



Food For Thought



PJ Quigley's Bar & Grill

July 2008

HAPPY CANADA DAY!

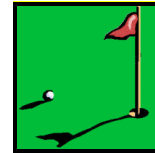


Canada's Birthday means a Gift for YOU!

We're not celebrating our wonderful country for just one day-**it's a month long celebration!** Come join us! You're special to us and we want to thank you for being great customers. So check your mailbox and hurry in-this offer expires on July 31st!

PJ's 7th Annual Golf Tournament

MONDAY SEPTEMBER 22, 2008 - 1PM!



Play in one of the season's most relaxed fun-for-all tournaments! **BBQ lunch, power cart, green fees** (reduced for Cedarhill members) **dinner at PJ's and loads of prizes!** For all the info speak to Andy or Jenn!

Email us at catering@pjquigleys.com.

Psst! Ladies Only "Sex in the City" Party



Royalty Rewards Ladies Only!

This is **YOUR PERSONAL INVITATION!**

Sip on **Cosmos**, treat yourself to a **manicure**, enjoy some of our most delicious **appetizers** and take in an episode of your favorite "Sex in the City" on our Big Screen!

Saturday, August 15, 8:00-11:00pm.

Call to reserve your table 613.820.2969.

Now put on those Manolo's and don't miss it!

Royalty Rewards UPDATE



Every time you spend \$50 or more, you'll receive an email survey to critique your dining experience. Fill it out and receive **50 Bonus Points** added to your account! **Forgot your card?** No problem, just tell us your name and we'll add them to your account.



I am a **Canadian**, free to speak without fear, free to worship in my own way, free to stand for what I think right, free to oppose what I believe wrong, or free to choose those who shall govern my country. This heritage of freedom I pledge to uphold for myself and all mankind.

~ John Diefenbaker (From the Canadian Bill of Rights, July 1, 1960.)

Join Our Royalty Rewards™ Program and Save Every Time You Dine With US!

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It's Not Me, It's You



(Warning: the above statement IS NOT the preferred manner for breaking up with a significant other.)

Hot summer days and warm summer nights, this is the time of year when love is in the air-- well for some of us. Hey guys--don't text your girlfriend that you want to breakup--how rude!

Try one of these terrific lines and make her day!

- "I want someone who can buy me a new car."
- "You're too young for me. I mean, too *old*. We're the same age? Well, that doesn't work for me, either."
- "This just isn't for me. Nothing personal. I want to be able to tell people I'm single."
- "You talked about the future, and that freaked me out. It makes me sick to think about it."

breakinguptips.com

Change is Good...you go first!

*Thank you for completing your Royalty Rewards surveys this month! We don't always get it perfect, but we'll do whatever it takes to make it right! Your feedback is extremely helpful and important to us in delivering the highest levels of quality and service to **YOU** our valued guests.*

"I prefer my **nachos on a big flat plate**, all spread out with the topping spread out... not in a mound." :) -**Christine**

"It would be nice to have **hot turkey, hot chicken and hot hamburger** sandwiches on the menu, other than that everything is great." -**Al**

"Could be improved: Just minor stuff, 2nd beer **took quite a while to arrive**, I probably would have had a third one but I was still finishing the 2nd one after dinner." -**Fred**

"Good food, good prices and great service keep us coming back. The only thing we noted was **the fries were different** from the last time we had them and we prefer the "old" ones that you had been serving." -**May**

PROUD CANADIAN, EH?



Enter this month's trivia challenge for a chance to win a FREE dinner!

1. What percentage of people in Canada speak French only?
 - a) 46%
 - b) 26%
 - c) 13%
2. What is Canada's largest city?
 - a) Toronto
 - b) Vancouver
 - c) Montreal
3. Which of these comedians is NOT from Canada?
 - a) Mike Myers
 - b) John Candy
 - c) Steve Martin
4. What is the biggest bay in Canada?
 - a) James Bay
 - b) Hudson Bay
 - c) Bay of Fundy
5. What, after all, is a Canuck?

Name _____

Email: _____

Complete and drop into our in-house mail box located in the lobby. Winner will be contacted by email July 31st!

Putting Pedal to the Metal Will Cost You

Aggressive driving will cost you—at the gas pump! Speeding, rapid acceleration, and last-minute braking can **lower your gas mileage by 33%** when you're driving at highway speeds. For each 8KPH that you drive over 90 KPH, you'll be wasting about **75 cents more per liter!**

~ www.fueleconomy.gov

Thanks for the Kind Words

"**PJ's is my go-to place** -perfect for dinner with my boyfriend or family or friends, a business lunch, a spot to take out of town'ers who think Ottawa has no soul. I'm always happy to prove them wrong." ~ **Taralyne P.**

"At our most recent experience, my daughter who was with us, made a casual comment about her meal (she was happy with it but it wasn't what she expected). This was immediately passed on to management and was taken with sincere seriousness. This was most appreciated as **it made us feel as if we mattered** and were important." ~ **Mike**

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**You could be the Winner of a
FREE Dinner!
WHERE IN THE WORLD?**



You'll never get this one!

The first **5** people to tell us the correct answer to what country this is in wins a **FREE Dessert** valued to \$4.99, and if you can tell us **SPECIFICALLY WHAT** and **WHERE** this is, you win a **FREE dinner on your next visit, valued to \$10.00!** *Conditions apply!*

**2008 CANADIAN SENIOR BRIDGE
CHAMPIONS**

Congratulations to local resident **Steven Brown** and his bridge partners, on capturing the Canadian Senior Team Championships of Bridge in Montreal in May. Steven and the team will **represent Canada at the 2008 World Mind Sport Games** which are being held in **Beijing, China** this fall. About 3,000 competitors from more than 100 countries will be competing for 35 gold medals in five events.



That's our guy Steve!!

"Canada has never been a melting-pot; more like a tossed salad."

~ Arnold Edinborough

**GAS PRICES END
FAMILY VACATIONS?**



With gas prices topping \$1.50 a liter, this is the year of the **"Staycation."** In its annual summer vacation survey, the CAA said the average North American vacation will cost \$244 per day for two people for lodging and meals. Add some kids and airfare, and a 10-day vacation could top \$10,000, easy.

Wow! Imagine if you spent all that and it rained! Thinking about vacationing at home? Get a great map of Ottawa, — the ones out-of-towners would get and plan a list of activities just as you would if you went to Rome or Athens! If you finish this summer without a pile of vacation debt, you'll have a head start on great trip — next year! *2008 MSNBC Interactive*

**OUR GIRLS STRIKE
GOLD**



Three weeks after winning the Bronze Medal in the Ottawa Internationals Icebreaker tournament, the Nepean City girls were at it again in the ARS Lac St. Louis National Outdoor Soccer tournament, this time winning **GOLD!** The side played with determination and grit, playing some lovely soccer along the way! The final was decided during double overtime, in a sweltering 36C heat! Well done **Brenda, Vanessa, Alison, Erin, Lisa, Rachel, Julia, Danika, Katya, Ashley, Fatima, Madison, Kaileigh** and Field General **Tara!** You Go Girls!

"If you don't think that your country should come before yourself, you can better serve your country by livin' someplace else."

~ Stompin' Tom Connors



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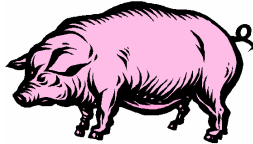
Wordplay

When two words are combined to make a third, the new word is called a "portmanteau" (French for "suitcase"). Can you choose the words that merge to make the portmanteaux in the first column?

smog	1. chuckle	A. recorder
brunch	2. Telephone	B. log
camcorder	3. smoke	C. hotel
chortle	4. camera	D. snort
telethon	5. motor	E. fog
blog	6. web	F. lunch
motel	7. Breakfast	G. marathon

ANSWERS: smog 3E; brunch 7F; camcorder 4A; chortle 1D; telethon 2G; blog 6B; motel 5C

Rib Sheet



Our #1 signature item is "Dem Bones", our tender, juicy Baby Back ribs. What makes one kind of rib different from another? Here's a rundown of ribs commonly found at the market:

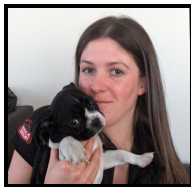
Spare Ribs: cut from the belly section after the part used for bacon has been removed. Meatier than baby backs, cook low & slow with lots of sauce.

Country-style ribs: are actually chops from the end of the shoulder blade. Ideal for BBQ'ing and braising.

Baby Back ribs: are the bones left when the loin has been removed. Less fatty than spareribs, they're best grilled at a leisurely pace in medium heat.

Tips and Recipes every month@ www.pjquigleys.com/food/

Wanted: Your Dog!



Server Jenn with new pup "Rucus"

Enter Our "Dog Days Of Summer' Contest!

For families and their dogs on

Sunday, July 27th from 1-4pm in the parking lot! Prizes will be awarded for Ugliest Mutt, Cutest Dog, Best Dressed individual and team, and most talented.

Sign up before July 25 to take part!

*Prime Minister Pierre Trudeau caused a scandal when opposition MPs claimed that he had mouthed the words "f*** o**" to them in the House of Commons. Trudeau later stated he may have said "fuddle duddle or something like that". -1971*

Choose the Right Sunglasses



When you choose sunglasses, you want something that will help you see well and look good. Here are some tips from B. R. Chou, associate professor of the School of Optometry at the University of Waterloo.

- Look for lenses that block both UVA and UVB rays.
- Grey, green, or brown lenses reduce glare with minimal distortion of colors. Brown is best for driving.
- Polarized lenses cut reflected glare and are good for driving and water sports.
- Hold up the sunglasses and look for distorted reflections on the lens surfaces. These have not been ground or molded properly and will cause headaches.
- Lenses should fit snugly in the frame, with no visible gaps. The frame should be smooth and the hinges sturdy.
- Choose sunglasses that sit close to the eyes to block light from the sides.

6 Secrets to Avoiding Sharks

OK! **Who's afraid to swim in a lake for fear of sharks...** just me? While shark attacks are statistically a rare phenomenon (less than 100 people worldwide each year), fear of a shark attack is still on many swimmers' minds! Shark biologist Dan Huber offers these suggestions to avoid trouble:

- Avoid wearing shiny, metallic objects.
- Don't swim if you have open cuts or wounds.
- Swim with other people, but don't swim with pets.
- Don't swim near bridge pylons, boating channels, or between sandbars; also avoid schools of fish and seals -- these are shark feeding spots.
- Don't swim at night or in murky water.
- If you do spot a shark, exit the water smoothly; frantic splashing will attract the shark.

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CELEBRATE!



HAPPY BIRTHDAY









Joanne Beazley, Simon Blackwell, Liz Cantlie, Andre Cossee, Sid Cratzburg, Bev Goold, Barry Helps, Christine Kou, Bonnie Murdoch, Nancy Treen, and Katherine Vollett!

HAPPY ANNIVERSARY

Claude & Nancy D'Aoust, James & Mary-Louise, Bob & Debra Kirk, Bill & Linda McCormack, John & Joy McNally, Bill & Sue Meehan, Stewart & Grace Shackell, and Don & Chris Tucker!

**To Everyone celebrating Anything this month
Congratulations! Watch your mailbox for your gift
from us!**

July Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Don't forget to bring your postcard!		1 Happy Canada Day! Closed 	2 A new record is set for throwing a Frisbee - 623.6 feet, 1988	3 2 for 1 Fajitas! 	4 US Independence Day 	5 Weekend Breakfast 7:30-2pm
6 Weekend Breakfast 7:30-2pm	7 The Bikini makes its debut 1945! 	8 Kids Eat for \$2	9 Elvis Presley, 19, makes his first record, 1954.	10 2 for 1 Fajitas!	11 Beau's Fish & Chips Fridays	12 Weekend Breakfast 7:30-2pm
13 Weekend Breakfast 7:30-2pm	14 ½ Price Wings after 5 Let's Settle the Score Day	15 Don Juan opens, with the most kisses (127) in a single movie, 1926	16 Guess Who's Back Day	17 2 for 1 Fajitas!	18 Beau's Fish & Chips Fridays	19 National Raspberry Day 
20 Weekend Breakfast 7:30-2pm	21 First Man on the Moon in 1969 	22 Kids Eat for \$2	23 National Hot Dog Day 	24 2 for 1 Fajitas!	25 Beau's Fish & Chips Fridays	26 Weekend Breakfast 7:30-2pm
27 Weekend Breakfast 7:30-2pm	28 ½ Price Wings after 5	29 Kids Eat for \$2	30 You Could Fry an Egg on the Sidewalk Day!	31 2 for 1 Fajitas!		

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