ROWING CLUB:

The Dock Slip from 6.30pm.

KINSALE MOTHER &

TODDLER GROUP:

St. Mulseo Hall, 10.30am-

12.30pm.

MUNSTER PROPERTY

AUCTION:

Rochestown Park Hotel.

POSITIVE AGEING WEEK:

Events run until Sunday 12th

October. See page 14.

POSITIVE HEALTH

PSYCHOLOGY:

Temperance Hall,

7.30pm-9.15pm.

6 week course starts today.

WHITE HOUSE:

Shane & Friends, 9pm.



KINSALE OSTEOPATHS

71 Lower O' Connell Street, Kinsale,
Tel: 087 358 6145 E: kinsaleosteopaths@yahoo.ie



An osteopath is...

a health care professional that is highly trained and qualified in orthodox medical clinical skills of assessment and diagnosis.

What distinguishes an osteopath is the ability to see the body as a whole and recognize the interrelationship within the body.

It is this approach that many patients with complex presentations have found significant relief, results in Osteopathy.

OSTEOPATHY DOES NOT JUST TREAT THE MUSCULOSKELETAL SYSTEM.

In addition, some of the common presentations to the clinic include:

BACK, NECK, SHOULDER, KNEE, FOOT PAIN & INJURIES.

CHILDREN'S HEALTH:

Infant reflux, colic, sleep problems, learning difficulties, dyslexia, ADHD, special needs.

PREGNANCY:

Back pain, headaches, sacro iliac, sciatica.

Sharon O'Donoghue, M.Ost

Masters Degree in Osteopathy Member of the General Osteopathic Council (GOsC)
Osteopathic Council of Ireland (OCI) Graduate of British School of Osteopathy, University of Bedfordshire.

7am - 9pm Appointments available.

Approved by all major health insurers.



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