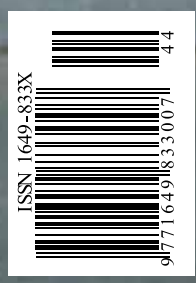


CORK *Life*

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INSIDE

A SIZZLING SUMMER OF FESTIVALS AND EVENTS IN CORK
FAMILY ATTRACTIONS & DAYS OUT
GREAT NIGHTS OUT & RESTAURANTS
LOTS OF COMPETITION GIVEAWAYS



MIDSUMMER FESTIVAL | CXSW | KINSALE ARTS WEEK | WEST CORK CHAMBER MUSIC FESTIVAL



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Editor's note ...

The time is fast approaching ... every guy's dream (almost) and every girl's nightmare (almost)... I am talking of course about the 2010 World Cup. Luckily, for the girls, Cork is also the hub of great festivals, events and general craic for the summer and Corklife has devised a list of great stuff for you to ponder. You can take advantage of our research, which can be found throughout the pages of this summer issue and plan your fun activities during the next football infused weeks. I hope everyone has a fantastic summer. We certainly deserve one!

Keith

Reveal Smooth, Radiant Summer Ready Skin with VOYA Love A Scrub

Sunny days mean less make-up and VOYA's Love A Scrub is the perfect way to help reveal natural radiant skin. This gentle and natural exfoliating treatment instantly improves skin vitality. Formulated using 100% organically certified ingredients including hand harvested seaweed, botanical herbs and bamboo a non aggressive exfoliator, VOYA's Love A Scrub can be used by even the most sensitive skin types. VOYA Love A Scrub clock stopping formulation removes toxins, fights free radicals, and even reduces redness to reveal healthier skin. VOYA Love A Scrub costs €28.00. VOYA products can be purchased online at www.voya.ie.



WIN one of three VOYA Love A Scrub packs...

Just send us an email with your answer & details to: info@corklife.ie. Alternatively, you can send a post-card to: Corklife Mangodesign Ltd., Douglas Business Centre, Carrigaline Rd, Douglas, Cork. You can also find us on Facebook where you can become a fan and gain automatic entry to all our competitions.

Closing Date: 30 July. Just one entry person. Good luck!

Winners from our last issue:

Opera House - "Shawshank Redemption"

Sandra Gough, Lucan Co. Dublin. Heidi Farley, Cork City Centre

Everyman Palace Theatre - "Side by Side Sondheim"

Victor Barry, Ballincollig Co. Cork. Julie Ryng, Bishopstown, Cork

"Forgotten" - Patricia Morgan, Church Road, Blackrock, Cork.

Deirdre Ni Drisceoil, West Macroom, Co. Cork

Xpose Live Tickets - Caroline O'Riordan, Kate Howard, Josephine Keane, Simon Keane, Natalie McSweeney, Patricia Morgan, Norma Foley

Mvities Hamper - Leonard Murphy, Doughcloyne, Togher, Cork

Family Break to Quality Hotel, Killarney - Mary Finn, Rathout, Balinadee.

Live At The Marquee Tickets - Tommy McIntyre, Chris Twohig, Elizabeth Harrington, Geraldine Dunne, Chris Hallissey, Kevin Connolly, Emmet Kelly.

Domino's Pizza Party - Dolores Grant, Greenmount, Cork

Cornstore Meal for Two - Rory O'Connor, Douglas, Cork.

*Congratulations to all our winners.
See inside for more great prizes!*

Corklife Magazine, Douglas Business Centre,
Carrigaline Road, Douglas, Cork

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Front Cover: Breffny Morgan clothes by Jacamo.ie
"I'm busy Man so I shop online to save time. I go to Jacamo.ie to order everything I need and I like their styles. They are a new Irish company which is all the more reason to do business with them. One great thing about Jacamo is that they have a wide range of sizes, going up to 5XL. I've got gift ideas for my beefier friends sorted".



WIN THE ULTIMATE LADS NIGHT IN

Domino's Pizza has teamed up with Xtra-vision and Bulmers Original Irish Cider to bring you the "Ultimate Lads Night In" this Summer. Domino's, the Pizza Delivery Experts will deliver a Pizza Party for you and your mates with one months free rental fun from Xtra-vision, Ireland's leaders in home entertainment and a case of Bulmers Original Irish Cider.

Making and delivering piping hot, tasty pizza is what Domino's does best. Every Domino's pizza is made to order using only high quality, fresh ingredients. Combine with movies and games from Xtra-vision and Bulmers Original Irish Cider for a delicious, fun night in. Check out our 'Domino's Pizza Ireland' Facebook page for details of more competitions and www.dominos.ie for your local store and T&C's.

For your chance to WIN!, just send us an email with your details to: info@corklife.ie

Alternatively, you can send a postcard to: Corklife Mangodesign Ltd., Douglas Business Centre, Carrigaline Road, Douglas, Cork. Closing Date: 30 July.

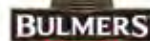
Good Luck!



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MAKE YOUR DAD FEEL SPECIAL THIS JUNE

GiftsDirect.com makes it easy to send a gift that will put a smile on his face

Fathers Day, Sunday 20 June

We are often full of praise for our mothers and regularly treat them to flowers or a beauty voucher to say 'thanks for being the best mum!' But what about our unfortunate dads? They are often overlooked or have to make do with the same present each year, such as a tie or a handkerchief! Don't let another year pass without showing your dad how much you really care. Order a unique gift through GiftsDirect.com in time for **Father's Day on Sunday 20 June** and you are sure to make your dad a very happy man.

We're aware that fathers are not all the same: some are quite conservative, while others can be surprisingly adventurous; some are gadget mad, while others prefer simple outdoor pleasures. That's why we've made Father's Day gift-buying a little easier for you this year by categorising the gift to suit his personality type.

PS) Don't forget about husbands or partners! Why not send a gift from the children to say 'thanks for working so hard and for being the best dad ever!' After all, we all like to be appreciated!

Is he a traditionalist?

Then try a 12-year-old bottle of Jameson Whiskey (€59) or splash out a little and opt for a 21-year-old bottle of 'liquid gold', Midleton Very Rare Irish Whiskey (€170). For a unique day out, how about sending him on one of our Experience Days? Try the Country Pursuits Day (€175), with three activities for him to enjoy on a country estate including archery, clay pigeon shooting and 4x4 off road Land Rover driving.



freefall? If he'd rather sit in a plane, rather than jump from one, try the gift voucher for a one hour Airplane Flight Lesson (€99), a one hour Helicopter Flight Lesson (€230) or the half hour Dublin Scenic Helicopter Flight (€450) for three people, meaning yourself and your mum can join him! Young-at-heart dads will love one of our high-adrenalin Experience Days, including the Rally Car Driving Course (€245 for 40-45 minutes) or the Hovercrafting and Rage Buggy Racing Experience (€150 – allow up to two hours).

Or perhaps a little wilder?

For brave dads, how about a Tandem Sky Dive (€320) with speeds of up to 130mph reached during



freefall? If he'd rather sit in a plane, rather than jump from one, try the gift voucher for a one hour Airplane Flight Lesson (€99), a one hour Helicopter Flight Lesson (€230) or the half hour Dublin Scenic Helicopter Flight (€450) for three people, meaning yourself and your mum can join him! Young-at-heart dads will love one of our high-adrenalin Experience Days, including the Rally Car Driving Course (€245 for 40-45 minutes) or the Hovercrafting and Rage Buggy Racing Experience (€150 – allow up to two hours).



Is he a budding chef?

If he talks about learning to cook (finally!), how about sending him a voucher for a specialist cooking day, which include demonstrations and a full sit-down lunch? Choose from the Southern Italian Cookery Course (€110), the Japanese Cooking Day (€150), the Thai Cooking Day (€175), or how about the BBQ Cooking Course, just in time for summer? Along with the Man in the Kitchen Cooking Course (strictly men-only!), these courses are held on weekend days and are very hands-on (€195).



Or simply a wine lover?

Send him a Newbridge Silver Corkscrew (€30); one of our Fine Wine 2 Bottle 'Riviera' gifts (€35); the Personalised Champagne with a box of Butlers Chocolates (€54.99)

- where you can arrange for his name and the date or a message to be printed on the wine label - or one of our Wine and Cheese Selections (€64.74), which includes two bottles of fine wine, Irish farmhouse cheese, cream cheese and Irish oatcakes. For dads who have always wanted to freshen up their wine knowledge, how about the Wine Regions of the World Course (€330), held over the course of six separate evenings?

How about a golfing enthusiast?

He can perfect his swing with one of our vouchers for a one-on-one Private Golf Lesson with a PGA Professional (€60 for one hour; €160 for 3 hours), held in a variety of locations across the country. The lessons focus on key aspects of the game, including pitching (the key to better impact), chipping (distance control), putting (routine and technique), short and mid-irons (working on consistency) and long game (how to improve distance and accuracy).

Or is he a gadget addict?

If he is, then he'll love the I Wallet with Digital Photo Viewer (€69.99), which is the perfect gift for dads who want to carry around photos of their children. The wallet can be connected to a computer so new photos can be uploaded and displayed as a slide show via the wallet. For bridge or crossword lovers, go for the Handheld Bridge Mate (€64.99) or the Electronic Crossword (€29.86). For dads who just don't want to grow up, how about the Remote Control Micro Bladez Apache (€48.99) – a remote controlled helicopter – or the Remote Control Aqua Bladez (€89) – a remote controlled speedboat.

ALL GIFTS CAN BE ORDERED ONLINE AT WWW.GIFTSDIRECT.COM OR BY CALLING US ON +353 1 861 1580. IF ORDERED BEFORE 12:30PM, YOU CAN GET A NEXT DAY DELIVERY SERVICE!

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Cork's online directory for beauty, health, wellbeing and fun is born ...

Caroline Ryan has worked with beauty salons and pharmacies for many years and is frequently asked where her products can be found. People searching for services is also a huge request, especially the more unusual such as **ear candler**s or **crainologists** for example. Now Caroline has decided to put all of this data online with her newly launched website **bananasareblue.com**. Would you believe that there is no such similar service available? Yes, we can all find our local salon, but which one specialises in **threading** or a **guyzilian**! Do you walk in or ring around? No - that would be too time consuming. The best option is to search online.

bananasareblue.com is an Online Directory of Services, Facilities and Products which are to be found in the Beauty, Health and Well-Being Sector. While charging a small fee to advertise, hundreds of listed **Beauty Salons, Hairdressers, Barbers, Massage Therapists, Chiropodists, Dentists, Laser Clinics, Cosmetic Surgeons and Ear Candler's** and many many more varied and specialised services are just a click away. A product listing will also be available plus a listing of all beauty, health and well-being related courses - from **Yoga Classes** and **Personal Trainers** to **Baby Massage** to **Nail Technician** courses.

So, when you are looking for **Teeth Whitening** or a **Gel Nail repair** or the **12 week Blow Dry, Male Waxing, a Reki Class** or the newest product, visit **bananasareblue.com**. The place you need may be found around your corner and you didn't know it!

To get Listed on bananasareblue.com there are 3 options:
 1. €297 - once off annual fee 2. €100 - set up fee and €20 per month thereafter. 3. €30 - per month

You'd be bananas not to!!

Competition Time!

To celebrate the launch of this great service, **bananasareblue.com**, Caroline is offering one lucky reader a voucher to use for a treatment at their local salon.

For your chance to WIN, just send us an email with your details to: **info@corklife.ie**. Alternatively, you can send a postcard to: **Corklife Mangodesign Ltd., Douglas Business Centre, Carrigaline Road, Douglas, Cork**. Closing Date: July 30. Good luck!

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TO BE IN WITH YOUR CHANCE, Just send us an email with your details to: info@corklife.ie. Alternatively, you can send a postcard to: Corklife Mangodesign Ltd., Douglas Business Centre, Carrigaline Rd, Douglas, Cork. Closing Date: July 12. Good luck!



Our photographer, Ivan is an Italian and lived in Sardinia until 2005 when he moved to Cork. His interest in the magical world of photography comes from his childhood when his father was developing photographs in a home-made darkroom. Over the years his hobby of taking pictures evolved into what is today his greatest passion, a passion that he is now fully embracing with one goal only...

"...Capturing what I see in its most beautiful way".

Ivan specialises in Fashion, Portraits and Beauty Photography but in his free time he also enjoys taking artistic photographs. Phone: 0876258278 Website: www.ivanbegala.com

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Katherine who lost 3 stone



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Gig Guide

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www.myspace.com/jimcomick



Bonnie Prince Billy, Billy July

JUNE 2010

FRI 11 - **CAP PAS CAP** return to Cork and appear at the Quad this very night...

SAT 12 - house legend **KERRI CHANDLER** appears at the Pav with Fish Go Deep... Dubculture has **TAZ BUCKFASTER** headlining at City Limits...

SUN 13 - file your annual returns with **THE TAXMEN** at Cyprus Avenue...

MON 14 - The Marquee has **MEGADETH** onstage... the Crane Lane hosts **MURDER BY DEATH**...

TUES 15 - The Pav has **SCULLION** performing this evening...

WED 16 - **PIO** play the Quad... no tickets left for **JLS** at the Marquee tonight or tomorrow... **JULIE FEENEY** headlines at the Pav...

THURS 17 - **R.S.A.G.** plays Cyprus Avenue... **INTERFERENCE** are on stage at the Pavilion tonight... followed later at the same venue by **THE RUBBERBANDITS**, Gira, and Grandmaster Cash...

FRI 18 - local heroes **THE FRANK AND WALTERS** headline at Cyprus Avenue... if **JERRY FISH & THE MUDBUG CLUB** rock your world then head to the Pavilion tonight to see them live... **DON LETTS** plays a late show at the same venue... The Quad hosts **GHOST OF MEDINA**...

SAT 19 - **TURIN BRAKES** play Cyprus Avenue... expect loads soul from **AL GREEN & MICHAEL McDONALD** at the Marquee... **SLOW MOTION HEROES** rock out at the Pav in an early show... **GO DEEP** promise something of a greatest hits set at the Pavilion... the **CREAM CLASSICS TOUR** arrives at the Savoy...



Lucky Dragons, 23 July

SUN 20 - trad galore from **SEAMUS BEGLEY & JIM MURRAY** at the Pav... **SUPERMODEL TWINS** are strutting their stuff at Cyprus Avenue...

MON 21 - expect trad roots and reggae soul when **INTINN** play a solstice session at the Pav...

TUES 22 - possibly one of the gigs of the year at the Pav where **SUDDEN INFANT** and Family Battle Snake appear as part of a Black Sun promotion... Rhob Cunningham brings his **OUR LITTLE SECRETS** project to Cyprus Avenue...

WED 23 - **LUCKY DRAGONS** perform at Triskel's ESB gaff, Persons/Tarseer support... **BRIAN DEADY** can be experienced at the Pav... **WHEN GOOD PETS GO BAD** are at the Brog...

THURS 24 - **TALVIN SINGH + NILADRI KUMAR** can and possibly must be experienced at the Pav... **KODE9** plays the late Pav show, with E.U.'s Kevin Blake opening proceedings...

FRI 25 - surely one of the gigs of the year in Cork when the Marquee hosts **GRIZZLY BEAR**, Midlake, Camera Obscura and Villagers... **MICK FLANNERY** headlines at the Pav... **O EMPEROR** and the Ambience Affair can both be seen at Cyprus Avenue... **ELK** and Grey Mayhem are in the Quad tonight...

SAT 26 - **SHANE JOHNSON** + Shane lineman provide the house choonage at the Pav...

SUN 27 - Harry Potters fans take note that **WIZARD ROCK** is an all ages event happening at the Pav today, 1pm kick off for the Quidditch... **SCUBA DICE** play an all ages show at Cyprus Avenue...

JULY 2010

THURS 1 - the Vineyard has **THE ITALICS** playing live tonight... **DARA O'BRIAIN** is at the Marquee... **FUCHSIA BAND** play The Pavilion...

SAT 3 - **PAUL WEBSTER** is hoisting the Afterhours.fm irish launch at The Liquid Lounge...

THURS 7 - free gig at the Brog from **TRUMPETS OF JERICO**... **NIALL CONNOLLY** plays a hometown show at the Pav...

SAT 10 - **DAVID O'DOHERTY** brings his comedy to the Pavilion... **THE ITALICS** head to Ballydehob for a non-alcohol dance event at the Santor...

THURS 15 - **THE ITALICS** are playing at the Vineyard...

FRI 16 - The Quad Bar has **PRIVATE UNDERGROUND RESIDENCE** in the house tonight...

SAT 17 - The Balla's **ROMANTHONY** plays his first ever show in Cork, at the Savoy...

MON 19 - **THE ELDERS** perform at the Cyprus Avenue...

WED 21 - Seattle's **REGGIE WATTS** plays his first Cork show at the Pavilion... **BUTTERFLY EXPLOSION** can be seen free at the Brog...

FRI 23 - **JOHN BLEK & THE RATS** can be seen and heard at Cyprus Avenue... **PALKO** are the headliner at the Quad...

SAT 24 - Wooden Shjips off-shoot **MOON DUO** appear at Cyprus Avenue...

SAT 31 - **REVEREND AND THE MAKERS** are one of many acts playing the Independence Festival in Mitchelstown, alongside White Lies, and many more... the superb Will Oldham, aka **BONNIE PRINCE BILLY**, plays the CorkXSW Festival in Skibbreen today, Martha Wainright, Mick Flannery, John Spillane and the Handsome Family are also on the bill... see page 31 for more

AUGUST

SUN 1 - **GHOSTCAT** play Cyprus Avenue... another full day of bands/dj's/comedians/etc at the Independence Festival in Mitchelstown, **WHITE LIES** headline...

SAT 14 - Woodstock veteran **ARLO GUTHRIE** performs at the Pavilion...

MON 31 - The Pavilion has **CHRIS SMITHER** onstage this evening...

SEPTEMBER 2010

WED 8 - from the north east of England come the wonderful **FIELD MUSIC** who appear at Cyprus Avenue this evening...

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Summer BBQ Competition

The Wild West Summer BBQ at The Mardyke Entertainment Complex runs every Thursday, Friday and Saturday night until the end of August. With packages from €9.99 for food only to €14.99 for food and 2 hours of leisure (choosing from bowling, pool, fun casino or karaoke) to packages which include drinks. Have your portrait taken with your group and be in with the chance to win a keg of beer. Lots of entertainment and prizes to be won each night.

Win a Wild West Summer BBQ Package & a Cocktail Drinks Reception for you and 6 of your friends.

The prize includes: Welcome Cocktail Drinks Reception, A choice of 2 Hours of Leisure from Bowling, Pool, Fun Casino or Karaoke Pods, Hot BBQ Food

For your chance to WIN! send us an email with your details to: info@corklife.ie or become a friend of 'Corklife' on facebook for automatic entry. Closing date: July 15. Good luck!

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Mick Flannery, 25 June

Corklife
likes

Breffny Morgan gets in some Practice and tips from Ger Wyatt of Gorgeous by Wyatt, George's Quay for The Salon on TV3 with Model Lisa M

Celebrity Salon

6 celebrities, 12 days and one ultimate goal: to turn them into hardened beauty professionals ...

Welcome to a rollercoaster ride through the world of hair and beauty! Each episode of Celebrity Salon will see the celebrity contestants mentored and trained in new skills as they compete to impress their mentor and a series of expert judges. Watch the laughs, drama and tension unfold as **Brian Dowling, Pippa O'Connor, Leigh Arnold, Virginia Macari, Celia Holman Lee and The Apprentice's breakout star, Breffny Morgan**, cope with the wonderful world of tanning, waxing, hair and beauty.

Living and learning together over an intensive two week period, each episode challenges these six very different and entertaining characters to complete treatments and styling assignments on some of the most demanding celebrities, sports stars and unusual members of the public for some of the biggest events in the social calendar. The contestants will be pitted against both the clock and each other, in order to win the grand prize and the title of 'Best in Beauty'.

From drag queens to the Dublin Glee Choir there are plenty of memorable characters - but none more so than the celebrities themselves, whose friendships, cat-fights and antics make this series compulsive viewing. It's "The Apprentice" meets "I'm a Celebrity" and it's the show everyone is going to be talking about! Don't miss it.

Tune in to Celebrity Salon in association with Peter Mark airing Mondays at 9pm on TV3

World domination for Hen party website

by Niamh Parker

Hen Party expert Kate Hyde is in excellent form in East Village in Douglas on a sunny May Day. I bumped into Kate in April at the first ever **ENTREPRENEUR SHOW** in the RDS over two days. Gavin Duffy was leading a debate in the new venture's arena and it was exciting stuff. Kate can't wait to blurt out all the exciting news about the recent growth of her web based business **HENPARTY.IE** and rightly so. Kate, who hails from Crosshaven has been growing her business organically over the past two years with the guidance of **IRISH DRAGONS NIALL O'FARRELL AND GAVIN DUFFY**. It is easy for people to be presumptuous in relation to the success of Kate's business and even though it was a dream come true when the Dragon's invested, she assures me "you are still very much in the driving seat in your business, nothing changes in the day to day running of the business".

After receiving €30,000 investment, Kate has no regrets about leaving her accounting and IT background behind her. While working in Pepsi, Kate realised she had big ideas "I wanted to take over Pepsi, and it was not the right environment for somebody with entrepreneurial tendencies" accounting was very black and white for this ambitious Cork Lady who has recently moved back to the rebel county. Moving into project management was next for Kate and realising that "no matter how hard you work for somebody else, you are always going to be capped, be it by your salary or progression". She decided she would set up her own business.

After being a bridesmaid five times (what a popular lady!), Kate noticed a gap in the market when organising hens for her friends. "I had zero budget to start up this business". The self taught SEO queen; (search engine optimisation for non techies), got her hen party self to page one of **GOOGLE** within a couple of months of slogging away in her spare bedroom. 'I am now at the top of Google and haven't come off since'. Kate stressed how important it is to update your web content regularly, 'your ranking is also so important especially if you expect people to advertise on your website'. This is another revenue stream for henparty.ie, as well as the hen merchandise. In fact even during the recession people are still requesting to advertise on hen party's website 'I am the strongest hen party website in the Country, its great but I don't take it for granted'.

Breaking into the UK market this year has got 2010 off to a flying start with orders coming in already from the .co.uk website. Poland is the next port of call in the coming weeks. 'There in no magic team that come into your business when you get investment from the **DRAGON'S DEN** but you get incredible support' Kate reflects. 'Gavin is phenomenal when it comes to contacts and PR and I got a lot of tips on being an employer from Niall'. Kate has launched a Hen Party book, and now has a web presence in three countries "you make your own luck and you have to work for it" are Kate's last words of wisdom and there were many during our hour long chin wag. Congratulations to Kate Hyde, who has turned a good idea into a great niche business. **SEE WWW.HENPARTY.IE**



Book Competition

in association with
Liberties Press



Written over the past year as Mark attempts to make his own "mark" on life in LA, it follows his many brushes with stardom including being invited along to the VIP box at Laker's games, 5-a-side soccer on Robbie Williams' private pitch, post-Oscar parties at the house of an Oscar winning director, as well as some of his more "humble" achievements like sharing a house with

two models and DJing in some of Hollywood's best clubs. With an upcoming Comedy Store gig, and DJ gigs on Malibu Beach when he returns to the US, Mark is definitely getting places in LA. With quotes from Robbie Williams "I like book, me"; Caridee English (Winner of America's Next Top Model); and Craig Robinson, star of the US Office.

It would take a particularly exceptional and engrossing novel to prompt Liberties Press, long associated with some of Ireland's foremost non-fiction authors and titles, to enter the world of fiction and in particular the crowded and competitive crime thriller genre. Having read the first draft of *The Gathering of Souls* by former



detective and best-selling author of *The Sherriff*, Gerry O'Carroll, it was an easy and quick decision. This gripping debut introduces series characters Detectives Moss Quinn and Joe Doyle in a race against time to find Quinn's abducted wife. Building to a heart-stopping finale, with a cast of credible and colourful characters from the criminal underworld and police ranks alike, *The Gathering of Souls* is an authentic, dark tale of obsession, revenge and redemption.

Corklife has a set of five signed copies of each book to giveaway ...

For your chance to WIN!, just send us an email with your details to: info@corklife.ie

Alternatively, become a friend on our facebook page, 'Corklife', or you can always send a postcard to: Corklife Mangodesign Ltd., Douglas Business Centre, Carrigaline Road, Douglas, Cork. Closing Date: July 31 .

Liberties Press offers Corklife Readers 10% off for book purchases made directly from their website: www.libertiespress.com, when you use this code: **corklifepromo. Liberties Press also offer free delivery in Ireland.**

CARRIGTWOHILL'S SECOND MEDIEVAL FESTIVAL AND COUNTRY FAIR

WILL SHOWCASE IRISH COUNTRY LIFE AT ITS BEST

Following the massive success of the first Carrigtwohill's Medieval Festival and Country Fair last year, the 2010 Festival promises even more excitement for all the family. The event is set to take place on the 3rd & 4th July and will showcase country life at its best, featuring an eclectic mixture of fun and entertainment and bringing the traditions of the Irish countryside to life.

The vibrancy of days gone by will be presented in the Medieval Village, with archery, jousting knights on horseback, medieval sports for kids and a display by the Fingal Living History Society. The battlegrounds from the not so distant past will be re-enacted by the Munster Vehicle re-enactment group. This promises to be a great spectacle with a real live WW2 battle, complete with explosives and machine gun fire - suitably backed up by performances from the Army Band! The Irish Coastguard Historic Society will also be exhibiting on both days of the event.

Included in the line up of Country Fair traditions are horticulture shows, country games, dog and pony shows, cookery demonstrations and baking the bastible. There will also be a food and craft market offering a variety of local food specialties, as well as arts and crafts for sale. The sporting side of country life will be presented with falconry, clay pigeon shooting and gun dog training exhibitions. All creatures great and small will feature at the Fair from small farm animals to champion bulls, along with alpaca's and donkeys from the donkey sanctuary. There will be Irish dancing and live music performances throughout the Festival and the entertainment for children will include pony rides, puppeteers, face painting, kiddies' rides, bouncing castles and a fun fair.

The organising committee is supported by the entire local community in Carrigtwohill, many of whom act as

volunteer's for the event. Heading the group is chairman, Vincent Cashman, who also happens to be a very talented falconer, featuring in the Festival programme himself. "We are most fortunate to have the backing from the locals here in Carrigtwohill," said Vincent. "The event brings us all together and really creates something special in our community, not alone in re-creating a true Irish experience, but also in giving us a chance to have some real fun together - along with the hard work! I would like to take this opportunity to thank all our supporters and sponsors, especially Terence O'Brien on whose land the event takes place, to South East Cork Area Development (SECAD Ltd) for their continued support and to 96 FM, our media sponsor.

Last year, the Medieval Festival and Country Fair attracted a cross section of field sports enthusiasts, city dwellers, locals and visitors from near and afar who

enjoyed the outstanding range of countryside attractions and family entertainment. The Festival features the best in wholesome fun and is an event where families can spend the day together and share experiences not to be found anywhere else - along with an opportunity to learn more about outdoor pursuits and our cultural traditions.

Set to become Munster's premiere countryside event, the Carrigtwohill Medieval Festival and Country Fair has everything you could need for a great family day out!

For information on stalls and participation at the event: Please contact Ann O'Driscoll: Tel. 087-9232952 annodriscollcmb@eircom.net www.carrigfest.com





The Everyman Palace Theatre
 MacCurtain St, Cork Tel: 021 450 1673
 www.everymanpalace.com

LITTLE GEM June 8-19 (excl Sun)
 One extraordinary year of sex, birth, death and salsa classes. Don't miss this award-winning tale of courage, comedy and romance.
 Tickets €25 / €20 / Opening Night €15 / Students €7 (Mon-Wed)

FML June 24-July 3 (excl Mon)
 Love happy, money happy, beauty happy, friends happy, sports happy, McDonalds happy...F*ck My Life. Directed by one of Europe's finest directors, Pol Heyvaert, FML casts a spotlight on the lives of 15 young Corkonians in this blend of spoken word and film, true confessions and lies. Who is the funniest, most beautiful, most dangerous? Who will fall by the wayside? Who won't live to see twenty? Who needs help? A universal theme, an international collaboration and a local cast combine to create a cutting edge world premiere. A powerful, darkly humorous and innovative performance piece for all teenagers and everyone who has ever been one... Suitable for 16 years plus only.
 Tickets €20 / €15 / €11 / Opening Night €10

THE CHA & MIAH LAUGHTER SHOW July 8-23 (excl Sun)
 Tickets €25 / €20 / Opening Night €15 / Students €7 (Mon-Wed)

DAMHSA FEST July 24 Tickets €20/15
PENELOPE July 27-31
 It's 11.30am and already it's 33 degrees Celsius. At the bottom of a drained swimming pool, four ridiculous men face their inevitable deaths, and

play for an unwinnable love. Druid's previous partnerships with Enda Walsh (Fringe First winners, The Walworth Farce and The New Electric Ballroom) have led to sell out runs in six countries worldwide wowing critics and audiences alike. Direct from Galway Arts Festival, don't miss this dynamic duo third time round. Tuesday 27 – Saturday 31 July @ 8pm
 Tickets: €25 / €20 / Opening Night €15 / Students €7 (Tue/Wed)



Cork Opera House
 Emmet Place, Cork
 Tel: 021 427 0022
 www.corkoperahouse.ie

Sunday 13 June, 7.30pm
DANCE OFFERING 2010

Sunday 13 June, 7:30pm
MID-AUGUST LUNCH

Tue 15 – Thu 17 June, 8pm; Fri 18 & S at 19 June, 6pm
MONOPOLY!

Friday 18 & Saturday 19 June, 8.00pm
 Cork Midsummer Festival presents Jérôme Bel's
THE SHOW MUST GO ON

Half Moon Theatre
 Tue 22 — Thu 24 June, 8pm; Fri 25 June, 9:30pm; Sat 26 June, 7pm
THE LAST CARGO CULT

Sat 26 June at 8.00pm & Sun 27 June at 2.30 and 8.00pm as part of the Cork Midsummer Festival

ECHOA *The dance becomes music ... and the music can be seen.*
 A Stomp for the younger set, Echoa is an hour of pure creative fun! A dynamic blend of dance, drums and physical comedy, French company Arcosm seizes the stage with its electrifying brand of action percussion. Described as 'awe-inspiring' 'jaw-droppingly energetic' and 'very, very funny', take a journey through seven innovative stories told in exuberant dance and rhythm. Suitable for all the family.

Sun 27 June, 6:30pm
FROM AWAY

Monday 28 June at 8.00pm
LONDON ASSURANCE



Corklife has two pairs of tickets for **FML** on Wed 30 June. Simply email: info@corklife.ie with your name and contact details and you could WIN! Closing date: 23 June



Corklife has two pairs of tickets for **Penelope** on Thurs 29 July. Simply email: info@corklife.ie with your name and contact details and you could WIN! Closing date 22 July

Saturday 3 July, 2.30pm & 8.00pm
MAN IN THE MIRROR – The Music of Michael Jackson

Wednesday 14 & Thursday 15 July, 8.00pm
DANIEL O' DONNELL

Thursday 22 July, 8.00pm
MARTHA REEVES AND THE VANDELLAS
 Rare Irish Show for Motown Legend

Sunday 25 July, 8.00pm
THE WOLFE TONES



Corklife has two pairs of tickets for **ECHOA** on Saturday 26th June, 8pm to give away. Simply email: info@corklife.ie with your name and contact details and you could WIN! Closing date: 19 June



ISAACS RESTAURANT

Pre Theatre Early Bird 6pm - 8pm.

Don't get the rumbles, eat before the show!

MacCurtain Street, Cork. Tel: 021 450 3805



KINSALE ARTS WEEK 10-18 JULY 2010



Now in its 6th year, Kinsale Arts Week annually transforms the town of Kinsale in to an artistic hub of activity for nine event-packed days and nights. There will be lots to enjoy, with music in a breathtaking historic fortress, classical concerts, children's events, dance, theatre, artists trails, workshops in everything from tiny book making to Commedia Dell'Arte and a brand new art gallery space housing work by some of Ireland's finest artists, all squeezed in to a town blessed with stunning scenery and mouthwatering cuisine. Read further for a taste of what is in store.

MUSIC

Charles Fort welcomes three hypnotic, magical and downright sexy stars to its glorious outdoor stage for Kinsale Arts Week 2010: **Camille O'Sullivan**, Cork's most ravishing star, will take command of the fort on Saturday 10 July, with her show-stopping, soul-baring, provoc-ative new show. **Hypnotic Brass Ensemble** bring their jazzy, infectious, joyful grooves to the stage on 15 July for what the President of the United States himself says is a performance that 'soothes the soul'. The **Bootleg Beatles** have filled the Royal Albert Hall, the main stage at Glastonbury and even Buckingham Palace with their spectacular stage production featuring the fab four's classic hits. They plan to turn the clock back to the swinging sixties for their Charles Fort gig on Friday 16 July.

COMEDY

Fresh from gracing our TV screens for the World Cup, the **Après Match** team will be coming out to play ball for Kinsale

Arts Week. **Après Match** first appeared on RTE in 1998 and have since become a household name. Apart from the usual mix of weird and wonderful characters such as Bill, Eamon, Liam, John, Gary Lineker, Mark Lawrenson, George Hook, and Martin King this show will also include new targets like Martin O'Neill, Ryan Tubridy, Brendan O'Connor, Vincent Browne, Joan Burton and many more. **Kevin Mc Aleer** will also return to the festival after his roaring success in 2008.

THEATRE

Prepare to step into a world stirring with drama and romance as **La Locandiera** by Wonderland Productions transforms Kinsale's Ballinacurra House into the world of 18th century Florence. Enjoy a delicious four course meal and allow Mirandolina, the hostess at the inn, to serve you whilst her suitors caper, court and swordfight for her attention. Acclaimed UK company Sharpwire bring their spellbinding one man operatic thriller **Johnny's Midnight Goggles** to the festival, with the incredibly skilled actor Matthew Sharp also giving an



Bootleg Beatles

Opera singing master class and lunchtime cello recital during the festival.

LITERATURE

The literature programme is packed this year with a wide variety of gems, with readings by multi-award winning novelist **Joseph O'Connor** and acclaimed author Claire Kilroy and a screening of the insightful documentary into the life and work of poet **Derek Mahon** by Roger Greene. The screening will be followed by a Q&A session with Derek and Roger. Poet **Christopher Reid**, winner of the Costa Book of the Year 2009, will also read his work, as will poet Gerard Smyth.

VISUAL ART

This year the festival is very proud to announce the opening of a new visual arts hub in Kinsale; the town's beautiful, deserted old mill building has been renovated and transformed into a fantastic new venue for the visual arts programme at the festival. **'The KAW Art Hub at the Mill'** will feature work by **Alice Maher, Dorothy Cross, Patrick Scott, Charles Tyrell, Donald Teskey, John Doherty and Eithne Jordan**. Also on show at the Mill, to celebrate the arrival of the Clipper 09-10 Round the World Yacht Race to Kinsale, the festival has invited each of the international regions participating

DANCE

An exciting series of film screenings sees Kinsale play host to a season of **Screen Dance**, an artistic genre where choreography and film reside together. There will be screenings of the stunning **Forward Motion**, a British Council project co-produced with South East Dance in the UK. This is an outstanding collection of British screen dance films, accompanied by interviews with artists to contextualise their work. **RTÉ's excellent**

Dance on the Box 2010 will also be screened, providing people with the opportunity to see some of the most skilled Irish dance and film practitioners work together. The screening will be introduced by David Bolger, Artistic Director of CoisCéim Dance, whose film **Deep End Dance** in collaboration with Conor Horgan will be screened during the festival.



Hypnotic Brass Ensemble photo by Paul Hampartsoumian

FAMILY

Keeping the kids entertained at Kinsale Arts Week shouldn't be a problem with a myriad of activities to keep them happy, with **theatre for children** from 18 months to 18 years and a **family Green Day** filled with lots of green-themed entertainment and activities including a Vegetable Circus, growing workshops and a community dance performance. There are also a whole host of workshops for the kids to get their teeth into, including a **Play in a Day** and **Tiny Book Making!** And of course there will be the ever popular **Street Day** taking over the street of Kinsale for a day of outdoor fun.

BOOKING

Online: www.kinsaleartsweek.com
In person: 4 Newman's Mall, Kinsale
(Tue - Sat, 10am - 6pm daily)
By phone: 021 4700877



Camille O'Sullivan



Après Match

West Cork's Best Kept Secret

Rosscarbery, Union Hall & Baltimore is an area of quite outstanding beauty, surrounded by miles of sandy Blue Flag beaches, and offers activities for all ages, award winning restaurants & pubs and a wide selection of quality accommodation.



Rosscarbery is a creative and attractive coastal West Cork town where past, present and future intertwine. It is the tourism gateway to the West Cork region with a festival, an historical, cultural haven, and with numerous amenities offering a variety of entertainment.

Rosscarbery town is a vibrant and colourful place with the key to its success being the unique ability of its community and businesses to act in unison and with determined mindset. It has certainly earned its reputation as an attractive tourist and people-friendly destination. Visitors can enjoy the golden sands of the **Warren Beach, Ownahincha Beach and Long Strand** while the more energetic are spoiled with beautiful walks, Pitch and Putt, Golf, Water Sports, Deep Sea Angling, Bird Watching. There is also a superb children's playground, tennis courts and much more from art to foodie workshops for all the family to enjoy.

The festival season is well underway in Rosscarbery and details can be found at www.rossscarbery.ie. It's also worth noting that **O'Brien's Bar, The Abbey Bar and Nolan's** always have entertainments to suit all tastes through the year. If visiting Rosscarbery, you will be captivated by its magnificent romantic calm and peaceful setting. Its a busy little place, ultra-modern and adaptable.

'**Dress 2 Impress**' is the latest business to open its door, designed to offer customers a purchase that might otherwise be out of bounds budget-wise. Labels such as Quinn and Donnelly and French Connection Junior adorn the rails with clothes for special occasions, vintage style wear and accessories all on show. A lot of items are brand new, and often the tags are still on. All items are in pristine condition, making this the perfect place to search for an evening 'out on the town' outfit.

It may surprise you to learn that there are some dream restaurants

DRESS 2 IMPRESS

Is your wardrobe bursting at the seams? Our consignment Store, Located at 'Hubbert's Crafts', Rosscarbery, West Cork accepts all sizes

Items must be 'in-fashion' and in pristine condition. First time consignors will make an appointment, thereafter we use our "drop in service" Facility.

Rosscarbery, West Cork

Tel: 087 2139951/023 - 8848697 E: dressmpress@gmail.com



gossip bistro

Full Irish Breakfast from €6 served everyday from 10am. Local Fish, Daily Roasts, Freshly made sandwiches and salads served everyday from 12pm

3 Course menu just €19.95 served 5.30 - 9pm Tue - Sat and all day Sunday. Open for functions: Birthdays, Weddings, all kinds of functions. New outside catering service available

Tel: 023 8831950 Rosscarbery, Co. Cork.



THE GLEBE GARDENS & Cafe

Opening Times: Wed - Sun 10am - 10pm

Breakfast: 10am - 11.30am

Lunch: 12pm - 3pm, Dinner 7pm - 10pm

Upcoming Events

June 27th **Natty Wailer**
July 4th **Niall Connolly & the Best of Humanity.**
July 17th **Hothouse Flowers**
Aug 7th **Eddi Reader**
Aug 13th **Declan O'Rourke**
More to be added....

Glebe Gardens, Baltimore, Co. Cork
Tel: 028 20232 www.GlebeGardens.com

百合屋 **LILY HOUSE**
Chinese Restaurant & Take Out
4 South Square Rosscarbery Co. Cork

Tel: 023 8831811
Tel: 087-1399952

Opening Times:
Mon-Thurs: 5.00pm-12.00am
Fri-Sat: 5.00pm-1.00am
Sunday: 1.00pm-1.00am

Pilgrim's Rest

Coffee House & Restaurant

- Delicious Breakfasts
- Wholesome Lunches
- Open 6 Days

6 South Square,
Rosscarbery, Co. Cork



O'BRIEN'S BAR

History, chat and a great pint!



3 South Square, Rosscarbery, Co. Cork Tel: 087 8190142

For Fabulous Food,
Cracking Atmosphere
Quality Without The Fuss

Rosscarbery On The N71., West Cork.
For Reservations Call 023 8851941
Open From Lunchtime, Every Day
Take Away Menu Also Available



LONGFELLAS

Dintys

Bar & Restaurant Unionhall



West Cork Seafood & Produce a Speciality
Food Served All Day
Private Parties Catered For
Proprietors Eoghan & Ciara Kenny
For Bookings or Further Information
02833373 or dintysbar@gmail.com

SPAR 



Ryan's Shop & Forecourt

Spar Express, Rosscarbery

Tel: 023 88 48018

Petrol & Diesel
Hot Food & Deli
Coffee, Tea, Wine
Fresh Meat, Home Baking

Open 7:30am to 8pm



in Rosscarbery. The Square has two tempting restaurants both equally good but very different in style, character and menu. **The Pilgrim's Rest** is a superb breakfast venue. Nothing can compare with a great illy coffee and a full Irish breakfast with the morning paper in soft, easy on the eye atmospheric surroundings.

Gossip Bistro is also an atmospheric place, with charm, excellent service and always delicious food, wonderfully presented. This is just the place for a romantic evening. **Longfellow's Restaurant** on the edge of town is a superb family venue renowned for its steaks and take-out menu. Open seven days for morning coffee through to dinner, Longfellow's will be a memorable experience for you with excellent food using local produce, a venue with great ambiance and parking facilities. Rosscarbery is fast becoming the new Kinsale!

The coastal tour from Rosscarbery to Castletownshend is breathtaking with some spectacular coastal views and lots of activities such as **sailing in Glandore** and **deep sea fishing off Union Hall**. Other notable locations of interest in the area are **Drumbeg Stone Circle** and the concerts at the **church in Castletownshend**.

Following a morning of **Whale Watching** in Union Hall, lunch at **Dinty's Bar and Restaurant** is a must for mouthwatering fresh fish platters from Crab Salad to delicious Fish Chowder. This is a pub and restaurant with great charm, a lovely atmosphere, superb food and service to match. Moving west along the road to Baltimore, **Glebe Gardens and Cafe** are well worth a visit, a great place for kids. With lots of space to run around and chickens to watch, they will be entertained for hours. Even on a rainy day you will not be disappointed at Glebe. The gardens and views are spectacular and for their summer entertainment nights, see the advert on the previous page.

This year, why not make Rosscarbery, West Cork, your family holiday destination and where else would you consider basing yourself only the **Celtic Ross Hotel**? This family friendly hotel sports a full diary of activities for sunshine and rainy days and it has a great swimming pool and holistic suite. So, here's hoping you have a fantastic, fun filled holiday in Rosscarbery and the surrounding area.

Spend your family break in the heart of West Cork where we will ensure everyone has a fantastic holiday!



The sun always shines in West Cork but if the weather is not favorable there is still plenty to do. Laze in our White Flag leisure centre with its 15mtr pool, sauna, steam room, kids pool, bubble pool and gymnasium. Relax with a treatment in our holistic suite, packages also available for teenagers. Or watch a kids movie shown on not so nice days only.

- Special goodie bag for children on arrival!
- Our kids club "Club Roo" runs daily during all school holidays
- We have weekly arts and crafts classes
- Supervised Kids Fun Swim Hour every Monday, Weds & Friday from 9am - 10am in our Leisure Centre
- Fun pottery classes available at Rita's Clay House
- Local activities include pedal boats, pitch and putt and Model Railway Village

Contact reservations to book your Family Holiday

Tel: 023-8848722 Email: info@celticross.com Web: www.celticrosshotel.com

A sizzling Summer of Festivals & Events

Cork is bursting with events and festivals that take place every week and weekend. It's right here on your very own doorstep, depending on what you fancy! Here are some of our favourites...



Taste of Blarney



Madness at the Marquee



Literary Festival



Clipper

WHAT A LOT OF YACHT IN THE SOUTH WEST

Find your sea legs in Cork from the 1st - 9th July when the Clipper Round the World Yacht Race will visit both Kinsale and Cork City for nine days of free festivities. Visit the ten 68ft yachts which will have spent the previous nine months sailing around the world, including

Ireland's entry. There is something for everyone as the week includes; family entertainment, food markets, art and music events, as well as a parade of sails before the yachts depart on the 9th July for the final leg of the race to the UK. See back cover for more...



GET ON THE GARDEN TRAIL AND INVITE YOUR MUM

You could head to the West Cork Garden Trail from the 12th of June to the 27th of June with your mum where you can relax in a trail of gardens, and even follow the trail from Kinsale to Glengarriff! See www.westcorkweek.com/gardentrail

CORK WEEK

A Biennial regatta which attracts sailors from all over the world. Free onshore entertainment in the tented village up to 8pm daily. Free fun family day on Sunday July 11th. Nightly entertainment

from acts such as The Coronas and Bagatelle. Saturday 10th July – Friday 16th July, Royal Cork Yacht Club, Crosshaven, Co. Cork. See www.corkweek.ie or call 021 483 1179

SWING INTO A GREAT WEEKEND AT THE KILLARNEY 3 IRISH OPEN GOLF

Any golfer worth his or her salt will have their attention fully focused on Kerry this July, in particular the Killarney Golf and Fishing Club from the 29th July - 1st August. The staging of the 3 Irish Open on the magnificent Killeen Course, just weeks before the European Ryder Cup team is announced, is expected to draw crowds and attract golfing heavyweights to the Co. Kerry venue. See www.irish-open-golf.com/ticket-information.html

A RUNNING START FOR KILLARNEY SUMMERFEST

This summer's Maxi Marathon Killarney is proving a huge draw for Irish and international walkers, runners and joggers. The race, which takes place amidst the breathtaking beauty of Killarney's National Park, is well on track to being a success. This 15 mile road race which takes place on July 17th has also been confirmed as one of the opening events of the annual Killarney Summerfest. It's never too late to start training and the events website

provides training tips for absolute beginners along with seasoned athletes. For further details visit; www.maximarathonkillarney.com

SEE THE BEST OF THE WEST WITH KINSALE ARTS WEEK

The seaside town of Kinsale becomes a living art gallery from 10 - 18th July and there is sure to be something for everyone. The 17th century Charles Fort, that truly amazing cliff-side fort will become an open air concert venue to host acts as diverse as Camille O'Sullivan and The Bootleg Beetles.

In its sixth year, KAW is a celebration of art from all walks of life. There is work of an international flavour with Stopover. This is an exhibition of international works to celebrate the Clipper Round the World Yacht Race which makes an arrival in Kinsale this year (see back cover). This and a number of other exhibitions will be housed in the previously derelict Mill Building in Kinsale, which is being transformed into an impressive gallery space for KAW 2010. This is what is so wonderful about the festival with the town itself acting as the backdrop for the art, the onlooker gets a really unique experience. See page 13 for full details.

FAMILY-ORIENTATED ENTERTAINMENT AT CORK SUMMER SHOW.

Stroll around, relax and enjoy the magnificent atmosphere of Cork Summer Show. There are a vast range of Activities for Children to Enjoy such as Face Painting, Clowns, Balloon Modelling, Bouncy Castles, Fun Fair, School Art Competitions, and of course loads of animals. Taking place Fri 18th, Sat 19th, Sun 20th June 2010, GreenFields Ballincollig. See www.corksummershow.com



MIDSUMMER FESTIVAL FEVER

The Cork Mid-Summer Festival of the Senses from the 12th to the 21st of June is a 16 day celebration of arts and culture. You can expect unusual things in unusual places with theatre, pop up performances, music, events, dance, debates, art and food!

Web: www.corkmidsummer.com

Tel: 021 427 1160. For regular festival updates become a fan on Facebook or follow updates on Twitter - twitter.com/corkmidsummer

FAMILY FUN, UNIMAGINABLE TRICKS, UNTHINKABLE FEATS, UNBELIEVABLE HILARITY ... AND ALL FOR FREE

The AIB Street Performance World Championship 2010 is on for one magical weekend this June with the best contortionists, magicians, breakdancers, comedians and other assorted world-class professional jesters who will descend on Cork's Fitzgerald Park and Mardyke Sports Ground to battle it out for the most coveted title in street performance, the AIB Street Performance World Champion. It all takes place in Fitzgerald Park & Mardyke Sports Ground as part of Cork Midsummer Festival 2010. Saturday June 12 - Sunday June 13, 12 - 8pm daily.

MARQUEE MADNESS

Yet another feast this year for those who love all kinds of music is Live at the Marquee from the 14th of June to the 9th of July. Concerts include Blondie, Westlife, The Cranberries, Deep Purple and Madness! See www.aikenpromotions.com

A TASTE OF BLARNEY

There will be plenty of fun for all the family at Blarney Summer Festival which will take place on Sunday June 13th with live music in the square, a farmers market, the visiting BMW forum and the launch of 'A Taste of Blarney'.

Check www.discoverireland.ie/southwest for more on these events and much more.

25 June – 3 July 2010

Fifteenth West Cork Chamber Music Festival

Come and celebrate the West Cork Chamber Music Festival's 15th anniversary and enjoy all that it has to offer - the world's finest musicians playing glorious music in Bantry House, St Brendan's Church and other venues around the town. The 15th West Cork Chamber Music Festival will be celebrating the world of the string quartet with top international ensembles performing core works from the heart of the repertoire. The quartets that join the **RTÉ Vanbrugh Quartet** this year have had fantastic success recently. **The Artis Quartet from Vienna**, won the Midem Classical Award 2009, **the Danish Quartet from Copenhagen** were winners of the 2009 London International String Quartet Competition.

Star violinist Alina Ibragimova, whose performance at last year's Festival was billed by the Irish Times as one of the highlights of the year, returns with her period instrument Chiaroscuro Quartet for performances of Haydn's Quartet in D major, Mozart's Quartet in A major and, in a special candlelit late night recital, Schubert's Quartet in A minor.

Six glorious quartets that Mozart dedicated to his friend and mentor Joseph Haydn are paired with single string concertos by Vivaldi, Telemann and Johann Sebastian Bach while the unmissable **Late Great Show** each evening will feature Late Great Masterworks by Beethoven, Schubert and Brahms.

Making her Bantry debut will be the dazzling **violinist Nicola Benedetti**. The BBC Young Musician of the Year in 2004, she has taken the classical music world by storm since then. Still only 22 years old, she recently released her 4th CD *Fantasia*. Amongst the works that she will be performing will be Schumann's Piano Trio No. 3 and Rachmaninov's Piano Trio in D minor.

Other Festival soloists will include **Israeli violinist Vadim**

Gluzman, Finnish violinist Pekka Kuusisto, French pianist Philippe Cassard, Russian pianist Kirill Gerstein, who was recently named the recipient of the 2010 Gilmore Artist Award, **British-Ukrainian pianist Alexei Grynyuk, German violist Hartmut Rohde, German cellist Leonard Elschenbroich, British oboeist Nicholas Daniel, Irish recorder player Kate Hearne and Dutch bassoonist Bram van Sambeek.**

Well known broadcaster and musician **Evelyn Grant** will be introducing each day with a morning talk with one of the musicians performing that day. Among those in conversation with Evelyn will be **Vadim Gluzman, Nicola Benedetti, the Artis Quartet, Pekka Kuusisto, the Pacifica Quartet, Philippe Cassard and Alina Ibragimova.**

A new feature of the Festival will be a visit by the **National Youth Orchestra of Ireland and Irish Youth Choir** with a performance of Brahms' German Requiem in St Finbarr's Church, which will complement the Festival's long-standing commitment to Ireland's best young musicians.

The Old Cinema will be the venue for a **Violin making exhibition** during the week. Cork-based French violin makers **Jeremie Le Grand and Bertrand Galen** will be demonstrating their craft all week and have a special family hour from 12.30 - 1.30pm where they will show children how they make the instruments.

For more information, please contact West Cork Music on 027 52788 or book online at www.westcorkmusic.ie



Nicola Benedetti.

The West Cork Chamber Music Festival is generously supported by the Arts Council and Fáilte Ireland.



Anja Lechner



Chiaroscuro Quartet



RTÉ Vanbrugh Quartet



Escher Quartet



WEST CORK LITERARY FESTIVAL 2010

Michael Palin, Margaret Drabble, John Boyne and Hugo Hamilton are just four of the writers appearing at this year's West Cork Literary Festival which features some of the finest writers and poets from Ireland and abroad.

The Festival, once again supported by RTÉ lyric fm, will cover a broad range of writing disciplines. Speakers include leading Irish poet, Eavan Boland; award-winning travel writer Tim Mackintosh-Smith; Rooney Prize winner Philip O'Ceallaigh and Booker Nominee, Simon Mawer. We are also delighted to introduce Suad Amiry, Palestinian author of the international bestseller *Sharon and My Mother-in-Law*, and Singaporean poet and novelist, Felix Cheong.

There will be a broad range of writing workshops including Fiction workshop with Peter Cunningham, Writing for Women with Catherine Dunne, Freelance Journalism with Sue Leonard, Preparing to Submit with literary agent Jonathan Williams; Poetry with Leanne O'Sullivan, The Gothic & Fantasy Novel, with Celine Kearney and many others.

The Festival will also feature a new generation of Irish writers, including immigrant poets. There will be master classes in travel writing and fiction, seminars on the art of editing and research methodology, and some entertaining talks: Brian Dillon will speak about hypochondriac writers; Tony Humphries will be launching his new book, Karen Coleman will speak about abuse in religious institutions, and Eileen Battersby on re-reading classics. We will also be launching the Fish Anthology and a new fiction prize in memory of J. G. Farrell.

**Featuring
MICHAEL PALIN, MARGARET DRABBLE,
JOHN BOYNE, HUGO HAMILTON AND
ANTHONY HOROWITZ.**

**Prices vary for individual events,
SOME FREE EVENTS.**

**For further information and booking see
www.westcorkliteraryfestival.ie or call 027 55 987**



Julie Feeney, Alex Barclay, John Boyne, Anthony Horowitz

Bantry / Sunday 4 - Saturday 10 July
readings / workshops / seminars / children's events / music

West Cork Literary Festival is generously supported by the Arts Council, Fáilte Ireland and Cork County Council



Fun Days Out

Great family attractions in Cork

CORK CITY GAOL

Located just 2k north west of Patrick Street, Cork City Gaol is open daily throughout the year and is a great favourite with all ages and nationalities. With castle-like exterior, this restored prison is now furnished with lifesize wax figures, fascinating sound effects and exhibitions telling the social history & contrasting lifestyles of 19th century Cork and why some people turned to crime! Wandering through the atmospheric cell wings, visitors get a great insight into daily prison life at a time when

the high walls ensured no escape and denied law-abiding citizens the opportunity to see one of the finest examples of Ireland's architectural heritage.

Also at Cork City Gaol is the Radio Museum, uniquely situated in the original Cork Broadcasting Station 6CK.

www.corkcitygaol.com



Tel: 021-4305022

Email: corkgaol@indigo.ie

Address: Convent Avenue, Sunday's Well, Cork City.

Opening times; Open seven days throughout the year.

Mar - Oct 09.30am - 5pm

Nov - Feb 10am - 4pm

Admission prices; Adults; €7.00

Student over 17 yrs with card €6.00

OAP €6.00 Child/second level

student €4.00 Family Ticket; (2 adults and up to 4 children) €20.00

LIFETIME LAB AT OLD CORK WATERWORKS

The award winning Lifetime Lab is located in Cork City's Old waterworks along the scenic banks of the River Lee.

Lifetime Lab will entertain, inform and captivate. Children investigating our interactive exhibits transform into environmental detectives, the mission is to solve clues themed around water, waste and energy and to discover how daily choices impact our world. Visitors are then encouraged to make an environmental pledge which will be on permanent display in our coffee dock.

As you journey through the Victorian architecture exploring the machinery used in the age of steam, the history



of the old water works is revealed. With Sustainable development being one of the pillars of Lifetime Lab, great

care was placed during the restoration in re-using as much of the original 18th century buildings as possible, almost 80% of the materials were reclaimed and the results are evident as one explores.

Keep an eye out for the miniature steam engines and images of the working conditions of the former employees.

After the hard detective work, a laneway leads visitors from the courtyard passing a giant chessboard, up to the scientific themed playground and sensory garden, ideal for a quick picnic with splendid views across the river.



Opening times:

Summer Monday-Friday - 9am - 5pm

Sat/Sun/B-Hol - 11am - 5pm

Winter Monday-Friday - 9am-5pm

Contact details:

Lifetime Lab at Old Cork Waterworks
Lee Road, Cork

Tel 021 4941500 Fax 021 4941519

E- lifetimelab@corkcity.ie

W - www.lifetimelab.ie

Forthcoming Events ...

Anyone4science summer camps at Lifetime Lab. July 7th-12th, July 19th-22nd and July 26th-29th.

Bookings & enquiries to lifetimelab@corkcity.ie or 021 4941500



THE GLUCKSMAN *Review By Julie Nolan.*

Playlists are the modern day version of the mixtape, and both the good old mixed tape and the playlist are a person's way of expressing their own personal musical influences. You choose the music that makes you smile, or that you know will have a certain impact on another person.

The Lewis Glucksman Gallery in the shady lower grounds of UCC has taken this inspiration into their next exhibition, which is entitled MIXTAPES. Using the idea that these mixtapes convey a mood or a theme, this is a selection of visual artworks that have arisen through the artists own musical interests and the music's interaction with contemporary culture. Musical paraphernalia of all sorts has had an influence on the works and this unusual exhibition is an exploration of the power of music on the soul. It's an exploration of the artist as a music fan, of one art form influencing another and it promises to produce quite an interesting and thought provoking show.

The Glucksman has been re-opened again following the recent flood damage and is housed in some beautiful grounds. This gallery is free to enter, although a donation would be most welcome! Running from the 8th of June until the 24th of October, this summer at the Glucksman promises an enlightening and different take on art and music. A definite go see!

Mixtapes: Popular Music in Contemporary Art, 8 June – 24 October 2010
Lewis Glucksman Gallery, University College Cork. Opens Tues - Sat 10am - 5pm and Sunday 2pm - 5pm. Free admission www.glucksman.org

MODEL RAILWAY VILLAGE

In the town of Clonakilty one hour's drive west of the city, the Model Village allows you step back in time and see life as it was in the 1940's. See the old West Cork railway line that served the region portrayed in delightful miniature. The models and figurines are handmade at the model village to a scale of 1:24. Depicting busy market days, this is a joyful discovery for young and old alike.



Relax in the unique tea room set on one of the authentic train carriages with a view of Clonakilty bay.
Visit www.modelvillage.ie for further details.



FOTA WILDLIFE PARK

The Summer Camp ...

Week one – July 12-16, Week two – July 19-23, Week three – July 26 – 30, Week four - Aug 9-13, Week five – Aug 16 -20

Time: 11am – 4pm. Cost: €95 per child per week (10% discount for members or with bookings for three or more children) For ages 5-12 years old. A Supervised train service is also available from Kent Station, cork City at additional cost.

Activities include Sports, Arts and Crafts, Animal Safaris, Exploring woodlands and much more! *Bookings and Enquiries to education@fotawildlife.ie and 021 4812678*

Summer Activities in the park ...

11 – 5pm daily (June, July and August), Cost free with entrance fee to the park. Every day throughout the summer in rain or shine, the animal antics group will have a selection of activities for children of all ages in the park including Arts and Crafts, Face-painting, Storytelling, Puppet Shows, Music and Games. Every week the animal antics group will have new themes for the crafts and stories to entertain both once off regular visitors to the park.

Monthly Drumming Sessions ...

June 6th, July 4th, August 1st. Children can learn how to play the African drums with the Unity Drummers from 12 - 4pm. Adults will also get the opportunity to join in this unique experience. Cost, free with park entrance

Opening times: Monday-Saturday 10.00 a.m. Sundays 11.00 a.m. Last entry at 3.30pm every day. Gates closed at 4.30pm. From: 7th March – November 2nd - last admission will be 5pm and the park closes at 6pm. Carrigtwohill, Co. Cork. Tel: 021 481 2678 Web: www.fotawildlife.ie

OUR OTHER SUGGESTIONS FOR JUNE AND JULY:

- Blackrock Castle Observatory** www.bco.ie
- Kinsale Historic Walks** www.historicstrollkinsale.com
- Charles Fort** www.heritageireland.ie/en/South-West/CharlesFort/
- Gougane Barra National Park**
- Blarney Castle Rock Close Gardens** www.blarneycastle.ie
- Bantry house** www.bantryhouse.com
- Ballyhoura country, Tipperary** www.ballyhoura.com

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Our critic, Paul J. Kiernan gives his reflections on Restaurants in Cork

Cork Restaurants.ie

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Zaks a flawless performance

Zaks is located on Marlboro Street, conveniently sandwiched between Cork city's two main shopping thoroughfares – Oliver Plunkett and Patrick Street. The premises has recently been renovated. I didn't see what it looked like before, but it is certainly very elegant and contemporary now, while still managing to maintain an intimate feel.

I went along after work on a Friday and spent a very enjoyable two hours gorging myself and surveying the fine youth of Cork tottering and swaggering by outside on their way to the pubs. How I wish I was young again so I could do things like that.

There was just one waitress on duty at the early hour we were there and she was charm and solicitousness personified. She told me that she has been waitressing at Zaks for two years, and it showed in her flawless performance.



For starters my wife had the Baked Goat's Cheese Salad (€6.90). Served with toasted sourdough bread, leaves, and walnut dressing, this rich and satisfying dish can also be ordered as a main course for €12.95 in the event that you are a complete cheese fiend. My own starter, Duck Liver Parfait (€6.95) - basically duck pate with port and orange sauce - was absolutely divine. Other starter options include Atlantic Seafood Chowder (€7.50), Ballycotton Mussels (€6.95), and Black Pudding & Crispy Bacon Salad (€6.75).

I was unadventurous in my choice of mains, opting for the Market Fresh Fish & Chips (€15.95). Still, this simple dish is often a good barometer of what level a restaurant is punching at. In its worst incarnation, it can be bland, limp rubbish that deadens the soul. Thankfully that wasn't the case here; the haddock firm and flavoursome beneath the fluffy beer batter, the thick crispy, chips starchy and golden. Washed down with Sancerre, it made

for exceedingly agreeable living. Next time I go back I would like to try the French Cut Pork Rack (€15.95), which is served in a wholegrain mustard cream sauce - pork is a very underrated meat. My wife went for the fish special – sole. Excellent again, all but leaping off the plate with freshness.

Because I am a wine diploma student and I write a wine blog, I tend to forensically examine restaurant winelists to see if anything can be improved on. While decent, I think there is ample scope for Zaks to expand

its list. Most drinkers will be able to find something on it, but six reds (with no Pinot Noir or Rioja) and five whites (including three Sauvignon Blancs but no Riesling – a superb, if divisive, grape) is a bit short for a good restaurant like this. I would also prefer to see a small selection of wines-by-the-glass offered instead of joyless quarter bottles and, while Champagne Jacquart Brut Mosaïque

(€56) is certainly beautiful, a non-Champagne sparkling wine, such as Cava or Prosecco, is needed for diners of modest means.

We plumped for the Brochard Sancerre (€25), a well-priced Sauvignon-based white from France's Loire region. Refreshing and bursting with zingy gooseberry, nettle, and mineral flavours, it proved a textbook foil for our goat's cheese and fish feast. My pick of the reds was the Chateau de Chenas Fleurie (€25), a light and aromatic red that is ever popular with the ladies but deserves to be sampled by more men too.

These two wines were the most expensive on the list, and prices start at €19. Zaks also offers a good Early Bird Menu – two courses for €18.50, and three courses for just €20.

**Zaks Restaurant, 4 Marlboro Street, Cork City. Tel: 021 4905692
www.zaksrestaurant.ie**



Upcoming Summer Events at The Grain Store

June Friday 18th -

Dave Maguire: A Tribute to John McCormack
(John McCormack in story and in song)

June Sunday 27th -

The Retorika Quartet with Camilla Griehsel (Soprano)

July Sunday 11th -

The Garden - Film/Documentary (€7 per ticket)

August Friday 13th -

Declan Sinnott & Small Talk Town (Acoustic Rock band)

August Thursday 26th -

'Twist' with Kelley Ryan and special guests Marti Jones, Don Dixon and Jim Brock (Acoustic/Pop) €15

September Thursday 2nd -

Vesselin Stanev (Classical Pianist) & Eva Oertle (Flute)

Concerts start at 8pm tickets for
The Grain Store concerts €20, concession €15
Early dinner at 6pm and
Grain Store concerts €60

For info & Ticket bookings – 083 363 1468
Dinner bookings – 021 4652 531 (essential)

For more information and
special B&B rates please visit our website
www.thegrainstoreatballymaloe.ie

BALLYMALOE HOUSE, SHANAGARRY, CO. CORK



Get in touch - if you would like your restaurant reviewed, especially if your business is new, recently revamped, or if you have created a new menu. Call 021 4898858 or email: info@corklife.ie

Lal Quila *more than your average curry house*

It takes a brave restaurant to invest in premises expansion these days, and an even braver one to diversify away from its firm Indian-Pakistani focus to bring Thai, Chinese, and Italian food into the fold. Lal Quila in Douglas is doing both.

I spoke to the proprietor, Omar, on a recent visit and he was very excited. Even though I was there to review the restaurant, it was strange because everything would be different in just a few short weeks – revamped premises, new menu, and new drinks list. But I assume that he will retain a good portion of the current Indian menu, so this review is still relevant ... okay?! The staff were laughing and joking when we walked in and it was great to see such playful gambolling out of them.

While perusing the menus, we ate a scandalous quantity of poppadoms served with three tasty condiments, pictured. Eventually we opted to share Lal Quila Khas (combination of starters, €11.50). The best bits of this feast were the Dil Bahar Jhinga (huge, juicy prawns, tandoor cooked and served with a balsamic berry sauce) and – especially – the Lahori Chop (lamb chops tenderised with garlic and cumin, cooked on charcoal). The latter was one of the most delectable dishes I've eaten in my life and I hope with all my heart that it makes the cut

for the new Lal Quila menu.

Whenever I have Indian I go for the Peshwari Naan (€3.50), a sweetened flatbread made with nuts. It's tasty enough to eat by itself but is also superb for mopping up sauce and the like. As an aside, it isn't correct to ask for "naan bread", as naan already means bread, so it would be like asking for "bread bread" – how waiters must laugh to themselves when they hear that one.

For my main I enjoyed the Chilli Masala Gosht (€15.95, basically a lamb and green chilli curry) while my friend had the Jalfrizi Murgi (€15.50, a Pakistani chicken curry finished with fresh coriander). Both were very, very good, though we had shot ourselves in the foot by gorging so heavily on the poppadoms and were by then starting to feel the pace.

Mustering all out manly strength we managed to finish both mains and all the naan, but to attempt to force down dessert too would have been sheer folly. The Death By Chocolate Cake (€5.50) looked particularly dangerous!



And the drinks report? Matching fine wines with very hot curries is problematic, better to stick to beer – or water! But where curries are warm, rather than searing, clean, fruity whites with good acidity will offer a pleasant palate-refreshing cooling effect. If the wine has extroverted, tropical flavours that complement those of the curry, so much the better. Riesling or Gewurztraminer from Alsace, or Marlborough

Sauvignon Blanc, are all winners. Avoid heavy reds as the tannins in them will accentuate the heat of the chillies.

Lal Quila has plenty of wines fitting the bill for its cuisine. For fans of white I would recommend the Marques de Riscal Sauvignon Blanc (€24.95); if red is your tippie, try the Louis Jadot Pinot Noir (€27.95). I followed my own advice and drank Cobra Beer (€4.75) – when in Rome!

Opening times, 12 noon - 2:30 pm for lunch, Dinner 5:30 pm - 11:30pm, Sun 2 pm - 10pm

**Lal Quila, Old Garda Station, Douglas Village, Douglas, Cork
Tel: 021 4898574 / 4899570**

Amaizing fare at the Cornstore

Next time you come out of TK Maxx weighed down by bags of things you don't need, cross Cornmarket street and its messy roadworks and settle down in one of the Cornstore's spacious booths for a reviving feed and watering. I did so recently during the **Dine Out in Cork** promotion and the place was rocking, showing that if the price is right and the product good punters can forget their recession woes.

We had the baby with us again and when a friendly waitress tried to engage with her she burst into tears – it was very satisfying to see that happen to someone else besides me. While perusing the menus and comforting our



little angelface, we sipped on glasses of crisp, apple **Alvarinho** (€6.50) – Portugal's lighter version of fashionable Spanish grape, Albarino. Both of us were famished and we quickly ordered, and then quickly ate, **Wild Mushroom Risotto with Truffle Oil** (€7.95) and the **Goat's Cheese Crostini with Fig Jam and Balsamic Reduction** (€9.95) to start. Both really hit the spot.

For my main course I was torn between the **Magret Duck Breast** (€23.95), **Belly of Pork** (€19.95), and the **Half Lobster Mornay** (€24.95). After some soul searching I settled on the latter, a sumptuous dish where the lobster meat is first removed from the shell, then put back in with a creamy wine and cheese sauce. My wife went for the **Crab and Tiger Prawn Risotto** (€23.95).

I tried stylish Lebanese wine **Massaya** (€8.50) next, a full-bodied and spicy blend perfectly suited to hearty food, if not lobster. Our waitress recommended **Don David Malbec** (€6.95) then, a smooth and berryish Argentine that I have enjoyed on many other occasions – great choice by her.

I really like the Cornstore's winelist. Nicely split between "regular" wines (all of which are available by the glass or carafe – take note other restaurants, this is good!) and more prestigious "reserve" ones, it covers all the wine styles that a happening restaurant should be hitting.

For wine buffs and those who may be celebrating and would like to splash out, there are plenty of more blue chip wines in the Reserve sections. White Burgundy and red Bordeaux feature heavily, as you might imagine, but my two picks for special occasions would be the Weinbach Riesling Grand Cru (€78) for white and "Super Tuscan", Varvara Castello di Bolgheri (€54) for red. Popular "Irish" Bordeaux house, Chateau Lynch-Bages (sometimes affectionately called Chateau Lunch-Bags by mischievous connoisseurs) can be enjoyed for just €195 per bottle too!

One small point though – I wouldn't have the Fino and Manzanilla sherries in the dessert wine section. These dry, fortified wines are much better as aperitifs and would certainly disappoint any intrepid diner attempting to match them with sticky



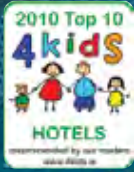
toffee pudding or apple tart. Still, it's good to see Sherry – a much underrated style – on a winelist at all.

I resisted the temptation to go with the safe dessert option (Homemade Cookies with Vanilla Ice Cream and Caramel Sauce) opting instead for the **Banana and Pecan Frangipane Tart** with Chocolate Ice Cream (€5.50) enjoyed with a small glass of unctuous dessert wine, **Filhot Sauternes** (€12). Dessert wines are often expensive because they are produced by concentrating the sugars in grapes, which means a drastic reduction in yields – an entire vine may produce only one tiny glass of Sauternes, for example! Anyway, it was beautiful, and well worth the cash – sure, I might be dead tomorrow. My missus had a punt on the **Flourless Chocolate Cake with Whipped Cream and Raspberry Coulis** (€6.95). The absence of flour, a staple of desserts, didn't impact unduly on it and, if anything, it made for an even denser, more concentrated cake that generated much satisfied uhm-ing and ahh-ing before it was dispatched.

**The Cornstore, 40A Cornmarket Street, Cork
Tel: 021-427-4777
www.cornstorecork.com**



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Summer is here and **The Blue Haven Bar and Hotel** has live music 7 nights a week. The Blue Haven will be serving food up to 10pm every evening with fresh specials daily, our signature dishes include The Blue Haven Seafood Chowder and our Fish and Chips contact directly on 021 4772209 for reservation, www.bluehavenhotel.com



The Old Bank House Cafe is open 7 days a week and is now serving a new delicious evening menu from 6pm to 10pm every weekend from Thursday to Sunday. Try the delights of this casual tasty menu, just call in! or reserve a table on 021 4706090. Call into our Gourmet Food Store to purchase some of our Blue Haven Food Co. products located in the Old Bank House. www.oldbankhousekinsale.com



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Xposé Live review by Niamh Parker

Fans of TV3's Xposé Live show flocked to Silver Spring's Moran Hotel in May to meet their favourite presenters and check out the spectacular Xposé Live Fashion Show. Xposé Presenter Karen Koster, wearing a Pink Karen Millen dress welcomed the crowd exclaiming **"Cork you look amazing, very stylish!"** and she thanked the fans for making the first Cork Xposé Live show a sell out.

Organisers and exhibitors were so happy with the turn out that Gemma De Barra of SDL Expo; event organisers vowed that **"next year's show will be bigger and better"**. Its official - Cork is a fashionista destination with sales at the event going through the roof. In fact, Gemma enthused **'Cork with less numbers almost doubled the Dublin sales figures'** with exhibitors doing less business at Xposé Live at the RDS.

Sarah Stephens, the fashion show's director, put on an amazing show for the people of Cork. **Michel Jewellers** Cork were one the main sponsor's of the fashion show and gave away a ladies 'Signoria' Gucci Watch with Diamonds on a Steel Bracelet worth €1,750. The latest must have threads, shoes and accessories were showcased by some of Ireland's hottest models. Hair was by **Sobe Brown** and make up by **Sam McCauley**. **Cork Ballet group** also featured as did



Left to right: **Sonia Harris** of Harris PR, **Aisling O' Loughlin** Xpose Presenter, **Niamh Parker** (Corklife), **Gemma De Barra** SDL Event Management, **Glenda Gilson** Xpose Presenter, **Lisa Cannon** Xpose Presenter and seated **Sean Munsanje** and **Karen Koster** Xpose presenters

contemporary dance group **'fierce'** from Dublin who did a 'Lady Gaga' number.

There were very few members of the opposite sex in attendance but Cork's very own Style Guru, **Breffny Morgan** was. Breffny was turned out in clothes by 'Jacamo' and the ladies were not shy in showing their appreciation for the 'Apprentice' star.

Glenda Gilson, Xposé presenter was happy to talk about her fashion busting recession tip **"it has got to be the little black dress; you can dress it up and accessorize with a great belt and shoes"**. New York is her favourite holiday destination and her top beauty product is **"anything by Dermalogica"**. Her favourite perfume is 'Allure by Chanel'.

Sean Munsanje the shows male presenter came clean about his skincare regime **"when I started the show first, I got a red blotchy skin from not removing make up properly so I had to start cleansing, toning and moisturising"** Clinique and Biotherm are his favourites.

The **"Goodie Bags"** were provided by 'VIP Ideas' with samples of useful items for fashion divas. 'Walkers sensations' 'Wellwoman Evening Primrose & Starflower Oils' Punch colour Catchers' 'Go Ahead healthy snacks' and 'Red Bull'.

The Xposé presenters posed for photos and chatted to fans and it really felt like sunny Cork left an impression on the presenters and vice versa.

24 **Corklife**



Registration is currently open for the Munster Centra Summer Rugby Camps all across Cork at www.munsterrugby.ie.

FACE IN THE CROWD COMPETITION!



If you are the person circled in the photo, all you have to do is contact us, identify yourself and you will WIN a great prize.



Shannon and Danielle Smyth from Glashule getting ready for the Teddy Bears Picnic on Sunday 20th June, Fota House, in association with Select Hotels of Ireland, with all proceeds going to children's charity Barnardos. *pic: Gerard McCarthy*

Careers Focus Ladies of PR & Event Management

The Majority of us show up at a fashion event on a mission to see our favourite celeb or fashion designer and don't give a second thought to the organisers or the people behind the scenes that actually make it happen. I caught up with three Ladies at TV3's Xposé Live Show. The event was undoubtedly a huge success, **"a blow away"**, in the words of the show's Director but without Laoise Downes, Sonia Harris or Gemma De Barra, the show could not go on.

Gemma De Barra discovered very early on in her career that she could sell and since then has not been without work and **"has never had to use an agency"**. Currently contracting her services to **SDL**; Ireland's leading event Management Company whose flagship event is the **Ideal Homes Show** with a role of Show Director. She highly recommend's this type of work for women working from home with children **"it's ideal to contract your services as long as you deliver"**. **"When you can sell you will always be in demand"**. Her working day is quite flexible and involves matching up exhibitors' for a particular event, **"it's so important that they are the right fit and I would be very sensitive of the content for an event and its reflected in the end result"**. Getting sponsors for the show is key especially in the current downturn **"as marketing budgets are being cut"**.

VIP Ideas is an action marketing agency predominantly dealing in the 'goodie bag' concept and are responsible for making a goodie bag a must have at events such as, Off the rails, Xposé live, Ideal homes, Electric Picnic and bespoke and premiere corporate events. Setting up the company over six years ago dynamic marketer **Laoise Downes** fits brands with events and is **"passionate about people and loves developing ideas"**. **"Not everything starts and ends with Dublin, it's so refreshing to come down to Cork and see so many beautifully dressed women so excited about the show"**. Laoise's working day is very varied and what she enjoys most about her work is **"that an idea**

discussed over a cup of coffee a few month's previously turns into a massive event". Working with some thirteen top Companies to help create brand awareness for their products, the goodie bag is a great way to get new brands and products to the market. Laoise certainly has a flair for marketing and event management and her energy is infectious. Spending six years working in Australia in various roles helped Laoise to nurture her entrepreneurial gene; **"it taught me to be self sufficient being so far away from family and friends"**.

I thought I spoke at a million miles an hour until I met the PR machine aka **Sonia Harris** of Harris PR. The Harris PR Duo mum and daughter certainly know their business and have a knack for getting exclusive events. Sonia assures me it has been 10 years of hard graft, **"I worked as a Journalist for two years with The Sunday Independent"** and PR was the natural route for this ambitious chick. What Sonia loves most about her work is the relationships she makes along the way. I get a sense of her loyalty to clients and the creative people she works with. Choosing the right PR Company for an event or product launch is key to its success. The event needs to be previewed and reviewed correctly, photographers on the ready, celebs co-ordinated and available for press. Working with artists is not easy, however, Sonia takes it upon herself to listen to the people she is working with to ensure she can deliver on what their expectations are, **"I will be totally honest with you if I feel the event is not PR-able"**. Shopping is a full time job for Sonia who lists Cork as one of her favourite places to pick up original fashion. **"I dressed myself for the weekend here in Cork; I didn't have to wear anything I brought with me"**. I know from trying to tie Sonia down over the weekend that she works hard, it's very fast paced **"it's not the champagne lifestyle that you would think it is; it IS the high heels though"**. Harris PR are currently working on some top secret events for Cork. I am sure it won't be long before we hear about them!

CORK life

An A-Z Directory

BARS / PUBS



COUNIHANS

Old world charm in a lively authentic Irish bar. Serving drink to corkonians for over 200 years (with a few days off!!) Counihans is great for its classic charm downstairs and lively and brand new upstairs.

3 Pembroke Street, Cork
Tel: (021) 427 7850
Map Ref C8



O'BRIEN'S BAR

A family run pub located in the famous square in Rosscarbery village offering the best in traditional Irish pub-life. O'Brien's has a fantastic beer garden - a great location for all you smokers or just to sit out with a cool drink on a warm summers day!

The bar is always jammed packed during the sporting season with their two wide screens showing all the major sporting events and an atmosphere to be reckoned with make sure you stop off to catch the game here!

There is plenty to do in O'Briens with a pool table, dartboard and jukebox ... you will be kept busy. At weekends the best in local musical talent can be seen and heard with live traditional music a regular fixture in the bar. So whether you're looking for a bit of history, a chat with the locals or a great pint, we're sure you'll find all of the above in O'Brien's Bar!

3 South Square, Rosscarbery, Co. Cork
Tel: (087) 8190142



SUAS ROOFTOP BAR

Suas Rooftop Bar, located above Captain Americas Cookhouse on South Main Street is Cork's finest rooftop bar. Modern sleek design and a large outdoor terrace with views over the city make Suas a great place to unwind after work. Suas boasts an extensive cocktail and wine list. So if you are looking for somewhere different then try Suas rooftop Bar.

Open seven days
4-5 South Main Street, Cork
Email: info@suasbar.com
Web: www.suasbar.com Map Ref C7



THE OUTPOST

A good, decent bar!
Student Lounge, Jukebox and Regular Live Music.
Big Screen TV with Sky and Setanta Sports.

Curraheen Road, Bishopstown, Cork.
Tel: 021 4544013 On site parking

LATE BAR



CLANCY'S BARS, RESTAURANT, CATERING

Open 7 days with full à La Carte Restaurant.
Lunchtime Carvery. Sunday Brunch. Parties Welcome. Late bar. All occasions catered for.

Open for Breakfast 10am Mon to Fri and 12 on Sunday.
Food served all day, every day 15 - 16 Princes Street, Cork City
Tel: 021 427 6097
Email: info@clancys-bar.com
www.clancys-bar.com

Parking - On street parking or Grand Parade Car Park Map Ref C8

mangodesign

1000 A4 Flyers (or 2000 A5 Flyers) €250

5000 DL Promo Cards €299

Business Pack Offer: 1000 letterheads, Comp slips AND Business Cards €350

All prices include design, print and delivery.

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P: (021) 4898858

E: info@mangodesignonline.com

NIGHTCLUB



LIQUID LOUNGE

The future is liquid
BOOK YOUR 21st and birthday PARTIES at Liquid Lounge Late lounge. Centrally located.
29 Marlboro Street, Cork
An exquisite alternative to the norm
Map Ref C8

BARBERS / MEN'S HAIRDRESSING



FRANCO BARBER

The original Turkish Barber Shop
FAMOUS FOR OUR AUTHENTIC HOT SHAVE & MASSAGE
Experts in Men's Haircutting Specialists in Wedding Parties
VOUCHERS FOR ALL OCCASIONS
Mon - Fri 9 - 9pm., Sat 9 - 7pm
Just 5 mins from Merchants Quay S.C.
28 MacCurtain Street, Cork
Tel: 021 455 2828
No Appointment Necessary
Map Ref A9

EMPLOYMENT AGENCYS



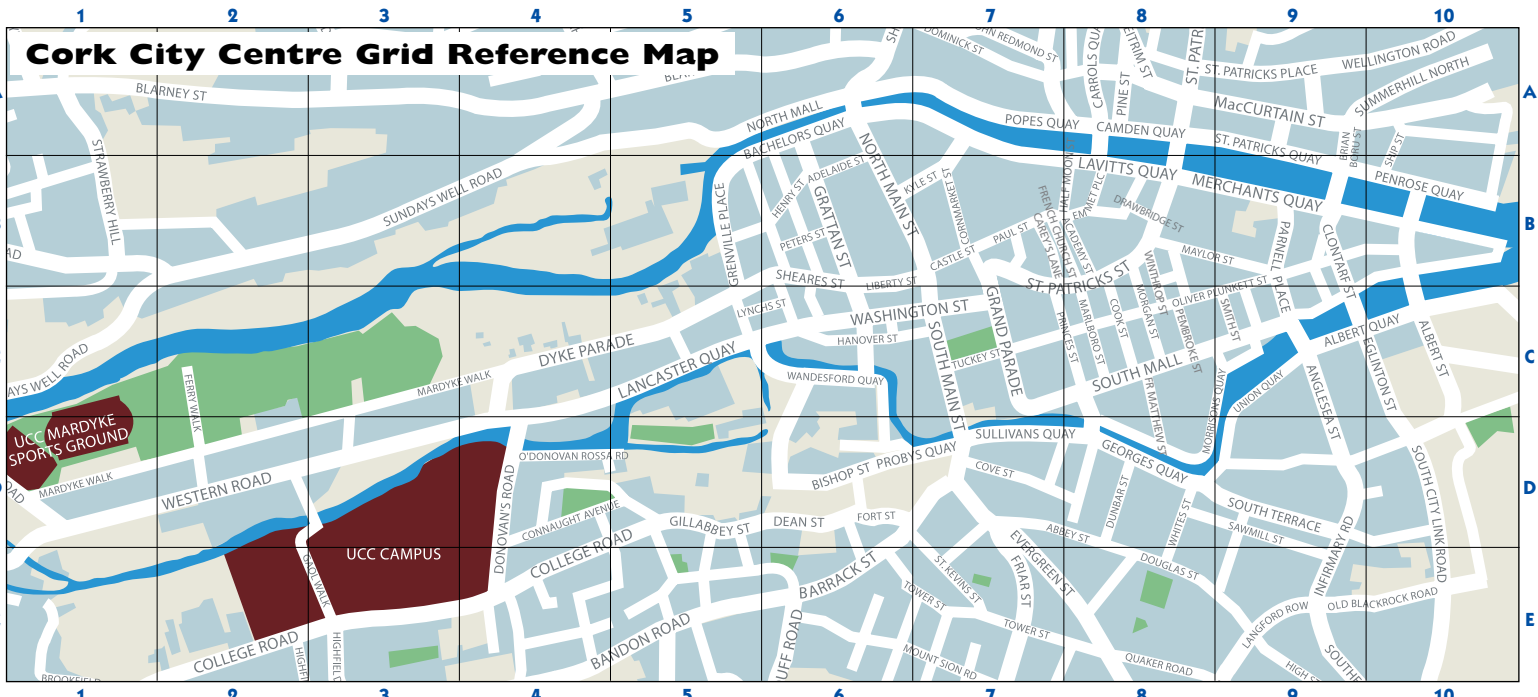
ADECCO RECRUITMENT SOLUTIONS

World leader in recruitment services. For a wide choice of Temporary, Permanent & Contract job opportunities

34 Grand Parade, Cork
Tel: 021 4273830 Fax: 021 4273833
email: 369.cork@adecco.ie
web: www.adecco.ie
Grand Parade Car Park
Map Ref C7

Your Business Should Be Here!

For more information:
W: www.corklife.ie
E: info@corklife.ie
or call us on:
(021) 489 8858



TO FEATURE IN THE CORKLIFE DIRECTORY CALL US AT (021) 489 8858

ENTERTAINMENT CENTRE



THE MARDYKE

Bars, bowling, American pool, snooker, karaoke pods and fun casino all under one roof. Open daily from 12 noon with a great choice of wines, local and foreign beers and an extensive cocktails menu. If you want to shoot some pool with friends, bowl a night away, sing your favourite tunes in karaoke or just hang out and enjoy a few drinks... then The Mardyke is the place for you.
The Mardyke Entertainment Complex, Sheares Street, Cork
Tel: 021-4273000.
Parking-Off Street.
Map Ref B6



k-Pod karaoke

KARAOKE

Your own private karaoke pod for you and your friends to enjoy. With over 5,000 songs and a state-of-the-art touch screen system, waiter service and an extensive cocktail menu as well as full bar available. Booking taken.
K-Pod Karaoke at The Mardyke Entertainment Complex, Sheares Street, Cork.
Tel: 021-4273000

ENTERTAINMENT / DAYS OUT



CORK CITY GAOL

Located just 2k north west of Patrick Street. Open daily throughout the year and is a great favourite with all ages and nationalities. With castle-like exterior, this restored prison is now furnished with lifelike wax figures, fascinating sound effects and exhibitions telling the social history & contrasting lifestyles of 19th century Cork and why some people turned to crime!

Opening times;
Seven days through the year.
Mar - Oct 09.30am - 5pm
Nov - Feb 10am - 4pm
Admission prices; Adults; €7.00
Concessions; Student over 17 yrs with card €6.00 OAP €6.00 Child/second level student €4.00 Family Ticket; (2 adults and up to 4 children) €20.00

Convent Avenue, Sunday's Well, Cork City.
Tel: 021-4305022
E: corkgaol@indigo.ie
www.corkcitygaol.com



Opening times:
Monday-Saturday 10.00a.m.
Sundays 11.00a.m.
Last entry at 3.30pm every day
Gates closed at 4.30pm
From: 7th March – November 2nd - last admission will be 5pm and the park closes at 6pm
Carrigtwohill, Co. Cork
Tel: 021 481 2678 Fax: 021 481 2744
Web: www.fotawildlife.ie



LIFETIME LAB AT OLD CORK WATERWORKS
The award winning Lifetime Lab is located in Cork City's Old waterworks along the scenic banks of the River Lee.

Lifetime Lab will entertain, inform and captivate. Children investigating our interactive exhibits transform into environmental detectives, the mission is to solve clues themed around water, waste and energy and to discover how daily choices impact our world.

Opening times:
Summer: Monday-Friday, 9.00am - 5.00pm
Sat / Sun / B-Hol, 11.00am - 5.00pm
Winter: Monday-Friday, 9.00am-5.00pm

Lifetime Lab at Old Cork Waterworks, Lee Road, Cork
Tel: 021 4941500
E: lifetimelab@corkcity.ie
W: www.lifetimelab.ie



THE JAMESON EXPERIENCE

Join us for a guided tour through the romantic past of Irish whiskey making, learn about the Angels Share, Triple Distillation and above all the smooth taste of Jameson Irish Whiskey. On the banks of the Dungourney River, The Old Distillery, Middleton stands. It is a distillery steeped in history, set on 15 acres; this visitor attraction is both a cultural and educational experience. The journey begins with an audio visual presentation followed by a walk through the old distillery buildings which have been restored to their original splendor, as they looked in 1805 when whiskey was first produced on this site. Each tour culminates in the Jameson Bar with a complimentary glass of Jameson and a chance to become a "Qualified Irish Whiskey Taster". Why not have a delicious lunch in the Malt House Restaurant or browse the Distillery shop, where you will find exclusive Jameson gifts or a special memento of your visit.

Admission Rates: Adult: €13.50
Family (2 Adults, 3 children under €18)
Opening Hours:
November through March, Daily at 11.30, 13.00, 14.30 and 16.00
April through October, Daily between 10.00 and 16.30
Tel: 021 4613594
Email: bookings@omd.ie

ENTERTAINMENT / ARTS & THEATRE



EVERYMAN PALACE THEATRE
The Everyman Palace is a beautiful 650 seat theatre and jewel of late Victorian architecture. A listed building, the theatre is steeped in history and is a favourite with audiences and performers alike for its intimacy and atmosphere. Its programme is an eclectic mix of plays, operas, musicals and concerts.

The Everyman Palace specialises in drama and receives regular visits from companies such as Druid, Blue Raincoat, Guna Nua and London Classic Theatre.

Box office opening hours:
Monday to Friday from 10am
Saturday from noon
Sunday/Bank Holiday from 4pm (performance days only)
Special 15 euro opening night price applies to many shows.
Booking and Info:
www.everymanpalace.com
Tel: 021 450 1673
15 MacCurtain St, Cork Map Ref A9

BEAUTY, HEALTH & WELLBEING



BANANASAREBLUE.COM

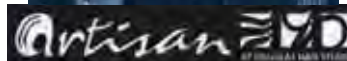
Your online directory for beauty, health, well-being and fun! Find the beauty, health, well-being treatment in your local area. Fantastic offers, vouchers and promotions from our top salons.
Tel: 087 153 1516
Email: caroline@bananasareblue.com
Visit Us Today:
www.bananasareblue.com

HAIR & BEAUTY



ARTISAN 2

Monday to Wednesday 9:30am – 5:30pm
Thursday & Friday 9:00 am – 7:30pm
Saturday 9:00am – 5:00pm
West Avenue, Park Gate, Frankfield, Cork
Tel: (021) 489 7221



ARTISAN

Opening hours:
Monday to Wednesday 9:30am – 5:30pm
Thursday & Friday 9:00am – 7:30pm
Saturday 9:00am - 5:00pm
Morris House, Douglas, Cork
Tel: (021) 489 5455



D'ARCY'S HAIRDRESSING

Specialists in the art of creative cutting, colouring and up-styling techniques in an ultra-modern, fully air-conditioned salon.

Free consultation!
Opening hours: Mon – Wed 9.00am-5.30pm
Late nights Thurs and Fri, last apt. 7.00pm. Sat: 9.00am to 4.30pm. (Early appointments on request)
27/28 Paul Street, Cork City.
Tel: 021 427 7216 / 427 5662 / 422 3964
Fax: 021 425 4949
Web: www.darcyshairdressing.ie
Parking – Paul St. or North Main St. cp
Map Ref B7



Experience excellent service in our state of the art salon which also includes our nail bar service.
Opening times: Monday to Wednesday 9.00am - 6.00pm, Thursday & Friday 9.00am - 9.00pm
Saturday 9.00am - 5.30pm,
Ballincollig Town Centre,
Ballincollig, Cork
Telephone: 021 4875363 / 021 4875687
Web: www.darcyshairdressing.ie



FENNS HAIR DESIGN

Specialising in Human Hair Extensions, Fashion upstyles and creative colour & cutting. Debs & Bridal group discount packages. Using a range of professional products including Alfaparf.
Open: Tues - Wed 9am - 6pm.
Late Opening Thurs & Fri, Sat: 9am - 5pm.
3 Fenns Quay, Sheares Street, Cork
Tel: (021) 4279247

Parking On Street Map Ref: C6



GORGEOUS BY WYATT

Unique Chic Hair Boutique
Open Tuesday - Saturday
Early til late by appointment
23 Georges Quay Cork
Tel: 021 4319990 Map Ref D8



Winner of Best Irish Training Salon 2009
Best Irish Training Salon of the Year -
Schwarzkopf Irish Business Hairdressing
Awards 2009

Late opening Thursdays and Fridays
 (9pm). Open Mondays.

Appointments not always necessary.

New in Salon:

The amazing 12 week blow dry

10 Princes Street, Cork

Tel: 021 4274588 www.ikonhair.com

Parking - Grand Parade Map Ref C8

JOICO
 THE ART OF HEALTHY HAIR



JOHN GEANEY FOR HAIR

Opening Hours:

Tues - Wed 9 - 6, Thurs - Fri 9 - 8,
 Sat 9 - 5

19 Pine Street, Cork

Tel: 021 4503788

Web: www.johngeaney.ie

Parking: On street parking,
Carrolls Quay CP Map Ref A8

HEALTH & BEAUTY



CORK LASERCARE CLINIC

Cork Lasercare Clinic is a gift to all women on the merry-go-round of waxing, shaving, plucking and camouflaging. Equally men have found it a God send too. Intense Pulsed Light (IPL) treatment is fast becoming the talk of the town and is certainly the way to go if you want dramatic improvements and long lasting effects on a range of beauty niggles.

- Permanent Hair Removal • Thread Vein Removal/High Colouring • Acne Treatments/Blemished Skin • Photo/Skin Rejuvenation • Stretch Mark Removal • Full Range of Prescribed Murad Facials including Glycolic Peels

Exclusive to Cork Lasercare Clinic,
introducing the arrival of "Murad", our
eagerly awaited range of cosmeceuticals.
Dr. Murad products are a scientifically
proven breakthrough in the field of
anti-ageing and skin health.

Address: Suite G, Penrose House,
 Penrose Quay, Cork
 Tel: 021 4530776

Email: info@corklasercare.ie

Web: www.corklasercare.ie **Map Ref B10**

HOUSE INTERIORS



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Quality fitted kitchens, wardrobes and dressers. We offer a full range of styles in wood, including Maple, Ash, Pine, Oak, Walnut, High-Gloss, Vinyl, and In-Framing as well as painted and hand-painted kitchens. Quality designs at a competitive rate.

Call in to see our showroom,
 Mon - Sat

1 Main Street, Enniskeane, Co. Cork
 Tel: 023 8847934 Mob: 086 2304103
 www.roundtowerkitchens.com

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CHRISTYS HEALTH & FITNESS CLUB

Hi-tech gymnasium where you can get some exercise using a range of equipment and free weights, enjoy a game of squash or relax in the sauna. You may also wish to join in one of the many classes or make an appointment for a Holistic Therapy.

- No joining fees • 3, 6 & 12 month options • Free Monthly assessments • Personalised fitness programmes made to suit your goals and fitness levels.

Opening Hours: Mon - Fri 7.30am - 10pm, Sat: - Sun 8am - 8pm.

Blarney Woollen Mills Hotel, Blarney, Co. Cork. Tel: +353 21 438 5011



BLUE HAVEN HOTEL

The Blue Haven Hotel, a luxury boutique style hotel situated in the heart of Kinsale. One of Irelands best known Hotels, the Blue Haven is ideally located in the centre of Kinsale among the many famous pubs and restaurants. It has reputation for excellent food, friendly personal service and luxurious accommodation.

Blue Haven Hotel, Pearse St, Kinsale, Co. Cork, Ireland

Tel: +353 21 477 2209

Email: info@bluehavenkinsale.com

Web: www.bluehavenkinsale.com



HOTELS



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The special day. The perfect venue. All-inclusive wedding package from 45 euro p.p.

Now registered for civil marriage ceremonies.

Address: Blarney, Co. Cork

Tel: +353 21 438 5011

Fax: +353 21 438 5350

Email:

info@blarneywoollenmillsotel.com

Web:

www.blarneywoollenmillsotel.com



CARLTON HOTEL & C SPA KINSALE

Carlton Hotel & C Spa Kinsale is the brightest jewel in Carlton's Crown and is one of Kinsale's leading Hotels. Set on 90 acres of mature wooded parkland with panoramic views overlooking Oysterhaven Bay, this luxury hotel is committed to providing the highest standards and takes pride in their tranquil surroundings.

ONLY 20 MINUTES FROM CORK CITY.

ENJOY THE VIEW OF KINSALE

- 70 Deluxe Bedrooms
- 20 Fantastic 3 Bedroom Garden Suites
- The Captain's Bar
- Oysterhaven View Restaurant
- Elemis C Spa & Leisure Centre
- Rathmore Suite for up to 250 people
- 250 Complimentary Car Parking Spaces

Rathmore Road, Kinsale, Co. Cork

Tel: 021 4706000

Web: www.carlton.ie/kinsale



CELTIC ROSS HOTEL

Superior 3 star hotel set amongst the beautiful surroundings of West Cork. Facilities include 66 Guest rooms many with sea views, Druid's Restaurant, Kingfisher Bar, Library Bar and Tower Lounge. Conference and Banqueting facilities, Leisure Centre and Holistic Suite. Free car parking available.

The ideal venue for the perfect wedding. Registered for Civil Marriage Ceremonies.

Rosscarbery, Co. Cork

Tel: 023 8848722 Fax: 023 8848723

Email: info@celticross.com

Web: www.celticrosshotel.com



ISAACS HOTEL

47 bedrooms, 11 serviced holiday apartments, & Greener restaurant overlooks Cork's only city centre floodlit waterfall!

48, MacCurtain St., Cork City.

Tel: 021 450 0111 Fax: 021 450 6355

Email: cork@isaacs.ie

Web: www.isaacscork.com

Parking - St. Patrick's Quay Carpark
Map Ref A9



THE GLANDORE MARINE HOTEL & 4 STAR PIER LODGES

Stunning Country & Seaside location with views over the harbour. Centrally located in West Cork and only one hour drive from Cork International airport, Glandore is the perfect location for any break, be it families, couples or groups. The on-site Adams Bar & Eves Restaurant serving bar food, á la carte and takeaway menus.

Sunday roast carvery available, extensive sea food menu & wine List, 42" outdoor television and heated smoking area. Catering to a variety of functions such as birthday, social club, pre/post event wedding parties. Unique indoor BBQ parties for a rainy day. Free onsite parking. Value for money deals with weekly luxury self catering accommodation. 3 Nights from €29 pppn. Total €349 (Based on 2 couples sharing).

Glandore, West Cork.

Tel: 028-33366

Email: info@themarine.ie

Web: www.themarine.ie



The River Lee Hotel

CORK

The River Lee Hotel is the perfect vantage point to savour the city of Cork, and everything that it has to offer. From our superb Fitness Centre and magnificent Urban Escape Spa to the culinary delights of our Weir Bistro, the conviviality of our friendly bar and terrace as well as private dining for up to 60 people with free car parking -

You'll find it all at The River Lee Hotel.

A member of The Doyle Collection
 Western Road, Cork

Tel: 021 425 2700 Fax: 021 427 4477

Web: www.doylecollection.com/riverlee

LADIES FASHION & ACCESSORIES



THERAPY

Located at the new Tesco Market Green Shopping Centre in Midleton. There are two floors of funky fashions stocking all your favourite brands ...

Freesoul, Firetrap, Killah, Playboy footwear and accessories.

Stockists of: Guess handbags, Pepe clothing & footwear, Miss Sixty handbags, clothing & footwear.

Powerplates now available on our second floor

Market Green Shopping Centre, Midleton

Tel: 021 463 0777 Fax: 021 462 1708

Email: therapyforgirls@eircom.net

Web: www.therapyforgirls.com

www.powerplatesmidleton.com

Lots of free parking

PARTY VENUE



THE RECTORY

The Rectory Private Party Venue is fast becoming the location to beat all. The 19th Century Georgian Listed building is perched on a hill overlooking the stunning Glandore Harbour, West Cork. Only an hour drive from Cork airport, Glandore is certainly the ultimate getaway destination and within easy reach of any city. The Rectory offers Group Services/Events with varying styles from Evening BBQ/Buffer parties (€45-150 mix of seated and standing guests from €35) to weddings (from €49 of up to 120 seated guests plus additional 80 evening guests), to the new Evening Cocktail party of 100-200 guests from €25 for 2010. Midweek Onsite Civil Ceremony/Blessing followed by drinks receptions can also be catered to. House Party options range from Birthday, Anniversary or Family Gathering dinners with Evening Music & Entertainment to West Cork Corporate & Business Events such as Conferencing, Launch Parties, Team Building or Gala Events. Possibly best known for specialising in unique & intimate Weddings, this venue is the way forward for budget-savvy couples wanting a magical day without high costs. With no service charge, additional marquee hire costs or accommodation ties (just plenty of local options), you and your group will save thousands.

The Rectory, Glandore, West Cork
www.rectory.ie | (028) 33072 | info@rectory.ie

MENS FASHIONS



TIMBERLAND

Clothing & Footwear for Ladies, Gents and Children.

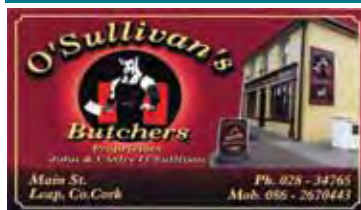
OPEN 9-6 MONDAY TO THURSDAY AND SATURDAY, 9-7.30 ON FRIDAYS AND 2-6 ON SUNDAYS.

Grand Parade, Cork.

Tel: 021 4254651

Parking - Grand Parade Car Park.
Map Ref C7

RETAIL CATERING / BUTCHERS



O'SULLIVAN'S BUTCHER

O'Sullivan's in Leap present only the freshest products from local producers.

Their experience and knowledge ensure that the best quality meat reaches your table full of flavour.

Support O'Sullivan's, Leap and lets help build vibrant communities.

Orders taken by phone.

Free delivery service available.

Main Street Leap, Co. Cork.

Tel: 028 34765 Mob: 086 2670443



Cork's only dedicated restaurant finding service. Coming soon!

ITALIAN FOOD SHOP



Opening hrs:

Mon - Fri 2.30pm - 7.00pm

Saturday 10.30am - 7.00pm

Food tasting every Saturday

- Exclusive Italian Wines
- Extra Virgin Oil and Balsamic Vinegars
- 95 Different types of Pasta (4 Brands)
- Top Quality Parma Ham and Salami
- Delicious Olives and Semi Sundried Tomatoes
- Barilla Sauces and Biscuits
- Easter and Christmas Products
- Lovely Hampers for all Occasions
- Italian Finger Food Party also Available

Unit 21, City Link Park, Forge Hill,

Airport Road, Cork

Tel/Fax: 021 432 2357

Pasquale De Vivo,

Mob: 086 3921696

email: thebootsspec@eircom.net



RESTAURANT/TAKEAWAY



DOMINOS

Making and delivering piping hot, tasty pizza is what the team at your local Douglas Village, Washington Street and Blackpool stores do best. Every Domino's pizza is made to order using only high quality, fresh ingredients; our freshly made dough is topped with vine-ripened tomato sauce and real mozzarella, then customised with fresh toppings from around the world to create the tastiest pizza. From the lip-smacking Veggie Supreme to the indulgent Pepperoni Passion and Texas BBQ, Domino's has a pizza to suit everyone's tastes!

Order from your local Domino's Store in Douglas, (021 4890900) Washington Street, (021 4222888) Blackpool, (021 4215555) or online at www.dominos.ie.

"Every day is a Domino's Day with the Mega Meal Deal for only €19.99 or Two for Tuesday!"



Take a Fresh Look

RESTAURANTS / CAFES



FELLINI CAFE AND ANTIQUE SHOP

Located just off St Patrick's Street, this coffee shop is a great place to stop off for a cappuccino and treat as you stroll through town. We recommend the divine-scones, brownies, muffins, lemon tart, apple and mixed berry crumble. The service here is efficient and friendly.

The room itself is quite eye-catching with it's Antique shop, many of its original features still intact, with colourful paintings adorning the walls.

4 Carey's Lane, Cork.

Tel: 021 427 6083



GAA SPORTS COMPLEX CAFE

Open to the public for:

- Indoor and Outdoor AstroTurf Hire
 - Meeting and Conference Rooms
 - Gym Membership from €1 per day
 - Exercise Classes (new classes starting Yoga, Pilates, Kickboxing)
 - System 10 weight loss program
- Lunches served Mon - Sat 12-2.30pm. Children's Birthday Parties with catering provided. Hurling Alleys. Bar and Function Room. Health Walk. Mallow GAA Bowls Club. Naionra (age 3-5yrs). Fit Kids (age 2-8yrs).
St. Joseph's Road, Carrigroon, Mallow
Tel: 022 50757



NOSH+COFFEE

Open Monday-Thursday 8:30am-6pm,

Friday 8:30am-8pm, Saturday

8:30am-6pm, Sunday 11am-5.30pm,

Premium fair trade coffee, Specialty

teas, Ice cold frappes, milkshakes,

juices, & smoothies, Wines by the

glass.

A delicious range of muffins, cakes, scones, & cookies. Fresh & prepared to order an excellent selection of paninis, sandwiches, bagels, soups, baguettes & jacket potatoes.

Nosh+Coffee is now established as the

best coffee house in the city! Situated

in the heart of the Huguenot Quarter,

Nosh+Coffee on Carey's lane is the

perfect place to enjoy our distinctive

delicious coffee. Our friendly staff,

modern & attractive surroundings,

and quality fresh prepared food make

Nosh+Coffee an absolute must to

visit.

Careys Lane, Cork Tel: (021) 490 5877

also located at:

Mardyke Arena & City Gate Mahon



THE OLD BANK HOUSE CAFE KINSALE

The Old Bank House Cafe is ideal for lovers of food, with value for money and offering a quality product. The décor allows you relax and enjoy the ambience of this elegant, yet unique georgian location. Open 7 days a week and now serving a delicious light casual menu every Thursday, Friday, Saturday & Sunday evenings from 6pm. Simple but nice!

Contact 021 4706090 for enquiries and bookings.

A member of the Blue Haven Collection
www.bluehavencollection.com

CORK COUNTY RESTAURANTS



ANGLERS REST BAR & INDIAN TANDOORI RESTAURANT

Leemount, Carrigrohane, Co. Cork
Tel: 021 487 1167

At the Anglers Rest come and try our

carvery AND

Authentic Indian Tandoori Restaurant

For Take-away & Reservations contact:

021 4810956

Open Monday - Sunday from 5pm - 10.30pm



THE BLAIR'S INN

Lunch 12:30 - 3:45.

Evening bar menu 4pm-9pm

à la carte menu from 6:30pm.

Les Routiers pubs and Inns Award & Dining Pub of the Year 2004.

Recommended by the Bridgestone Guide 2006 and Georgina Campbells Guide 2006. Assessed and recommended by Fodor's Ireland guide 2006.

Located only five minutes from Blarney on the R579 and situated in a quiet secluded riverside setting, Blair's Inn and Restaurant is an outstanding example of a real traditional Irish family pub. Your charming hosts John and Anne Blair assure well executed and traditional dishes made with quality Kenmare seafood and County Cork farm produce which provide the foundation for Blairs talked about food. Served at the lounge bar, restaurant or exceptional gardens with heated patio and sheltered outdoor areas for additional comfort. The Blairs Inn is known locally as an exceptional place for its outstanding meals, beautiful scenery, animated conversation and a bit of craic! Only a short drive away from Cork, it's worth the trip!

On the R579, 5 minutes from Blarney Cloghroe, Blarney, Co. Cork
Tel: (021) 438 1470 www.blairsinn.ie



AUGUSTINE'S AT THE CLARION

Current Special Offer -

Augustines Famous Tasting Menu.

The menu includes such dishes as Assiette of Pork (confit pork, apple membreo, parsnip purée, rilette of pork & crackling). The ingredients are supplied by such local producers as O'Connell's Fish, O'Mahony Meats and On the Pigs Back.

6 Course Tasting Menu @

€25 per person

Available Tuesday - Thursday: 6pm - 9pm & Friday: 6pm - 7pm

For Restaurant Reservations Please Call Augustine's on 021-4279375.

Dinner Operating Hours:-

Tuesday to Saturday - 6.30pm to 9.30pm with availability 7 days a week for Group Lunch & Dinner Reservations

Augustine's at the Clarion has space for private functions which are available for lunch and dinner; making it the ideal location for a celebration of any kind or as an exclusive setting for a corporate event.

Lapps Quay, Cork

Parking- Clarion Hotel Underground Carpark Map Ref C9



THE BAY LEAF RESTAURANT

Where good friends dine at a good price

If you are looking for a real food experience whatever the occasion, The Bayleaf with award winning chef, Gary Burke has the menu and the atmosphere to meet your needs. The restaurant can seat 70 and is perfect for christenings, communions and private parties, the whole restaurant can be booked if needed.

Main Street, Douglas, Co. Cork

Tel: (021) 4835775

Web: www.thebayleafdouglas.com



BULLYS RESTAURANT

A cheerful and unpretentious diner - inexpensive food with an emphasis on pizzas and pastas.

Egon Ronay Recommended.

Serving breakfast, lunch and dinner. Open Monday to Friday and Sunday from 9.30am and Saturday from 8.00am.

40 Paul Street, Cork.

Tel: 021 427 3555

Parking- Paul Street Car Park Map Ref B7



Academy Street, Cork City

Tel: 021 4851865

E: cork@cafebardeli.ie

Opening Hours:

Monday - Saturday: 12:30 - 11:00pm

Sunday: 1:00 - 10:00pm Map Ref B8



CAPTAIN AMERICAS

Captain Americas Cookhouse and Bar serves quality American style food such as delicious burgers, steaks, Cajun chicken, and vegetarian dishes at real good value prices. A tasty kids menu, delicious dessert menu and a special lunch menu are also available. Captain Americas has a full bar with an extensive drinks menu which offers cocktails, shooters, frozen drinks beers and non alcoholic beverages. While visiting the restaurant, take a walk around and check out the rock n roll memorabilia its well worth a look!

Captain Americas Cookhouse & Bar is open 7 days a week noon til late!

4-5 South Main Street, Cork

Tel: 021 4278972

Email: cork@captainamericas.com

Web: www.captainamericas.com

Parking - North Main Street

Map Ref B7



CORNSTORE

SPECIALITY SEAFOOD & STEAKS • WINE & COCKTAILS

THE CORNSTORE RESTAURANT

Speciality Seafood and Steaks, Wine and Cocktails.

Open 7 days a week, The Cornstore Restaurant offers a tasty lunch menu alongside an extensive dinner menu with something for all tastes. Our wines and cocktails are renowned around Cork for their quality. Dine in Manhattan style surroundings, with intimate and cozy decor, perfect for a casual corporate get-together, friends night out, or romantic evening. We pride ourselves in offering a supreme level of service, and cater for all requests.

40a Cornmarket Street, Cork

Tel: 021-4274777

Email:

reservations@cornstorecork.com.

Check out our current offers on www.cornstorecork.com



ECO DOUGLAS

An environmentally friendly restaurant in the heart of Douglas. Choose from an eclectic menu of Italian, Moroccan, Indian, Chinese, Mediterranean and Thai food and a selection of 80 wines from 20 countries. Reservations are advisable for this busy and atmospheric eatery serving delicious food at a delicious price.

Open 12 till late Mon - Sat and 1 - 9 on Sundays.

1 - 2 East Ville, Douglas Village

Tel: 021-4892522 Fax: 021-4895354

or book online at www.eco.ie



GOURMET(BURGER)BISTRO

Opening hours:

Mon - Sat 12 pm - 10 pm

Sundays & Public Holidays 12 pm - 9 pm

8 Bridge Street, Cork City

Tel: 021 4505404

Email: info@gourmetburgerbistro.ie

Web: www.gourmetburgerbistro.ie



GREENES RESTAURANT

Set in a courtyard garden overlooking a waterfall. The menu changes seasonally with emphasis on seafood cooked with Munster's finest produce.

Opening hours:

Mon - Thurs 18.00 - 22.00,

Fri & Sat: 18.00 - 22.30,

Sun lunch: 12.30 - 15.00,

Sun eve: 18.00 - 21.30

Pianist on weekend evenings.

In Summertime enjoy BBQs -

weather permitting!

Location: Under the Cobbleston

Archway. Opposite The Everyman

Theatre

48, McCurtain Street, Cork City.

Tel: 021 455 2279 Fax: 021 450 6355

Email: greenes@isaacs.ie,

web: www.greenesrestaurant.com

Parking - St. Patrick's Quay Carpark

Map Ref A9



HARVEYS

Smart, stylish restaurant with food and wine to match. Modern eclectic menu, using organic, local and artisan produce where possible. Fresh fish, steaks, duck, and lamb are favourites in the evening with lighter fare being served throughout the day.

Fully licensed. Open for breakfast,

lunch & dinner.

www.harveysrestaurantcork.com

19/20 Academy Street

Tel: (021) 490 5853

Parking - Paul St Car Park Map Ref B8



ISAACS RESTAURANT

Pre Theatre early Bird 6pm - 8pm. Don't get the rumbles, eat before the show!

MacCurtain Street, Cork

Tel: 021 450 3805

On Street Parking Map Ref A9



JOLA'S RESTAURANT

18/19 Lower O'Connell Street
Kinsale, Co. Cork

Opening Hours: Tuesday - Saturday
till late

Tel: 021 477 3322

Email: info@jolasrestaurant.com

Web: www.jolasrestaurant.com

CORK CITY RESTAURANTS



AMICUS

New World Cuisine in a contemporary setting at the heart of Cork's historic Huguenot Quarter.

Now open 7 days, 10am till late.

Sat 8.30 till late, Sun 12 till late

Serving breakfast, lunch and dinner.

Serving lunch till late!

Sunday Brunch served from 12 - 3.

Phone for reservations.

Paul Street, Cork City.

Tel: 021 4276455 Fax: 021 4223547

Parking - Paul Street SC. Map Ref B7

CORK CITY RESTAURANTS



LAL QUILA

Recognizing the rich historical heritage and regional diversity of India and Pakistan we offer a selection of regional dishes to share the wonderful flavours of the Punjab, northern India and Pakistan. It is our heart-felt opinion that only the finest food is worth eating. It follows that the ingredients, the preparation, and the cooking must all be of the highest quality. We try to keep this philosophy in everything we do at Lal Quila. Opening times, 12 noon - 2:30 pm for lunch, Dinner 5:30 pm - 11:30 pm Sunday 2 pm - 10 pm Tel: 021 4898574 / 4899570 Old Garda Station, Douglas Village, Douglas, Cork



THAI COTTAGE

Offering authentic Thai cuisine in the heart of Kinsale. Excellent menu, sourcing local produce, and the freshest meats and fish. No MSG Outside catering & Cookery classes No. 6 Main Street, Kinsale Tel: (021) 477 7775



WAGAMAMA

Positive eating + Positive living. Wagamma is a new westernised style Japanese noodle bar, modelled on the ramen shops popular in Japan for over 200 years. We offer substantial portions of freshly made nutritious noodle and rice dishes of the very best quality. Wagamma also provides an extensive choice of healthy meat, seafood and vegetarian pan asian dishes. Main courses, side orders and drinks are ordered at the same time but, unlike conventional restaurants, delivered to your table as soon as they have been prepared. Wagamma is conceived as a non-destinational dining operation therefore there is no need to make a reservation. Wagamma is open 7 days a week. Monday - Wednesday 12.30pm - 10pm, Thursday - Saturday 12.30pm - 11pm, and Sunday 1pm - 10pm. Eat out service menu available. We also have a great value lunch Special menu, which is available Monday to Friday. 4-5 South Main Street. Tel: 021 4278874 Fax: 021 427 8875 Email: cork@wagamama.ie Web: www.wagamama.ie Map Ref C7



ZAK'S

Open seven days & seven nights 8am till late Mix of modern and traditional cuisine with flavours from around the world. Fabulous Food you can eat with the eye! 4 Marlboro St, Cork Tel: 021 490 5692 Parking: On Street & Grand Parade Map Ref C8



Cork's only dedicated restaurant finding service. Coming soon!



NAKHON THAI

Award winning Thai restaurant, noted for its warm atmosphere and authentic Thai cuisine. We have an extensive wine list and imported Thai beer to complement any occasion. The restaurant is fully air-conditioned with convenient parking. Takeaway also available.

Tramway House, Douglas Village. Tel: 021 436 9900 Fax: 021 488 8002 www.nakhonthai.com Convenient parking



prime at Clancy's Bar, Restaurant, Catering

Cork's premier Steak restaurant. We serve the finest maize-fed, Hereford beef fillet, sirloin, T-bone, as well as chicken, pork, fish and vegetarian dishes. 7 days, from 17:30.

Set Menu Special 7 days: €17.95 - 3 courses

15 - 16 Princes Street, Cork City Tel: 021 427 6097

Email: info@clancys-bar.com www.clancys-bar.com

Parking - On street parking or Grand Parade Car Park Map Ref C8



SPICE OF INDIA

Traditional good Indian food and friendly service are the hallmarks of this fine restaurant.

Opening times: 12 noon - 2:30 pm for lunch Dinner 5:30 pm - 11:30 pm Sunday 2 pm - 10 pm. 10% discount on takeaway menu prices!

Looney's Cross, Bishopstown Tel: 021 454 6838 / 4348348



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RESTAURANT TAKEAWAY

Speedy Gonzales

BURRITOS • NACHOS • KEBABS
GYROS • CHILLI

North Main Street, Cork.

SPEEDY GONZALES

Born out of Fast Al's, Speedy's combines all that was fresh and famous from 'FalafAl's' and added the mighty Mexican mouthful, the "Bountiful Burrito". Made to order, the munchies just don't stand a chance.

Special Offer:

Any House Burrito + Any Coke €5
North Main Street, Cork
Parking: On Street Map Ref E5



FAST AL'S PIZZA

Before Fast Al's Corkonians had to make do with Tripe n' Drisheen and Tanora. Then along came Fast Al's and things got fierce flash altogether. Corkonians were now getting pizza by slice with exotic and unique toppings the likes of which they had never seen before. Leesiders were now munching into pizza slice till late 7 days a week. The late night queue for Fast Al's is as much a landmark of Cork as the shakey bridge. Many a Corkonian has met their fella or ol doll in the queue, argued, kissed and made up over a slice on the walk home. Visitors have ordered pizza by the slice in French, Spanish, Korean, Italian, Cantonese and Irish from the cosmopolitan staff with the patience of saints. The price is right so we keep going back and because he sells food fast not fast food we get the good schtuff no muck. Sure its the only Pizzeria in the Irish good food guide and has received praise and plaudits from no less than Ireland's No.1 celebrity chef "Clodagh McKenna" not to mind thousands of happy leesiders, who as anyone will tell you are near impossible to please.

Special Offer: Any Slice + Any Can, Anytime €4

Locations: Paradise Place Map Ref E5
Pembroke St. (by GPO) Map Ref C8

SPORT & LEISURE



INCIDE SURF SHOP

Built by surfers, run by surfers, for surfers...**INCIDE BECAUSE WE SURF**
Incide, 5 Bridge st., Cork.
Tel: 021 450 5077
Web: www.incide.ie
Map Ref A8



INTERNET / PHONESHOP

WEBWORKHOUSE.COM

Internet Cafe & Services Centre
Open 24 Hours 7 Days a Week
8 Winthrop Street, Cork
Just Off Patrick Street
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70 PCs and Apple Mac Computers
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Students get 10% Discount on
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PC & Laptop Repair Centre





The Showgrounds, Skibbereen, West Cork
Saturday July 31st, 2010

The official festival of us, MURPHY'S presents **CORK X SOUTHWEST** returning for a fourth outing on Saturday July 31st, in the gorgeous West Cork town of Skibbereen. Following last year's **HUGE SELL-OUT** success, The Showgrounds will play host to Ireland's best one-day music and arts festival, with an eclectic offering of local and international musicians, bands, DJs, art, drama, comedy, fringe events, the finest West Cork food and cool, creamy pints of **MURPHY'S**.

TICKETS ON SALE NOW!
MARTHA WAINWRIGHT
BONNIE 'PRINCE' BILLY and THE CAIRO GANG
HOT HOUSE FLOWERS | THE FRANK AND WALTERS
MICK FLANNERY | JOHN SPILLANE | LUKA BLOOM
INTERFERENCE | FUTURE TRAD COLLECTIVE | JOHN DALY
JINX LENNON | NEON FLEA CIRCUS | GAVIN MOORE
O EMPEROR | BRAY VISTA | BRIAN DEADY LOW MOUNTAIN
THE HANDSOME FAMILY | KATELL KEINEG | FREEZER ROOM
THE CEILI ALL STARS | TKO | DEAD CAT BOUNCE | TREMBELLING BELLS
TRAMPSTERDAM | THE SOCIAL SERVICES | THE AMBIENCE AFFAIR | L.J HILL

DE BARRA'S SITTING ROOM SESSIONS, THE ECLECTIC TENT DJ'S, COMEDY, ART, DRAMA, FRINGE FESTIVAL, THE VERY BEST IN WEST CORK FOOD

ALL TENTED - 100% WEATHERPROOF!
LIMITED TICKETS ON SALE NOW @ €55 FROM
WWW.TICKETS.IE AND LOCAL OUTLETS

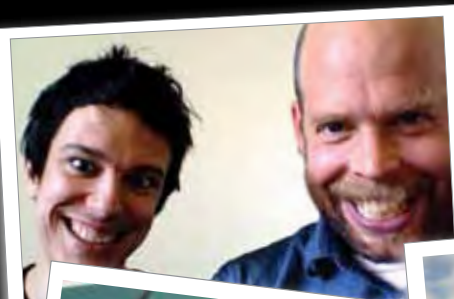
CAMPING AVAILABLE/STRICTLY OVER 18'S

Launching the festival, director Declan McCarthy said "We're delighted to be able to bring Cork X Southwest back for a fourth year and we thank MURPHY'S for their continued support. We've managed to add an international flavour to the line up for 2010 and are honoured to be welcoming artists of the calibre of Martha Wainwright and Bonnie Prince Billy to Skibbereen. Our line-up celebrates the very best music that Cork and Ireland has to offer, with younger artists such as Mick Flannery and O Emperor performing alongside veterans such as Hot House Flowers and Luka Bloom. Here at Cork X Southwest, we have one, simple goal and that's to bring the best musicians and keenest music lovers together for a day and night of damn good music sessions, a creamy pint or two and a belly-full of real West Cork food."

This year's festival site will feature a host of fully weatherproofed stages (just in case!), including the Cork X Southwest Mainstage, De Barra's Sitting Room and the Eclectic Tent. Cork X Southwest is all about a great day out and the music and entertainment will be complimented by some of the finest fare that West Cork has to offer - lashings of hog roasts, organic meats, fresh local produce, sumptuous vegetarian offerings, sweet toothed treats, homemade ice-creams, freshly roasted coffee and much, much more. And of course, no Cork festival would be complete without a few pints of cool, creamy MURPHY'S, the official pint of Cork! To get the town into a party mood, Friday July 30th will see a Fringe Festival take place in venues across Skibbereen - details on this will be confirmed soon. Also take a look at the wonderful Skibbereen Arts Festival, which runs from July 18th to 31st www.skibbereenartsfestival.com

Limited tickets for MURPHY'S presents Cork X Southwest are on sale now and costing €55 including booking fee and are available from www.tickets.ie and a number of outlets in Cork.

Camping is also available on-site and there are plenty of hotels, B&B's, guesthouses, apartments and houses to rent, to suit all tastes and budgets, in and around Skibbereen. It's a wonderful place to spend time in, with gorgeous cafes and world class restaurants, galleries and shops, pubs and clubs and a myriad of places to see and things to do. For further information on MURPHY'S presents Cork X Southwest, log on to www.corkxsw.com and join us on Facebook!



Enjoy MURPHY'S responsibly - visit drinkaware.ie



Kinsale Clipper Stopover CARNIVAL

Kinsale welcomes the
Clipper Round The World Yacht Race to Ireland

Friday July 2nd - Sunday July 4th

Live Music, Street Performers, Artisan Food Market
and the Carnival Parade on Sunday

FREE entertainment for all the family!



CORK COUNTY COUNCIL
COMHAIRLE CONTAE CHORCAI



Kinsale Town Council



Fáilte Ireland
National Tourism Development Authority

