



# Food For Thought

February 2008



## FREE Kisses In February



We are true romantics here at PJ Quigley's. If you come to visit us any time in February you will receive a kiss from your server!  
We're not kidding!

Kisses for Mom, Kisses for Dad,  
Kisses for the Kids!  
Even an Extra Kiss for Your Valentine!

At PJ Quigley's Bar & Grill you get Great Food  
and FREE Kisses –  
Because YOU are a valued Valentine!

## WE ♥ JENN!



At the time of this writing, the results for "Ottawa's Favorite Restaurant of the Year" and "Service Person of the Year" had yet to be announced. No matter the outcome, your #1 favorite server Jenn, is your clear choice as the winner!

"She's one of the reasons the place is so great. She's a real pro!" ~ *Elliot E.*

"Jenny always has a little buzz happening in the place when she's working." ~ *Gwen M.*

"Jenn is the kind of service person you wish you had wherever you might go...she is by far, the fastest server I have ever come across..!" ~ *Judy H.*

"Jenn is very efficient, friendly and remembers what you drink each time you go. My husband liked a certain type of beer; Jenn requested that it be added to PJ's selection. It is always there for him.."  
~*Christine T.*

"Always a smile and a reserved table in front of the big screen, our drinks arrive before we sit down. Despite the crowd, she always makes time to make us feel comfortable and welcome...I hope she wins because she deserves the recognition. I think camaraderie and class should be mandatory attributes for a sports bar and Jenn fits this profile better than anyone I know." ~ *David G.*



## SUPERBOWL SUNDAY FEB 3, 3PM

### PATRIOTS VS. GIANTS!

- \$\$\$ Pools- \$5-\$10-\$100
- Official Gear Giveaways
- 6<sup>th</sup> Annual Chicken Wing Eating Contest
- Awesome Appetizer Buffet

This is an annual SOLD OUT event! Call and reserve a seat today!

**613-820-2969.**

### **JENN & PJ's WANT TO THANK YOU!**

On behalf of everyone at PJ's we want to **THANK YOU** for your support during our campaign to win "Ottawa's Favorite Restaurant" Award. Be sure to **check your inbox this month** for an **OUTRAGEOUS** thank-you offer from all of us! It'll be very tasty!

**Join Our Loyalty Program and Save Every Time You Dine With US!**  
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www.pjquigleys.com

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## Brain Teaser.

Can you name 10 body parts that are only 3 letters long? None of them are slang...

Q. What did the elephant say to his girlfriend?

A. "I love you a ton!"

Q. What did the French Chef give his wife for Valentine's Day?

A. A hug and a quiche!

Q. What did the boy pickle say to the girl pickle on Valentine's Day?

A. You mean a great dill to me!

## How to Win at Office Politics

Ever had a situation at work that you weren't quite expecting? Well, that happened to Kendra Nelson (*"Wanted: Workers who play well with others," an Associated Press story on CNN.com, www.cnn.com*) when she was working construction. Male workers were sauntering over and helping themselves to her tools whenever they pleased. Did she fight with them, dress them down or just plain give up? Not a chance! Nelson let her creativity reign and painted all her tools *hot pink*. Problem solved! Later at a job interview when she was asked to tell about an experience at work she hadn't expected, she told her "pink story." It was enough to land her a job as a deck hand at an adventure cruise company. What's she doing today? She's just been named assistant expedition leader in Antarctica!



"My wife and I have the secret to making a marriage last. Two times a week, we go to a nice restaurant, a little wine, good food..... She goes Tuesdays, I go Fridays."

~Henny Youngman



Getting married is a lot like going to a restaurant with friends. You order what you want, and then when you see what the others have, you wish you had ordered that.

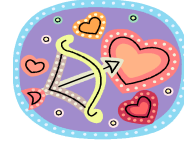
~Anonymous.

## People Are Talking About...

In answer to your comment card question "What is your favorite meal?" **Greg L.** wrote: "Anything served by Jenn!" And.. *Should PJ's serve breakfast during the week?* "Breakfast is always great, service is always pleasant. Even if everyday breakfast is too much, perhaps serving it 1 or 2 days a week to start.." ~ **Jan S.**

Your survey results were a slim 60/40 split in favor of opening for breakfast. Too close to call yet!

## Special Week of Romance Menu



Your romantic dinner begins with a glass of wine, followed by an appetizer for two, a selection of three mouth-watering entrees, and a decadent dessert to share!

*Special \$24.95 per person for Royalty Rewards Members with this certificate!*

**Reservations Required! 613-820-2969**  
**Available February 4<sup>th</sup>-14<sup>th</sup>, 2008**

## Extra Day, Extra Ordinary!



If Ground Hog Day is on the calendar, why not Leap Year Day? Your chances of being born on Leap Year Day are about 1 in 1461? Put another way, only 0.0684% of the world's populations are Leapers! That's about 4 million Leapers!

### Answers to the brainteaser

1. Arm 2. Leg 3. Hip 4. Rib 5. Toe 6. Eye 7. Ear 8. Jaw 9. Lip 10. Gum

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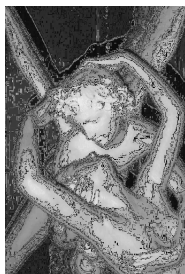
**Open daily at 11am ~ weekend breakfast 7:30am-2pm**

## 4 Tips to Save Time

Need to run a tighter ship so you can have a little more leisure time? These days that's a pretty common problem and goal. People work more hours and are spread pretty thin. But don't despair. Here are a few time management tips from Worklifebalance.com's ([www.worklifebalance.com](http://www.worklifebalance.com)) CEO Jim Bird:

1. **Use a daily planner.** Electronic or paper, it doesn't matter. Choose one that gives you at least one page per day, and then make sure you always keep it with you. Jot down your commitments as you go.
2. **Get rid of your to-do list.** Why? To-do lists often end up being frustrating and futile, something you never quite get to. Instead, take your to-do list before you toss it out and transfer the items to a particular time and day in your daily planner. You'll be amazed at how much your stress level goes down and how much you accomplish when you do this.
3. **Set aside a block of time to return phone calls and answer e-mails.** Choosing early morning to do this is often best since the other person will have the rest of the day to respond. Of course, urgent messages and phone calls should be returned in a timely manner.
4. **When talking on the phone or in face-to-face conversations, give the other person your full attention.** Don't page through your e-mail in-box or fill out your daily planner when you're talking to someone. Make sure that your communication is clear and focused, which will reduce the need for clarification and other time-wasters in the future. Don't multitask when you deal with people. It never pays off.

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



The first 5 people to bring in this newsletter and tell us the correct answer to where this statue is wins a FREE Appetizer valued to \$6.50, and if you can tell us the specific name of this statue, you win a FREE dinner on us, valued to \$11.50.

# HOCKEY DAY IN CANADA FEBRUARY 9<sup>TH</sup>, 1PM!

"That was the best promotion ever at PJ's" wrote **Lisa L.** last year. This year we're going all out to make this day even better for **YOU** and your family!

2:45pm: Everyone is invited to participate in an **outdoor signing of our national anthem** led by local musical sensation Tammy Ray Bould.

3:00pm: **Celebrity puck drop! Ball Hockey Tournament** behind PJ's all afternoon. Sign up your family, friends, neighbors or the gang at work!

4:30pm: **Indoor Tabletop Hockey Tournament** round robin. Space is limited, sign up today!

5:30pm: The whole hog outta be ready! **Pig Roast on the Patio! BBQ Pulled Pork Sandwiches** just \$5 for Royalty Rewards Members! **Beau's Organic Lager** tasting!

7pm: **SENS vs. HABS** big screen! Pools, Prizes, & Surprises!

[www.pjquigleys.com](http://www.pjquigleys.com) for info and sign up forms!

## Conversation Starters...

- If you yelled for 8 years, 7 months and 6 days, you would have produced enough sound energy to heat one cup of coffee.
- If you blink one eye you move over 200 muscles.
- There are more chickens than people in the world.
- Al Capone's business card said he was a used furniture dealer.
- The average person falls asleep in seven minutes.
- The characters Bert and Ernie on Sesame Street were named after Bert the cop and Ernie the taxi driver in Frank Capra's "It's a Wonderful Life."
- If you are an average Canadian, in your whole life, you will spend an average of 6 months waiting at a red light.

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## Keep Your Car and Save \$30,000

You can save \$30,000 or more if you hold on to a car once you get it paid off, say the folks at *Consumer Reports*. ([www.consumerreports.org](http://www.consumerreports.org))

**Active Green + Ross** in Bells Corners, owner Pat Graham says, "These days, the best thing you can do for your car is to invest in preventative maintenance." So maybe it's not such a great idea to trade your car in every three to five years like some people believe! Here's how you can reap savings by keeping your car around for a long time:

- Take proper care of your car including regular maintenance and replacement of parts. Just about any vehicle can reach 200,000 miles these days, *Consumer Reports* says.
- When you buy a car that you're planning to keep for a long time, go for one that has a good track record.
- Choose a car that has done well in government and insurance industry safety tests.
- Make sure the car you choose is equipped with the latest safety equipment.

([www.activegreenross.com](http://www.activegreenross.com))

## When NOT To Exercise

When you're catching cold, should you continue to exercise? Personal trainer Lisa Willacker offers this rule of thumb: If you have no fever and your symptoms are above the neck -- a runny nose, sneezing, or a sore throat -- you can engage in moderate exercise. Keep the intensity low, and if you feel that you are getting worse, stop. If you have below-the-neck symptoms -- exhaustion, muscle aches, vomiting, diarrhea, chills, swollen lymph glands, or a hacking cough -- wait at least two weeks after you recover before returning to serious training.

♥ **Did you know?** Women make 75% of chocolate purchases all year long, but before Valentine's Day, 75% of the chocolate purchases are made by men. Over \$1 billion of chocolate is bought for Valentine's Day.

♥ **Did you know?** About 1 billion Valentine's Day cards are exchanged each year. That's the largest seasonal card-sending occasion of the year, next to Christmas.

### *True Story...*(we'll call him "Tim")

After being away on business, Tim thought it would be nice to bring his wife a little gift.

"How about some perfume?" he asked the cosmetics clerk.

She showed him a bottle costing \$50.00.

"That's a bit much," said Tim, so she returned with a smaller bottle for \$30.00.

"That's still quite a bit," Tim complained.

Growing annoyed, the clerk brought out a tiny \$15.00 bottle.

"What I mean," said Tim "is I'd like to see something really cheap."

....The clerk handed him a mirror.



**LAST CHANCE TO BRING IN YOUR NO-PEEKING ENVELOPE! EXPIRES FEB. 15<sup>TH</sup>!**

## FREE DINNER!

Each month we give you a new trivia question. Bring in your entry, or fill one out while you are here. The first one drawn at the end of the month with the correct answers will win a FREE Dinner valued up to \$11.50. Here is this month's trivia question:

The oldest known Valentine still in existence is a poem written by Charles, Duke of Orleans to his wife while he was:

- A) Fighting in the Crusades
- B) On an expedition to Egypt
- C) Having an affair with Mary Queen of Scots
- D) Imprisoned in the Tower of London

*The first 10 people to answer correctly will be in the draw to WIN!* Congratulations **Beverly Simpson** who answered last month's trivia question correctly and has received a FREE Dinner, she knew that January is named after Janus, the god of doors and gates - because when you start something new, symbolically you pass through a door.

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Birthday: Month \_\_\_\_\_ Day: \_\_\_\_\_

My answer: \_\_\_\_\_

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# February Celebrations!



**Happy Birthday:** Lise Braden, Ron Calof, Joan Chiarelli, Jim Davis, Talia Keshavjee, Gwen McCauley, Philippa Twigg, Tanya Vergette, Sharon Wilson, & Diane Zarnke!

**Happy Anniversary:** Susan & Bo, the Kaimans, the Kings, the Marghetis, Delores & Rudy Amyot, and Evie & Siggy Rajzman.

**To Everyone Celebrating Anything This Month, Congratulations! Royalty Members, watch your Mailbox for Your Celebration Gift from Us!**



## FEBRUARY CALENDAR OF EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Take Out! Curbside Pick up Available! 820-2969</b>	<b>½ Price wings after 5pm</b>	<b>Kids Eat Free!</b>	<b>Ben Franklin Superdome Team Night!</b>	<b>2 for 1 Fajitas every Thursday after 5pm</b>	<b>1 Beau's Lager Fish &amp; Chip Friday</b>	<b>2 SENS vs LEAFS 7pm  Smoked Prime Rib Special \$19.95</b>
<b>3 SUPERBOWL BASH 3 PM</b>	<b>4 VALENTINE'S MENU until Feb. 14<sup>TH</sup>!</b>  →	<b>5 SENS vs HABS 7:30</b>	<b>6 Pay a Compliment Day</b>	<b>7 SENS 7:30  Chinese New Year Begins – The Year of the Rat</b>	<b>8 Beau's Lager Fish &amp; Chip Friday</b>	<b>9 HOCKEY DAY IN CANADA! SENS vs HABS 7pm</b>
<b>10 VALENTINE'S MENU until Feb. 14<sup>TH</sup>!</b> →	<b>11 Don't Cry Over Spilled Milk Day</b>	<b>12 SENS 7pm</b>	<b>13 SENS 7pm</b>	<b>14 Valentine's Day</b> 	<b>15 Beau's Lager Fish &amp; Chip Friday</b>	<b>16 SENS 7pm The G.I. Joe doll is introduced, 1964</b>
<b>17 Wayne's World opens in American theatres, 1992</b>	<b>18 Milli Vanilli wins a Grammy</b>	<b>19 SENS 7pm 1st Tootsie Roll 1896</b>	<b>20 Ben Franklin Superdome Team Night!</b>	<b>21 SENS 7pm Alka Seltzer is introduced, 1931</b>	<b>22 Beau's Lager Fish &amp; Chip Friday</b>	<b>23 SENS 3pm Smoked Prime Rib Special \$19.95</b>
<b>24 Weekend Breakfast 7:30- 2pm</b>	<b>25 SENS vs LEAFS 7:30pm</b>	<b>26 SENS 7:30pm</b>	<b>27 Ben Franklin Superdome Team Night!</b>	<b>28 SENS 7pm</b>	<b>29 Happy Birthday Leapers!</b>	<b>Take Out! Curbside Pick up Available! 820-2969</b>

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**Platinum Plate  
Award Winner 2007  
"Best Family  
Restaurant"**

PJ Quigley's Bar  
& Grill  
250 Greenbank  
rd K2H 8X4



**Royalty Rewards Members!  
Special Valentine's Menu Just for YOU!  
(Details inside)**

**CELEBRATE  
ROMANCE  
FEB. 4-14<sup>TH</sup>  
AT YOUR  
NEIGHBOURHOOD  
PUB!**



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