



Outstanding Employee Of the Year!

Meet Andy!



Here is someone who often doesn't get the credit he deserves. Meet Andrew Ross, PJ's General Manager. He is your go-to-guy for requests, questions or concerns. We think we have a pretty nice staff, and Andy is one of the best! Andy was major contributor to PJ's breakout year in '07!

Andy wants to thank you with a great **2 for 1 offer!**

Bring in this certificate on any Tuesday in January, purchase any 2 beverages and one main entree and receive your second entree of equal or lesser value **FREE!**

Not valid with any other offer! Thanks! Expires: Jan 31 '08

Early Birds Get the Best Deal (No Worms Available)

Join us for our Early Bird 3-Course Dinner
4:00 to 5:30 daily in January!

Only \$9.99 per person

*Includes Salad or Soup
1/4 Chicken Dinner Meal
Jean's Apple Pie
And coffee or tea*

Hey - It's Time To Start Peeking!



We gave you a Red envelope when you visited us in December. It had specific instructions **not to be opened**, but to bring it back and open it here, with your server, before January 31st.

Don't forget to bring it in on your next visit...inside that envelope is a FREE appetizer, dessert, great meal discounts or \$50 in Gift Certificates! We'd hate for it to stay unopened!

Deadline is February 15th!

Trend-Arlington Winter Carnival Sunday January 20th



Join us **Sunday January 20th** when we will be giving away prizes at PJ's during breakfast, lunch & dinner in celebration of our Community Carnival!! *Carnival info: www.trendarlington.ca*

Happy New Year!

"One of the very nicest things about life is the way we must regularly stop whatever it is we are doing and devote our attention to eating."

~ Luciano Pavarotti

Join Our Loyalty Program and Save Every Time You Dine With US!
PJ Quigley's Bar & Grill

250 Greenbank Rd at Huntclub www.pjquigleys.com
Open Daily at 11am ~ Weekend Breakfast 7:30am-2pm

Over 50 percent of NASA employees are dyslexic. They are actually sought after by the organization because they have superb problem-solving skills!

Are These Habits Defeating Your Dieting Work?

Trying to lose weight and live a healthier life? These days who isn't?

But often people find that their weight loss attempts are not panning out. If you're trying to shed pounds, but you're finding it more difficult than you thought it would be, you might be participating in some unhealthy habits that are giving your pounds their staying power.

According to registered dietitian Frances Largeman there are seven habits that many people fall prey to that keep them from losing weight. Here they are:

1. **Not eating breakfast.** You've heard it before, but people who eat breakfast are generally thinner than those who skip. Skipping breakfast will not help you lose weight. In fact, according to many studies, it will actually help you pack it on.
2. **Eating when you are distracted.** People who eat while engaged in other activities often overeat. That means you shouldn't eat at your desk, in your car or while you're watching television.
3. **Not counting calories.** If you aren't paying attention to proportion with foods like pasta or burritos, the calories can add up quickly. Drinks can also be high calorie traps—soft drinks can add 180 to 240 calories to your meal quickly. And smoothies—though made from healthy ingredients—can pack on the calories in a flash as well.
4. **Not instituting a regular exercise program.** Merely cutting back on calories is not likely to do the job. You might lose weight in the beginning by merely dieting, but it will be hard to keep off and maintain your new weight without exercising.
5. **Snacking.** Lots of people stick to their diets during meal times, but then lose it when they're watching television and break out the chips and ice cream. One solution: keep healthy snacks—like baby carrots and yogurt—on hand.
6. **The no-fat dilemma.** If you reduce your fat intake too much, you also reduce your satisfaction level and might become more prone to indulging in too many low-fat, high-calorie snacks.
7. **Cheers!** Alcohol is loaded with calories. You'll want to limit your drinking to one or two drinks per night. And you'll be better off to skip sugary, tropical and frozen drinks.

Takeout and CURBSIDE Delivery!



Call and order any of our regular menu items to-go, and we'll have it ready for you when you want it! You can check out our online menu at www.pjquigleys.com.

Here's how:

1. Pay over the phone with your credit card.
2. Give us a call when you are pulling up to our parking lot.
3. We'll bring your HOT, delicious meals out to the car for you!

Start Living Your "Perfect Life" Today!

Some days are tougher than others, it's true, but if you suffer from a general feeling that your life isn't quite what you had hoped it would be, you may benefit from sitting down and reflecting for a while.

Get a pen and pad of paper and think about what your perfect day would be like. Let your imagination loose and don't hold back ideas as they come, even if they seem far-fetched.

After you've finished your perfect day, then take it a step further and write what your perfect life would be like. Again, let your imagination run wild and write whatever comes to mind.

After you've finished look back at what you've written and ask yourself if there is a big gap between how you would like your life to be and how it is.

Then after you have established what seems to be missing from your life, see what you can do, realistically, to take your life just one step closer to your ideals. Don't try to, say, jump from your life where you struggle to just pay the bills to traveling the globe, but possibly if traveling the globe is in your "perfect life" vision, you might be able to introduce some adventure into your life by visiting a museum that is nearby and you've always meant to take in but haven't been able to find the time for.

Try to instill the values of what your "perfect" visions tell you are important within the framework of the life you have. You are likely to expand your experience and enjoyment of things that are within reach now—not someday when you finally have enough money (which might take a while to accomplish.)

Happy New Year!

"Now don't say you can't swear off drinking; it's easy. I've done it a thousand times."

~ W.C. Fields

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Happy Birthday Elvis!

Put on your blue suede shoes and help us celebrate the King of Rock & Roll's Birthday! Come on in!
Tuesday January 8, from 5-8pm! There'll be a whole lotta shakin' goin' on...and some great food too!



Elvis and me in Vegas!

(What happens in Vegas stays in Vegas!)

Attention All Wine Lovers!

Are you turned off by all the academic seriousness and snootiness surrounding wine?

Do wine experts leave you confused and wondering "Where's the Fun?"

Be at PJ's on Tuesday January 22, for a tasting of our new wine menu, created by neighborhood Sommelier Kelly Arnott!

You'll be delighted with our new offerings and amazed at reasonable prices!

Bring in this coupon for your FREE taste! Valid Jan 22-2008

Amazing Facts

Picasso, the most prolific of painters, produced 13,500 paintings, 100,000 prints and engravings, 34,000 book illustrations and 300 works of sculpture and ceramics.

The part of Einstein's brain thought to be related to mathematical reasoning – the inferior parietal region – was 15% wider on both sides than a normal brain.

At least 100,000 different chemical reactions occur in the human brain every second.

As much as 6% of the world's population may experience sleep paralysis, the inability to move and speak several minutes after awakening.

PATIO PIG ROAST!

Super Bowl Party Sunday, Feb. 3, 2008

Join us at 6pm for the big match up live from Phoenix, Arizona! We'll have our delicious BBQ Pulled Pork Sandwiches, Pools, Prizes, and our 5th Annual Chicken Wing Eating Contest at half-time! You can win some Authentic Superbowl Gear!

BBQ Pulled Pork Sandwiches- just \$5 for Royalty Rewards Members!

Fill out a Comment Card in January for a chance to enter our 5th Annual Chicken Wing Eating Contest! Grand Prize -
FREE Chicken Wings for a Year!

NEW TRAFFIC TURN SIGNAL

A northbound left-turn arrow on Greenbank Rd. across from the police station is part of the city's 2008 Traffic Signal Modernization & Rebuilding Programme. The left-turn arrow will be displayed if more than 2 vehicles are waiting to turn left at the beginning of green. The work will take place in spring-summer 2008. Many thanks to **Councilor Gord Hunter** for directing our concerns for our customers' safety, to the right city officials!

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 and WHAT this is, win a **FREE** Appetizer valued to \$6.50!

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So, You Want The Day Off?

Let's take a moment to look at what you are asking for!

- There are 365 days available for work.
- There are 52 weeks per year of which you already have 2 days off each weekend, leaving 261 days left available for work.
- Since you spend 16 hours each day away from work that accounts for 170 days. There are 91 left available for work.
- You spend 30 minutes each day on breaks that accounts for 23 days a year, leaving 68 days available for work.
- You spend 1 hour a day at lunch, that that accounts for another 46 days per year leaving 22 days available for work.
- You spend 2 days per year on sick leave, leaving 20 days available for work.
- You take 9 holidays per year, leaving 11 days available for work.
- You take 10 days vacation each year, leaving 1 day left available for work.
- NO WAY are you getting that day off!

Did Your Mother Really Say That?

Here are a few things we bet your mother would never really say:

- "How on earth can you see the TV sitting so far back?"
- "Yeah, I used to skip school a lot, too."
- "Just leave all the lights on ... it makes the house look more cheery."
- "Let me smell that shirt — Yeah, it's good for another week."
- "Go ahead and keep that stray dog, honey. I'll be glad to feed and walk him every day."
- "Well, if Timmy's mom says it's OK, that's good enough for me."
- "The curfew is just a general time to shoot for. It's not like I'm running a prison around here."
- "I don't have a tissue with me ... just use your sleeve."
- "Don't bother wearing a jacket—the wind-chill is bound to improve."

—From AhaJokes.com

Celebrate a Week of Romance With Your Sweetheart



Valentine's is always busy, and romance shouldn't be just one day a year! So we're celebrating Valentine's WEEK! Make a reservation **February 4-10th**, mention this certificate and bring it in with you for dinner. You will receive a beautiful rose for your special Valentine; we will have it on your table ready when you arrive. This was a HOT ticket last year! Don't miss out on romance during Romance Week in February...

FREE Gift for your Sweetheart!

Mention this certificate when making your reservation. catering@pjquigleys.com. One gift per certificate. Thanks!

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:

January is named after Janus. What was he the god of?

- A) winter
- B) doors and gates
- C) weather
- D) cleanliness

The first 10 people to answer correctly will be in the draw to WIN!

Name: _____

Email: _____

Address: _____

City, State, Zip: _____

Phone: _____

My answer: _____

Hockey Day in Canada February 9!

Don't miss the Event of the Year! Outdoor ball hockey, buffet, celebrity guests, Sens ticket giveaway and Big Screen Hockey all day!

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January Celebrations!

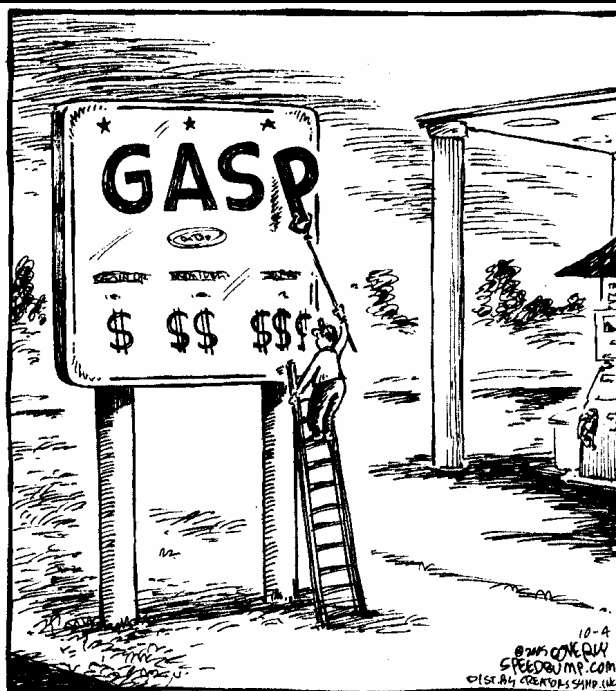


Happy Birthday- Haroula Giovanopoulos, Debra Kirk, Kathleen Levac, Gerry McDaniel, John McNally, Judy McNeil, Yvette O'Rourke and Gary Schectman!

Happy Anniversary- Janice & Alan, Daniel & Jessica, Ron & Honey, and Frank & Joanne!

...to name just a few of you! Congratulations to Everyone Celebrating Anything this month! Watch your mailbox for your Birthday and Anniversary Gift from us!

Share the benefits of Royalty Rewards with a friend, neighbour or co-worker! Ask your server for a sign-up card and refer a friend today! It's FREE!



JANUARY CALENDAR OF EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Don't Forget Your No-Peeking Envelope! 	TEAM NIGHT SPECIAL! Every Monday ½ Price Wings after 5PM!	1 New Year's Day Kids Eat FREE every Tuesday! Double RR Points!	2	3 ½ Price Fajitas Every Thursday!	4 Sens 7pm Beau's Lager "Fish & Chip Fridays!"	5 Sens 7pm Weekend Breakfast 7:30am-2pm
6 National Thank-Your-Customers Week – bring in your FREE Gifts in this Newsletter!	7 ½ Price Wings after 5PM!	8 Elvis' Birthday Party 6-8pm! Double RR Points!	9 Hunt for Happiness Day!	10 Sens 7pm ½ Price Fajitas Every Thursday!	11 Beau's Lager "Fish & Chip Fridays!"	12 Sens 7pm Weekend Breakfast 7:30am-2pm
13 Sens 7pm	14 ½ Price Wings after 5PM!	15 Sens 7pm Kids Eat FREE Double RR Points!	16 National Get Organized Month	17 ½ Price Fajitas Every Thursday!	18 Beau's Lager "Fish & Chip Fridays!"	19 Sens 7pm Weekend Breakfast 7:30am-2pm
20 Sens 7pm Trend - Arlington Winter Carnival!	21 TEAM NIGHT SPECIAL! ½ Price Wings After 5pm	22 Sens 7pm Wine Tasting 5-7pm Double RR Points!	23 Better Business Communication Day	24 Sens 7pm ½ Price Fajitas Every Thursday!	25 Beau's Lager "Fish & Chip Fridays!"	26 Weekend Breakfast 7:30am-2pm
27 Weekend Breakfast 7:30am-2pm	28 ½ Price Wings after 5PM!	29 Sens 7pm Kids Eat FREE Double RR Points!	30 I'm Not Going to Take it Anymore Day!	31 Sens 7pm ½ Price Fajitas Every Thursday!	<u>February 3</u> Superbowl & Pig Roast!	<u>February 9</u> Hockey Day in Canada!

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WHAT'S INSIDE...

Hey! – It's Time to Start Peeking!

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Did Your Mother Really Say That?

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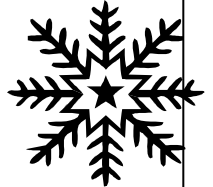
ATTENTION: Wine Lovers!

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Living Your 'Perfect Life'

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January Early Bird Deals for You!



Platinum Plate
Award Winner 2007
"Best Family
Restaurant"



PJ Quigley's Bar & Grill
250 Greenbank Rd.
Ottawa ON
K2H 8X4



DOUBLE Royalty Rewards™
POINTS Tuesdays in January!

Hey – It's Time To
Start Peeking!
Bring Your Red
Envelope Back!
(details inside)

Here's a Gift You Will Look Forward to Returning!

No Peeking!



No Peeking!

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