

## PJ's To Go!

Our Food...Your Place!

For your lunch meeting, big event or just a festive family dinner, PJ's Take-Away offers a delicious, easy-to-transport menu that puts feast in your function!

**Any meal you don't have to cook is a bonus!** Our Take-Away menu couldn't be easier to take home (or anywhere else) and serve.

**Available 11am-11pm daily.**

**Weekend Breakfast 7:30am-2pm**

**Order by phone- 613-820-2969**

View our full menu at [www.pjquigleys.com/food/](http://www.pjquigleys.com/food/)



## Freezing Bananas

PJ's Signature **Piemaker Jean Hall** has these tips to share: "If you have bananas that have spotted or turned black, peel them, wrap them in foil, and pop them in the freezer. They'll keep for four to five months and are best for baking. Freeze them two at a time, the equivalent to about one cup."

Black bananas are riper and therefore sweeter than fresh yellow bananas, making them perfect for cakes and loaf breads.

I went to a restaurant that serves "breakfast any time". So I ordered French Toast during the Renaissance. ~ *Steven Wright*

## PJ'S PEOPLE IN THE NEWS



**Sheena Heslop & Family** were served breakfast by **Pina**, making her rare summer appearance. Pina fans- stay tuned for her return...

A staff fave since he was a little kid, **Tobin Kaiman** leaves to attend university in Israel this fall.



Server **Amber** returns to your staff this month! She's the teeny one and that's former server **Esther**, now in her 2nd year at U of T.



Shout to my 'Breakfast Posse' (*I'm am around those kids WAY too much*) **Celine & Sandra, Ted & Judy, Harvey, The Rye Bread Guys, Jan S., Susan & Bo** and all of you who make our day with your kind words and loyal support!

*Wanna see more of YOU IN PRINT? 'Course you do! Become a **Royalty Rewards Member** and come to our parties and events! For more pics visit our website at [www.niauielvs.com/parties](http://www.niauielvs.com/parties)*

## Picking a Pillow

A good pillow should be just thick enough to keep your head, neck, and spine in a straight line while you sleep. Experts recommend matching firmness to sleep patterns.

For Side Sleepers -- a firm pillow

Stomach Sleepers -- a soft pillow

Back Sleepers -- a medium-density pillow

For people who toss and turn & sleep in all three positions throughout the night -- a soft pillow on top of a firm pillow

## OLYMPIC WINNERS!

Congratulations **Yves Lamarche**! He guessed Canada would win 17 medals, closest without going over, and won a **\$50 Dining Certificate**. **Tracey Nestor** answered the trivia question correctly, and has received a **FREE Dinner**. She knew Donovan Bailey won Canada the gold medal at the 1996 Olympics with a record time of 9.84 seconds.

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



The first **5** people to tell us the correct answer to what country this is in wins a **FREE DESSERT** valued to \$4.99! If you can tell us **SPECIFICALLY WHAT** and **WHERE** this is, in addition win 50 Royalty Rewards Points!

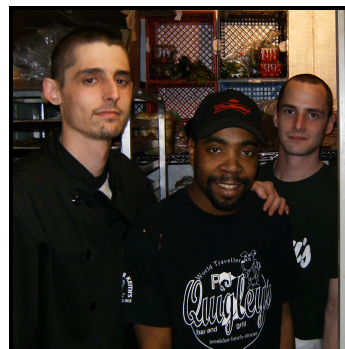
**The Value Of An  
After-School Conversation**

Asking your kids about their school day is a good idea, according to Vanderbilt University researchers. Why? The researchers say they already knew that children learned best with their moms or a peer, but it wasn't clear whether this was because the children were getting feedback and help, or merely because they were explaining their solutions to someone. In the study, the researchers had mothers simply listen to their children without providing any assistance.

"The basic idea is that it is really effective to try to get kids to explain things themselves instead of just telling them the answer," says Bethany Rittle-Johnson, professor of psychology at Vanderbilt's Peabody College of Education. "Explaining their reasoning, to a parent or perhaps to other people they know, will help them understand the problem and apply what they have learned to other situations."

A local chain has been promoting their restaurants as a place where *"Everybody Knows Your Name"*. That would be great if it were true. I think it takes more than money to buy advertising, to **make guests feel welcome and special.** ~ L.

**'Everyday Hero'  
Takes on  
New Role**



Pictured above are **Culinary Wizards James** (*Ontario Restaurant Association Service Excellence Award Recipient*) **Fred & Liam**, our **behind-the-scenes heroes.**

Everyday they work over the **heat** of our grill and under the **pressure** of serving upwards of 120 guests at once, all the while maintaining the quality you've come to expect from them.

**Your staff** is constantly evolving, and we encourage their personal and professional growth. This month **Fred** will assume an additional role, the position of part-time bartender. As a **six year PJ veteran**, many of you know him already; as a passionate **Habs fan** and all-round excellent guy! **Glen** will be his 'trainer', and best friend **Jenn**, will be supporting him all the way to his success! Congrats Fred!

WOODY: "What's your pleasure, Mr. Peterson?"

NORM: "Boxer shorts and loose shoes. But I'll settle for a beer."

SAM: "What'll you have Normie?"

NORM: "Well, I'm in a gambling mood Sammy. I'll take a glass of whatever comes out of that tap."

SAM: "Hey Norm, how's the world been treating you?"

NORM: "Like a baby treats a diaper."

WOODY: "Hey Mr. Peterson, there's a cold one waiting for you."

NORM: "I know, if she calls, I'm not here."

SAM: "Whatcha up to Norm?"

NORM: "My ideal weight if I were eleven feet tall.!"

~ Cheers!

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## Which Came First.. The TV Show or The Movie?

1. M\*A\*S\*H
2. Star Trek
3. The Fugitive
4. Batman
5. The Avengers
6. Buffy the Vampire Slayer
7. Lassie
8. The Addams Family
9. The Odd Couple
10. Charlie's Angels

Answer Key

1, 6, 7, and 9 were movies first; 2, 3, 4, 5, 8, and 10 originally debuted on TV.

## Grill-Tastic Beer Dinner

Saturday September 27, 6pm



Featuring five **NEW** craft ales and food pairings!

Food by PJ's Chef Brian with beers from Prince Edward County and the Niagara Region.

\$60 per person, all-inclusive.

Senators vs. Habs 7:00 pm!

*\$10 from every ticket will go toward PJ Quigley's Scholarship Fund for the Algonquin College School of Hospitality & Tourism.*

## Setting up a Homework Area

The Canadian Association of Optometrists says that parents should designate a specific area in the house for children to do their homework. It should be well-lit and free from glare. If the child uses a computer, the overall room lighting should be low, with a desk light to illuminate reference material. The desk or table should allow for books or paperwork to be as close to the computer as possible to avoid too frequent head and eye movements. Reflections on the computer screen can be avoided by using shades or drapes to reduce light from the windows. Finally, the association says it's wise to have children take periodic breaks to rest their eyes rather than to expect them to do all their homework in one sitting.

## RUN FASTER:

### 6 Highly Effective and Bad A@# Ways to 'Just Do It'

Before starting the **Greco Lean& Fit** program, you'd **never catch me or Joe running** -unless being chased. Here are 6 candid, yet effective tips to help you stick to your goals:

1. Use **Vaseline** where things rub. It'll prevent blisters and chafing (guys: don't forget the nipples! My sore spot- chubby thighs!)
2. **Guys:** Band-Aids before the long runs. Your nipples will thank you in the shower afterwards.
3. **Ice** aches and pains immediately, not more than 20 minutes at a time. Frozen peas make a great ice pack for aches and pains. A thin t-towel wrapped around them makes the cold more comfortable
4. Make sure you **cut your toenails** short enough so they don't jam into your shoes!
5. When trail running don't forget the **bug spray!**
6. **Don't stretch** before a run. Warm up by walking briskly or jogging slowly for several minutes.
7. Try to **run lightly** to minimize impact that could lead to shin splints and injury.

*From [www.completerunning.com](http://www.completerunning.com)*

## School Bus Safety



About 3 million children ride school buses daily, and 50% of injuries happen to children aged 10-14. To ensure your child's safety, it's important to know some important facts. For instance, there's a 10-foot blind spot in front of the bus in which the driver cannot see anything. It's important that children know that although they see the bus, the driver may not see them. Other tips on bus safety include:

- ✓ Stay out of the street and avoid horseplay.
- ✓ Cross the street at least 10 feet (or 10 giant steps) in front of the bus.
- ✓ When boarding or leaving the bus, walk in single file.
- ✓ Use the handrail to avoid falls.
- ✓ Wait until the bus comes to a complete stop before exiting.
- ✓ The bus driver must be aware of the same rules and remind the children of them. If you are concerned for your child's welfare, you can always talk to the bus driver directly.

*Adapted from [cbc.ca](http://cbc.ca) & [safecanada.ca](http://safecanada.ca)*

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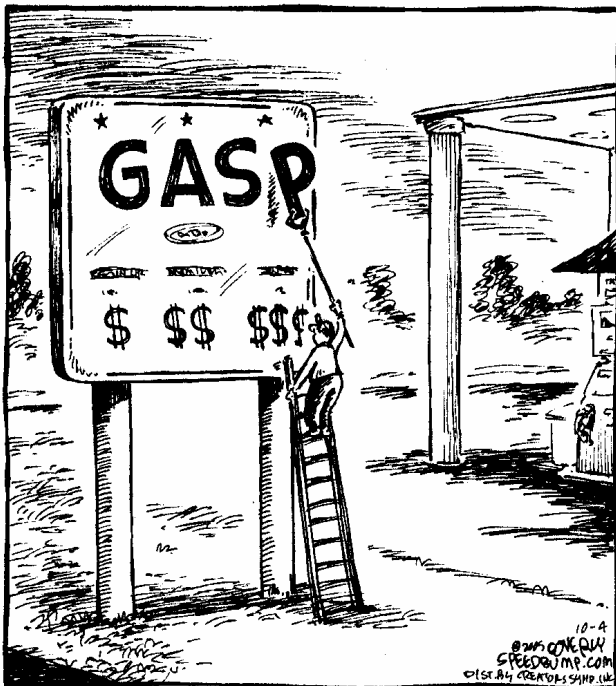
[www.pjqigleys.com](http://www.pjqigleys.com)



**HAPPY BIRTHDAY!** Ken Brown, Joan Butterworth, Debora Cossee, Gerry Esdale, Sotiris Giovanopoulos, Tobin Kaiman, Azim Keshavjee, Patricia Nicholls, Darlene Scrivens, Lyle Tallon, Linda Valente and Kayla Zavitske!

**HAPPY ANNIVERSARY:** Kelly & Mark Arnott, Faye & Vil Auns, Barb & Gord Charland, Ward & Michelle Foss, Linda & Greg Macmillan, The Murdochs, Be & Catherine Sprysa, and David & Philippa Twigg,

**WOW! 643 Birthdays & Anniversaries to Celebrate this month! Look for your gift from us in your home mailbox.**



**We're discontinuing the 1/2 price wing Mondays and 2 for 1 Fajita Thursdays! They'll return as featured specials during SENS hockey games this winter!**

*'Our waitress, Jennifer, is OUTSTANDING. Always there when you need her, never intrusive...best of all, she makes one feel like the most special customer in the place.'*  
~ Sam 'DB' Perrin

*'Always feels like we are walking into Joe's house. He treats his guests like family.'* ~John Dover & family

### September Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Labor Day	2 "Fork Over Your Vote!" One Meal=One Vote!	3	4 <b>LAST CALL for 2-1 Fajitas!</b>	5  Fish & CHIP Friday	6 Weekend Breakfast 7:30-2pm
7 <b>NFL SEASON TICKET 1PM-8:15PM</b>	8 <b>Last Call For 1/2 Price Wings!</b>	9 <b>Kids Eat for \$2</b>	10	11 <b>LAST CALL for 2-1 Fajitas!</b>	12  Fish & CHIP Friday	13 Weekend Breakfast 7:30-2pm
14 <b>NFL SEASON TICKET 1PM-8:15PM</b>	15 <b>Last Call For 1/2 Price Wings!</b>	16	17	18 <b>LAST CALL for 2-1 Fajitas!</b>	19  Fish & CHIP Friday	20 Weekend Breakfast 7:30-2pm
21 <b>NFL SEASON TICKET 1PM-8:15PM</b>	22 <b>PJ's Golf Classic</b>	23	24	25 <b>LAST CALL for 2-1 Fajitas!</b>	26 <b>Fish &amp; CHIP Friday</b>	27 <b>Grill-Tastic Beer Dinner 6pm</b>
28 <b>NFL SEASON TICKET 1PM-8:15PM</b>	29 <b>Last Call For 1/2 Price Wings!</b>	30	<b>CASH FOR CHURCHES FUNDRAISER RETURNS IN OCTOBER!</b>			

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