



I ♥ Dad's Month

June 2009



Attention all DADS FREE



Duct Tape on Father's Day!!

Dad- can you add to our list of uses for Duct Tape?

- Fix broken tail light on vehicle.
- Reattach rear view mirror.
- Band-Aid for really big cuts.
- Toilet paper.
- Taping annoying people to walls, floor, or ceiling.
- Hold up exhaust pipe (doesn't last very long).
- Putting up Christmas lights (easy removal).
- Add several layers to your car's bumpers for a much safer ride.

FREE roll of duct tape for Dad on Father's Day!

NEW MENU

Great Events...

Need we say more...



Are you as excited as we are about this month's special events line up? Have a look...

LOBSTERFEST JUNE 8-21!

Enjoy traditional lobster dinner every night after 5pm. In addition to fresh, hot East Coast lobster, order from our special summer fair food menu.

Special Price for Royalty Rewards Members!

SATURDAY NIGHTS

LIVE ENTERTAINMENT 6-9PM!



Coupons & Certificates not valid on Lobster dinner.

June 8-21st - Lobsterfest every night after 5pm

June 13 & 20th - Live Entertainment 7-10pm

June 21: Father's Day Breakfast & Dinner

June 22: ½ price wings tonight only!

June 23: Hit Me & Win! *Play 21 with your server for great prizes!*

June 24: Rib-Eye Steak & Fries for just 10.00!

June 30: Canada Day Eve Bash! *Party on at PJ's before the big day*

"The checkout clerk called me Mr. Allen. I chuckled and said, "Mr. Allen is my father! And dead. To me. And the reason I'm buying this beer." ~ Woody Allen

People are Talking ...

"We keep coming back, week after week. The food and service is excellent. The hospitality is personable, right from the moment you enter - it's like that good old comedy sitcom Cheers - "where everybody knows your name." It's great to see the owners and management involved in the service ensuring that your meal is to your satisfaction..." **Best Regards, Jeff & Theresa**

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

PJ Quigley's Bar & Grill

250 Greenbank Rd. Ottawa ON - 613.820.2969 - www.pjquigleys.com

Open daily at 11am - Weekend Breakfast - 7:30am-2pm

More Ways to Enjoy Your Golf Game



Golf is great exercise, but it can cause injuries if you don't take precautions. Try these tips to help you perfect your swing, without getting bent out of shape!

- Use clubs appropriate for your height and weight.
- Take a lesson to learn the proper techniques to protect your back.
- Wear golf shoes with good arch support and shock absorption, to increase your comfort and enjoyment.
- Warm up before playing. Take a brisk walk and do some gentle stretches to prep your muscles.
- Pull, don't carry, your golf bag.
- Drink lots of water and avoid smoking and alcohol while you play, since these can dehydrate you and cause fatigue.

End your round with a proper cool down stretch before you hit the **19th hole at PJ Quigley's!**



Twitter Your Dinner

How about a Tweet that could actually get you dinner? That's certainly worth following. Follow PJ's Twitter, and keep an eye open for a trivia question from us. For example, we might ask, "Can you name the bar in Baja where they hang you upside down from a fish hook while they serve you drinks?"

When you see our question, answer quickly, because the first five people to answer correctly will get a PJ's gift certificate worth \$25.

We are "pjpub" on Twitter!

From The Mail Bag:

"Joe! Congratulations on getting **dragged into the Larry O'Brien trial!** There's no such thing as bad publicity...I would suspect your website received a surge in hits after being mentioned in the **Ottawa Citizen - Larry O'Brien Trial Twitter pages.**" ~ James G.

The Top 10 Reasons Fundraising Is Better at PJ's!

- 10) You won't have to give up a Saturday to wash cars.
- 9) You won't have to ask volunteers to give up their Saturday to wash cars.
- 8) You won't have to buy up all the candy bars you couldn't sell.
- 7) You won't have to go door to door in unfamiliar neighborhoods selling candy bars in the first place.
- 6) You won't have to sell anything.
- 5) It's easy. All you have to do is print up a flyer to tell your supporters when to eat at PJ Quigley's.
- 4) You get **10% of all the pre-tax sales** from any supporter who eats at PJ's and brings in the flyer identifying your team, club or group.
- 3) You will be the HERO for thinking of something so simple to raise money.
- 2) Everybody has a great meal, and a great time.
And the # 1 reason fundraising is better at PJ's...
- 1) PJ's does all the work!

Call Chris for details and to get your fundraiser started - **613.820.2969**

Things You'll Never Hear Dad Say

- Darnit ... I'm lost. Can you believe that? I'll just stop here and ask directions.
- Sweetie, now that you've turned 13, I think you should be allowed to do whatever you want.
- I really like the attitudes of your friends. They seem angry and disrespectful and I see the value in that.
- I just want you to have my credit card and new car so that you can have a great time. No curfew. Go ahead, go wild!
- While your mother and I are away for the weekend, I thought you might want to have a party. Here's the key to the liquor cabinet.
- I think a tattoo of the devil would look great on you. Let's go down to the parlor—I'm paying.
- You don't need to work for your spending money. Shoot, I make enough. How much do you need?

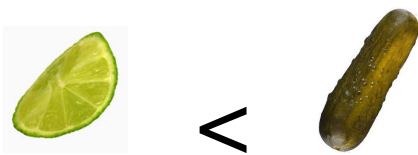
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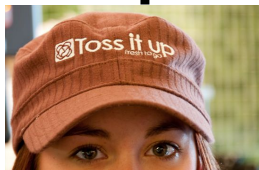
LIME VS. PICKLE



A wedge of lime is served alongside each and every one of our **Oriental "Mushu" Stir Fry Bowls**...a squeeze of which enhances the flavor perfectly! Did you know the lime wedge can also be used as a first line of defense against anyone lusting after your stir fry! **One shot to the eye**, and they'll be backing off instead of reaching for your plate. This makes a lime wedge much more useful than its deli cousin, the dill pickle.

Try "Mushu" with NEW Bud Light Lime!

Toss it up-date...



*This just in from
Senior columnist & Blogger Paul Wells
at MacLean's Magazine.*

Taken from the blog, "Inkless Wells, Thursday May 21, 2009

"We've come to **expect a mob at Toss It Up** on Sparks St. whenever the *Maclean's* crew heads over for lunch, a not-infrequent occurrence.

Recession-proof formula for a successful Ottawa restaurant:

- Crowded
- Loud
- Staff shouts numbers at odd intervals
- There are forms to fill out
- Establishment name evokes thoughts of regurgitation
- Food's good.

Apparently the last point trumps the others.

"If a man speaks his mind in the forest, and there's no woman around to hear him, is he still wrong?"

~Sir Ken Robinson

****Ron Eade, Ottawa Citizen food editor's blog** enjoyed some lively discussion on the topic of foie gras, and the treatment of farm animals in its production. Personally, we don't eat foie gras, but we don't eat at chain restaurants either. (That about sums up our militancy on the subject.)

Here's what's been going on: *"The Ottawa Animal Rights Defense League chalked up another victory in the anti-foie gras debate, as Luxe Bistro in the ByWard Market has agreed to stop serving foie gras on its menu. Stella Osteria, Blue Cactus & Beckta Food & Wine are also foie gras free."*

Our take...

Shame of the Wine Industry:

EXPOSED!!!



Exposed: The horror of wine penning

"It is our sad duty to bring to light a particularly hideous practice that goes on behind the gloss of the retail wine business. A practice so cruel, so inexplicably wanton, we're sure it will trigger a firestorm of consumer outrage that will be felt from Niagara to New Zealand. We're speaking here of the scurrilous practice of **bottle engorging and wine penning**.

For decades vintners have been forcing wine down the unsuspecting open throats of bottles and stuffing their gaping mouths with corks, not allowing the wine to breathe! As if not cruel enough, winemakers then force wines to live in crates, often cramming up to 12 bottles to a single crate. They're forced to stand erect and endure often weeks-long journeys in stuffy cargo holds.

Sadly, these practices have become so commonplace in the industry that they are now fully accepted. However, a small band of conscientious wineries, wholesalers and pubs are battling to bring consumers **Free-Range Wines** that are permitted to forage freely in the vineyards. These wines are gently gathered whilst slumbering, then shipped uncorked in a roomy pen where they freely associate with others of their kind. At PJ's we proudly stock only **free-range, humanely treated wine**. We welcome you to taste the difference!



Free-range wines foraging in the wild

Disclaimer: We'd just like to say right here that the above article is purely satirical.

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HAPPY BIRTHDAY:

Larry Brunet, Lisa Bodnoff, Cristina Derrick, Jim Dorrance, Matt Helps, Deanna Mahood, Judy Phair, Grace Shackell & Jim Tiller.

HAPPY ANNIVERSARY:

Alan & Gloria Berish, Liz & Colin Cantlie, Gary & Susan Card, Pauline & Ray Carr, Dick & Joan Chiarelli, Jim & Phyllis Davis, Bessi & Sotiris Giovanopoulos, John & Bev Goold, and Ed & Vicki Steenhorst.

To Everyone Celebrating This Month...Watch Your Mailbox For Your Gift From Us!

JUNE CALENDAR OF EVENTS ~ SPECIALS AFTER 5PM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	1	2	3	4	5 Fish & Chips Fridays	6	
7 Weekend Breakfast 7:30am-2pm 	← Lobsterfest Every Night June 8th - 21st after 5:00pm →					12 Fish & Chips	13 Lobsterfest Live Entertainment! 6-9pm after 5pm
14 Weekend Breakfast 7:30am-2pm 	15				Fish & Chips	20 Lobsterfest Live Entertainment! 6-9pm 	
21 Father's Day! 	22 ½ Price Wings Are Back Tonight Only!	23 Hit Me & Win! 	24 10oz. Rib-Eye Steak & Fries special RR members only	25	26 Fish & Chips	27 Weekend Breakfast 7:30am-2pm	
28	29 <i>Six months 'til Christmas!</i>	30 "Canada Day Eve" Bash!	JULY 1 Canada Day CLOSED! 		<div style="border: 1px dashed black; padding: 5px;"> PJ'S is ON FIRE! <i>Sizzlin' Summer of Food Festivals!</i> </div>		

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