

FREE

Vol. 31 Issue 01/20

Friday 10th - Thursday 16th January 2020



KINSALE ADVERTISER

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

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

JANUARY

SALE



Homevalue



JANUARY 4th - 18th



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20% Off entire range
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We can also host your civil ceremony onsite, if you want to do it all, all under one roof. We have a number of rooms of different sizes that can be laid out in a variety of ways. Each provide the sensational backdrop of Kinsale Harbour through large windows, providing the ideal setting for those all-important wedding photos.

We are also one of the only wedding hotels in Ireland to which you and your new spouse can arrive by boat, docking at our private marina right in front of your guests. When it comes to giving your guests a truly memorable wedding meal, our wonderful team of chefs will use the finest local ingredients to craft a menu that meets your wants and their needs.

Being such a popular spot for weddings in Ireland, we have years of experience in planning and delivering truly special days. A member of our dedicated Wedding Team would be delighted to show you around and discuss all of your individual requirements with you.



Call us on +353 (0)21 477 9300
or email cb@tridenthotel.com





KINSALE YOGA CENTRE

68 Lower O'Connell St, Kinsale (behind Actons Hotel, next to the Black Pig Winebar)

JANUARY 2020 TIMETABLE

MONDAY

10am - 11.15am	Align & Slow Flow Yoga, Beginners/Improvers
5.15pm - 6.20pm	Teens Yoga
6.40pm - 7.40pm	Pre Natal Yoga
8pm - 9.15pm	Yoga for Wellbeing

TUESDAY

9.30am - 10.45am	Mindful Meditation & Gentle Yoga
11.15am - 12.15pm	Yoga/Pilates as Therapy for Back Care
6.30pm - 7.45pm	Align & Slow Flow Yoga, Beginners/Improvers
8pm - 9.15pm	Yoga for Men, Beginners/Improvers

WEDNESDAY

9.30am - 10.45am	Astanga Style Flow Yoga
11am - 12.30pm	Hatha Yoga, Beginners
6.40pm - 7.40pm	Yoga for Wellbeing
8pm - 9.15pm	Gentle Therapeutic Yoga & Meditation

THURSDAY

10am - 11.30am	Yoga Align & Slow Flow
4pm - 5pm	Kids Story Time, 8-12yrs
5.15pm - 6.20pm	Teens Yoga
6.30pm - 7.45pm	Align & Slow Flow
8pm - 9.15pm	Vinyasa Flow Yoga

FRIDAY

9.45am - 10.45am	Yin Yoga
11am - 12.15pm	Gentle & Restorative Yoga
5.15pm - 6.15pm	Teen Yoga for Guys NEW CLASS

SATURDAY

9am - 10.30am	Slow Flow Yoga
11am - 12.30pm	Tai Chi Qigong & Meditation

ALL CLASS TIMES SUBJECT TO CHANGE

Please text/phone Teacher for enquiries (numbers on website) or to book a class/course
"DROP IN" WELCOME TO MOST CLASSES (€12) OR BUY A SET/COURSE OF 6 (€60)

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- Thorough crack repairs
- Detailed quotes provided





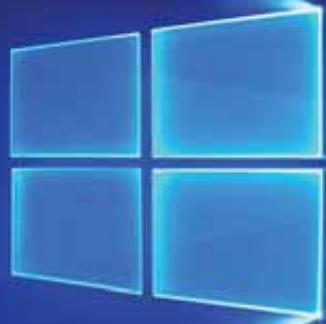
THE END IS NEAR FOR WINDOWS 7 USERS UPGRADE TO WINDOWS 10 NOW

After 10 years, Microsoft will stop supporting the Windows 7 OS on 14th January 2020.

Upgrade to Windows 10 for smooth operation of your computer and to continue to receive all software and security updates and to help prevent malware and viruses. Avail of Windows 10's new features too.

Reasons to upgrade to Windows 10

- Microsoft ending support for Windows 7.
- Ransomware prevention.
- Stronger malware security tools.
- Safer web browsing.
- More efficient updates for Windows 10.
- Improved features for business & personal users.



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Starting Monday 13th January @ 7pm
(& every Monday @ 7pm up to 24th Feb)

Leaving from Smith's SuperValu Car Park
Walking/Jogging/Running to:
The Dock Bar..... and back!!

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See in-store for Operation Transformation Recipes & Ingredients.
Our Deli is following the Operation Transformation Meal Plan!

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Phone: 021 4772843 Email: kinsale@supervalu.ie Online: shop.supervalu.ie



KINSALE
HOTEL & SPA



**KINSALE HOTEL & SPA
RE-OPENS ON 29TH OF JANUARY**

LEISURE CLUB & SPA BUSINESS AS USUAL

**Hotel Guest Rooms & Restaurant closed for essential
maintenance and improvements 8th-28th of January**



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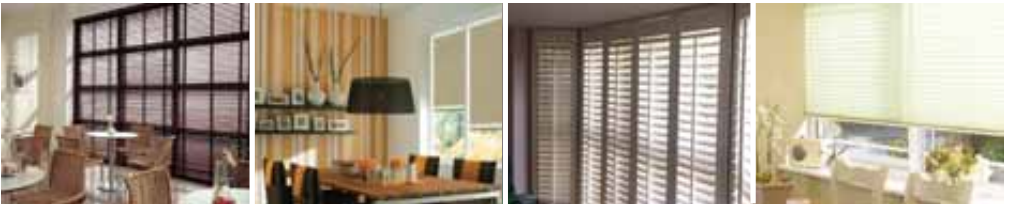


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Birdwatch Ireland • Why we Feed Birds • What to look for in a High Quality Food • Energy Rating of various Feeds • Our Favourite Birds & their Favourite Foods • Peanuts • Feeders • Q&A

Kinsale: 16th January 11am to 12.30pm

Bandon: 16th January 3pm to 4.30pm



in association with



Niall Hatch is a regular contributor to Mooney Goes Wild on RTE Radio One. A keen birdwatcher since the age of two, he is the Public Relations, Branches & Development Officer with BirdWatch Ireland.



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Opening Hours:
Monday - Friday 8.30am - 5.30pm,
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Cork
County Council
Comhairle Contae Chorcaí



Cork County Council Municipal District Community Fund Schemes 2020

Cork County Council is committed to supporting local communities across County Cork. Financial assistance for community & voluntary groups and local organisations is available through the Community Fund Scheme 2020. This scheme is administered by the 8 Municipal District Offices around County Cork and there are three separate funding streams depending on the nature and cost of your proposal.

- 1. CAPITAL FUND SCHEME**
- 2. COMMUNITY CONTRACTS**
- 3. AMENITY FUND SCHEME**

Further information about this funding is available online
and you can also apply online at
www.corkcoco.ie or www.yourcouncil.ie

**The closing date for receipt of completed applications is
4pm on Friday 14th February 2020.**

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Pain Management / Rehabilitation / Functional Exercise



Some conditions treated in the clinic:

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- 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**

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KINSALE COMMUNITY SCHOOL

NIGHT CLASSES

EVERYBODY WELCOME

ENROLMENT: Tuesday 21st January 2020, 6.30pm-7.30pm

TERM STARTS WEEK OF JANUARY 27th

Please enrol for classes in advance to avoid cancellation of classes.

**Payments accepted in advance at school office or by post to
Kinsale Community School or on enrolment night.**

MONDAY NIGHTS

Spanish for Beginners €90

8 weeks - 7pm-9pm Mercedes Garcia

Floral Art Class €90

8 weeks Eileen O'Brien

English Language Course €90

8 weeks - 7pm-9pm Aine Wade

Disarming Global Conflict €90

8 weeks Anthony Angelini,
M(phil) International Peace Studies, MA Journalism and New Media.

Italian for Beginners €90

8 weeks - 7pm-9pm Mariagrazia Traverso

Paediatric First Aid Course €90

Monday 27th Jan & 3rd Feb
(Course duration 4 hours) 7pm-9pm ER Heart Training
Ross Mannion, PHECC NIQEMT / AEMT & NREMT Paramedic Dip.

WEDNESDAY NIGHTS

QQI Manual & Patient €50

Handling Course

Wednesday 29th Jan & 5th Feb

(Course duration 4 hours) 7pm-9pm
Ross Mannion, PHECC NIQEMT / AEMT & NREMT Paramedic Dip.

Painting with Acrylics €90

8 weeks - 7pm-9pm
David Kavanagh,
BA Fine Art, MA Visual Communication.

Continuation Course in Spanish €90

8 weeks - 7pm-9pm Ruben Corpas Nogales

Eat Yourself Healthy €95

Cooking for good health and well being.
8 weeks Mariagrazia Traverso

Bridge for Beginners Level 2 €90

8 weeks Bernie O'Halloran

IT Skills Course €90

8 weeks Anthony Angelini
An improvers course for those who may have attended the
course in September.

The Psychology of Life €90

How to incorporate a positive outlook
into your life.
8 weeks
Paula McElligot, HDip Psychology Coaching, Dip Nutritional Therapy
& Dietary Health Coaching, Dip Health Promotion, Masters in Public Health.

Fusion Yoga €85

8 weeks - 7pm-8.15pm Fiona Tierney

THURSDAY NIGHTS

Zumba for Beginners €80

8 weeks 6.15pm-7pm

**Classes will break for midterm Monday 17th to Friday 21st February.
No classes on Monday 16th March.**

**For further details on night classes contact the Director of Adult Education
Linda Dreehan: 087 849 1935 or 021 477 3174**

info@kinsalecommunityschool.ie www.kinsalecommunityschool.ie



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FRIDAY 10th JANUARY 10.30pm

BOUGHT & SOLD

Folk / Contemporary Covers

SATURDAY 11th JANUARY 10.30pm

KING K

5 Piece Rockin' Covers

SUNDAY 12th JANUARY 9pm

BEN & THE MIGHTY MEN

Folk / Rock Covers

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Performed by John McCarthy & Gary Murphy.

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10 Good Reasons to advertise in the KINSALE ADVERTISER

SERVING THE COMMUNITY SINCE 1976!

- 1) The Definitive Guide to **What's On In Kinsale!**
- 2) Quality local advertising **direct to your target market.**
- 3) **Most competitive and affordable advertising rates** around for a product which we have improved vastly through the years: (A weekly full page mono costs just €69.30 + vat, 25 years ago the same ad cost the equivalent of €57 + vat!)
- 4) **No extra charge for ad design.**
- 5) **Weekly & Monthly rates** and further discounts for prepayment on block bookings.
- 6) Kinsale Advertiser is **uploaded to www.kinsalenews.com** every Thursday and is delivered to usual outlets every Thursday evening - more people than ever before now see your ads!
- 7) **Follow us on Twitter @kinsalenews and Facebook /kinsalenews**
Advertise your events and we will promote them to our followers on Twitter and Facebook. Over 4300 followers on Twitter, over 4000 followers on Facebook.
- 8) **Full colour pages available.**
- 9) Book your preferred space for upcoming events: **Valentine's Day, St. Patrick's Day, etc.**
- 10) The Kinsale Advertiser, the most effective way to **let people know what your business has to offer.**

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Deadline: Every Monday @ 12 noon

PUBLICATION OF ADVERTS CANNOT BE CONFIRMED UNTIL PAYMENT
HAS BEEN RECEIVED IN FULL

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Welcome

The Road to Kinsale committee is delighted to update readers with the news that a Syrian family arrived in Kinsale recently under the Road to Kinsale project. Some of the team met them and accompanied them from Dublin airport to Kinsale a couple of weeks ago.

They are settling in well and getting to know people and the town at their own pace. Thanks to the support of everyone they feel incredibly welcome and importantly safe and happy in their new home.

The committee is giving them a helping hand while they get to know their way around the town - and indeed their very new life here.

They are a wonderful family and we look forward to them becoming part of the fabric of our town.



**THE
ROAD
TO
KINSALE**



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Term: Sat 11th & Tues 14th January
 for 6 Weeks

Saturday: 9.45am - 10.45am (ages 5-8)
 11am - 12pm (8 years +)
 12.30pm - 1.30pm
 (Secondary School Age)

Tuesday: 3.30pm - 4.30pm (ages 5-8)
 4.45pm - 5.45pm (8 years +)

Fees: €70 for 6 weeks

COURSE CURRICULUM
 Age 5-8: Drawing, collage, paint and colour, design and much more.
 Age 8 upwards: Advanced drawing techniques, painting, still life, people & portraits.

ADULT CLASSES START MON 13TH JAN
 10am - 12.30pm Cost: €190 10 Weeks

Call Louise @ 087 771 8023
 louisemckeonartist@gmail.com



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Mark Costelloe, Director, Ballyvrin, Dunderrow, Kinsale, Co. Cork

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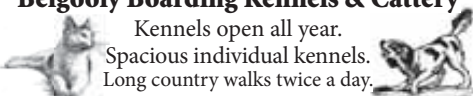


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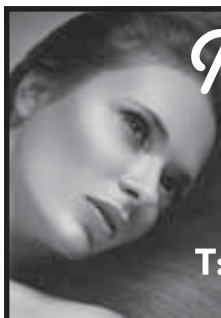
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Afternoon Sessions available in 2020
12.30pm-3.30pm

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- Subvention Places



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Kinsale Active Retirement Association

Tuesday 14th January, 2.15pm
Temperance Hall

Exercise with Maureen Followed by Quiz

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IN AID OF KINSALE DAYCARE CENTRE**

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WHAT'S ON IN KINSALE & DISTRICT

THURS 9th JANUARY

BLUE HAVEN:

Live music with Mike O'Riordan and guest, 9pm.

FRI 10th JANUARY

ACTONS LEISURE CLUB:

New Year, New You Special Offer:
Membership discounts:
20% Off 12 months.
10% Off 6 Months.
Until 31st Jan 2020.
T+C apply.

BANDON CO-OP & HOMEVALUE:

January Sale.
Runs until 18th Jan.

BLUE HAVEN:

Live music with Alan Murphy, 9.30pm.

DRUM CIRCLE:

Temperance Hall, 7pm.

FOLK HOUSE:

Live music with Bought & Sold, 10.30pm.

HAMLETS:

DJ.

KINSALE BRIDGE

CLUB:

Trident Hotel, 10am.

WHIST DRIVE:

In aid of Kinsale Daycare Centre.
St. Multose Hall, 8pm.

SAT 11th JANUARY

BLUE HAVEN:

Live music with The Troubadors, (Kurtis Goodwolf & Charlie McCabe) 10pm.

FOLK HOUSE:

Live music with King K, 10.30pm.

KINSALE ART

ACADEMY:

6 week term starts. 9.45am-10.45am:
Ages 5-8.
11am-12pm: 8 yrs+.
12.30pm-1.30pm:
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SUN 12th JANUARY

BLUE HAVEN

Live music with Colin Deady, 8.30pm.

FOLK HOUSE:

Live music with Ben and the Mighty Men, 9pm.

KINSALE BAPTIST

CHURCH:

11am,
Temperance Hall.

MON 13th JANUARY

BLUE HAVEN:

Mike O'Riordan, 9pm.

DALTON'S BAR:

Trad.

KINSALE ADVERTISER:

Deadline for advert copy, 12 noon.

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ACADEMY:

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€190.

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Walking/running/jogging to The Dock Bar and back.

TUES 14th JANUARY

BLUE HAVEN:

Sonny & Friends, 9pm.

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RETIREMENT

ASSOCIATION:

Exercise with Maureen followed by Quiz.
2.15pm at Temperance Hall.

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KINSALE BRIDGE

CLUB:

Trident Hotel, 7pm.

WED 15th JANUARY

BLUE HAVEN:

Live music with Niall McCabe, 9pm.

THUR 16th JANUARY

BANDON CO-OP & HOMEVALUE:

Bandon Co-op presents Protecting Birds and Biodiversity with Niall Hatch from Birdwatch Ireland. 11am-12.30pm.
In association with Westland.

BLUE HAVEN:

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