

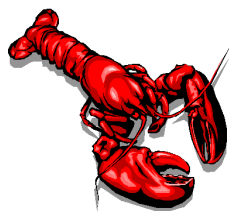
P.J. Quigley's Bar & Grill
250 Greenbank Rd #17
Ottawa ON
K2H 8X4



Father's Day Specials!
(Details inside!)

Lobsterfest!

June 7-14th



after 5pm

WHAT'S INSIDE...

Are You Ready for \$10 Fries?

*

PJ's Voted Best...Again!

*

Shame of the Wine Industry: EXPOSED

*

FREE PIE for Dad!

*

Everything You Wanted to Know
About Duct Tape*

* *but were afraid to ask!*



Platinum Plate Award
Winner 2007



OTTAWA RESTAURANT AWARDS



"Ottawa's
Favorite Restaurant"
Voted by YOU!

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

PJ Quigley's Bar & Grill

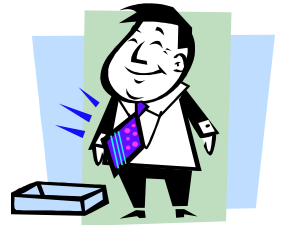
250 Greenbank Rd. Ottawa ON. - 613.820.2969

Open daily at 11am ~ Weekend Breakfast 7:30am-2pm - www.pjquigleys.com



I ♥ Dad's Month

June 2008



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.

Add an idea to our list and we will give Dad a FREE roll of duct tape on Father's Day!

FRESH HOT LOBSTER!

Lobsterfest returns June 7th-14th! Enjoy traditional lobster dinner every night after 5pm. In addition to fresh, hot East Coast lobster, choose from fried clams, Coconut shrimp, shrimp cocktail, steamed mussels, and other traditional summer fair food.

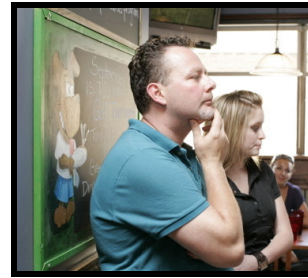
Special Price for Royalty Rewards Members!

**FEATURING NEWFOUNDLAND FIDDLER
GREG BROWN SATURDAY 6-9PM!**



Joe's Secret Revealed!

*Says He know the #1 Way to
Dad's Heart*



*"I will now **reveal** a **secret**- a **secret** so shrouded in darkness....."*

"The #1 way to Dads heart is through his stomach!" says Joe Price, owner of PJ Quigley's Bar & Grill. "My mom **Jean** (the Pie Queen) would always make pie for my Dad on Father's Day. Pie put him in a good mood. So don't get all caught up in some fancy plan for Father's Day. Eat close to home, save the gas, and put your Dad in a great mood too!"

FREE PIE!

Sunday, June 15th 5pm-9pm

10oz Rib-Eye Steak

Crisp House Salad

Twice Baked & Stuffed Potato

Fresh Corn-on-the-Cob with butter

\$14.95 for Royalty Rewards Members

Present this Certificate and receive a Free slice of Apple Pie, but only with our Father Day Menu!

Reservations a Must! 613.820.2969

Not valid if combined with any other certificate, coupon, special or offer. Valid only June 15, 2008. 5-9pm.

People are Talking ...about server Sam!

"Sam was amazing...she went above and beyond.."- Paul Millar

"Sam was quick and well informed about the Royalty Program...she was very pleasant and polite.."- Carol Benovitch

"Sam was very friendly and the service was great.."- Elaine McMahon

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!**



The Real Buzz About Honey



Next time you make a cup of tea and drizzle a little honey in it, take a moment to consider some near-miraculous facts about that "yellow gold," provided by the National Honey Board:

- Honeybees must tap 2 million flowers to make one pound of honey.
- A bee will visit an average of 50 to 100 flowers during one collection trip.
- A hive of bees flies more than 55,000 miles to produce one pound of honey.
- An average worker bee produces one-twelfth of a teaspoon of honey in its lifetime.
- Bees have been producing honey for 10 million to 20 million years.
- Finally (though you may not care to know this), honey is the alchemical result of flower nectar mixed with bee spit!

When my son Robbie was 7, he was in Sunday school. The minister asked the class "Does anybody know how you fix a broken soul?" Robbie raises his hand and says "My daddy can fix anything with duct tape" - *Tim P.*

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 Andrew or Linda 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?

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

Open daily at 11am ~ Weekend Breakfast 7:30am-2pm - www.pjquigleys.com

Growing a “Green” Lawn

The National Coalition for Pesticide Free Lawns estimates that lawns take up 20 million acres in Canada. The City of Ottawa suggests maintaining your lawn in an environmentally friendly way:

1. Don't use pesticides. These are toxic to birds and their food supply, not to mention children and pets.
2. Use a manual mower or opt for a mulching mower so that clippings can return nutrients to the soil.
3. Mow high, leaving 1.5 to 3.5 inches of grass. Higher grass requires less mowing and discourages weeds.
4. Reducing weeds seed germination and fertilizing turf by using corn gluten meal (this product takes 2-3 years of application to become fully effective).
5. Hand weeding, coupled with proper cultural practices such as mowing and watering, reduces weeds and improves the lawn's health.
6. Applying vinegar or boiling water to hard surfaces, such as brick pathways and driveways.
7. Aerating the soil and increasing the pH by applying a lime product, if there is a moss problem.

THE BIG COST OF LITTLE ERRORS

Everyone makes mistakes, but sometimes small errors can have huge consequences. A casino in Illinois wanted to do something nice for its best customers last year. It mailed out 11,000 coupons, which were to have included a few featuring cash prizes of \$525. Thanks to a printing error by a third-party vendor, the casino wound up offering more than a few cash prizes- all 11,000 coupons were printed with the same cash offer—for a total payout of \$5.8 million!

And though the coupons included a disclaimer giving the casino the option to change or cancel the offer, the Illinois Gaming Board ordered the casino to honor the coupons.

When I was a boy of fourteen, my **father** was so ignorant I could hardly stand to have the old man around. But when I got to be twenty-one, I was astonished at how much he had learned in seven years.
~Mark Twain

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

For A Limited Time- Try a glass of critically acclaimed Wine from Canadian Golfer Mike Weir's Estate Vineyard. Ask your server!

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

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

Open daily at 11am ~ Weekend Breakfast 7:30am-2pm - www.pjquigleys.com

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



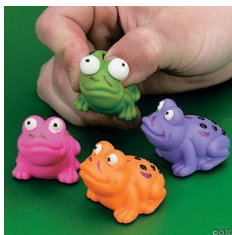
The first 5 people to **BRING IN THIS NEWSLETTER** and tell us the correct answer to what country this is in wins a **FREE** Appetizer valued to \$5.99 and if you can tell us **SPECIFICALLY WHAT** and **WHERE** this is you win a **FREE** dinner on us, valued to \$10.00!
Conditions apply!

*Congratulations Mr. William Spitzer, he knew our "Where in the World" last month was: **The London Bridge.***

**The Benefits of
Walking on Sand**

If you're heading for the beach this summer, you can improve your fitness and build up your calf muscles by taking a walk. A Belgian study found that walking on dry sand requires 2.1 to 2.7 times more exertion than walking on a hard surface. According to the Kerlan-Jobe Orthopedic Clinic in Los Angeles, walking on sand requires extra effort to position and roll the foot, leading to better coordination and more muscle mass.

Kids Toy in June



Give these croakers a squeeze to make their eyes bulge! You can almost hear them ribbit! We only ordered 200 frogs so hurry on in while they last!

With this coupon! Valid June 16-30, 2008!

**Are You Ready for
\$10 Fries?**



One of our favorite movie scenes is from "Pulp Fiction" -John Travolta can't believe there's such a thing as a \$5 shake; *'that must be a good shake,'* he says. Here's our take on \$10 fries:

This month try:

PJ's Crisp Seasoned Fries

and a

Grilled 10oz Rib-Eye Steak!

Only \$10.00!

*Every Wednesday Night in June
after 5pm*

PJ's Voted Best Again!



An unprecedented 100% of poll respondents recently voted PJ Quigley's Bar & Grill the **best** purveyor of beer, wine and food **on Earth!** Poll participants were tripping over their superlatives in describing the pub. **"Better than the best. It's the BESTEST!"** **"No, it's somehow even better than that!"** remarked one. When asked what made PJ's so great, every participant mentioned the hip, knowledgeable, professional and also good-looking staff, while one respondent also noted, "Mr. Joe Price is somewhat nice- when you get to know him."

The voting sample **consisted entirely of the staff of PJ Quigley's** and the results are considered accurate plus or minus 97 points. Amazingly, 100% of poll respondents also selected **PJ's as the greatest pub in the history of humanity**, beating out "Please Fire Me Right Now" and "Kick Me in the Pants Really Hard", which garnered a combined rating of 0%.

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

Open daily at 11am ~ Weekend Breakfast 7:30am-2pm - www.pjquigleys.com



HAPPY BIRTHDAY:

Larry Brunet, Lisa Bodnoff, Cristina Derrick, Jim Dorrance, Matt Helps, Ellen Izso, Deanna Mahood, Tom Petrovic, 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, Ed & Velma Mackay, Paul & Judy Miller, 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 WEEKEND BREAKFAST 7:30AM-2PM 	2 ½ Price Wings Night!	3 Kids Eat For \$2 Night!	4 10oz. Rib-Eye Steak & Fries \$10.00 for RR Members	5 2 for 1 Fajita Night! after 5pm	6 Fish & Chips by Beau's Lager	7 Lobsterfest Fiddler Greg Brown! 6-9pm after 5pm
8 Fresh Strawberry Crepes 7:30am-2pm 	9 ½ Price Wings Night!	10 Kids Eat For \$2 Night!	11 10oz. Rib-Eye Steak & Fries 	12 2 for 1 Fajitas after 5pm	13 Fish & Chips by Beau's Lager	14 Lobsterfest Fiddler Greg Brown! 6-9pm after 5pm
← <u>LOBSTERFEST EVERY NIGHT 5-10PM</u> →						
15 Father's Day! Special Dinner for Dad! 	16 ½ Price Wings Night!	17 Kids Eat For \$2 Night!	18 10oz. Rib-Eye Steak & Fries \$10.00 for RR Members	19 2 for 1 Fajitas after 5pm	20 Fish & Chips by Beau's Lager	21 Live Entertainment 7-10pm
22 Weekend Breakfast 7:30am-2pm 	23 ½ Price Wings Night!	24 Kids Eat For \$2 Night	25 10oz. Rib-Eye Steak & Fries \$10.00! for RR	26 2 for 1 Fajitas 	27 Fish & Chips by Beau's Lager	28 Weekend Breakfast 7:30am-2pm
29	30 <i>Six months 'til Christmas!</i>	JULY 1 CLOSED!	JULY 2 OPEN 11AM		PJ'S ON FIRE! <i>Sizzlin' Summer of Food Festivals!</i> 	

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

Open daily at 11am ~ Weekend Breakfast 7:30am-2pm - www.pjquigleys.com