newsletter NOVEMBER 2009 Q V . 1

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Perth's Biggest Office Party 2009

is nearly here!!!

The QV.1 Plaza will be transformed into party town for the 2009 Perth's Biggest Office Party.

The night will be a great way to finish off the working week with your friends and work colleagues.

Music, entertainers, bars, food......this will be the office party you do not want to miss.

Here's what we know;

- Friday, 27 November 2009
- QV.1 Plaza entrance in from Hay Street
- 18+ event
- \$25 admission + BF tickets will be available through www.heatseeker.com.au

What's in it for you?

- ARIA nominated Potbelleez
- Australian DJ's Charlie Bucket & Paul Malone
- Cheeky delights of Suger Blue Burlesque
- Electrifying atmosphere
- Nova 93.7 Personalities
- Crazy & sophisticated Visual effects
- Easy access to the bars

Don't miss out on purchasing your tickets to this exceptional event. This will be the sixth Perth's Biggest Office Party and we can assure you it is the one not to be missed.

Starring:

Don't Hold Back

CHARLIE BUCKET

The following companies have joined in to make the 2009 Perth's Biggest Office Party the best ever!

Sponsored by:



Supported by: ATA Engineering - MSS Security - Dawn Express - Marsmen Plumbing - A J Cochrane & Sons -Concept Cabling - Recycling Waste Solutions - Carpet Court Joondalup - Wilson Parking - QED Environmental -Schneider Electric - Leader Cabling - Top Job Window Cleaning - Billabong Water Management

It's time to party in style, keep Friday 27 November free!!! created with Perth's Biggest Office Party...it's the pla nitro^{PDF} professional

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What's on at QV.1

PAUL GULLOTTI PRESENTS





ANTHONY BRESLIN "FIGURESCOPE"

JANINE DADDO "LOVE, LUST AND CONVERSATION"

AT THE

LOBBY - 250 ST. GEORGES TERRACE, PERTH

11 - 20 NOVEMBER 2009

OPENING WEDNESDAY 11 NOVEMBER 6.30PM - RSVP 9 NOVEMBER

COME AND MEET THE ARTISTS ON OPENING NIGHT

'The future is a rich one for this young and charismatic painter..." - The Honorable Paul Guest from the book 'Anthony Breslin: Frantic Bloom'.

Arthory wor the emerging artist award for the Asia Pacific region at the Shanghai Art Fair, China, November 2007.

Jarine's natural exuberance for life allows her to gain great joy from the everyday moments that most of us take for granted.

Jarine has enjoyed 'sell-outs' in Sydney and Melbourne and her work is now enjoyed in private collections throughout Australia and as far a tield as London and New York.

FOR FURTHER INFORMATION OR TO REQUEST AN INVITATION PLEASE CONTACT PAUL GULLOTTI.

Image Left: Anthony Breslin - Prixy 2009 Mixed Media on Canvas 140 x 180 cm

Image Right: Janine Daddo - *The Wind Held a Promise* 2009 Mixed Media on Canvas 140 x 140 cm

PAUL GULLOTTI

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PRICEWATERHOUSE COPERS Cool Night Classic 2009



The PricewaterhouseCoopers Cool Night Classic is one of Perth's leading corporate charity fun runs. Now in its 14th year, the 5km run or walk along the Swan River has seen Perth's corporate community pound the pavement for over a decade. Over the years, participants in the Cool Night Classic have raised well over \$140,000 for local not-for-profit organisations. This year PricewaterhouseCoopers is proud to support Cystic Fibrosis WA.

The race will be followed by 'Cool Down' celebrations at the University Club of WA where refreshments will be served, trophies presented and fabulous raffle prizes will be drawn. There are fantastic prizes on offer for both the biggest and best dressed corporate teams.

- When Wednesday 4 November from 5.30pm
- Where Barrack Street Jetty

Details For more details or to register please visit www.pwc.com.au/events/coolnightclassic-perth



Cancer Council Relay For Life Perth

A challenge is extended to the tenants and employees of QV.1 to get a team of friends, family or workmates together, and participate in the Cancer Council Relay For Life Perth.

2010 is a special year for the Cancer Council Relay For Life in Perth as it moves to a brand new venue and celebrates its 10th Anniversary. Previously the event has been held at Perry Lakes but it now has a new name and a new home - the Cancer Council Relay For Life Perth is moving to the brand new WA Athletics Stadium.

Involving teams of 10 - 15 people, the aim of Relay For Life Perth is to keep your team's baton moving around the athletics track for 24 hours on Saturday, 1st and Sunday, 2nd May 2010. Teams register and organise fundraising activities prior to the event.

Relay For Life raises money for the Cancer Council WA to fund cancer research, education and cancer prevention campaigns and to provide services for

people living with cancer.

So register your team TODAY by logging onto www.relayforlife.org.au or call the Cancer Council WA on 1300 65 65 85.





Surprise me QV.1

Spread love and joy this Christmas with Kailis from QV.1.

This festive season Kailis will delight you as they pop-up in the lobby at QV.1 from 26 November 2009 through till 24 December 2009. Kailis at QV.1 will make surprising with the perfect memento of the season - simply easy.

Lustrous Australian South Sea pearls take centre stage in the foyer, dazzling with subtle shades of pink, silver and white. The radiant lustre of each Kailis pearl reflects the inner luminescence of the wearer.

The QV.1 boutique will carry all the essential Kailis pieces so you will be able to easily get your hands on the fabulous Mother of Pearl pens and silver lines, which are perfect for corporate colleagues, through to the outstanding collection pieces to win a heart this Christmas.

Whether a corporate thank you or an intimate heartfelt gift, each Kailis piece is beautifully crafted and adorned with unexpected touches, such as the black diamond hidden on every Kailis piece.

The pop-up boutique will offer all the personal shopping service you know from Kailis including private appointments, gift wrapping and delivery, and if you still don't have enough time to get everything 'ticked off your list' this season - get dialing, because Kailis can take care of all your gift needs over the phone saving you time and stress. Christmas has never been so relaxed yet glorious at QV.1.

A Kailis gift captures the child-like excitement of gift opening on Christmas morning, and reminds us of the true joy of giving.

This Christmas don't just let it be about tinsel and chocolates.....show your loved ones they really mean the world to you and make it a special moment with a gift from Kailis with purely original, simply perfect gift ideas.

To purchase your piece of Kailis, simply call (08) 9422 3888



Christmas at QV.1



(Applicable to Public Parkers Only) Closed: Friday, 25 December 2009 Closed: Monday, 28 December 2009 Re-opening: Tuesday, 29 December 2009 Closed: Friday, 1 January 2010 Re-opening: Monday, 4 January 2010

QV.1 Conference Facilities

Closed: 21 December 2009 Re-opening: 11 January 2010

QV.1 Gymnasium

Closed: 24 December 2009 Re-opening: 4 January 2010

QV.1 Mailroom

The QV.1 Mailroom will operate as normal

Salvation Army Donation Box

In these tough economic times, more than ever, families across Perth's metropolitan area are need of some Christmas cheer.

Help bring a smile to a child or adults face this Christmas Day by donating some "every day" items into the Salvation Army donation box located in the QV.1 lobby (near the entry doors from the retail plaza) from 1 December 2009.

Not sure what to donate?.... how about something like.....

- Groceries (canned goods only please)
- ♦ Blankets
- Pre-loved toys
- Clothes

To make sure the donations can be distributed in time for Christmas, please ensure your donation is in the box before Thursday, 17 December 2009.



QV.1 Fitness Focus

With Summer just around the corner, NOW is the time to step up your exercise routine to make sure you're in peak shape for the hot weather.

If you've been putting off your workout because its "too busy" at the gym, take advantage of the quieter times in the morning to do your workout. Obviously lunchtimes and after work are the busiest times, but if your workplace allows, then head on over mid morning - you'll find the gym much quieter and you'll have a happier workout. Or wake up that little earlier and enjoy the extra sunshine in the mornings and do your work out before work - what a way to start the day!

We don't mean to nag, but please remember the following tips to enable everyone to enjoy their gym workouts:-

- Make sure you swipe your Fuller Fitness Membership card when you arrive (even if you are only using the changeroom facilities, you still need to swipe your membership card),
- Remember you must have a towel with you each time you work out and use it on the equipment you use as a barrier between your body and the equipment,
- Please wipe down each piece of equipment after you've finished using it,
- When you have finished with each piece of equipment, please make sure you remove your towel - leaving your towel behind gives the impression that you are still using the equipment (which holds up other member's workouts),
- If you are unsure on how to use any of the equipment, please ask one of the Fuller Fitness staff who will be more than happy to provide assistance.

What's Coming up at the QV.1 Gym ?



Boot Camp QV.1 Style - beginning in early November 2009, Boot Camp is the ultimate way to loose those last few kilos and get your body into shape.

For just \$150 (that's just over \$10 a session), your inspirational trainer will push you to your limit, ensuring this crash course in health and fitness gives you amazing results!

Boot Camp will be running on Tuesday and Thursday mornings from 6.30am - 7.30am with the majority of training taking place in and around Perth City, Kings Park and by the Swan River.

Registration forms can be collected from the QV.1 Gym or if you would prefer an electronic copy, then just email qv1fullerfitness@smartchat.com.au

Numbers are limited so get in quick!

QV.1 Gym will be closed from 24 December 2009 and re-0pening on Monday 4 January 2009

QV.1 Congratulates

Glenn Lee, Alen Krcmar and Shane Griffiths (QV.1 Security Guards) in achieving their 10 years of service with MSS Security (formerly Chubb Protective Services).

Of course, Glenn, Alen and Shane have all been on-site guards at QV.1 for much longer than 10 years and we would like to say a big THANK YOU and JOB WELL DONE to the boys on their dedicated service to QV.1 and it's tenants.

Here's looking forward to the next 10 years!!.....





Alen Krcmar Glenn Lee Shane was not able to personally accept his certificate because he was hard at work.



The "Race that Stops the Nation" is on **Tuesday, 3 November** 2009, which may be a public holiday in Melbourne, but that's not to say that just because you're at work, you can't enjoy all the excitement of the BIG RACE.

As a tenant of QV.1, you are welcome the enjoy a glass of bubbly, some light refreshments and all the action of the day in the QV.1 lobby.



Wanna place a bet on the day? Simply head on down to the QV.1 lobby where TAB will have a betting outlet in place from 7.00am - how much more easier can it be!

Refreshments will be served from 11.30am just before the race starts at 12.00noon.

