



# Food For Thought



PJ Quigley's Bar & Grill

May 2009

## “Savor the Tulips” A Huge Success!



Joe Price of Sparks Street's "Toss it up, fresh to go"

Saturday May 2, 2009 - **Foodmode Magazine**, publication of all things restaurants in Ottawa, invited our downtown restaurant, **Toss it up, fresh to go**, to participate in an afternoon service of cocktails and food in the beautiful Mirror Tent outside City Hall. The event kicked off this year's **Tulip Festival!** 350 passionate foodies savored delights from Restaurant Eighteen, Whalebone Catering, The Red Apron, Cordon Bleu Signatures Restaurant, Kinki, Lago and Pelican Fishery & Grill. Toss it up's Joe, Andy & Chef Paul Skinner served guests a **Smoked Angus Beef Salad with Canadian Maple dressing and Dark Chocolate & Cognac Rice Crisp Squares**.

## LIVE & UNPLUGGED



'AK' of "Comfortably Numb" -Canada's Pink Floyd Show

PJ's is thrilled to present **Azim Keshavjee**, creator "Comfortably Numb", Canada's Pink Floyd Show, performing a special night of acoustic Pink Floyd classics and a sneak peek of his recent solo release "Outside the Cage" and more!

An SRB alumni, Azim's music is a blend of mind-altering experimental rock that touches on elements of '70's progressive and eastern beats and rhythms, that celebrate Azim's heritage and experience as a performer and has generated international interest in his music. His tribute show-"**Comfortably Numb**"- '**Canada's Pink Floyd Show**' is considered one of the best in the world. Live & unplugged!

**Saturday May 30 @ 9pm**  
**Tickets \$10.00 at the door**

## New Menu This Month!



*New Appetizers, New Pastas and Salads,  
New Sandwiches, Burgers and more...*

## I Mom

Reserve for Mother's Day Today!  
Join us for Breakfast, Lunch or Dinner.  
Reservations recommended.

**Sunday May 10<sup>th</sup>**

**RSVP by calling: 613.820.2969**

## THANKS FOR THE KIND WORDS!

*"First time for my mother and father. As always food was prepared to perfection. Service was excellent considering the large table seated at lunch." Chris Harrington*

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## Preserving Memories



According to Ottawa Police and Fire Departments, photo albums are the number one possession that people regret losing in a flood or fire. They recommend putting photo negatives or CDs in a watertight envelope and placing it in a fireproof box.

## How to Impress Mom

(Hint: Don't just buy a card)

Doesn't mom deserve more than that crappy grocery store greeting card you bought five minutes before you're expected to her house for dinner? Trust us; here are 4 ideas for a personal, thoughtful gift she'll love you for!

- **A photo album.** Fill it with pics that mean something to her: pictures of your family, pets, and places you've lived, as well as quotes, ticket stubs, postcards, etc.
- **A tribute video.** Use your digital camera to record a sincere message. Mix it into a montage of photos and her favorite songs.
- **A special class.** Enroll her in a seminar on something she loves or has always wanted to do. Get back double love by adding a gift that goes along with it, like a sketch pad if you're signing her up for an art class!
- **Dinner.** BE HER HERO! Bring Mom to eat at PJ's!

*"Really, I'm acting just like my mother? Because making a point of telling me that is something your mother would do." ~ Heather Armstrong*

## 8 Things Our Mothers Taught Us.



When we were kids, our moms were hard working, no-nonsense women, who doled out discipline and affection in equal portions. We like to think we learned a thing or two from them!

The guys and girls who serve you everyday have great moms too! Thank You to the moms of every PJ crew member for raising great kids.

Here's just a few reasons why:

*"The staff remembers our drinks order before we even order." Alan F.*

*"It's always pleasant at PJ's and the staff is great." Micheal C.*

*"Always great to be at PJ's. We love the people and the food!" Susan H.*

*"Keep your friendly staff around, they are the best in the city!!" Gary S.*

### 8 Things Our Mothers Taught Us

1. Be Kind
2. Family is Everything
3. Be Positive
4. Take Chances
5. Share
6. Stand Up For Something
7. Laugh and Adjust
8. No Means NO!

Mom was right about this too: Always be yourself, and someone will love you exactly as you are.

## THANKS FOR THE KIND WORDS

"I love the atmosphere, it's not crowded or loud, you can actually hear your companion. It's nice and the music selection was great too!" ~ **Cara W.** "Amazing Food, Amazing Staff. Keep up the good work!" ~ **Brenda A.** "Great to visit with friends over food & drinks!" **Paul O.** "Keep on doing what you are doing - we keep coming back....we are there 2/3 times per week. Great friendly staff and great food....keep it up." **Jeff & Theresa** "Always a fun and tasty place to visit where you are well served." ~ **Lisa L.**

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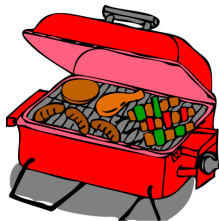
## What's Missing?

This is an unusual paragraph. I'm curious how quickly you can find out what is so unusual about it. It looks so plain you would think nothing was wrong with it. In fact, nothing is wrong with it! It is unusual though. Study it, and think about it, but you still may not find anything odd. But if you work at it a bit, you might find out. Try to do so without any coaching!

Answer Key:

Not once did we use the letter "e," the most commonly used letter in the alphabet.

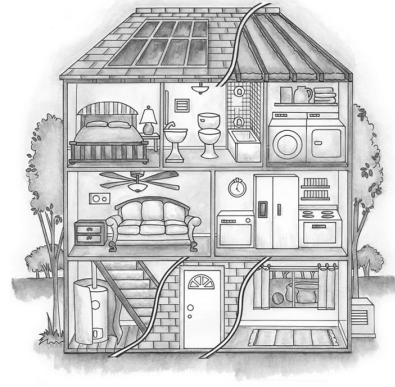
## Start the Summer Right with Grilling Safety Tips



For many of us, Victoria Day weekend is prime time to grill burgers in the back yard. Don't let your enjoyment turn into a trip to the emergency room. Safe grilling calls for preparation. Take some simple precautions:

- **Choose the right location.** Position your grill a safe distance away from home siding and deck railings, and out from under eaves or tree branches. Establish a three-foot safety zone to protect pets and children from burns.
- **Be prepared for emergencies.** Keep a spray bottle or a fire extinguisher within reach to prevent a flare-up from spreading. Clean out the bottom of your grill thoroughly after each use to get rid of grease that can build up quickly.
- **Handle food carefully.** You can reduce cooking time by preheating your food in the microwave, but be sure to start grilling it immediately. Keep a thermometer handy to check food temperatures (165° F is a good internal temperature for most meats, but check your cookbook to be certain). Don't place food on the same plate you used to carry it out to the grill— unless you wash it thoroughly with hot, soapy water—as it might otherwise retain dangerous bacteria. Use a clean platter to serve the finished meal.

## Winning the Real Estate War



### *Home Staging is the Secret!*

Potential homebuyers know within the first 30 seconds they are in a house if it is going to be their home. It's an emotional decision. Home staging professionals specialize in knowing what motivates potential buyers.

*"Getting a house ready to live in and getting a house ready to sell are two totally different things," says Tracey Green, owner of Elements & Design. Her new company, located in Barrhaven, specializes in interior decorating & home staging. "Home staging is about making a house crisp and clutter-free, so people can connect with the home. Done right, it helps your place sell faster and for more money."*

How much more? Coldwell Banker Realty tracked 2,772 properties, ranging in price from \$229,000 to \$4.8 million, in eight major cities. It found that while the average home was on the market for nearly 31 days, the typical staged home sold in less than 14 days. And while the average home sold for a mere 1.6% over the seller's asking price, the staged homes went for a hefty 6.3% more. (*MoneySense Magazine, May 2008*)

Home staging pros like Tracey perform their magic by playing up the best features of your house. They rearrange artwork on the wall, pack up your prized bowling trophies and clear out your son's high chair. Call a professional for a quote and get the premium price for your home!

Elements & Design Interiors  
613-825-8929  
tracey@elementsanddesign.com

## Want to Burn 100 Calories?

You can burn an extra 100 calories just by performing these everyday things around the house:

- Climbing stairs for 15-20 minutes
- Doing housework for 20 minutes
- Gardening for 25-30 minutes
- Washing the car for 20-30 minutes
- Dancing for 20 minutes

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## UPGRADE YOUR HOME AND SAVE MONEY!



### Thinking of doing some home renovations this year?

Take advantage of the new Home Renovation Tax Credit (HRTC) offered by the Federal Government.

You can claim a non-refundable tax credit on your 2009 income tax return based on eligible expenditures incurred for work performed or goods acquired from January 28, 2009, till January 31, 2010. The list of eligible expenses for the tax credit includes:

- renovating kitchens, bathrooms or basements
- new carpeting or flooring
- building additions, decks, or retaining walls
- installing furnaces or water heaters
- interior and exterior painting
- driveway resurfacing.

Ineligible expenses include purchasing new furniture, appliances, tools, and service like carpet cleaning.

For example, you just spent \$10,000 (not including GST and PST) renovating your kitchen. Deduct the \$1,000 base amount and then multiply by 15%. This would give you the maximum tax credit of \$1,350 that can be deducted from your 2009 Federal income tax. Just remember to keep all your receipts. While your home is under renovation, stop by PJ Quigley's for dinner! For more information visit :<http://www.cra-arc.gc.ca/hrtc/>

**Mark Freedman BA, MA, CFP**  
**Freedman Financial Solutions**  
**Investment & Insurance,**  
[www.freedmanfinancialsolutions.com](http://www.freedmanfinancialsolutions.com)

## A Hole in One!

For golfers, getting a hole in one is one of the highest achievements of the game. The **National Hole in One Association** (yup, there is such a thing) estimates the typical amateur golfer (on a par three hole) hits a hole in one, once every 12,750 shots. The best amateurs ace one every 7,500 shots. Professional golfers hit a hole in one about once every 3,750 shots!

## Time for Something Good



EXTRA! EXTRA! The recession will end sooner than expected and the world will be spared a flu pandemic!

Now that's GOOD NEWS!

This month we want to trade FOOD FOR GOOD NEWS! Royalty Rewards members, watch your in-box this month for your "**Time for Something Good**" gift in the e-mail blast. Send us your GOOD NEWS!

Share with us your cheerful messages! Anything from the birth of a grandchild to sentiments like, "I'm glad I'm not cooking tonight!" We'll send you a FREE, no-strings attached appetizer certificate. Now that's GOOD NEWS!

## The Secret to Surviving that Long Day at the Office...



Your boss is a bone-head and your co-worker drives you nuts. The last thing you want to do after a brutal day at the office is slap together a half-hearted meal. Instead, why not pick up one of our signature entrees, a salad and garlic bread for take-out? Sounds pretty good, huh? Now, settle onto the couch, just in time for the puck drop or your fave TV show.

Imagine! None of the anxiety of "*what-am-I going-to-make-for-dinner-the-fridge-is-bare-again*" and no cooking or dishes to wash!

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**CELEBRATE!**

**Royalty REWARDS**

**HAPPY BIRTHDAY:**

Violet Albery, Murray Baldock, Joan Bethel, Ernie Hughes, Jill Hnatyshyn, lat Chio Kou, Ted McNeil, Paul Obeda, Joan O'Brien, Evie Rajzman, David Rimell, Donna Talon, Cathrine Sprysa, and David Twigg!

**To All Our Valued Members Celebrating a Birthday or Anniversary in May, Watch Your Mailbox for Your Gift from Us!**

Canada's funniest Political Cartoonist Graeme Mackay's work can be seen in the The Hamilton Spectator. Join his Facebook Fanclub! or at [www.mackaycartoons.net](http://www.mackaycartoons.net)

### May Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 <b>Fresh Fish &amp; Chips</b> 	2 <b>Tulip Festival Begins to May</b> 
3 Weekend Breakfast 7:30-2pm 	4 <b>"Time for Something Good"</b> <i>Food for Good News!</i>	5 <b>CINCO DE MAYO</b> 	6 <b>No Socks Day</b> 	7 <b>3 Bucks off our Famous Fajitas</b>	8 <b>Fresh Fish &amp; Chips</b> 	9 <b>NEW MENU RELEASE PARTY 5:00pm</b> RSVP
10 <b>MOTHERS DAY</b> 	11 <b>"Time for Something Good"</b> <i>Food for Good News!</i>	12	13 The Ringling Brother's Circus Opened in 1884 	14 <b>3 Bucks off our Famous Fajitas</b>	15 <b>Fresh Fish &amp; Chips</b> 	16 <b>Ken Brown Band 8-11pm!</b> Fundraiser no cover
17 Weekend Breakfast 7:30-2pm 	18 <b>"Time for Something Good"</b> <i>Food for Good News</i>	19 <b>Kids Eat for a Twoonie Tuesday</b>	20	21 <b>3 Bucks off our Famous Fajitas</b>	22 <b>Fresh Fish &amp; Chips</b> 	23 Weekend Breakfast 7:30-2pm 
24 / 31 <b>May Long Weekend!</b> <b>Regular Hours</b>	25 Grace Annie Lockhart 1st Woman To Earn A University Degree In Canada.	26 <b>Kids Eat for a Twoonie Tuesday</b>	27 Enter our Royalty Rewards "Diner's Choice Award" Contest for Best Guest Recipe	28 <b>3 Bucks off our Famous Fajitas</b>	29 JFK was born in 1917 	30 <b>"Comfortably Num"</b> <b>Unplugged</b> 8:30pm \$10 cover

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