

Volume 33
#25/22
Thurs 23rd
June
TO
Thurs 30th

June

2022

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CLASSES START BACK ON MONDAY 5th SEPTEMBER

All current places have been kept, please let us know if you will not be returning.

We have space in some classes, please contact us to book in or to be added to our waiting list.

MONDAY: Miss Sarah

3.15-4.15	RAD Grade 3 Ballet
4.15-5.15	RAD Grade 2 Ballet
5.15-6.15	RAD Grade 1A Ballet
6.15-7.15	Hip Hop A
7.15-8.15	Нір Нор В
8.15-9.30	Contemporary (Inter) (Must also do ballet)

TUESDAY: Miss French

3.15-4.00	RAD Grade 2 Ballet
4.00-4.45	RAD Grade 3 Ballet
4.45-5.30	RAD Grade 4 Ballet
5.30-6.15	RAD Grade 5 Ballet
6.15-7.00	RAD Grade 6 Ballet
7.00-8.15	RAD Post Grade 8 Ballet
8.15-9.30	Contemporary (Adv) (Must also do ballet)

WEDNESDAY:

1.30-3.00	RAD Intermediate Ballet (Miss French)
3.00-4.30	RAD Adv Foundation Ballet (Miss French)
4.30-5.30	RAD Grade 4 Ballet (Miss Sarah)
5.30-6.30	RAD Grade 5 Ballet (Miss Sarah)
6.30-7.30	RAD Inter Foundation Ballet (Miss Sarah)
7.30-8.30	RAD Grade 6 Ballet (Miss Sarah)
8.30-9.30	RAD Grade 7 Ballet (Miss Sarah)

THURSDAY:

Miss French assisted by Miss Sarah

3.15-4.00	Jazz A (Senior Infants - 2nd Class)
4.00-4.45	Jazz B (3rd - 4th Class)
4.45-5.30	Jazz C (5th - 6th Class)
5.30-6.30	Senior Jazz (1st - 3rd Year)
6.30-7.45	Contemporary (Beginner) (Must also do ballet)
7.45-9.00	Jazz Repertoire (4th - 6th Year)

FRIDAY: Miss French

TRIDITI	I I I I I I I I I I I I I I I I I I I
3.30-4.15	RAD Primary Ballet
4.15-5.15	RAD Grade 1B Ballet
5.15-6.15	RAD Grade 7 Ballet
6.15-7.15	RAD Intermediate Ballet
7.15-8.15	RAD Advanced 1 Ballet
8.15-9.45	RAD Advanced 2 Ballet

SATURDAY:

8.30-9.30	(Miss French)
9.30-11.00	RAD Adv 1 Ballet (Miss French)
11.00-12.00	RAD Adv Foundation Ballet (Miss French)
12.00-12.30	Pre-School Ballet A (Age 2.5-4) (Miss French and Miss Sarah)
12.30-1.00	Pre-School Ballet B (Age 2.5-4) (Miss French and Miss Sarah)
1.00-1.45	RAD Pre-Primary Ballet New Class 1 (Age 4-6) (Miss Sarah)
1.45-2.30	RAD Pre-Primary Ballet
	New Class 2 (Age 4-6) (Miss Sarah)
2.30-3.15	RAD Pre-Primary A Ballet (Miss Sar
3.15-4.00	RAD Pre-Primary B Ballet (Miss Sar.

ah)

www.lucyfrenchschoolofdance.com info@lucyfrenchschoolofdance.com 087 9521463



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TRACTON MUSIC & ARTS FESTIVAL

WEDNESDAY 29 th	7pm	8	8.30pm		THURSDAY 30th	11am	8pm	
Inkwell Theatre			Martin Hayes, €20. Delighted to welcome our patron back to the stage with his unsurpassed soulful interpretations of traditional Irish music.		ge Inkwell Theatre		Three films about I surfing, skateboard and music, €10 Q& producer, Áine Edw	
Upstairs Gallery	Tracton Artists' Annual Exhibition & Festival Opening. Festival launch, sponsored by Stonewell, to mark the 7th Tracton Music & Arts Festival & 13th Tracton Artists' exhibition.				Upstairs Gallery	Tracton Artists' guest artist, Lyn Coffee & Homer 11am - 5pm – 7p	Tracton Artists' Annual Exhibition, with guest artist, Lynn Stringer, FREE, Tea, Coffee & Homemade Cake, 11am - 5pm – 7pm - 8pm.	
Garden Café/Lrg Marquee	Pizza & bar refreshm	ents			Large Marquee		Bar refreshments	
SATURDAY 2 nd	10am	11am	11.30am	12pm				
Inkwell Theatre	Painted Gardens, €10. Áine Andrews will give an illustrated talk about Claude Monet's famous garden at Giverny and paintings it inspired.			Beacons, €10. A series of images (a book, an exhibition) from Lake Baikal in Siber documenting the surreal ice road system that guides travelers across the vast fro expanse of the largest freshwater lake on the planet. Join photographer Daragh Muldowney for a visual presentation about the evolution of the project.				
Outdoor Stage								
Buckley Room	Adult Pilates Workshop €12. Patricia O'Neill will lead this 1.5hr, mat based workshop. A gentle, low impact strength workout that research shows can help ease lower back pain, improve flexibility and support mental well-being.							
Upstairs Gallery		Tracton Artists' Annual Exhibition. Open 11am - 5pm - 7pm - 9pm. Showcasing the work of a multi-discipling workers, batik & mixed media artists, printmakers & photographers. Featuring guest exhibitor, from Wicklow, I						
Large Marquee				Homemade	cold lunch sandwiches, savo	ury and sweet snac	ks, coffee and tea	
Small Marquee & Garden Café	Re-wild your art practice, €12, 12yrs+ Explore sustainable creativity & the benefits for you & the earth. Create art from Dee Cichosz. Duration 2 hours. (12-2pm).							
Out & About	10am - 12pm, The Art of Growing, Farm Walk, €10, on arrival. Ultan Walsh & Lucy Stewart will give a tour of their award winning organic farm, Gort na Nain. This will be of great interest to the hobby grower, the serious amateur & Online the committed foodie (directions online).							
SUNDAY 3 rd	11am		12p	m 1:	12.30pm		2.15pm	
Inkwell Theatre	Kids Movement and Yoga, €5, 4-12yrs A 45 min yoga and movement workshop, led by Patricia O'Neill where children will move their bodies, breathing and finding their balance and learn the art of relaxation and most importantly have fun.		shop, n wi ll	Fr Af te	Drumming Workshop, €10,11yrs+ From 30 years enchantment with West African drumming, and 20 years teaching John Sutton shares the delicious buzz and grounding joy. Instruments provided: djembes, dunduns & hand-held percussion.		Snatch Comed sketch comedy sketches are in audience for ic scenes like ma ridiculous. Snat years, & never	
Outdoor Stage	Local Musicians will grace the outdoor stage, 12pm - 4pm, FREE Kicking off with Long duo & culminating with Loose Lemon & everything in between. Enjoy all that the Sunday hot artisan food, bar refreshments. A chilled fun Sunday afternoon for all.							
Buckley Room	Tracton Community Market takes place on the first Sunday of every month from 11am - 1pm, where you will find a perfect selection of bread, vegetables, jams & homemade cakes, to crafts, plants, eco cleaning products & speciality goods including freshly milled flour. Als fired pizza & barista coffee, teas, homemade savouries & cakes YUM!							
Upstairs Gallery	Tracton Artists' Annual Sculpture Garden) meta	Tracton Artists' Annual Exhibition. Open 11am - 5pm. Showcasing the work of a multi disciplined group who live or work in the vicinity Sculpture Garden) metal & wood workers, batik & mixed media artists, printmakers & photographers. Featuring our guest exhibitor, bot						
Large Marquee	Bar Refreshments, Wood Fired Pizza & Barbequed Hot Food Afternoon activities include throwing your own pot on the potter's wheel with Kira O'Bri painting techniques. Stone carving demo with Tommy Lysaght. • Craft stands • Face Pair							
Small Marquee & Garden Cafe	Kid's Art Corner, €10, 5-11yrs Don't miss this hour of fun exploring things to draw fantastic pictures! With artist Dorothée Roberts.			Don't miss this hour of fun, learning to look at things differently and drawing the most amazing images! with Dorothée Roberts.		sign Paintin Lettering as signwriter, brush techr decorative your own u	Sign Painting, €10, 10 yrs+ Lettering artist and commercial signwriter, Niall Marron will demo brush technique, calligraphy and decorative layouts and you will cr your own unique lettering artworl paper scroll to take home. (2pm -	
Out & About	10am - 2pm, Canoe Trip & BBQ lunch, €50, (special festival rate), 12yrs+ if accompanied by adult. Online booking essential. Mick Hoey, fisherman, forager & nature lover will guide you down the Minane river in Canadian canoes, enchant you with his knowledge and cook wild lunch on the river bank.							

MINANE BRIDGE, CO. CORK

PROGRAMME

29th June - 3rd July 2022

FULL DETAILS OF ALL EVENTS ARE ONLINE

9.30pm

www.tracton.org

FRIDAY JULY 1st 11am 7pm 8pm Back for a Laugh, €20. Jon Kenny is in top form in his new one man show, with special guests Paddy O'Brien and Paddy Doyle Inkwell Theatre Tracton Artists' Annual Exhibition, with guest artist, Lynn Stringer, FREE, Tea, Coffee & Homemade Cake, 11am - 5pm – 7pm - 9pm.

Large Marquee Bar refreshments

1.30pm Beginning with Bees, €10. Tony Lyons, bee keeper will give an illustrated talk on the many & varied aspects of the life

Upstairs Gallery

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ling

A with ards

> 3.30pm The Georgian Villa Landscape of Cork, €10. Vandra Costello, independent scholar, historic gardens & landscape historian & author will host.

4.30pm 7pm

Festival Feast (incl. Mary Coughlan concert), €70. Six course, sit down culinary extravaganza, celebrating local chefs and food producers in the community. (Limited Tickets)

Mary Coughlan, €25. One of the most celebrated singers to emerge from Galway, widely regarded as Ireland's finest jazz & blues vocalist.

Tracton Incognito, €25 for original postcard sized artworks, on show in the mezzanine all weekend... Blind raffle will take place after the festival. Every ticket guarantees a piece of art but which one you win, will be a surprise.

ed group who live or work in the vicinity of Tracton including painters, ceramicists, sculptors, (don't miss outdoor installations) metal & wood ootanical artist Lynn Stringer. Tea, Coffee & Homemade Cake available on the mezzanine, 11am - 1pm.

ocal natural materials & more with

Lino-printing workshop, €12, 12yrs+ Learn how to carve a lino block & produce beautiful hand printed greeting cards with artist *Kira O'Brien*, (2-4pm).

- 2pm, Canoe trip and BBQ lunch, €50 (special festival rate). 12yrs+ if accompanied by adult booking essential. Mick Hoey, fisherman, forager and nature lover will guide you down the Minane river in ian canoes, enchant you with his knowledge and cook wild lunch on the river bank. An unforgettable experience

3.30pm

4pm 8pm

How to save money on home energy while avoiding the gougers, FREE
A community education event (1.5hrs) where we'll hear top tips from experts and locals about sustainable energy. Curated by Imogen Bertin.

Way Home, blue grass roots Market has to offer, as well as

ly, €10/€5. A family friendly show with a difference... the ade up on the spot! We ask the leas and then we turn them into gic. It's unpredictable and ch have been performing for 20 done the same show twice!

& Eamonn Cagney, an evening of rock'n'roll, trad & soul. FOLLOWED BY

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ocal produce from sourdough o on offer the delicious wood-Experience how singing together promotes a sense of wellbeing. Through breathwork, vocalization & fun, Fiona Tierney will introduce you to tools to help manage stress & promote positive mental health. (1hr)

of Tracton including painters, ceramicists, sculptors, (don't miss outdoor installations in the anical artist, *Lynn Stringer*.

en, watching Dorothee Roberts demo her

nting

Basics of Portraiture, €10, 16 yrs+ Constance Roberts will instruct on the methods and techniques of beginning a portrait, giving tips that will help with anyone's practice so that they can draw with more confidence.

II be collected on arrival. on Arts & Community Centre. welcome but path into wood e of the Gortigrenane woodland.

nstrate eate on (on (on)

4pm - 5pm, Bug Hunt - Calling all nature detectives! €5, on arrival Meet at Church Car Park, Minane Bridge. Children under 12prs should be accompanied by an adult. Suitable outdoor footwear & clothing will be required. Along the Millennium Walk let's find those creepy crawlies that are out & about! Niamh O'Flynn, Animal Scientist & Wildlife Educator will help you discover & identify them!

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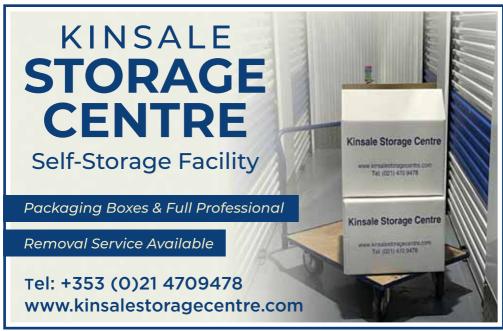
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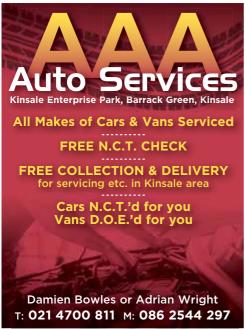
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KINSALE BASED SUITABLE FOR AGES 7-12 Ideally for students with learning differences Very small number of students Enquire for booking and further details Art, exercise and some curriculum activities Contact Una 086 3588475 www.blossom4life.ie

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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.

Say this prayer for 3 days, promise publication and the favour will be granted, no matter how impossible. Never known to fail. NW

The Kinsale Story



Adrian Neville 087 7372679

A big screen picture show around the story of Kinsale and the history of Ireland

3 pm The Temperance Hall Wednesday to Sunday



"Best Guide in Ireland" Irish Independent "Kinsale's Top Attraction" TripAdvisor "Best Value €5 in Ireland" Sunday Times

Travellers' Choice **Tripadvisor**

10.30am Daily (or by appointment) From Tourist Office Adults: €5 Children: Free

Call 086 826 7656

Kinsale's Top Attraction - Fáilte Ireland

Kinsale Storytellers present THE CAULDRON OF POESY

A story voyage through ancient Ireland by one of Ireland's finest storytellers.

The Lord Kingsale Thurs 23rd, Mon 27th & Tues 28th June 8pm-9pm



Adult: €15 / Student: €10 / Child: €8

WHAT'S ON in Kinsale & District

Thurs 23rd June **BLUE HAVEN:** Arundo, 8.30pm. **DERMOT RYAN'S HERITAGE TOWN WALKS:** 10.30am, Tourist Office. Or by appointment. 086 8267656. **DON & BARRY'S HISTORIC STROLL:** 9.15am & 11.15am, Tourist Office. **HAMLETS:** Mike and Mike, 9pm. KINSALE HARBOUR **CRUISES:** 1pm, 2pm. Departs beyond Actons. KINSALE STORYTELLERS **PRESENT THE CAULDRON OF POESY:** Lord Kingsale, 8pm-9pm. **STRONGER WITH** SIOBHAN: 9.30am: Zoom/Gym Strength & Conditioning. 7pm: Strength Circuits @ Mansfield Gym. 087 2771899. THE KINSALE STORY A Big Screen Picture Show - Adrian Neville. Temperance Hall, 3pm.

Fri 24th June **BLUE HAVEN:** Trad Duo, 10pm. **CORK COUNTY COUNCIL:** Deadline for applications for Streetscape Painting, Signage & Improvement Scheme 2022. bandonkinsalemd@corkcoco.ie DERMOT RYAN'S

HERITAGE TOWN WALKS: 10.30am, Tourist Office. Or by appointment. 086 8267656. **DON & BARRY'S** HISTORIC STROLL: 9.15am & 11.15am, Tourist Office. KINSALE HARBOUR CRUISES: 1pm, 2pm. Departs beyond Actons.

THE KINSALE STORY A Big Screen Picture Show - Adrian Neville. Temperance Hall, 3pm. TRU COLOUR: Interior designer Gwen McCarthy in-store from 9.30am - 12.30pm.

Sat 25th June ARMADA BAR: Live music. **BLUE HAVEN:** Mike O'Riordan, 10pm. **DERMOT RYAN'S HERITAGE TOWN WALKS:** 10.30am, Tourist Office. Or by appointment. 086 8267656 **DON & BARRY'S HISTORIC STROLL:** 9.15am & 11.15am, Tourist Office. HAMLETS: DJ, 10pm. KINSALE HARBOUR CRUISES: 1pm, 2pm, 3pm, 4pm. Departs beyond Actons. STRONGER WITH SIOBHAN: 8am: Hardcore Bootcamp. 9am: Beginner's Bootcamp. Dock Beach.
THE KINSALE STORY A Big Screen Picture Show - Adrian Neville.

Sun 26th June ARMADA BAR: Live music. **BLUE HAVEN:** Live music, 8pm. DERMOT RYAN'S **HERITAGE TOWN WALKS:** 10.30am, Tourist Office. Or by appointment. 086 8267656. **DON & BARRY'S HISTORIC STROLL:** 11.15am, Tourist Office. KINSALE BAPTIST CHURCH: Temperance Hall, 11am. KINSALE HARBOUR **CRUISES:** 1pm, 2pm, 3pm, 4pm. Departs beyond Actons.

Temperance Hall, 3pm.

THE KINSALE STORY A Big Screen Picture Show - Adrian Neville. Temperance Hall, 3pm. THE WELL INSTITUTE: One Day Workshop: Introduction to Calming Stress, 10am - 4pm.

Mon 27th June **BLUE HAVEN:** Ben & Clem, 8.30pm.
DERMOT RYAN'S
HERITAGE TOWN WALKS: 10.30am, Tourist Office. Or by appointment. 086 8267656. **DON & BARRY'S HISTORIC STROLL:** 9.15am & 11.15am, Tourist Office. KINSALE COMMUNITY **PLAYSCHOOL** SUMMER CAMP: Runs until 1st July. KINSALE HARBOUR CRUISES: 1pm, 2pm. Departs beyond Actons. KINSALE STORYTELLERS PRESENT THE **CAULDRON OF POESY:** Lord Kingsale, 8pm-9pm. **OYSTERHAVEN ACTIVITY CENTRE:** Start Sailing (Level 1) Basic Skills (Level 2) Improving Skills (Level 3) Advanced Boat Handling Windsurfing Get Up & Go! Windsurfing Go for It! Weekly courses. Pre booking essential www.oysterhaven.com STRONGER WITH SIOBHAN: 6.15am: Zoom Strength & Conditioning. 087 2771899.

Tues 28th June ARMADA BAR: Live trad. **BLUE HAVEN:** The Loungeman, 8.30pm. **DERMOT RYAN'S HERITAGE TOWN WALKS:** 10.30am, Tourist Office. Or by appointment. 086 8267656. **DON & BARRY'S** HISTORIC STROLL: 9.15am & 11.15am. Tourist Office. KINSALE ACTIVE **RETIREMENT ASSOC.:** Temperance Hall, 2pm. Table Quiz. KINSALE HARBOUR CRUISES: 1pm, 2pm. Departs beyond Actons. KINSALE STORYTELLERS PRESENT THE **CAULDRON OF POESY:** Lord Kingsale, 8pm-9pm. STRONGER WITH SIOBHAN: 9.30am: Bootcamp @ Dock Beach. 8pm: Body Sculpt @ Madden Park.

Wed 29th June **BLUE HAVEN:** Mike O'Riordan, 8.30pm. DERMOT RYAN'S HERITAGE TOWN WALKS: 10.30am, Tourist Office. Or by appointment. 086 8267656. **DON & BARRY'S HISTORIC STROLL:** 9.15am & 11.15am, Tourist Office. **KINSALE HARBOUR** CRUISES: 1pm, 2pm. Departs beyond Actons. STRONGER WITH SIOBHAN: 6.15am: Zoom Strength & Conditioning. 087 2771899. THE KINSALE STORY A Big Screen Picture Show - Adrian Neville. Temperance Hall, 3pm. TRACTON MUSIC & ARTS FESTIVAL: Starts today. www.tracton.org

Miraculous Prayer

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