



Food For Thought



PJ Quigley's Bar & Grill

January 2009

ALL-YOU-CAN-EAT SPAGHETTI MONDAY



The Holy Grail of Pasta returns Monday night!

- unlimited bowl of spaghetti pasta with tomato sauce
- add a salad or garlic toast for just \$1.99

**Just \$9.95 for RR
Members- \$11.95 for
non-members**

PJ's WINTER LOBSTERFEST! Saturday January 17, 24 & 31



Your Lobster Dinner Includes:

- 3/4-1lb Lobster
- Baked Potato, Corn On The Cob, roll
- Take Home Alexander Keith's Beer Glass
- Live Entertainment

Just \$19.95 for Royalty Rewards

\$10 TUESDAYS



- Joe's Mushroom Cheddar Chowder

...then choose:

- Cedar Plank Salmon
- Rib-eye Steak
- Pasta with Italian Sausage.

...and for dessert

- Warm Apple Crumble with Caramel Sauce & Whipped Cream.
- Just \$10
(taxes not included)**



PJ's Recession-Proof NYE 2008 HUGE Success

What a way to ring in the New Year! Our Royalty Rewards Members feasted on **FREE** hors d'oeuvres & champagne, a scrumptious three course dinner (just \$25 bucks!) and cheered on the exciting Canada vs. USA hockey game.

It was a party for EVERYONE - the kids in attendance were FANTASTIC! Kudos Moms and Dads for the kids' super table manners ...d'ya think you could come over and straighten out some of those guys at the bar?

Thanks for supporting your "Local" all year.

We wouldn't be the pub we are today without your enthusiasm for our events and parties!

Recession-PHOOEY! Royalty Rewards Members **SAVE \$** when they dine with us!

Check our website for all the pics: www.pjquigleys.com

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

PJ Quigley's Bar & Grill

250 Greenbank Rd., Ottawa, Ontario K2H 8X4 613.820.2969

Open Daily: 11am-1am. Weekend Breakfast: 7:30am-2pm www.pjquigleys.com

**GIVE THEM THE
RECOGNITION THEY
DESERVE!**



*Jenn & Ashley Restaurant
Awards Gala 2007*

**Ontario Restaurant
Association
"SERVICE PERSON
OF THE YEAR" Award**

Jenn & Ashley... no pub in Ottawa is as blessed as we
to have two of the best servers in the business.
Deservedly, both are Ontario Restaurant Association
Hall of Fame members. **Why Vote?**

*They make every guest feel special, because they go
above and beyond the call of duty, everyday!*

**HOW CAN YOU VOTE FOR
"SERVICE PERSON OF THE
YEAR?"**

Write a short story (100 words or less) describing your
great service experience and e-mail it to:

topservice@restaurantawards.ca

The Ottawa Citizen will choose the most compelling
service story for the winner

The winners will be announced at the Ottawa
Restaurant Awards Gala on Monday January 26th.

DEADLINE for submissions: January 19th!

READ THIS!
IT'S ABOUT YOUR PUB!



OTTAWA RESTAURANT AWARDS

**DEFEND YOUR TITLE
AS
"Ottawa's Favorite
Restaurant"!**

The call for nominations has been
made!

VOTE!

PJ Quigley's Bar & Grill as your
favorite place to dine in Ottawa!

Go to: www.restaurantawards.ca

or email

topservice@restaurantawards.ca

Thanks for Your support!

YEAH, BUT WE LOVE OUR JOBS...

"Oh, you hate your job? Why didn't you say so?
There's a support group for that. It's called
EVERYBODY, and they meet at the bar."

- Drew Carey

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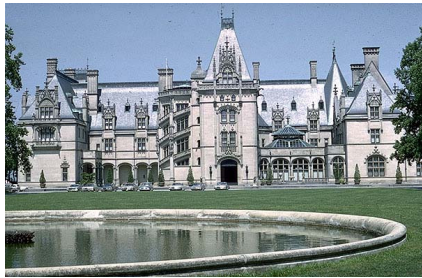
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**You could be the Winner of a
FREE Dinner!
WHERE IN THE WORLD?**



The first **5** people to tell us the correct answer to what country this is in wins a **FREE** Dessert valued to \$5.99 and if you can tell us **SPECIFICALLY WHAT and WHERE** this is you win a **FREE** dinner on us, valued to \$11.50.

Tire Pressure and Cold Weather

If Ottawa experiences a sudden cold snap, check your tire pressure, advises automotive experts **Active Green + Ross, in Bells Corners.** Under inflated tires are dangerous, and tire pressure decreases by about one pound per square inch for every 10-degree drop in outside air temperature.

Entertainment Awards Quiz

Match the Award To The Entertainment Field:

- | | |
|------------|-----------------------------|
| 1) Tony | A. Television |
| 2) Grammy | B. Canadian movies |
| 3) Obie | C. Radio broadcasting |
| 4) Emmy | D. Music |
| 5) Genie | E. Broadway theater |
| 6) Oscar | F. American movies |
| 7) Peabody | G. Off Broadway productions |

Answer Key:

1E; 2D; 3G; 4A; 5B; 6F; 7C

Watch the Oscars here

Global Good Luck Traditions

Here's a look at some good luck rituals from around the world. They're believed to bring good fortune and prosperity in the coming year.

WALES - At the first toll of midnight, the back door is opened and then shut to release the old year and lock out all of its bad luck. At the twelfth stroke of the clock, the front door is opened and the New Year is welcomed with all of its luck.

SICILY - An old Sicilian tradition says good luck will come to those who eat lasagna on New Year's Day, but woe if you dine on macaroni, for any other noodle will bring bad luck.

SPAIN - In Spain, when the clock strikes midnight, the Spanish eat 12 grapes, one with every toll, to bring good luck for the 12 months ahead.

JAPAN - The Japanese decorate their homes in tribute to lucky gods. One tradition, Kadomatsu, consists of a pine branch symbolizing longevity, a bamboo stalk symbolizing prosperity, and a plum blossom showing nobility.

UNITED STATES - The kiss shared at the stroke of midnight in the United States is derived from masked balls common throughout history. Traditionally, masks symbolize evil spirits from the old year and the kiss is the purification of the New Year.

NORWAY - Norwegians make rice pudding at New Year's and hide one whole almond within. Guaranteed wealth goes to the person whose serving holds the lucky almond.

The Gift of Warmth



PJ Guests Give and Give Some More...

Thanks Jill & Paul Marchand (pictured above with 6 hats knitted by Jill) and everyone who contributed winter hats & mittens to decorate our Christmas this holiday season. We received enough warm clothing to fill a big bag and they will be given to the **Ottawa Inncity Ministries** to give to the less fortunate living on the streets of downtown.

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Step Right Up

What would prompt you to walk more than 2,000 steps, the equivalent of a mile, per day? According to a Stanford University study, simply monitoring how many steps we take with a pedometer increase our physical activity by 27 percent! This in turn, can help with weight loss and improved blood pressure. Using a log to keep track of the number of steps taken is another important aspect of getting and staying more active.

Water World

Water covers approximately 70 percent of the world's surface. So you would think finding potable water would be easy. Only 2.5 percent of the Earth's water is fresh and suitable for consumption! More than two-thirds of fresh water is locked away in glaciers and not available to help meet the growing demands for fresh drinking water.

TAX FREE SAVINGS!

Thanks RR Member Mark Freedman, CFP, of **M.D. Currey Insurance Agencies Inc.**, for sending us this release from the Department of Finance, 2008 Federal Budget.

*"On January 1, 2009 a new savings vehicle called a **Tax-Free Savings Account (TFSA)**, becomes available to Canadians. Whether you are saving for the short term (0-5 years) or for the longer term (6 years and beyond) a TFSA can be a valuable addition to your financial plan. **It's the single most important personal savings vehicle since the introduction of the Registered Retirement Savings Plan (RRSP).**"*

Starting in 2009, Canadians aged 18 and older can save up to \$5,000 every year in a TFSA.

- Contributions to a TFSA will not be deductible for income tax purposes but investment income, including capital gains, earned in a TFSA will not be taxed, even when withdrawn.
- You can withdraw funds from the TFSA at any time for any purpose.
- The amount withdrawn can be put back in the TFSA at a later date without reducing your contribution room.
- Contributions to a spouse's TFSA will be allowed and TFSA assets can be transferred to a spouse upon death.

Source: <http://www.budget.gc.ca/2008/pamphlet/>

No Peeking \$5,000 Giveaway

Don't Forget Your
Christmas
Present From Us!



Don't forget to bring in your UNOPENED red envelope on your next visit...inside that envelope is a bunch of FREE stuff!
Deadline is February 15th!

"My grandmother is eighty and still doesn't need glasses. Drinks right out of the bottle."

- Henny Youngman

Orange Juice May Offer Arthritis Protection

It turns out that a glass of orange juice may be just the ticket for helping protect you from rheumatoid arthritis. Dr. Alan Silman at the University of Manchester in the United Kingdom recently conducted a study indicating that the vitamin C and carotenoids beta-cryptoxanthin and zeaxanthin found in orange juice can reduce your risk of developing arthritis and slow painful progression. So sip some juice or eat an orange for a healthy start to your day.

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Celebrate!

Happy Birthday!

Moe Deveau, Joanne & Mitchell Dorans, Dan Doyle, Ward Foss, Michelle Hamelin, Debra Kirk, Leslie Macfarlane, John McNally, Judy McNeil, Janet Scharfe, Stewart Shakell, Paula Shaver, & Gary Shechtman!

Happy Anniversary!

Debora & Andre Cossee, Howard & Regina Grant

To all our Royalty Rewards Members celebrating anything this month, Congratulations!

Watch your mailbox for your gift from PJ's!

~ January Calendar of Events ~ *specials after 5pm*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 New Years Day	2 National Chocolate Cake Day	3 Festival of Sleep Day
4 Weekend Breakfast 7:30-2pm	5 National Bird Day	6 Cuddle Up Day	7 National Hugging Day	8 Bubble Bath Day	9 Fun at Work Day	10 Weekend Breakfast 7:30-2pm
11 Weekend Breakfast 7:30-2pm	12 ALL-YOU-CAN-EAT SPAGHETTI MONDAY 	13  \$10 Tuesday	14 Dress Up Your Pet Day	15 Be Fancy! Take \$3 Off Our Famous Fajitas! 	16 Beau's Organic Lager Fish & Chip Day 	17 LOBSTERFEST Live Entertainment 
18 Weekend Breakfast 7:30-2pm	19 ALL-YOU-CAN-EAT SPAGHETTI MONDAY 	20  \$10 Tuesday	21 Milk was delivered in bottles for the first time in 1878	22 \$3 Off Our Famous Fajitas!	23 Beau's Organic Lager Fish & Chip Day 	24 WINTER LOBSTERFEST Live Entertainment
25 1 st Supper Bowl was played in 1967. Green Bay defeated Kansas City. 35-10	26 ALL-YOU-CAN-EAT SPAGHETTI	27 	28 Eskimo Pie Patented in 1922.	29 \$3 Off Our Famous Fajitas!	30 Beau's Organic Lager Fish & Chip Day	31 WINTER LOBSTERFEST Live

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What's Inside...

Return Your NO PEEKING Envelopes!

*

How to Order Food and Never Leave Your Car

*

Relax and Use Your Bonus Gift Certificates

*

Global Good Luck Traditions for the New Year

*

Do You LOVE to Shovel Snow?

*

You could be the Winner of a FREE Lunch or Dinner!



Platinum Plate Award
Winner 2007



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Voted by YOU!"



A guaranteed investment every time you dine.

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