

FREE

Vol. 23 Issue 08/12

Friday 24th Feb - Thursday 1st Mar 2012

KINSALE ADVERTISER

INCLUDING THE WEEKLY **WHAT'S ON** GUIDE TO KINSALE & DISTRICT

Tel: 021 477 4313 :: Email: info@kinsaleadvertiser.com :: Fax: 021 477 4339

KINSALE
pink Ribbon Walk.ie



action
breast
cancer

CHANGE OF START TIME Now @ 12noon Sunday 4th March

We have changed the Start time of the Walk on Sunday 4th March from 2pm to 12noon, due to the rescheduled Ireland v France rugby match. The warm up will now take place at 11.45am, the run will start at 12noon and the walk directly afterwards.

Please Check-in early - ideally on Saturday 3rd March from 12pm-7pm at the Temperance Hall, to pick up your number & t-shirt and hand in your sponsorship money.

There will be check in on Sunday 4th March at 9am-11.30am but please aim to check in on Saturday if you are in Kinsale to facilitate those coming from Cork and further afield.

Saran Crosbie is updating our website with training tips and there is an A-Z of fundraising tips as well.

www.pinkribbonwalk.ie

Many thanks to all our Pink Partners, Sponsors and supporters - (See page 26).

Thanks also to PJ Fitzgerald Insurance, insurer to the Kinsale Pink Ribbon Walk, for kindly swapping this front page with us (See page 19)

PINK PROMOTIONS:

- **SUPERVALU's 'PINK THURSDAYS' promotion extends to 1st March**
Use your 5% rewards voucher next Thursday 1st March and SuperValu will donate an amount equal to half the total discount given, i.e. if you spend €100 and redeem €5, SuperValu will donate a further €2.50 to Kinsale Pink Walk, so everyone's a winner.
- **KINSALE SPORTS 10% Pink Promotion running until 4th March**
 - **BOOKSTÓR's Pink Promotion on 3rd & 4th March!**
- **JANE'S BOUTIQUE - 10% Pink Promotion on Saturday 3rd March**
10% of all sales will go to the charity and for every purchase the customer will have the opportunity to be in with a chance of winning a gift voucher for €100!



Follow us on: www.facebook.com/pinkribbonwalk
or www.twitter.com/pinkribbonwalks



TO CELEBRATE OUR 4th BIRTHDAY



are delighted to
announce the opening of our

NEW TRAVEL LOUNGE

Specialising in:

**World-Wide Flights • Cruises • Sun & Ski Holidays
Last Minute Travel Deals • Keycamp Holidays
...and so much more!**

Call us on 021-4700568

and let us get you a great travel deal

or call into us over Moloneys Chemist on the 1st floor
(opposite the Bank of Ireland)
for Holiday brochures and expert travel advice.

Got a travel/flight quote already? Let us beat it!

Just email us:

experts@magicvacations.ie

*Magic Vacations - Your LOCAL Kinsale Travel Agent
Proudly supporting the "Keep it in Kinsale" campaign.*

Magic Vacations, Emmet Place Kinsale | www.magicvacations.ie

The White House

FULLY LICENCED GUESTHOUSE & BAR

BREAKFAST SERVED

8am - 12NOON



FOOD SERVED DAILY

FROM 12NOON - 10pm



Six Nations **Rugby Weekend** sky HD

~ Saturday 25th Feb ~

Ireland v Italy, 1.30pm

England v Wales, 4pm

~ Sunday 26th Feb ~

Scotland v France, 3pm

Live Music



~ Saturday 25th Feb ~

The Big Ordeal, 10.30pm

~ Sunday 26th Feb ~

Mike O'Riordan, 9.30pm

Catch all the excitement of **Cheltenham**

(March 13th - 16th)

with Fantastic Promotions

The Freddy Kent Cheltenham Memorial

Buster - Book your space now!

...Please ask staff for details!

**All Races Live, Including:
Last 2 Races on Racing UK**

Communions & Confirmations



~ Special Set Menu ~

3 Courses €22.50 plus Tea/Coffee

2 Courses €19.00 plus Tea/Coffee

Children catered for

Your hosts **The Frawley Family & Staff**

Tel 021 477 2125

www.whitehousekinsale.ie



Approved



AA Rosette

LUCINDA O'SULLIVANS



GREAT PLACES TO EAT

The Spaniard

Scilly, Kinsale

~Live Music~

Friday 24th February
Martin & Friends

Saturday 25th February
For Folk Sake

Coming Saturday 24th March
Grapevine Promotions presents:

Andy Irvine

Doors 8pm. Tickets €20 available
now from bar or www.tickets.ie



~Bar & Restaurant~
Open Daily, All Menus Available

Lunch 12pm-3pm, Monday-Friday

Private Functions Catered For

Tel: 477 2436
www.thespaniard.ie

SPECIALIST FOOTCARE/CHIROPODY CENTRE



Health Board
Approved

Haven Bay
Podiatry Clinic

Laura Hagger

Chiropodist/ Podiatrist
D.Pod.M, M.Ch.S.I., S.R.Ch.

By Appointment

Tel. 021 477 9578

No. 26 Haven Bay Apt,
Ballinacubby, Kinsale

Routine Footcare • Specialist Diabetic Footcare
Nail Surgery • Orthoses & Insoles • Sports Injuries
Children's Foothealth • Verruca Treatment
Acupuncture • House calls now available

AA firesafety
PROTECTION



AA firesafety
TRAINING

AA firesafety

GROUP

- Fire Extinguishers Supply, Rental, Servicing & Refilling
- Ansul Suppression Systems
- Vehicle Suppression Systems
- Fire Alarms • Spill Controll Kits - Supplied & Refilled
- Fire Hoses - Stand Pipes, Keys & Bars
- Fire Hydrants - Tested
- First Aid Kits - Supplied & Refilled
- Safety Signs - Supplied & Fitted
- Fire Training
- Health & Safety training

086 265 4375 or 021 477 5868

mark@aafiresafety.ie

www.aafiresafety.ie

Mark Costelloe, Director, Ballyvrin, Dunderrow, Kinsale, Co. Cork

Eat • Drink • Sleepover

CUCINA

9 Market St., Kinsale T: 021 4700707

Breakfast :: Brunch :: Lunch

Coffees & Cakes Served:
Monday to Saturday 8.30am - 4pm

Cup of Soup & Toastie @ €6

Healthy Option Breakfast

Egg White Omelette with 3 fillings
€4.95 (Available Mon-Sat 8.30-11.30am)

-Evening Dining-

Recommences Friday March 16th

-Private Parties Catered For-
B&B Also Available



www.cucina.ie
021 4700707



CARLTON
HOTEL & C SPA
KINSALE

Say Thank You Muen...

Mother's Day - Sunday 18th March



Enjoy a sumptuous
4 Course Lunch
in the Rockpool
Restaurant
overlooking
Oysterhaven Bay

Only **€24.95**
per person

BOOK NOW to
avoid disappointment

Give the Ultimate Gift
this Mother's Day

De-Stressing Hot Oil
Full Body Massage,
An Anti Aging Advanced
Elemis Facial and Foot Ritual

for only **€119**

GIFT VOUCHERS also available

BOOK NOW



Subject to availability,
terms and conditions apply.

Kinsale Set Dancing

Temperance Hall
 Monday Nights
 8.30pm-10.30pm

Tuition by Fionan Cogan
 Tel/Text: 087 818 5111
 Email: ceilifit@gmail.com

Rennies NS Fundraising Ceili
Wednesday 29th Feb
 Tracton GAA, Minane Bridge
 9pm-12midnight
 Music by Ger & Ken

THE *Your Local Bar...*
ARMADA

BAR & GUESTHOUSE
 Pearse Street, Kinsale Tel: 477 2255

Friday 24th Feb

Melody
Mystique

*Join Yvonne and Breda playing songs old and new,
 a night to remember with this musical twosome!!!*

Saturday 25th Feb

Pete James

*Catch All The Rugby
 This Weekend*

Plus our Darts, Rings & Pool!!!



Kinsale Deep Sea Angling & Scenic Tours

CHECK OUT OUR
 NEW WEBSITE!!!

38ft Aquastar, Operating All Year!

- Full & 1/2 Day Trips
- Shark Fishing
- Stag Parties etc.
- Scenic Tours Include The Old Head etc.
- Whale/Dolphin Tours



Contact Butch:
 M: 086 103 6905
 T: 021 477 8054

www.anglingkinsale.com
 email: info@anglingkinsale.com

fishy fishy

Serious about Seafood

Seafood Restaurant on The Pier

- Open 7 Days -

Mon	12pm-3.30pm	Lunch Only
Tues	12pm-3.30pm	Lunch Only
Wed	12pm-3.30pm	Lunch Only
Thurs	12pm-3.30pm	Lunch Only
Fri	12pm-9pm	Lunch & Dinner
Sat	12pm-9pm	Lunch & Dinner
Sun	12pm-5pm	Last Orders 5pm

For Dinner Reservations:

Call 021 4700 415

www.fishyfishy.ie credit cards accepted

PJF FITZGERALD INSURANCE PRESENTS
GADGET INSURANCE



Premier Cover	Premier Plus Cover	Platinum Cover
• Cover up to 5 gadgets	• Cover up to 5 gadgets	• Cover up to 5 gadgets
• Insure up to €500 per policy	• Insure up to €1,000 per policy	• Insure up to €2,000 per policy
• Accidental Damage	• Accidental Damage	• Accidental Damage
• Water Damage	• Water Damage	• Water Damage
• Theft Cover	• Theft Cover	• Theft Cover
• Worldwide Cover	• Worldwide Cover	• Worldwide Cover

www.pjfitzgeraldinsurance.com

Subject to Terms and Conditions.

TRIDENT
HOTEL / KINSALE



*Celebrate... your
Communion or Confirmation
Party with us*

...& the guest of honour dines Free!

Reservations are currently being taken. Call 021 4779300

**It all Kicks off Here!
Weekend Match Special
Main Course & Pint
only €11.50**

Available during matches for all 6 Nations & Premiership games!



No such thing as a Free Lunch?
...There is at the Trident!

Ask today for your Wharf Tavern Loyalty Card

Enjoy 4 Lunches and pick a FREE Dessert
from our great selection of desserts
or Buy 8 Lunches and choose a FREE Lunch!

Bar Food Served 12pm - 9pm | Carvery Lunch Daily 12.30pm - 2.30pm
Outdoor Seating Overlooking the Marina



Tel: 021 4779300

www.tridenthotel.com

THE FISHMAN

Fresh Fish

**The Fishman is back!!!
@ Kinsale Farmer's Market**

This Week's Special Offer:

Sea Bass €2 per fillet

Also suppliers of: Bass - Trout - Salmon - Cod - Hake
Lemon Sole - Whiting - Smoked Coley - Plaice
...and others on request: 086 3899852

Kinsale Pottery Spring 2012

- WEEKLY CLASSES ONGOING -

- **Childrens Art** Tues 3.30pm-5pm,
10 weeks €150, **Sibling discounts**
- **Pottery** Weds 6.45pm-9.45pm,
Weds & Thurs 9.30am-12.30pm
10 weeks €250, **Bring a friend** for €225

- CREATIVE DAYS 10am-4.30pm -

- **Pottery €50pp**
March 13/25, April 2/15/22, May 6/20, June 2/8/17
- **Batik €60pp** March 25
- **Glass Fusing €60pp** March 25
- **Weaving/Rag weaving €60pp** April 22
- **Millinery €60pp** May 20
- **Costume Jewellery-making €60pp** June 17
- **Sculpting in precious metal clay €80pp** May 20

For details on courses, or to book online
www.kinsaleceramics.com
or call Adrian on 087 9696901

Gill's Hair Salon

LADIES & GENTS

Unit 22 Riverside Grove, Riverstick, Co. Cork

opening hours

Monday:	Closed
Tuesday:	9am-6pm
Wednesday:	9am-7.30pm*
Thursday:	9am-7.30pm*
Friday:	9am-6pm
Saturday:	9am-4pm
*by appointment only	

New to Salon:
Botanic Herbal Colour & Balayage Hair Color
Specialising in mesh hi-lites

please ring for appointment on

021 4771987

FREE PARKING AVAILABLE

The Folk House

Music Venue
www.folkhousevenue.com



Guardwell, Kinsale
T: 021 4772382



ALL SPORTS SHOWN
On Our 2 Big Screens
**Six Nations Rugby,
Premiership, etc.**

**ALL PARTIES CATERED FOR
FROM 3 TO 300**
Check Out The Green Room

WORLD BEER MENU

Unrivald selection including:
Fuller's Honey Dew Lager, O' Hara's IPA,
Old Speckled Hen, Tom Crean's Lager
PLUS, NOW ON TAP:
Metal Man Cask Ale & 8° Howling Gale



LIVE ~MUSIC~

**FRI 24th FEB
INDIGO**
5 Piece Soul & Rock Covers

**SAT 25th FEB
iFUNK**
5 Piece Rockin Soul & Funk covers

**SUN 26th FEB
BIG ORDEAL**
3 Piece Rockin Covers

**THURS 1st MARCH
THE BLUEJAYS**
5 Piece Funk, Soul & Jazz

**FRI 2nd MARCH
THE FRETS**

**SAT 3rd MARCH
SOUP
SYMPHONY**

Bacchus Nightclub

Guardwell Kinsale

FRIDAY Doors 11:30pm
DJ Garian - 90s Club classics & chart
Free Entry b4 12:00am

SATURDAY Doors 11:30pm
DJ Sean - all the old & new classics
Free Entry b4 12:00am

THURSDAY Doors 11:30pm
DJ Mark - all the old & new classics
Free Entry all Night



Anika & Sandra

Massage, Beauty, Hair & Nail

Pearse Street, Kinsale (above Londis - entrance is between Londis & Armada Bar)

Tel: 087 783 9626

Treatments offered by highly Qualified therapists at reasonable prices.

~ Our Services ~

- Massages (Swedish - Sport - Back, Neck & Shoulder - Deep Tissue)
- Facials • Waxing
- Manicures & Pedicures • Gel/Acrylic Nails
- Full Hair Service *with Erica*

Gift Vouchers Available, The Ideal Valentine's Gift ~ Open Mondays to Saturdays

Fasttrack Broadband

Providing High speed
broadband in your area!

- Bandon
- Ballinadee
- Ballinspittle
- Old Head
- Dunderrow
- Kinsale
- Belgooly
- Riverstick
- Ballygarvan

No Phone line needed - No line rental
Local Company with a local support team
Packages starting from €23.50 per month

Contact Tristan on:

087 1211809

Ballinadee, Bandon, Co. Cork

email: info@fasttrackbroadband.ie

web: www.fasttrackbroadband.ie

REBEL BOOT CAMP

FITNESS • FUN • FRESH AIR
GET FIT OUTSIDE ...FEEL GREAT INSIDE

An outdoor, military style fitness program
designed to get men and women
of all fitness levels into shape fast.

NEW EVENING COURSE

Starting in Kinsale 6th March
Tuesday & Thursday @ 6.40pm

Course runs for 8 weeks and costs €150
Diet Plan Included.

for further information or to book your place

LOG ONTO

WWW.REBELBOOTCAMP.IE

OR CALL MARK:

086 880 9542

EMAIL INFO@REBELBOOTCAMP.IE

The Rubber -Bandits

Sat 3rd March

As Seen on RTE's
Republic of Telly

&
Coming soon to
Channel 4

Tickets €18.50
Going Fast!!!



facebook

The
White
Lady

nite club
Kinsale's Biggest & Best

::Saturdays::

11.30pm 'til late
The Place to be seen!!!

+NEW on
::Sundays::

11.30pm 'til late

Sample the atmosphere of our new cosy
Late Lounge - Sunday Nights
with The Good Groove Circle
playing the best in alternative music.
NO COVER CHARGE!!!

www.whiteladyhotelkinsale.ie
Telephone: 021 477 2737

The
White
Lady

nite club
Kinsale's Biggest & Best

**Sunday
4th March**

Come and join the
**White Lady
Roadshow**

Party in the Park,
before and after the
Pink Ribbon Walk!!!

Followed by the
Big Party

afterwards in the White Lady
to soak up all the action of
the Ireland V France Rugby
match on our 3 Big Screens
with our famous BBQ!

No Cover Charge!
All Families Welcome!

Best of luck to
everyone in the
Walk/Run!!!

KINSALE
pink ribbon walk.ie
to benefit
action breast cancer



★ ★ ★ **COMEDY NIGHT** ★ ★ ★

Don't miss this fantastic, fun, hilarious night!

***Award winning comedian! ***
***A highly acclaimed stand up. ***
*** Sell out audience internationally. ***



Ardal O'Hanlon

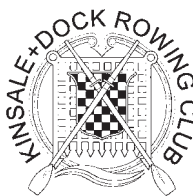
(Dougal from Father Ted)

**Thursday March 8th
@ 8.30pm**



The hilarious Ardal O'Hanlon brings his unique brand of standup comedy to The Blue Haven Hotel.

**Tickets €30. To purchase your ticket visit
www.bluehavenstore.com or call 021-4772209**



Kinsale+Dock Rowing Club

are having their

A.G.M.

Tuesday 13th March

**@ The Trident Hotel,
7.30pm**

New members welcome.

ROSS OIL 
COMPANY

"your local oil company"



**Beat the Winter
conditions - now is a
good time to order.**

Bandon, Co. Cork

Call us now, we would be delighted to hear from you

Kinsale: 021 477 7015

Bandon: 023 883 9383

FIT FOR FUN

EXERCISE & WELLNESS CLINIC



We design and develop specific exercise 'prescriptions' or exercise guidelines to complement, support and assist in the recovery, care and rehabilitation of

- General wellness & physical well-being
- Post cancer physical activity
- Post-natal exercise
- Neuro-muscular weaknesses
- Arthritis/osteo-arthritis
- Rheumatism
- Immunological disorders/weaknesses
- Cognitive & physiological child development
- Sports Specific Training
- Injury Recovery
- Preventative Care

GET FIT – BE FIT
STAY FIT & ENHANCE YOUR WELLNESS

For further enquiries or appointment
Contact us:

FIT FOR FUN

Sabine Graef

Sports Science & PE, Physical Coach
14 Bradford, Dunderrow,
Kinsale, Co. Cork

mob: 087 9872783

email: sabine@fitforfun.ie

www.fitforfun.ie

Bulman Bar & Toddies Restaurant

SUMMERCOVE, KINSALE

Saturday 25th February

The Phillers, 10.15pm

Catch All The Rugby Action This Weekend including:

Ireland v Italy

Saturday 25th Feb @ 1.30pm

Sunday 26th February

Boozy Schmoozers, 6.15pm

Saturday 3rd March

Crazy Chester, 10.15pm

Sunday 4th March

Boozy Schmoozers, 6.15pm

-Food Served Daily-
12.30pm to 9pm



-Bulman Bites Menu-
Served Daily 6pm to 9pm

~ Samples ~

Deep fried Haddock & Chips, €10.50
with homemade tartare sauce

Deep Fried Calamari Salad, €11.50
with garlic mayo

Fresh Tuna & Trout Sushi Rolls, €9.50

Chicken Satay Skewers, €8.50
with peanut sauce

Prawn Tempura, €12.50
with caesar salad

Spicy Jamaican Style Lamb Curry, €12.50

Sticky BBQ Spare Ribs, €9.50

with maple syrup & orange sauce

Hot Oysterhaven Oysters, €12.50

with leek & smoked gubbeen

Thai Green Chicken Curry, €10.50

T: 021 477 2131
www.thebulman.ie



44 Main Street
Kinsale

Alto Holistics

Opening Evening
by appointment
- please call

Check out our Aromatherapy Packages:

DE-STRESS PACKAGE: Relax with an essential oil footbath (choose from lavender, roman chamomile & geranium), Aromatherapy massage, and lavender hand and feet moisturising treat and take home oil mix, €60

DETOX PACKAGE: Relax with an essential oil footbath (choose from ginger, lemon & grapefruit), Aromatherapy massage, and eucalyptus hand and feet moisturising treat and take home oil mix, €60

INSOMNIA PACKAGE: Relax with an essential oil footbath (choose from frankincense, lavender & sandalwood), Aromatherapy massage, and lavender hand and feet moisturising treat and take home oil mix, €60

~ GIFT VOUCHERS AVAILABLE ~

Various other
packages
available,
ask for detail
or see our window

Sarah Tubridy on 087 9127271
Looking forward to meeting you!

THE SHACK



ON MAIN STREET, KINSALE

Reopening Thursday March 1st!

Serving Homemade Burgers,
Juicy Steaks, Fresh Fish,
Authentic Pasta &
Tasty Vegetarian Dishes!

**Thursday to
Monday Evenings**

All our produce is locally sourced!
We support local, We buy local, We are local!

Tel: 021 4774480

Come along... and tell a friend!

Join your community
in celebrating our
national holiday...

KINSALE
ST. PATRICK'S DAY

Maritime Parade

Saturday 17th March 2012
Kinsale Harbour, 7.30pm

Make your boat part of it!

It will be a fun night for your family
and friends, so don't miss out
as numbers will be limited.
We need all types of boats and all sizes.

Please register now!!!

To Register your boat:
text your name, your contact number
& your boat's name to:

Pat Hegarty

086 0603247

Get Fit • Tone Up • Lose Weight • Have Fun!

SILVER'S
FITNESS CLASSES
ARE BACK!



**FREE
EXERCISE CLASS**

KINSALE:
ST. MULTOSE HALL
THURSDAY
8th MARCH
@ 7.15PM

BALLINSPITTLE:
COMMUNITY CENTRE
TUESDAY
6th MARCH
@ 7.15PM

If you like the class sign up on the night for
6 weeks at only €50 with NO Obligation

TO BOOK YOUR FREE CLASS TEXT YOUR NAME TO
SILVER: 085 1136018



Like me on Facebook: Health & Fitness by Silver [facebook](#)

THE HUNTSMAN

Bar & Lounge, Belgooly

Tel: 477 0666

Food Served Daily

until 8.30pm with our Head Chef Stephen Farley



Treat your Mum to Lunch this

Mother's Day

Sunday March 18, 2012

Our Chef has created a delicious menu for Mother's Day which you and your Mum can enjoy. Our 3 Course Lunch is keenly priced at €22.50 and Mum receives a complimentary Glass of Wine. **Book your Mother's Day treat NOW to avoid disappointment.**

Special Mother's Day Menu

Only €22.50

~ Starters ~

Creamy Mushroom on a toasted Ciabatta Bread with crispy leaves.

Warm Steamed Mussels served in a delicious White Wine, Cream and Basil Sauce.

Home-made Soup of the Day.

~ Main Courses ~

Pan-fried Fillets of Salmon on a spring onion mash with a sweet chilli & lemon butter sauce.

Roast Rib of Irish Beef served with a selection of Vegetables, Potatoes and our House Gravy.

Supreme of Irish Chicken with a wild Mushroom Sauce on Colcannon Mash.

~ Desserts ~

Fresh Fruit Pavlova.

Home-made Apple Pie and Cream.

Hot Raspberries and Ice Cream.



Delicious menus also available for
**1st Holy Communions
& Confirmations**

Please contact Tom or Kathleen 021 477 0666



NEW PURPOSE BUILT CLASSROOM @ SAILE, CAPPAGH

**BOOKINGS NOW
BEING TAKEN FOR
SEPTEMBER 2012**

SESSION 1: 9am-12pm
SESSION 2: 12.30pm-3.30pm

**ONLY LIMITED
AVAILABILITY
BOOK NOW:
FREE ECCE
PRESCHOOL YEAR**

Fully Qualified Staff

Further Information From:
Nuala McCarthy @

087 7637266

Mum & Dad

Thanks so much, we had a fab time.

But you must do something about
your HEARING!!

Please book a hearing test soon
&

It's FREE at Eigans.

Just call them on 427 6414 now



egans

OPTICIANS AND HEARING CENTRE

@

Connor's
Pharmacy

7 Pearse St., Kinsale

For your free hearing test

Call 021 427 6414

HEARING CLINIC
NOW in KINSALE

EGANS - A FAMILY RUN BUSINESS IN CORK FOR 85 YEARS



The Sausage Man

**Smoked Sausage, Smoked BBQ Sausage,
Cheese Sausage, Smoked Loin of Pork,
Smoked Ham, Smoked Ribs, Smoked Pork Belly...**

- No preservatives or probiotics
- All Natural Flavourings
- Produced Daily in Our Smoke House

**See us at the Kinsale Farmers Market
Every Wednesday at 9am-2pm**

**Zapraszamy w kazda srode na Farmers Market
w Kinsale w godzinach 9:00-14:00**

Polska Masarnia "SAUSAGE MAN"

- Polecamy wyjatkowe wyroby wedzone naturalnie drewnem
- Domowy sposob produkcji
- W sprzedarzy szeroki asortyment wyrobow typowo wiejskich oraz swiezego miesa

Tel: 087 9179694

Email: mkthesausageman@gmail.com

www.sausageman.ie

Padraig Fitzgerald Insurance Life Assurance Offer

Offer ends 16th March 2012

What's so special about our offer!

See how much you could save...



Greater flexibility to meet your own financial planning needs

5% DISCOUNT over the full term of the policy or
CASHBACK of 2 months premium



A discount over the term of the policy can make a substantial difference

**5% DISCOUNT
OVER POLICY TERM
OR
CASHBACK
OF 2 MONTHS
PREMIUM**



This example is based on a typical family protection policy with €200,000 Life Cover & €50,000 Accelerated Serious Illness Cover over a 25 year term. Cover is on a dual life basis for a male and female, both non-smokers and 35 next birthday.

Savings are total savings over the 25 year term of the policy, by choosing Zurich Life over competitors.

Competitor premiums sourced from AdviserPlus.ie on 01/02/2012, and include the Government insurance levy (currently 1% as at February 2012). Zurich Life premiums are net of 5% discount. Subject to underwriting. Terms and conditions apply.

pjfitzgerald

**Tel: 021 477 2001
or: 021 477 2332**

www.pjfitzgeraldinsurance.com
OPEN DURING LUNCH MONDAY TO FRIDAY

PJF Insurances Ltd., t/a PJ Fitzgerald Insurance is regulated by the Central Bank



Bandon co-op

Farm Lane, Kinsale. Tel: 021 4774 080

OPEN MON - FRI 8.30am - 5.30pm & SAT 8.30am - 4.30pm



PHASE 1

OF THE NEW SHOP BUILD OF BANDON CO-OP KINSALE IS NOW COMPLETE - COME SEE US IN OUR NEW EXTENSION!!!

PHASE 2

WILL BE FINISHED IN THE COMING MONTHS WHEN THE SHOP WILL BE FULLY COMPLETED.

IT IS BUSINESS AS USUAL DURING OUR DEVELOPMENT.

WE APOLOGISE FOR ANY INCONVENIENCE CAUSED.
THANK YOU FOR YOUR SUPPORT DURING OUR DEVELOPMENT

GREAT SPRING OFFERS NOW AVAILABLE!!!



10 Litre Dulux Total Cover Matt Emulsion White
€1.99 per litre.

ONLY €19.95



10 Litre Dulux Soft Sheen & Vinyl Matt White
€2.99 per litre.

10% EXTRA FREE

ONLY €29.95



2 Thread Steel Step Ladder

ONLY €14.95



ONLY €39.99

FREE

Galvanized Wheelbarrow
Comes with FREE Rake
Worth €4.99



ONLY €99.99

Nilfisk Xtra Pressure Washer with Patio Cleaner & Auto Brush



ONLY €19.99

Goudings 14Kg Lawnfeed, Weed & Moss Killer
€1.43 per Kg.



Kenwood Smoothie to Go

SAVE €5

ONLY €34.99



3 Piece Stainless Steel Pan Set

ONLY €24.99

Sulphate of Iron 25KG
For use as a moss killer on lawns & as a plant nutrient.
€0.40 per Kg.



ONLY €12.95

SULPHATE OF IRON 25kg

Kills Moss on Lawns 8/25kg



FREE

NOW €19.99

Patio Magic 2.5Ltr

Comes with FREE Deck & Patio Brush Worth €6.99
€7.99 per litre.

LOTS MORE OFFERS AVAILABLE, PICK UP OUR LEAFLET IN-STORE

For all your optical requirements, with professional care & attention!

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The competition is open to all ages and all types of entertainment; bands, singers, jugglers, dancers, drummers, puppeteers, acrobats and everything in between! Entrants will be allocated a spot on the competition trail around the town. It will run from 1pm to 4pm on St. Patrick's Day, preceding the Street Parade. Haven Bay Care Centre has very generously sponsored the 1st Prize of €200 and a Runner Up Prize of €100.

Entries to: kinsaleprojects@gmail.com

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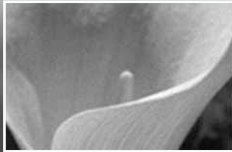




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To all our Pink Partners, Sponsors and Volunteers

We are very grateful of your support of the Kinsale Pink Ribbon Walk. It has contributed to turning Kinsale Pink and will help towards the costs of running the event. Therefore, we hope to be able to donate any residual monies from participants' €20 registration fee toward the overall Sponsorship Total for Action Breast Cancer.

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@ Lucy French Dance Studio, Kinsale
Wednesday 29th February
10am-11am/11am-12pm
Call: 087 9514346

Evening Classes also available @ Innishannon Parish Hall
Tuesdays @ 7.30pm & Thursdays @ 8.30pm

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WORLD DAY OF PRAYER SERVICE
FRIDAY 2ND MARCH 12 NOON
ST. MULTOSE CHURCH
THEME: LET JUSTICE PREVAIL

What's On... What's On... What's On... What's On...

FRI 24th FEB

AN SEANACHAI:
An Poc Ar Buile, 10pm.
ARMADA BAR:
Live Music with
Melody Mystique.
BACCHUS NIGHTCLUB:
with DJ Garian, 11.30pm.
BLUE HAVEN:
Crazy Chester, 10pm.
FOLKHOUSE:
Live Music with Indigo.
SPANIARD BAR:
Live Music with
Martin & Friends, 9.30pm.
TEMPERANCE HALL:
Drum Circle, 7pm.
**WEST CORK DEVELOPMENT
PARTNERSHIP:**
Digital Business Seminar,
Innishannon, 9.30am.
www.wcdp.ie

SAT 25th FEB

AN SEANACHAI:
Mike O'Riordan, 7.30pm.
plus Sons of Steve
McQueen, 9.30pm.
ARMADA BAR:
Live Music with
Pete James.
BACCHUS NIGHTCLUB:
with DJ Sean, 11.30pm.
BLUE HAVEN:
Grainne Long, 10pm.
BULMAN, SUMMERCOVE:
The Phillers, 10.15pm.
FOLKHOUSE:
Live Music with iFunk.
HAMLETS:
Live DJ.
SPANIARD BAR:
Live Music with
For Folk Sake, 9.30pm.

WHITE HOUSE:
Live Music with
The Big Ordeal, 10.30pm.
WHITE LADY NIGHTCLUB:
11.30pm til Late.

SUN 26th FEB

AN SEANACHAI:
Live Music with
Crazy Chester, 11pm.
BLUE HAVEN:
Live Music with
Eli & Friends, 9.30pm.
BULMAN, SUMMERCOVE:
Live Music with
Boozy Schmoozers, 6.15pm.
FOLKHOUSE:
Live Music with
The Big Ordeal.
WHITE HOUSE:
Live Music with
Mike O'Riordan, 9pm.
WHITE LADY NIGHTCLUB:
The Late Lounge with
The Good Groove Circle,
11.30pm til Late.

MON 27th FEB

BLUE HAVEN:
Live Music with
Mike O'Riordan, 9.30pm.
CÉILI FIT:
Set Dancing,
Temperance Hall, 8.30pm.
Every Monday.
DALTONS BAR:
Traditional Irish
Music & Ballads.
**WEST CORK DEVELOPMENT
PARTNERSHIP:**
Digital Business Seminar,
Skibbereen, 9.30am.
www.wcdp.ie

TUES 28th FEB

**ACTIVE RETIRED
ASSOCIATION:**
Visit To Cork City Hall For
Musical Concert, Bus Leaves
Temperance Hall, 11.15am.
BLUE HAVEN:
Live Music with
Sonny & Friends, 10pm.
BLUE HAVEN HOTEL:
Cookery School,
'Cooking with Fish', 7pm.
KINSALE BRIDGE CLUB:
Trident Hotel, 7.30pm.
New Members Welcome.
KINSALE FARMER'S MARKET:
Short Quay, 9am-2pm.
Every Tuesday.

WED 29th FEB

BLUE HAVEN:
Live Music with
Niall McCabe Band, 9.30pm
CÉILI FUNDRAISER:
Tracton GAA, Minane
Bridge, For Rennies NS.
Music by Ger & Ken, 9pm.

THURS 1st MAR

BACCHUS NIGHTCLUB:
with DJ Mark, 11.30pm.
BLUE HAVEN:
Darren & Friends, 9.30pm.
FOLKHOUSE: The BlueJays.
ST. MULTOSE HALL:
Irish Dancing, 4.30pm-6pm.
SUPERVALU KINSALE:
Pink Ribbon Thursday.

FRI 2nd MAR

AN SEANACHAI:
Cloverfield, 10pm.
ARMADA BAR:
Melody Mystique.
BACCHUS NIGHTCLUB:
with DJ Garian, 11.30pm.
BLUE HAVEN:
Hank Wedel, 10pm.
FOLKHOUSE: The Frets.
SPANIARD BAR:
Martin & Friends, 9.30pm.
ST. MULTOSE CHURCH:
World Day of Prayer, 12pm.
TEMPERANCE HALL:
Drum Circle, 7pm.

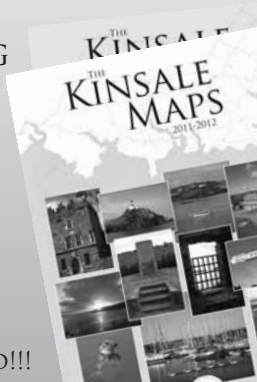
Rennies NS
Fundraising Ceili
Wednesday 29th Feb
Tracton GAA, Minane Bridge
9pm-12midnight
Music by Ger & Ken

THE
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