Wiki Markup Code for the Menu Bar

For web-friendly layout:

{section}
{column:width=200px}
{include:navcol}
{column}
{column}

Place Your Information Between This Code

{column}
{column:width=10px}
{column}
{column:width=200px}
{column}

For print-friendly protocol,
consider using the horizontal navbar as found below, click "insert" > "other macros" > search "include" > click "include page" > type navbar:

Home | Calender | Materials | Lab Data Entry | Protocols | Code | Archives

Try putting it at the top of the page.