

FREE

KINSALE Advertiser

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



Volume 31
#28/20

Thurs 15th
October
TO
Wed 21st
October
2020

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

FAMOUS FUEL SALE

OCT 10TH - 24TH



Homevalue

Sustainable Options

Unbeatable pricing



Collected

1 FIRE LIGHTERS

1 x 20kg Premium Coal
plus 1 x 10ltr Kiln Dried Hardwood Logs
plus 1 x Homestead Firelighters (60s)

€14.95



Collected

1 BAG
KINDLING

1 x 40kgs Superburn
Extra Smokeless plus
1 x Kindling

€19.95



Delivered

1 x 400kg Crate
of Kiln Dried
Hardwood Logs

€189



Collected

1 BAG
KINDLING

1 x 40kgs Superburn Extra
Smokeless plus 1 x 10ltrs Kiln
Dried Logs plus 1 x Kindling

€24.95



Collected

Peat
Briquettes -
Buy 6
Get 1 FREE

Kiln Dried Logs
10Ltr - Buy 5
Get 1 FREE



Collected

Balcas Wood
Pellets 10kg
5 bags for

€19.95



Collected

Homefire Wood
Briquettes 9.5kg
4 for

€19.95



Collected

1 BAG
KINDLING

1 x 40kg Premium Coal Plus
1 x 10ltrs Kiln Dried Logs plus
1 x Kindling

€24.95



Collected

1 BAG
KINDLING

1 x 40kg Premium Coal
Plus 1 x Kindling

€19.95



Collected

2 x 40kg Premium Coal Plus
2 x Peat Briquettes

€39.95



COAL OFFERS

25 x Premium Coal 40kg	€399	Delivered
40 x Premium Coal 40kg	€599	Delivered
25 x Super Burn Extra Smokeless 40kg	€419	Delivered
3 bags Premium Coal 40kg	€47.95	Collected
3 bags Superburn Extra 40kg	€48.95	Collected

SEE SOCIAL MEDIA AND WWW.BANDONCOOP.IE FOR MORE INFORMATION.

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- 📍 Kilbrogan, Bandon, Co. Cork
- 📍 Enniskeane, Co. Cork

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OPEN FOR BUSINESS

Stay safe & healthy everyone.



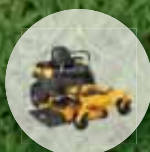
Lawnmowers



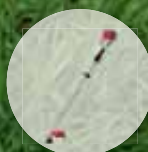
Ride-on Mowers



Robot Mowers



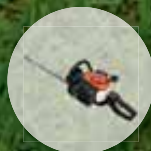
Zero Turn



Strimmers



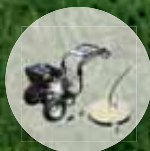
Chainsaws



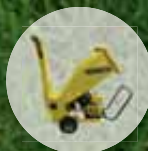
Hedge Trimmers



Blowers



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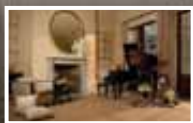
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— Kinsale —

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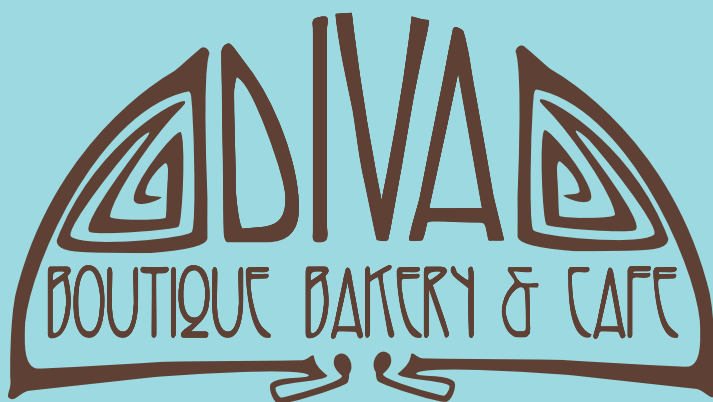
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- **Elephant Box Stainless Steel
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plus more!

OUR HOURS:

**Tue-Sat 9-6, Sunday 11-5 Closed for lunch 1-2
Ballinspittle Village, Co. Cork**



LEAFLING
MERCANTILE



**As many of you know,
the café has closed permanently.**

I want to thank everyone who has supported us from our Kinsale days to this year, it really meant a lot!



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Ballinspittle, Co. Cork Tel: 021 477 8465



Diva Boutique Bakery & Café

@DivaBakes





KINSALE BAPTIST CHURCH

Previously meeting in the Temperance Hall

Meetings at this time
will be on Zoom
every Sunday at 11am.

Please call 087 4174201 for further details.

www.kinsaleabc.ie

"Ascribe to the Lord glory and strength. Ascribe to the Lord the glory due his name;
worship the Lord in the splendor of his holiness." Psalm 29:1-2





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shanghai express

TAKE-AWAY @ THE BULMAN FOR THE MONTH OF OCTOBER

Roast Duck, Ginger & Apricot Spring Rolls (3) With Plum & Sweet Chilli Dip	8.50
Vietnamese Spring Rolls (Nems) (4) With Nuoc Mam Dip (GF)	9.00
BBQ Pork Spare Ribs (GF)	9.50
Satay Skewered Chicken (GF)	8.50
The Bulman Chicken Green Curry With Asian Greens (GF)	16.00
Korean Style Fried Chicken Sweet 'n' Sour (GF)	16.50
Stir-fried Chicken Kung Pao With Bell Pepper, Peanuts, Soy & Hoisin	16.50
Thai Style Stir-fried Chicken With "Holy Basil", Fresh Chilli, Garlic, Cashew Nuts, a little Oyster Sauce, Soy & Sesame Oil	17.50
Twice Cooked Crispy Chicken "Shanghai Way" On a Bed of Jasmine Rice, Ginger, Garlic, Chilli, Szechuan Pepper & Soy Dressing, Spring Onions & Coriander	18.00
Lamb Rendang (GF) A Medium Heat Malaysian Curry, Oven Braised in our own Rendang Paste & Coconut Milk	16.50
Stir-fried Beef Szechuan Shredded Celery, Carrots, Ginger, Chilli, Garlic & Chinese Peppercorn, Soy & a little Oyster Sauce	17.50
Prawns Pad Thai "Bangkok Style" Tiger Prawns Wok-fried with Rice Noodles, Morning Glory (when available), Wombok, Egg, Soy & Nam Pla, Dry Roasted Peanuts	18.50
Singapore Noodles Thin Noodles Stir-fried with Roast Pork, Chicken and Shrimps, Shredded Vegetables with a Light Madras Style Soy & Sesame Sauce	18.50
Nasi Goreng Malay Fried Rice Sautéed with Shredded Roast Chicken, Pork & Prawns, Asian Vegetables, Sweet Soy, Crispy Shallots, Fried Egg on top!	18.50
Steamed Jasmine Rice	3.00
Cantonese Egg Fried Rice	4.00
Chips	3.00

SAMPLE MENU ONLY

PLEASE GO TO OUR FACEBOOK PAGE

**Open 5pm to 8.30pm
Thursday to Sunday
for take away orders.**

**Phones answered from 4pm on
each day of Shanghai Take Away.
Orders can be collected from 5pm.**

**Why not have a pint outside while you
wait for your food order, weather permitting!**



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Opposite Kinsale Tile Store and The Tap Tavern

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MYOPIA (SHORT-SIGHTEDNESS) IS ON THE INCREASE

This is mainly due to a
change in lifestyle,
eg: computer & smart-phone use,
desk-based jobs, etc.

It is important to spot it early
to try to slow down the
progression of the disease.

(The WHO have now classified it as a
disease due to its rapid increase).

Bring your children in for regular
eye examinations to, hopefully,
spot early myopia.

**Tue to Thurs: 9.30am - 5.30pm
Fri: 8.30am - 5.30pm Sat: 9.30am - 2pm**





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Clinical practice is in accordance with HSE guidelines. All measures to safeguard and protect your health are in place. Looking forward to being of assistance to you again.



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** (BEd., SMT, NMPT)

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Féilidheannacht na Seirbhíse Sláinte
Health Service Executive



Coronavirus **COVID-19**

KINSALE COVID-19 VOLUNTEER GROUP INFORMATION

Kinsale Covid-19 Volunteer Group is available to all those in need during this difficult time.

Please reach out to any of the contacts below should you need help with -

- Grocery collections
- Checking in on neighbours
- Medication pick-ups
- Any other urgent needs

We are committed to working together to ensure our community is safe, especially for the elderly and the vulnerable - remember to pick up the phone, if only for a chat or some reassurance!

Aine Ryan O'Brien	087 924 4613 E	Jane Barlow	086 350 8323 E
Aisling Gibson	086 318 6363	John O'Keefe	087 918 3273
Aisling Judge	087 662 7308 E	Judith Macklin	087 239 6295 E
Alison Tully (Hurley)	087 655 4394	June McCabe	086 893 3708
Angela Shanahan	087 277 8404 E	Karen O'Regan	086 855 2329
Breda Walsh	087 933 1944 E	Mags Riordan	087 417 8373
Caroline Scannell	087 299 1436	Margaret Hurley	087 998 2673
Cathal O'Connor	086 872 9922	Marie O'Sullivan	086 334 4703
Cathy O'Brien	087 242 2469	Mary Roche	087 291 6339 E
Celine Henderson	087 652 8019 E	Michael Frawley	086 365 3854
Ciara Dolan	087 279 6183	Miriam O'Connell	087 239 9522
Colette Connolly	087 674 1275	Naomi Bendon	086 825 5991
Denis Dempsey	087 249 9527	Nessa O'Reilly	087 602 2094
Eileen Finn	087 247 0953	Niamh O'Connell	086 816 4918
Faye Murphy	087 312 1004	Niav McGillicuddy	086 069 7304 E
Fiona Dyer	086 809 3929	Sandra Murphy	086 344 5046
Frances Dalton	086 083 4700	Sharron Austin	086 823 0371 E
Gillian Eaton	087 631 5622 E	Suzanne Kelly	086 212 2364 E
Harry Barrett	087 350 0837	Teddy Dyer	087 219 2552
Ian Eaton	087 095 1655	Trina Jones O'Neill	085 140 3847
Jackie Curran	087 286 8863 E	Yvonne Coughlan	086 047 9228
Jan O'Leary	087 2906377	E = Evenings Only	

OTHER USEFUL NUMBERS:

HSE Helpline	1850 24 1850
SouthDoc	1850 335 999
Dept of Social Protection:	1890 800 024
Kinsale Gardaí	(021) 4772302
Kinsale Pharmacy	(021) 4772077
Lloyd's Pharmacy	(021) 4773939
Moloney's Pharmacy	(021) 4772130
O'Connor's Pharmacy	(021) 4777888
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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. AOM

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



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Broadcast.
Marion by Katie
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Call 086 8267656.

FRI 16th OCTOBER

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interior designer
Gwen McCarthy,
instore every Friday,
9.30am - 12.30pm.

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MON 19th OCTOBER

KINSALE COMMUNITY SCHOOL:

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of job applications
for Assistant Facilities
Manager.

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TUES 20th OCTOBER

KINSALE HERITAGE TOWN WALK:

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Call 086 8267656.

WED 21st OCTOBER

KINSALE HERITAGE TOWN WALK:

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10.30am.
Call 086 8267656.

THUR 22nd OCTOBER

KINSALE HERITAGE TOWN WALK:

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FRI 23rd OCTOBER

KINSALE HERITAGE TOWN WALK:

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