



Food For Thought



PJ Quigley's Bar & Grill

March 2008

PJ's Hockey Day in Canada Huge Success!



"Sons of Scotland" Piper led the way

February 9- Cold with light snow falling, perfect weather for this PJ's Community Road Hockey Challenge! Friends, neighbors and families donned their favorite NHL team jerseys, and competed for the most cherished of hockey hardware," The Quigley Cup"!

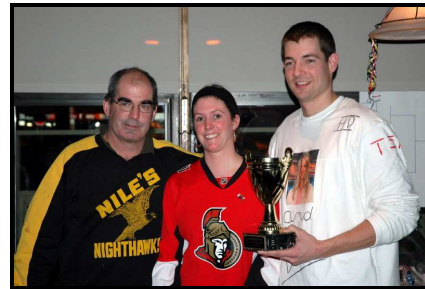
The opening ceremony was led by the **Barrhaven Legion 641** Color Guard with spirited Sergeant-at-Arms, **Pat Riley**. He wasn't deterred by the slippery conditions. "Although one member of our party is 80 years old," he said, "we'll march to the rink together". "Oh Canada" was sung by local sensation **Chelsea Slater**, whose beautiful rendition was filmed entirely by CTV.



Shoots...Scores!

In a surprising upset, last year's champs, "Joe's Leafs", were ousted by the "*Jennifer Hedger's*" (in honor of the TSN sportscaster!) in exciting round robin play. "This is one of the best days of the year at PJ's" said **Rob Aldrich**, captain of the Sens team.

Regulars **Ric & Lisa Laferriere** and **Ward & Michelle Foss** were just as happy to stay warm and cozy inside! Moms, Dads and kids took part in the bubble hockey tournament, while Beau's Beer sampled some of their delicious organic lager. Everyone helped themselves to hot chocolate and freshly smoked BBQ Pulled Pork Sandwiches after the games! Thanks **Lisa McLeod** and **Pierre Poilievre**, Honorary Bubble Hockey Ref **Brian Pettigrew**, and **Mikey C.** for providing a trailer and extra equipment.



Jim Niles, Jenn, and Dan Murray

View the day in pictures, taken by Ken Brown, at www.pjquigleys.com

Valentine's Day Dinner 2008

"Absolutely wonderful. Thanks!" ~ *Moe Deveau*

"We enjoyed ourselves very much. The flatbread appetizer was delicious! First time here... we will definitely come back again". ~ *Keith & Cindy Pearson*

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Famous Last Words...

Are you sure the power is off?

Don't be so superstitious.

Double dare me!

Help!

He's probably just hibernating.

Hey, watch this!

I'll get a world record for this.

I'm making a citizen's arrest.

I've seen this done on TV.

I wonder where the mother bear is.

That's odd.

That stuff only happens in the movies.

The odds of that happening have to be a million to one.

These are the good kind of mushrooms.

This doesn't taste right.

Well, we've made it this far.

What does this button do?

What duck?

I think it's dead.

It's only a little one.

Does this go any faster?

No, Tony, I don't have your money.

I built it myself.

I don't need a helmet.

FREE DINNER!

Each month we'll give you a new trivia question. Bring in your entry, or fill one out while you are here and drop it off at the bar. The first one drawn at the end of the month with the correct answers will win a FREE Dinner valued up to \$10.00. Here is this month's trivia question:

Which shellfish is the theme of a Galway Bay festival at the start of the season?

A) Shrimp

B) Crab

C) Mussels

D) Oysters

The first 10 people to answer correctly will be in the draw to WIN! Congratulations **Corrine White**, who answered last month's trivia question correctly and has received a FREE Dinner. She knew that Charles, Duke of Orleans was imprisoned in the Tower of London when he wrote a poem which is the oldest valentine still in existence.

Name: _____

Email: _____

Address: _____

City, Prov. Postal: _____

Phone: _____

My answer: _____

Danger, Danger!

For the past 10 years, a group called the Michigan

Lawsuit Abuse Watch has awarded cash prizes for the submission of ridiculous warning labels. The group's founder, Bob Jones, recently wrote a book compiling the winning entries called "*Remove Child Before Folding: The 101 Stupidest, Silliest, and Wackiest Warning Labels Ever*" (the title refers to the warning label on a stroller). Here are some others that made it into the book:

- Do not eat toner (on a printer cartridge).
- Never iron clothes while they are being worn (on an iron).
- Ovenware will get hot when used in oven (on a baking utensil).
- Never hold a knife whilst arguing (on a kitchen knife).
- Do not put any person in this washer (on a Laundromat machine).
- Please do not use this directory while operating a moving vehicle (local Yellow Pages)

How to Save Money on Your Grocery Bill

According to Consumer Reports, buying generic groceries can cut your bill in half, without sacrificing quality. Many generics are made by the same companies that make name brands. Here are the best generic items to buy:

- Butter
- Dried beans and rice
- Seasonings and spices
- Canned fruits and vegetables
- Pantry staples, such as sugar, flour, and salt
- Over-the-counter medications

Sitting Pretty!

According to new research by the University of Alberta Hospital, sitting up straight may not be the best position for your back. Instead, it recommends leaning back at a 135 degree angle because this position puts less stress on your spine and reduces the risk of back pain.

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Easter Weekend Update

Sunday, March 23rd

Our Easter Breakfast ALWAYS sells out!

It's one of our most popular days. Don't wait until the last minute and be forced to settle for 2nd best, where they have lots of extra seats, (I wonder why?!). Easter Breakfast features delicious items like **Strawberry Waffles** and **Eggs Benedict**. Take the load off of family entertaining and join us for Breakfast, Lunch or Dinner.

Breakfast Served 7:30-2pm

Full menu available at 11am

Easter Dinner Served 4pm-9pm

Reservations Are Recommended All Day
613-820-2969

It's Easy Being Green

In keeping with St. Patrick's Day, this month we plan to "green" the restaurant by conserving water, electricity and natural gas. We'll turn on/off things like TV's and equipment, and wait 'till racks are full before putting them in the dishwasher. Your server **Samantha** will begin a plastic recycling program at PJ's! "*We throw away so much! I want do something about it!*" she said. Every bit helps our community and the environment! Way to go Sam!

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



The first 5 people to tell us the correct answer to SPECIFICALLY WHAT and WHERE this is win a FREE Appetizer valued to \$6.50!



Win Our Pot Of Gold!

Have a good look at our giant box of Lucky Charms cereal on display in bar. For only a \$1 you can add your gold coin to the pot (a loonie!) and take a guess at how many green clovers are in the box. The winner's name will be announced by last year's champ **John McNally** during **Happy Hour March 28th**! Must be here to win! Half goes to the person who guesses closest (it could be you!), and half to our favorite charity, Children at Risk, "*Helping Autistic Children and their Families*".

Common Dream Meanings

Kelly Sullivan Walden, author of *I Had the Strangest Dream*, offers this explanation of common dream scenarios:

Falling ~ feeling overwhelmed; loss of control or confidence; losing your way

Being Chased ~ wanting to get away from a problem but can't

Flying ~ joy, creativity, independence

Taking a test ~ feeling unprepared for a challenge

Losing teeth ~ powerlessness, financial stress or loss



QUIGLEY'S IRISH BLESSING

"May God grant you always...A sunbeam to warm you, a moonbeam to charm you, a sheltering angel so nothing can harm you. Laughter to cheer you. Faithful friends near you.
And whenever you pray, Heaven to hear you.

~ *An Irish Blessing*

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When it Pays to Replace

Sometimes it's hard to know when a broken device or appliance is worth the money to repair. For the next five items, most consumer financial experts agree it pays to skip the repair bill and replace:

- 1) **Computers and laptops** – if the machine is more than five years old, it's definitely worth it to replace. Even if it's younger than that, realize that a third of repaired computers still do not function properly. And weigh the projected cost of the repair against the shrinking cost of a new, more powerful computer.
- 2) **Digital cameras** – most consumers will spend an average of \$180 on repairs, but \$200 will buy you a new digital camera.
- 3) **MP3 players** – if you spent less than \$200 on it, replace it with a new one because most repairs cost at least half of that.
- 4) **Microwave ovens** – repairs generally run \$120, but you can buy a new microwave for as little as \$70.
- 5) **Cell phones** – many carriers will give you a free phone if you sign up for a one or two year contract.

When electronic items do need to be disposed of, go green! Check on recycling options that won't release toxic chemicals into the environment.

Checking Caffeine Content

Whether you need a boost – or think your kids don't – realize that the caffeine content of different soft drinks vary greatly. Here's a rundown, according to Dalhousie University:

- Pepsi One – 57.1 milligrams (mg)**
- Mountain Dew – 54.8 mg**
- Diet Coke – 46.3 mg**
- Dr. Pepper – 42.6 mg**
- Sunkist – 40.6 mg**
- Pepsi – 38.9 mg**
- Diet Pepsi – 36.7 mg**
- Coca-Cola – 33.9 mg**

Baking Cheesecakes

Cheesecakes are a delicious treat but baking one at home can be tricky! Try These Professional Tips from PJ's Baking Expert, Jean Hall

Have all your ingredients at room temperature, particularly, the cream cheese (which should be completely softened) to ensure a smooth, creamy texture.

Add eggs individually and beat well after each addition. This will help stop the top of the cheesecake from cracking.

For a fresh-tasting cheesecake, add a teaspoon of fresh lemon juice or a teaspoon of finely grated lemon peel.

When pressing the graham cracker crust mixture into the pan, don't try to rim the sides of the pan; instead, just evenly spread it around the base for a cleaner look (and one that's easier to remove without crumbling from the pan).

When you're ready to bake, place the cheesecake pan inside a slightly larger pan in the oven and fill the larger pan with one inch of water. (Again, this helps prevent cracks).

"Better yet, save yourself the trouble and sink full of dishes. Come over to PJ's for dessert!" ~ Jean

TUESDAY MARCH 11 AT 6PM!

LIVE 🎵

**DIRECT FROM CAPE BRETON
FIDDLER ANDREA BEATON!**

The luck of the Irish has brought us a rare opportunity, to welcome **amazing up and coming fiddling sensation Andrea Beaton**, cousin of the enormously popular entertainer, **Natalie McMaster!** Performing alongside her will be songwriter and recording artist, **Buddy MacDonald**, who has worked with **Ashley MacIssac** and **John Allen Camereon** and many more. East Coast artists!

**YOUR ST PATRICK'S DAY FESTIVITIES
BEGIN TUESDAY, MARCH 11- 6PM!**

"You'll find yourself singing along, clapping along and feeling very glad you came!" ~ Halifax Chronicle Herald

Reserve at 613-820-2969 or Email catering@pjquigleys.com

People Are Talking!

*"Loved the friendly service! We always feel so welcome here!" ~ Sandi Barry. "The battered fish is as good as my mother used to make!" ~ Betty Usher "Lovely place, -it's our new favorite eatery." ~ Sean Davidson
"Waitresses were lovely & food amazing...my first time, I will definitely come back." ~ Stephanie Cosgrove*

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HAPPY BIRTHDAY 🎵

Colin Brownlee, Gord Charland, Elliot Edelstein, Bessie Giovanopoulos, Bob Hanna, Judy Hosking, Kathy Hughes, Steve Kaiman, Celine King, Charles Laderoute, Don Phair, Line Ross, Mark Scarr, Vicki Snow, and Martin Scrivens!

♥**HAPPY ANNIVERSARY**♥



Don & Chris Tucker, Phil & Ruth Lafrance, Jill & Paul Marchand, and Mark & Evelyn Scarr!

Royalty Rewards Members, Watch Your Mailbox For Your Celebration Gift From Us!



"I want you to tail my wife. She spends every spare minute with some guy named Google!"

March Calendar of Sports and Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1/2 price wings after 5pm	Kids under 10 eat FREE!	Ben Franklin Superdome Team Appreciation Night	2 for 1 Fajitas after 5pm	Beau's Fresh Fish & Chip Fridays	1 Sens vs Penguins 3pm
2 Weekend Breakfast Served 7:30-2pm	3 Sens vs Ducks 10pm	4 Kids under 10 eat FREE!	5 Sens vs Sharks 10:30pm	6 Sens vs Kings 10:30pm	7 Middle Name Pride Day! Fish & Chips	8 Sens vs Coyotes 7pm
9 Weekend Breakfast Served 7:30-2pm	10 1/2 price wings after 5pm	11 Sens vs Bruins 7:30pm LIVE! CAPE BRETON FIDDLER ANDREA BEATON!	12 "If Pets Had Thumbs" Day!	13 Sens Vs Habs 7:30pm "Near Miss" Day WHEW!	14 Complimentary Snacks at Happy Hour!	15 Weekend Breakfast Served 7:30-2pm ST PADDY'S PARTY 6-10PM!
16 Sens vs Hurricanes 3pm Palm Sunday	17  St. Patty's Day	18 Kids under 10 eat FREE!	19 National "Goof Off" Day	20 Sens vs Blues 7:30pm Purim Begins	21 Fish & Chips GOOD FRIDAY	22 Sens vs Leafs 7pm Weekend Breakfast Served 7:30-2pm
23 	24 Sens vs Habs 10:30pm	25 Sens vs Sabres 7pm "Everything You do is Wrong" Day	26 Team Appreciation Night	27 Sens vs Sabres 7pm "Everything You do is Right" Day!	28 Lucky Charms "Pot of Gold" draw 6pm!	29 Sens vs Bruins 7pm Weekend Breakfast Served 7:30-2pm
30 150 TH anniversary of the patent on the pencil.	31 1/2 price wings after 5pm					

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What's Inside...

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What Do Your Dreams Mean?

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Easter Brunch.... Don't be Left Out!!!

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LIVE! Fiddler from Cape Breton!

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How to Bake the Perfect Cheesecake

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Win a Pot of Gold!!!



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Ottawa ON K2H 8X4
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Winner "Ottawa's Favorite Restaurant" Award 2007

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INDEPENDENT RESTAURANTS
ASSOCIATION
www.BestIndependentRestaurants.org

Platinum Plate
Award Winner 2007



OMHRA 5 Year Service Excellence
Award Winners
Ashley, Jenn & James

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