Volume 36 #**06/25** Thurs 13th February

TO Thurs 20th February 2025

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Kinsale & District Lions Club Information Series 2025 Inspirational Leadership Evening with Marie Gleeson

Marie Gleeson

Former Irish Navy Ships Captain & Motivational Speaker

Marie Gleeson, a former Irish Navy Captain, leverages her military leadership experience to inspire and educate on decision-making, resilience, and team performance in challenging environments.





Kinsale & District Lions Club







February 20th 2025 | 7.45pm | AT Kinsale Community School IN The New Shane Fitzsimons Riverside Theatre

About Marie Gleeson Marie Gleeson is a former Captain in the Irish Navy, known for her exceptional leadership skills and motivational speaking. Over her 20-year military career, she operated primarily in the challenging environment of the Atlantic Ocean, ascending from naval cadet to Captain of the LE AOIFE. Her experiences range from international drug busts to the tragic loss of a colleague at sea, providing her with profound insights into human performance and leadership under pressure.

As one of the first female officers in the Irish Navy, Marie offers a unique perspective on leading in a traditionally male-dominated field. She is celebrated for her ability to translate her military experiences into valuable lessons for the business world, focusing on decision-making in high-pressure environments, resilience, and the importance of support systems. Her speaking engagements are known for being insightful, humorous, and deeply engaging, tailored to resonate with diverse audiences.

Profesor Keelin O'Donoghue will also join as a guest speaker who will join the discussion to explain the work of PLRG and discuss perspectives on resilience. This promises to be a really interesting discussion and collaboration with really strong engagement from the community.

Prof. Keelin O'Donoghue (PLRG) Consultant Obstetrician / Senior Lecturer at CUMH and UCC.

Charity Event & Inspirational Talk on Leadership, Resilience and Teamwork



TICKET BOX OFFICE Please contact: F&P Chartered Accountants. Call **021-477-4500** or e-mail info@fitzgeraldandpartners.com

Buy your ticket online at www.kinsalelionsonline.com Tickets: €25 per person

Supporting UCC's Pregnancy Loss Research Group based in Cork University Maternity Hospital; Leading research to better understand pregnancy and infant loss experiences and impacts.

This charity event is supporting Kinsale & District Lions Club, Kinsale Community School & Cork University Foundation at UCC. Thanks for your support.









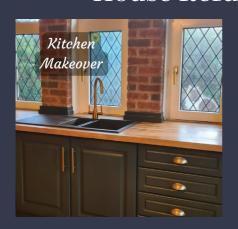
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The perfect Valentine's Day treat. €120pp

Total treatment time 50min

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FEBRUARY

Celebrate love this Valentine's Day with an unforgettable dining experience!

Our specially curated Valentine's menu offers a luxurious three-course meal, perfect for an intimate evening with your special someone. Indulge in delectable starters, exquisite main courses, and heavenly desserts, all crafted to create the ultimate romantic ambience.



Your meal includes a glass of prosecco on arrival, setting the tone for a truly magical evening. Finish your dinner with a comforting tea or coffee, all for the exceptional price of just €45 per person. Make this Valentine's Day extraordinary with an elegant dining experience that combines exceptional cuisine, a welcoming atmosphere, and unmatched value.

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STARTERS

Burrata Cheese Paired with marinated strawberries & glazed figs 12-Hour Slow Cooked Jacob's Ladder Tender, flavourful & served with house slaw Seared Scallops Resting on a smooth cauliflower purée with crispy bacon

MAIN COURSES

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DESSERTS

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Reserve your table today, call us at 021 477 9300 or email info@tridenthotel.com









BEATLES SALA KINSALE FESTIVAL

Thank You

Kinsale Beatles Festival
would like to thank our sponsors
Bulmers, Cork County Council
and Fáilte Ireland
for their support in making our
first festival such a success.

We would also like to thank all our accommodation providers who so generously sponsored rooms for our speakers and musicians:

Actons | The Trident | The Blue Haven Giles Norman Townhouse Kinsale Hotel | Jim Edwards Friar's Lodge | The Dockhouse

We would also like to thank

Alice de la Cour and all the volunteers
at St Catherine's Cultural Centre,
Simon Prim, Finn Sedas,
Jakub Walutek, Barry Moloney,
Black's Brewery, Koko Chocolates,
Martin Ryan at Rhino Print & Design
and all the Vintners who so
enthusiastically supported the weekend.

Finally, thank you to everyone who came out to the various events and created such a great buzz around the town.

See you in 2026 and visit www.kinsalebeatlesfest.com for updates and news.

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11th - 15th AUG 9.30am-1.30pm/4pm

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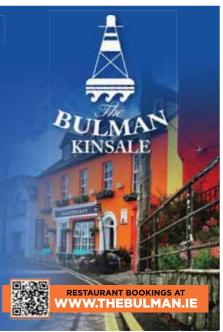














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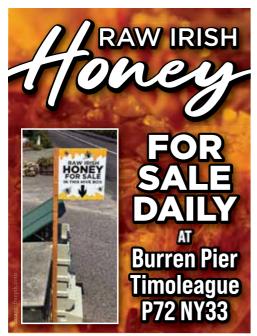
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- Cleaning up after your dog
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Kinsale Tidy Towns

















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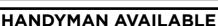
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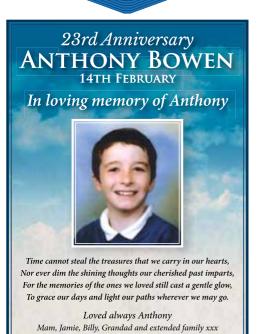
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Members Get-Together

Tues: 7pm-9pm Fri: 10am-12pm

Cards / 45 Walking

Wed: 7pm-10pm Sat: 10am-12pm

Interested in joining? Come along! For more information please contact 087 6657684 Follow us on Facebook: Kinsale Men's Shed

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. AD



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Tuesday 18th February Temperance Hall, 2.15pm

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KINSALE BAPTIST CHURCH Every Sunday, 11am Sáile Community Rooms

All welcome www.kinsaleabc.ie



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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.

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KINSALE PARKINSON'S SUPPORT GROUP

MEETING

Friary Centre, Kinsale Thursday 20th February 11am-12.30pm



THURSDAY 13TH FEB, 19.30
IN THE KINSALE YOUTH
COMMUNITY CENTRE

All welcome to attend

WHAT'S ON in Kinsale & District

THURS 13th FEBRUARY

KINSALE PEACE PROJECT: 'Ireland a United Nation' with quest speakers Frank Connolly and Glenn Bradley. The Friary Centre. 8pm. Free admission. Donations welcome. KINSALE YOUTH COMMUNITY **CENTRE:**

FRI 14th FEBRUARY

AGM, 7.30pm.

All welcome.

BLUE HAVEN: Ben & Clem. 9.30pm. **BULMAN:** Kitchen reopens today. Book at www.thebulman.ie KINSAI F **MEN'S SHED:** Members get-together, 10am-12pm.

SAT 15th FEBRUARY

BLUE HAVEN: Mike & Friends. 10pm. **COFFEE MORNING** IN AID OF IRISH **CANCER SOCIETY:** Temperance Hall, 10am-1pm. Family friendly, magician for kids. Raffle. HAMLETS: DJ Paul, 9.30pm. **KINSALE MEN'S SHED:** Walking. 10am-12pm.

SUN 16th FEBRUARY

BLUE HAVEN: Bought & Sold, 8pm. **BULMAN:** Paul O'Donnell and Cliodhna Octigan, 7pm-9pm. HAMLETS: Hot Strings, 6pm-8pm. KINSALE BAPTIST **CHURCH:** Sáile Community Rooms, 11am.

MON 17th FEBRUARY

BLUE HAVEN: Ben & Clem, 8pm.

TUES 18th FEBRUARY KINSALE ACTIVE

RETIREMENT ASSOCIATION: Light exercise followed by Padraig Walsh talking about Historical Wake & Wedding Practices in Ireland. 2.15pm. Temperance Hall. KINSALE MEN'S SHED: Members get-together.

WED 19th FEBRUARY

KINSALE MEN'S SHED: Cards/45. 7pm-10pm.

7pm-9pm.

THURS 20th FEBRUARY AN INSPIRATIONAL

LEADERSHIP EVENING WITH MARIE GLEESON: At Shane Fitsimons Riverside Theatre. Kinsale Community School, 7,45pm. Presented by Kinsale Lions Club. Marie Gleeson is a former Irish Navv Ship Captain & Motivational Speaker. Tickets €25 from. www.kinsalelionsonline.com Supporting UCC's Pregnancy Loss Research Group Based in CUMH. **FAMILY BINGO:** Trident Hotel, 7.30pm. Fundraiser for Kinsale St. Patrick's Day Parade. PARKINSON'S SUPPORT GROUP: Friary Centre, 11am-12.30pm.







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