

FREE

# KINSALE Advertiser



Volume 34  
#09/23  
Thurs 2nd  
March  
TO  
Thurs 9th  
March  
2023

including the Guide to **WHAT'S ON** in Kinsale & District

Tel: 021 477 4313 :: Web: [www.kinsaleadvertiser.com](http://www.kinsaleadvertiser.com) :: Email: [info@kinsaleadvertiser.com](mailto:info@kinsaleadvertiser.com)

# kitty o se's

Pearse Street, Kinsale

We will be celebrating  
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on 15th March

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THE  
PARTY!



*Watch this space for more info.*



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# Spring Ains

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*With  
Soloists, Chorus and Orchestra*

**Church of St. John the Baptist Kinsale**  
**Sunday March 12th, 7.30pm**

Leader: Kevin Goggin Conductor: Frank Buckley

SUPPORTING **RNLI Kinsale**



**Tickets €18 (under 16s €5 at door)**

**Boland Kinsale Crafts: 021 4772161**

**Boathouse Gallery: 021 4709981**



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## BREAKFAST MENU

Served daily from 8am-11am

<b>THE WHITE HOUSE FULL IRISH</b>	<b>€11.70</b>
Locally sourced bacon, two pork sausages, Clonakilty black & white puddings, grilled tomato, mushroom, seasoned crispy potato cubes, toast, and choice of fried, scrambled or poached eggs.	
<b>MINI BREAKFAST</b>	<b>€8.90</b>
Locally sourced bacon, two pork sausages, toast and a choice of fried, scrambled or poached eggs.	
<b>NEWPORT SCRAMBLER</b>	<b>€11.00</b>
Scrambled eggs, grilled tomato, smoked salmon on homemade brown bread.	
<b>POACHED EGG BENEDICT</b>	<b>€10.50</b>
Buttered English muffin, grilled smoked streaky bacon and hollandaise sauce.	
<b>POACHED EGG ROYAL</b>	<b>€11.50</b>
Buttered English muffin, smoked salmon and hollandaise sauce.	
<b>AVOCADO ON TOAST</b>	<b>€10.50</b>
Toasted homemade brown bread, covered in fresh avocado purée, topped with two poached eggs and rocket leaves.	
<b>BREAKFAST SANDWICH</b>	<b>€9.00</b>
Grilled smoked streaky bacon, two pork sausages, fried egg and homemade country relish served on bloomer.	
<b>MAPLE SYRUP FRENCH TOAST</b>	<b>€7.50</b>
Eggie brioche bread dusted with cinnamon icing sugar with a side of maple syrup. Add grilled smoked streaky bacon €2.50	
<b>PORRIDGE</b>	<b>€3.50</b>
Load with fruit compote €1.00 / Honey & banana chips €2.00	
<b>WHITE HOUSE CHEESE &amp; CHARCUTERIE BOARD</b>	<b>€15.00</b>
A selection of cold and smoked meats, Irish Artisan cheeses and fruit served with homemade brown bread and toast.	

**LUNCH 12pm - 5pm / DINNER 5pm - 9pm / 7 DAYS A WEEK**

2 Pearse St, Kinsale Tel: 021 4772125 Web: [www.whitehouse-kinsale.ie](http://www.whitehouse-kinsale.ie)

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KINSALE

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Actons Health & Fitness Centre

MONDAY, 10:00-11:00  
YOGA & PILATES FUSION

THURSDAY, 19:00-20:00  
MEN'S YOGA & PILATES

SATURDAY, 10:00-11:15  
YOGA

Classes will start from the 6th of March 2023.

Contact Rose for pre-booking and more information.

Rose: 089 4930312

PRE-BOOKING IS ESSENTIAL

021 477 2345 / [leisure@actonshotelkinsale.com](mailto:leisure@actonshotelkinsale.com) / [www.actonshotelkinsale.com](http://www.actonshotelkinsale.com)



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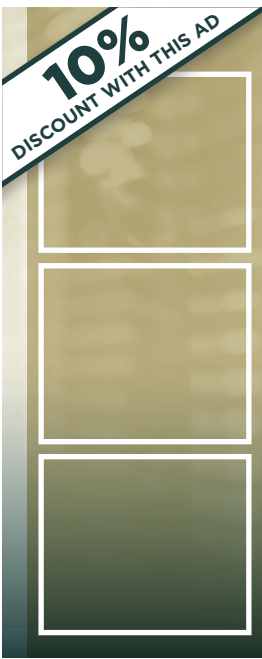
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**[www.fastnetblinds.ie](http://www.fastnetblinds.ie)**

Follow us on 





KINSALE  
HOTEL & SPA

# Treat your Mom this Mother's Day

Sunday 19th March



## Sunday Lunch *Served 12.30pm to 3.00pm*

1-course €20.95 / 2-course €25.95 / 3-course €29.95



Live Music with Billy Crosbie



- 90 acres of mature wooded parkland and Oysterhaven bay-side walks.
- Panoramic views of Kinsale's countryside and rugged coastline from the restaurant.
- Children's Playground.

BOOK HERE



Brunch:  
10.30am - 12.30pm



Sunday Lunch:  
12.30pm - 3pm



[www.kinsalehotelandspa.ie](http://www.kinsalehotelandspa.ie)

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enibas

## WE'RE HIRING

Working with us at Enibas in beautiful West Cork, means you will become part of those special moments in our customers' lives.

### SALES ASSISTANT

Kinsale sales team

#### ABOUT THE ROLE

In this role, you will be working independently on the shop floor, welcoming customers in and providing a warm in-store Enibas experience. You will process sales in the inventory system and handle special customer orders and sales inquiries.

#### KEY RESPONSIBILITIES

- Part-time (1-2 days) in our Kinsale store
- Flexible approach to work with occasional additional working hours
- Natural and friendly manner with people and a passion for arts & crafts

#### TO APPLY

Please send a cover letter and C.V. to Claire Lehane on [hr@enibas.com](mailto:hr@enibas.com)

For further details on the roles above please visit: [www.enibas.com/careers](http://www.enibas.com/careers)

Our Kinsale shop is currently open Tuesday - Sunday

## Window Blinds Department

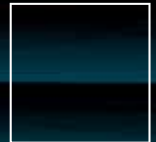
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BUSINESS CENTRE



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COLLECTION

**CELEBRATE**  
*Mother's Day*  
**WITH US**



**BLUE HAVEN BAR & BISTRO**

**BREAKFAST | 8.00AM - 11.30AM**

**A LA CARTE | 12.30PM - 9.00PM**

**HAMLETS**

**SUNDAY BRUNCH**

**10.00AM - 5.00PM**



**THE OLD BANK TOWNHOUSE**

**BREAKFAST | 8.00AM - 12.15PM**

**BRUNCH | 1.00PM - 4.00PM**



To book call 021-4772209 or  
[bookings@bluehavenkinsale.com](mailto:bookings@bluehavenkinsale.com)

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**BLUE HAVEN**

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[www.bluehavenkinsale.com](http://www.bluehavenkinsale.com)





# THE GOOD HEALTH CIRCLE

*Your directory of practitioners in the community*

Email: [info@thegoodhealthcircle.ie](mailto:info@thegoodhealthcircle.ie)



**KINSALE HEALTH HUB**  
Kinsale Commercial Park



**INTERNATIONAL WOMEN'S DAY**  
Wednesday 8th March, 6pm - 9pm  
**TALKS AND WORKSHOPS**  
All proceeds going to community charities  
Tickets: [www.kinsalehealthhub.com/iwde2023](http://www.kinsalehealthhub.com/iwde2023)




**HEAD TO TOE THERAPIES**  
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**Muscle Maintenance with Matthew**  
30 min €20 / 45 min €30  
Contact Tracy: 087 0577013  
Email: [receptionheadtotoe@gmail.com](mailto:receptionheadtotoe@gmail.com)  
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Kinsale Health & Wellbeing Centre  
Mobile: 087 227 5500 Email: [lorraineohanlon@yahoo.com](mailto:lorraineohanlon@yahoo.com)




**Counsellor / Therapist**  
**Michael Walsh 087 7934475**  
[mw.counsellor.therapist@gmail.com](mailto:mw.counsellor.therapist@gmail.com)  
Available Evenings & Weekends  
If you need to talk about

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- Depression • Or just not sure how you are feeling

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*There is no health without mental health*



**NEW CLASSES FOR BEGINNERS AT MADDEN PARK**  
**Tuesday at 8pm**  
**BEGINNER BODY SCULPT**  
**Saturday at 9am**  
**BEGINNER CIRCUITS**  
*First step is the hardest ... Commit!*  
For full class timetable visit [www.strongerwithsiobhan.com](http://www.strongerwithsiobhan.com) or contact Siobhán 087 277 1899

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**26th March: Reiki Level 1**  
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*relax. your. way. to. health.*



# INTERNATIONAL WOMEN'S DAY WEDNESDAY 8TH MARCH, 6PM - 9PM @ KINSALE HEALTH HUB

## TALKS FOR WOMEN

Come and listen to talks  
by women, for women.

## TALK TO WOMEN

Get together to talk to your  
presenters and other women.



**SIOBHAN DEVLIN**  
IMPORTANCE OF STRENGTH  
TRAINING FOR WOMEN



**LOUISE KANE BUCKLEY**  
NAVIGATING PUBERTY  
NATURALLY



**CATRIONA COURTNEY**  
HOW TO FUEL  
VITALITY AND HEALTH



**TRACY MCCARTHY**  
NATURALLY BALANCED  
WORKSHOP



**REBECCA REDDIN**  
SELF CARE IN EARLY  
MOTHERHOOD



**KATIE LYNCH**  
SUNSTAINABILITY AND  
WOMEN'S HEALTH



Buy your €10 ticket to the talk/workshop of your choice.  
All proceeds going to Kinsale Youth Community Centre.  
[www.kinsalehealthhub.com/IWDE2023](http://www.kinsalehealthhub.com/IWDE2023)

**kinsale**

**Kinsale Chamber**

*We believe that in Kinsale,  
if you're not dealing directly  
with a guest or visitor,  
you are doing business  
with someone that is.  
Tourism is everyone's  
business!*

Kinsale Advertiser

**Kinsale Chamber of  
Tourism and Business  
Committee 2023**

Liam Edwards	<i>Chairman</i>
David Good	<i>Treasurer &amp; Reimagining Kinsale</i>
Dermot Ryan	<i>Secretary/History &amp; Heritage</i>
Becca Geden	<i>Marketing/PR Digital &amp; Website</i>
Guny Patel	<i>Retail</i>
Ciaran Fitzgerald	<i>Hospitality &amp; Reimagining Kinsale</i>
Mike Walsh	<i>Public Realm &amp; Reimagining Kinsale</i>
Marie O'Sullivan	<i>Council Representative</i>
Jon Hynes	<i>Activities</i>
Madeline Murray	<i>Sustainability</i>
Maud Black	<i>Manufacturing &amp; Membership</i>

**www.kinsale.ie**

**MEMBERSHIP 2022-2023**

Our membership year is from July 2022 to July 2023 therefore membership renewals are now due. New members are always welcome and we are introducing a NEW 'start-up' rate of €100 for year 1 of membership. Please contact [becca@kinsale.ie](mailto:becca@kinsale.ie)

Ideally, please pay online via <https://www.kinsale.ie/2022/02/22/join-the-kinsale-chamber/> or else drop in a cheque with your business name as reference to The Treasurer, c/o Kinsale Tourist Office.

Rates remain as per previous years, but there will be a 10% increase if subs are not paid by 31st August 2023, to assist with additional administration.

Invoices/Receipts will be issued automatically online.

**MEMBERSHIP RATES  
2022-2023**

Small Business Rate	€225
Regular Business Rate	€325
Large Business/Hotel Rate	€665
Festivals and Events Rate	€100
Corporate Friends Rate	€350
Individual Friends Rate	€150



# er 2023 What we do for you.

## 5 GREAT REASONS to be a member of Kinsale Chamber of Tourism & Business

- 1. Be listed [www.kinsale.ie](http://www.kinsale.ie)**  
Over 1,000,000 hits per annum and #1 Google search, this is the go-to site for all things Kinsale.
- 2. Get promoted on our Social Media platforms:**  
We're big on Facebook, Instagram & Twitter and actively share your news and promote your business and events to a wider audience.  
We also do various blogs each month and will include your business where relevant in these which get a lot of online readership.
- 3. Be part of a bigger platform and be heard:**  
As a group, we represent you via traditional and online media opportunities and liaise with key tourism and business stakeholders.
- 4. Stay connected:**  
Monthly ezines to members and regular ezine to over 5,000 people on the Kinsale Chamber database.
- 5. Network with other members, other business groups and refer business:**  
A key focus of the new committee is to encourage more networking and business.  
Not just cheese and wine....

## Reimagining Kinsale

The goal of Reimagining Kinsale is to make Kinsale a better place for both its residents and visitors. We created a discussion document and platform for all the key stakeholders in the town to engage and work together towards a short, medium and long term plan. The Chamber commenced a plan a number of years ago and held numerous brainstorming sessions with a cross section of representatives of each area of the community. Following these meetings, a survey was conducted by a third party to find out what the key priorities for both the local resident and the visitor were.

Some years later during Covid, The Chamber, with the support of Fáilte Ireland, engaged an external public Realm expert company Scott Tallon Walker to prepare a discussion document called 'Reimagining Kinsale' to address the key concerns facing the town. This document is available at <https://www.kinsale.ie/2021/07/07/reimagining-kinsale/> This is not a final plan but simply a document to create discussion and engage the key stakeholders in the town such as Cork County Council and Fáilte Ireland. The Chamber submitted this document to the last County Development Plan and summarised it under Short, Medium and Long Term objectives.

The Chamber continues to engage with Cork County Council, Fáilte Ireland and other key stakeholders with regards to the issues we face, a lot of which are extremely urgent and impacting both the local community, local businesses and visitors to the town. The Council are the governing body over the town and hold the key to fixing many of the issues we face. We have made various representations to both County Hall senior management, Municipal District area managers and our political representatives to address a lot of the ongoing challenges the town faces as well as proposed solutions, on behalf of our members. We continue to work hard at ensuring a roadmap for changes is agreed and implemented.



**Kennedy's**  
OPTICIANS

Keeping Kinsale Focused

## How often should I get my eyes tested?

Normally every 2 years unless the person is over 40 and there's Glaucoma or Age Related Macular Degeneration (ARMD) in the family, or if the patient has Diabetes, ARMD or Glaucoma themselves they should get tested every year at least.

## PRSI will cover a standard eye examination with dilation for the patient/client.

Sometimes there may be extra procedures which could incur an extra charge (such as dry/sore eye procedures or retina pictures). This is the same with certain medical card holders as well.



Image by Freepik

9 GUARDWELL, KINSALE, CO. CORK / 021 4773595 / [www.kennedysopticians.ie](http://www.kennedysopticians.ie)

Tues to Thur: 9.30am-5.30pm | Fri: 8.30am-5.30pm | Sat: 9.30am-2pm



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69 Main Street, Kinsale Phone 021 477 7911 or 021 477 7163

KINSALE COMMUNITY SCHOOL PRESENTS

# THE GREATEST SHOWMAN

Monday 20th March - Saturday 25th March

7.30PM SHARP

TICKETS  
€10

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PRESENTING  
**A NIGHT OF  
COMEDY  
& MUSIC**  
SUNDAY MARCH 12TH  
@ 8 PM  
**BALLINSPITTLE  
COMMUNITY CENTRE**  
FEATURING  
De Courcey  
Drama Group  
BALLINSPITTLE  
COMHALTAS  
KINSALE  
MAGRA NA FEIRIE  
TICKETS €15 ON THE DOOR  
(€10 Under 16's)

**40th Anniversary**  
**WILLIAM (WILLIE)  
O'CONNELL**  
*Kinsale, Co. Cork*  
*Died 7th March 1983*

Time cannot heal the heartache,  
Or stop the falling tears,  
Or take away the memoires,  
Of the one we loved so dear.



Those we love don't  
go away,  
they walk beside us  
every day.

*All our love,  
Liam, Marie &  
Grandchildren. xxx*

*The Tyre  
Specialists  
since the Turn  
of the Century*

*Noel Madden*  
**KINSALE  
TYRE  
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Monday to Friday 9am - 6pm, Saturday 10am - 1pm

**Barrack Green, Kinsale 021 477 7764**

# John (Johnny) Cooney

Tissasson, Kinsale

## *First Anniversary & Acknowledgement*

**Died 2nd March 2022**



As we lovingly remember John on his first anniversary we, his family, would like to express our sincere and heartfelt gratitude to all those who sympathised and supported us on our sad loss.

We would like to thank all those who attended the services and burial, sent cards, messages and online condolences and those who called to our home with refreshments. We are truly grateful.

A special word of thanks to the doctors, nurses and staff at Cork University Hospital, A+E Department, The Medical Centre, Kinsale and Market Place Surgery, Kinsale who looked after John so well.

Our heartfelt thanks to Fr. Robert Young for celebrating such a beautiful Mass and Dan Twomey for the music.

To Gabriel and O'Donovan Funeral Directors, thank you for your utmost professionalism and compassion.

As it would be impossible to thank everyone individually, we trust that this acknowledgement will be accepted as a token of our sincere appreciation.

John's First Anniversary Mass will take place on 11th March  
at Parish Church, Kinsale at 6.30pm.

*Never more than a thought away, Loved and remembered every day.*



# Max's

**We will reopen on  
10th March 2023**

Open 4 Nights  
Closed Sundays, Mondays  
& Thursdays

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Kinsale Enterprise Park, Barrack Green, Kinsale

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**FREE COLLECTION & DELIVERY**  
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**Cars N.C.T.'d for you  
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4,000



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TO WIN A CAR OR  
LUXURY HOTEL BREAK

**LAST FEW WEEKS TO GET YOUR TICKETS!**

Tickets €20 each / 3 tickets €50 / 8 tickets €100

**Tickets on sale at SuperValu Kinsale  
on Friday 3rd & Saturday 4th March**

Also available online at

**[www.idonate.ie/raffle/WinKiaPicanto](http://www.idonate.ie/raffle/WinKiaPicanto)  
or from Kinsale Youth Community Centre on Market Lane**

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**Draw will be live-streamed on**

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**Kinsale Active Retirement Association  
Temperance Hall - Tues 7th March, 2pm**

**AGM**

*Members,  
please attend!*

# WHAT'S ON in Kinsale & District

**THURS 2nd MARCH**

**BLUE HAVEN:**  
Ben Dillon, 8pm.

**FRI 3rd MARCH**

**BLUE HAVEN:**  
Trad Duo, 9pm.  
**KINSALE ST. PATRICK'S DAY PARADE:**  
Fun Bingo Night at The White Lady. Doors 7.30pm. Eyes down, 8pm.  
**THE WELL PROJECT WIN A CAR RAFFLE:**  
Tickets on sale at SuperValu, Kinsale.  
**TRUCOLOUR PAINTS:**  
Colour Consultant/Interior Designer Gwen McCarthy will be in store,, 9.30am-12.30pm.

**SAT 4th MARCH**

**ARMADA BAR:**  
Jamestown.  
**BLUE HAVEN:**  
King K, 10pm.  
**FUTURE KINSALE:**  
Big Ideas Day.  
[www.futurekinsale.ie/startup23](http://www.futurekinsale.ie/startup23)

**STRONGER WITH SIOBHAN:**  
Beginner Circuits, 9am. Madden Park. Tel: 087 2771899.  
**THE WELL PROJECT WIN A CAR RAFFLE:**  
Tickets on sale at SuperValu, Kinsale.

**SUN 5th MARCH**

**BLUE HAVEN:**  
Paul Stubbings, 8pm.  
**KINSALE BAPTIST CHURCH:**  
Temperance Hall, 11am.  
**KINSALE HOTEL:**  
Live music with Billy Crosbie during Sunday Lunch. 12.30pm-3pm. Tel: 021 4706000

**MON 6th MARCH**

**BLUE HAVEN:**  
Ben Dillon, 8pm.  
**ACTONS HEALTH & FITNESS:**  
Yoga and Pilates Fusion, 10am to 11am. Pre book with Rose on 089 4930312.

**KINSALE TENNIS CLUB:**  
Spring Tennis Coaching with Maria Bolster.  
3pm: Net Setter 9-10yrs (Full)  
4pm: Teen Aces 11-12yrs  
5pm: Teen Hot Shots 13+yrs  
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**TUES 7th MARCH**

**BLUE HAVEN:**  
Paul Stubbings, 8pm.  
**KINSALE ACTIVE RETIRED ASSOC:**  
Temperance Hall, 2pm. AGM.  
**STRONGER WITH SIOBHAN:**  
Beginner Body Sculpt, 8pm. Madden Park. Tel: 087 2771899.

**WEDS 8th MARCH**

**BLUE HAVEN:**  
Mike O'Riordan, 8pm.  
**KINSALE HEALTH HUB:**  
International Women's Day. Talks & Workshops, 6pm-9pm.

[www.kinsalehealthhub.com/iwde2023](http://www.kinsalehealthhub.com/iwde2023)

**KINSALE TENNIS CLUB:**  
Spring Tennis Coaching with Maria Bolster.  
3pm: Mini Aces 6yrs  
4pm: Mini Spinners 7yrs  
5pm: Mini Netters 8yrs  
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**THURS 9th MARCH**

**BLUE HAVEN:**  
Ben Dillon, 8pm.  
**ACTONS HEALTH & FITNESS:**  
Men's Yoga & Pilates, 7pm to 8pm. Pre book with Rose on 089 4930312.  
**KINSALE TENNIS CLUB:**  
Spring Tennis Coaching with Maria Bolster.  
5pm-6pm: Net Setters 9-10yrs  
8 week course. 087 255 3810.

## 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. KOS*



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