

## WANTED:



## STRAPPING LADS WITH BALLS & LADIES WHO SWING

(PJ's Annual Golf Classic. All are Welcome!)

Join us at **1pm Monday, September 22<sup>nd</sup>**, Cedarhill Golf & Country Club, in support of the **Algonquin School of Hospitality & Tourism**. Shotgun-Four-man scramble, 18 holes. \$100.00 per person includes:

- BBQ Luncheon
- Green Fees
- Power Cart
- 3 Course Dinner at PJ's
- Awards and Prizes

\$100.00 per person- Registration at the Bar.

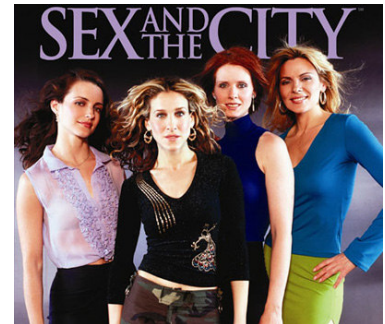
**Corporate Sponsorship Opportunities Exist.**

*Purchase Mulligans for \$20 each! All proceeds towards a Scholarship Award for a deserving student in the Culinary Management Program at the Algonquin School of Hospitality.*

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

## Sex and the City Party!

Put On Those Manolos and Come On Over!



Cosmos, manicures, appetizers, and our fave episodes of "Sex and the City" on the big screen. Ladies only! Door prizes and dining certificates to be won! **Bring a friend!**

**Saturday August 16, 8-10pm**

**RSVP 613.820.2969**

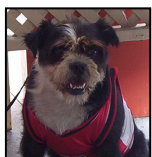
## Beer Games of the XXIX Olympiad

**International Beer Tasting Party  
Friday August 8, 6-8pm.**



Sample five **NEW** international brews from Asia, Eastern Europe and across the pond.

**Cheer on Team Canada from your favorite barstool!**



## Congratulations JORDY!

Voted "Ugliest Mutt", in our Dog Days of Summer Contest last month! Thank you to Jordy's humans, the Malo Family, for sharing such a delightful and fun-loving pet!

**Join Our Loyalty 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](http://www.pjquigleys.com)

Open daily at 11 am ~ Serving breakfast on weekends from 7:30am-2pm

## Why Did You Say That?

*My kids always tell me how corny I am 'cause I love to use puns and dated expressions. Do you know where these common expressions come from?*

- **Barking up the wrong tree** originated with hunting dogs that would bark at the bottom of a tree where they mistakenly thought their quarry was hiding.
- When you can't **hold a candle** to someone, you can't measure up. This comes from the practice of apprentices holding a candle so their masters could see what they were doing. If an apprentice couldn't even do that, he was obviously inferior.
- **Stealing one's thunder**: this phrase originated in 1709 when John Dennis, an English playwright, invented a new method of simulating the sound of thunder on stage that used metal balls rolling around in wooden troughs. Dennis's play was not successful but his technique was, and when he realized it was being used in a later production of Macbeth, he purportedly accused the director of stealing his thunder.
- **A flash in the pan**, something with great promise that doesn't come to fruition, dates back to Gold Rush days. A miner might see a flash in his pan that didn't turn out to be gold. Similarly, something doesn't pan out when it doesn't meet expectations.

## TAKING VACATIONS MAY PROLONG YOUR LIFE!

Recent research indicates that taking vacations may prolong your life. Researchers Brooks B. Gump, Ph.D., and Karen Matthews, Ph.D., studied more than 12,000 men at high risk for coronary heart disease over a nine-year period. Those who took regular annual vacations had a lower risk of death -- even when the researchers took into account such variables as their social and economic status. In addition to reducing stress, Gump and Matthews suggest that vacations give people the opportunity to interact with friends and family and to exercise, both of which contributes to good health.

## FREE DINNER!

Each month we're featuring Olympic Trivia! 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 \$12.00 Drop in for "**Beer Games of the XXIX Olympiad**" August 8, 6-8pm. **Cheer on Team Canada from your favorite barstool!**

**Donovan Bailey continues to hold the 1996 Olympic record he set in the 100m sprint, with a time of:**

- A. 8.89 sec
- B. 9.25 sec
- C. 9.18 sec
- D. 9.84 sec
- E. 9.00 sec

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

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

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

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

City, Postal: \_\_\_\_\_

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

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

## SOLAR ECLIPSE. Aug. 1.

A total eclipse of the sun will be visible on this day in the Northeast, as well as in Europe and Asia. This is the second and last solar eclipse for the year. The first occurred on Feb. 7 and was an annular eclipse, meaning the sun appeared as a halo around the moon.



We're Just Takin' A Chill Pill An Hangin' Ten!  
"Summer of Love" Tuesday Nights  
Specials 5-8pm bar only.  
Don't Drop Out--Drop In!



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**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.

**Dazzle Us with Your  
Bad Taste!**



**Trashy T-Shirt Contest  
Tuesday August 12, 6-8pm**

C'mon. There's a little bit of bad taste in all of us!! (you know, like your "I'm With Stupid" t-shirt.) Show us your **best/worst T-shirt** and earn \$\$\$\$ in dining certificates!

Recession is when a neighbor loses his job. Depression is when you lose yours.

*-Ronald Reagan*

**SUMMER ROAD HOCKEY  
TOURNAMENT**

**SATURDAY AUGUST 23, 3-6PM.**

**Fun, beer, prizes, beer.** Did we say there'd be beer? Sign up with Andy or at the bar.

**Dog Days of Summer Contest!**



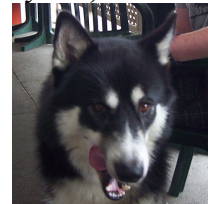
*Coco Walsh, Cutest!*



*Rocky & Bullwinkle Marchand, Best Team*



*Lady Kou, Best Dressed*



*Guinness Walsh, Most Likely to Succeed*

Each dog will have a **PJ's Signature Cocktail** created in their honor, on our new "Hair 'o the Dog" cocktail menu. \$1.00 from every drink sold will be donated to the **Ottawa Humane Society** in their name. Thanks to all the families who participated!!

**Cheers!**

*Woody: "How's it going Mr. Peterson?"*

*Norm: "It's a dog eat dog world, Woody & I'm wearing Milk Bone underwear."!*

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## 6 Ways to Ease Sunburn

Even though they take precautions, many people will suffer at least one sunburn each summer, says Dr. Dee Anna Glaser, associate professor of dermatology at the St. Louis University School of Medicine. "They forget to reapply sun-block after swimming or they miss spots or they stayed outside longer than expected. Sunburn can be a painful reminder." To ease a burn, she recommends:

- Get out of the sun immediately and stay out of direct sunlight until your skin has recovered -- typically a few weeks.
- Take aspirin or ibuprofen to lessen the pain and inflammation.
- Drink extra water to re-hydrate and replace lost fluid.
- Take a cool bath or shower to unclog pores and let them breathe as much as possible.
- Don't use bubble bath or heavy perfumed cleaners and don't scrub your skin, which will only further irritate it.
- Don't pick off peeling skin this could result in infections.

## Getting to Work on Time

Those frequently late for work should try these suggestions from time management experts:

- Place your alarm clock far enough away that you have to get out of bed to turn it off.
- Organize your belongings and lay out your clothes the night before.
- Set your clocks 10 minutes ahead. Of course, you'll know you did that, but somehow it still works.
- Figure out how much sleep you need and your best wake-up time.
- Go to bed five minutes earlier each night until you have worked out the right bedtime.
- Make sure your car is well maintained and has enough gas!

## "So You Think You Can Rock?"

Unleash Your Inner Rock Star!



Play **Guitar Hero** on the big screen! Put your lighters up and vote for your fave. **Big hair, bad outfits welcome.** Rock on ma' aan.

**Tuesday August 19, 8-10pm**

*"If I said you have a beautiful body, would you hold it against me?" ~some guy in a bar circa 1970*

## The "Ray Conspiracy"



*Ray Emery was a hot topic of conversation in the pub last season.*

"Former Senators goaltender **Ray Emery** appeared on TSN's '**Off the Record**' ...he won't miss the Ottawa media he says. Ray should be careful what he wishes for. There are many who contend he got a far easier ride here than he would have received in several other NHL cities. I guess he will find that out if or when he ever returns to the NHL. Ray may also learn some valuable lessons about ethnicity while in Russia. Just ask Fred Brathwaite how some Russians treat non-Caucasians. ...

...Ways to not remain under the radar:

- 1-Drive big white Hummer.
- 2-Tattoo's
- 3-Eat bugs for cash
- 4-Fist fight with team mates
- 5-Get in yelling matches with senior citizens on the highway.
- 6-Miss team flights
- 7-Miss team practices.
- 8-Stand around in practice like a pouting pylon
- 9-Leave practice early
- 10-Snarl at media for asking questions about any of the above.

~ TEAM 1200 play-by-play voice **Dean Brown's Blog**  
<http://deanbrownblog.blogspot.com/>

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