

FREE

KINSALE Advertiser

Weekly Guide to **WHAT'S ON** in Kinsale & District



Volume 35
#33/24
Thurs 22nd
August
TO
Thurs 29th
August
2024

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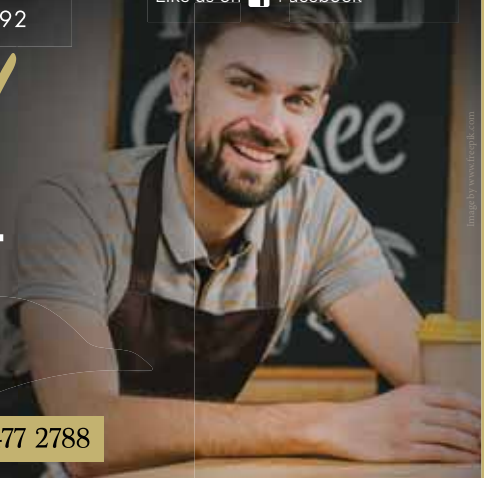
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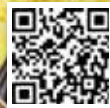
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REGISTRATIONS FOR
SEPT '24
NOW OPEN!

KINSALE

SAILE SPORTS & COMMUNITY CENTRE

WEDNESDAY

ACRO, HIP-HOP AND MUSICAL THEATRE

Mini Acro Dance (3 – 6 yrs) 3.30pm – 4.30pm
Primary Acro Dance (7 – 11 yrs) 4.30pm – 5.30pm
Primary Hip-Hop (7 – 12 yrs) 6.30pm – 7.30pm
Primary Musical Theatre (7 – 11 yrs) 5.30pm – 6.30pm

ST. MULTOSE HALL

SATURDAY

MINI MONTFORTS, DANCE AND MUSICAL THEATRE

Mini Montforts (3 – 6 yrs) 9.30am – 10.30am
Junior Musical Theatre (4 – 6 yrs) 10.30am – 11.30am
Primary Dance (7 – 11 yrs) 11.30am – 12.30pm
Primary Musical Theatre (7 – 11 yrs) 12.30pm – 1.30pm

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Special Occasions



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- 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

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FUNDRAISING NIGHT

FRIDAY 30th AUGUST

- BBQ on the Night
- Fun in the Kinsale Yacht Club
- Music on the Night
- Raffles & Spot Prizes
- Everyone Welcome

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Pic: John Collins



OUR NEW TERM STARTS ON MONDAY 9th SEPTEMBER

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LIMITED
SPACES

We are looking forward to seeing all our current
students then and welcoming some new ones.

MONDAY: Studio 1

- 3.30-4.15 RAD Primary Ballet A
- 4.15-5.00 RAD Primary Ballet B
- 5.00-6.00 Junior Hip Hop (3rd-6th class)
- 6.00-7.15 Senior Hip Hop (Secondary school)
- 7.15-8.15 RAD Grade 7 Ballet
- 8.15-9.30 Intermediate Contemporary
Must also do ballet

Studio 2

- 3.30-4.15 RAD Grade 1A Ballet (Exam)
- 4.15-5.00 RAD Grade 2A Ballet (Exam)
- 5.00-5.45 RAD Grade 5C Ballet
- 5.45-6.45 RAD Adv Foundation Ballet
- 7.15-8.15 RAD Grade 5B Ballet

TUESDAY: Studio 1

- 3.30-4.30 RAD Grade 1A Ballet (Exam)
- 4.30-5.30 RAD Grade 2A Ballet (Exam)
- 5.30-6.30 RAD Grade 3A Ballet (Exam)
- 6.30-7.15 RAD Grade 5A Ballet (Exam)
- 7.15-8.15 Post RAD Grade 8 Ballet
- 8.15-9.30 Advanced Contemporary
Must also do ballet

WEDNESDAY: Studio 1

- 2.30-4.00 RAD Advanced 1 Ballet
- 4.00-4.45 RAD Grade 2B Ballet
- 4.45-5.30 RAD Grade 3A Ballet (Exam)
- 5.30-6.30 RAD Grade 5A Ballet (Exam)
- 6.30-7.30 Pre Vocational
- 7.30-8.30 RAD Grade 5C Ballet
- 8.30-9.30 RAD Grade 8 Ballet

Studio 2

- 3.00-4.30 RAD Adv Foundation Ballet
- 4.30-5.30 Teen Beginner Ballet
- 5.30-6.30 RAD Grade 3B Ballet (Teen)
- 6.30-7.30 RAD Intermediate
Foundation Ballet
- 7.30-8.30 RAD Grade 5B Ballet
- 8.30-9.30 Beginner Contemporary
Must also do ballet

THURSDAY: Studio 1

- 3.30-4.15 Jazz A (1st-3rd class)
- 4.15-5.00 Jazz B (4th class)
- 5.00-5.45 Jazz C (5th & 6th class)
- 5.45-6.45 Senior Jazz Group 1 (1st & 2nd year)
- 6.45-7.45 Senior Jazz Group 2 (3rd year)
- 7.45-9.00 Jazz Rep (4th-6th year)

Studio 2

- 4.15-5.15 RAD Grade 1C Ballet
- 5.15-6.15 RAD Grade 2B Ballet
- 6.15-7.15 RAD Intermediate Ballet
- 7.15-8.15 Adult Jazz
- 8.15-9.15 RAD Intermediate Foundation Ballet

FRIDAY: Studio 1

- 4.30-5.30 RAD Grade 1B Ballet
- 5.30-6.15 RAD Grade 3B Ballet (Teen)
- 6.15-7.15 RAD Grade 7 Ballet
- 7.15-8.15 Past Pupils (PAYG)

Studio 2

- 6.15-7.15 RAD Grade 8 Ballet
- 7.15-8.15 RAD Intermediate Ballet

SATURDAY: Studio 1

- 9.00-10.00 RAD Advanced 1 Ballet
- 10.00-10.30 Pre School Ballet A (Ages 2.5-4)
- 10.30-11.00 Pre School Ballet B (Ages 2.5-4)
- 11.00-11.45 RAD Pre Primary Ballet A (Ages 4-6)
- 11.45-12.30 RAD Pre Primary Ballet B (Ages 4-6)
- 12.30-1.15 RAD Pre Primary Ballet Exam
Group 1
- 1.15-2.00 RAD Pre Primary Ballet Exam
Group 2

Book a place

087 9521463

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PROGRAMME

August 29th–Sept 1st, 2024

TRACTON  **FESTIVAL 2024**
MUSIC AND ARTS

THURSDAY

6.30 pm, Corrigan Room Gallery, Tracton Artists' Exhibition and Festival opening sponsored by Stonewell, to mark the 9th Tracton Music and Arts Festival, and 15th Tracton Artists' exhibition. ALL WELCOME

The exhibition will run daily over the weekend, 11 am–5 pm and 7–9 pm

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

Raffle: €5

Your chance to win a beautiful framed batik by Carmel Smyth, with runner up prizes too...

8 pm, Martin Hayes in concert, Stretch Tent, €28

We are delighted to welcome back our patron and Master of Tradition to perform on the opening night of the festival.

6.30–10.30 pm
Refreshments and pizza available. BYOB + donation

FRIDAY

11 am–5 pm and 7 pm–9 pm Exhibition, Corrigan Room Gallery Tracton Artists live and work within a five mile radius of Tracton Arts & Community Centre. Work on show includes painting, photography, batik, ceramics, jewellery and more.

4.30 pm, Film: The Secret of Kells, Inkwell Theatre, €5

Three time Academy award nominated, **Cartoon Saloon** presents this wonderful animated movie, directed by **Fabian Erlinghauser**. Suitable for children and adults alike.

7 pm, Trawled: When adventure becomes survival, Inkwell Theatre, 16+, €15

A one–man, award winning bio–drama. A jaw dropping true story set on the Coral Sea, Australia, performed by **Eoin Ryan**.

8.30 pm, The 4 Of Us in concert, Stretch Tent, €30

Known for their distinctive sound that seamlessly blends rock, folk, and pop influences, The 4 Of Us has been captivating audiences for over three decades with their soulful melodies and compelling lyrics.

11 am – 4 pm
Light refreshments available.

6 – 10.30 pm
Non-alcoholic/soft drinks, and hot food available. BYOB + donation

SATURDAY

Inkwell Theatre

9.45 am–11 am Women's circle morning meditation with **Laura Hosford** of the Wellness Hub, €15

11.15 am–12.45 pm Tai Chi Qigong for health & wellness with **Pam Skinner**, €18

2–3.30 pm Blissful Sound Bath with **Vicky Phelan** of Gaia Soul Sounds. Immerse yourself in a deeply restorative practice, gently lulled by healing sounds and vibrations, €25

5–6.30 pm Celtic Kirtan , enjoy the sanctuary of peace, unity and sacred sound with **Eileen Bray**, €28

Buckle

10 am–11 am Breath–work Learn to breathe how you want, how you need, how you feel, €10

11 am–1 pm Yin Yoga A gentle practice, relaxing & rejuvenating, €10

1.30–3 pm Heart open with **Marie** healing as the warm mama Cat 3.30–4.30 pm Hatha flow Stretch, strength, €10

11 am–5 pm and 7–9 pm, Tracton Artists' Exhibition

10 am–12 noon

Printing Workshop with Jane Skovgaard, Learn about an unusual type of mono–printing with **Jane**, artist and teacher. All materials supplied. €10

10 am–2 pm

Canoe trip and BBQ lunch. Max 10 participants. **Mick Hoey**, fisherman and forager will guide you. Canoes, enchant you with his knowledge and experience. €10

3 pm, The Yershov Sisters, Stretch Tent, €28

A repertoire including an energising and exciting music played by an extraordinarily talented trio.

8 pm

Luka Bloom in concert, Stretch Tent, €26

Armed with an acoustic guitar and a bag full of songs we are delighted to welcome **Luka Bloom**. Special guest, singer songwriter, **Eoin Jordan**.



MARTIN HAYES

29 August 2024
8pm
€28

Info and booking www.tracton.org
Tracton Arts and Community Centre, Mianne Bridge, P17N4F8

TRACTON 20
MUSIC AND ARTS 24



The 4 Of Us

30 August 2024
8.30pm

€30

Info and booking www.tracton.org
Tracton Arts and Community Centre, Mianne Bridge, P17N4F8

TRACTON 20
MUSIC AND ARTS 24



Luka Bloom

Info and booking www.tracton.org
Tracton Arts and Community Centre, Mianne Bridge, P17N4F8

The festival evening concerts and Sunday Sessions only, will be BYOB events. Non-alcoholic drinks and snacks will always be available to buy.

Wellness Day

Green Room

10 am
Work with Cheryl Roberts. Be aware of your breath – use it to help with stress, relaxation and sleep, €15
11 am
Work with Karyn Wilson Ryan. Practice that is grounding, cooling, €18
12 noon
Cacao ceremony with Hazel Moon. Enjoy a beautiful cacao. Sip & connect with healing properties of cacao. Marie Healy, €30
1 pm
Yoga with Hazel Moon. Strengthen and relax, €15

Green Room

10 am until 3pm
25 minutes of healing back, neck and head massage. Feel relaxed and renewed in a calm and private setting with aromatherapist and herbalist, Jessica O'Loughlin, €25

Booking is essential for all events.

Artists' Exhibition, Corrigan Room Gallery

Workshop in Large Marquee €25

Working using silk screen, dye and crayon, with a guide, bring plastic gloves.

Canoe trip, 10 yrs+, €70

Take you down the Minane river in Canadian Canoes and cook wild lunch on the river bank.

Concert, €15

Featuring mix of Classical, Ukrainian and Irish music by a young family of sisters.

11 am – 4 pm
Tea, coffee, soft drinks & snacks available
6–10.30 pm
Non-alcoholic/soft drinks and hot food available. BYOB+ donation

SUNDAY Family Day

10 am–2 pm

Canoe trip & BBQ lunch. Max 10 participants, 10 yrs+, €70

Mick Hoey, fisherman and forager will guide you down the Minane river in Canadian Canoes, enchant you with his knowledge and cook wild lunch on the river bank.

10.30–11.30 am, Ancient Traditions into a Modern World, Inkwell Theatre, €10

Philip Gray, extreme artist will give an illustrated talk and demonstration of his recent artistic adventures in Papua New Guinea.

12 noon–1 pm, Stomping at Tracton, Buckley Room, 5–9 yrs, €5

An active music workshop so be ready to play, sing, dance and create music with multi-instrumentalist, composer and teacher, **Ruti Lachs**.

1–2 pm, The Joy of Bubbles, Inkwell Theatre. €12/€8

Experience the best in soap bubble entertainment. Join **Ray Bubbles**, International Bubbleologist and Guinness World Record Holder. Help him in his quest to complete the bubble game and make the ultimate bubble.

FREE EVENTS:

11 am–5 pm, Tracton Artists' Exhibition in Corrigan Room Gallery.

12 noon–4 pm, Craft stands, a selection of wonderful craft on sale in **Large Marquee**.

12 noon–5 pm, Intuitive collaborative community painting. Everyone invited to make your mark and capture a moment in time with facilitator, **Terry Datson**.

1–3 pm, Brush Calligraphy. **Niall Marron** will offer to make a free calligraphy 'name' scroll for a loved one, a parent, grandchild, pet etc. Participate if you like or just watch demo.

1–5 pm, Sunday Sessions, Stretch Tent – a great afternoon in store with a wide variety of musical acts taking to the outdoor stage.

2–4 pm, Drop in kids print class – Small Marquee, discover the magic of printing using markers, sprays and tinfoil with **Laura Hosford**.

2–3 pm, Artist, Dorothee Roberts, Corrigan Room Gallery, will demonstrate how to paint reflections in the water using acrylics.

2.30 pm, Giant Bubble making. Have a go at making a giant bubble with bubbleologist, **Ray Bubbles**.

4 pm, Snatch Comedy, Inkwell Theatre. €12/€8

A family friendly sketch comedy show with a difference...the sketches are made up on the spot! The audience is asked for ideas which are then turned into scenes like magic. It's unpredictable and ridiculous. Snatch have been performing for over 20 years, and never done the same show twice!

8 pm, Clare Sands and band in concert, Stretch Tent, €25

A sixth generation fiddler and bilingual singer from Cork, Clare channels the music of her ancestors, weaves traditional roots with contemporary sounds and influences, embodying a fearless warrior-like spirit. A wild night in store to close the festival. Special guest, **Muireann Ní Shé**, uilleann piper, singer and multi-instrumentalist.

10 am–12 noon
Light refreshments available

12 noon–5 pm
Tea, coffee, non-alcoholic/soft drinks, snacks, ice-cream, pizza and hot food available. BYOB

7–10.30 pm
Non-alcoholic/soft drinks and hot food available. BYOB + donation

LUKA ROOM

31 August 2024

8pm

€26



Info and booking www.tracton.org
Tracton Arts and Community Centre,
Minane Bridge, T17NP40

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Saturday 24th August 2024

10am | Kinsale Library

Talk by Hiram Morgan & Paul O'Keeffe

11am - 4pm | Short Quay

Living History Display showcasing clothing, weapons and drills from the Battle of Kinsale

4pm | Kinsale Town

Military March Re-enactment
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SUNDAY

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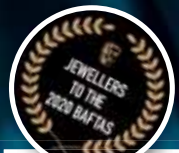
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Senator **Tim Lombard**

**Bandon Constituency Office
open Monday to Friday**

Clinic in Kinsale

**Monday
26th August
5pm - 6pm
in Salvi's Café**

*Please ring the office for
an appointment
or call in to see me*

📍 76 South Main St, Bandon
☎ 021 477 3399
✉ tim.lombard@oir.ie

★
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NOTICES

Table Quiz

*In aid of Youth Helpers going to
Lourdes Carmelite Pilgrimage*



**Actons Hotel
Wed 4th September**

Doors open 7pm / Quiz starts 7.30pm

Teams of 4: €40

**Tables limited so please book via
WhatsApp at 085 2769922**

DON & BARRY'S HISTORIC STROLL

**DAILY TOURS AT 11.15am
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Departure beyond Actons Hotel on board 'Spirit of Kinsale'

**CRUISES EVERY DAY AT
12pm, 1pm, 2pm & 3pm**

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See sandwich board at Tourist Office & Pier Rd. for updates.
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Members Get-Together

Every Tuesday: 7pm-9pm

Every Friday: 10am-12pm

Interested in joining? Come along!

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Follow us on Facebook: Kinsale Men's Shed

KINSALE BAPTIST CHURCH

**Sundays, 11am
Temperance Hall
All welcome**

www.kinsaleabc.ie



Miraculous Prayer

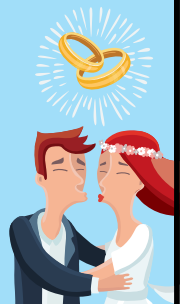
Dear Sacred Heart of Jesus, in the past I have asked for many favours. This time I ask you this very special one (mention favour). Take it, dear Heart of Jesus and place it within your own broken heart, where our Father sees it. Then in his merciful eyes it will become your favour, not mine, Amen.

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

Thank you to all
who supported the
**Love Is In The Air
Mock Wedding
Fundraiser**

**in aid of Kinsale Friary
Church Fund.**

€3400 was raised.



WHAT'S ON in Kinsale & District

THURS 22nd AUGUST

BANDON COOP:
"Bloom & Shine"
Up to 60% off Bulbs,
Plants and more!
Until 24th August
or while stocks last.
**BLACKS BREWING
& DISTILLING:**
Tours 11am, 12.30pm,
2pm & 3.30pm.
BLUE HAVEN:
Trad, 8pm.
**DON & BARRY'S
HISTORIC STROLL:**
9.15am & 11.15am
from Tourist Office.
HAMLETS:
Old No. 7, 7pm-9pm.
**KINSALE
HARBOUR CRUISES:**
Opposite Actons.
12pm, 1pm, 2pm, 3pm.
**KINSALE HOTEL
& SPA:**
Wedding
Open Evening.
12pm - 7pm
www.kinsalehotelandspa.ie
**KINSALE TIDY
TOWNS:**
Litter picking. Meet
at Library at 7pm.

FRI 23rd AUGUST

**BLACKS BREWING
& DISTILLING:**
Tours 11am, 12.30pm,
2pm & 3.30pm.
BLUE HAVEN:
Darren Grimley,
9.30pm.
**DON & BARRY'S
HISTORIC STROLL:**
9.15am & 11.15am
from Tourist Office.
HAMLETS:
DJ Damien, 9.30pm.

**KINSALE
HARBOUR CRUISES:**
Opposite Actons.
12pm, 1pm, 2pm, 3pm.
**KINSALE MEN'S
SHED:**
Get-together,
10am-12pm.

SAT 24th AUGUST

**BLACKS BREWING
& DISTILLING:**
Tours 11am, 12.30pm,
2pm & 3.30pm.
BLUE HAVEN:
Mike & Friends,
10pm.
BULMAN:
Gypsy Jazz
Inquisition,
9pm-11pm.
**DON & BARRY'S
HISTORIC STROLL:**
9.15am & 11.15am
from Tourist Office.
HAMLETS:
DJ Billy, 9.30pm.
**KINSALE CULTURAL
& HERITAGE
SOCIETY:**
Battle of Kinsale.
10am: Talk by Hiram
Morgan and Paul
O'Keeffe at Kinsale
Library,
11am-4pm:
Living History Display
at Short Quay.
4pm: Military March
Re-enactment,
Kinsale Town.
**KINSALE
HARBOUR CRUISES:**
Opposite Actons.
12pm, 1pm, 2pm,
3pm.

SUN 25th AUGUST

**BLACKS BREWING
& DISTILLING:**
Tours 11am, 12.30pm,
2pm & 3.30pm.
BLUE HAVEN:
Bought & Sold, 8pm.
BULMAN:
Zurito, 7pm-9pm.
**DON & BARRY'S
HISTORIC STROLL:**
11.15am from the
Tourist Office.
HAMLETS:
DJ Damien,
9.30pm.
**KINSALE BAPTIST
CHURCH:**
Temperance Hall,
11am.
**KINSALE
HARBOUR CRUISES:**
Opposite Actons.
12pm, 1pm, 2pm,
3pm.

MON 26th AUGUST

BLUE HAVEN:
Ben and Clem, 8pm.
**DON & BARRY'S
HISTORIC STROLL:**
9.15am & 11.15am
from Tourist Office.
HAMLETS:
Hot Strings, 7pm-9pm.
**KINSALE
HARBOUR CRUISES:**
Opposite Actons.
12pm, 1pm, 2pm,
3pm.
**KINSALE YOUR
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Deadline for
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admin@kyss.ie

**SENATOR
TIM LOMBARD:**
Clinic in Salvi's,
5pm-6pm.

TUES 27th AUGUST

BLUE HAVEN:
Trad & Irish Dancer,
8pm.
**DON & BARRY'S
HISTORIC STROLL:**
9.15am & 11.15am
from Tourist Office.
**KINSALE
HARBOUR CRUISES:**
Opposite Actons.
12pm, 1pm, 2pm,
3pm.
**KINSALE MEN'S
SHED:**
Get-together,
7pm-9pm.

WED 28th AUGUST

**BLACKS BREWING
& DISTILLING:**
Tours 11am, 12.30pm,
2pm & 3.30pm.
BLUE HAVEN:
Mike O'Riordan, 8pm.
**DON & BARRY'S
HISTORIC STROLL:**
9.15am & 11.15am
from Tourist Office.
**KINSALE
HARBOUR CRUISES:**
Opposite Actons.
12pm, 1pm, 2pm,
3pm.
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flowers at Tantalus
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